



# 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](mailto:scraddock@cranstonri.org)

Assistant Director

**David Quiroa**

780-6180 |  
[dquiroa@cranstonri.org](mailto:dquiroa@cranstonri.org)

Adult Day Services

**Rosemarie Coren, RN**

780-6243 |  
[rcoren@cranstonri.org](mailto:rcoren@cranstonri.org)

Nutrition

**Chef Ray Sinapi**

780-6217 |  
[rsinapi@cranstonri.org](mailto:rsinapi@cranstonri.org)

Programs

**Yvette Grullon-Davila**

780-6144 |  
[ygrullon@cranstonri.org](mailto:ygrullon@cranstonri.org)

RSVP

**Tricia Cipriano**

780-6159 | [pcipriano@cranstonri.org](mailto:pcipriano@cranstonri.org)

Social Services

**Jennifer Kevorkian**

780-6254 | [jkevorkian@cranstonri.org](mailto:jkevorkian@cranstonri.org)

Transvan

Rachal Mancuso

780-6220 |  
[rmancuso@cranstonri.org](mailto:rmancuso@cranstonri.org)

Health Services

CVS/Health Pharmacist

**Mary McKenna, R.Ph.**

780-6210 | [mmckenna@cranstonri.org](mailto:mmckenna@cranstonri.org)

Nurse

**Marylou Pearson, RN**

780-6207 | [mpearson@cranstonri.org](mailto:mpearson@cranstonri.org)

**Automated Lunch  
Reservation System**

780-6134



## MAYOR'S MESSAGE

Greetings,

I hope you have all had a great summer so far and are managing to beat the heat! While we are grateful for our summers and beach time here in the ocean state, prolonged exposure to the excessive heat can be dangerous. As seniors, we are more susceptible to heat-related illness or injury because of aging-related physical changes, chronic health conditions, or side-effects of medications.

Make sure to stay well hydrated by drinking plenty of water or clear juices, and avoid alcoholic or caffeinated beverages.

Stay away from direct sun exposure when possible. The sun is the most intense between 10 am and 4 pm. Plan outdoor activities either early in the morning or when the sun starts to set to avoid excessive heat.

Spend as much time as possible in air-conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned – like the Cranston Senior Enrichment Center! Stop by the center or visit one of our library locations to read a book out of the heat for a while.

It is also important to know the side effects of your prescriptions. Some medications can cause increased sensitivity to the sun. Look over your medications and talk with your doctor about any concerns or questions you have.

Make sure you can recognize when hot weather is making you sick, and when to get help. Signs of heat-related illnesses such as dehydration, heat stroke or heat exhaustion may include disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, a flushed face, high body temperature, rapid pulse, dizziness and confusion. Prepare a list of emergency phone numbers and place them in an easy-to-access area, and take immediate action if you feel any symptoms coming on.

Thank you and have a nice, safe rest of the summer!

## DIRECTOR'S MESSAGE

Hello friends,

The Cranston Senior Center plays a valuable role by providing a wide range of services, activities, and support for older adults. Some of the key benefits associated with the Cranston Senior Center include:

**Socialization and community:** The Cranston Senior Center offers a place for seniors to socialize, interact, and form meaningful connections with peers. This helps combat social isolation and loneliness, which are prevalent issues among seniors. By fostering a sense of community, the Cranston senior Center contributes to overall well-being and mental health.

**Health and wellness:** The Cranston Senior Center offers multiple health and wellness programs, including fitness classes, nutrition education, and health screenings. These activities promote physical activity, healthy lifestyles, and preventive care.

**Volunteer and community engagement:** Many seniors have a desire to give back and stay active in their communities. The Cranston Senior Center offers many volunteering opportunities, enabling older adults to contribute their skills, knowledge, and experiences. Engaging in meaningful volunteer work helps seniors maintain a sense of purpose and fulfillment.

**Information and referral services:** The Cranston Senior Center serves as a hub for information and resources relevant to older adults. They can provide guidance on various topics, such as healthcare, housing options, legal matters, and entitlement programs. Additionally, they often have partnerships with local organizations, allowing them to refer seniors to appropriate services and support networks.

**Recreational and leisure activities:** Cranston offers a wide array of recreational and leisure activities tailored to the interests and preferences of older adults. These may include games, outings, and music or dance classes. Participating in these activities promotes mental stimulation, relaxation, and a sense of fulfillment.

Overall, the Cranston Senior Center provides a supportive environment that addresses the holistic needs of older adults, promoting their physical, mental, and emotional well-being. I hope everyone will visit us and become part of the Cranston senior family.

Sincerely,

*Steve Craddock*





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## SOCIAL SERVICES

JENNIFER KEVORKIAN, DIRECTOR 780-6254

### **Ask A Lawyer Event**

Attorneys Samantha McCarthy and Daphne Robson from RI Bar Association's Legal Information and Referral Service for the Elderly, will be on hand to answer your legal questions. Friday July 14th in the Conference Room. Drop In 10:00 a.m.-11:30 a.m.

### **Durable Power of Attorney for HealthCare**

Advance healthcare directives are written instructions indicating what type of medical intervention you choose during a time when you may become incapacitated. The DPOA for healthcare allows you to appoint an agent, to make health care decisions on your behalf, if you are unable to communicate your wishes. A living will directs your physicians, in advance to withhold or withdraw life-sustaining procedures, if those are your wishes. If you would like an advance health care directive form, or need assistance filling one out, please contact: Jennifer 780-6254 or Amy 780-6200.

### **Caregiver Support Group**

Being a Caregiver can result in ignoring your own physical and emotional health. 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 and 3rd Wednesday of every month 2:00p.m.-3:00p.m. in the Classroom. Upcoming Meetings: Wednesday July 19th, August 2nd and August 19th (\*\*No meeting on July 5th) For more information, please contact Jennifer at 780-6254.

### **Neighborhood Health Plan of RI**

Thursday July 20th at 10:00 am. in the Dining Room, Neighborhood Health Plan Outreach Representative, Nephtali Navarro, will be available to provide you information and answer your questions.

### **Vison Group**

This group will provide visual impairment support, information, opportunities and networking. Friday August 4th 10:00 AM-11:30 AM in the Classroom.

### **Social Security**

Tuesday August 8th at 10:00 a.m. in the Dining Room, a representative from the Social Security Office will be available to provide you information and answer your questions.



**Our Gift Shop is Open!**  
**Monday-Friday**  
**9:00 a.m. to 2:00 p.m.**

**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???

New items arriving daily...



See the complete list of Daily Activities on the enclosed insert

# New! Coming soon!



Rhode Island Art Teacher, Sue Greco, will be instructing a Watercolor Class Cranston Senior Center Wednesday, September 13, 2023 1:00 -3:00 \$5 per person 15 Adults per class All supplies provided

September's Project



Please register at the front desk to save your spot.

Additional classes will be held once a month. Watch your newsletter for details.

## Night Bingo @ 5:30

Tuesday, July 11  
and  
Tuesday, August 15



Are you interested in the Senior Farmer's Market Produce Boxes?  
Are you 60+ years of age or do you receive SSDI?  
Sign Up by July 31st  
Sign up in person or by calling Yvette Grullon (401) 780-6144.  
Produce boxes will be distributed in September and will include fruit & veggies

As we age, maintaining an active lifestyle often becomes a challenge. But exercise and physical health are important for everyone, regardless of age. We offer a variety of exercise classes. You choose what works for you! Here are two of the dozen exercise classes offered here at the center.



## Mat Yoga "The Benefits of Yoga"

Thursdays - 1:00 p.m. to 2:00 p.m.  
Fee: \$3.00

You might want to consider YOGA. Yoga is a mind and body practice that focuses on posture and breathing techniques. Nine benefits of Yoga are: chronic pain relief, better sleep, decreased blood pressure, less stress, diabetes management, better stability & balance, greater flexibility, improved respiration and mindfulness. Worth a try. Every Thursday from 1:00 p.m. to 2:00 p.m.

## Exercise Made Easy Wednesdays & Fridays - 1:15 p.m.

**FREE**  
Making fitness easy! With this easy to follow workout you will find better balance, build strength, reduce pain, reduce stress to name only a few of the benefits.

# JULY 2023 MENU

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

## JULY 2023 MENU

MON	TUE	WED	THU	FRI
<b>3</b> Lemonade <b>Boneless BBQ Chicken</b> Buttered Corn Tomato Cucumber Salad Ice Cream Bar <i>Hot Dog on Roll</i>	<b>4</b> <b>FOURTH OF JULY</b> <b>CLOSED</b>	<b>5</b> Chicken Vegetable Soup <b>Shepherd Pie w/ Ketchup</b> Seasoned Spinach Brownie Rye Bread <i>Shrimp Salad on Rye</i>	<b>6</b> White Chowder <b>Seafood Salad</b> Tri Colored Pasta Salad 3 Bean Salad Fruited Yogurt <i>Salami &amp; Cheese on Italian</i>	<b>7</b> Broccoli Soup <b>Italian Sausage w/ Mustard</b> Peppers & Onions Seasoned Tortellini Pudding Garlic Roll <i>Egg Salad on White</i>
<b>10</b> Chili Soup <b>L.S. Hot Dog w/mustard</b> Baked Beans Seasoned Broccoli Spear Corn Bread Fruit Cocktail <i>Seafood Salad on Roll</i>	<b>11</b> Beef Barley Soup <b>Fried Steak w/Country Gravy</b> O'Brien Potatoes Baby Whole Carrots Sliced Peaches Wheat Bread <i>Chicken Loaf w/cheese/Wheat</i>	<b>12</b> Vegetable Soup <b>Roast Turkey/ Gravy</b> Cranberry Sauce Stuffing Green Beans Pie Marble Bread <i>Hamburger on a Bun</i>	<b>13</b> 100% OJ / Fruit Cup <b>Scrambled Eggs w/ Tomato Slice</b> Homefries Baked Ham Fresh Muffin <i>Turkey/Cheese/Croissant</i>	<b>14</b> Red Chowder <b>Baked Fish/Ritz Topping</b> Baked Potato/Sour Cream Roasted Zucchini Fresh Fruit Rye Bread <i>Eggplant Parmesan /Roll</i>
<b>17</b> Pasta Fagioli <b>Knockwurst w/ Mustard</b> Shells w/Sauce Peppers & Onions Ice Cream Garlic Roll <i>Meatball Grinder</i>	<b>18</b> Chicken Soup <b>Chicken w/Artichokes/ Roasted Peppers in Lemon Sauce</b> Mashed Potatoes Tomato Half Pudding Pumpernickel Bread <i>Shrimp Salad on Croissant</i>	<b>19</b> Onion Soup w/ Croutons <b>Spaghetti w/Meatballs</b> Tossed Salad w/dressing Italian Bread Fresh Fruit <i>Egg Salad on Italian</i>	<b>20</b> Happy Birthday Pasta & Bean Soup <b>Pot Roast w/ Gravy</b> Mashed Potato Mixed Vegetables Wheat Dinner Roll Frosted Cupcake <i>Corned Beef/Swiss on Rye</i>	<b>21</b> Seafood Chowder <b>Baked Haddock</b> Roasted Potatoes Sliced Carrots Oatmeal Cookies Rye Bread <i>Pastrami &amp; Swiss Rye</i>
<b>24</b> Venus de Milo Soup <b>Airline Chicken</b> Rice Pilaf Broccoli Cuts Biscotti Cookie Roll <i>Italian Tuna on Pita</i>	<b>25</b> Chicken Gumbo Soup <b>Kielbasa w/ Mustard</b> Baked Sweet Potato Mixed Vegetables Pineapple Chunks Multi Grain Bread <i>Turkey &amp; Cheese on Multi</i>	<b>26</b> Lentil Soup <b>Meat Pie/Ketchup</b> Potato Puffs Capri Blend Vegetable Pudding Wheat Dinner Roll <i>Pastrami &amp; Swiss /Roll</i>	<b>27</b> Italian Wedding Soup <b>Veal Parmesan</b> Pasta w/ Sauce Tossed Salad w/ Dressing Fresh Fruit White Bread <i>Egg Salad on White</i>	<b>28</b> Split Pea Soup <b>Corned Beef w/mustard</b> Seasoned Boiled Potatoes Cabbage/Carrot Medley Jello w/topping Rye Bread <i>Chicken Salad on Rye</i>
<b>31</b> Chicken Escarole Soup <b>Chicken Cordon Bleu/gravy</b> Red Bliss Mashed Potatoes Garlic Spinach Fresh Fruit Pumpernickel Bread <i>Honey Ham &amp; Swiss on Pump.</i>			<b>Thank you for your donations! Your donations help keep the program going.</b>  <i>All menu items may contain nuts, seeds, beans and wheat bran + other allergens.</i>	Reservations <b>must be</b> 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

# AUGUST 2023 MENU

## AUGUST 2023 MENU

MON	TUE	WED	THU	FRI
Funded in part by the US Administration on Aging and the Rhode Island Division of Elderly Affairs	<b>1</b> Onion Soup w/ Croutons <b>Pub Burger w/ Mushroom</b> Sweet Potato Fries Cole Slaw Fruit Salad Wheat Bread <i>Egg Salad on Wheat</i>	<b>2</b> Minestrone Soup <b>Beef Stroganoff</b> Buttered Noodles Sliced Carrots Pudding Rye Bread <i>Corned Beef &amp; Swiss on Rye</i>	<b>3</b> Potato & Leek Soup <b>Chicken Marsala</b> Roasted Potato's Caesar Salad Sliced Pears w/Topping Italian Bread <i>Eggplant on Italian</i>	<b>4</b> Red Chowder <b>Beer Battered Fish/Tartar</b> Mashed Potato Broccoli Slaw Fig Newton Pita Bread <i>Chicken Salad on Pita</i>
<b>7</b> Chicken Escarole Soup <b>Swedish Meatballs</b> Seasoned Egg Noodles Baby Whole Carrots Fresh Fruit 12-Grain Bread Tuna Salad on 12 Grain	<b>8</b> Chili Soup <b>Low Sodium Hot Dog</b> Baked Beans 3-Bean Salad Mandarin Oranges 9-Grain Bread <i>Sliced Chicken &amp; Cheese on 9-Grain</i>	<b>9</b> Chicken Vegetable Soup <b>Roast Pork</b> w/applesauce Stuffing Spinach Cookies Rye Bread <i>Turkey &amp; Cheese on Rye</i>	<b>10</b> Venus de Milo Soup <b>Italian Sausage w/mustard</b> Wheat Pasta w/sauce Peppers & Onions Ice Cream Garlic Bread <i>Tuna on a Roll</i>	<b>11</b> Beef Barley Soup <b>Marinated Grilled Chicken</b> Spanish Rice Roasted Eggplant Brownie Dinner Roll <i>Salami &amp; Provolone on Italian</i>
<b>14</b> <b>CLOSED</b> <b>VICTORY DAY</b>	<b>15</b> Italian Wedding Soup <b>Meatballs w/ Sauce</b> Seasoned Pasta Broccoli Spumoni Italian Bread <i>Italian Sausage on Roll</i>	<b>16</b> Chicken Soup w/ Orzo <b>Beef Tips w/ Mushrooms</b> Buttered Noodles Roasted Brussels Sprouts Fresh Fruit Multigrain Bread <i>Chicken Salad on Multi</i>	<b>17</b> <b>Happy Birthday</b> Tomato Vegetable Soup <b>Roasted Airline Chicken</b> Pesto Tortellini Italian Blend Vegetables Frosted Cupcake Rye Bread <i>Ham Salad on Rye</i>	<b>18</b> 100% Juice <b>Plain Omelette w/Tomato</b> O' Brian Potato Sausage Patty Greek Yogurt Croissant <i>Roast Beef w/Cheese on Whole Wheat</i>
<b>21</b> Corn Chowder <b>Entree Salad</b> Tuna on Lettuce w/ Tomato,Cucumber,Croutons, Dressing Mandarin Oranges Pita Bread <i>Egg Salad on Pita</i>	<b>22</b> Tomato Vegetable Soup <b>BBQ Pulled Pork</b> Baked Beans Cole Slaw Coffee Cake Whole Wheat Dinner Roll <i>Turkey &amp; Cheese on Wheat</i>	<b>23</b> Lentil Soup <b>Pot Roast w/gravy</b> Mashed Potatoes Green Beans Almondine Fresh Fruit Marble Bread <i>Fish Sandwich w/ Tartar on Hamburger Roll</i>	<b>24</b> Beef Noodle Soup <b>Lasagna Rollup w/ Sauce</b> Tossed Salad w/ Dressing Pudding Italian Bread <i>Italian Grinder</i>	<b>25</b> Red Chowder <b>Crab Cake w/ Tartar</b> Roasted Potato Mixed Vegetables Granola Bar Oatmeal Bread <i>Honey Ham &amp; Cheese on Multi</i>
<b>28</b> Split Pea Soup <b>Baked Ham w/ Pineapple</b> Sweet Potato Garlic Spinach Angel Food Cake w/ Peaches Dinner Roll <i>Italian Tuna on Roll</i>	<b>29</b> Tomato & Rice Soup <b>Shepherd's Pie w/ketchup</b> Zucchini & Yellow Squash Fig Bar Whole Wheat Bread <i>Buffalo Chicken Salad on Whole Wheat</i>	<b>30</b> Pasta & Bean Soup <b>Fried Steak w/Country Gravy</b> Rice Pilaf Tomato & Cucumber Salad Ice Cream Wheat Bread <i>Turkey Meatloaf on Wheat</i>	<b>31</b> Chicken Vegetable Soup <b>Rosemary Chicken</b> Red Bliss Mashed Potatoes Prince Edward Vegetables Fresh Fruit Oatmeal Bread <i>Seafood Salad on Oatmeal</i>	Please inform your server if you have a food allergy



**DAVID QUIROA**  
**SUBDIRECTOR**

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

**Ya desde el 21 de junio empezamos el verano. Espero que todos ustedes estén disfrutando del clima cálido y hayan podido visitar los parques, playas, y restaurantes que tienen mesas al aire libre. Nuestro estado de Rhode Island es un deleite tanto en la primavera como en el verano. La ciudad de Cranston con su red de parques tiene mucho que ofrecer a sus residentes. También, no se olvide visitar nuestro Centro del Adulto Mayor y participar en todo lo que ofrecemos para que usted se mantenga activo y en buena salud tanto mental, espiritual, y físicamente.**

**Les quiero contar sobre la historia de los Centros del Adulto Mayor (su evolución en los EE.UU.). Todo empezó durante las décadas de los años 20s y 30s con los Clubs Townsend, estos Clubs fueron una evolución del cabildeo que hiciera el Dr. Francis E. Townsend que escribió una carta al periódico local en Long Beach, California, describiendo la necesidad de crear un plan de ayuda financiera para los adultos mayores. El plan le daría una remesa mensual de \$200 dólares a cada adulto mayor empezando a la edad de 60 años. El programa sería financiado por medio de un impuesto por consumo del 2% en compras – o sea un impuesto sobre ventas de artículos. Este plan explotó en popularidad y los adultos mayores a través de todos los Estado Unidos de Norteamérica se organizaron en Clubs que se denominaron “Townsend Clubs”, poniendo tanta presión en la clase política con 10 millones de firmas apoyando el programa que el Congreso de los EE.UU. en 1935 paso la legislación que le dio vida al programa actual del Seguro Social (Social Security Act). El resultado final fue que los Clubs Townsend continuaron recibiendo adultos mayores y así se convertirían en organizaciones que acoplaban a adultos mayores que se reunían para compartir entre si y participar en actividades como programas educativos y de ejercicios incluyendo refacciones de comida.**

**Así es como en 1943 se abre el primer Centro del Adulto Mayor en la ciudad de Nueva York en la sección del Bronx: William Hodson Senior Center, el cual todavía esta en operación. No dejes que otros decidan tu destino o hagan tu historia – Tu tienes la oportunidad de controlar tu propio destino participando en tu Centro del Adulto Mayor de la Ciudad de Cranston.**

**¡Disfruten el verano!**

**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

Health Pharmacist

### Mary McKenna, R.Ph.

Tuesdays & Thursdays, 9:30 a.m. - 11:00 p.m.

Call 780-6210 or mmckenna@cranstonri.org

### JULY HEALTH CHECK

#### **Healthy Choice...Frozen Treats**

**Wednesday, July 5th - 10:00 a.m.**

**Lucy & Ethel**

Make snack time fun & nutritious! Frozen treats are a favorite summer dessert. Lucy & Ethel will share their simple & easy, light, healthy frozen dessert recipes with you.

#### **A1C Check**

**"Get the upper hand on diabetes"**

**Wednesday, July 12th - 10:00 a.m.**

**Facilitator: Shahnee Lagor, BSN, RN  
Healthy Aging Nurse Coordinator  
Robert Rock Senior Center**

Do you have a family history of diabetes or are you curious to see if you could be at risk for prediabetes or Type 2 diabetes? Register now for an A1C test. An A1C test is a blood test that can help identify prediabetes and diabetes. The test results give you a picture of your average blood sugar levels over the last three months. No need to fast for the test. It takes about 5 minutes! If interested call to register 780-6000.

#### **Stress Management**

**A Four Part Series**

**Provided by Blue Cross Blue Shield RI**

This series addresses ways to handle personal stressors while managing everyday tasks. Participants will learn more about internal triggers of stress and identify ways to avoid them.

#### **Part I: Creating Possibilities**

**Wednesday, July 19th - 10:00 a.m.**

#### **Part II: Understanding Anger & Its Impact**

**Wednesday, July 26th - 10:00 a.m.**

### AUGUST HEALTH CHECK

#### **Part III: Stress Hardy: Bouncing Back From Difficult Times**

**Wednesday, August 2nd - 10:00 a.m.**

#### **Part IV: Recognizing Stress & Maintaining Balance**

**Wednesday, August 9th - 10:00 a.m.**

#### **Hearing Screenings**

**Wednesday, August 16th - 9:00 a.m. to 11:30 a.m.**

Provided by: Atlantic Audiology  
For those who do not have hearing aids this FREE screening is for you! Hearing loss can affect every aspect of our lives so don't wait take advantage of this opportunity call 780-6000 for your appointment.

#### **Introduction to Meditation**

**Wednesday, August 23rd - 10:00 a.m.**

**Facilitator: Shahnee Lagor BSN, RN**

Meditation is commonly used for relaxation and stress reduction. It is a practice that is common worldwide because it has benefits for brain health and overall well-being. At this presentation we will learn what meditation is, how to meditate and why does it work.

#### **Vaccines for Older Adults**

**Wednesday, August 30th - 10:00 a.m.**

**Facilitator: Pharmacist Mary McKenna**

Are you up to date on all your vaccinations? Which ones need a "booster" shot and when? Should you get them at the doctor's office or at your pharmacy? It is important to be sure you are properly vaccinated. Our pharmacist will answer these important questions.

#### **Walk With Ease Self Directed**

**Six weeks three times a week**

**Beginning week of September 11th ending October 20th**

Keep on Moving! After the hot summer months it is time to get back to a walking routine. The goal of this self-directed program is to walk a minimum of 3 x's a week for six weeks. You can walk alone or with a friend. Walk 10 minutes or 1 hour. Whatever works for you!! Register by calling 780-6000 or emailing Maria at mrondeau@cranstonri.org. A log will be sent to you in order keep track of your days.

#### **A Matter of Balance**

**"A Safe & Sound Fall Prevention Program"**

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

**Beginning Monday, October 16th  
Ending Thursday, November 9th**

Falls are preventable! They are NOT a normal part of aging. You have the power to reduce the risk of falling. Register now for our FREE fall prevention program. It meets twice a week for four weeks. Space is limited. Call 780-6000.

#### **The CREATES Study**

**"Cognitive Recovery After Elective Surgery"**

This is a landmark research seeking volunteers and people who are 65 or older who are having surgery. Researchers at Rhode Island Hospital, led by research scientist Dr. Lori Daiello, of the Alzheimer's Diseases and Memory Disorders Center are recruiting for a groundbreaking investigational study funded by the National Institutes on Aging. The study aims to better understand why some older adults develop long-lasting changes in their memory and thinking abilities after major surgery. Join Hannah Bedrosian, Clinical Research Assistant for The CREATES Study on Tuesday, July 18th from 9:45 a.m. to 11:30 a.m. Hannah and her associate will be available to explain the study and answer any questions you may have.

## Save the Date

The Cranston Department of Senior Services is proud to  
announce Tuesday, October 24th at 7:00 p.m.

### Viewing of the documentary

# Have You Heard About Greg?\*

Written and Narrated by Greg O'Brien

This unique cinematic journey through Alzheimer's with Faith, Hope and Humor features an array of dedicated experts with the heart of the story being the resilient spirit of the O'Brien family.

## Special Guest: Greg O'Brien

Greg O'Brien is a lifelong award-winning investigative reporter who was diagnosed with early-onset Alzheimer's at the age of 59. He has committed his QTR (Quality Time Remaining) to getting people talking about this quiet killer and to increase the research funding.

**\*Remember: "If you're trying to understand what it feels like to live with Alzheimer's, then you need to see this movie!"**

Lisa Genova, PhD, Neuroscientist (NY Times best-selling author "Still Alice" and "Remember"

**\*"a more eloquent, witty and honest spokesperson this horrible disease will never see!"**

Rudy Tanzi, PhD, Neurology, Harvard Medical School, Cure Alzheimer's Fund

Location to be Announced





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**TRANSVAN DIRECTOR: RACHAEL MANCUSO 943-3341**

July & August 2023

The members and staff of the Senior Enrichment Center wish to welcome Rachael Mancuso to her new role as Transvan Coordinator. Combined, Rachael has over 10 years' experience with staff supervision and commercial passenger transportation. We extend our very best wishes, and we know we are in good hands with Rachael at the wheel.

Transvan offers weekly shopping trips to Stop and Shop, Shaw's, Price Rite, Job lot and Walmart.

Upcoming trips!  
7/5 Gregg's  
7/13 Wrights Chicken Farm  
7/24 Providence Police Horse show 10:00AM  
7/31 Iggy's  
8/3 Cozy Grill  
8/10 Blout's Clam shack  
8/21 Lighthouse Cruise  
8/31 King's Garden

Weekly summer Ice cream trips Fridays!! Call to sign up!!

Please call Transvan at 780-6218 for more information about our Cranston city-wide transportation services.

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**ADULT DAY SERVICES, ROSEMARIE COREN, DIRECTOR 780-6243**

Hello Friends & Family;

We're already two weeks into summer. The kids are out of school, the beaches and camps are open, and the ice cream trucks are on mass! Needless to say, keep an eye out for all the children running about enjoying the good weather.

Our garden here in ADS is so beautiful. The awning is up and the clients have been out a few times (weather depending) to enjoy a snack and listen to the radio. Look for us on Facebook, we'll be adding some summer fun pictures and also, some pictures to share promoting a sweet dog named "Honie" from the Cranston Animal Shelter looking for a home. She is training to be a therapy dog and our pet therapist Sue Parker who owns Dynamic Dogs is working with "Honie" to prepare her for visits to our program, assisted living programs and any other program looking for a soft furry friend to visit every now and then. Honie has a great big smile for everyone.

We'll be closed on July 4th and of course, on VJ Day in August. If you're celebrating at home, be careful with fireworks, sparklers, etc. and remember to put your animals in a quiet safe place. They're very sensitive to loud noises and will run and hide wherever they can. One of the great activities we have planned for summer includes an ice cream social in ADS. We plan on having all the favorite flavors, toppings and sugar free for those staff on diets and clients with diabetes. Something for everyone!! This is the first year in a very long time that we are planning field trips. We will coordinate with Transvan to take us on a few outings. The Botanical Gardens in Roger Williams Park is one of the places on our "adventure" list. It's very peaceful and offers a large variety of gorgeous tropical plants and cooling fish ponds.

We hope you have an "adventure" list and venture out to enjoy beautiful days. Don't forget your sunscreen and drink plenty of water.

Regards,

*Rose Marie Coren, RN*

Adult Day Service Director

Important  
Information

SAVE THE DATE

Cranston Department of Senior Services  
Annual Golf Tournament  
Tuesday September 26, 2023

The Cranston Senior Golf Tournament will be held at the Cranston Country Club on Tuesday, September 26th with an 8:30 a.m. shotgun start and a best ball format.

The entry fee is only \$ 100.00 per person.  
(NON-REFUNDABLE)

Your entry fee will include:

18 holes of golf along with a cart

Continental breakfast

Lunch with grilled hot dogs & chips

Banquet immediately following the tournament in the Cranston Country Club Banquet Facility

And a great day of FUN!

Watch for details.

If you have any questions please reach out to  
Stephen Craddock at 780-6189

**CRANSTON SENIOR CENTER**

1070 Cranston Street  
Cranston, RI 02920

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