



# CENTER CONNECTIONS

Cranston Department of Senior Services



## WHAT'S INSIDE

- 03** Welcome
- 05** Social Services
- 06** Volunteer
- 07** Enrichment Programs
- 09** July August Menu
- 11** Health
- 14** Day Services / Nutrition
- 15** Transvan / Day Services

## MISSION

The mission of the Cranston Department of Senior Services in its capacity as a community based resource and human services agency, is to provide coordinated, creative and comprehensive services which educate, nourish, assist, entertain and enrich the lives of individuals 55 years of age and older.

## CENTER LOCATION

1070 Cranston Street  
Cranston, RI 02920

**p:** 401-780-6000

**f:** 401-946-5909

**w:** [cranstonseniorcenter.com](http://cranstonseniorcenter.com)

Like us on **FACEBOOK** at **Cranston Senior Enrichment Center**, follow us on **Twitter** @**cranstonsenior**

# -CENTER INFORMATION-

## HOURS

Monday-Friday  
8:30am to 4:30pm

## SERVICES PROVIDED

- Transportation available (for Cranston Residents) Educational Programs
- Exercise - Dance Classes
- Health Presentations & Screenings
- Nurse & Pharmacist available
- Adult Day Services
- Social Services available
- Fun & Entertainment
- Lunch Served - Snack Bar
- Carry-out Service
- Gift Shoppe
- And much, much more .

## Executive Director

**Jeffrey P. Barone**  
780-6189 | jbarone@cranstonri.org

## Administration Assistant Director

**David Quiroa**  
780-6180 | dquiroa@cranstonri.org

**Yvette Grullon-Davila**  
780-6144 | ygrullon@cranstonri.org

## Adult Day Services

**Rosemarie Coren, RN**  
780-6243 | rcoren@cranstonri.org

## Nutrition

**Chef Ray Sinapi**  
780-6134 | rsinapi@cranstonri.org

## Programs

**Kathi Dunphy**  
780-6216 | kdunphy@cranstonri.org

## RSVP

**Karen Porto**  
780-6159 | kporto@cranstonri.org

## Social Services

**Jennifer Kevorkian**  
780-6254 | jkevorkian@cranstonri.org

## Transvan

**Jane Luker**  
780-6220 | jluker@cranstonri.org

## Receptionist/Social Media

**Christine Fera**  
780-6215 | cfera@cranstonri.org

## Health Services

**Mary McKenna, R.Ph.**  
780-6210 | mmckenna@cranstonri.org

**Marylou Pearson, RN**  
780-6207 | mpearson@cranstonri.org

## Nurse

**Mario Casinelli, R.Ph.**  
780-6210 | mcasinelli@cranstonri.org

## RSVP Health Pharmacist

## Automated Lunch Reservation System

780-6134

*"This newsletter is published on a bi-monthly basis by The Cranston Department of Senior Services"*



# - WELCOME -

## MAYOR'S MESSAGE

Dear Friends,

Summer has finally arrived and while we enjoy the warm sunshine, let's remember it's important that we be mindful of our friends and neighbors and check on them as well. As the weather gets increasingly hotter in the next month, I encourage everyone to stay hydrated by drinking plenty of water and avoid direct sun as much as possible.

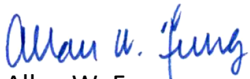
I know the Center has been very busy with activities and events, and I am always happy to attend them and spend time talking with everyone. It was wonderful to help celebrate Mother's Day and Father's Day this year and see everyone enjoying themselves at the Center.

I was also very pleased to attend this year's RSVP Appreciation Luncheon at The Rosario Club. Karen Porto, RSVP Director, did a great job organizing the event. Also the 90+ luncheon had a special reason to celebrate this year as two members reached and surpassed their 100<sup>th</sup> birthday. Helen Rathbun is 105 years young and was a volunteer up until last year. And let's not forget Tommy Mimnaugh who will be 107 this year and still comes to the Center.

I'm looking forward to seeing all of you throughout the summer, and especially at the Mayor's Annual Picnic at Brayton Park in August. It's the highlight of the year as I get to reconnect with my friends from the Center and enjoy the great food provided by the Nutrition Division.

As always, my office is available to answer any questions you may have at 780-3110.

Sincerely,



Allan W. Fung

Mayor



## EXECUTIVE DIRECTOR'S MESSAGE

I would like to start by welcoming Liturgical Press to our Senior Center family. We have signed on to have LPI publish our newsletter. We will continue to bring you the latest happenings here at the center. They come to us with a wealth of knowledge in the senior community. They have published newsletters for many senior centers all around the country. You will notice that the pages are a little different as they are now high gloss. We would like to thank our advertisers for their support in making this newsletter possible.

With summer finally here, we need to remember to keep an eye on our neighbors making sure they are cool and stay hydrated.

The planning has started for our summer events like the Mayor's Annual Picnic at Brayton Park. That event is in August, keep an eye out for more information. Also, there is always RSVP volunteer appreciation day's where we get to show our appreciation to all the volunteers that help us on a daily basis.

Our TV show 55+ No Limits hosted by yours truly and co-hosted by David is on the move again. We brought on a new production company and already filmed our first episode which airs on Cox Connect and Verizon; look for show time in the newsletter. We are always looking for topics to discuss on the show so if you have any interesting topics you would like to see, please let me or David know.

I'm sure everyone has heard by now that The City of Cranston and the Department of Senior Services received a grant from Tufts Health Plan Foundation. This grant is to promote making Cranston a Dementia Friendly Community. We have been working very hard on this project and have had numerous presentations focusing on loved one's with dementia as well as the caregivers. We have created *Caregivers Café* where caregivers can meet once a month and talk about the challenges they face on a daily basis. Additional information can be found in this issue.

There is always something being planned at the center so stay tuned, be informed and visit us.

Wishing you a great summer,



Jeffrey P. Barone



## Advisory Board's Message

*"You only live once, but if you do it right, once is enough." ~ Mae West*



# - SOCIAL SERVICES -



**Jennifer Kevorkian, Director**  
**780-6254**

## Non-Emergency Medical Transportation

MTM is the state of Rhode Island's non-emergency medical transportation (NEMT) manager. MTM arranges rides for eligible Rhode Island residents as follows:

- Medicaid recipients can receive rides to appointments with Medicaid-covered health care providers if you have no other way to get there.
- Non-Medicaid enrollees who qualify for the Elderly Transportation Program (ETP) can receive rides to medical services.

### To schedule transportation:

Call MTM at **1-855-330-9131 (TTY: 711)**. You must call at least 48 hours before your appointment, unless your trip is urgent. MTM schedules routine trips Monday through Friday from 8 a.m. to 5 p.m. You can schedule urgent trips 24 hours a day, seven days a week.

## URI SNAP Outreach Clinic

Meets the 2<sup>nd</sup> Thursday of every month from 10am-12pm in Quad 4. If you or someone you know is having issues with SNAP benefits, then please stop in on one of the dates below:

- July 11th & August 8th
- First come first serve basis.

## Advance Health Care Directives

Advance health care directives are written instructions indicating what type of medical intervention you choose during a time when you may become incapacitated. The Durable Power of Attorney for Health Care permits you to appoint an agent(s) on your behalf, if you are unable to communicate your wishes. Durable Power of Attorney for Health Care forms are available in the Social Services Department. If you would like to schedule an appointment to complete this form, please contact Jennifer 780-6254 or Nick 780-6255.

## Solasta Home Care

“Wellness & Aging” Presentation  
August 9<sup>th</sup>. 10:00 - 11:00 AM

The presentation will take an in-depth look at wellness and quality of life. Seniors contribute what quality of life means to them, and then we discuss the effects that loneliness and isolation can have on the mind and body. Solasta will discuss the five areas of wellness — physical, intellectual, emotional, spiritual, and occupational. They will go into detail about what these elements of holistic wellness mean to different people, and hear suggestions from seniors on how they address these wellness needs in their own lives. For any questions, please contact Nick Costa in social services at (401) - 780 - 6255.

## SUPPORT GROUPS

Cranston Senior Services offers the following support groups to help you and your loved one(s) deal with conditions such as diabetes, visual impairment or grief.

### Reminiscence Group

Second Friday of month  
9:30 a.m. & August 9th  
July 12th & August 9th

### Diabetes Support

First Wednesday of month  
10:00 a.m.  
July 3rd & August 7th

### INSIGHT Support Group

First Friday of month  
10:30 a.m.  
July 5th & August 2nd

### Care to Connect Café (for Caregivers)

Fourth Wednesday of month  
1:15 p.m.  
July 24<sup>th</sup> & August 28<sup>th</sup>



Tuesday, July 9th – 1:00 pm

In the Dining Room

**Sponsored By:**



For more information  
call 780-6000

# - VOLUNTEER -



**Karen Porto, Director of Retired Senior Volunteers  
780-6159**



**RSVP** is looking for Volunteers to provide the following services for homebound seniors in the community:

- Respite services for a homebound senior's primary caregiver.
- Companionship to homebound seniors.
- Run errands for homebound seniors.
- Transport homebound seniors to their medical appointments

If you are interested in becoming a RSVP Caregiver Volunteer, please contact Karen at 780-6159 for an interview. You must be 55 years of age or older to volunteer and a BCI is required. There is a reimbursement for mileage.



**Are you or somebody you know interested in becoming a coach? Through Federal Hill House, A Matter of Balance (AMOB) is looking for coaches who want to educate others about fall prevention throughout Rhode Island. For more information, please contact Karen at 780-6159.**

\* Many older adults experience concerns about falling and restrict their activities. **A MATTER OF BALANCE** is an 8-hour training program designed to empower participants to stay healthy and active throughout the aging process.

## **RSVP Volunteer Appreciation Events:**

- July 15th (Monday) in Quad 4
- August 19th (Monday) in Quad 4

Please check the RSVP cork board located on the wall across from the RSVP Department for specific event information.

Registration is required by July 11<sup>th</sup> and August 15<sup>th</sup>, respectively. Any registered volunteer who would like to attend these events would need to sign up with Karen in the RSVP Office or by calling 780-6159.





# - ENRICHMENT PROGRAMS -



**Kathi Dunphy, Program Director**  
780-6254

## ART

### Creative Stitchers

#### *“Monday Morning Glories”*

Mondays—9:00 to 11:00 a.m.

Do you enjoy quilting, knitting or crocheting? Don't stay home alone come and join our Monday Morning Group. Time to socialize and at the same time enjoy your craft. Pat, our facilitator, is always available to guide you through your project.

### Woodworking

Daily—9:00 to 11:00 a.m.

Do you enjoy making things with wood? Come join other like minded people in our friendly woodworking shop. \* Please remember to always have a buddy with you.

### Conversational Italian

Thursdays—10:00 a.m.

If you've always wanted to learn some Italian, Domenico will be here to teach you with his knowledge of the language.

### Smile Dolls

Cranston Senior Community Volunteer Program

Coordinator: Ann Tanzi

Monday thru Friday

9:00 to 11:30



## LUNCH ENTERTAINMENT

### Joe Vono

July 3rd / 11:30 to 12:30

Joe Vono will regale us with Patriotic Music to ring in Independence Day.

### Bud Pistacchio

August 7th / 11:30 to 12:30

Join us as we listen and sing-a-long to music provided by Bud Pistacchio.

## MOVIE TIME

Forest Gump starring Tom Hanks

July 10th / 1:00 p.m.

The Post with Tom Hanks and Meryl Streep

August 12th / 1:00 p.m.

## CONVENIENT SERVICES

### Manicure Service

Sara, our manicurist, will be here every Thursday to offer her standard or gel manicure. To schedule an appointment call Sara at 451-0362.

## CLUB NEWS

### Book Club

July 23rd / 10:30 a.m.

*Nantucket Sisters* by Nancy Thayer

August 27th / 10:30 a.m.

*Summer Sisters* by Judy Blume

### Coloring Book Club

**Mondays, 9:30 to 10:30 a.m.**

**FREE Materials Provided**

Plenty of activities can help seniors engage their brains and increase motor skills. Now add to that coloring books for adults. Coloring can relax the brain, reduces anxiety and stress, and help you focus on the present while enhancing motor skills that begin to fade as we age. Come and check out our coloring book club that meets on Mondays.

## KEEP ON DANCING

### Ballroom Dance

Off for the summer—see you in the fall.

### Line Dance

Line dancing is held on Wednesdays 1:15 to 2:15 p.m. and the fee is \$2.00.

# - ENRICHMENT PROGRAMS -

## FUN & GAMES

### **Mah Jong**

Tuesdays, 12:30 to 3:00 p.m.

### **Dominoes**

Tuesdays & Thursdays, 1:00 p.m.

### **Canasta**

Wednesdays, 1:00 p.m.

### **Billiards**

Daily 8:30 to 4:10 p.m. /\$3.00 month

### **Bingo**

Monday & Thursdays, 1:00 to 2:30 p.m. \$5.00

### **Chess**

Thursdays, 12:00 to 4:30 p.m.

### **Puzzles**

In the billiards room

### Tournaments

Call 780-6216 for dates

### **Poker**

Mondays, 1:00 to 3:00 / 10 weeks \$10.00

### **Hi Lo Jack League**

Tuesdays & Fridays / 1:00 p.m.

\$3.00 weekly fee

Open to everyone. You can enjoy playing as a team and competing against other teams and share a beautiful banquet at the end of the league. Call Kathi 780-6216 or Ray Walsh 497-8097 for details.



## EXERCISE PROGRAMS

We have a variety of exercise programs to make you feel better and live longer by staying active!

- **Chair**—is for seniors who are just starting their exercise routine, which stretches every part of the body and gets the blood flowing. These are held Monday, Tuesday, Thursday and Friday from 10:30 to 11:00 a.m.
- **Chair Yoga Class**—is for the senior who wants to improve stretch and relaxation. Tuesdays, 10:00 to 11:00 a.m. Fee \$2.00
- **Bone Builders**—held every Monday 1:00 to 2:00 p.m. and Thursdays 9:30 to 10:30 a.m. Suggested Donation \$2.00
- **Making Exercise Easy**—a low impact routine which is for seniors with neurological problems. Free weights are used. Making exercise Easy is a FREE program that is offered on Wednesdays at 1:00 to 2:00 p.m.



- **Tai Chi**—offered every Tuesday and Thursday 10:00 to 10:45 a.m. This class is for seniors who want to improve balance, flexibility, and relaxation. Fee \$4.00.
- **Tai Chi**—offered Thursdays 1:00 to 1:45 p.m. Fee \$4.00
- **Aerobics**—for the more active senior. Taught by a certified instructor, the format includes stretching, cardiovascular, and strengthening with free weights. These classes are held Monday, Wednesday and Friday 10:00 to 11:00 a.m. Fee \$3.00
- **Yoga**—a wonderful program that gives you both stretching and meditation. It is Fridays 9:00 to 10:00 a.m. Fee \$4.00.
- **Zumba Gold**—Tuesdays 1:00 to 2:00 p.m. Fee \$3.00

Please join us for the  
**Mayor's Annual Picnic**

**Friday, August 23, 2019**

Brayton Avenue Park  
11:00 a.m. to 1:00 p.m.

### Menu:

Lemonade

Honey BBQ Boneless Chicken

Hot Dog on a Roll

Buttered Corn

Tomato & Cucumber Salad

Watermelon

Water

Games . . . Live Music . . . Fun!

Dining tables are comfortably shaded under party tents.

Don't miss this great summer party.

Reservations call Iris 780-6134.



**\$3.00 Suggested Donation**

Reservations must be made one day in advanced by 780-6134

# - JULY MENU -

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> Vegetable Soup Roast Turkey w/Gravy Cornbread Stuffing Seasoned Broccoli Rye Bread Sliced Pears <i>(Seafood Salad on Rye)</i></p>	<p><b>2</b> Kale &amp; Bean Soup Chicken w/Lemon Sauce Rice Pilaf Normandy Blend Veg. Marble Bread Coffee Cake <i>(Corned Beef on Marble)</i></p>	<p><b>Independence Day</b> Lemonade Pub Burger w/Au jus Potato Salad Cole Slaw Wheat Bread Watermelon <i>(Hot Dog on a Roll)</i></p>	<p><b>4</b> <b>CLOSED</b> <b>Independence Day</b></p>	<p><b>5</b> Red Chowder Baked Fish w/Crumb top Mashed Potatoes Garlic Spinach Oatnut Bread Fruit Cocktail <i>(Chicken Salad on Oatnut)</i></p>
<p><b>8</b> Split Pea soup Baked Ham w/Glaze Mashed Sweet Potatoes Vegetable Blend Multi Grain Bread Lemon Pudding <i>(Burger on a Bun)</i></p>	<p><b>9</b> Barley Soup Beef Wellington w/Ketch Green Beans Pumpnickel Bread Mandarin Oranges <i>(Chicken Loaf w/Cheese)</i></p>	<p><b>10</b> Turkey Vegetable Soup Chicken Marsala Rice Pilaf Capri Blend Vegetables Rye Bread Fresh Fruit <i>(Corned Beef &amp; Cheese on Rye)</i></p>	<p><b>11</b> 100% Juice Turkey Chili w/Cheese Roasted Brussel Sprouts Cornbread Pineapple Chunks <i>(Tuna on Pretzel Roll)</i></p>	<p><b>12</b> Chicken Soup Egg Salad Italian Style Pasta Salad Broccoli Slaw Wheat Bread Fruit Bar <i>(Turkey &amp; Cheese on Wheat)</i></p>
<p><b>15</b> Tomato Vegetable Soup Roast Pork Loin w/Gravy Stuffing Seasoned Spinach Oatmeal Bread Sliced Peaches <i>(Shrimp Salad on Oatmeal)</i></p>	<p><b>16</b> Beef Vegetable Soup Herb Roast Grill Chicken Roasted Potatoes California Blend Veg. Roll Pudding <i>(Hamburger on a Bun)</i></p>	<p><b>17</b> Chicken Soup Anci de Pepe Lasagna Roll Up w/Sauce Italian Blend Vegetables Italian Bread Ice Cream <i>(Ham Salad on Italian)</i></p>	<p><b>18 Birthday Party</b> Escarole &amp; Bean Pot Roast w/Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Frosted Cupcakes <i>(Chicken Salad on Wheat)</i></p>	<p><b>19</b> White Chowder Florentine Fish Au Gratin Potatoes Baby Whole Carrots Marble Bread Fresh Fruit <i>(Pastrami &amp; Swiss on Marble)</i></p>
<p><b>22</b> Italian Wedding Soup Chicken Cacciatore Basil Rice Season Summer Squash Italian Bread Fruit Cocktail <i>(Meatball on a Roll)</i></p>	<p><b>23</b> Onion Soup American Chop Suey Elbow Pasta Roasted Brussel Sprouts Wheat Bread Vanilla Pudding <i>(Seafood Salad on Wheat)</i></p>	<p><b>24</b> 100% Orange Juice Scrambled Eggs Baked Beans Tomato Half Greek Yogurt <i>(Honey Ham &amp; Cheese on Roll)</i></p>	<p><b>25</b> Lentil Soup Veal w/Mushroom Gravy Seasoned Pasta Italian Blend Vegetables Pumpnickel Bread Pears <i>(Chicken Salad on a Roll)</i></p>	<p><b>26</b> Minestrone Soup Roasted Airline Chicken Wild Rice Seasoned Sliced Carrots Rye Bread Brownie <i>(Tuna on Rye)</i></p>
<p><b>29</b> Tomato Basil Soup Shepherds Pie w/Ket. California blend Veg. Oatmeal Bread Angel Food Cake <i>(Honey Ham &amp; Swiss on Oatmeal)</i></p>	<p><b>30</b> Chicken Soup Italian Sausage Peppers &amp; Onions Seasoned Tortellini Wheat Bread Ice cream <i>(Egg Salad on Wheat)</i></p>	<p><b>31</b> Pasta &amp; Bean Soup Fried Steak Country w/Gravy Mashed Potatoes Vegetable Blend 9-Grain Bread Fresh Fruit <i>(Shrimp Salad on 9-Grain)</i></p>	<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens.</p> <p><b>July SALAD OPTION:</b> Tuna, Iceburg Lettuce, Olives, Tomatoes, Green Peppers, Italian Dressing Starts July 1st</p>	

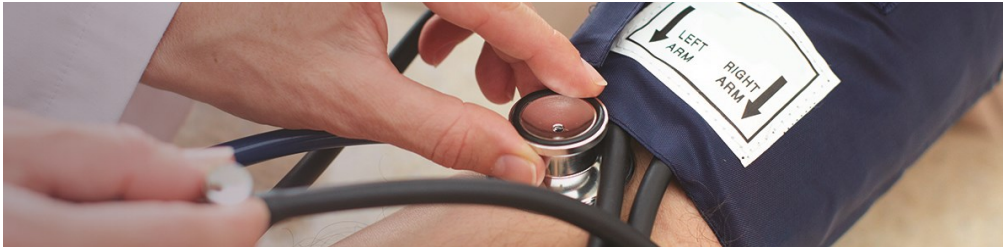
# - AUGUST MENU

\$3.00 Suggested Donation

Reservations must be made one day in advanced by 780-6134

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens.</p> <p><b>SALAD OPTION:</b> Grilled Chicken, Crispy Noodles, Cucumber, Mandarin Oranges, Ice Burg Lettuce, Sesame Dressing.</p> <p>Monday, August 5th 2019</p>			<p><b>1</b></p> <p>Beef Barley Soup Tuna Salad Summer Tortellini Salad Seasoned Beets &amp; Onions Rye Bread Angel Food Cake <i>(Corned Beef on Rye)</i></p>	<p><b>2</b></p> <p>Italian Wedding Soup Stuffed Sole Baked Potato Broccoli Multi Grain Bread Fruit Cocktail <i>(Chicken Salad on Multi Grain)</i></p>
<p><b>5</b></p> <p>Turkey Noodle Soup Sliced BBQ Beef Oven Roasted Potatoes Mixed Vegetables Italian Bread Shortbread Cookie <i>(Tuna on Italian)</i></p>	<p><b>6</b></p> <p>Chicken Soup Veal w/Tomato Sauce Pesto Pasta Italian Blend Vegetables Garlic Bread Ice Cream <i>(Hamburger on a Roll)</i></p>	<p><b>7</b></p> <p>Tomato Vegetable Soup Chicken Marsala Rice Pilaf California Vegetables Wheat Bread Mandarin Oranges <i>(Shrimp Salad on Wheat)</i></p>	<p><b>8</b></p> <p>Onion Soup Beef Stroganoff Noodles Green Beans Rye Bread Pudding <i>(Pastrami &amp; Swiss on Rye)</i></p>	<p><b>9</b></p> <p>White Chowder Baked Fish w/Crumb Topping Red Bliss Mashed Potato Roasted Zucchini Oat Nut Bread Fresh Fruit <i>(Egg Salad on Oat Nut)</i></p>
<p><b>12</b></p> <p><b>CLOSED</b> <b>VJ Day</b></p> 	<p><b>13</b></p> <p>100% Orange Juice Plain Omelet w/Tomato O'Brien Potatoes Sausage Patty Greek Yogurt <i>(Ham Salad on Roll w/Side Salad)</i></p>	<p><b>14</b></p> <p>Split Pea Soup Baked Ham w/Pineapple Sweet Potatoes Winter Blend Vegetables Pumpnickel Bread Fresh Fruit <i>(Turkey w/Cheese on Pumpnickel)</i></p>	<p><b>15 Birthday Celebration</b></p> <p>Venus de Milo Soup French Meat Pie/Ketchup Baby Whole Carrots Wheat Bread Frosted Cupcake <i>(Seafood Salad on Wheat)</i></p>	<p><b>16</b></p> <p>Lemonade Marinated Grilled Chicken Pasta Salad Cole Slaw Dinner Roll Watermelon <i>(Hamburger on a Roll)</i></p>
<p><b>19</b></p> <p>Beef Vegetable Soup Swedish Meatballs Seasoned Noodles Capri Blend Vegetables Oat Nut Bread Sliced Peaches <i>(Shrimp Salad on Oat Nut)</i></p>	<p><b>20</b></p> <p>Corn Chowder Beer Battered Fish w/ Tartar Sauce Rice Pilaf Seasoned Sliced Carrots Rye Bread Cookies <i>(Honey Ham &amp; Cheese on Rye)</i></p>	<p><b>21</b></p> <p>Escarole &amp; Bean Soup Pot Roast w/Gravy Sweet Mashed Potatoes Green Beans Roll Greek Yogurt <i>(Fish Sandwich on Roll)</i></p>	<p><b>22</b></p> <p>Chicken Soup w/Anci de Pepe Lasagna Roll Up w/ Tomato Sauce Roasted Brussel Sprouts Italian Bread Pudding <i>(Italian Grinder)</i></p>	<p><b>23 Mayor's Picnic</b></p> <p>100% Cranberry Juice Honey BBQ Boneless Chicken Buttered Corn Tomato &amp; Cucumber Salad Wheat Bread Diced Pears <i>(Hot Dog on a Roll)</i></p>
<p><b>26</b></p> <p>Turkey &amp; Brown Rice Soup Veal w/Mushroom Gravy Mashed Potatoes Roasted Brussel Sprouts Marble Bread Sliced Peaches <i>(Chicken Salad on Marble)</i></p>	<p><b>29</b></p> <p>Split Pea Soup Knockwurst w/ Mustard Boiled Potatoes Mixed Vegetables Rye Bread Fresh Fruit <i>(Seafood Salad on Rye)</i></p>	<p><b>28</b></p> <p>Vegetable soup Swedish Meatballs Whole Grain Pasta Tossed Salad w/Dressing Multi Grain Bread Fruit Bar <i>(Ham &amp; Cheese /Multi Grain)</i></p>	<p><b>29</b></p> <p>Lentil Soup Chicken Cordon Blue/Gravy Mashed Potatoes Broccoli Cuts Oatmeal Bread Apricots <i>(Meatloaf on Oatmeal)</i></p>	<p><b>30</b></p> <p>Red Chowder Florentine Fish O'Brien Potatoes Seasoned Sliced Carrots Wheat Roll Brownie <i>(Turkey &amp; Cheese/wheat)</i></p>

# - HEALTH -



## Center Health Services

**Mary McKenna, R.Ph.**

Mon., Tues., & Thurs., 9:00am-1:00pm

**Marylou Pearson, RN**

Tues., Wed., & Thurs., 8:30am-3:00pm

RSVP/Health Pharmacist

**Mario Casinelli, R.Ph.**

Wednesday 8:30am -1:00pm

## JULY HEALTH CHECK

### Arthritis Exercise Classes

**Tuesdays & Thursdays – 1:15 p.m.**

**Beginning July 2<sup>nd</sup> ending August 8<sup>th</sup>**

**Jennifer & Nurse Marylou**

This low-impact physical activity will help you keep joints flexible and muscles strong, sleep better, increase energy and improve your overall outlook. Call now to register 780-6000.

### Diabetes Support Group

**“Summertime Issues”**

**Wednesday, July 3<sup>rd</sup> – 10:00 a.m.**

**Mario Casinelli, RSVP Pharmacist**

Learn how to recognize the signs and symptoms of dehydration and heat stroke. Learn how to prevent them.

### I Scream for Ice Cream...

**“Health Benefits?”**

**Wednesday, July 10<sup>th</sup> – 10:00 a.m.**

You scream, I scream, we all scream, for ice cream! There is no denying that ice cream isn't exactly a health food. But, there are actually surprising health benefits to eating ice cream. Join our surprise guests to learn what these benefits actually are.

### Alzheimer's Disease Prevention Registries in Rhode Island.

**What is an Alzheimer's Disease Prevention registry?? How is each registry different/same? Can anyone volunteer?**

### **Do you have to be a certain age?**

We need to effectively find ways to delay or even prevent the disease from developing. One way is by gathering volunteers to help with these goals. Over the next two months we will introduce you to the following prevention registries that we have in Rhode Island, the Butler Alzheimer's Prevention Registry, the Rhode Island Alzheimer's Disease Prevention Registry at Rhode Island Hospital.

### Butler Alzheimer's Prevention Registry...Part I

**Wednesday, July 17<sup>th</sup> – 10:00 a.m.**

**Tara Tang, Outreach Coordinator, Butler Prevention Registry**

What is the purpose of the Butler Alzheimer's Prevention Registry? Who is eligible and what happens after I join? How is it different from other registries? Join us for this informational and important presentation.

### A Journey to Relaxation...Part II

**“Mindful Meditation & Relaxation”**

**Tuesday, July 23<sup>rd</sup> – 1:00 p.m.**

**Presenter: Shahnee Lagor, RN, BSN**

An opportunity to escape the stress of everyday life and learn techniques that will leave you feeling relaxed. Join us on this journey to feeling stress free with progressive muscle relaxation techniques.

### Knee Pain Gotcha?

**Wednesday, July 24<sup>th</sup> – 10:00 a.m.**

**Presenter: John Garlick, Pappas Physical & Hand Therapy**

Knee pain is a common complaint that affects people of all ages. Is it preventable? What are the signs and symptoms that sometimes accompany knee pain?

### Rhode Island Alzheimer's Disease

Prevention Registry...Part II

**Wednesday, July 31<sup>st</sup> – 10:00 a.m.**

**Presenter: Charles Denby, RI Prevention Registry Rhode Island Hospital**

This registry was established in 2012 with the goal of enlisting people in the community with normal cognitive and daily living function who are interested in Alzheimer prevention research.

## AUGUST HEALTH CHECK

### Diabetes Support Group

**“Food is Medicine”**

**Wednesday, August 7<sup>th</sup> – 10:00 a.m.**

**Presenter: Mary Flynn, Ph.D.**

We are happy to announce that Dr. Mary Flynn is back to discuss healthy eating and cooking with a plant-based and olive oil diet. She is a Brown University Researcher and a Nutritionist at Miriam Hospital.

### Future Health & Wellness Program

**“Hearing from YOU!”**

**Wednesday, August 14<sup>th</sup> – 10:00 a.m.**

We want your input! Tell us what health and wellness programs you would be interested in having here at the center. Help us with programs YOU are looking for.



## - HEALTH -

### **Occupational Therapy...Why & When?**

***"Getting You Back to Every Day Life"***  
**Wednesday, August 21<sup>st</sup> – 10:00 a.m.**  
**Presenters: Talia O'Kane & Alyssa Plouff, Bay Path University**

What is the difference between Occupational Therapy & Physical Therapy? What are the benefits and the purpose of Occupational Therapy? What makes Occupational Therapy unique?

### **Eye Floaters & Flashes**

***"Conditions & Treatments"***

**Wednesday, August 28<sup>th</sup> – 10:00 a.m.**  
**Presenter: Nurse Marylou**

Most people experience eye floaters and/or flashes, especially as we get older. Most of the time neither floaters nor flashes are cause to worry. At this presentation we will learn what they are, causes, who's at risk and how they are treated.

**Blue Cross Blue Shield of Rhode Island**  
**Step Up Your Health Senior Challenge**  
**Registration July 17<sup>th</sup> - August 14<sup>th</sup> –**  
**11:30 a.m. to 12:30 p.m.**

**Cranston** Enrichment Center will be challenging other senior centers in the area.

The senior center with the highest average steps over 4 weeks will be declared the winner for its area. The state is divided into 3 geographical areas. Three area prizes of \$2,500 will be awarded to empower senior centers to better promote health and wellness.

You must be 55 years of age or older

You will be given a fitness tracker/ pedometer to record daily steps and to show proof of steps

You will report your numbers on a weekly basis

*Stay Tuned for More Information*

### **Our Walking Club**

**Arthritis Foundation "Walk With Ease" Program**

***"Take Control One Step at a Time"***  
**Walking begins Monday, September 9<sup>th</sup> Ending Friday October 18<sup>th</sup>**  
**Mondays, Wednesdays & Fridays – 9:00 a.m.**

**Orientation for new members:**  
**Tuesday, September 10<sup>th</sup> – 10:00 a.m.**  
Need relief from arthritis or just want to keep active? Come join our group. Three mornings a week for six weeks we will walk the Cranston High School West Walking Track. Check in is at 9:00 a.m. Call now to register 780-6000.

### **Dementia Friendly Community Series**

***"Join us on our Journey ...Explore the faces of memory loss"***  
**Tuesdays 1:30 p.m.**

***Memory Loss: The Basics* - Tuesday, July 9<sup>th</sup>**

**Presenter: Doreen Montaquila, B.S.W., Certified Dementia Practitioner Social Worker, Cranston Adult Day Services**

***Medically Caused Dementia* – Tuesday, July 23<sup>rd</sup>**

**Presenter: Rosemarie Coren, RN, Licensed Chemical Dependency Professional, Director, Cranston Adult Day Services**

***Dementia & Hearing Loss* – Tuesday, August 6<sup>th</sup>**

**Presenter: Micheline Gauthier, AU.D., CCC-A, Audiologist, Atlantic Audiology, Inc.**

***A Caregiver's Journey* – Tuesday, August 20<sup>th</sup>**

**Presenters: Jennifer Kevorkian, BA, Director Social Services' Division Cranston Department of Senior Services Ellen Grizzetti, BS, President/CEO Hope Alzheimer's Center**

***"Support for Making a Dementia Friendly Community is provided by a grant from Tufts Health Plan Foundation"***

### ***"Tools for Healthy Living"***

**Chronic Disease Self - Management Program**

**A Living Well Rhode Island Self-Management Program**

**Thursdays - 9:00 a.m. to 11:30 a.m.**  
**Beginning August 22<sup>nd</sup> Ending September 26<sup>th</sup>**

A FREE six session program for people with one or more chronic conditions such as asthma, diabetes, pain, heart disease, arthritis etc.

Topics will include: dealing with frustration, isolation, pain & fatigue; exercise for improving strength & flexibility; medications & nutrition; communicating with health professionals and evaluating new treatments.

Upon successfully completing the program you will receive a workbook, a relaxation CD and a gift certificate. Space is limited. Register now call 780-6000.

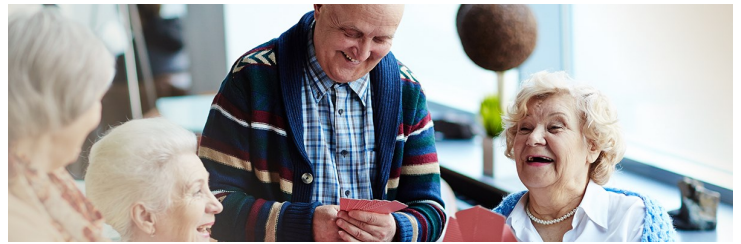


## -TRANSVAN & TRIPS-



Jane Luker, Coordinator  
943-3341

## -DAY SERVICES -



Rosemarie Coren, Director  
780-6243

### July/August 2019 Special Trips

Tuesday, July 16<sup>th</sup>

#### Hungry Haven Restaurant/Fantastic Umbrella Factory, Charlestown

Leave center: 9:30 a.m./  
Return to center: 2:30 p.m.  
Transportation Charge: \$8.00

Wednesday, July 31<sup>st</sup>

#### Rhode Island Lighthouse Cruise

Leave center: 12:30 p.m./  
Return to center: Approx. 5:00 p.m.  
2:00 P.M. Cruise  
Cost: \$35.00 (includes transportation, cruise  
and light snack)

Friday, August 9<sup>th</sup>

#### 4 Seasons Restaurant (Chinese)/Ice Cream

Leave center: 10:30 a.m./  
Return to center: 2:00 p.m.  
Transportation Charge: \$8.00

Wednesday, August 21<sup>st</sup>

#### Target/Crow's Nest Restaurant

Leave center: 9:30 a.m./  
Return to center: 2:00 p.m.  
Transportation Charge: \$8.00

Register in the Transvan office.  
Must be a member to register.

Hello Friends and Families;

HAPPY 4<sup>TH</sup> OF JULY!!! We will be closed for Independence Day, but will celebrate in ADS the day before (7/3/19) with a Patriotic Sing a Long, discussing Independence Day History and cooking "Pigs in a Blanket".

Summer is just beginning and we have our garden in full bloom. Our clients have been out in the nice weather a few times for lemonade, ice cream and fresh air. Looking forward to our vegetables to ripen so we can make fresh salad for lunch.

We have a lot of activities going in ADS on a daily basis, but during the month we like to plan a few special programs. On July 12<sup>th</sup>, we will be watching an "I Love Lucy Marathon", and on the 19<sup>th</sup>, favorite clips from the "Carol Burnett Show"! We try to keep everyone smiling and happy and enjoy each day to the fullest.

In August, we will be closed on Monday the 12<sup>th</sup> for Victory Day giving our clients and staff a nice extended summer weekend. Then back for our summer highlight, the "Ice Cream Social". The date to be announced due to so many summer vacations.

There are two very informative presentations coming up in July. On July 9, 2019 @ 1:30, Adult Day Service will be hosting a presentation on "Memory Loss", and on July 23, 2019 @ 1:30 we will be discussing "Medications & Dementia". Both of these presentations are sponsored by the Tufts Health Plan Foundation and will be in the Theatre Room on the second floor of the Senior Center. Please join us and enjoy light refreshments while learning how these issues affect our every day journey through life.

We wish you all a healthy safe summer. Remember to drink plenty of water and wear your sunscreen.

Regards,

*Rosemarie Coren RN*



# - NUTRITION -

## Healthy Snacking—0 to 50 calorie snacks

Homemade iced green tea-with artificial sweetener if desired (0 calories)

- 1 kosher dill pickle (10 calories)
- 1/2 cup sugar-free gelatin (10 calories)
- 2 sugar-free ice pops (30 calories)
- 1 slice fat-free American cheese (30 calories)
- 3/4 cup seltzer with 1/4 cup cranberry juice and a lime wedge (33 calories)
- 8 ounces miso soup (36 calories)
- 1 pretzel rod—7" (37 calories)
- 1/2 cup fat-free Greek yogurt with 1 teaspoon sugar-free strawberry jam (43 calories)
- 1 large tomato, sliced, topped with 1 tablespoon Parmesan cheese, broiled (44 calories)



**Raymond Sinapi, Director**  
**780-6134**

- 1 brown rice cake with 1 tablespoon sugar-free jam (44 calories)
- 1/2 cup carrots with 1 tablespoon light ranch dressing (45 calories)
- 1/2 medium apple plus 1 tablespoon low-fat yogurt sprinkled with cinnamon (45 calories)
- 14 seedless red grapes (48 calories)

**Cranston Senior Services Center**

*Advisory Board*

1070 Cranston Street, Cranston, RI 02920

**Phone:** (401) 780-6000 /

**Fax:** (401) 946-5909

[www.cranstonri.com](http://www.cranstonri.com)

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