



CRANSTON CONNECTION

Cranston Department of Senior Services



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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

780-6144

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

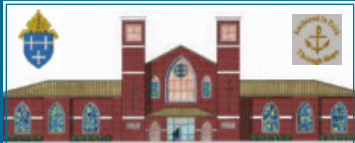
Nurse

Marylou Pearson, RN

780-6207 | mpearson@cranstonri.org

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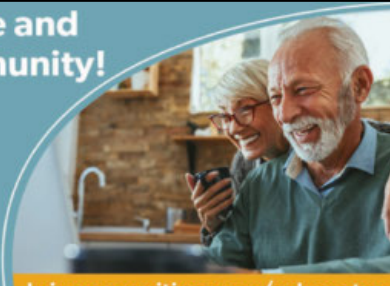
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David M. Nardolillo RE/FD
Angelo M. Nardolillo RE/FD

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MAYORS MESSAGE

Greetings from the Mayor's Office!

Greetings to all. To cap off an extremely hot summer, the Mayor's Picnic at the historic Governor William Sprague Mansion was a fantastic event. I enjoyed seeing and catching up with all of you. Speaking of the Sprague Mansion, on Friday, October 28th, Jared the Magician will be performing at 7:00 pm. For more information please see the add in our newsletter showcasing the event.

On a serious note, National Grid has mentioned a rise in energy costs. With the winter months on the way, please reach out to Jennifer Kevorkian or Amy Ricci in our social services department, to see if you qualify for our fuel assistance program. It's always good to get a jumpstart on this program before it gets cold.

I look forward to seeing you in the coming months as the fall and school year begins. I encourage all of you to stay in contact with the staff of the Cranston Enrichment Senior Center, so you can take full advantage of all the future events and day to day services that the city has to offer.

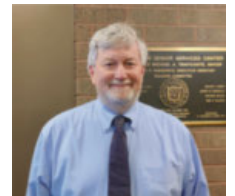
Kenneth Hopkins
Mayor



DIRECTORS MESSAGE

Hello friends,

As we look back at summer and look ahead to fall, I have a couple of thoughts: the summer at the Senior Center was a GREAT success, we were able to offer a full slate of activities and while Covid is still around, it only had minimum impact on us. As we head into fall, I am anticipating that we will continue to operate at 100%. Please continue to enjoy all that we have to offer and if you have not come by recently, please do and see all that you have been missing.



The trips have been a great success. This fall we will be again partnering with the Cranston Historical Society for a visit to the Sprague mansion. We will also be going to Wright's Farm and a visit to Greggs. Find all the details in this newsletter. I also want to remind you the Annual Cranston Senior Center Golf tournament is Tuesday September 27th. The tournament will only be one day this year and sales have been going strong. Please check with the Transvan department to see if any slots are still available.

Please do not forget that along with all the fun and games, we also offer a variety of different services. We have a volunteer program for any senior that's looking to help. We also have a social services department that can help seniors with just about any problem. And remember we always have someone here who is ready to help.

Bingo continues to be our most popular activity. We play every Thursday at 1pm. We offer a variety of games - all for cash prizes! Please come by and enjoy lunch and try your luck. Evening bingo has been going well. We have added a few special surprises and are looking to keep the fun rolling. We are going to continue evening bingo into the fall playing on September 13th and October 18th. Please check with the front desk for additional information.

The Cranston Senior Center invites all seniors to come by and visit. We offer a great place to go get some exercise, play a game of pool, play cards or chess or just to get out of the house. We hope to see you soon.

Sincerely,
Steve Craddock

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- ✓ Hearing Aid Fitting & Service



HEARING AID CLEANINGS AT THE CRANSTON SENIOR CENTER

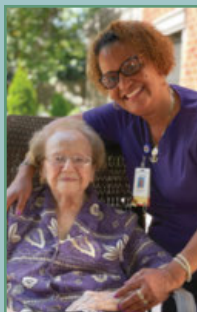
AUGUST 17TH FROM 9-11:30

Hearing aid users of all makes/models, call to book your appointment for a FREE hearing aid cleaning and to have your ears checked for wax.

CALL 401-780-6000 TO
RESERVE AN APPOINTMENT.

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SOCIAL SERVICES

JENNIFER KEVORKIAN, DIRECTOR 780-6254

MEDICARE OPEN ENROLLMENT 2022

It's that time of year again, Open Enrollment for Medicare Plans! Open enrollment will run from October 15, 2022, to December 7, 2022. During the **annual enrollment period (AEP)**, people with Medicare can change their health plans and prescription drug coverage to meet their needs for the following calendar year.

During the Annual Enrollment Period, people will have a choice to do one of the following to meet their needs for 2023 coverage:

- Switch from Medicare Advantage to Original Medicare.
- Switch from Original Medicare to Medicare Advantage.
- Switch Medicare Advantage plans to another.
- Switch Medicare Part D (prescription drug) plan to another.
- If you didn't enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply.
- You can also stay with your plans from the previous year if it still meets your needs.

Information for 2023 plans will be available in October. **To schedule an appointment, please contact**

Social Services: Jennifer 780-6254 Amy 780-6200

Blue Cross Blue Shield

Please join B/C B/S representative, Susan Saccoccia-Olson on **Thursday October 20th at 10 :00am** for an informational seminar on the 2023 B/C B/S plans for 2023. A question and answer period will follow.

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! Please contact Jennifer for upcoming clinics. 780-6254.

Caregiver Support

Upcoming Meetings: **September 7th and October 5th 2:00-3:00** Classroom

VISION Group

Are you living with a visual impairment or supporting someone who is? Staff members from IN-SIGHT will provide information about the available resources to help people adapt to vision loss and answer any questions you might have. The VISION group is also an excellent opportunity to share your story, hear about other people's journeys with vision loss, and exchange information and support. Contact Lucille Gaboriault at 4001-941-3322, ext.121 for more details.

Registration is NOT required. All are welcome! Upcoming Meeting **November 4th 10:00 AM**

VNA of Care New England Grief and Bereavement Support Group

This group is designed to support individuals and families who have lost a loved one. Coming together with others to share similar feelings and thoughts is beneficial to the grieving process. **2:00 pm-3:30 p.m. in the Classroom, beginning Thursday, September 1st**. This 8 session series will be led by The Rev. Mr. Burton Bagby-Grose, M.Div., ACPE Certified Hospice Spiritual Care Coordinator, who teaches healing and coping strategies and promotes creation of a place to express feelings, share experiences, and to begin the healing process of moving forward with grief.

For further information please call 437-6050

KAREN PORTO, DIRECTOR 780-6159



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.

Music Teachers / Piano Players:

* To participate in the newly formed Cranston Department of Senior Services Choir.

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!!!

Let Us Not Forget 9/11 Recognition Event

Join us **Friday, September 9th at 10:30am** in the Dining Room to honor our heroes who sacrificed their lives for us. Some of Cranston's First Responders will be joining us for lunch. Please take advantage of the opportunity to THANK THEM for all the sacrifice's they make to keep us safe.



**CRANSTON RSVP
is hosting a tour of the
Historic Sprague Mansion**

Monday, September 19, 2022

Historic Sprague Mansion Tour

Leave Center: 10:00am via the Cranston Transvan

Return to Center: by 1:30pm via the Cranston Transvan

Lunch will be provided by Cranston RSVP and catered by Panera Bread at the Mansion.

Cost: Free

Registration is limited to 15 individuals. Call Jane today at 780-6220 to reserve your spot.

Cranston RSVP along with the Cranston Police Department and the Cranston Substance Abuse Task

Force will be hosting a

Drug Take Back Event

Friday, October 28th

10:30am – 12:30pm

DROP OFF LOCATION – Dining Room

Acceptable Items:

• Unwanted, unused or expired prescriptions

• Over the counter medications

• Inhalers

Items NOT Accepted:

• Sharps

• Liquid medications

• Insulin vials

The Cranston Substance Abuse Task Force will be available to help educate you on the proper disposal of medication and how to secure your medication. They will, also, have promotional items to give away while supplies last.



You are invited to join us in the Dining Room on **Monday, October 31st, at 11:00 am for a Costume Contest**. A prize will be awarded to the member with the "best costume" – Senior Center Staff will "be the judge" of the "best costume".

ENRICHMENT PROGRAMS 780-6216

See the complete list of Daily Activities on the enclosed insert

AARP DRIVER SAFETY PROGRAM

October 17, 2022, 9.00 am to 2:30 pm

Cranston Enrichment Center, 1070 Cranston Street in Cranston is hosting this AARP Smart Driving Program. The course and associated videos have been revised and the text is more user friendly and designed especially for seniors.

The class will start promptly at 9:00 am and no late participants will be allowed in this program. The fees are \$20.00 for AARP members and \$25.00 for non-members. Please bring exact cash or check. Please bring a lunch, snack and beverage to this class especially if you have a medical condition as no food or beverages are available. To register, please call the Cranston Enrichment Center, Yvette Grullon-Davila at 780-6144 or stop by her office.

Halloween Costume Party
Monday October 31st 11:15

Costume Parade: Prizes for the best costume.



We are looking to create some new classes. Want to play cribbage, Mah Jong or dominoes? If you are interested please call Steve 780-6189.

NIGHTTIME EVENTS

Intermediate Ballroom Night Class

Wednesday Sept 7, 6pm-7:30pm,

\$40 per person, 4 week series,
Advance Registration Required, Please call the Senior enrichment center for additional details and to register.

Instructor Tracey Rose

Wednesday October 5, 6pm-7:30pm,

\$40 per person, 4 week series,
Advance Registration Required. Please call the Senior enrichment center for additional details and to register.

Instructor Tracey Rose



Bingo

Evening **BINGO** will continue into the fall. The games are scheduled for September 13 and October 18. Starting will be 5:30 and transportation is available. Free Shuttle for Cranston Manors and Transvan members. To reserve a seat on the shuttle please call 401-780-6220 by the Friday before Bingo.

NEW

Boot Camp free intro class 9:30-10:00am on Mondays for Active Older Adults. Pre-registration required. Join Roberta, Certified Personal Trainer and Corrective Exercise Specialist, for a 30-minute sampler of an upcoming Boot Camp Workshop. Each week will be built upon the prior week for both strength, balance, and endurance gains using a variety of props such as Pilates Rings, hand weights, resistance bands. Pre-registration is required by contacting Yvette 780-6144.

Chair Zumba free intro class. Wednesday 11:00-11:30am. Pre-registration. Join licensed Zumba instructor, Roberta, for a sampler class of seated Zumba Gold where you will dance to a variety of music genres while remaining in your chair. Yes, you can dance while seated! This class is guaranteed to keep you smiling while providing an enjoyable seated exercise experience. All can attend regardless of physical condition.

Pre-registration is required by contacting 401-780-6144.

Charlie the Butler Ghost Party with Jared the Magician & Mentalist

FRIDAY, OCTOBER 28 at 7 pm

All New Review: Special presentation by Rhode Island's infamous Jared the Magician &

Mentalist at Governor Sprague Mansion -

Event Details: RSVP: (401) 944-9226 – Limited seating.

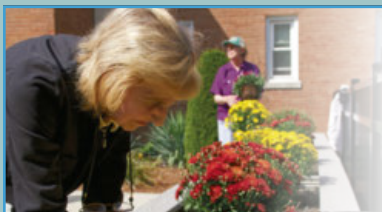


SEPTEMBER MENU

Suggested Donation: \$3.00
For reservations call 780-6134
9:00 a.m. 12:45 p.m. Monday through Friday

SEPTEMBER MENU

MON	TUE	WED	THU	FRI
<i>Funded in part by the US administration on aging and state funds by the Rhode Island Office of Healthy Aging</i>		All menu items may contain Nuts, Seeds, Bran, Beans, Wheat, allergens	Lentil Soup Italian Sausage w/Mustard ¹ Peppers & Onions Tortellini Wafer Cookies Rye Bread Wheat Hamburger on Roll	Minestrone Soup ² Shepherd's Pie Roasted Brussels Sprouts Jello Garlic Roll Seafood Salad on Wheat
CLOSED Labor Day ⁵	Chicken Vegetable Soup ⁶ Pork Loin w/applesauce Brown Rice Green Beans Sliced Peaches Dinner Roll <i>Egg Salad on Rye</i>	<i>Italian Wedding Soup</i> ⁷ <i>Meatballs w/Sauce</i> <i>Pesto Pasta</i> <i>Italian Blend Vegetables</i> <i>Tapioca Pudding</i> <i>Italian Bread</i> <i>Turkey Salad on Italian</i>	Onion Soup ⁸ Roast Turkey w/Gravy Corn Bread Stuffing California Blend Vegetables Fruit Bar Marble Bread <i>Pastrami & Swiss on Marble</i>	Lemonade ⁹ Grilled Chicken Breast Baked Beans Prince Edward Vegetables Watermelon Multi Grain Bread <i>Hot Dog on a Bun</i>
Split Peas Soup ¹² Baked Ham w/Pineapple Sweet Potatoes Capri Blend Vegetables Oatmeal Raisin Cookie Rye Bread <i>Tuna on Rye</i>	100% Cranberry Juice ¹³ Beef Stroganoff Whole Grain Noodles Sliced Carrots Fresh Fruit Marble Bread Turkey & Cheese on Marble	Tomato & Brown Rice Soup ¹⁴ Chicken w/Artichoke, Roasted Red Peppers in Lemon Sauce Oven Roasted Potatoes Mixed Vegetables Italian Ice Whole Wheat Bread <i>Meatloaf on Whole Wheat</i>	Chicken Escarole Soup ¹⁵ French Meat Pie w/Ketchup Green Beans Frosted Cupcake Pumpnickel Bread <i>Ham Salad on Pumpnickel</i>	Clear Chowder ¹⁶ Potato Crunch Fish w/Tartar Sauce Au Gratin Potatoes 3-Bean Salad Sliced Pears Wheat Bread <i>Roast Beef & Cheese on Wheat</i>
Turkey & Brown Rice Soup ¹⁹ Pot Roast w/ Gravy Mashed Potatoes Broccoli Pudding Wheat Dinner Roll <i>Egg Salad on Bulky Roll</i>	Vegetable Soup ²⁰ Beef Wellington w/Ketchup Lyonnaise Potatoes Roasted Zucchini Fruit Cocktail Rye Bread <i>Corned Beef & Swiss on Rye</i>	Pasta & Bean Soup ²¹ Stuffed Pepper w/Sauce Brown Rice Baby Carrots Mandarin Oranges Wheat Bread <i>Turkey & Cheese on Wheat</i>	Lentil Soup ²² Veal Cutlet w/Marinara Sauce Seasoned Whole Grain Ziti Italian Blend Vegetables Frosted Brownie Italian Bread <i>Salami & Provolone on Italian</i>	Red Chowder ²³ Seafood Salad Chic Pea salad Cole Slaw Fresh Fruit Multi Grain Bread <i>Chicken Salad on Multi Grain</i>
Vegetable Soup ²⁶ Italian Style Chicken Cutlet Wild Rice Stewed Tomatoes Apricot Halves Oatmeal Bread <i>Seafood Salad on Oatmeal</i>	Chili Soup ²⁷ Tuna Salad Macaroni Salad Beet Salad Lemon Pudding Multi Grain Bread <i>Sliced Chicken on Multi Grain</i>	Chicken Escarole Soup ²⁸ Stuffed Pepper w/Sauce Baby Carrots Mandarin Oranges Wheat Bread <i>Turkey & Cheese on Wheat</i>	Egg Drop Soup ²⁹ Orange Glazed Chicken Asian Blend Vegetables Wafer Cookies Rye Bread <i>Tuna on Rye</i>	100% Apple Juice ³⁰ Cheese Omelet w/Tomato Slice Turkey Sausage Crispy Cube Home Fries Fresh Fruit Cu[<i>Ham & Cheese on Wheat w/Side Salad</i>



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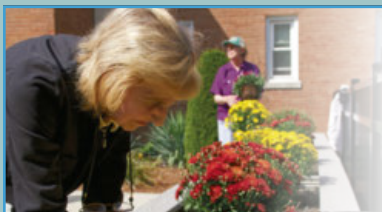
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Suggested Donation: \$3.00
 For reservations call 780-6134
 9:00 a.m. 12:45 p.m. Monday through Friday

OCTOBER MENU

OCTOBER MENU

MON	TUE	WED	THU	FRI
Chicken & Brown Rice Soup ² Honey BBQ Beef Tips Mashed Potatoes Winter Blend Vegetables Vanilla Pudding Marble Bread <i>Egg Salad on Marble</i>	Vegetable Beef Soup ³ Teriyaki Pork Fried Rice Stir Fry Vegetables Tropical Fruit Naan Bread <i>Seafood Salad on Naan</i>	Split Pea Soup ⁴ Knockwurst w/Mustard Boiled Seasoned Potatoes Carrot & Cabbage Mix Coffee Cake Wheat Dinner Roll <i>Fish on Wheat Hamb. Bun</i>	Venus de Milo Soup ⁵ Baked Fish w/Crumb Topping Baked Potato w/ Sour Cream Italian Blend Vegetables Jello 9-Grain Bread <i>Turkey & Cheese on 9-Grain</i>	Tossed Salad w/Dressing ⁶ Roasted Chicken Leg Buttered Corn Summer Squash & Zucchini Fresh Fruit Rye Bread <i>Meatballs on a Grinder Roll</i>
CLOSED Columbus Day ⁹	Onion Soup w/Croutons ¹⁰ Meatloaf w/LS Gravy Mashed Potatoes Mixed Vegetables Pudding Multi Grain Bread <i>Chicken Salad on Multi Grain</i>	Chicken Escarole Soup ¹¹ Italian Style Chicken Cutlet Wild Rice Broccoli Cuts Shortbread Cookies Oatmeal Bread <i>Tuna on Oatmeal</i>	Vegetable Soup ¹² Fried Steak w/Country Gravy Crispy Cube Potatoes Brussel Sprouts Fresh Fruit Rye Bread <i>Shrimp Salad on Rye</i>	Red Chowder ¹³ Stuffed Sole Red Bliss Mashed Potatoes Capri Blend Vegetables Sliced Peaches Wheat Bread <i>Meatloaf on Wheat</i>
Lemonade ¹⁶ Low Sodium Hot Dog Baked Beans Scandinavian Blend Veg. Spumoni Brown Bread <i>Hamburger on a Roll</i>	Chicken Soup w/Anci de Pepe ¹⁷ Stuffed Cabbage Seasoned Brown Rice Carrots Diced Pears Sliced Italian Bread <i>Turkey Salad on Italian</i>	Pasta & Bean Soup ¹⁸ Italian Sausage w/Mustard Peppers & Onions Sliced Seasoned Potatoes Fresh Fruit Marble Bread <i>Meatball Sub</i>	Cream of Broccoli Soup ¹⁹ Shepherd's Pie Asparagus Cuts Frosted Cupcake Wheat Bread <i>Italian Grinder</i>	Vegetable Beef Soup ²⁰ Turkey Meatloaf w/Cranberry Chutney Rice Pilaf Green Beans Lemon Pudding Rye Bread <i>Tuna on Rye</i>
Tomato Brown Rice Soup ²³ Sweet & Sour Pork Loin Capri Blend Vegetables Chocolate Chip Cookies 9-Grain Bread <i>Turkey & Cheese on 9-Grain</i>	Orange Juice ²⁴ Scrambled Eggs Baked Ham Home Fried Potatoes Fruited Yogurt <i>Italian Tuna on Roll w/Side Salad</i>	Turkey Chili Soup ²⁵ BBQ Chicken Leg Corn Bread Tomato Cucumber Salad Tapioca Pudding Rye Bread <i>Ham Salad on Rye</i>	Barley Soup ²⁶ Veal w/LS Mushroom Gravy Oven Roasted Potatoes Seasoned Spinach Fresh Fruit Marble Bread <i>Roast Beef & Cheese on Marble</i>	Red Chowder ²⁷ Country Crisp Fish w/Tartar Sauce Garlic Mashed Potatoes Sliced Carrots Frosted Brownie Wheat Bread <i>Chicken Salad on Wheat</i>
Italian Wedding Soup ³⁰ Turkey w/LS Gravy Whipped Potatoes Green Beans Fig Bar Pumpnickel Bread <i>Corned Beef on Pumpnickel</i>	Goblin Chicken Soup ³¹ Ravens Beef w/Mushrooms & Onions in Wine Sauce Mummy's Noodles Mixed Vegetables Monster Mandarin Oranges Dinner Roll <i>Scary Seafood Salad on Roll</i>		Funded in part by the US administration on aging and state funds by the Rhode Island Office of Healthy Aging	All menu items may contain Nuts, Seeds, Bran, Beans, Wheat, or other allergens



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1811 Broad Street, Cranston, RI 02905

401-461-1433

www.scandinaviancommunities.org



DAVID QUIROA
SUB-DIRECTOR

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

¡Ya prácticamente el verano se nos fue y ni adiós nos dijo!

El mes de septiembre se caracteriza, en Latinoamérica, por ser el mes donde se celebra la independencia de muchos países como Brasil, El Salvador, Costa Rica, Guatemala, México y Chile. Algo de lo mas alegre de las festividades latinas son los platillos de comida que se preparan. Si tienes una pagina de Facebook, dale un “Like” a nuestra página de Facebook (Cranston Senior Enrichment Center) y déjanos un comentario compartiendo tus platillos favoritos de las fiestas Latinoamericanas.

No te pierdas nuestras “Noches de Bingo”, las siguientes fechas serán septiembre 13 y octubre 18 de 5:30PM a 7PM. Siempre tenemos grandes premios de \$15 a \$100 dólares. También, tenemos rifas de tarjetas de regalo para el supermercado. En el Cranston Senior Center (Centro del Adulto Mayor de Cranston) todos ganan – ¡¡¡no hay perdedores!!!

Si no has venido a visitar nuestro programa de “Almuerzos Nutricionales”, te estas perdiendo uno de los mejores almuerzos de la ciudad de Cranston. Nuestros almuerzos incluyen, sopa, plato principal, postre, leche, te/café, y agua. El programa es gratuito, siempre y cuando estés inscrito, y se sugiere una donación de \$3.00, pero no es requerida para participar en le programa. En el Comedor te esperan Iris y Virginia quienes te atenderán en español.

Tenemos servicio de Notario Publico totalmente gratis para todos nuestros miembros y vecinos. Si necesitas algún documento notarizado, no dejes de llamar a Yvette Grullon al 401-780-6144 o a mi persona al 401-780-61080 para hacer tu cita, y claro que hablamos español.

¡Atrévete a ser el próximo ganador del “Concurso de Disfraces De Halloween” del 2022! El concurso será el lunes, 31 de octubre en nuestro Comedor a las 11:30AM, habrán premios para los tres primeros lugares.

Ahora, a sacar nuestros botas y suéteres, pues el verano ya nos dejó.

Saludos,

David Quiroa

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

SEPTEMBER HEALTH CHECK

Alternative Treatment Options for Chronic Pain

Wednesday, September 7th

10:00 a.m.

URI Pharmacy Outreach Program

New studies are encouraging! There are alternative ways to assist you in managing your pain. Activities such as yoga, breathing exercises, aromatherapy, and massage are all worthwhile alternatives as we age. At this presentation these alternatives will be explained and discussed.

My Plate for Older Adults

Wednesday, September 14th

10:00 a.m.

URI SNAP – Ed Program

What is MyPlate? Healthy eating is important at every age. MyPlate for older adults offers nutrition tips specifically tailored for the older adult.

Fatigue & Aging: What is Normal?

Wednesday, September 21st

10:00 a.m.

URI Pharmacy Outreach Program

A discussion how aging affects our energy levels. Is it normal to take that cat nap every afternoon? Learn how many common medications can increase our sleepiness and fatigue levels.

A1C Testing Available

Wednesday, September 28th

10:00 a.m.

Shahnee Lagor, RN

Do you have a family history of diabetes or are you curious to see if you could be at risk for prediabetes or Type 2 diabetes? Come have your A1C tested. An A1C test is a blood test that can help identify prediabetes and diabetes. The test results give a picture of your average blood sugar levels over the last three months. No need to fast for this test. It takes just 5 minutes! If you are interested call to register 780-6000.

OCTOBER HEALTH CHECK

Adherence to Medications

Wednesday, October 5th – 10:00 a.m.

URI Pharmacy Outreach Program

How closely do you follow your medication regimen instructions? Do you know the costs – both health wise and financial – of not being adherent? Learn how to overcome barriers for medication adherence.

Boosting Brain Power

Wednesday, October 12th – 10:00 a.m.

URI SNAP – Ed Program

Cognitive decline isn't inevitable. At this presentation we will learn what foods not only promote a healthy body, but also a healthy mind.

Healthy Breathing

Wednesday, October 19th – 10:00 a.m.

URI Pharmacy Outreach Program

Breathing is such an important body function! Most of us do not realize that we are doing shallow breathing instead of nice deep breaths. Learn proper breathing techniques for better health.

What to Recycle and What Not To?

"Learn to Recycle Responsibly"

Wednesday, October 26th – 10:00 a.m.

Facilitator: Karen Porto, RSVP Director

Recycling is the process of collecting and processing materials that would otherwise be thrown away as trash and turning them into new products. Recycling benefits both our community and the environment. We will learn how to recycle responsibly at this informative workshop.



Arthritis Association Arthritis Exercise Classes

A Low - Impact Physical Activity

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

Beginning September 13th

Ending November 29th

Register now. Call 780-6000.

Exercise is an essential tool in managing your arthritis. It helps reduce joint pain and stiffness, increases flexibility, endurance, and much more. Classes may be taken standing or sitting. Space is limited. Register by calling 780-6000.,

Walk With Ease – Self Directed

6 weeks 3 X's a week

Beginning September 12th

ending October 21st

Our Walk With Ease Self-Directed

Program is back for the Fall. A wonderful time of year to get out and enjoy our Fall weather...not too hot and not too cold. We ask you to walk a minimum of three times a week for six weeks and keep a log of the days you walk. You determine how long to walk. Why walk? Walking can improve your health and wellbeing, and can help you to live independently longer. It strengthens muscles, lowers risk of heart disease, stroke and diabetes, strengthens bones, prevents osteoporosis and osteoarthritis, helps reduce blood pressure, keeps joints flexible, increase stamina, and helps reduce anxiety and depression. Sign up now by calling 780-6000.

The CREATES Study

Cognitive Recovery After Elective Surgery

CREATES is an observational study led by Dr. Lori Daiello that uses an innovative brain imaging technique to learn about brain health in patients 70 years or older who are having major surgeries at Lifespan's Rhode Island Hospital or The Miriam Hospital. This study aims to better understand why some older adults develop long-lasting changes in their memory and thinking abilities after major surgery.

To find out more about the **CREATES Study**, please contact the study staff at 1-833-220-0100 or email CREATES@lifespan.org

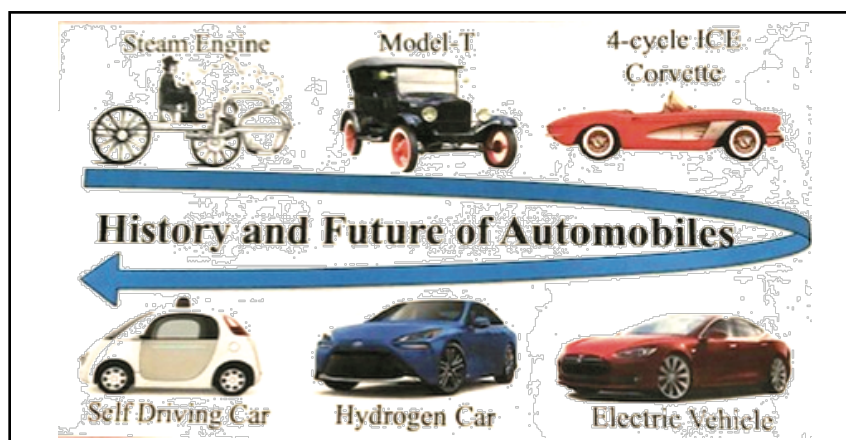
**Imagine looking AHEAD to
A FUTURE FREE FROM ALZHEIMER'S**

Can Memory Loss Related to Alzheimer's Disease Be Delayed or Prevented? Groundbreaking study seeks volunteers. Millions of people in America 65 and older live with Alzheimer's disease, and the number is rising quickly. According to the Alzheimer's Association, more than 24,000 people in Rhode Island have the disease. Nationally, the number is 5.8 million people, which is likely to double by 2050.

To help find answers, researchers at **Butler's Memory and Aging Program (MAP)** are conducting an Alzheimer's research study funded by the National Institutes of Health and Eisai. The **AHEAD STUDY** is the first research study that aims to help prevent Alzheimer's disease by enrolling participants as young as 55, who have no memory problems. The study looks at an investigational treatment aimed at delaying memory decline in people up to 20 years before the symptoms of Alzheimer's disease appear.

This groundbreaking study needs volunteers, ages 55-80, who may be at increased risk of memory loss associated with Alzheimer's disease.

To learn more join MAP/s AHEAD team at the Cranston Senior Enrichment Center for a presentation on Wednesday, Sept. 21st from 7pm-8pm. Light refreshments will be provided. **Call to register. Space limited 401- 780-6000.**



Cranston Senior Enrichment Center
1070 Cranston Street, Cranston, RI
Tuesday, September 20, 2022
3:00 to 4:30 p.m.

Topics will include the history of automobile development from steam engines to Internal Combustion Engines both 2-cycle and 4-cycle engines; to the now electric and hydrogen engines and automatus self-driving vehicles. We will also examine which vehicles are most sold to date and most sought-after vintage models.

Facilitator: Jet Vertz, Retired Executive at Pratt & Whitney Aircraft, OLLI instructor with URI.
Please register by calling 780-6000.

Provided by The University of Rhode Island Osher Lifelong Learning Institute (OLLI)

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TRANSVAN JANE LUKER, COORDINATOR 943-3341

TRANSVAN Graphic Design

In partnership with the Graphic Communications program at Cranston Area Career and Technical Center (CACT), TRANSVAN now has advertisements on the back of each van. The Graphic Communications program at CACT offers high school students' hands-on experience in photography, business promotion and graphic design.

Under the direction of Regina Hogan, the program instructor Madison Corey, a recent graduate of the program completed the assignment. Madi visited the senior center and traveled on TRANSVAN to better understand the transportation needs of Cranston seniors utilizing our services.



We are very thankful for their professional expertise and commitment to excellence.

Policy Change for Medical Transportation
Effective September 1, 2022
Medical appointments must be made between
the hours of 10:30 a.m. – 1:30 p.m.

Special Trips

9/28/22 Lunch at Gregg's Restaurant/Warwick
Leave Center: 11:00 a.m.

10/14/22 Wright's Farm Restaurant
Leave center: 10:45 a.m.
Cost: \$23.00 (includes meal, tax, tip, and transportation) *This date is subject to change*

To register call Jane at 780-6220.

ADULT DAY SERVICES, ROSEMARIE COREN, DIRECTOR 780-6243

Hello Friends & Families,

How refreshing to welcome in the cooler Fall weather. The summer was brutal with the heat and drought. Unfortunately, many lawns and gardens did not fare well, including the ADS garden. Of course, it didn't help that we had a little bunny family enjoying our vegetables in addition to the extreme heat. However, we did manage to salvage a squash or two and a variety of tomatoes. But now it's time to rake the leaves and pull out our warm sweaters for the Fall season. Don't put away your sunscreen just yet. This is the time of year when the sun shines warm and gently, but still can give a summer burn.

September and October will be a busy time for ADS preparing for the upcoming holidays. We have many new clients sharing great new ideas and talents. One of our newer members plays the piano after lunch, plays his harmonica with some of the live entertainment and does sketches of clients while sitting and socializing. He's just one of the many folks who have joined us since the beginning of the summer and have their own special uniqueness to share. ADS is planning a "Carnival Day" in September, including games, prizes and home made caramel popcorn. We have invested in a new popcorn machine and many other items needed in the program, with the funds from a very generous donation. Our activity schedule also includes baking fresh breads and pies using favorite recipes from the clients and staff. In October, we'll be wrapping up the month with a "rousing" Halloween Party. The clients and staff will wear their favorite costumes and we'll be scaring up a good time with singing and dancing to live musical entertainment.

Going forward, ADS will be planning for a "sweet sale" of candy apples, chocolate covered pretzels, and reindeer surprise. We also hope to have a raffle this year and will keep you up to date in the next Newsletter with the dates and a list of "prizes". Please notice our poster in the lobby at the ADS door. In addition to all the wonderful therapies and programs we have to offer, the most valuable and important asset we have are the clients. They bring love, companionship and fond memories to share with the staff and each other.

HAPPY FALL!

A Special Night Out



On Thursday, September 22nd we will be hosting

"AGING DISGRACEFULLY", which celebrates the golden years with the look of the ins and outs of growing old and staying young. The show features veteran comics from the:

Ocean State Follies.

It's a mix of stand-up, song, and skits, all on the theme of trying to stay young and the pitfalls of getting old. Tickets will be sold at the Senior Enrichment Center in advance beginning August 22nd. Cost will be \$30.00 per ticket (non- refundable) which will include a buffet style of salad, pasta, meatballs, and light dessert before the show.

Doors will open at 5:00 pm, dinner buffet at 5:30, and then the Fabulous show.



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