



CRANSTON CONNECTION

Cranston Department of Senior Services



WHAT'S INSIDE

- 03 Welcome
- 05 Social Service
- 06 RSVP
- 07 & 10 Enrichment Programs
- 08 & 09 Menus
- 11 Health
- 14 Transvan / Adult Day Services
- 15 Nutrition

MISSION STATEMENT

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

CENTER LOCATION

1070 Cranston Street,
 Cranston, RI 02920
 p: 401-780-6000 f: 401-946-5909
 w: cranstonseniorcenter.com

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

SENIOR HOURS

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

SERVICE PROVIDED

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

Director
Stephen Craddock
780-6189 | scraddock@cranstonri.org

Assistant 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
780-6217 |
rsinapi@cranstonri.org

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

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

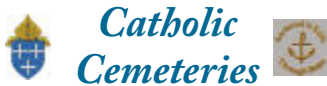
Social Services
Jennifer Kevorkian
780-6254 | jkevorkian@cranstonri.org

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

Health Services
CVS/Health Pharmacist
Mary McKenna, R.Ph.
780-6210 | mmckenna@cranstonri.org

Nurse
Marylou Pearson, RN
780-6207 | mpearson@cranstonri.org

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Angelo M. Nardolillo, RFD

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MAYORS MESSAGE



Greetings to all!

We have much going on at the Senior Center with activities, programs and games. We look forward to seeing many of you here participating in the events. The staff is working hard keeping up with all that's going on and is always thinking of new things to do. Remember, if you would like to see a particular class or program offered, please reach out to any staff member.

I'm proud of the work the staff at the Cranston Senior Center has done during the entire COVID19 pandemic; striving to assure the senior community is well educated and informed on the latest advice for keeping safe and finding test/vaccination sites. In addition, our Center has collaborated with the Cranston Fire Department hosting vaccination clinics including booster shots. There is more to come, keep checking the Center's Facebook page for more information.

Also, I'm planning to use some of our American Rescue Plan Funding (ARP Funds) to improve our Senior Center. The fastest growing segment of our population are those 65 years of age and older. We cannot miss this opportunity to expand our Age-Friendly infrastructure that we have in the City of Cranston.

As we close this difficult year, I want to wish you and your family a safe, healthy and happy New Year.

Let's enjoy the snow!!!

Kenneth Hopkins
Mayor

DIRECTORS MESSAGE

Hello friends,

Happy New Year!

As we continue to navigate the uncharted waters of 2022, we all must continue to work together to keep everyone safe as we carry on the fight against COVID 19. 2021 was a difficult year and as we head into 2022, things do not seem to be getting any better soon. Everyone here is working to keep the senior center a safe haven where seniors can come to exercise, play, relax and enjoy a hot meal.

The Cranston Senior center will remain open offering a full assortment of activities and exercise programs. We here at the Cranston Senior center will continue to offer a friendly location for the seniors of Cranston. Our plan is to continue to offer all activities and classes during the winter season and encourage all seniors to participate. Our "all cash" Bingo is held every Thursday from 1:00pm to 2:30pm. Please join us for all the fun and excitement and maybe you will be the big winner.

The complete list of offerings is included in this newsletter. We are constantly making improvements and updates so please follow us on Facebook to stay up to date. Wishing everyone a wonderful new year.

Sincerely,

Steve Craddock

Facebook Cranston Senior Enrichment Center



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SOCIAL SERVICES

JENNIFER KEVORKIAN, DIRECTOR 780-6254

Rhode Island Property Tax Relief 2021

How can a person claim the Rhode Island Property Tax Credit for 2021?

- Applicants must meet **ALL** the following qualifications in order to apply for this property tax credit:
 - o Applicant must be 65 years of age or older and/or disabled.
 - o Applicant must have been living in RI for the whole tax year 2021.
 - o Applicant's household income must have been \$30,000 or less in 2021.
 - o Applicant must have lived in a household or rented that was subject to property taxes.
 - o Applicant must be current on property tax and/or rent payments for 2021.
- Only one person in the household may claim the credit.
- The most credit allowed for the taxable year is \$415.
- Applicant must provide proof of household income for 2021 and 2021 property taxes or three rent receipts for 2021.

City Tax Freeze

How can a person apply for the City Tax Freeze?

- Applicant must be 65 years of age or older and/or disabled.
- Applicant must reside in a single or two family owner occupied dwelling.
- Applicant must have income from all sources less than \$30,300 for a single person or \$34,000 for more than one person per year.
- Applicant will need to provide proof of 2021 household income (1099 form) and their property tax statement.

To apply for one of these programs, please contact Social Services to schedule an appointment:

Jennifer	780-6254
Amy	780-6200
Jason	780-6255

Drop-in Clinics

URI SNAP (Supplemental Nutrition Assistance Program) Outreach Clinic

If you have questions about your SNAP application, wish to apply for SNAP, or have received correspondence from the SNAP office that you don't understand, then this clinic is for you!

MME (Medicare and Medicaid Eligibility) Clinic

If you are eligible for Medicare and Medicaid and have questions about health insurance and or your eligibility status for Medicaid, then this clinic is for you!

Please contact Jennifer at 780-6254 for the next clinic dates

Support Groups

Insight-1st Friday of the month

January 7th and February 4th 10:30-11:30

Caregivers-1st Wednesday of the month

January 5th and February 2nd 2:00-3:00

Memory Café has been postponed

until further notice.

KAREN PORTO, DIRECTOR 780-6159



Cranston's Retired and Senior Volunteer Program (RSVP) is looking for Volunteers for the following vacancies:

RSVP COVID-19 Response Volunteers:

- To focus on supporting COVID-19 vaccinations, vaccine outreach and education, and summer learning loss and enrichment programs for our City's students through safe volunteering.

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 Karen at 780-6159 for an interview. You must be 55 years of age or older to volunteer and a BCI is required.

A mileage reimbursement is given to cover your cost to travel. RSVP also provides you with insurance protection in the event that you or someone else is injured while performing your volunteer duties.

What if you do not drive or do not have a vehicle? No worries. RSVP will provide you with transportation to your volunteer station!!!

Don't forget to visit our Gift Shop for new seasonal products and clearance items! Need a card...forgot a Birthday.



RSVP Financial Literacy Volunteers will be available on January 27th and February 17th from 10am – 12pm in the Classroom to check your eligibility for a Property Tax Relief Credit (Form RI-1040H) and/or a City Tax Exemption.

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 2021.
- 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 2021.
- For homeowner's: your 2021 Property Tax Bill.
- For renter's: copies of three (3) rent receipts for the year 2021 or your 2021 lease agreement.

PLEASE JOIN, Rhode Island Resource Recovery Center (RIRRC) along with RSVP's Green Senior Volunteers for a FREE educational program on Thursday February 10th at 10:00am in the Classroom. They will teach you how to reduce, reuse, recycle, compost, and properly dispose of your waste.





ENRICHMENT PROGRAMS

Kathi Dunphy, Program Director 780-6216
COME AND JOIN US FOR PROGRAMS AND SERVICES

For days and prices, call the Program office at 780-6216

- CHAIR EXERCISE
- QUILTING & HANDIWORK
- EXERCISE MADE EASY
- BOARD GAMES
- POKER
- TAI CHI
- BILLIARDS
- HILO JACK
- ZUMBA
- AEROBICS
- LINE DANCE
- ITALIAN
- CHESS
- BALANCE, STRENGTH & FLEXIBILITY
- CHAIR ZUMBA

Come and start the New Year with something new!!

Does hand clapping, foot stomping, singing, and dancing while remaining safely seated sound like fun? You bet it is!

Chair Zumba

Tuesdays 9:00 to 10:00 a. m.

\$2.00

Incorporates movements taken from Latin dances such Merengue, Salsa and Cha Cha Cha to create an exhilarating program that aims to improve overall energy, core stability, muscular health, cardiovascular endurance, and fine motor skills. Join us for this fun class, guaranteed!

WE ARE CONTINUING WITH OUR ITALIAN CLASSES:

Beginners Basic

January 10, 17, 24, 31 2/7,2/14

Italian 2 (*must have completed Basic)

January 1/11, 1/18,1/25, 2/1, 2/8, 2/15

Italian 3 (Advanced *Must have completed Basic & 2)

\$30.00 per Class. Must be paid before classes start.

Come to the Program Office (Kathi - 780-6216)

Ballroom is back!

Tuesdays

10:30-11:30

\$3.00

Tracy Rose is coming back to teach Ballroom. January 18 is the date. Come and brush up on your dance steps or it is never to late to learn.

JANUARY MENU

MONTH

MON	TUE	WED	THU	FRI
Onion Soup 3 Low Sodium Hot Dog Baked Beans Cole Slaw Pudding Dinner Roll	Tom Vegetable Soup 4 Baked Ham w/Pineap. Sweet Potato Prince Edward Veg. Mixed Fruit Ham & Cheese Sand.	Beef Noodle Soup 5 Roasted Grilled Chicken Rice Pilaf Garlic Spinach Fresh Fruit Grilled Chicken /Wheat	Lentil Soup 6 Italian Sausage Tortellini Peppers & Onions Mandarin Oranges Italian Sausage/Roll	100% Juice 7 Turkey Chili/Cheese Corn Bread Broccoli Spears Fruit Cocktail Hamburger / Bun
Barley Soup 10 Veal Parmesan Seasoned Pasta Italian Blend Veg. Cookie Veal Parmesan/Roll	Chicken Veg. Soup 11 Pork Loin Wild Rice Capri Vegetables Sliced Peaches BBQ Pork on Roll	Italian Wedding Soup 12 Meatballs w/Sauce Pesto Pasta Mixed Vegetables Fresh Fruit Meatball Grinder	Tomato Basil Soup 13 Roast Turkey w/Gravy Corn Bread Stuffing California Vegetbles Fresh Fruit Turkey & Cheese/Marble	Red Chowder 14 Stuffed Sole Mashed Potatoes Brussel Sprouts Pudding Fish Sandwich/wheat
- 17 CLOSED Martin Luther King, Jr Day	100% Cranberry Juice 18 Beef Stroganoff Buttered Noodles Sliced Carrots Fresh Fruit Pub Burger / Roll	Kale & Bean Soup 19 American Chop Suey Whole Wheat Pasta Winter Blend Veg. Butterscotch Pudding Ham Salad on Rye	Chicken Escarole Soup 20 Pot Roast w/Gravy Mashed Potatoes Asparagus Cuts Frosted Cupcakes Pot Roast on Pump.	Clear Chowder 21 Tuna Salad Tossed Salad w/ Italian Croissant Sliced Pears Tuna Salad on Croissant
Split Pea Soup 24 Knockwurst w/Mustard Seasoned Potatoes Baby Whole Carrots Fresh Fruit Knockwurst on Roll	Chicken Soup w/Orzo 25 Chicken Cordon Bleu Lyonnaise Potatoes Roasted Zucchini Fruit Cocktail Chicken Loaf on Rye	Pasta & Bean Soup 26 Garlic Shrimp Seasoned Shells Capri Vegetables Sponge Cake Shrimp Salad on Multi	Lentil Soup 27 Meatloaf w/Gravy Mashed Potatoes Mixed Vegetbles Yogurt Meatloaf on 9-Grain	Chili Soup 28 Veggie Burger Au Gratin Potatoes 3-Bean Salad Brownie Veggie Burger /Wheat
Vegetable Soup 31 Italian Chicken Cutlet Wild Rice Stewed Tomatoes Diced Peaches Chicken Cutlet on Roll		All Sandwiches Include: 100% Juice LS Chips Dessert Milk	All menu items may contain Nuts, Seeds, Bran, Beans, Wheat, . allergens	Menu Items Are Subject to Change.



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FEBRUARY MENU

MONTH

MON	TUE	WED	THU	FRI
	Potato & Leek Soup 1 Oven Roasted Turkey Stuffing Normandy Vegetables Cookie Turkey & Cheese /Pump	Split Pea Soup 2 Corned Beef w/Must. Boiled Potatoes Carrot/Cabbage Blend Fresh Fruit Corned Beef & Swiss	Beef Vegetable Soup 3 Beer Battered Fish Mashed Potatoes Green Beans Pudding BB Fish on a Roll	Red Chowdef 4 Egg Salad Tossed Salad /Dressing Pie Egg Salad on Pita
100% Juice 7 Cheese Omelet Sausage Patty Tomato Half Fruit Cup Cheese Omelet/Croissant	Chicken Soup 8 Italian Chicken Cutlet Rice Pilaf Cole Slaw Brownie Chicken Cutlet on Italian	Minestrone Soup 9 Seafood Salad Pasta Salad Broccoli Slaw Fresh Fruit Seafood Salad on Wheat	Cream of Broccoli Soup 10 Chicken Cacciatore Roasted Potatoes Mixed Vegetables Peaches Grilled Chicken on Roll	Italian Wedding Soup 11 Beef Tips w/Mushrooms Buttered Noodles sliced Carrots Cookie Pub Burger on Roll
Split Pea Soup 14 Baked Ham w/Pineapp. Sweet Potatoes Mixed Vegetables Butterscotch Pudding Ham Salad on Rye	Pasta & Bean Soup 15 Baked Fish w/topping Oven Roasted Potatoes Green Beans Coffee Cake Fish Sandwich on Marble	Chicken Soup 16 Fried Steak w/Gravy Mashed Potatoes Winter Blend Vegetable Fresh Fruit Fried Steak on Wheat	Barley Veg. Soup 17 Roasted Chicken Quarter Seas. Whole Wheat Pasta Capri Vegetables Pudding Chicken Salad on Pump.	Minestrone Soup 18 Yankee Pot Roast Parslied Potatoes Seasoned Zucchini Fruit Cocktail Pot Roast on Roll
CLOSED 21 President's Day	Cream of Spinach Soup 22 Chicken Marsala Roasted Herb Potatoes Mixed Vegetables Sliced Peaches Grilled Chicken on White	Lentil Soup 23 Low Sodium Hot Dog Baked Beans Cole Slaw Jello LS Hot Dog on a Roll	Venus de Milo Soup 24 Swedish Meatballs Buttered Noodles Sliced Carrots Cupcake Meatball Grinder	Clear Chowder 25 Seafood Casserole Rice Pilaf Broccoli Cuts Fresh Fruit Seafood Salad on Wheat
Beef Barley Soup 28 Meatloaf w/Gravy Baked Potato w/SC Mixed Vegetables Chocolate Pudding Meatloaf on Wheat			All Sandwiches Include: 100% Juice LS Chips Dessert Milk	All menu items may contain Nuts, Seeds, Bran, Beans, Wheat, . allergens



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DAVID QUIROA
SUB-DIRECTOR

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

Saludos a todos los que estén leyendo este mensaje. Espero que el fin de año les haya dejado muchos lindos recuerdos y si tuvieron que enfrentar retos, que este Nuevo Año: 2022 sea un año lleno de bendiciones y felicidad. Quiero tomar esta oportunidad para dejarles saber sobre nuestro Departamento de Transporte al servicio de los Adultos Mayores de la Tercera edad: Transvan (por su nombre en inglés). Les dejo todo lo que tienen que saber en los siguientes párrafos:

La Misión del Departamento de Tranvan:

Nuestra misión es de proveer el transporte necesario para mejorar la calidad de vida de nuestros adultos mayores de la tercera edad.

Nuestros Choferes son:

- Pacientes y ex chóferes de buses escolares.
- Con experiencia comprobada y conocimientos de tránsito muy amplio.
- Tienen certificaciones de ordenamiento de tránsito seguro.
- Entre todos con más de 35 años de experiencia de manejo sin eventualidades.

El Costo de Nuestro Servicio de Transporte:

1. Pase Mensual por \$25.
2. Viaje completo de vuelta por \$5.
3. Para reservar tu próximo viaje, llamar al: 401-780-6218.

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Nuestras horas de operaciones para el servicio de transporte es:

lunes a viernes de 8AM a las 2PM.

SERVICIO SOLO DISPONIBLE DENTRO DE LOS LÍMITES DE LA CIUDAD DE CRANSTON, RI.

Para asistencia en español, llamar a David Quiroa al: 401-780-6180 o Yvette Grullon al: 401-780-6144.

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 mmckenna@cranstonri.org

JANUARY HEALTH CHECK

Diabetes Support Group

“Cholesterol & Diabetes” Part III

Wednesday, January 5th - 10:00 a.m.

URI Pharmacy Outreach Program

Join us for a presentation and discussion on how best to keep your cholesterol levels at their healthiest and why this is so important in your overall diabetes health.

Ask the Nurse

Wednesday, January 12th - 10:00 a.m.

Facilitator: Mary Lou Pearson, RN. BS.

Kicking off a new series: Ask the Nurse and Ask the Pharmacist. This month we will “Ask the Nurse”...bring along your questions and concerns.

Music Therapy

Wednesday, January 19th - 10:00 a.m.

Facilitator: Marisa Jacobs, URI Pharm D

Do you love music? Come listen to URI Outreach’s presentation on Music Therapy to learn the positive effects that music can have on our health! We will discuss the pros, cons, and potential applications of music therapy, and talk about individuals who have benefitted from this unique intervention. The program will also feature a live musical performance from the presenter.

A Caregiver’s Journey

“Emotional and Physical Impact of Caregiving”

Wednesday, January 26th - 10:00 a.m.

Guests: Jennifer Kevorkian & Susan Saccoccia-Olson

As loved ones grow older, people often find themselves assuming the role of caretaker for their senior family members and close friends. Especially in instances of chronic conditions such as dementia, caregivers can find their caregiving duties taking up more and more of their time, money, and physical and mental efforts. If you are in a caretaker role, or are about to enter that stage of life, it’s good to develop an understanding of what to expect, and what you can do to alleviate some of the stress. You do not want to miss this important presentation. Jennifer and Susan have been in that role and understand fully what it takes to be a caregiver.

FEBRUARY HEALTH CHECK

Diabetes Support Group

“Lifestyle Modifications - Diet & Exercise” Part IV

Wednesday, February 2nd - 10:00 a.m.

URI Pharmacy Outreach Program

Diet and exercise are important to everyone’s health and for those with diabetes, positive lifestyle modifications can offer a significant improvement in your overall diabetes health. Join us for a discussion of helpful ideas making these important changes.

Heart Healthy Treats

“Simply Delicious”

Wednesday, February 9th - 10:00 a.m.

Facilitators: Lucy & Ethel

Following a healthy diet has many health benefits, including building strong bones, protecting the heart, preventing disease, and boosting mood. With all the do’s and don’ts what can we do when we are craving a treat yet still keep to healthy eating? Lucy and Ethel have some suggestions.

Ask the Pharmacist

Tuesday, February 15th - 10:00 a.m.

Facilitator: Mary McKenna, R.Ph.

Here to answer your pharmacy questions, and discuss concerns you may have.

Telehealth in the Modern World

Wednesday, February 16th - 10:00 a.m.

URI Pharmacy Outreach Program

Learn how the use of medical information between a patient and provider is done remotely through the use of audio and visual equipment. How did this all get started? Why is it becoming more common? How will telehealth impact your health care? What are your thoughts on it?

Assistive Technology for Independent Living

Wednesday, February 23rd - 10:00 a.m.

OSCI Ocean State Center for Independent Living

Assistive Technology can make a tremendous difference in our lives. It can mean the difference between doing things independently or having to rely on someone else for daily tasks. What are some of the assistive devices available?

Arthritis Exercise Class

“A Program for Better Living”

Exercise is an essential tool in managing your arthritis. Exercise reduces joint pain and stiffness, increases flexibility, endurance and so much more. Take charge now... join this FREE low-impact physical activity **Tuesdays & Thursdays / 1:15 to 2:15 p.m.** Beginning January 11th thru February 17th Led by certified instructors Classes may be taken either standing or sitting. Space is limited. Register now. Call 780-6000

LIVE HEALTHIER LIVES THROUGH BETTER HEALTH & FITNESS

Exercise is vital for people of all ages for maintaining health, preventing injuries, lowering risks of heart diseases and improving overall immune function. Having exercise routines readily available will help give you a jump start towards better health. Listed below are the various weekly exercise classes offered at the Center. You choose what works for you!

Chair Exercise

Mondays, Thursdays & Fridays – 9:30 a.m. to 10:00 a.m. FREE

Chair exercises are an excellent way to build strength and improve flexibility without putting too much strain on the body. Chair exercise also improve senior mobility by increasing blood flow and lubricating your joints.

Aerobics

Mondays & Wednesday – 10:00 a.m. \$3.00 per class

Aerobic exercise provides cardiovascular conditioning. It increases heart rate and the body's use of oxygen. It helps decrease the risk of heart disease, lowers blood pressure, increases HDL or "good" cholesterol, helps to better control blood sugar, and improves lung function.

Balance, Strength & Flexibility

Tuesdays – 11:00 a.m. \$3.00 per class

A total body workout with a focus on strengthening overall balance, posture, muscle tone and mobility. You will learn how to move the body in a healthy way so as to reduce pain and improve body awareness. Classes are with or without the use of a chair.

Chair Yoga

Tuesdays – 10:00 a.m. \$2.00 per class

Chair yoga is a gentle form of yoga that can be done while sitting. Some poses can also be done standing using a chair for support. It strengthens bones, reduces stress and helps alleviate aches and pains.

Zumba Gold

Tuesdays – 10:00 a.m. \$3.00 per class

Zumba classes boosts emotional health; provides low-impact exercise, enhances cardiovascular health; increases balance and agility; promotes better weight management all while enjoying great music.

Tai Chi Chuan

Wednesdays – 10:00 a.m. \$3.00

Research suggests the sturdy posturing, meditation, and breathing techniques of tai chi improve a variety of senior health concerns, including hand-eye coordination, knee and back pain, flexibility, and muscle strength. Furthermore, tai chi exercises for seniors have been shown to boost quality of life for patients with cancer and Parkinson's disease.

"Making Fitness Easy"

Wednesdays & Fridays – 1:00 p.m. FREE

A low-impact exercise that not only helps you feel better physically but also benefits your mind. When you finish this class you can relish in the sense of accomplishment and your body will feel great.

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter
emailed to you at
www.mycommunityonline.com



TRANSVAN JANE LUKER, COORDINATOR 943-3341

Our mission is to support our senior population with compassionate and efficient transportation that meets their daily needs.

Common Frequently Asked Questions

What does "shared-ride" mean and how does it work?

TRANSVAN may transport you and other passengers to and from a destination within the same area and time frame as your pick-up and return. There may be four or five people on board or just you and your own private driver!

How is TRANSVAN different from a taxicab or Uber or Lyft?

These services are considered on-demand and cater to a specific party with a specific destination at a specific time. TRANSVAN offers more flexibility and peace of mind; our drivers are safety certified former school bus drivers.

Who can utilize TRANSVAN?

Any Cranston resident over the age of 60 and in need of a ride. For individuals with disabilities, any Cranston resident and in need of a ride.

Do I need to make reservations?

Yes. Please make all arrangements two (2) days in advance. Your reservation, made at least 48 hours in advance, means we can accommodate your needs as efficiently as possible.

What does this service cost?

We offer two options: 1.) for just \$25.00 per month you may arrange trips to the center as well as other personal destinations. 2.) For only \$5.00 round-trip we will transport you to and from your medical appointments.

What services are available?

Transportation to grocery stores, hairdressers, pharmacies, banks, and some passengers have arranged trips to the post office and library too.

I need transportation outside of Cranston who do I call?

You can call MTM Transportation at 1-855-330-9131 or the Rhode Island Public Transit Authority (RIPTA) RIDE program at 401-784-9500.

TRANSVAN
Never Early, Never Late, Always RIGHT ON TIME
Welcome Aboard

ADULT DAY SERVICES, ROSEMARIE COREN, DIRECTOR 780-6243

Hello Friends & Families,

Happy Healthy New Year to All! Let's push the RESET button again and put 2021 behind us and a positive good step forward. It's great to have the Senior Center in full swing again and to see old friends and new faces. Adult Day Services has been very busy and lots of new faces here too. Many of our long time clients are returning and we've filled a few staff positions to make the program complete. However, we have plenty of room for anyone who would like to make friends, enjoy therapies, cook a favorite recipe or just enjoy playing a card game or Bingo.

Going into the first couple of months of 2022 will be a "catch your breath" time and we'll celebrate Martin Luther King Day, Valentines Day and make plans to welcome Spring and all the hibernating new life waiting to "blossom" and bring us renewed hope. We would like to extend our thanks to all our peers and friends in the Senior Center who have supported us through some very tough times in the past year. You are the best!!

Regards,

Rose Marie Coren, RN
Adult Day Service Director

NUTRITION PROGRAMS

Nutrition Ray Sinapi, Director

In memory of



Kenneth A. "Kenny" Izzo
April 29, 1960 ~ December 8, 2021

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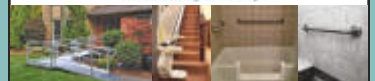
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