



CRANSTON CONNECTION

Cranston Department of Senior Services



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MISSION STATEMENT

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

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

SENIOR HOURS

Monday-Friday
8:30am to 4:30pm
Our Doors are open to all
Cranston & Non-Cranston
Residents

SERVICE PROVIDED

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

Director

Stephen Craddock

780-6189 | scraddock@cranstonri.org

Assistant Director

David Quiroa

780-6180 |
dquiroa@cranstonri.org

Adult Day Services

Rosemarie Coren, RN

780-6243 |
rcoren@cranstonri.org

Nutrition

Chef Ray Sinapi

780-6217 |
rsinapi@cranstonri.org

Programs

Yvette Grullon-Davila

780-6144 |
ygrullon@cranstonri.org

RSVP

Tricia Cipriano

780-6159 | pcipriano@cranstonri.org

Social Services

Jennifer Kevorkian

780-6254 | jkevorkian@cranstonri.org

Transvan

Jane Luker

780-6220 | jluker@cranstonri.org

Health Services

CVS/Health Pharmacist

Mary McKenna, R.Ph.

780-6210 | mmckenna@cranstonri.org

Nurse

Marylou Pearson, RN

780-6207 | mpearson@cranstonri.org

**Automated Lunch
Reservation System**

780-6134

MAYOR'S MESSAGE

Greetings,

After February kicked-off with an arctic weather event, I'm sure many of you are anxiously awaiting the official start of Spring later this month. I hope you are all eager to get back outdoors and remain active with the turn of warmer weather.



After more time stationary at home during the winter, it's important to make sure you get back in the habit of staying mobile. For daily living, it's essential that seniors maintain their balance and ability to move around securely on their own.

There are a few simple exercise routines seniors can do at home to help hand and grip strength. To exercise your hands at home, roll up a pair of socks and use it as a stress ball. You can also press each finger to your thumb, one at a time, and release after a few seconds of holding the pressure. Other important mobility exercises include leg extensions while sitting in a chair, or practice standing up and sitting down in a chair for another at-home routine. For our more mobile members, I might encourage you to take a walk around your neighborhood, or venture to the walking trails at Meshanticut State Park.

As always, the Cranston Senior Center offers many options for recreation clubs and classes. Stop by the senior center or call the Programs Director at 401-780-6216 to learn about book or chess clubs, billiards, bingo, dominoes or card groups. The center also offers a variety of exercise classes like aerobics, chair-yoga, Zumba, and more.

Looking further ahead toward the summer, the city looks forward to hosting senior and adult activities at the renovated Budlong Pool such as Pickleball, adult swim nights, and maybe even my Annual Mayoral Senior Picnic.

The Senior Center is actively looking to recruit members. If you know anyone who has recently moved to the city, or is coming of age and is eligible to join the center and its service programs, please have them call the Cranston Senior Center at 401-780-6000.

Sincerely,

Mayor Kenneth J. Hopkins

Hello friends,

As we come out of the cold and dark of winter, things are looking brighter as we approach spring. While the winter was mild, the cold and dark of the season can always give you the wintertime blues. Spring is a time of renewal and a time to look forward to all the possibilities ahead. Let us show you how the Cranston Senior Center can help you realize of your possibilities.

DIRECTOR'S MESSAGE



Along with the regular classes we are adding some new and exciting offerings. Remember we have many different types of exercise classes that all seniors, regardless of ability. The complete list of offerings is included in this newsletter. As we head into Spring, we will be adding trips back on the schedule. Please check inside for all the details.

BINGO has continued throughout the winter. Every Thursday from 1:00pm to 2:30pm we offer a variety of games - all for cash prizes! Please join us for all the fun and excitement. As we head into spring and the days are getting longer, we will be bringing back our evening bingo games. We had a lot of fun last year and we are hoping to make it even more exciting this year. The first evening Bingo is scheduled Tuesday, April 25 at 5:30. Hope to see you there.

I want to remind everyone that we have a computer lab here at the senior center with new computers, large monitors, printers, and high-speed internet. The lab will be open 9 to 4 every day. You can research any topic, find and print recipes, write an email, fill out a form. You can do it all right here. Please visit and see what we have to offer and take care of all your computing needs.

We here at the Cranston Senior center will continue to offer a safe haven for the seniors of Cranston. We have activities, hot meals, trips, and support for the senior population. If you are not a regular, please come by and see all the possibilities.

Sincerely,

Steve Craddock

SOCIAL SERVICES

JENNIFER KEVORKIAN, DIRECTOR 780-6254

The Social Services Division is here for you.

We can assist you with the following, and so much more!

- City of Cranston Tax Freeze (through March 15th)
- RI 1040H (through April 15th)
- LIHEAP (Low Income Heating Assistance Program)
- SNAP (Supplemental Nutrition Assistance Program)
- Applying for Subsidized Housing
- Applying for Medicaid and Hospital Patient Assistance programs
- Sort through and decipher your mail and assist with making phone calls.
- Homecare options
- Navigate health insurance options and assist with the enrollment process
- Schedule transportation for medical appointments
- Provide information and referral as well as supportive counseling

The Social Services staff is available to make home visits for those homebound seniors, living in Cranston. If you would like to schedule an appointment, please contact Jennifer at 780-6254, or Amy at 780-6200.

Meals on Wheels Restaurant Program

Meals on Wheels of Rhode Island is proud to offer a statewide restaurant program to Rhode Island seniors, aged 60 or older. Program participants can enjoy dining out at participating restaurants, where they can choose from a select menu of meals designed to meet one-third of their recommended daily dietary intake. To participate in the program, seniors must register with Meals on Wheels of Rhode Island 401-351-6700. Then, participants are granted meal vouchers through written request to the Providence headquarters. The voucher is exchanged for a meal at the restaurant. There is a suggested donation of \$5.00 per voucher, which does not include gratuity. Currently, the program is offered at Newport Creamery locations, with the exception of locations in Barrington and Middletown, Monday through Saturday, from 7 a.m. to 8 p.m., and at Uncle Tony's Pizza & Pasta in Cranston and Johnston, Monday-Friday, from 11:30 a.m. to 5 p.m.

Caregiver Support

Being a Caregiver can result in ignoring your own physical and emotional health. Oftentimes, Caregivers don't recognize the symptoms of stress that they are experiencing. Securing support from other family members, friends, and community groups is essential. It may be hard to ask for and/or accept help, but you cannot do it all alone. The Caregiver's Support Group will encourage caregivers to care for themselves and provide productive strategies for dealing with conflicts or tensions that may arise when caregiving. Meetings will be held the 1st Wednesday of every month 2:00-3:00 in the Classroom. Upcoming Meetings: **Wednesday March 1st and April 5th.**

Visual Impairment

Are you living with a visual impairment or supporting someone who is? Staff members from IN-SIGHT will provide information about the available resources to help people adapt to vision loss and answer any questions you might have. The VISION group is also an excellent opportunity to share your story, hear about other people's journeys with vision loss, and exchange information and support. Contact Lucille Gaboriault at 401-941-3322, ext.121 for more details. Registration is NOT required. All are welcome! **Upcoming Meeting Friday April 7 10AM-11:30AM.**

TRICIA CIPRIANO, DIRECTOR

780-6159



RSVP Directors Acknowledgements:

As Director of the Volunteer Program, I'd like to thank my volunteers, staff, members and generous friends within the community for donating their time packing and delivering meals to those in need during this past holiday season. A special appreciation to the ladies in our Smile Doll Program who worked tirelessly over the holidays to donate beautiful handmade dolls to local hospitals, police departments and charities helping to bring smiles to children all around. And many thanks to The Tomlins Family for hand delivering the most delicious and decorative holiday cake for our members to enjoy.

Cranston's Retired and Senior Volunteer Program (RSVP) is looking for Volunteers for the following vacancies:

RSVP Transportation Volunteers:

- To transport homebound seniors to their medical appointments and/or run errands for them.

RSVP Fraud Prevention Volunteers:

- To provide the community with information and tips to help prevent common frauds, scams and other types of elder financial exploitation. ***

RSVP Recycling Volunteers:

- To educate the community with the assistance and guidance from the RI Resource Recovery Center on a variety of topics such as waste reduction and reuse, recycling, and composting. ***

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

A mileage reimbursement is given to cover your cost to travel. RSVP also provides you with insurance protection in the event that you or someone else is injured while performing your volunteer duties.

*** What if you do not drive or do not have a vehicle? No worries. RSVP will provide you with transportation to your volunteer station!!!

RSVP Financial Literacy Volunteers will be available on **March 10th and April 4th from 10am – 12pm** in the Classroom to check your eligibility for a Property Tax Relief Credit (Form RI-1040H)

To be eligible for the tax relief credit you must meet all of the following conditions:

- You must be sixty-five (65) years of age or older and/or disabled.
- You must have domiciled in Rhode Island for the entire calendar year of 2022.
- Your household income must have been \$35,000.00 or less.
- You must have lived in a household or rented a dwelling that was subject to property taxes.
- You must be current on property tax and rent payments due on your homestead for all prior years and on any current installments.

Documents you will need to bring to this event to check your eligibility to apply:

- Taxable and non-taxable income for all household members.
- Claimant's Social Security Award Letter or Form 1099-SSA for the year 2022.
- For homeowner's: a copy of your 2022 property tax bill.
- For renter's: copies of three (3) rent receipts for the year 2022 or your 2022 lease agreement.

RSVP'S Green Seniors along with the Cranston Police Department will be hosting a **Prescription Drug Take Back Event** on Friday, April 21st in the Lobby. Drop off your unwanted, unused or expired prescriptions/medications between 10:00 am - 1:00 pm and we will properly dispose of them for you! Accepted medications include: Prescription Medications, Prescription Ointments and Liquids, Over-the-Counter Medications, Vitamins and Pet Medications.

* The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

Don't forget to visit our newly renovated Gift Shop for new seasonal products and clearance items! Need a card...forgot a birthday???



ENRICHMENT PROGRAMS 780-6144

See the complete list of Daily Activities on the enclosed insert

Luncheon Musical Entertainment

March 17th St. Patrick's Day with Bud Pistachio

March 20th St. Joseph's Day with Mike DeNardo

April 19th Jazz Trio with AL Testa

Introduction to Italian

Fridays – 1:30 p.m. to 2:30 p.m.

Beginning March 3rd to April 7th

Fee: \$5.00 for six weeks

Register in advance. Call Yvette 780-6144

Bone Builders of RI

Mondays – 9:00 a.m. to 10:00 a.m.

Tuesdays – 1:00 p.m. to 2:00 p.m.

Beginning Monday, March 13th

Bone Builders is an innovative exercise program that can improve strength, balance, increase energy, and show significant advancements in bone density.

Join Roberta, personal trainer, for a fun workout. Pre-registration is required.

10 person minimum. Call Yvette at 780-6144.

Reminiscing With Sean

“Linking the Past to the Present”

Tuesdays – 10:00 a.m.

March 14th & April 11th

Reminiscing is an important activity for all ages. We all cherish our happy memories and enjoy talking about them... some reminiscing themes such as: school days, best holiday traditions, early days of TV, old time radio, family meals etc. It will be fun reminiscing with others. Drop by and bring a friend.

Tai Ji Quan for Better Balance

Wednesdays & Fridays – 9:00 -10:00 a.m.

Beginning Wednesday, March 15th ending Friday, September 1st

This is a very easy exercise format for older adults. It is research-based program proven to decrease falls by 58%. For more information call Amy at 780-6200

AARP Driver Safety Class

Thursday, April 14th – 9:00 a.m. to 2:30 p.m.

AARP members \$20.00 Non-members \$25.00

Advance registration and payment are required to secure your spot.

Please call Yvette at 780-6144.

Bring a lunch, snack, and beverage to class.

Nighttime at the Center

Intermediate Ballroom Class

Four week series

Wednesdays – 6:00 p.m. to 7:30 p.m.

Beginning March 8th ending March 29th

Fee: \$40.00 for the series

Instructor: Tracy Rose

Advanced registration required. Call Yvette at 780-6144

Full Body Strength & Conditioning Exercise

Eight week series

Wednesdays – 5:30 p.m. to 6:30 p.m.

Beginning March 13th ending April 26th

Fee: \$40.00 for the series

Eight person minimum. Registration required. Call Yvette at 780-6144.

Night Bingo

Beginning April 25 – 5:30 p.m.

MARCH MENU

Suggested Donation: \$3.00
 For reservations call 780-6134
 9:00 a.m. 12:45 p.m. Monday through Friday

MARCH MENU

MON	TUE	WED	THU	FRI
<p><i>Funded in part by the US administration on aging and state funds by the Rhode Island Office of Healthy Aging</i></p>		Vegetable Tomato Soup 1 Roast Pork w/applesauce Rice Pilaf Roasted Brussel Sprouts Fresh Fruit Wheat Bread <i>Turkey & Provolone / wheat</i>	Chicken Noodle Soup 2 Pub Burger w/Mushroom Gravy Potato Puffs Fresh Roasted Zucchini Chocolate Chip Cookies <i>Hot Dog on a Roll</i>	White Chowder Beer Battered Fish w/Tartar Sauce Mashed Potatoes Carrot & Raisin Slaw Ice Cream Marble Bread <i>Meatloaf on a Roll</i>
Onion Soup Stuffed Chicken w/Broccoli & Cheese with Gravy 6 Baked Potato w/Sour Cream Marinated Beet & Onion Salad Fresh Fruit Garlic Roll <i>Ham & Cheese on Rye</i>	Beef Barley Soup 7 Fried Steak w/Country Gravy O'Brien Potatoes Garlic Spinach Sliced Peaches Wheat Bread <i>Chicken Salad on Wheat</i>	Chicken Soup w/Anci de Pepe 8 Chicken w/Artichokes/ Roasted Peppers in Lemon Sauce Mashed Potatoes Tomato Half Pudding Pumpernickel Bread <i>Shrimp Salad on Croissant</i>	Cream of Broccoli Soup 9 Meatloaf w/Gravy Buttered Noodles Asparagus Tips Fresh Fruit Wheat Dinner Roll <i>Egg Salad on White</i>	Red Chowder 10 Baked Fish /Bread Crumb Topping Roasted Potatoes Green Beans Brownie Rye Bread <i>Eggplant Parmesan /Roll</i>
Chicken Brown Rice 13 Herb Roasted Chicken Garlic Mashed Potatoes Green Beans Sliced Peaches Multi Grain Bread <i>Seafood Salad on Multi</i>	Venus de Milo Soup 14 Chicken Parmesan Whole Wheat Pasta w/Sauce Italian Blend Vegetables Biscotti Cookie Roll <i>Italian Tuna on Pita</i>	Chili Soup 15 Low Sodium Hot Dog Baked Beans Broccoli Spears Corn Bread Fruit Cocktail <i>Cheeseburger on a Bun</i>	Tossed Salad w/Tomato Cucumber w/dressing 16 Shepherds Pie Prince Edward Blend Veg Frosted Cupcake Garlic Bread Fruit Cockt. <i>Pastrami & Swiss /Roll</i>	St Patrick's Day 17 Split Pea Soup Corned Beef w/mustard Seasoned Boiled Potatoes Cabbage/Carrot Medley Jello w/topping Rye Bread <i>Tuna on Rye</i>
St. Joseph's Day 20 Pasta Fagioli Italian Sausage Shells w/Sauce Peppers & Onions Spumoni Ice Cream Garlic Knotted Roll <i>Meatball Grinder</i>	Chicken Escarole Soup 21 Chicken Cordon Bleu/gravy Red Bliss Mashed Potatoes Garlic Spinach Fresh Fruit Pumpernickel Bread <i>Honey Ham & Swiss on Pump.</i>	Beef Vegetable Soup 22 Stuffed Cabbage /Sauce Lyonnaise Potatoes Normandy Vegetables Fruited Yogurt Multi Grain Bread <i>Roast Beef on Multi Grain</i>	Kale & Bean Soup 23 Beef Wellington Peas & Onions Salad w/dressing Pudding Wheat Dinner Roll <i>Buffalo Chicken Salad/Roll</i>	Seafood Chowder 24 Baked Haddock Roasted Potatoes Sliced Carrots Oatmeal Cookies Rye Bread <i>Corned Beef & Swiss Rye</i>
Lentil Soup Baked Ham w/pineapple 27 Sweet Potatoes Winter Blend Vegetables Tropical Fruit 9-Grain Bread <i>Chicken Salad on 9-Grain</i>	Turkey Vegetable Soup 28 Kielbasa w/mustard Boiled Seasoned Potatoes Green Beans Frosted Brownie Marble Bread <i>Italian Grinder</i>	Chicken Gumbo Soup 29 Pot Roast w/Gravy Garlic Mashed Potatoes Mixed Vegetables Pineapple Chunks Multi Grain Bread <i>Turkey & Cheese on Multi</i>	Italian Vegetable Soup 30 Spaghetti w/Meatballs Tossed Salad w/dressing Hoodsie Cup Italian Bread <i>Egg Salad on Italian</i>	Escarole & Bean Soup Seafood Casserole 31 Long Grain Wild Rice Cole Slaw Coffee Cake Oatmeal Bread <i>Bologna & Cheese /Oatmeal</i>

Suggested Donation: \$3.00
 For reservations call 780-6134
 9:00 a.m. 12:45 p.m. Monday through Friday

APRIL MENU

APRIL MENU

MON	TUE	WED	THU	FRI
Chicken Soup w/Orzo Beef Tips w/ Mushrooms ⁵ Mashed Potatoes Brussel Sprouts Fresh Fruit Multi Grain Br <i>Chicken Salad on Multi</i>	Venus de Milo Soup Italian Sausage w/must. ⁴ Wheat Pasta w/sauce Peppers & Onions Ice Cream Garlic Bread <i>Tuna on a Roll</i>	Potato & Leek Soup French Meat Turnover ⁵ Caesar Salad Sliced Pears w/Topping Italian Bread <i>Salami & Provolone on Italian</i>	Tomato Vegetable Soup ⁶ Roasted Airline Chicken Pesto Tortellini Italian Blend Vegetables Fresh Fruit Rye Bread <i>Ham Salad on Rye</i>	Corn Chowder ⁷ Entree Salad Tuna on Lettuce/Dressing Croutons, Tomato, Cucumber Pita Bread Cake w/Frosting <i>Egg Salad on Pita</i>
<i>split Pea Soup</i> Baked Ham /Pineapple ¹⁰ Sweet Potatoes Garlic Spinach Angel Food Cake/Peaches Dinner Roll <i>Italian Tuna on Bulky Roll</i>	Chicken Noodle Soup ¹¹ Low Sodium Hot Dog Baked Beans 3-Bean Salad Mandarin Oranges 9-Grain Bread <i>Sliced Chicken & Cheese on 9-Grain</i>	Minestrone Soup Beef Stroganoff ¹² Buttered Noodles Sliced Carrots Pudding Rye Bread <i>Corned Beef & Swiss on Rye</i>	Pasta & Bean Soup ¹³ Fried Steak w/Country Gravy Rice Pilaf Tomato & Cucumber Salad Ice Cream Wheat Bread <i>Turkey Meatloaf on Wheat</i>	Chicken Vegetable Soup ¹⁴ Rosemary Chicken Prince Edward Vegetables Red Bliss Mashed Potatoes Fresh Fruit Oatmeal Bread <i>Seafood Salad on Oatmeal</i>
Tomato & Rice Soup ¹⁷ Shepherd's Pie w/ketchup Zucchini & Yellow Squash Fig Bar Whole Wheat Bread <i>Buffalo Chicken Salad on Whole Wheat</i>	Beef Noodle Soup ¹⁸ Chicken Marsala Garlic Mashed Potatoes Broccoli Cuts Sherbet Multi Grain Bread <i>Honey Ham & Cheese on Multi Grain Bread</i>	Chicken Escarole Soup ¹⁹ Veal & Peas Seasoned Egg Noodles Baby Whole Carrots Fresh Fruit 12-Grain Bread <i>Hot Dog on a Bun</i>	Lentil Soup ²⁰ Pot Roast w/gravy Mashed Potatoes Green Beans Almondine Frosted Cupcake Marble Bread <i>Egg Salad on Marble</i>	Red Chowder ²¹ Italian Sausage Stuffed Shells Italian Blend Vegetables Mandarin Oranges Wheat Dinner Roll <i>Roast Beef w/Cheese on Whole Wheat</i>
Chicken Vegetable Soup ²⁴ Roast Pork w/applesauce Stuffing Fiesta Blend Vegetables Fruited Jello w/Topping Rye Bread <i>Turkey & Cheese on Rye</i>	Vegetable Tomato Soup ²⁵ French Meat Pie w/ketchup French Fries Sliced Carrots' White Cake Whole Wheat Dinner Roll <i>Bologna & Cheese on Wheat</i>	100% Orange Juice ²⁶ Scrambled Eggs Turkey Sausage Tomato Half Muffin <i>Pastrami & Swiss on Multi Grain</i>	Clear Chowder ²⁷ Liver w/ Onions & Gravy Mashed Potato California Blend Vegetables Fresh Fruit Whole Wheat Bread <i>Italian Grinder</i>	Italian Wedding Soup ²⁸ Meatballs w/Sauce Seasoned Wheat Pasta Peppers & Onions Ice Cream Sliced Italian Bread <i>Italian Sausage on a Roll</i>
			Funded in part by the US Administration on Aging and the Rhode Island Division of Elderly Affairs	Please inform your server if you have a food allergy



DAVID QUIROA
SUBDIRECTOR

El Departamento del Adulto Mayor de la Ciudad de Cranston, RI

¿Quién Dijo? ¡PRIMAVERA!

¡Ya casi salimos de este invierno que nos ha dejado casi congelados, un poquito más y nos convertimos en osos polares! Los días serán más largos empezando marzo 12, ese día, que es un domingo a las 2AM regresamos los relojes una hora y los ponemos a la 1AM. El cambio de hora nos dará mas tiempo durante el día cuando todavía hay luz natural - nos ayudara a sacudir la depresión pues podremos salir a hacer actividades afuera de nuestros departamentos. La primavera está llena de festividades culturales y religiosas. Vienen días especiales como: El Día de San Patricio que será el diecisiete de marzo - No dejes de venir al Centro para disfrutar de un almuerzo especial, el Día de los Inocentes será el primero de abril, yo sé que en Latinoamérica el día de los inocentes se celebra en el mes de diciembre, pero aquí es durante la primavera. También tenemos la Semana Santa que culmina el domingo de resurrección que cae el nueve de abril. Finalmente celebramos el Día de la Tierra el veintidós de abril.

Les vuelvo hacer la invitación para que vengan a disfrutar un almuerzo nutritivo y gratis de lunes a viernes de las 11:30AM a las 12:30PM. Se sugiere una donación de \$3 por almuerzo, pero si no puedes donar - NO HAY PROBLEMA - pues el gobierno federal paga por tu almuerzo. Lo importante es que vengas y te nutras con una buena comida saludable. Para reservar tu lugar llama a Iris Ayala (habla español) al 401-780-6134.

Aquí estamos para servirles. Si tienes algún papel que necesites que te lo expliquemos porque está en inglés - con gusto te lo leemos en español. También tenemos servicio de Notario Público, copia de documentos y servicios de enfermería (chequeo de presión, glucosa y talleres de salud) gratis.

¡¡¡Me despido esperando verlos pronto!!!

David Quiroa

Personal que habla español:

- 1. David Quiroa: 401-780-6180 (Notario Público)**
- 2. Yvette Grullon: 401-7806144 (Notario Público)**
- 3. Iris Ayala: 401-780-6134**

Center Health Services

Marylou Pearson, RN

Tuesdays 9:00 a.m. - 3:00 p.m. &

Wednesdays 9:00 a.m. - 1:30 p.m.

Call 780-6207 or mpearson@cranstonri.org

CVS/Health Pharmacist

Mary McKenna, R.Ph.

Tuesdays & Thursdays, 9:00 a.m. - 12:00 p.m.

Call 780-6210 or mmckenna@cranstonri.org

MARCH HEALTH CHECK

Cognitive Screening Assessments

Wednesday, March 1st - 9:30 a.m. to 11:30 a.m.

Provided by: Johnson & Wales University Occupational Therapy Doctoral Program

You check your blood pressure and cholesterol - now is a chance to check your brain function. J & W doctoral students will be here to do just that. Cognitive tests are short, quick tests that check how well your brain is functioning. Drop by anytime between 9:30 a.m. and 11:30 a.m. on March 1st. This will give you a chance to also meet the students and their faculty.

Nutrition As We Age

Wednesday, March 1st - 10:00 a.m.

URI Pharmacy Outreach Program

At this presentation we will discuss ways we can best adapt our nutritional needs as we age with dietary recommendations and supplementation.

The Scoop on Supplements

Wednesday, March 8th - 10:00 a.m.

URI SNAP-ED Program

Learn more about healthy eating and nutritional supplements. Try a healthy recipe and create some healthy habits.

Staying Healthy & Fit Through Diet & Exercise

Wednesday, March 15th - 10:00 a.m.

URI Pharmacy Outreach Program

Exercise and diet have been shown to improve overall health, prevent disease and slow the progression of certain disease. Key to success is a healthy, balanced diet combined with a regular exercise program. All will be discussed along with the use of supplements and the importance of adherence with medications.

Women & Alzheimer's: Putting the Puzzle Together

Wednesday, March 22nd - 10:00 a.m.

Facilitator: Terry Fogerty, Community Outreach Coordinator

Alzheimer's Disease & Memory Disorders Center, RI Hospital

Nearly 2/3 of people living with Alzheimer's Disease are women. Researchers want to know what it is that makes females more likely to develop this form of dementia. We'll explore this topic, as well as the Alzheimer's risks that are specific to women and steps one can take to lower their dementia risk.

Stroke/Heart/COPD

Wednesday, March 29th - 10:00 a.m.

Provided by: CharterCARE Health Partners

Rescheduled from January
This presentation will address stroke awareness, heart failure and COPD. Participants will also be provided with written educational materials in these three areas.

Dental Hygiene Program

Community College of Rhode Island

Thursday, March 30th - 9:30-11:30 a.m.

CCRI Students will be available to explain the free services offered at the CCRI Dental Clinic.

April HEALTH CHECK

Vision Problems

Wednesday, April 5th - 10:00 a.m.

URI Pharmacy Outreach Program

What are the common types of vision problems, their diagnosis, and treatments? And what is the proper use and application of eye drops and ointments? Don't miss this very informational presentation.

Understanding Nutritional Facts Label

Wednesday, April 12th - 10:00 a.m.

URI SNAP-ED Program

Come learn more how to read and understand the Nutrition Facts Label. Find out how to choose the best products and make shopping easier. You will try a new recipe and will take home a cooking tool.

Muscle Cramping & PAD (Peripheral Artery Disease)

Wednesday, April 19th - 10:00 a.m.

URI Pharmacy Outreach Program

Did you know that 95% of us experience muscle cramping at some time? What happens if cramping becomes more common and painful and interferes in our everyday activities? Learn causes and treatments to relieve cramping. Also, learn about the serious disease of PAD that is often the underlying cause of painful cramping.

Hearing Screenings

Wednesdays March 22nd & April 26th

9:00 a.m. to 11:30 a.m.

Hearing loss can affect every aspect of your life! So, for those who do NOT have hearing aids this FREE hearing screening is for you. By appointment only please call 780-6000.

Falls are Preventable

Many people think falls are a normal part of aging. The truth is, they're not! Most falls can be prevented - and YOU have the power to reduce your risk! Register now for our FREE fall prevention evidenced-based program. It meets twice a week for four weeks.

A Matter of Balance: Managing Concerns About Falls

Mondays & Thursdays 9:00 to 11:30 a.m.

Beginning Monday, April 10th ending

Thursdays May 4th

Space is limited. Register call 780-6000.

"Living Well Rhode Island"

Tools for Healthy Living Workshop

Tuesdays - 9:00 a.m. to 11:00 a.m.

Beginning Tuesday, May 16th Ending

Tuesday, June 20th

This FREE program is for individuals who simply want to improve their quality of life. This interactive evidence-based program will improve your health by helping you manage symptoms, relieve stress, eat well, exercise, and set goals to improve your health and lifestyle. To register for these life changing classes call 780-6000.

FREE and Open to the Public

**Dementia Friendly Community
"Raising Awareness to Help Understand
and Support People Living With Dementia"**

Cranston Department of Senior Services'

Cranston Senior Enrichment Center

1070 Cranston Street, Cranston, RI

Wednesday, April 26, 2023

7:00 p.m.

The Basics: Ten Warning Signs of Dementia

**Speaker: Sandra Fournier, MSN, RN
Chief Program Officer, CareLink**

Wrestling With Alzheimer's: "My Personal Journey"

**Speaker: Ann, BA, MSW
Retired Clinical Social Worker**

A Caregiver's Journey . . .

The Emotional & Physical Impact of Caregiving

**Speaker: Jennifer Kevorkian, BA,
Director, Social Services' Division
Cranston Department of Senior Services**

"Join us on our journey. Explore the faces of memory loss."

To register please call 780-6000.

Refreshments will be served. Space limited.

Register early.

Respite care available at no cost.

Must sign up when registering.

"Support is provided by a grant from the RI Department of Health".

TRANSVAN JANE LUKER, COORDINATOR 943-3341

TRIPS

Thursday, March 16, 2023

Wright's Farm Restaurant & Gift Shop, Burrillville
\$20.00 pp (includes transportation, meal, and gratuity)
Leave Center Approximately—10:45 a.m.

Monday, March 27, 2023

99 Restaurant, New London Avenue, Cranston
\$5.00 transportation charge
Leave Center Approximately - 11:00 a.m.

Wednesday, April 5, 2023

Wednesday, April 5, 2023
Cowesett Inn, Cowesett Avenue, W. Warwick
\$5.00 transportation charge
Leave Center Approximately -11:00 a.m.

Monday, April 17, 2023

King's Garden Chinese Restaurant, Rolfe Square, Cranston
\$5.00 transportation charge
Leave Center Approximately - 11:00 a.m.

Friday, April 28, 2023

Gregg's Restaurant, Post Road, Warwick
\$5.00 transportation charge
Leave Center Approximately - 11:00 a.m.

Sign up beginning Monday, March 6, 2023. Trips are on a first come first serve basis. Payment due at sign up. Refunds will be given only if you cancel prior to the date of the trip.

ADULT DAY SERVICES, ROSEMARIE COREN, DIRECTOR 780-6243

Hello Friends & Families;

Welcome to Spring – According to the Farmers Almanac, we're going to have a "Shiver and Shovel" spring season. Don't put your snow shovels or mittens away yet. The first day of Spring is March 20, and hopefully, by then we can store the shovels away for another year, but that's up to Mother Nature.

Good things in March to look forward to are Daylight Savings Time, March 12, and St Patrick's Day March 17, which falls on a Friday this year. St. Joseph's Day is Sunday, March 19. Lots of celebrating and good food this weekend!

During the 3rd weeks of March and April, Marcel from the Cranston Rotary Club will be here in the ADS garden with his staff and 2 volunteers from the Senior Center (myself & Steve Craddock our Executive Director) to clean, groom, refresh, plant and paint. Our garden will be especially beautiful this year with a new coat of paint on the fence and benches. Our raised beds will also have the soil replaced to make ready to plant flowers and vegetables.

Check out the ADS calendar for March and April. We have lots of fun activities planned and several new clients to help us share and enjoy. Just a reminder, we always have room for new members. If you would like a brochure or a tour, give us a call. We are very proud of our great program and love showing us off.

Regards,

Rose Marie Coren, RN

Adult Day Service Director

Important
Information

Dementia Friendly Dining Experience

Cranston Senior Enrichment Center

Wednesday, May 17, 2023

5:30 p.m.

A friendly, safe, and enjoyable FREE dining experience where families can bring their loved ones who are living with Alzheimer's Disease or any other forms of dementia.

Pasta & Meatballs

String Beans & Carrots

Spumoni & Cookies

Space is limited. Call in advance with number of people attending
780-6000.

Reservations by May 10th