



CRANSTON CONNECTION

Cranston Department of Senior Services

NOVEMBER/DECEMBER 2024
VOL. 2024 NO. 005

WELCOME!



1070 Cranston Street,
Cranston, RI 02920



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



cranstonseniorcenter.com



facebook.com/
CranstonSeniorEnrichmentCenter

HAPPY HOLIDAYS TO EVERYONE



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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.

ITS THAT TIME OF YEAR AGAIN

Happy *Howl-oween!* Now, let's get this party *startled*. Join us on October 31st during lunch for our annual Halloween Party. Members and staff are encouraged to look gourd-geous in their eerie-sistible costumes. Prizes will be awarded to the best costumes so let's give em pumpkin to talk about and have a howling good time. Call for reservations 401-780-6134.

ANNUAL HOLIDAY PARTY

Our annual Holiday Party will be held on December 13, 2024 starting at 11:30 a.m. We will be having live music, raffles and prizes and so much more. Hope to see everyone there. Please call 401-780-6134 to reserve your spot.

GINGERBREAD DECORATING COMPETITION

On December 10th from 12:30 – 2:30 we will be having a Gingerbread Decorating class. The fee is \$10.00 per person. You can team up with a friend or be paired with another member to make teams of 2. Each team will be provided with a Gingerbread kit and additional edible embellishments. How you put it together and decorate it will be the test. Houses will be on display during the Holiday Party and members will be able to vote for their favorite house. 1st and 2nd place prizes will be awarded during the Holiday Party on December 13, 2024.

Sign up sheets will be at the front desk or call 401-780-6000.



ABOUT US

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

ASSISTANT DIRECTOR

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ADULT DAY SERVICES

Rosemarie Coren, RN

780-6243 | rcoren@cranstonri.org

NUTRITION

Chef Jordan Baggesen

780-6217 | jbaggesen@cranstonri.org

ADMINISTRATION

Yvette Grullon-Davila

780-6144 | ygrullon@cranstonri.org

RSVP

Tricia Cipriano

780-6159 | pcipriano@cranstonri.org

PROGRAMS

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780-6216 | smarcos@cranstonri.org

SOCIAL SERVICES

Jennifer Kevorkian

780-6254 | jkevorkian@cranstonri.org

TRANSVAN

Rachael Mancuso

780-6220 | rmancuso@cranstonri.org

HEALTH SERVICES

CVS/Health Pharmacist

Mary McKenna, R.Ph.

780-6210 | mmckenna@cranstonri.org

NURSE

Marylou Pearson, RN

780-6207 | mpearson@cranstonri.org

AUTOMATED LUNCH RESERVATION SYSTEM

780-6134

MAYOR'S MESSAGE

Greetings,

Thank you to all who attended the Mayor's Picnic at the Governor Sprague Mansion on September 6th! It was a pleasure to see so many smiling faces in the fresh air. The event could not have been such a success without the hard work of our Cranston Senior Enrichment Center Staff and Cranston East Medical Pathways student volunteers!

As the crisp autumn air begins to settle and the vibrant hues of fall paint our town in warm colors, the season brings with it a sense of renewal and reflection, an opportunity to cherish the moments we've had and look forward to the ones yet to come.

Our Senior Center remains a cornerstone of our community, offering a plethora of activities and programs designed to keep us connected, engaged, and thriving. From fitness classes and arts and crafts to educational workshops and

social gatherings, there is something for everyone to enjoy.

As we transition from fall into the winter months, I encourage you to take advantage of the resources and support available to you to stay active and stay social. Our dedicated staff works tirelessly to ensure that the Senior Center is a welcoming and inclusive space where everyone feels valued and supported.

In the spirit of togetherness and community, let us continue to look out for one another. Whether it's offering a helping hand to a neighbor, participating in a new activity, or simply sharing a smile, your kindness and involvement make our town a better place for all.

I extend my heartfelt gratitude to all the volunteers and staff who make the Senior Center a vibrant hub of activity and joy. Your contributions are invaluable and deeply appreciated.



Wishing you all a warm and wonderful fall and winter season, filled with health, happiness, and cherished memories.

Sincerely,

Ken Hopkins
Mayor

DIRECTOR'S MESSAGE

Hello friends,

The election is only a few days away and you play a crucial role in this election. One of the most significant aspects of your participation in elections is voter turnout. Historically, you have one of the highest voting rates among age groups. This active engagement can sway election outcomes, especially in closely contested races. Your collective voice can lead to increased attention on issues that matter to you, prompting candidates to address topics such as age discrimination, affordable healthcare, and accessible public services.

In addition, the growing population of seniors means that your influence will continue to expand in upcoming elections.

As you become a more significant portion of the electorate, political parties must acknowledge and address their needs and concerns to remain relevant and competitive.

Ultimately, your importance in elections cannot be overstated. Your engagement shapes policy discussions and ensures that the issues affecting their lives are part of the political discourse. By voting and advocating for your interests, you help to create a more inclusive democracy that reflects the needs of all citizens.

Once again, this year we will deliver holiday meals for Thanksgiving and Christmas. Please register early. The DEADLINE to register is as follows: Thanksgiving Meal register before Friday November



15th. Christmas Meal register before Friday December 6th.

From everyone here at the Cranston Senior Center we want to wish all the seniors in the community happy holidays and a wonderful new year.

Sincerely,

Steve Craddock

JENNIFER KEVORKIAN, DIRECTOR 780-6254

The Holiday Meal Program is sponsored by Mayor Ken Hopkins and the Cranston Department of Senior Services.

Volunteers will prepare and deliver Thanksgiving and Christmas meals to any Cranston Senior who will be alone for the Holidays. Are you a CRANSTON SENIOR 60 years or older? Will you, or someone you know, be alone for Thanksgiving and/or Christmas? Would you like a Thanksgiving Meal delivered to your home on Wednesday November 27th and/or a Christmas Meal delivered on Friday December 20th? If your answer is "YES".....

Please leave your name, address/apt. number, telephone number with the Receptionist at 780-6000. The DEADLINE to register is as follows: Thanksgiving Meal register before Friday November 15th. Christmas Meal register before Friday December 6th.

Caregiver Support Group

Being a Caregiver can result in ignoring your own physical and emotional health. Often-times, 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 lone. 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 November 6th and December 4th. For more information, contact Jennifer 780-6254.

REMINDER!! Medicare Open Enrollment will end on December 7, 2024.

If you have Medicare, this is the time to change your health plan and prescription drug coverage to meet your needs for 2025. If your current plan meets your needs, you do not have to make a change.

Blue Cross Blue Shielded of RI

Please join BC/BS RI representative, Terry Fogerty on Wednesday November 6th from 10:30 a.m.-12:30 p.m. for a presentation on the Blue Cross Medicare Advantage plans for 2025. Learn about the upcoming changes and have all your questions answered. Registration is not required. For more information, please contact Jennifer at 780-6254.

IRS Impostor Scam

IRS Impostor Scams are aggressive and sophisticated phone scam targeting taxpayers. Callers claim to be employees of the IRS, but are not. They use fake names and bogus IRS identification badge numbers. Victims are told they owe money to the IRS and it must be paid promptly through a wire transfer or stored value card such as a gift card. Victims who refuse to cooperate are threatened with arrest, deportation, or suspension of a business or driver's license. IRS Impostor Scams operating from abroad often use U.S.-based money mules to receive victim payments and transmit proceeds to perpetrators. Source: *Internal Revenue Services*



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 have a vehicle? No worries. RSVP will provide you with transportation to your volunteer station!!!

*****Our Smile Doll Program is in need of yarn and fabric donations. If you would like to donate to their cause please contact Paula at 780-6178.**

Retired Senior Volunteer Program

(RSVP)

Presents

Holiday Bazaar

Save the Dates!

Thursday, December 5, 2024

&

Friday, December 6, 2024

9:00 a.m. to 3:00 p.m.

**Cranston Senior Services
1070 Cranston Street
Cranston, RI 02920**

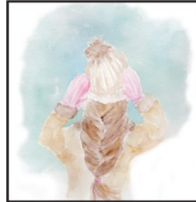
*****Holiday Items***Raffles***Gift items*****

*****Grammie's Attic***Handcrafted items*****

and more***

Rhode Island Art Teacher Sue Greco will be instructing a Watercolor Class at the Cranston Senior Center
\$5 per person—15 Adults per class
All supplies provided
Please register to save your spot.

Wednesday, November 6th,
1:00 p.m. – 3:00 p.m.



Wednesday, December 4th,
1:00 p.m - 3:00 p.m



Live Music at the
Cranston Senior Center
Come join us for lunch, have some fun and listen to live music while you eat.

Dates are as follows:
November 15th 2024
December 13th 2024



MONTHLY CRAFT CLASS

Everyone had such a great time at last month's Gnome making class so let's have another one. Join us on October 25th from 12:30 – 2:30 when we make a “Busted Canvas” for Fall. Samples as well as sign up sheets will be located at our front desk. Fee for this class will be \$15.00.



AARP - Safety Driving program will be holding a class on Tuesday, December, 3rd from 9:00 a.m. – 2:30 p.m. The fee is \$20 for AARP members and \$25 for non-members. Advance registration and payment will be required. No test required to successfully complete this program. AARP membership and I.D. cards will be required. This class is designed with seniors in mind. If you are interested in discounted insurance rate this is a great opportunity to get that discount. To sign up please call Sky Marcos 401-780-6216.

AARP / Understanding your SOCIAL SECURITY Benefits: Ray Lordi from AARP will be hosting a class on Tuesday, November 19th at 10:00 a.m. to help you understand how Social Security works, the difference between full, early and delayed benefits and the implications of Social Security claiming decisions. Get the information you need to feel confident in your decision-making process.

Our **MODIFIED YOGA** class which is sponsored by BC/BS of RI will continue to be offered until the end of the year. Come in and try a class, its FREE. Classes meet every Wednesday from 5:30 p.m. – 6:30 p.m. and are designed with a modified approach to Yoga. See you there!



A Comical and Colorful tale of Love, Mischief, and an Eccentric Toymaker

The State Ballet of Rhode Island Presents
Coppelia

December 12 at 10:00a.m.
Please reserve by calling Sky at 780-6216 by November 13th - Tickets are \$10

Limited transportation is available.



MON	TUES	WED	THURS	FRI
<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>			<p>1 Kale & Bean Soup Chicken Leg Quarter Garlic Mashed Potatoes Asparagus Multigrain Bread Sherbet</p> <p><i>(Seafood Salad on Multigrain)</i></p>
<p>4 Lentil Soup Roast Pork Loin with Gravy Wild Rice Broccoli Wheat Bread Pudding</p> <p><i>(Tuna Salad on Wheat)</i></p>	<p>5 Election Day <u>Bagged Lunch</u></p> <p>Cranberry Juice Turkey & Swiss on Rye Sun Chips Fresh Fruit Milk</p>	<p>6 Beef Barley Soup Chicken Marsala Herb Roasted Potatoes Green Beans Almondine Dinner Roll Apricot Halves</p> <p><i>(Ham Salad on Rye)</i></p>	<p>7 Butternut Squash Soup BBQ Beef Tips Baked Beans California Blend Vegetables Marble Bread Cookies</p> <p><i>(Hot Dog on Roll)</i></p>	<p>8 Minestrone Soup French Meat Pie Garlic Spinach Rye Bread Fruit Cocktail</p> <p><i>(Egg Salad on Rye)</i></p>
<p>11</p> <p>CLOSED Veteran's Day</p>	<p>12 Split Pea Soup Baked Ham w/ Pineapple Glaze Mashed Sweet Potatoes Roasted Brussels Sprouts Whole Grain Bread Shortbread Cookies</p> <p><i>(Grilled Chicken on Whole Grain)</i></p>	<p>13 Pasta Fagioli Meatloaf w/ Gravy Roasted Potatoes Glazed Baby Carrots Dinner Roll Jello</p> <p><i>(Seafood Salad on Wheat)</i></p>	<p>14 HAPPY BIRTHDAY Chicken Noodle Soup Italian Sausage w/ Mustard Ziti with Sauce Peppers & Onions Grinder Roll Frosted Cupcake</p> <p><i>(Turkey & Swiss on Roll)</i></p>	<p>15 Red Chowder Beer Battered Fish w/ Tartar Baked Potato w/ Sour Cream Broccoli Garlic Roll Diced Pears</p> <p><i>(Ham & Cheese on White)</i></p>
<p>18 Chili Soup Chicken Cordon Bleu w/ Gravy Rice Pilaf Seasoned Spinach Multigrain Bread Tapioca Pudding</p> <p><i>(Salami & Provolone on White)</i></p>	<p>19 Escarole & Bean Soup Meatballs with Sauce Seasoned Penne Garlic Green Beans Italian Bread Fruited Yogurt</p> <p><i>(Shrimp Salad on Italian)</i></p>	<p>20 Tomato Soup Chili w/ Cheese Cornbread Tossed Salad Rye Bread Fruit Cocktail</p> <p><i>(Corned Beef & Swiss on Rye)</i></p>	<p>21 Cream of Broccoli Soup Pot Roast w/ Gravy Mashed Potatoes Tossed Salad Mixed Vegetables Marble Bread Fresh Fruit</p> <p><i>(Chicken Salad on Marble)</i></p>	<p>22 Thanksgiving Dinner Italian Wedding Soup Roast Turkey with Gravy Herb stuffing Peas & Pearl Onions Cranberry Sauce Dinner Roll Pumpkin Pie <i>(Roast Beef & Cheese on Bulky)</i></p>
<p>25 Venus De Milo Soup Chicken Cacciatore Seasoned Penne Broccoli Garlic Bread Granola Bar</p> <p><i>(Italian Tuna on Roll)</i></p>	<p>26 Vegetable Soup Beef Stroganoff Mashed Potatoes California Blend Vegetables Wheat Bread Mandarin Oranges</p> <p><i>(Pastrami & Swiss on Wheat)</i></p>	<p>27 Onion Soup Stuffed Sole w/ Lemon Wild Rice Zucchini & Onions Wheat Dinner Roll Ice Cream Bar</p> <p><i>(Meatloaf on Wheat)</i></p>	<p>28</p> <p>CLOSED Thanksgiving</p>	<p>29</p> <p>CLOSED Thanksgiving</p>

DECEMBER 2024 MENU

Suggested Donation: \$3.00

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

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MON	TUES	WED	THURS	FRI
<p>2 Split Pea Soup Corned Beef w/ Mustard Boiled Potatoes Carrot & Cabbage Blend Rye Bread Jello</p> <p><i>(Tuna on Rye)</i></p>	<p>3 Minestrone Soup French Meat Pie w/ Ketchup Wild Rice Garlic Spinach Multigrain Bread Lorna Doone Cookies</p> <p><i>(Egg Salad on Multigrain)</i></p>	<p>4 Split Pea Soup Baked Ham w/ Pineapple Baked Sweet Potato Roasted Cauliflower Pumpnickel Bread Fresh Fruit</p> <p><i>(Sliced Chicken & Cheese on Pumpnickel)</i></p>	<p>5 Italian Wedding Soup Chicken Parmesan Ziti w/ Sauce Green Beans Dinner Roll Diced Pineapple</p> <p><i>(Turkey & Swiss on Rye)</i></p>	<p>6 entil Soup Turkey w/ Gravy Stuffing California Blend Vegetables Country White Bread Cookies</p> <p><i>(Salami & Cheese on Country White)</i></p>
<p>9 Tomato Vegetable Soup Shepherd's Pie Tossed Salad Garlic Roll Sliced Peaches</p> <p><i>(Chicken Salad w/ Cranberries & Walnuts on Bulkie Roll)</i></p>	<p>10 Butternut Squash Soup Pork Loin w/ Applesauce Rice Pilaf Winter Blend Vegetables Rye Bread Ice Cream Bar</p> <p><i>(Ham & Swiss on Rye)</i></p>	<p>11 Corn Chowder Veal Cutlet w/ Sauce Seasoned Penne Broccoli Italian Bread Chocolate Pudding</p> <p><i>(Pastrami & Swiss on Italian)</i></p>	<p>12 Chili Soup Beef Tips w/ Mushroom Gravy Roasted Red Bliss Potatoes Sliced Carrots Multigrain Bread Ice Cream Bar</p> <p><i>(Italian Tuna on Multigrain)</i></p>	<p>13 Christmas Luncheon Pasta Fagioli Stuffed Chicken w/ Gravy Mashed Potato Green Beans Almondine Wheat Bread Coffee Cake</p> <p><i>(Seafood Salad on Wheat)</i></p>
<p>16 Escarole & Bean Soup Marinated Grilled Chicken Wild Rice California Blend Vegetables Dinner Roll Oatmeal Raisin Cookies</p> <p><i>(Cheeseburger on Roll)</i></p>	<p>17 Venus De Milo Soup Meatballs w/ Sauce Seasoned Ziti Tossed Salad Italian Bread Fruit Cup</p> <p><i>(Grilled Chicken on Italian)</i></p>	<p>18 Potato & Leek Soup Beef Stroganoff Buttered Noodles Baby Carrots Rye Bread Fruited Yogurt</p> <p><i>(Corned Beef & Swiss on Rye)</i></p>	<p>19 HAPPY BIRTHDAY Beef Vegetable Soup Chicken Cacciatore Potatoes & Onions Broccoli Italian Bread Frosted Cupcake</p> <p><i>(Roast Beef & Cheese on Italian)</i></p>	<p>20 Clear Chowder Stuffed Sole w/ Lemon Au Gratin Potato Roasted Brussels Sprouts Marble Bread Fresh Fruit</p> <p><i>(Meatloaf on Marble)</i></p>
<p>23 Beef Barley Soup Meatloaf w/ Gravy Mashed Potatoes Mixed Vegetables White Bread Brownie</p> <p><i>(Fish Sandwich w/ Tartar on Roll)</i></p>	<p>24</p> <p>Closed Christmas Eve</p>	<p>25</p> <p>Closed Christmas Day</p>	<p>26 Chicken Soup w/ Acini de Pepe Italian Sausage Herb Roasted Potatoes Peppers & Onions Marble Bread Pudding</p> <p><i>(Meatball Sub on Grinder Roll)</i></p>	<p>27 Onion Soup w/ Croutons Chicken Marsala Garlic Mashed Potatoes Broccoli Italian Bread Mandarin Oranges</p> <p><i>(Ham Salad on Italian)</i></p>
<p>30 Chicken & Rice Soup Roasted Chicken Leg Quarter Baked Potato w/ Sour Cream Buttered Carrots Wheat Bread Coffee Cake</p> <p><i>(Tuna Salad on Wheat)</i></p>	<p>31 Chicken Gumbo Pot Roast w/ Gravy Mashed Potatoes Mixed Vegetables Multigrain Bread Fig Newton</p> <p><i>(Chicken Salad on Multigrain)</i></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>

DAVID QUIROA
Director-Adjunto
(401) 780-6180



¡¡¡Felices Fiestas de Fin de Año!!!

¡Como si nada, ya estamos en las vísperas de las fiestas de fin de año! Cada fin de año por naturaleza hacemos un inventario de nuestras vidas, como estamos en el presente, y a la vez, evaluando el pasado – que no ha pasado por gusto – y que nos espera en el futuro. Ese inventario de vida personal tiene varios matices, pues depende en que etapa de la vida estamos. Muchos y muchas que están leyendo esta nota, son de la tercera edad, y por lo consiguiente tienen mucho por evaluar y recordar. “La Vida es una Tómbola”, dice el dicho – a estas alturas, cada año que pasa nuestra salud cambia y tenemos que estar mas atentos a nuestro cuerpo y nutrición. ¡¡¡Con esta crisis económica que vivimos, los adultos mayores pueden participar en nuestro programa de almuerzos nutricionales, que son prácticamente gratis!!!

El Programa Café no tiene requerimiento financiero pues es basado en la calificación de edad (60 años o más), se puede dar una donación de \$3 por comida, pero no es necesario pues la comida es gratis para los participantes que califican para el programa. El programa también está disponible para personas que tengan alguna deseabilidad certificada, sin importar la edad.

Si quieres disfrutar un almuerzo nutritivo y compartir con amigos, llama para hacer tu reservación al: 401-780-6134, deja tu nombre completo y déjanos saber si ya estas inscrito en el programa, si no estás inscrito, te ayudaremos a que te regístrese.

¡Buen Provecho!



Estamos localizados en el Centro del Adulto Mayor de la Ciudad de Cranston, RI

1070 Cranston Street, Cranston, RI 02920



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

November Health Check

Caffeine: Questions & Answers

Wednesday, November 6th – 10:00 a.m.

URI Pharmacy Outreach Program

Have you ever wondered where caffeine comes from and what it does to your body? Why do people crave caffeine? Why is caffeine added to many products? Which products should you watch out for? Who should limit its intake? Is there caffeine in decaf coffee? Interesting questions. Join us for the answers.

Nutrition Facts Label

Wednesday, November 13th – 10:00 a.m.

URI SNAP-ED Program

New and improved nutrition facts label. Nutrition Facts Label are found on food and beverage packaging. How do you read the label step by step to make healthier choices?

Holiday Time: Fun and Stress??

“Stress during the Holiday Season”

Wednesday, November 20th – 10:00 a.m.

URI Pharmacy Outreach Program

There are many dynamics that can make the holidays stressful: wanting to orchestrate a perfect family celebration, holiday bills, losses in the family, crowded social calendars, etc. How can we recognize and handle this stress? And how can we make the holidays fun and somewhat stress free?

Thanksgiving Thankfulness

Wednesday, November 27th – 10:00 a.m.

Facilitators: M & M

What are you thankful for? How do you express Thanksgiving gratitude? Come share your thoughts...

December Health Check

Six Pillars of Brain Health

Wednesday, December 4th – 10:00 a.m.

Provided by: AARP

It's never too late to focus on brain health! How do we help keep our brain healthy. Lifestyle has a profound impact on our brain health. What we eat & drink, how much we exercise, how well we sleep etc. In this session we will discuss the six pillars of brain health and how it will help us navigate our journey to brain health. This session will also provide information on the latest research regarding a healthy brain.

Fats & Fast Foods

Wednesday, December 11th – 10:00 a.m.

URI SNAP-ED Program

What is fast food? What is the most common fat found in fast food and what are the effects of fast food on our health?

Voice Your Choices!

“Understanding Inpatient Rehabilitation”

Wednesday, December 18th – 10:00 a.m.

Facilitator: Michaela Santomassimo, Encompass Health Rehab Hospital

Rehab settings...knowing the difference. There are typically two options when seeking rehab services, they are inpatient facilities and skilled nursing facilities. What are the differences?

Arthritis Exercise Classes

“A low impact physical activity”

Tuesdays 1:15 p.m. to 2:15 p.m.

Beginning Tuesday, January 21st ending March 11th

Reduces joint pain and stiffness, increase flexibility and endurance, it is FREE and lots of fun! Register now by calling 780-6000.

How to Beat Holiday Stress

Tips to reduce stress and take care of yourself during the holidays:

- 1. Don't over schedule yourself:** A time of parties and social gatherings, remember you don't have to do it all. Figure out what you enjoy versus what you feel you need to do.
- 2. Simplify travel and limit car time:** If you must travel, do what you can to make it as easy as possible on yourself.
- 3. Manage gift giving:** Make a budget and stay within the spending limits. Even a small gift lets people know you cherish them.
- 4. Be responsible about food & alcohol consumption:** Stick with healthy eating choices. Moderation is the key.
- 5. Enjoy family on your terms:** While it can be enjoyable to see family during the holidays, some people find extended family time to be stressful. If necessary, take a break, go for a walk, call someone you enjoy talking to. Take some alone time if you need it.
- 6. Respect differences:** There is a lot that can divide us and bring tension to social gatherings. Do your best to find and focus on common grounds.
- 7. Take time for yourself:** Consider giving yourself the gift of time during the holidays. Take a break from rushing around, the shopping, the cooking, and the cleaning...read a book, watch a movie, take a nap.
- 8. Honor the losses of the year:** Holidays can be challenging for those of us who have lost loved ones. Be sure to make space for your grief. Consider changing up your traditions to make your feelings of loss more manageable.
- 9. Don't forget routine maintenance:** Get plenty of sleep, eat regularly, exercise, meditate.
- 10. Reach out if you need help:** If you know that this time of year is typically hard for you. Lean on your friends and family. Talk to them about how you are feeling and let them help you.

May Your Holidays Shine Bright!!

Merry Christmas! Happy Hanukkah! Happy Kwanza!

SENIOR CENTER SERVICES

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TRANSVAN

RACHAEL MANCUSO DIRECTOR 780-6220

UPCOMING TRIPS

11/1 Wrights Chicken Farm \$23

11/8 99 Restaurant \$5 departs @ 11

11/15 Greggs NK \$5 departs @ 11

11/18 Longhorn Steakhouse \$5 departs @ 11

11/26 Cowesett Inn \$5 departs @ 11

12/9 Newport Creamery Breakfast \$5 departs @10

12/13 Christmas light tour with hot chocolate and cookies \$5 departs @ 5pm

We will also be offering Holiday shopping trips including

11/22 Wrentham Outlets \$5 departs @ 10

12/6 Warwick Mall \$5 Departs @ 10

12/16 Target Plaza (Warwick) with Habachi grill supreme buffet \$5 departs @ 10

Winter is quickly approaching with that being said Transvans would like to remind passengers of a few things.

*If Cranston Public schools are closed Transvan does not run

*Please be sure walkways and driveways are clear for the safety of yourself and drivers.

Happy Holidays from the Transvan staff!!

Rachael, Cheryl, Julie, Kerri and Robert

ADULT DAY SERVICES

ROSEMARIE COREN DIRECTOR 780-6243

Hello Friends & Families;

ADS is kicking off our Holiday Season in early November by selling raffle tickets for our beautiful Themed Gift Bags. Our gift bags always contain useful and fun items including gift certificates to many local stores and businesses. The raffle will be held on December 13, 2024 during our Annual Christmas Open House. Santa will be here with gifts under the tree for our clients. ADS will be decorated with festive and beautiful Christmas themed party tablecloths, centerpieces and

lots of goodies. Live music will be provided by father and daughter duo "Generations Unlimited". Lots of dancing and singing will be expected!!

We're also preparing to make home made (in ADS) gourmet candy apples, chocolate covered pretzels, delicious caramel popcorn and of course our favorite "Trail Mix" to sell in the Senior Center lobby just in time for Thanksgiving. Our clients families can also pre-order by sending a "written request" for desired goodies to ADS by November 15, 2024.

Our program has welcomed several new clients over the past summer. Our Program Director Amelia has brought in some great ideas and fun activities. Everyone is truly enjoying their days spent in ADS with the staff and each other.

Keep in mind, this is a very important Election year, so please get out to vote. Every vote counts!!

Wishing you all a wonderful Thanksgiving and the Merriest Christmas.

Rosemarie Coren RN, Director

The Cranston Public Library has announced it is now circulating “Memory Care Kits” at the Central library, Arlington branch, and the William Hall Library. Memory Care Kits contain items that assist library patrons who are experiencing memory loss and dementia, including Alzheimer’s. Kits are available for library card holders to check out for three weeks.

“Our memory care kits include carefully selected items that enable caregivers and family members to work with dementia patients to spark conversation and memories, creating a positive experience for all involved,” said Julie Holden, Assistant Library Director.

Research shows that as memory loss progresses, viewing items such as pictures and other memorabilia can generate memories and a connection to the past. The library kits include picture books or matching games for this purpose. Tactile activities are also included, like puzzles and crafts, to promote a sense of accomplishment, while fidget items can help alleviate stress and foster a sense of calm.

“These kits will provide a way for our residents who are suffering from dementia to create positive, meaningful interaction in their days,” said Robin Nyzio, programming librarian at Cranston Public Library. “We look forward to coordinating with the Cranston Senior Enrichment Center, and their Dementia Friendly Cranston team, to offer memory care kits at the Edward Costa Memorial Arlington Branch, which is located at the Senior Center.”

This project is made possible in part by the RI Office of Library and Information Services and the Institute of Museum and Library Services. In 2021, the Cranston Public Library initiated the “Healthy Families at the Cranston Public Library” program, with funding from the Network of National Library of Medicine. This series continues to focus on a variety of health topics, including brain care, and the library plans to use these memory care kits as part of the suite of Healthy Families offerings.

“This program is an example of how our library continues to evaluate our collections and services to evolve with the community’s needs,” said Ed Garcia, Director of the Cranston Public Library.

For more information, please contact the library.

CRANSTON SENIOR CENTER

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