



CRANSTON CONNECTION

Cranston Department of Senior Services

OLDER AMERICANS MONTH



AGING UNBOUND: MAY 2023

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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 |
dquiroya@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

780-6220

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,

Spring weather has arrived, and the Cranston Senior Enrichment Center is buzzing with activity! At the end of March, the Rotary Club of Cranston selected the senior center as the beneficiary of their District 7950 Grant.

With this funding, they conducted a two-phase project to give the center's outdoor patio a face-lift! I would personally like to thank the Rotary Club, President Stephanie Lemoi Cranston Police Explorers Post #402, and all the volunteers who completed this project. The patio is now open for all to enjoy on a bright, sunny day!

If it gets too hot, there are plenty of indoor activities to take part in. The Cranston Senior Center offers many options for recreation clubs and classes, so stop by the senior center or call the Programs Office at 401-780-6144 to learn more about what is available. You may even catch me playing at the pool table every now and then.

As always, if you know anyone who has recently moved to the city, or someone who 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



DIRECTOR'S MESSAGE

Hello friends,

Older Americans Month is a national observance that takes place every May in the United States. It's a time to recognize and honor the contributions of older adults to society. Older Americans Month was established in 1963 by President John F. Kennedy as Senior Citizens Month.

It was initially created to celebrate the contributions of older adults to society and to raise awareness about issues affecting seniors. In 1980, the name was changed to Older Americans Month, and it has been observed every May ever since.

Older Americans Month is an important observance that highlights the valuable contributions of older adults to society and promotes healthy aging. It is a time to celebrate seniors and to raise awareness about the challenges they face, as well as the resources and support available to help them stay healthy, active, and engaged in their communities.

The Cranston Senior Enrichment Center is here to provide a variety of programs and services to Cranston's older adults. We act as a hub for social, recreational, and educational activities, and is a great resource for seniors looking to stay engaged and active in their communities.

Sincerely,

Steve Craddock



SOCIAL SERVICES

JENNIFER KEVORKIAN, DIRECTOR 780-6254

SCAMS

Here are the tools to recognize Social Security-related scams and stop scammers from stealing your money and personal information. Share scam information with your loved ones.

Recognize the four basic signs of a scam:

1. Scammers pretend to be from a familiar organization or agency, like the Social Security Administration. They may email attachments with official-looking logos, seals, signatures, or pictures of employee credentials.
2. Scammers mention a problem or a prize. They may say your Social Security number was involved in a crime or ask for personal information to process a benefit increase.
3. Scammers pressure you to act immediately. They may threaten you with arrest or legal action.
4. Scammers tell you to pay using a gift card, prepaid debit card, cryptocurrency, wire or money transfer, or by mailing cash. They may also tell you to transfer your money to a "safe" account. Ignore scammers and report criminal behavior. Report Social Security-related scams to the SSA Office of the Inspector General (OIG).

CAREGIVER SUPPORT GROUP

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 May 3rd and Wednesday June 7th. For more information, please contact Jennifer at 780-6254.

MEDICARE ADVANTAGE INFORMATION

CCA (Commonwealth Care Alliance) representative, William Cueto, will be here on Wednesday May 10th from 10:30Am-11:30Am in the Dining Room.

Aetna representative, Cheryl Tassmer, will be here on Thursday June 8th from 10:30AM-11:30AM in the Dining Room.

BOOK SIGNING WITH LOCAL AUTHOR

Please welcome Ann G. Boulet, who will be discussing her new book:

AFTER WINTER COMES SPRING:

A JOURNEY THROUGH GRIEF AND BEYOND.

Tuesday May 9th 10:00AM Classroom

**TRICIA CIPRIANO,
DIRECTOR 780-6159**



**AmeriCorps
Seniors**

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!!!

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



COMMUNITY RECYCLING/SHREDDING EVENTS:



Dehumidifiers: Warwick (Rhode Island Energy)

Sat, 05/06/2023 09:00 am -01:00 pm

Home Depot - 80 Universal Blvd

Do you have an outdated, working dehumidifier that you'd like to upgrade or clean out? Rhode Island Energy is offering Rhode Islanders a \$30 rebate for turning in a dehumidifier. Just drive up and drop off your working, older model dehumidifier. Rhode Island Energy will recycle it and send you a \$30 rebate check in the mail. They are also offering a \$30 rebate when you purchase select models.

Shredding: Cranston (RI Credit Union)

Sat, 05/06/2023 10:00 am -12:00 pm

Rhode Island Credit Union will hold a free Community Shred Day at the Cranston Branch, 860 Reservoir

Avenue, Cranston, from 10:00 a.m. to 12:00 p.m. on Saturday, May 6, 2023.

Everyone, including RI Credit Union members and non-members alike, are invited to take part in the event. Shredding is available for personal documents only – no business or commercial shredding. To best serve all attendees, a maximum of 4 bags or boxes will be accepted. They will be accepting donations of wet and dry dog and cat food, kitty litter, carriers, harnesses, leashes, collars or a monetary donation to benefit Providence Animal Rescue League.

Shredding: Various Locations (Washington Trust)

Sat, 05/06/2023 10:00 am -12:00 pm

The Washington Trust Company will hold a free Community Shred Day at select locations across Rhode Island from 10 a.m. to 12 p.m. on Saturday, May 6, 2023.

Everyone, including Washington Trust customers and non-customers alike, are invited to take part in the event and have their documents shredded. There is a two box maximum per person.

Eco-Depot: West Warwick Sat, 06/17/2023

08:00 am -12:00 pm Civic Center- 100 Factory St.

Appointments are required for this event. Eco-Depots are free collections for properly disposing of household hazardous waste from RI households. Household hazardous waste is anything labeled with a skull and crossbones, or words like 'toxic', 'poison', 'flammable', 'combustible', etc. Examples include mercury devices, automotive fluids, fertilizers, pesticides, pool chemicals, and polishes. Appointments are made to prevent everyone from showing up at once, which reduces wait time in line. We try to service 25 cars every 15 minutes—you

won't even need to get out of your vehicle!

ENRICHMENT PROGRAMS 780-6144

See the complete list of Daily Activities on the enclosed insert

Musical Entertainment

5/12- Celebrate Mother's Day and the music of Joe Vono

6/14- Celebrate Father's Day and the music of Peter Filippi

Bone Builders of RI

Tuesdays – 12:45 p.m. to 1:45 p.m.

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. To register call Yvette at 780-6144.

Reminiscing With Sean

"Linking the Past to the Present"

Tuesdays – 10:00 a.m.

May 9th & June 13th

We all cherish our happy memories and enjoy talking about them. And sometimes talking about the "not so happy memories." Reminiscing is an important activity for all ages. Join Sean and bring a friend.

National Health & Fitness Day

Wednesday, May 31, 2023

Here at the Cranston Enrichment Center we are not only celebrating the day but making the entire week of May 29th Health & Fitness Week. We are inviting you to come and observe any of the numerous exercise classes at no cost. Observe as many as you want during this week. You may find one or two that work for YOU! Check out Daily Activities insert for the week.

Blue Cross Blue Shield of RI sponsoring Yoga in the Park. Join in across the state to get some exercise and enjoy the great outdoors! Bring your yoga mat, however, if you do not have one, we'll have limited supply of beach mats for your use.

Roger Williams Temple to Music

Monday, May 15, 2023 2:00 PM

Monday, June 26, 2023 10:00 AM

Lincoln Woods State Park

Tuesday, May 16, 2023 2:00 PM

Tuesday, June 27, 2023 10:00 AM

Colt State Park

Wednesday, May 24, 2023 2:00 PM

Wednesday, June 28, 2023 10:00 AM

Goddard Memorial State Park

Thursday, May 18, 2023 2:00 PM

Thursday, June 29, 2023 10:00 AM

Nighttime at the Center

Intermediate Ballroom Class

Four week series

Wednesdays – 6:00 p.m. to 7:30 p.m.

Beginning May 3rd ending May 31st

Fee: \$40.00 for the series

Instructor: Tracy Rose

Advanced registration required. Call Yvette at 780-6144

Night Bingo @ 5:30

Tuesday, May 16

Tuesday, June 13

MAY MENU

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

MAY MENU

| MON | TUE | WED | THU | FRI |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. 100% OJ / Fruit Cup Scrambled Eggs Homefries Baked Ham Fresh Muffin <i>Turkey/Cheese/Croissant</i> | 2. Venus de Milo Soup Chicken Cutlet/B. Gravy Garlic Mashed Potato Buttered Corn Fresh Fruit/ Multi Grain <i>Tuna on Multi Grain</i> | 3. Chicken Soup w/ Orzo Shepherd Pie w/ Ketchup Seasoned Spinach Brownie Rye Bread <i>Shrimp Salad on Rye</i> | 4. White Chowder Beer Battered Fish/Tartar Potato Puffs Broccoli Slaw Ice Cream/ Roll <i>Meatloaf on Roll</i> | 5. Black Bean Soup Spanish Style Pork Seasoned Rice Roasted Vegetables Tapioca Pudding/Bread <i>Chicken Salad/ Pump</i> |
| 8. Chili Soup L.S. Hot Dog w/mustard Baked Beans Seasoned Broccoli Spear Corn Bread Fruit Cocktail <i>Seafood Salad on Roll</i> | 9. Beef Barley Soup Fried Steak w/Country Gravy O'Brien Potatoes Baby Whole Carrots Sliced Peaches Wheat Bread <i>Chicken Loaf w/cheese/Wheat</i> | 10. Vegetable Soup Roast Turkey/ Gravy Cranberry Sauce/Stuffing Green Beans Pie Marble Bread <i>Italian Grinder</i> | 11. Cream of Broccoli Meatloaf w/Gravy Buttered Noodles Asparagus Tips Fresh Fruit/White Bread <i>Egg Salad on White</i> | 12. Red Chowder Baked Fish/Ritz Topping Baked Potato/Sr Cream Roasted Zucchini Brownie Rye Bread <i>Eggplant Parmesan /Roll</i> |
| 15. Potato/Leek soup Kielbasa w/ Mustard Roasted Red Potato's Carrot/Cabbage Blend Ice Cream Wheat Bread <i>Chicken Salad/ Wheat</i> | 16. Venus de Milo Soup Chicken Parmesan Whole Wheat Pasta w/Sauce Italian Blend Vegetables Biscotti Cookie Roll <i>Italian Tuna on Pita</i> | 17. Onion Soup/Croutons Meat Pie/Ketchup Sweet Potato Fries Capri Blend Vegetable Frosted Cup Cake Wheat Dinner Roll <i>Pastrami & Swiss /Roll</i> | 18. Chicken Soup w/ Anci di pepe Chicken w/Artichokes/ Roasted Peppers in Lemon Sauce Mashed Potatoes Tomato Half Pudding Pumpernickel Bread <i>Shrimp Salad on Croissant</i> | 19. Seafood Chowder Baked Haddock Roasted Potatoes Sliced Carrots Oatmeal Cookies Rye Bread <i>Corned Beef & Swiss Rye</i> |
| 22. Pasta Fagioli Italian Sausage Shells w/Sauce Peppers & Onions Spumoni Ice Cream Garlic Knotted Roll <i>Meatball Grinder</i> | 23. Chicken Escarole Soup Chicken Cordon Bleu/gravy Red Bliss Mashed Potatoes Garlic Spinach Fresh Fruit Pumpernickel Bread <i>Honey Ham & Swiss on Pump.</i> | 24. Chicken Gumbo Soup Pot Roast w/Gravy Garlic Mashed Potatoes Mixed Vegetables Pineapple Chunks Multi Grain Bread <i>Turkey & Cheese on Multi</i> | 25. Italian Wedding Soup Spaghetti w/Meatballs Tossed Salad w/dressing Italian Bread <i>Egg Salad on Italian</i> | 26. Split Pea Soup Corned Beef w/mustard Seasoned Boiled Potatoes Cabbage/Carrot Medley Jello w/topping Rye Bread <i>Tuna on Rye</i> |
| 29 CLOSED Memorial Day | 30. Lentil Soup Baked Ham w/pineapple Sweet Potatoes Winter Blend Vegetables Tropical Fruit 9-Grain Bread <i>Chicken Salad on 9-Grain</i> | 31. Kale & Bean Soup Beef Wellington Peas & Onions Salad w/dressing Pudding Wheat Dinner Roll <i>Salami & Provolone /Roll</i> | Thank you for your donations! Your donations help keep the program going. <i>All menu items may contain nuts, seeds, beans and wheat bran + other allergens.</i> | Reservations must be made one day in advance from 9:00-12:45 Monday-Friday Only 401-780-6134 |

Suggested Donation: \$3.00

For reservations call 780-6134

9:00 a.m. 12:45 p.m. Monday through Friday

JUNE MENU

JUNE MENU

MON

TUE

WED

THU

FRI

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

1 Potato & Leek Soup
French Meat Turnover
Caesar Salad
Sliced Pears w/Topping
Italian Bread
Eggplant on Italian

2 Chicken Vegetable Soup
Roast Pork w/applesauce
Stuffing
Fiesta Blend Vegetables
Fruited Jello w/Topping
Rye Bread
Turkey & Cheese on Rye

5 Chicken Escarole Soup
Veal & Peas
Seasoned Egg Noodles
Baby Whole Carrots
Fresh Fruit
12-Grain Bread
Hot Dog on a Bun

6 Chicken Noodle Soup
Low Sodium Hot Dog
Baked Beans
3-Bean Salad
Mandarin Oranges
9-Grain Bread
Sliced Chicken & Cheese on 9-Grain

7 Minestrone Soup
Beef Stroganoff
Buttered Noodles
Sliced Carrots
Pudding
Rye Bread
Corned Beef & Swiss on Rye

8 Pasta & Bean Soup
Fried Steak w/Country Gravy
Rice Pilaf
Tomato & Cucumber Salad
Ice Cream
Wheat Bread
Turkey Meatloaf on Wheat

9 Chicken Vegetable Soup
Rosemary Chicken
Prince Edward Vegetables
Red Bliss Mashed Potatoes
Fresh Fruit
Oatmeal Bread
Seafood Salad on Oatmeal

12 Tomato & Rice Soup
Shepherd's Pie w/ketchup
Zucchini & Yellow Squash
Fig Bar
Whole Wheat Bread
Buffalo Chicken Salad on Whole Wheat

13 Beef Noodle Soup
Chicken Marsala
Garlic Mashed Potatoes
Broccoli Cuts
Sherbet
Multi Grain Bread
Honey Ham & Cheese on Multi

14 Lentil Soup
Pot Roast w/gravy
Mashed Potatoes
Green Beans Almondine
Frosted Cupcake
Marble Bread
Fish Sandwich w/ Tartar on Hamburger Roll

15 Corn Chowder
Entree Salad
Tuna on Lettuce w/
Tomato,Cucumber,Croutons,
Dressing
Mandarin Oranges
Pita Bread
Egg Salad on Pita

16 Red Chowder
Italian Sausage
Stuffed Shells
Italian Blend Vegetables
Cake w/ Frosting
Wheat Dinner Roll
Roast Beef w/Cheese on Whole Wheat

19
Closed
Juneteenth

20 Tomato Vegetable Soup
French Meat Pie w/ketchup
French Fries
Sliced Carrots'
Pudding
Whole Wheat Dinner Roll
Bologna & Cheese on Wheat

21 Split Pea Soup
Baked Ham w/ Pineapple
Sweet Potato
Garlic Spinach
Angel Food Cake w/
Peaches
Dinner Roll
Italian Tuna on Roll

22 Clear Chowder
Liver w/ Onions & Gravy
Mashed Potato
California Blend Vegetables
Fresh Fruit
Whole Wheat Bread
Italian Grinder

23 Italian Wedding Soup
Meatballs w/ Sauce
Seasoned Pasta
Peppers & Onions
Ice Cream
Italian Bread
Italian Sausage on Roll

26 Chicken Soup w/ Orzo
Beef Tips w/ Mushrooms
Mashed Potato
Roasted Brussels Sprouts
Fresh Fruit
Multigrain Bread
Chicken Salad on Multi

27 Tomato Vegetable Soup
Roasted Airline Chicken
Pesto Tortellini
Italian Blend Vegetables
Fresh Fruit
Rye Bread
Ham Salad on Rye

28 Venus de Milo Soup
Italian Sausage w/mustard
Wheat Pasta w/sauce
Peppers & Onions
Ice Cream
Garlic Bread
Tuna on a Roll

29 Beef Barley Soup
Marinated Grilled Chicken
Spanish Rice
Peppers & Onions
Cookies
Dinner Roll
Salami & Provolone on Italian

30 Onion Soup w/ Croutons
Pub Burger w/ Mushroom
Baked Beans
Cole Slaw
Fruit Salad
Wheat Bread
Egg Salad on Wheat



DAVID QUIROA
SUBDIRECTOR

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

Ya en plena primavera y a la puerta del verano vamos a toda velocidad y como es costumbre, a mí, me gusta contarles sobre todos los programas que ofrecemos en el Cranston Senior Center (Centro del Adulto Mayor de Cranston). En esta ocasión les quiero compartir el servicio que ofrecemos en nuestra Guardería para Adultos Mayores. Si – como leyeron, dije guardería para adultos mayores.

Si tú tienes en tu familia o círculo de amigos a un ser querido que se pueda beneficiar de poder estar en un ambiente seguro, donde ellos puedan participar en actividades de arte, cocina, charlas interesantes, y ejercicios, pero en un ambiente que tenga personal capacitado para poder atender personas con pérdida de memoria o otros dolencias que necesiten cuidado profesional, el Centro del Adulto Mayor de Cranston tiene el programa perfecto: La Guardería para Adultos Mayores (Adult Day Services).

Nuestra Guardería para Adultos Mayores cuenta con trabajadores sociales, auxiliares de enfermería y enfermeras registradas. Trabajamos bajo la supervisión del Departamento de Salud del Estado de Rhode Island. Una de las ventajas que ofrece usar una Guardería para Adultos Mayores es que permite al paciente (el o ella) a que comparta con otros adultos mayores en un ambiente sano y seguro, mientras sus familiares pueden ir a trabajar. Prácticamente es como repetir el ciclo de la niñez cuando ellos, nuestros adultos mayores, nos llevaban a la guardería de niños, en lo que ellos trabajaban. Otro aspecto muy valorado de las Guarderías para Adultos Mayores es que nuestro ser querido puede quedarse en casa en familia recibiendo amor de sus seres queridos.

Si estas interesado en aprender más sobre nuestra Guardería para Adultos Mayores mándame un correo electrónico a: dquiroa@cranstonri.org o llámame al teléfono: 401-780-6180 y con gusto te ayudamos con tus preguntas.

¡¡¡Ahora, no nos queda otra, que disfrutar de este verano 2023!!!

Saludos,

David Quiroa

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

MAY HEALTH CHECK

Seasonal Allergies

Wednesday, May 3rd – 10:00 a.m.

URI Pharmacy Outreach Program

Allergies are a very common condition. At this presentation we will learn what causes seasonal and year round allergies and how they adversely affect our health. Appropriate treatments such as avoidance and prescription and over-the-counter products will be discussed. There is hope for allergy sufferers!

Understanding Natural vs. Added Sugar

Wednesday, May 10th – 10:00 a.m.

URI SNAP-Ed Program

Is natural sugar healthier than added sugar? Does natural sugar count as added sugar? Can our bodies tell the difference between natural sugar and regular sugar?

Drug Allergies

Wednesday, May 17th – 10:00 a.m.

URI Pharmacy Outreach Program

We will review the signs and symptoms for drug allergy reactions. Is it an allergy or an unwanted side effect? What medications are people most commonly allergic to? And what is the correct use of an EpiPen to counteract a severe allergic reaction.

Prescription Hearing Aids vs. OTC Devices

“What’s the Difference”

Wednesday, May 24th – 10:00 a.m.

Provided by: Atlantic Audiology

The Food & Drug Administration’s (FDA) recent rule has expanded access to hearing aids. They do not require an audiologist visit before purchase. “prescription hearing aids.” What are the differences?

National Fitness Day

Healthy Beginnings – Physical Activity

Wednesday, May 31st – 10:00 a.m.

Provided by: Blue Cross Blue Shield
Participants will learn the basics and importance of physical activity and explore how to get motivated. Throughout the session participants will learn about the benefits of physical activity, and discuss the four components of fitness. They will also develop a personal fitness action plan and learn motivational techniques to achieve a long-term habit.

JUNE HEALTH CHECK

Summertime Health

Wednesday, June 7th – 10:00 a.m.

Uri Pharmacy Outreach Program

Summertime presents all kinds of health challenges- safe sun exposure, proper hydration and mosquito and tick prevention. Learn how to protect your health during the summer months..

Exercise & Hydration

Wednesday, June 14th – 10:00 a.m.

URI SNAP-ED Program

Keeping the body hydrated helps the heart more easily pump blood through the blood vessels to the muscles. And, it helps the muscles work efficiently. . But, what does being well hydrated mean? How much water do we need to drink whether exercising or doing any physical activity?

Creating a category of hearing aids – over-the-counter hearing aids.

Pay Less for Your Medications

Wednesday, June 21st – 10:00 a.m.

URI Pharmacy Outreach Program

Are you spending too much on your medications? Learn how to properly use formularies, access cost saving programs and other helpful ways to minimize prescription costs.

Top This “Ice Cream Plus”

Wednesday, June 28th -10:00 a.m.

Facilitators: Lucy & Ethel

Love that ice cream? How best to top off a delicious scoop of ice cream with healthy toppings? What are some healthy and nutritious toppings? And, of course, we will discuss the benefits of the ice cream and toppings.

Walk With Ease – Self Directed

Six weeks 3 X’s a week

Beginning May 8th ending June 16th

Spring is here, and as the weather gets warmer it is the perfect time to get back to our Walk With Ease self- directed program. The goal is to walk 3 X’s a week for six weeks. Walk alone or with a friend. Walk for 10 minutes or 1 hour...whatever works for you. You are not competing with anyone except yourself.

Register by emailing Maria at mrondeau@cranstonri.org or calling 780-6000. We will email or mail you a log in order to keep track of your days.

Tools for Healthy Living

“Better Choices, Better Health”

Tuesdays – 9:00 a.m. to 11:00 a.m.

Tuesdays beginning May 16th ending Tuesday, June 20th

Facilitators: Marylou Pearson & Jackie Rizzi

This six week workshop will provide you with tools to work toward living a healthy lifestyle. Facilitators will guide participants to learn the practical skills needed to take charge of your health. This FREE program is for those individuals who simply want to improve their overall health and quality of life. Some topics to be covered: fatigue, pain, stress, exercise, nutrition, medications, techniques to deal with frustration etc. Participants will receive a workbook and a relaxation tape. Those upon attending five of the six classes will also receive a gift certificate. Space is limited. To register call 780-6000.

Back by Popular Demand”

Arthritis Exercise Classes

A Low-Impact Physical Activity

Evidence-based FREE Class

Tuesdays - 1:15 p.m.

Beginning June 6th ending August 22nd

Facilitators: Jennifer Kevorkian & Marylou Pearson.

Exercise is an essential tool in managing your arthritis. It helps reduce joint pain and stiffness, increases flexibility,, endurance, and so much more. Classes may be taken standing or sitting. Space is limited. Register by calling 780-6000.

DAILY HEALTHY HABITS

The trick to sticking to a new habit is to start small and simple. **Check out the nine healthy habits below provided by the URI SNAP-ED Program. Challenge yourself to reach all nine healthy habits each day.**

1. Get at least 7 hours of sleep. 2. Eat a snack with 2 or more food groups: grains, fruit, vegetable, dairy, and protein. 3. Learn and try new ideas. 4. Drink at least 8 cups of water each day. 5. Make half your grains whole grains. 6. Take a 20 minute walk outside. 7. Have 2 or more vegetables with your main meal. 8. Add 30 minutes of movement to your day. 9.

Brush your teeth at least 2 times each day.

Project TEACH: Tailored Education for Aging and Cognitive Health

A Lifespan Study

Purpose: to develop a **Health Brain Educational Program** to teach people to stay engaged in activities that will help keep their brains healthy

Who is Eligible? Adults aged 45-69 who are interested in brain health

Time commitment: single study visit (1-2 hours) or 12 week educational program (1 hour- 2 times per week)

Anyone interested please contact Idania Arias at iarias@lifespan.org or call 401-444-9061.

TRANSVAN COORDINATOR 943-3341

May & June 2023

Jane Luker, our Transvan Coordinator of 25 years, has retired and we extend our congratulations and best wishes for this exciting new chapter in her life. We will miss Jane's dedication, commitment, and seemingly endless patience with all of us and our members. Thank you, Jane. We are grateful for your leadership and will miss you very much!

While we are also sorry to see Richard retire, we look forward to welcoming the return of Ned, after a brief time away.

Transvan is transitioning to a new management team and during this time we'll continue to provide round-trip service to the Enrichment Center, grocery markets and personal trip requests as scheduled below:

Stop & Shop, Atwood Avenue Tuesdays
Shaw's, Garden City Wednesdays
Price Rite, Elmwood Avenue Thursdays
Medical appointments, 10:30-1:30 Mondays & Fridays

Reminder: A 2-day notice is required when scheduling a trip. If you must cancel, please call the office 401-780-6218.

Kindly avoid any last-minute requests. Please watch for special trips announcements coming soon!

We are grateful for the opportunity to serve you and our community in this very special way. Please be patient as our new team settles in ...they love their jobs, and they love you too!

ADULT DAY SERVICES, ROSEMARIE COREN, DIRECTOR 780-6243

Hi Friends & Families:

Happy May Day! Lots of great things going on in the community. Cleaning, planting and enjoying the warm weather. Be sure to attend a May Breakfast in your neighborhood. The Boy Scouts, Churches and local VFW's serve a wonderful May Breakfast at a very discounted price, and the proceeds go to a good cause.

Our garden is coming along beautifully. Phase 2 will be April 22, 2023 and this will bring our hard work to fruition. The Explorer's Club sponsored by the Cranston Police Dept., The Rotary Club who is financing this endeavor, Steve Craddock and myself will be here on the 22nd to help with painting the fence, power washing the walkway, building 2 new raised garden beds, and building a wheelchair ramp between the beds for our wheelchair folks to help plant flowers and veggies. Our awning will go up just in time for the warmer weather and we can sit outside and enjoy lemonade. We would like to send a very sincere Thank You to all those who helped with the garden, and especially to Mr. Roy Evans who has supervised and organized this project.

We have several new clients and they're making new friends, enjoying our beneficial therapies, playing cards, basketball, bowling and arts and crafts. Just having a great time!

In June we'll be celebrating Flag Day, Father's Day, Juneteenth and any great sunny day that comes along. Be sure to get your sunscreen out and keep hydrated. Enjoy, Enjoy!!

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

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

CRANSTON SENIOR CENTER

1070 Cranston Street
Cranston, RI 02920

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