



# CRANSTON CONNECTION

Cranston Department of Senior Services

MARCH / APRIL 2024  
VOL. 2024 NO. 002

## WELCOME!



1070 Cranston Street,  
Cranston, RI 02920



P: 401-780-6000 | F: 401-946-5909



cranstonseniorcenter.com



facebook.com/  
CranstonSeniorEnrichmentCenter



twitter.com/CranstonSenior

## OUR MISSION

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

## WHAT'S INSIDE

Welcome.....	03
Social Services .....	05
RSVP .....	06
Enrichment Programs ....	07
Menu.....	08
Menu.....	09
Health Programs.....	11
Health Programs.....	12
Transvan/ADS.....	14
Special Programs.....	15

## UPCOMING EVENTS

March 14th 2024 9:30 am to 11:00 am  
Learn about all the services available  
to seniors!

Lt Governor Sabina Matos  
Office of Healthy Aging

And many other state agencies are  
coming to the Cranston Senior Center  
Mark your Calendars!

## HOURS

### 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

## STAFF LISTING

### 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 Jordan Baggesen**

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

### ADMINISTRATION

**Yvette Grullon-Davila**

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

### RSVP

**Tricia Cipriano**

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

### PROGRAMS

**Kerry Moretti**

780-6216 | [kmoretti@cranstonri.org](mailto:kmoretti@cranstonri.org)

### SOCIAL SERVICES

**Jennifer Kevorkian**

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

### TRANSVAN

**Rachael 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,  
After more time being 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 you can do at home. Leg extensions while sitting and standing up and sitting down in a chair are important and easy mobility exercises. You can also try improving hand and grip strength at home by doing simple exercises like squeezing a pair of rolled-up socks as a stress ball and

pressing each finger to the thumb for a few seconds and then releasing. For those who are more mobile, walking around the neighborhood or the walking trails at Meshanticut State Park are encouraged. Don't forget, if you're walking with your furry friends, dog license renewals are due each year in April. Each year every dog owner who resides in the city shall obtain a dog license, during the month of April, for which there is a \$13 fee (\$10 for seniors!). Before a license may be issued, a current rabies certificate must be presented. All dog licenses can be purchased through the City Clerk's office at

Cranston City Hall - 869 Park Ave, Cranston. Call the clerk's office at 401-461-1000, ext. 3192 with questions. As always, the Cranston Senior Center offers many options for recreation clubs, classes, and social events. Stop by the Senior Center or call the Programs Director at 401-780-6216 to learn about what's available.

Mayor Kenneth J. Hopkins



## DIRECTOR'S MESSAGE

Hello friends,  
Welcome to spring! As we head into spring it is time to shake the winter blues and start looking forward to another great year at the Cranston Senior Center. We continue to provide many services and activities and with the weather warming up it is time to come by and see what interests you. One of the most important services that we provide is the nutrition department. The nutrition department at the Cranston Senior Center provides a dietitian approved meal every day, all for only a \$3 donation. And when it comes to seniors', nutrition plays a pivotal role in your health and well-being, Nutrition influences your physical vitality, cognitive function, and overall quality of life. As everyone ages, their nutritional needs undergo significant changes, necessitating careful attention to dietary choices.

Adequate intake of essential nutrients such as protein, calcium, vitamin D, and fiber is crucial for maintaining muscle mass, bone density, and digestive health. These nutrients help to prevent age-related conditions such as sarcopenia, osteoporosis, and constipation, which can significantly impact your mobility and independence. Moreover, proper nutrition supports cognitive function and may reduce the risk of cognitive decline and neurodegenerative diseases such as Alzheimer's disease. Antioxidant-rich foods such as fruits and vegetables help to protect against oxidative stress and inflammation, which are implicated in age-related cognitive decline. Beyond physical health, nutrition also has social and emotional implications. Sharing meals with friends fosters social connections and reduces feelings of isolation and loneliness, which are

common among older adults. Additionally, maintaining a nutritious diet can contribute to positive mood and mental well-being. Overall, prioritizing nutrition is essential for promoting healthy aging, preserving independence, and enhancing overall quality of life in later years. We hope we are helping to provide the unique nutritional needs of seniors and helping support your vitality and longevity.

. Time to spring into action and pay us a visit. We hope to see you soon.

**Stephen Craddock**



JENNIFER KEVORKIAN, DIRECTOR 780-6254

## RI Property Tax Relief Claim (RI1040H)

You must first meet **ALL** the following qualifications and apply by April 15th

- You must be 65 years of age or older and/or disabled.
- You must have been domiciled in Rhode Island for all of the tax year.
- Your household income must have been \$37,870 or less.
- You had to have lived in a household or rented a home that was subject to property taxes.
- You must be caught up and current with all property tax and rent payments due on your homestead for all previous years and current year.

## City of Cranston Tax Freeze

- City of Cranston Tax Freeze. **Deadline to apply -March 15th.** Yearly income guidelines are:
- \$35,850 for one person household, and \$41,000 for 2 or more in the household.
- Please contact: Jennifer 780-6254, or Amy 780-6200, to set up an appointment.

## 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 March 6th and April 3rd.

## Spring activities for older adults (Institute of Aging)

- Feeding birds, ducks, or geese by a pond.
- Planting a garden, or even just some border flowers or potted herbs and plants.
- Doing spring cleaning.
- Walking outside, preferably around the neighborhood or an attractive park.
- Trying new spring recipes made with fresh fruits, vegetables, and herbs.
- Relaxing outside on a porch, deck, or patio.
- Doing crafts related to spring, such as painting birdhouses or making spring decorations.
- Exercising outdoors.
- Going fishing.
- People-watching.
- Attending an open-air concert, movie, or event.
- Visiting a farmer's market.
- Picking flowers.



## 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 or Anjelica at 780-6178 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!!!



**\*\*\*Please visit our Gift Shop\*\*\***

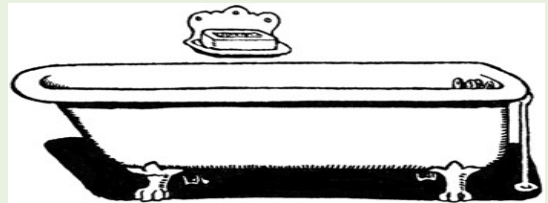
**Hours: Mon. – Fri. 9am - 2pm**

Don't forget to visit our Gift Shop for new seasonal and clearance items!!!

### **City Tax Exemption Event on Tuesday, March 5th at 10:00am in the classroom**

**HURRY...** the deadline to apply for all City Tax Exemptions is March 15th!!!

**DID YOU KNOW...** The annual income limit requirements to qualify for the City Tax Freeze have changed??? If you did not qualify before, you may now...Stop in and see!!!



#### **Please join...**

### **Paul Spencer, from TubCut , for a Safety and Cost Effective Presentation on Bathroom Modifications on Wednesday, April 10th at 10:00am (Quad 4)**

**Improved Accessibility:** By lowering the tub's side, it reduces the need for a high step-over, making it much easier and safer to enter and exit the bathtub.

**Preservation of Existing Tub:** The TubcuT® modification is non-invasive and doesn't require the removal of the existing bathtub, allowing individuals to keep their familiar bathing space.

**Quick Installation:** Compared to a full bathroom remodel, the TubcuT® can be installed in one day, minimizing disruption to daily routines.

**Cost-Effective Option:** It is more budget-friendly than a complete bathroom renovation, providing an accessible bathing solution without the expense of a full overhaul.



### **RSVP Volunteers along with Cranston Police and CCAP Drug Task Force will be hosting a Prescription Drug Take Back Event on Friday, April 26th from 9:30am-11:30am in the Lobby.**

Drop off your unwanted, unused or expired prescriptions/medications 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.

# SPRING HAS SPRUNG!!

***Let's get moving...***

## Zumba

Tuesday's  
11:30-12:30

**Night Bingo Returns**  
**Monday 3/26/24**  
**5:30 to 7:00**

## Aerobics

Monday's  
10:00-11:00  
\$3.00

## Ballroom Dancing

Tuesday's 10:00-11:00

## Line Dancing

Wednesday's  
1:00-2:00

## Monday Afternoon Movies

# FREE

**In the theater room Showtime 1pm**

Refreshments provided  
Bring a friend!

Do you enjoy  
playing games?

Join us for:

- Billiards
- Poker
- Hi Lo Jack
- Bingo
- Board Games

.....Or even a  
challenging  
puzzle!

## ACTIVITIES

Please see the insert for activity days and times.



MON	TUES	WED	THURS	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 Red Chowder <b>Stuffed Sole</b> Wild Rice Broccoli Fruit Cocktail Dinner Roll  (Chicken Salad w/ Cranberries and walnuts on Pita)
4 Chicken Soup w/ Orzo <b>Chicken Cordon Bleu w/ Gravy</b> Potato Lyonnaise Roasted Zucchini & Onion Fruit Cocktail Rye Bread	5 Butternut Squash Soup <b>Pork Loin w/ Gravy</b> Wild Rice Mixed Vegetables Fruit Bar Pumpnickel Bread  (Bologna & Cheese on	6 Beef Barley Soup <b>Chicken Marsala</b> Mashed Potato Green Beans Fruit Cup Italian Bread  (Turkey & Swiss on Marble)	7 Chicken & Brown Rice Soup <b>Meatballs w/ Sauce</b> Seasoned Ziti Tossed Salad w/ Dressing Diced Peaches Italian Bread  (Ham Salad on Italian)	8 Beef Noodle Soup <b>Baked Fish w/ Lemon</b> Red Bliss Mashed Potato Green Beans Cookie Dinner Roll  (Ham & Swiss on Multi)
11 Italian Wedding Soup <b>Chicken Parmesan</b> Seasoned Whole Grain Pasta Italian Blend Veg Marble Bread Fresh Fruit  (Fish w/ Tartar on Roll)	12 Lentil Soup <b>Beef Wellington w/ Ketchup</b> Red Bliss Mashed Potato Mixed Vegetables Vanilla Pudding Marble Bread  (Chicken Salad on Marble)	13 Venus De Milo Soup <b>Turkey w/ Gravy</b> Herb Stuffing Broccoli Fig Bar Wheat Bread  (Egg Salad on Wheat)	14 Escarole & Bean Soup <b>Manicotti w/ Sauce</b> Capri Blend Vegetable Fresh Fruit Garlic Roll  (Chicken Salad on Multi)	15 <b>St. Patrick's Day</b> Split Pea Soup <b>Corned Beef w/ Mustard</b> Boiled Potato Carrot & Cabbage Mix Frosted Brownie Rye Bread  (Tuna Salad on Rye)
18 Onion Soup w/ Croutons <b>Meatloaf w/ Gravy</b> Mashed Potato Winter Blend Vegetable Mandarin Oranges Wheat Bread  (Turkey & Swiss on Wheat)	19 <b>St. Joseph's Day</b> Italian Wedding Soup <b>Italian Sausage w/ Mustard</b> Seasoned Shells Peppers & Onions Biscotti Garlic Roll  (Meatball Sub)	20 Lentil Soup <b>Chicken w/ Artichokes, Roasted Peppers in Lemon Sauce</b> Roasted Red Potatoes Asparagus Jello Multigrain Bread  (Kielbasa on Roll)	21 <b>HAPPY BIRTHDAY</b> Beef Barley Soup <b>Airline Chicken</b> Baked Potato w/ Sour Cream California Blend Vegetable Frosted Cupcake Marble Bread	22 Red Chowder <b>Country Crisp Fish w/ Tartar</b> Crispy Cubed Potatoes Broccoli Dinner Roll  (Hamburger on Roll)
25 Tomato & Rice Soup <b>Shepard's Pie w/ Ketchup</b> Roasted Brussels Sprouts Fresh Fruit Italian Bread  (Shrimp Salad on Italian)	26 Minestrone Soup <b>Baked Ham w/ Pineapple Cherry Glaze</b> Baked Sweet Potato Green Beans Coffee Cake Dinner Roll  (Roast Beef & Cheese on	27 Pasta Fagioli <b>Lasagna w/ Sauce</b> Oven Roasted Potatoes Seasoned Spinach Diced Peaches Multigrain Bread  (Tuna Salad on Multi)	28 Cream of Broccoli Soup <b>Italian Chicken Cutlet</b> Garlic Mashed Potato Roasted Tomato Half Tapioca Pudding Marble Bread  (Hamburger on Roll)	29 Vegetable Soup <b>Pub Burger w/ Mushroom Gravy</b> Rice Pilaf Sliced Carrots Pudding Dinner Roll  (Egg Salad on Wheat)

# JUNE 2024 MENU

Suggested Donation: \$3.00

For reservations call 780-6134 9:00am - 12:45pm Monday - Friday

Page 9

MON	TUES	WED	THURS	FRI
<p>1 Tomato Soup <b>Stuffed Pork Chop w/ Gravy</b> Mixed Vegetables Butterscotch Pudding Wheat Dinner Roll</p> <p>(Seafood Salad on Wheat)</p>	<p>2 Beef Barley Soup <b>Rosemary Chicken Leg</b> Roasted Potatoes Broccoli Fruit Cocktail Rye Bread</p> <p>(Meatloaf &amp; Cheese on White)</p>	<p>3 Pasta &amp; Bean Soup <b>Country Fried Steak w/ Gravy</b> Mashed Sweet Potatoes Green Beans Fresh Fruit Marble Bread</p> <p>(Honey Ham &amp; Swiss on Marble)</p>	<p>4 Chicken Escarole Soup <b>Beef Stroganoff</b> Buttered Noodles Sliced Carrots Pudding Rye Bread</p> <p>(Ham &amp; Swiss on Rye)</p>	<p>5Vegetable Soup <b>Pub Burger w/ Mushroom Gravy</b> Scalloped Potatoes Buttered Corn Sliced Peaches Pumpnickel Bread</p> <p>(Chicken Salad w/ Cranberries &amp; Walnuts)</p>
<p>8 Minestrone Soup <b>Veal Parmesan</b> Seasoned Whole Grain Ziti Tossed Salad w/ Dressing Lorna Doone Cookie Italian Bread</p>	<p>9 Low Sodium V-8 Juice <b>Beef Stew</b> Green Beans Greek Yogurt Biscuit</p> <p>(Shrimp Salad on Wheat)</p>	<p>10 Chicken Gumbo <b>Stuffed Cabbage w/ Sauce</b> Capri Blend Vegetables Tapioca Pudding Wheat Bread</p> <p>(Bologna &amp; Cheese on Wheat)</p>	<p>11 Italian Wedding Soup <b>Chicken Parmesan</b> Seasoned Ziti Italian Blend Veg Fresh Fruit Marble Bread</p> <p>(Fish w/ Tartar on Roll)</p>	<p>12 Red Chowder <b>Baked Fish w/ Lemon</b> Roasted Potatoes Broccoli Ice Cream Dinner Roll</p> <p>(Salami &amp; Provolone on)</p>
<p>15 Chicken Soup <b>Meatloaf w/ Gravy</b> Mashed Potatoes Mixed Vegetables Apricots Wheat Bread</p> <p>(Hot Dog on Bun)</p>	<p>16 Beef Barley Soup <b>Airline Chicken</b> Rice Pilaf California Blend Vegetables Chocolate Pudding Dinner Roll</p> <p>(Italian Grinder)</p>	<p>17 Split Pea Soup <b>Baked Ham w/ Pineapple</b> Baked Sweet Potato Winter Blend Vegetables Diced Pears Wheat Bread</p> <p>(Chicken Salad on Wheat)</p>	<p>18 <b>HAPPY BIRTHDAY</b> Broccoli Cheddar Soup <b>Stuffed Chicken w/ Gravy</b> Red Bliss Mashed Potato Broccoli Frosted Cupcake Dinner Roll</p>	<p>19 Corn Chowder <b>Shepard's Pie w/ Ketchup</b> Baby Carrots Coffee Cake Multigrain Bread</p> <p>(Turkey &amp; Swiss on Multigrain)</p>
<p>22 Onion Soup w/ Croutons <b>American Chop Suey</b> Elbow Pasta Roasted Cauliflower Fresh Fruit Wheat Bread</p> <p>(Seafood Salad on)</p>	<p>23 Venus De Milo Soup <b>Stuffed Chicken w/ Gravy</b> Wild Rice Garlic Spinach Diced Peaches Garlic Roll</p> <p>(Corned Beef &amp; Swiss)</p>	<p>24 Chicken Soup w/ Orzo <b>Meatballs w/ Sauce</b> Seasoned Shells Italian Blend Vegetables Coffee Cake Dinner Roll</p> <p>(Sliced Chicken &amp;</p>	<p>25 Beef Barley Soup <b>Chicken Marsala</b> Mashed Potato Green Beans Fruit Cup Italian Bread</p> <p>(Turkey &amp; Swiss on Marble)</p>	<p>26 Chili Soup <b>Pot Roast w/ Gravy</b> Mashed Potatoes Broccoli Cookie Wheat Dinner Roll</p> <p>(Grilled Chicken &amp; Cheese on Bulky)</p>
<p>29 Lentil Soup <b>Chicken Cacciatore</b> Seasoned Penne Green Beans Fresh Fruit Multigrain Bread</p> <p>(Ham Salad on Multigrain)</p>	<p>30100% Juice <b>Cheese Omelette w/ Tomato</b> O' Brian Potatoes Sausage Patty Greek Yogurt Croissant</p> <p>(Roast Beef &amp; Cheese on Multigrain)</p>	<p>Funded in part by the US Administration on Aging and the Rhode Island Division of Elderly Affairs</p>		<p>Please inform your server if you have a food allergy</p>

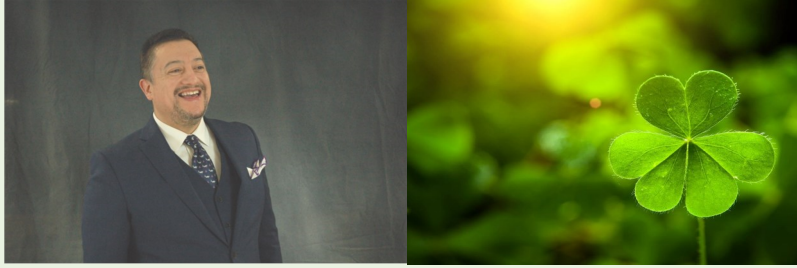


# DEPARTAMENTO DEL ADULTO MAYOR DE CRANSTON

Page 10

**DAVID QUIROA**  
**Director-Adjunto**  
(401) 780-6180

**¡Ya no es invierno!**



¡Ya llego la Primavera!

Aunque, fuimos bendecidos con un invierno no tan cruel, pues no nos cayo casi nada de nieve – lo cual, para mí, ya es un buen comienzo de año. Es este 2024, los meses de marzo y abril nos traen las festividades de los Días de San Patricio y el Domingo de Resurrección, ambos en marzo. Pero abril no se queda atrás, comenzando con el Dia de Los Inocentes, el cual será el primero de abril.

De todas las festividades que vienen, tal vez la más legendaria es: El Dia de San Patricio. En especial para nosotros que vivimos en el noreste de los Estados Unidos, siendo Boston, MA la capital no oficial de los irlandeses en Nueva Inglaterra. Mas de la tercera parte de los habitantes de Boston pueden reclamar su herencia familiar irlandesa. ¡Por eso es por lo que el Desfile del Dia de San Patricio en Boston es uno de los mas importantes del mundo, incluyendo irlanda misma!

El mes de marzo cierra con el Domingo de Resurrección, el cual se celebrará el 31 de marzo este año. Tomando en cuenta que nuestro estado de Rhode Island es uno de los estados más católicos de EEUU podemos estar seguros de que abran muchos eventos para celebrar. Como siempre, aquí en el Centro del Adulto Mayor de Cranston (Cranston Senior Center) vamos a tener muchos eventos y actividades para celebrar. Asegúrate de leer el resto del boletín, así no te pierdes ni un solo minuto de diversión.

Recuerda que si necesitas que te leamos algún documento que esta en ingles para decirte que dice en español, puedes llamarme al 780-6180 para hacer una cita. También, tenemos servicio de Notario Publico gratis para todos nuestros miembros.

## **Necesitas ayuda en general, te atendemos en español:**

Traducciones y Notario Público – David Quiroa – 780-6180

Notario Público – Yvette Grullon – 780-6144

Servicios Sociales – Jennifer Kevorkian – 780-6254

Servicio de Comedor – Iris Ayala – 780-6134

**¡¡¡Feliz Primavera!!!**

David Quiroa  
Director-Adjunto

**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 mckenna@cranstonri.org**

## March Health Check

### Cancer Prevention

**Wednesday, March 6<sup>th</sup> - 10:00 a.m.**

#### **URI Pharmacy Outreach Program**

At this presentation we will learn about actions that we can take to decrease our chances of getting certain cancers. Risk factors will also be identified along with what screenings, vaccines, lifestyle changes, prescription medications and supplements actually show value in preventing cancer.

### Container Gardening Lesson

***"Tasty Botanical Treats"***

**Wednesday, March 13<sup>th</sup> - 10:00 a.m.**

#### **URI SNAP-ED Program**

Even with little growing experience you can master raising fresh and flavorful plants in window pots. At this demonstration we will be provided resources to start an herb or vegetable window pot. Oh what fun!!

### Sleep Disorders

**Wednesday, March 20<sup>th</sup> - 10:00 a.m.**

#### **URI Pharmacy Outreach Program**

Around 20 to 40% of adults suffer from insomnia over the course of a year. What causes sleep disorders and how can we successfully treat them? We will discuss the newest medications used to treat insomnia and the use of white noise.

### Alphabet Soup of Advanced Directives

***"Deconstructing the Alphabet Soup"***

**Wednesday, March 27<sup>th</sup> - 10:00 a.m.**

**Facilitator: Rhonda Taddei, RN,  
VNA of Care New England**

Are you confused with all the buzz words and acronyms when it comes to Advanced Directives and Advanced Care Planning? You are not alone!

It is easy to be confused and overwhelmed... CPR, DNR, POA, living will, intubation and it goes on. At this important presentation we will clarify the medical jargon and the abbreviations to help you understand and feel more comfortable when making your decisions on your Advanced Care Plan.

## April Health Check

### Jeopardy & Oral Health

**Wednesday, April 3<sup>rd</sup> - 10:00 a.m.**

#### **URI Pharmacy Outreach Program**

Let's play Jeopardy! Topic presented will be *Oral Health & YOU* followed by a game of **Jeopardy**. Taking care of your teeth and gums as we get older can prevent many problems. But when problems arise... toothaches as well as dry mouth or canker sores what do we do? How can we treat small dental emergencies before seeing our dentist? These topics and more will be discussed at this presentation and "Game Playing."

### Secrets of the Super Agers

***"Building a Resilient Brain"***

**Wednesday, April 10<sup>th</sup> - 10:00 a.m.**

**Facilitator: Terry Fogerty, BS,  
Research Community Outreach  
Coordinator, RIH's Alzheimer's  
Disease & Memory Disorders  
Program**

Super Agers are a special group of seniors that practice good body and brain health far into their senior years. What makes them different from the average aging adults and which of their habits should we consider embracing??

### Easy Bruising

**Wednesday, April 17<sup>th</sup> - 10:00a.m.**

#### **URI Pharmacy Outreach Program**

Why as we age we tend to bruise more often? Serious or not – when should you contact your doctor? Learn about the possible causes for bruising such as lifestyle and medications.

### Hearing Screening

#### By Appointment

**Wednesday, April 24<sup>th</sup> - 9:00 a.m.  
to 11:30 a.m.**

#### **Provided by: Atlantic Audiology**

Regular screenings will help you keep track of your hearing and get help when you need it. Hearing loss is a very concerning issue since it has been found to be associated with cognitive issues. It can also lead to miscommunication, social withdrawal, confusion and depression. Don't wait! Call now and schedule your FREE hearing screening here at the Center 780-6000.



**A Matter of Balance**  
***“A Safe Fall Prevention Program”***  
**Mondays & Thursdays**  
**Beginning Monday, April 8<sup>th</sup> Ending Thursday, May 2<sup>nd</sup>**  
**9:00 a.m. to 11:30 a.m.**

Did you know that falls are preventable? Falls are not a normal part of aging! Most falls can be prevented – and YOU have the power to reduce that risk. Register now for our FREE fall prevention evidenced-based program. It meets twice a week for four weeks. Upon successful completion of the program each participant will receive a gift certificate. Space is limited. Register now call 780-6000.

**Walk With Ease**  
**Self Directed Walking Program**  
**and/or**  
**Walk & Talk Program**  
**You Have Options!**  
**You Choose One or the Other or Both!**

The **Walk With Ease** Program is a 6 week program – you walk three times a week from May 13<sup>th</sup> to June 21<sup>st</sup>. You choose whether you walk alone or you can combine it with the **CCAP Weekly Walk & Talk Program**. The CCAP Program meets on Tuesdays, Thursdays & Saturdays at the Hugh B. Bain Walking Track at 9:00 a.m. To register call 780-6000. To keep track of your **Walk With Ease** days a log will be sent to you.

**MARK YOUR CALENDAR**  
**Coming in May**  
***“Healthy Eating For Successful Living”***  
**With Kathi Masi**  
**A six week FREE workshop**  
**May 7<sup>th</sup> to June 11<sup>th</sup>**  
**9:30 a.m. to 11:30 a.m.**

**Tools for Healthy Living Workshop**  
**With Nurse Marylou Pearson & Jackie Rizzi**  
**Tuesdays Beginning May 14<sup>th</sup> Ending June 18<sup>th</sup>**  
**1:00 p.m. to 3:30 p.m.**

**More Details to Come!**

# SENIOR CENTER SERVICES

Page 14

## TRANSVAN

From the Transvan Staff....

As we get ready for the warmer weather we will be doing trips to the Farmers Market twice a month starting in May!!

Beef Barn 3/20

Bay seal/harbor tour \$32

Wasabi 4/3

Providence Police Horseshow/Botanical Garden 4/8

99 Restaurant 4/16

Mystery Ride/ice cream 4/24

Bertuccis pizza 5/6

**Market Basket is back!**

Please call the office to reserve your spot

401-780-6220

## ADULT DAY SERVICES

Hello Friends & Families,

What a busy month we have in March! Remember to turn your clocks ahead on Sunday March 10th—Day light Savings Time begins.

Getting an extra hour of daylight is going to make all feel renewed after a long gloomy winter season.

St Patrick's Day is Sunday the 17th followed by St. Joseph's Day on the 19th, which is also the first day of Spring! John Scotti will be providing musical entertainment in ADS to celebrate both days. We'll be making shamrocks and zeppoles.

Easter Sunday is the 31st, so we will be making our traditional Easter Bonnets for the ladies. Perhaps, we can display them in the Senior Center lobby the first week of April. They really are very beautiful and we want to show them off. Just one of the great crafts and fun activities we do in our daily schedule.

Well, everything will be budding and growing in April. Hopefully, we won't have too many April showers, considering all the showers we had in January. The ground is still pretty wet and with lots of sun, the magic of Spring will begin.

Adult Day Service has many new clients who are making many new friends and memories. Please mention our program to someone you may know who would enjoy a full, happy and fruitful day. Remember, being alone and sitting in front of the TV all day is not healthy and not productive. Come to ADS and enjoy real entertainment and enjoy your day to its fullest.

Have a great Spring. Hope to see you in the neighborhood.

Rosemarie Coren RN, ADS Director

# Make a tree part of your life

Request your free tree from the City of Cranston's Neighborhood Tree Planting Program. They'll plant your tree for free, too!

Just email [cranstontree@gmail.com](mailto:cranstontree@gmail.com) or call Cranston Tree at 401-941-1264 to be included in the program.

Find out more at: [westbaylandtrust.org/cranstontree](http://westbaylandtrust.org/cranstontree)

