



CRANSTON CONNECTION

Cranston Department of Senior Services

JANURARY/FEBURARY 2025
VOL. 2025 NO. 001

WELCOME!



1070 Cranston Street,
Cranston, RI 02920



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cranstonseniorcenter.com



facebook.com/
CranstonSeniorEnrichmentCenter

WHAT'S INSIDE

Welcome.....	03
Social Services	05
RSVP	06
Enrichment Programs	07
Menu.....	08
Menu.....	09
Departamento del adulto mayor de Cranston.....	10
Health Programs.....	11
Health Programs.....	12
Transvan/ADS.....	14
Special Programs.....	15

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.

IN 2025, SEVERAL SIGNIFICANT CHANGES TO SOCIAL SECURITY .

Cost-of-Living Adjustment (COLA):

Social Security recipients will receive a 2.5% COLA in 2025, the smallest increase since 2020, reflecting a return to pre-pandemic inflation trends. This adjustment translates to an average monthly benefit increase of approximately \$49, raising the average payment from \$1,927 to \$1,976.

AARP

Medicare Part B Premiums:

The standard monthly premium for Medicare Part B, which covers doctor visits and outpatient services, will rise from \$174.70 to \$185 in January 2025. This \$10.30 increase may offset the COLA for many beneficiaries, effectively reducing the net gain from the benefit adjustment.

Full Retirement Age (FRA) Adjustment:

The FRA—the age at which individuals are entitled to 100% of their Social Security benefits—is gradually increasing. In 2025, it will rise to 66 years and 10 months for individuals born in 1959, up from 66 years and 8 months for those born in 1958. This change encourages longer workforce participation and aims to improve the program's financial sustainability.

Maximum Taxable Earnings Increase:

The maximum amount of earnings subject to Social Security tax will increase from \$168,600 in 2024 to \$176,100 in 2025. This adjustment means higher earners will contribute more to the system, which is essential for funding future benefits amid concerns about the program's long-term solvency.

Legislative Developments:

The U.S. Senate is considering the Social Security Fairness Act, which aims to eliminate provisions that reduce benefits for individuals receiving pensions from non-Social Security-covered employment and for surviving spouses with their own government pensions. If passed, this legislation could restore full benefits to approximately 2.8 million people, though it may also accelerate the program's insolvency by about six months.

Program Solvency Concerns:

The Social Security Trust Fund faces potential depletion by 2035, raising concerns about future benefit reductions. Proposed solutions include raising the retirement age, adjusting benefit formulas, and increasing payroll taxes. However, these measures require careful consideration to balance fiscal responsibility with the needs of beneficiaries.

Implications for Beneficiaries:

While the 2.5% COLA provides a modest increase in benefits, rising Medicare premiums and potential legislative changes underscore the importance of staying informed about Social Security developments. Beneficiaries should review their benefits statements, consider the timing of their retirement, and consult financial advisors to navigate these changes effectively.

In summary, 2025 brings notable adjustments to Social Security, reflecting ongoing efforts to adapt the program to economic conditions and demographic shifts. Beneficiaries and contributors should remain vigilant and proactive in understanding how these changes may affect their financial planning and retirement strategies.

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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780-6180 | dquiroya@cranstonri.org

ADULT DAY SERVICES

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NUTRITION

Chef Jordan Baggesen

780-6217 | jbaggesen@cranstonri.org

ADMINISTRATION

Yvette Grullon-Davila

780-6144 | ygrullon@cranstonri.org

RSVP

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PROGRAMS

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HEALTH SERVICES

CVS/Health Pharmacist

Mary McKenna, R.Ph.

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NURSE

Marylou Pearson, RN

780-6207 | mpearson@cranstonri.org

AUTOMATED LUNCH RESERVATION SYSTEM

780-6134

MAYOR'S MESSAGE

Greetings,
This holiday season I was fortunate to celebrate you - the residents of Cranston! Thank you to all who attended our Christmas Tree and Hanukkah lightings at Cranston City Hall, as well as our volunteers who organized Christmas Tree Lightings and festivities across the city, including: The Cranston Historical Society's Holiday Open House, the Knightsville Christmas Tree Lighting, the Oaklawn Grange Holiday Tree Lighting, and more!
While we are cooped up inside to avoid the cold, it's important to share in these community events and recognize the importance of staying connected with one another. Engaging in local activities not only strengthens our bonds but also fosters a sense of belonging and unity. Whether it's participating in virtual gatherings, supporting local businesses, or simply reaching out to check on a neighbor, these small gestures can make a big difference. Together, we can create a warm and welcoming atmosphere that helps us all navigate the challenges of the winter season.
With the cold of winter carrying on, I hope you are staying safe and warm.

Being prepared for the cold is essential, so here are some precautions that everyone, especially older adults, should take during the winter months.

- **Vehicle Preparedness:** Ensure your car is well-maintained for winter, with functional tires, brakes, wipers, and lights. Keep emergency supplies like blankets and flashlights in the car, and keep your phone charged.
 - **Snow Shoveling:** It poses a fall risk for seniors. Seek help from family or neighbors if possible, and be cautious when shoveling. Clear walkways and use salt to reduce slipping.
 - **Stay Indoors:** Limit cold exposure and dress in layers for warmth, including hats, gloves, a winter coat, boots, and a scarf.
- Hypothermia Awareness:** Older adults are at higher risk of hypothermia. Signs include cold skin, extreme tiredness, confusion, weakness, and slowed breathing. If hypothermia is suspected, call 911 immediately.
As always, I hope you find useful and relevant information among the pages of this newsletter to stay updated and informed about programming, facilities



updates, safety alerts and other important information. Please let us know how we can help answer questions or give your programs more love by contacting my office - (401) 780-3104.

Ken Hopkins
Mayor, City of Cranston

DIRECTOR'S MESSAGE

Hello friends,
Winter can pose significant challenges for senior citizens, making it a critical time to focus on their safety and well-being. As temperatures drop, older adults are more vulnerable to health risks, including hypothermia and frostbite, due to reduced body heat retention and underlying medical conditions like diabetes or cardiovascular disease. Limited mobility and poor circulation can further increase these risks.

Social isolation is another issue during winter. Harsh weather and early nightfall can discourage seniors from venturing out, potentially leading to loneliness or depression. For those living alone, this isolation can exacerbate feelings of helplessness and impact mental health.

Heating costs are a significant worry as well. Many seniors live on fixed incomes, and rising energy bills can lead them to limit heating, increasing the risk of cold-related illnesses. Poor insulation in older homes can compound this issue.

To address these concerns, caregivers and communities must take proactive steps. Checking in regularly on elderly neighbors, ensuring their homes are properly heated and insulated, and encouraging them to wear layers are vital. Providing transportation for errands, assisting with snow removal, and arranging social visits



can help alleviate isolation. Access to medical care and proper nutrition should also be prioritized.

With preparation and community support, seniors can navigate winter safely and comfortably, reducing the season's challenges and enhancing their quality of life.

Sincerely,
Steve 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 \$39,275 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. Apply January-March 15th. Yearly income guidelines are: \$39,350 for one person household, and \$45,000 for 2 or more in the household.
Please contact: Jennifer 780-6254, or Amy 780-6200, to set up an appointment.

Scam Alert

Grandparent scams are a type of fraud in which scammers target older adults by pretending to be their grandchildren or other family members. Scammers call their victims claiming to be in emergency situations, such as needing money to pay for bail or medical expenses. They may also claim to be traveling and need assistance with finances. They prey on older adults who may be more trusting and vulnerable. These scams can be very convincing, and it is important to be aware of them to protect yourself. Here are some tips on how to prevent becoming a victim of a grandparent scam.

- **Beware of unsolicited phone calls or emails from “family members”.**
- **Never give out personal information over the phone.**
- **If you receive a call from someone claiming to be your grandchild or family member, ask them questions only they would know the answer to. Use a family code.**
- **Don’t send money to anyone before verifying their identity.**
- **Talk to your family about grandparent scams..**
- **Use caution on how much information you share on social media.**

If you think you may be a victim of a grandparent scam, report it to the Federal Trade Commission, and your local police

Caregiver Support Group

Meetings will be held the 1st Wednesday of every month 2:00-3:00 in the Classroom. Upcoming Meetings: Wednesday January 8th and Wednesday February 5th.



New Class for the New Year!!!!

Tai Ji Quan Moving for Better Balance every Wednesday and Friday! This is a very easy exercise format for older adults.

Join our balance and strengthening exercise class!

Wednesday, March 12, 2025 ~ Friday, August 29, 2025. 9:00am - 10:00am

URI Prescreening is required and will be held by appointment only.

TJQMBB is a research-based program proven to decrease falls by 58%!

For mor information or to register, please contact:

Amy Ricci: 401-780-6200.



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.**



Please visit our Gift Shop

Open: Monday - Friday
9:00 a.m. - 2:00 p.m.

RSVP's Financial Literacy Volunteers will host a Property Tax Relief Credit & City Tax Exemption Presentation:

**Wednesday, January 29th
&
Thursday, February 27th
10:00 a.m. - 11:30 a.m.
(Conference Room)**



Property Tax Relief Credit (Form RI1040H)

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

- You must be sixty-five (65) years of age or older and/or disabled.
- You must have domiciled in Rhode Island for the entire calendar year of 2024.
- Your household income must have been \$39,275.00 or less.
- You must have lived in a household or rented a dwelling that was subject to property taxes.
- You must be current on property tax and rent payments due on your homestead for all prior years and on any current installments.

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

- Taxable and non-taxable income of all household members.
- Claimant's Social Security Award Letter or Form 1099-SSA for the year 2024.
- For homeowner's: your 2024 Property Tax Bill.
- For renter's: copies of three (3) rent receipts for the year 2024 or your 2024 lease agreement.

RSVP's Green Senior Volunteers & RIRRC will host a FREE Recycle Right Facility Tour & Presentation:

**Wednesday, February 26th
9:30 a.m. - 11:00 a.m.**



Transportation will be provided by Cranston Transvan and will be departing at 8:45a.m. Please call Paula @ 780-6178, to reserve your spot and for additional information. Learn how to reduce, reuse, recycle, compost, and properly dispose of your waste.

MONTHLY ART CLASS

RI Art Teacher Sue Greco will be instructing a Watercolor Class. \$5 per person, max of 15 students per class so register at the front desk to save your spot.

Wednesday, January 8th , 1:00 p.m. – 3:00 p.m.



Wednesday, February 5th , 1:00 p.m - 3:00 p.m.



FINANCIAL ADVISORS WILL BE HERE TO HOST AN “ASK THE EXPERT” CLASS

Have questions regarding estate planning? Do you know what Required Minimum Distribution (RMD) is? Do you need a will? These are all the types of questions you can “ask the expert’s” on. We will be having different companies come in to do a presentation then have a Q & A period after the presentation where you can ask all your questions. Be prepared, knowledge is power and when it comes down to it you want to make sure your affairs are in order. Refreshments will be provided. Please Call Sky Marcos at 780-6216 to reserve your spot. Estate Planning will be: January 17, 2025 from 10:00 – 11:30, and Required Minimum Distribution (RMD)

MONTHLY CRAFT CLASS

We will be having a February craft class, keep an eye out for the sample which will be located by the front desk with the date, time and cost.

INTRODUCING A NEW DRIVER SAFETY PROGRAM

– AAA will be holding a Driver Improvement class “DIP” on January 24th, 2025 from 9:30 a.m. - 1:30 p.m. The fee for AAA members will be \$20 and \$25 for non-members. Advance registration and payment will be required. There may be a discount for early registration. This class is designed for seniors and no test is required to complete this program. Check with your insurance company to see if you are entitled to a discount. If you are interested, please sign up with Sky Marcos 401-780-6216.

RI SUPREME COURT TOUR

Ever wonder what the inside of the RI Supreme Court looks like? How does a case end up being tried in this court? This is your opportunity to take a FREE guided 90-minute tour on Friday, January 31, 2025, at 9:30a.m. Please call Sky Marcos at 780-6216 to sign up. Deadline to sign up for this tour is 1-29-25.

COMPUTER CLASS

Our free Computer 101 class is still ongoing. Please join us for class every Tuesday from 9:45 a.m. – 11:30 a.m. No sign-up is required.

TECH-HELP DESK

We now have a Tech-help desk, Monday – Thursday from 12:30 p.m. – 2:00 p.m. we have volunteers from Cranston West that can help you with any issues you may be experiencing with your phone, computer, iPad etc. Need help with your Portals or need to order Free Covid test kits? They can help with that as well. Come see Emily, Vanessa, Antonio or Ethan at the front desk.

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 Pasta & Bean Soup Country Fried Steak w/ Gravy Mashed Sweet Potatoes Green Beans Fresh Fruit Marble Bread (Honey Ham & Swiss on Marble)</p>	<p>2 Escarole & Bean Soup Beef Stroganoff Buttered Noodles Sliced Carrots Pudding Rye Bread (Italian Tuna on Rye)</p>	<p>3 Vegetable Soup Pub Burger w/ Mushroom Gravy Scalloped Potatoes Baby Carrots Sliced Peaches Pumpernickel Bread (Chicken Salad w/ Cranberries & Walnuts on)</p>
<p>6 Minestrone Soup Veal Parmesan Seasoned Ziti Tossed Salad w/ Dressing Lorna Doone Cookie Italian Bread (Egg Salad on Italian)</p>	<p>7 Low Sodium V-8 Juice Beef Stew Green Beans Greek Yogurt Biscuit (Shrimp Salad on Wheat)</p>	<p>8 Chicken Gumbo Stuffed Cabbage w/ Sauce Roasted Sweet Potatoes Capri Blend Vegetables Tapioca Pudding Wheat Bread (Bologna & Cheese on Wheat)</p>	<p>9 Italian Wedding Soup Chicken Parmesan Penne w/ Sauce Italian Blend Veg Fresh Fruit Marble Bread (Fish w/ Tartar on Roll)</p>	<p>10 Red Chowder Baked Fish w/ Lemon Herb Roasted Potatoes Broccoli Ice Cream Dinner Roll (Salami & Provolone on Italian)</p>
<p>13 Chicken Soup Meatloaf w/ Gravy Mashed Potatoes Mixed Vegetables Apricots Wheat Bread (Hot Dog on Bun)</p>	<p>14 Beef Barley Soup Grilled Chicken Breast Rice Pilaf California Blend Vegetables Chocolate Pudding Dinner Roll (Italian Grinder)</p>	<p>15 Split Pea Soup Baked Ham w/ Pineapple Baked Sweet Potato Winter Blend Vegetables Diced Pears Wheat Bread (Chicken Salad on Wheat)</p>	<p>16 HAPPY BIRTHDAY Broccoli Cheddar Soup Stuffed Chicken w/ Gravy Wild Rice Broccoli Frosted Cupcake Dinner Roll (Italian Tuna on Multi)</p>	<p>17 Corn Chowder Shepard's Pie w/ Ketchup Baby Carrots Coffee Cake Multigrain Bread (Turkey & Swiss on Multigrain)</p>
<p>20 Holiday</p>	<p>21 Venus De Milo Soup Veal & Peas Buttered Noodles Garlic Spinach Diced Peaches Garlic Roll (Corned Beef & Swiss on Rye)</p>	<p>22 Chicken Soup w/ Orzo Meatballs w/ Sauce Seasoned Shells Italian Blend Vegetables Coffee Cake Dinner Roll (Sliced Chicken & Cheese on Wheat)</p>	<p>23 Beef Barley Soup Chicken Marsala Herb Roasted Potatoes Green Beans Fruit Cup Italian Bread (Turkey & Swiss on Marble)</p>	<p>24 Chili Soup Pot Roast w/ Gravy Mashed Potatoes Broccoli Cookie Wheat Dinner Roll (Grilled Chicken & Cheese on Bulky)</p>
<p>27 Lentil Soup Chicken Cacciatore Seasoned Penne Green Beans Fresh Fruit Multigrain Bread (Ham Salad on Multigrain)</p>	<p>28 100% Juice Cheese Omelette w/ Tomato O' Brian Potatoes Sausage Patty Greek Yogurt Croissant (Roast Beef & Cheese on Multigrain)</p>	<p>29 Beef Barley Soup Rosemary Chicken Leg Roasted Potatoes Broccoli Fruit Cocktail Rye Bread (Meatloaf & Cheese on White)</p>	<p>30 Tomato Soup Stuffed Pork Chop w/ Gravy Mixed Vegetables Butterscotch Pudding Wheat Dinner Roll (Seafood Salad on Wheat)</p>	<p>31 Chili Soup Shepard's Pie w/ Ketchup Roasted Brussels Sprouts Fresh Fruit Italian Bread (Shrimp Salad on Italian)</p>

FEBRUARY 2025 MENU

Suggested Donation: \$3.00

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

Page 9

MON	TUES	WED	THURS	FRI
<p>3 Minestrone Soup Chicken Cacciatore Capri Blend Vegetable Seasoned Shells Frosted Brownie Wheat Bread</p> <p>(Egg Salad on Wheat)</p>	<p>4 Chicken & Rice Soup Shepards Pie w/ Ketchup Seasoned Spinach Lemon Pudding Pumpernickel Bread</p> <p>(Chicken Salad on Pumpernickel)</p>	<p>5 Tomato Basil Soup BBQ Beef Baked Beans Cole Slaw Fresh Fruit Roll</p> <p>(Turkey & Cheese on Roll)</p>	<p>6 Beef Vegetable Soup Stuffed Cabbage w/ Sauce Lyonnais Potato Peas & Onions Wheat Bread Fig Newton (Seafood Salad on Wheat)</p>	<p>7 Broccoli Cheddar Soup Stuffed Chicken w/ Gravy Red Bliss Mashed Potato Broccoli Pound Cake Dinner Roll (Italian Tuna on Multi Grain)</p>
<p>10 Low Sodium V-8 Juice Beef Stroganoff Baked Potato w/ Sour Cream Mixed Vegetables Chocolate Pudding Garlic Bread</p> <p>(Pulled Pork on Roll)</p>	<p>11 Chili Soup Italian Sausage w/ Mustard Seasoned Shells Peppers & Onions Fresh Fruit</p> <p>(Fish Sandwich w/ Tartar on a Roll)</p>	<p>12 Italian Wedding Soup Chicken Parmesan Seasoned Ziti Italian Blend Veg Marble Bread Fresh Fruit</p> <p>(Fish w/ Tartar on Roll)</p>	<p>13 Lentil Soup Beef Wellington w/ Ketchup Red Bliss Mashed Potato Mixed Vegetables Vanilla Pudding Marble Bread</p> <p>(Chicken Salad on Marble)</p>	<p>14 White Chowder Crab Cake w/ Tartar Sauce Potato Puffs Cole Slaw Fig Bar Dinner Roll</p> <p>(Corned Beef & Swiss on Rye)</p>
<p>17</p> <p>CLOSED PRESIDENTS DAY</p>	<p>18 Cream of Spinach Soup Low Sodium Hot Dog Baked Beans Cole Slaw Ice Cream Whole Grain Bread</p> <p>(Turkey & Swiss on Multi)</p>	<p>19 Potato & Leek Soup Chicken Cordon Bleu w. Gravy O' Brien Potatoes Winter Blend Vegetable Fresh Fruit Rye Bread</p> <p>(Ham & Cheese on Rye)</p>	<p>20 Chicken & Brown Rice Soup Meatballs w/ Sauce Seasoned Ziti Tossed Salad w/ Dressing Diced Peaches Italian Bread</p> <p>(Ham Salad on Italian)</p>	<p>21 Vegetable Chowder Baked Fish w/ Lemon Rice Pilaf Green Beans Coffee Cake Marble Bread</p> <p>(Chicken Salad w/ Cranberry and Walnuts on Marble)</p>
<p>24 Beef Barley Soup Chicken Marsala Mashed Potato Green Beans Fruit Cup Italian Bread</p> <p>(Turkey & Swiss on Marble)</p>	<p>25 Onion Soup Meatloaf w/ Gravy Mashed Potatoes Broccoli Brownie Dinner Roll (Fish Sandwich w/ Tartar on Roll)</p>	<p>26 Chicken & Rice Soup Roasted Chicken Leg Baked Potato w/ Sour Cream Buttered Carrots Fig Newton Multigrain Bread (Tuna Salad on ultigrain)</p>	<p>27 Minestrone Soup French Meat Pie w/ Ketchup Wild Rice Garlic Spinach Fresh Fruit Wheat Bread</p> <p>(Grilled Chicken on Wheat)</p>	<p>28 Red Chowder Country Crisp Fish w/ Tartar Crispy Cubed Potatoes Broccoli Cookies Dinner Roll (Hamburger on Roll)</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



¡Resoluciones, sin Acciones, son solo Aflicciones!

Año Nuevo. Espero que en este 2025 sean ustedes bendecidos con buena salud y bienestar familiar. También, esperando que el año viejo les haya dejado muchos amigos nuevos. Después de todo, el compartir con amigos, es una de las funciones humanas que nos da vida y felicidad. Por eso una de las resoluciones del Nuevo Año que tienes que sumar a tu lista es la de: **¡Ser más activo en la comunidad y salir a explorar el mundo!**

Tener amigos en la vejez es importante porque puede tener un impacto positivo en la salud mental y la calidad de vida. La **Amistad** puede ayudar a:

- Aumentar la probabilidad de vivir más
- Reducir el estrés y la ansiedad
- Mejorar la confianza en uno mismo y la autoestima
- Ayudar a sobrellevar traumas
- Fortalecer el sistema inmunitario
- Disminuir la presión sanguínea y el riesgo de sufrir enfermedad cardíaca
- Agudizar la memoria y a dormir mejor
- Evitar la soledad no deseada

Por todas las razones ya mencionadas, te invito una vez más, en especial si no eres un miembro del Centro del Adulto Mayor de Cranston, a que vengas a nuestro Senior Center y disfrutes de todos los programas que ofrecemos. Y ahora más que nunca es más fácil disfrutar en el Centro, pues nuestra nueva Directora de Programas, Sky Marcos – habla español y portugués.

!!!Sin más, me despido deseándoles un bendecido Año Nuevo es este 2025!!!

**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

January Health Check

Weight Loss & Treatments

Wednesday, January 8th – 10:00 a.m.

URI Pharmacy Outreach Program

What are the strategies for successful weight loss? At this presentation we will also review over-the-counter weight loss products and the newest prescription medications approved for weight loss.

Fall Prevention & Caring For Yourself

Wednesday, January 15th – 10:00 a.m.

Provided by: URI Pharmacy Outreach Program Tri TownCounty Regional Coalition

Many factors affect our mobility and stability, as we age. Medications, environment, disease all have the ability to make our lives a little unsafe. This presentation will address these factors and will give you advice on avoiding the “dreaded fall.” Followed by medication management, risk factors for overdose in the older adults, and the dangers of mixing prescription drugs. All possibly contributing to falls. Attendees will receive a Tool Kit including items such as, ice packs, reacher tool, grip socks, just to name a few. Please register call 780-6000.

Winter Health

Wednesday, January 22nd – 10:00 a.m.

Facilitator: Mary McKenna, R. Ph.

As the temperature outside drops, our bodies need special attention. Learn how to best protect yourself from winter issues such as increased respiratory infections, coughs and colds, dry skin and more.

Quieting Our Minds

“Meditation Introduction”

Wednesday, January 29th – 10:00 a.m.

Facilitator: Margie Borbe, Trained Meditation Facilitator

Why meditate? What are the benefits of meditation? How to find peace with yourself while embarking on a journey of self-discovery. Join us for this introduction and bring a friend.

February Health Check

Heart Health for Older Adults

Wednesday, February 5th – 10:00 a.m.

URI Pharmacy Outreach Program

How to stay heart healthy regardless of age? How do we develop and maintain a healthy heart? And what are the practices that are currently recommended by doctors? Don't miss this important presentation. Bring a friend.

Be Our Valentine!

“Remembering Past Valentine’s”

Wednesday, February 12th – 10:00 a.m.

Facilitators: Lucy & Ethel

What does and did Valentine’s Day mean to you?? Let’s take some time to reminisce.

Hearing Loss

Wednesday, February 19th – 10:00 a.m.

URI Pharmacy Outreach Program

About one third of older adults have hearing loss. What are the causes, options for treatments, and what are some helpful coping mechanisms? We will also discuss the costs associated with hearing aid products, over-the-counter hearing aids, and on-line hearing aids.

Lasik & Cataract Surgery

“A Personal Journey”

Wednesday, February 26th – 10:00 a.m.

Facilitator: Marylou Pearson, R. N.

Join our nurse, Marylou, as she takes us through her experience with lasik surgery.

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, increases flexibility and endurance. Free! Register now by calling 401-780-6000.

Balance & You

Provided by: University of Rhode Island Pharmacy Outreach Program

More than one in four people who are age 65 or older experience a fall each year. As we age, so does our risk of experiencing a fall. These falls can lead to many kinds of serious and devastating consequences such as fractures possibly leading to long term-disabilities. Even if you have not experienced a fall in the past, you may be afraid of one occurring. This fear may cause you to avoid certain activities. This is why it is always important to practice and improve our balance to prevent falls from occurring.

Ways to improve balance and minimize falls!

Stay physically active as best you can.

This allows you to strengthen your joints, tendons, and ligaments helping them to remain flexible.

Try different balance and strength exercises. This could include yoga, pilates, and tai chi.

You can try to lifting weights or using resistance bands to build strength.

Make sure you are having both eyes and hearing tested regularly.

The smallest of changes with either your listening or eye sight have

been linked to having an increase fall risk.

Take your time with adjusting to a new glasses prescription or hearing aid.

Use railings and assistive devices to help you feel steadier when walking.

Choose footwear that have nonskid, rubber soles!

Be extra cautious when walking on icy or wet surfaces. Do your best to clear any icy areas by your door or walkway!

SENIOR CENTER SERVICES

Page 14

TRANSVAN

RACHAEL MANCUSO DIRECTOR 780-6220

From the Transvan Staff....

Wishing you all a Healthy, happy and peaceful New Year!

Inclement Weather Policy

For your safety and the safety of drivers, please make sure your walkways and driveways are clear of ice/snow prior to pick up or we will not be able to transport you.

Please remember that if the Cranston Public Schools are closed, Transvan does not run.

Trips

1/13 Smokey bones \$5 leaves center @ 11

1/21 Wickford lanes lunch provided \$12 leaves center @ 915

1/27 Red Robin \$5 leaves center @ 11

2/3 Sams Inn \$5 leaves center @ 11

2/11 Kings Garden \$5 leaves center @ 11

2/24 Ninos Pizza \$5 leaves center @11:15

Please be sure to sign up in the Transvan office!

ADULT DAY SERVICES

ROSEMARIE COREN DIRECTOR 780-6243

Newsletter
January/February
2025

Wishing a Happy Healthy New Year to all our friends and families. Welcome to 2024! Adult Day Services has been very busy winding down 2024 with Holiday parties, raffles and welcoming many new clients into the program.

Going forward into the new year, we will soon be celebrating the Super Bowl, Martin Luther King Day and Valentines Day. Of course, we will be having a Super Bowl Party while cheering for our favorite team. On Martin Luther king day, we'll watch documentaries, have discussions, and review how this wonderful man has changed the lives of so many. Valentines Day is by far the sweetest day to enjoy all the homemade goodies we bake here in ADS, and the clients will make "heartfelt" cards for their loved ones to let them know how much they are loved and appreciated. We'll also be having our traditional Valentines breakfast with pancakes, strawberries, whipped cream and sausage.

January and February are still quite cold months with a surprise snow storm hiding in the clouds. Keep your warm hat, coat and gloves close by and don't forget to protect yourselves with a Flu vaccine. Lots of influenza viruses out there this season.

I would like to mention the ADS staff and volunteers for all the hard work, commitment and kindness they have contributed to the program while wearing many hats to make this community a vibrant, happy and loving place to be. Each one of them has special skills and experience to bring to the table. They are all very much appreciated for making our program such a success.

Looking forward to the Spring with renewed hope and excitement.

Rosemarie Coren RN, ADS Director

CRANSTON SENIOR CENTER

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