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## 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.

## CENTER LOCATION

1070 Cranston Street  
Cranston, RI 02920

**p:** 401-780-6000

**f:** 401-946-5909

**w:** [cranstonseniorcenter.com](http://cranstonseniorcenter.com)

Like us on **FACEBOOK** at  
**Cranston Senior Enrichment Center**, follow us on **Twitter**  
**@cranstonsenior**

# -CENTER INFORMATION-

## SENIOR HOURS

Monday-Friday  
8:30am to 4:30pm  
*Our Doors are open to all Cranston  
& Non-Cranston Residents*

## SERVICE PROVIDED

- Transportation available  
(for Cranston Residents)
- Educational Programs
- Exercise - Dance Classes
- Health Presentations & Screenings
- Nurse & Pharmacist available
- Notary Public Available
- Adult Day Services
- Social Services available
- Fun & Entertainment
- Lunch Served - Snack Bar
- Carry-out Service
- Gift Shoppe
- And much, much more .

## Administration

### Interim Executive Director

**David Quiroa**  
780-6180 | dquiroa@cranstonri.org

**Yvette Grullon-Davila**  
780-6144 | ygrullon@cranstonri.org

### Adult Day Services

**Rosemarie Coren, RN**  
780-6243 | rcoren@cranstonri.org

### Nutrition

**Chef Ray Sinapi**  
780-6134 | rsinapi@cranstonri.org

### Programs

**Kathi Dunphy**  
780-6216 | kdunphy@cranstonri.org

### RSVP

**Karen Porto**  
780-6159 | kporto@cranstonri.org

## Social Services

**Jennifer Kevorkian**  
780-6254 | jkevorkian@cranstonri.org

## Transvan

**Jane Luker**  
780-6220 | jluker@cranstonri.org

## Receptionist/Social Media

**Christine Fera**  
780-6215 | cfera@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



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David M. Nardolillo, REFTD  
Angelo M. Nardolillo, REFTD

[NARDOLILLOFH.COM](http://NARDOLILLOFH.COM)



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Cranston Senior Center, Cranston, RI

06-5337



# - WELCOME -

## INTERIM EXECUTIVE DIRECTOR'S MESSAGE



Greetings Everyone,

I would like to take this opportunity to welcome in a new year, 2021. As we look back, let's reflect on all the sacrifices we have made as a Nation, State, and City dealing with the worldwide COVID19 pandemic and pray that this coming year will bring good fortune, health and prosperity.



I always look at the New Year as a new beginning...new opportunity to start over...make changes where they are needed...better one self. I am pleased to report the Enrichment Center remains a vibrant facility with much to offer our seniors. We have numerous in person programming and continually explore new ideas for further programs. Contact our Programs Coordinator, Kathi Dunphy, to see what's new.

I would be remiss if I did not thank our outgoing Mayor Allan Fung and incoming Mayor Ken Hopkins for helping us deliver Holiday Meals to homebound seniors in the City of Cranston. Of course, I would also like to thank all the community volunteers that delivered Thanksgiving and Christmas Holiday Meals to our seniors. I take my hat off to you!!!

Check out our website, [www.cranstonseniorcenter.com](http://www.cranstonseniorcenter.com); you can meet the staff, check out what's going on and join the fun. It will be updated on a regular basis with all the happenings at the center.

Lastly, thank you to the staff for helping serve you every day.

Sincerely,

David Quiroa  
Acting Executive Director



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Micheline Gauthier  
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is where we start  
every visit.

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Adults on Medicare



## - SOCIAL SERVICES -

**Jennifer Kevorkian,**  
Director 780-6254

Please join Tricia Cipriano from the Tax Assessor's Office to learn more and apply for the City Tax Exemptions as well as the City Tax Freeze. Thursday, January 21, 2021 at 10:00 a.m.

### Virtual Memory Cafe Monday

Host: Laurie Mantz

The Memory Café offers an array of activities to develop social interaction inspiring and educating our community in building a dementia friendly state including pleasant conversation about dementia, playing music or trivia.

**Every week on Mondays**  
**at 1:00 p.m.**

### Heating Assistance 2021 Income Guidelines

Household Size	12 month	3 month	1 month
1	\$32,265	\$8,066	\$2,689
2	\$42,193	\$10,548	\$3,516
3	\$52,120	\$13,030	\$4,343
4	\$62,048	\$15,512	\$5,171

### Required Documents:

#### **Proof of Energy Expenses**

- Copy of your most recent heating and electric bill. If your heat is included in your rent, provide a copy of your lease.
- Utility bills, Mortgage statement or property tax bill, Lease or rental agreement

#### **For each household member:**

- Photo ID of the Applicant, Proof of Social Security Numbers
- One of the following: Official Birth Certificate, Driver's License, State ID card, U.S. Military photo ID, U.S. Passport, Certificate of U.S. Citizenship or Naturalization
- Wages (Gross income for past 4 weeks), TDI or Unemployment benefits
- SSDI, SSI, (Bank Statement or 1099-SSA, Pension or Retirement Income. Alimony and Child Support.
- Rental Income, Dividend or Interest Income.

### Do You Know Your City's Tax Exemptions?

\*All applications must be filed by March 15th in the City of Cranston Tax Assessor's Office at City Hall: 869 Park Avenue, Room 113.

City of Cranston Tax Exemptions:

1. **Age over 65 Exemption**—Once 65 years old, a Taxpayer must provide the Tax Assessor's Office with either a license, birth certificate or voter's records for proof of age. The taxpayer must be owner-occupied of a residential property. Only one elderly exemption is allowed per household. If a person does not own real estate and rents property, then the Taxpayer will receive an exemption off of their motor vehicle.
2. **Under 65 Disability Exemption**—The Taxpayer must be under 65 and disabled according to Social Security. The Taxpayer must bring in the award letter stating they are entitled to benefits.
3. **Blind Exemption**—The Taxpayer must provide a doctor's letter specifying that they are 20/200 or worse in each eye.
4. **Veterans Exemption**—Prior Vietnam War (May 7, 1975) veterans only need to have served as active duty. After May 7, 1975 a veteran must have served overseas during a conflict and where the conflict occurred. The widow of a veteran qualifies for this exemption.
5. **Disabled Veteran Exemption**—The Taxpayer must qualify as a veteran as well as provide documentation from the VA indicating that they are 100% totally and permanently disabled.
6. **Gold Star Parent Exemption**—The Taxpayer has had a son or daughter killed in war while serving in the armed forces and has incidentally received a Gold Star. The paperwork for being a recipient must be known.
7. **Paraplegic Veteran Exemption**—A veteran with specifically adaptive housing shall receive 110,025 in value. Paperwork must be provided.

\*Contact the City of Cranston Tax Assessor's Office with any questions: 401-780-3181.





Cranston RSVP is looking for Transportation Volunteers:

- To deliver brown bag lunches to seniors in the community.
- To run errands for seniors in the community.
- To transport Cranston homebound seniors to their medical appointments

If you are interested in becoming a RSVP Volunteer, please contact Karen Porto 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 travel costs. AmeriCorps-Seniors will also provide you with insurance protection with three kinds of coverage; Excess Accident Medical Coverage, Excess Volunteer Liability Insurance and Excess Automobile Liability Insurance.



THANK YOU to the following individuals for their generosity:

- ◇ Marie Caluori
- ◇ Santina Leonard
- ◇ Edmund & Marie Stabile
- ◇ Dorothy Forand & Patrick Hayes
- ◇ Lillian Conti
- ◇ Anne Paparelli
- ◇ Nora Grady
- ◇ Denise Ferschke
- ◇ Jose Dorta
- ◇ Diane Dowiot
- ◇ Louise Goding
- ◇ Florence Lambrese
- ◇ Pao Nguyen
- ◇ Theresa Roberts

If you'd like to make a donation to the Cranston Senior Center, please make the check payable to the Cranston Advisory Board. Your donations are greatly appreciated!

RSVP Financial Literacy Volunteers will be available on **January 26<sup>th</sup> and February 23<sup>rd</sup> from 10:00 am – 12:00 pm in the Card Room** to check your eligibility for a RI Property Tax Relief Credit (Form RI-1040H) and/or a City Tax Freeze and City Tax Exemption(s).

To be eligible for the RI Property Tax Relief Credit (Form RI-1040H) 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 2020.
- Your household income must have been \$30,000.00 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 2020.
- For homeowner's: your 2020 Property Tax Bill.
- For renter's: copies of three (3) rent receipts for the year 2020 or your 2020 lease agreement.



## - ENRICHMENT PROGRAMS -



Kathi Dunphy, Program Director  
780-6216

**HAPPY NEW YEAR TO ALL!!**

**Let us start out 2021 with a positive attitude and begin taking care of our body and minds**

### Enrichment Programs

This is of course in accordance with Governor Raimondo\*

- Billiards is Monday thru Friday / 9:00 to 11:00 a.m. & 12:00 to 2:00 p.m.
- Chair Exercise is held Tuesday, Thursday & Friday / 10:00 to 10:30 a.m.
- Exercise Made Easy Wednesday & Friday / 1:00 to 2:00 p.m.
- Line Dancing on Wednesdays / 1:00 to 2:00 p.m.

Please make sure that you make a reservation with  
Kathi @780-6216

\*Wear your masks and bring bottled water if needed.  
Call often to see what else is opening.

**STAY SAFE, AND HEALTHY**



**Winter Word Scramble**  
A little game to play while cozy in  
the house this winter. Enjoy!

WOSN \_\_\_\_\_  
LIEICC \_\_\_\_\_  
RFYTOS \_\_\_\_\_  
NNMWASO \_\_\_\_\_  
ZARZLDBI \_\_\_\_\_  
DCOL \_\_\_\_\_  
GOSVEL \_\_\_\_\_  
YSSHUL \_\_\_\_\_  
ICELPRFAE \_\_\_\_\_  
HCELOTOAHTOC \_\_\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4</b> Juice <b>Turkey Salad on Multi Grain</b> Pretzel Cookies Milk	<b>5</b> Juice <b>Honey Ham &amp; Cheese on Marble w/Mustard</b> Corn Chips Fresh Fruit Milk	<b>6</b> Juice <b>Chicken Salad on Pumpernickel</b> Chips Pudding Milk	<b>7</b> Juice <b>Meatballs w/Marinara Sause on a Grinder Roll</b> Multi Grain Chips Granola Bar Milk	<b>8</b> Juice <b>Tuna Salad on Whole Wheat Roll</b> Chips Fruit Cup Milk
<b>11</b> Juice <b>Ham Salad on Oatmeal Bread</b> Chips Fresh Fruit Milk	<b>12</b> Juice <b>Hamburger on a Roll w/ Mustard</b> Cole Slaw Cookie Milk	<b>13</b> Juice <b>Sliced Turkey &amp; Cheese on Wheat</b> Multi Grain Chips Yogurt Milk	<b>14</b> Juice <b>Egg Salad on a Croissant</b> Pretzels Muffin Milk	<b>15</b> Juice <b>Seafood Salad on 9 Grain</b> Chips Fresh Fruit Milk
<b>18</b> <b><u>CLOSED</u></b> <b>Dr. Martin Luther King Jr. Day</b>	<b>19</b> Juice <b>BBQ Chicken Breast on Roll</b> Chips Pudding Milk	<b>20</b> Juice <b>Shrimp Salad on Pita</b> Chips Cookie Milk	<b>21</b> Juice <b>Corned Beef on Rye w/ Mustard</b> Carrot Slaw Lorna Doones Milk	<b>22</b> Juice <b>Meatloaf Sandwich on Oat Bread w/Ketchup</b> Corn Chips Fruit Milk
<b>25</b> Juice <b>Tuna Salad on a Roll</b> Chips Banana Bread Milk	<b>26</b> Juice <b>Sliced Chicken w/ Mayo on Wheat</b> Chips Yogurt Milk	<b>27</b> Juice <b>Salami &amp; Provolone on Multi Grain w/Mustard</b> Pretzels Fruit Cup Milk	<b>28</b> Juice <b>Sliced Turkey &amp; Cheese on a Roll w/ Mayo</b> Chips Fruit Milk	<b>29</b> Juice <b>Crab Cake on Wheat Roll w/Tartar Sauce</b> Broccoli Slaw Brownie Milk
		MENU ITEMS ARE SUBJECT TO CHANGE	<i>Funded in part by the  US  administration on  aging and state funds  by the Rhode Island  Department of Elderly  Affairs.</i>	<i>All menu items may  contain  nuts, seeds, beans,  wheat bran, and other  allergens</i>



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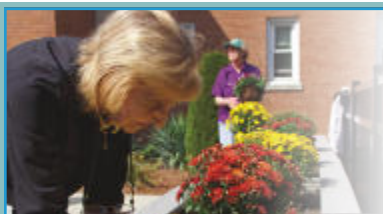
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Juice <b>Bologna &amp; Cheese on Whole Wheat w/ Mustard</b> Pretzel Granola Bar Milk	<b>2</b> Juice <b>Hamburger on a Roll w/ Relish</b> Chips Fig Newtons Milk	<b>3</b> Juice <b>Shrimp Salad on a Roll</b> Chips Fresh Fruit Milk	<b>4</b> Juice <b>Roast Chicken &amp; Cheese w/ Mayo on Multi Grain</b> Chips Chocolate Chip Cookies Milk	<b>5</b> Juice <b>Roast Beef &amp; Cheese on a Roll w/Mayo</b> Chips Fresh Fruit Milk
<b>8</b> Juice <b>Low Sodium Hot Dog on a roll w/Mustard</b> Chips Pudding Milk	<b>9</b> Juice <b>Baked Ham &amp; Cheese on 9-Grain w/Mustard</b> Chips Cookie Milk	<b>10</b> Juice <b>Seafood Salad on Pita</b> Chips Fruit Milk	<b>11</b> Juice <b>Grilled Chicken on a Bulky Roll</b> Multi Grain Chips Brownie Milk	<b>12</b> Juice <b>Corned Beef &amp; Swiss on Rye w/Mustard</b> Chips Lorna Doones Milk
<b>15</b> <b>CLOSED</b> <b>President's Day</b>	<b>16</b> Juice <b>Buffalo Chicken Salad on Oatmeal</b> Multi Grain Chips Fruit Cup Milk	<b>17</b> Juice <b>Tuna Salad on 9-Grain</b> Chips Fruit Bar Milk	<b>18</b> Juice <b>Ham &amp; Cheese on Rye w/ Mustard</b> Chips Fresh Fruit Milk	<b>19</b> Juice <b>Seafood Salad on wheat</b> Chips Graham Crackers Milk
<b>22</b> Juice <b>Roast Beef &amp; Cheese on Oatmeal w/Mayo</b> Chips Fruit Milk	<b>23</b> Juice <b>Italian Style Chicken on a Roll w/ Mayo</b> Chips Yogurt Milk	<b>24</b> Juice <b>Ham Salad on a Croissant</b> Chips Cookie Milk	<b>25</b> Juice <b>Meatloaf on 9-Grain w/ Ketchup</b> Chips Pudding Milk	<b>26</b> Juice <b>Tuna Salad on wheat</b> Chips Fig Newtons Milk
		MENU ITEMS ARE SUBJECT TO CHANGE	<i>Funded in part by the US administration on aging and state funds by the Rhode Island Department of Elderly Affairs.</i>	<i>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</i>



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## HELP END ALZHEIMER'S FOR GOOD!!!

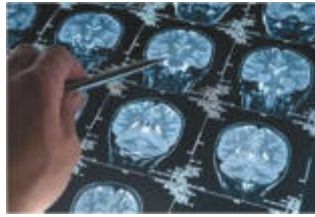


Photo: Butler Hospital.

The Cranston Department of Senior Services has partnered with Butler's Memory and Aging Program to assist with a community survey to get community input in Cranston and neighboring communities. Butler's Memory and Aging Program, a worldwide leader in Alzheimer's disease research, wants to learn about your perceptions of clinical research, memory concerns and what the challenges to achieving a healthier lifestyle are. We invite you to take this 10 question survey and respond by January 29, 2021. If you have any questions or would like to do this over the phone, please call the Memory and Aging Program Outreach Team at 401-455-6402. All responses are kept confidential. Use your QRC reader App or your camera app to read the code below, click on the link that appears and it will bring you to the Community Survey.

English



QRC El Programa de la Memoria y la Vejez del Hospital Butler, el cual es un líder en las investigación sobre el mal de Alzheimer's, quiere aprender cual es la percepción de la comunidad sobre la investigación clínica, las dudas que tengan sobre la pérdida de memoria y como alcanzar una calidad de vida con más plenitud. Te invitamos a participar en esta encuesta de 10 preguntas, la encuesta termina el 29 de enero del 2021. Si tienes alguna pregunta sobre esta encuesta o quisieras hacerla por teléfono en vez de hacerla por internet, llama al Programa Comunitario de Memoria y Vejez al 401-455-6402. Se te ayudara en español y con privacidad. Usa el código QRC para generar el link de la Encuesta Comunitaria sobre la investigación de la pérdida de memoria y el Alzheimer's. Puedes usar tu App de Cámara o QRC Reader.

Español/Spanish QRC



*The Cranston Department of Senior Services is a member of  
The Butler Memory and Aging Program Community Advisory Board.*

# - HEALTH -



## Center Health Services

### Marylou Pearson, RN

Tuesdays & Wednesdays 9:00 a.m. -12:00 noon  
By appointment only call 780-6000

CVS/Health Pharmacist

### Mary McKenna, R.Ph.

Tues., & Thurs., 9:00 am-12:00 pm  
By appointment only call 780-6000

*Looking forward to  
seeing you soon!*

## JANUARY HEALTH CHECK

Due to Covid-19 seating will continue to be limited.

Call now for your reservation 780-6000.

Masks and Social Distancing will be required.

### **Diabetes Support Group** **"Diabetes: Respiratory Health"**

**Wednesday, January 6th – 10:00 a.m.**

URI Pharmacy Outreach Program  
Asthma, COPD and now Covid-19 can affect many of us and for those with diabetes there can be additional difficulties and complications to face during treatment. This informational presentation will help us better understand respiratory health and the impact of diabetes.

### **Covid-19 & the Vaccine**

**Wednesday, January 20th – 10:00 a.m.**

URI Pharmacy Outreach Program  
We understand that some people may be concerned about getting vaccinated with the COVID-19 vaccine. At this presentation we will learn what the benefits are of getting the vaccine based on what we currently know from the CDC.

## FEBRUARY HEALTH CHECK

### **Diabetes Support Group** **"Diabetes: Eye Care"**

**Wednesday, February 3rd-10:00 am**

URI Pharmacy Outreach Program  
The potential for complications pertaining to the eye is very real and serious for people with diabetes. Learn how to prevent and treat eye diseases.

### **Heart Healthy Moves**

**Wednesday, February 17th-10:00 am**

URI Pharmacy Outreach Program  
Heart disease is the nation's number one killer of both men and women. However, there are steps we can take to reduce the risk of developing heart disease. One of those steps includes exercise. How does exercise affect our heart and what are the benefits.

### **The Aging Eye**

**Wednesday, February 24th-10:00 am**

Dr. Basant Sidhom, O.D.  
Eye diseases and disorders become more common as we age. Dr. Sidhom will discuss the importance of routine eye care and screening for eye disease such as glaucoma and macular degeneration, which are most prevalent in older adults.

SPACE IS LIMITED

Call NOW to reserve a seat for  
classes 780-6000

### **Arthritis Exercise Class** **"A Program for Better Living"**

**Tuesdays & Thursdays 1:15 p.m.**

Beginning Tuesday, January 12th ending Thursday, February 18th

Research has shown that exercise is an essential tool in managing your arthritis. Exercise reduces joint pain and stiffness, increases flexibility and endurance, helps you sleep better and increases your energy and improves your overall outlook.

Due to the coronavirus we must limit the numbers of participants. Call for your reservation 780-6000. A thank you to Jennifer Kevorkian... for those unable to attend classes at the center be sure to watch the Arthritis Exercise Class videos on our center's Facebook!

~~~~~  
Health Check Message from Nurse Marylou and CVS Pharmacist Mary  
We miss you and look forward to seeing you again at the Center. For now our "new normal" will be by appointment only! All you need to do is call 780-6000 to make an appointment with either one of us. In the mean time:

- Avoid touching your eyes, nose and mouth
- Clean and disinfect all surfaces frequently
- Cover your coughs and sneezes with a tissue
- Stay at home when you are sick
- Wash your hands with soap and water for 20 seconds
- If you do not have a thermometer...buy one at your favorite store
- Wear your mask when out in public
- Maintain social distancing

**STAY SAFE & STAY WELL**



## - HEALTH -



The Rhode Island Pharmacy Foundation (RIPF) is the philanthropic and educational arm of the Rhode Island Pharmacists Association. Each year, the Foundation's Board of Directors select student pharmacists as scholarship recipients. In addition, this year the Foundation is able to offer an additional scholarship in honor of our dear **Mario Casinelli**. The Foundation has forwarded the following "He was a pillar in the RI pharmacy community holding numerous leadership positions, was a dedicated mentor, and spent countless hours volunteering throughout his career until he fully retired at 90. He was driven by principles of servant leadership and had a strong commitment to education of student pharmacists.

The Foundation Board of Directors voted unanimously to honor Aaron Perfetto, Class of 2021, with this year's scholarship in honor of Mario. Throughout his six years at URI, Aaron has always been a leader among his peers. He exemplifies many of the same qualities that Mario brought to our profession and will make an equally significant impact. The Foundation is proud to recognize him with this ward!!"

**Congratulations Aaron!**

# NEVER MISS A NEWSLETTER !

Sign up to have our  
newsletter emailed to you at  
*[www.ourseniorcenter.com](http://www.ourseniorcenter.com)*



## -TRANSVAN -



Jane Luker, Coordinator  
943-3341

From the Staff:

Jane, Cliff, Cheryl, Julianne, Richard & Deana

***Wishing you all a healthy, happy and peaceful New Year!***



### Dates Closed in January/February 2021

- Friday, January 1, 2021—New Year's Day
- Monday, January 18, 2021—Martin Luther King
- Monday, February 15, 2021—Presidents' Day

### Important Information

For your safety and the safety of our drivers, please make sure your walkway's/driveway's are clear of snow/ice prior to pick up or we will be unable to transport you.

During inclement weather, listen to WHJJ (920) or WPRO (630) for cancellations.

## - ADULT DAY SERVICES -



Rosemarie Coren, Director  
780-6243

Hello Friends & Families;

Welcome to 2021!! Last year had to be the most challenging year for so many people, for so many reasons. Time to put it all behind us and push the RESET button.

Adult Day Service is doing very well. We haven't had any clients out sick with the COVID Virus since the Pandemic began in March 2020. We're maintaining our distance, wearing masks and keeping the program as clean as possible.

The ADS staff have been phenomenal in keeping a happy vibrant program. They're each wearing many hats to help in many different areas. Awesome teamwork! Hopefully, we will soon have 2 additional CNA's to compliment the staff.

In the next couple of months, we are going to quietly celebrate Martin Luther King Jr. day with a documentary on his life and personal stories from the staff and clients. Valentines Day is always celebrated with a good old fashioned home-made breakfast (strawberries, whipped cream, pancakes, sausage, fresh coffee and juice).

We miss seeing our friends next door in the Enrichment Center due to the Pandemic. Continue to stay safe and healthy. Get your updated vaccines (shingles, flu, pneumonia). Hopefully, we'll have a vaccine for COVID soon and we'll look forward to seeing you in the spring.

*Rosemarie Coren,*

Adult Day Service Director



# - NUTRITION -

Raymond Sinapi, Director  
780-6134

## Venus DeMilo Soup

|                                       |                                          |
|---------------------------------------|------------------------------------------|
| 1 lb. hamburger                       | 1 onion                                  |
| 1 large can College Inn chicken broth | $\frac{3}{4}$ can of water               |
| 1 pkg. Lipton onion sour mix          | 1 large pkg. frozen mixed vegetables     |
| 1 large can Italian tomatoes (puree)  | $\frac{1}{2}$ to $\frac{3}{4}$ cup orzos |



Chop onion and sauté with hamburger in bottom of large kettle. To that add the chicken broth, water and Lipton onion soup mix and boil for 20 minutes. Next add frozen mixed vegetables and Italian tomatoes and boil for another 20 minutes. Add the orzos and continue to boil for an additional 20 minutes to finish.

*By a friend*



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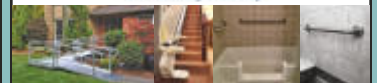
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