



Rooted in the Community

CENTER CONNECTIONS



*Cranston Senior Enrichment Center
1070 Cranston Street, Cranston, RI 02920*

Your Senior Connection . . . Changing the Face of Aging

November / December 2016

Vol. XXXI . . . No. 6

Mayors' Message

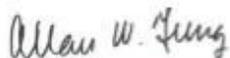
Dear Friends,

With the summer having come to a close and the holiday season fast approaching, there are many reasons to be grateful and give thanks to the Cranston Senior Enrichment Center. The recent 21st Annual Senior Games were a great success with over 200 seniors participating in various sporting and recreational events, and the Senior Golf Tournament was fun for all who came out to play. I would like to take this opportunity to thank the Senior Center team for their efforts to continue the momentum again this year with these important events for the senior community. In addition, work is being done to make improvements to the Center. A new patio is being installed that will enable the Center's members to enjoy the outdoors while participating in its activities. Thank you to the City Public Works Department for their help to make this patio a wonderful addition to the Center facilities.

A very important highlight of the season will be our 2016 Holiday Meals Program for Thanksgiving and Christmas. The Cranston East and West football teams deliver meals for both holidays, and thank you to all the players for their participation and commitment to helping seniors at this special time of year. I also personally look forward to the annual Mayor's Senior Holiday Meal and Hanukkah lunch which is a great opportunity for me to celebrate the holidays with some of our residents.

I encourage you to read on to learn more about all the Center's daily activities and happenings. Thank you and Happy Holidays to all.

Sincerely,

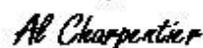


Advisory Board's Message

Dear Friends,

The CSC Advisory Board wants to wish you all Happy Holidays. It is important to remember the neighbor or distant family member that may not have family and friends to share this joyous time of year. We must take time out of our busy schedules and share a few minutes with someone who may be isolated, sad, or lonely. The definition of the word holiday means...a day of festivity or recreation where no work is done. I hope that no matter which Holiday you celebrate you will do just that. Relax and enjoy this beautiful time of year. We wish each and everyone of you a very joyous and blessed holiday season.

Sincerely,



Interim Director's Message



I would like to start this letter by thanking Mayor Allan Fung for allowing me the opportunity to serve as your Interim Executive Director of the Cranston Department of Senior Services for 2016. It has been a year full of rewards as a result of the hard work of all of our Divisions, RSVP Volunteers and Advisory Boards: Adult Day Services, Nutrition, Programs, RSVP, Social Services, Transvan, Health Services, Social Media/Front Desk, and Administration. It is clear to me that our most valuable assets are our Membership, Employees, Volunteers and Professional Partners.

I'm proud to list some of the improvements we have been able to implement this year:

- Comprehensive **Social Media Campaign**.
- Launched the first interactive Senior Center mobile application for all smart phone platforms "**Cranston Senior**". The App is basically a virtual senior center at the fingertips of all seniors in Rhode Island and the world.
- The creation of our Cranston Senior Enrichment Center **YouTube Channel**.
- New Production of our TV Show: "**55 + No Limits**", which includes a Spanish segment.
- Full replacement of all of our **Dining Room and Programs Chairs (350)**.
- Replaced all common and lobby area chairs with "**Club Leather Chairs**" with the generous donation by the Hope Alzheimer's Center.
- Implementation of the branding of our new institutional Logo: "**Rooted in the Community**". Employees have been outfitted with Casual Friday Polo's displaying our logo.
- The construction of "**The Patio**" which will give us the ability to do recreational programming and activities outdoors for the enrichment of our senior community.
- Outfitted the **Adult Day Services with Wi-Fi service** and new entertainment equipment for the enjoyment of our clients.
- Enhanced evening programming by adding the "**Opera Nights**" series.
- Expanded the **New Hope Art Gallery**.

I want to end by wishing everyone a safe and wonderful Holiday Season. It was an honor to have served all of you as Interim Executive Director and hope to keep serving you in other meaningful ways in the future!

God Bless,



David Quiróa
Interim Executive Director
Cranston Senior Enrichment Center

Cranston Department of Senior Services

Contact Information

You can reach us at

Phone: (401) 780-6000

Fax: (401) 946-5909

Interim

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RSVP

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Receptionist / Social Media

780-6000

Automated

Lunch Reservation System
780-6134

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Like our Facebook page—**Cranston Senior Enrichment Center**, Follow us on Twitter **@cranstonseior**, and find us on the City of Cranston's Website—**www.cranstonri.com**

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.

**Mayor Allan W. Fung
and
The Staff of
the Cranston Senior Enrichment Center
invite you to the**

2016 Holiday Party

Friday, December 9, 2016

12:00 noon

at the

Crown Plaza

Grand Ballroom—Parking in rear of hotel
801 Greenwich Avenue, Warwick, RI
\$20.00 per person

Full Course Meal ~

Minestrone Soup—Garden Salad—Stuffed Chicken—Cheesecake

Music & Dancing ~

Raffle with Great Prizes ~

Holiday Festivities ~

Tickets available starting November 14th
at the Cranston Senior Enrichment Center
1070 Cranston Street, Cranston, RI



Adult Day Service 780-6243
Rosemarie Coren, RN, Director

Hello Friends & Families of Adult Day Service,

It's hard to believe a year has passed since I returned to ADC as the new Director. Where has the time gone?! It certainly has been a growing and learning experience. I've met so many very nice people and enjoy a great working relationship with old acquaintances.

We have been very busy here in ADC making Fall projects and preparing our summer garden for the cold months ahead. Several of our clients have made sturdy little bird houses with the help of "Ralph" in the woodworking department on the Senior Side. Ralph helped to supply, cut, and measure the wood, and provided the tools needed to complete the task. The bird houses were then painted by the clients and placed out on the patio to dry. Before the end of a week, the birds were flying in and out and "staking a claim". It seems they are ready to move in. A true habitat "For the Birds".

Our Advisory Board also voted to purchase a beautiful VHS high definition, large screen TV with awesome stereo surround sound perfect for CD's to play the oldies. We are now also able to watch old time favorite movies (in black and white), and reflect on News and Current Events as an educational series which is presented by our Senior Volunteer Tony Zambarano every Monday. Net Flex, WiFi, and iheart Radio are also a great bonus.

Going forward, we are planning our Annual Thanksgiving Dinner for our clients and their families. This has been an Adult Day Care tradition for many years, which gives us an opportunity to relax, be together as a "big" family and give Thanks for our Blessings.

In December, we will be celebrating our Open House Christmas Party. Santa always makes a guest appearance and gives each of our clients a special Christmas gift. Music by Triad puts everyone in a dancing Holiday mood, and our Chefs in the kitchen will be serving up the tastiest "sweets and treats".

Well, time to put the old year behind us and prepare for the new. We wish you all Happy Holidays and Peace in your Hearts for the New Year.

Rosemarie Coren, RN
Adult Day Services Director

Transvan 943-3341
Jane Luker, Coordinator

November/December Trips

November, 2016

Wednesday, November 9th

Beef Barn/Wright's Dairy Farm

Leave center: 10:30 a.m./Return to Center: 2:00 p.m.
Transportation Charge: \$8.00

Friday, November 18th

Rathskeller Restaurant
Charlestown, RI

Leave center: 10:00 a.m./Return to center: 2:00 p.m.
Transportation charge: \$8.00

Wednesday, November 30th

Olde Theater Diner/Super Walmart
Coventry, Rhode Island

Leave center: 10:00 a.m./Return to center: 2:00 p.m.
Transportation charge: \$8.00

December, 2016

Tuesday, December 6, 2016

Xmas Tree Shop/Applebee's Restaurant

Leave center: 10:00 a.m./Return to center: 2:00 p.m.
Transportation charge: \$8.00

Thursday, December 22, 2016

Ocean State Theatre "White Christmas"

A heartwarming musical
featuring Irving Berlin's songs
Jefferson Blvd., Warwick, RI
Leave center: 1:00 p.m./Return: 4:30 p.m.
Cost: \$45.00



Please note: Trips are on a first come/first serve basis and you must be a paying member of Cranston Senior Center to sign up.

Bright Electrons

Bright electrons whirling 'round
With lightening speed, without a sound
Inside atoms large and small
Making compounds one and all
By oxidation or reduction
Not in vacuum nor thru suction
In orbits curved by protons pull
Of rich energy you're full
Bright electrons, o, so small
You cannot be seen at all
By George W. Davis, Jr.



On Alert

By: Frank Murga, CERT

While researching for my next article, I came across a FEMA (Federal Emergency Mgt. Agency) news release entitled---**Children Are Not Immune To Disaster Stress.**

Shame on me--while my previous articles almost always favored the "older" generation, I failed to recognize our younger generation and their anxiety caused by stress during and after a disaster. All too often we take for granted that our younger generation have no fears; therefore, it is important for parents/guardians/ grandmothers / grandfathers and caretakers to understand that children can be particularly vulnerable to stress following a disaster. While children tend to bounce back quickly with social support and the aid of family members, it is important to be aware of their reaction to stress and if necessary, seek help.

According to the director of R.I. Dept. of Behavioral Healthcare, "Children's reaction to a disaster are strongly influenced by how their parents, teachers, and other caregivers cope during and after a disaster. Children often turn to these adults for information, comfort and help. Caregivers should be alert to signs of trouble and how to handle them.

The following suggestions may help to reduce stress in children:

Spend time each day giving each child undivided attention, even if it's just for a few minutes. Share experiences, reaffirm your love, make plans together and just be there for each other.

Encourage them to talk. Encourage children to describe what they are feeling. Let them talk about the disaster and ask as many questions as they like, and listen to what they say. Assure them that the disaster was an act of nature and not their fault. Understand their fears. It is important that parents accept anxieties as being very real to children. Reassure them that everything will be all right. Explain what is going on in simple language. Make every effort to keep them informed about what is going on. Reassure them, encourage activities with their peers.

Through your persistence, children will realize life will eventually return to normal. Remember---**YOU ARE A SURVIVOR---NOW HELP TEACH OUR YOUNGER GENERATION TO BE A SURVIVOR AS WELL.**

Till next time

BE INFORMED----BE PREPARED

Support Groups

Cranston Senior Services offers the following support groups to help you and your loved one(s) deal with conditions such as diabetes, arthritis, visual impairment or being a caregiver.

Bereavement Support Group

Second Friday of the month / 9:30 a.m.

November 11t & December 9th

Diabetes Support

First Wednesday of the month / 10:00 a.m.

November 2nd & December 7th

INSIGHT Support Group

First Friday of the month / 10:30 a.m.

November 4th & December 2nd

*For more information
call 780-6000*



Legal Information and Referral Services



The Legal Clinics will be held the 3rd Thursday of every month from 1:00 – 3:00 P.M. in the 1st floor Conference Room.

Appointments (20 minute free consultation) can be scheduled by calling the Front Desk at 780-6000.

If someone needs immediate assistance or can't wait until the next available appointment at the Center, they can call Elisa King at 521-5040 to schedule an appointment at the RI Bar Association located at 41 Sharpe Drive, Cranston, RI 02920

Center Gift Certificates Are Now Available!

(Perfect Holiday Gifts)



Looking for that perfect gift to honor a friend or family member? The Center is now offering Gift Certificates in \$5, \$10 and \$25 denominations which may be applied toward membership fees, program fees, Snack Bar items, Transvan passes and the RSVP Gift Shoppe. Please visit with one of our Center Staff members for more information.



Prevent Scams during the Holiday Season

The holidays are a great time for gift giving and donating to charities, but don't let the joys of the season keep you from noticing the red flags for fraud and identity theft.

Q1: How can we protect ourselves from online scams?

A1: Scammers want either your money or your identity. Be wary of unsolicited emails. Don't send \$\$ to someone you've never met.

Q2: What advice do you have for those shopping on their phone or mobile device?

A2: When shopping on your mobile device, don't use unsecured WiFi connections and save your purchase confirmation.

Q3: What should we do if we get a phone call from a "charity" asking for money?

A3: Holidays are a great time for giving, but don't fall for high pressure requests.

Q4: How can we reduce fraud or viruses through email?

A4: Never open attachments or click links from people you don't know. Misspellings and grammar mistakes may indicate a scam.

A4: Use anti-virus software regularly. Use email filters to block viruses and malware.

Q5: What should we avoid carrying in our purses and wallets while shopping?

A5: Never carry government cards, passport or birth certificate. These are top 3 documents for identity theft.

Q6: What tips do you have for creating strong passwords for retail websites?

A6: When creating passwords for retail websites, never use one you've used for other sites. Add numbers and symbols.

Cranston RSVP Volunteer Satisfaction Survey and Contract

In January, 2017 all current Cranston RSVP Volunteers will be receiving a Volunteer Satisfaction Survey. The survey will be mailed to the volunteer's home and it will include a self-addressed envelope. We urge all RSVP volunteers to take the time to participate in the survey as all the information gathered will be used to improve the way we designed and manage programs.

Holiday Meals Volunteers

Cranston RSVP and Cranston Department of Senior Services' Board Members be in the lookout for the Volunteer Notices regarding the Packing, Bagging, and Delivery of our 2016 Holiday Meals.

Thanksgiving Packing:

Tuesday, November 22nd, at 8:00 a.m.;

Thanksgiving Bagging:

Wednesday, November 23rd, at 8:00 a.m.

Christmas Meals Packing:

Thursday, December 22nd, at 8:00 a.m.;

Christmas Meals Bagging:

Friday, December 23rd, at 8:00 a.m.

Christmas Meals Deliveries will be on:

Friday, December 23rd, starting at 10:00 a.m.

Help needed to deliver Christmas Meals

Last year, over 400 seniors enjoyed a delicious Christmas meal. This year, we are seeking your help once again to deliver holiday meals to seniors. If you are interested in helping, please contact David Quiroa via email: dquiroya@cranstonri.org. In the email please include your full name, address, and telephone number. Holiday Meals are delivered from the Cranston Department of Senior Services, located at 1070 Cranston Street, Cranston, RI for Thanksgiving on Wednesday, November 23rd between noon and 2pm and for Christmas on Friday, December 23rd between noon and 3pm.

RSVP
(Retired Senior Volunteer Program)

Smile Doll Sale

The Cranston Senior Enrichment Center
1070 Cranston Street
Cranston, RI 02920
(401) 780-6000

Raffle with many beautiful prizes (need not be present to win) donated by many local businesses

Items for sale include hand-made knitted and crocheted articles, gifts and also Smile Dolls

December 5, 6 and 8, 2016
9am to 2:30 pm

*Come help Promote Senior Volunteerism
and
See Seniors in Action.*

Free and open to the public

Social Services 780-6254

Jennifer Kevorkian, Director

MEDICARE OPEN ENROLLMENT

It's time to review your 2017 Medicare health and drug plans. Plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year. Call for an appointment to meet with one of our case managers. Call 780-6254, 780-6253 or 780-6200.



Join us on **November 16th at 10:00 a.m.** as Jen Rowlett from Home Instead Senior Care presents the extraordinarily moving movie documentary, *"Honor Flight."*

- The mission of Honor Flight is to transport our WWII heroes down to Washington D.C. to visit their war memorials at NO cost to them! Experience the moving background story of Honor Flight and see how this experience has made such a profound impact on the lives of thousands of veterans and their family members.
- On May 29th, 2004...President Bush dedicated the WWII Memorial to honor *"The Greatest Generation."* Regrettably, very few of these veterans have the funds or physical stamina to complete a conventional trip to Washington, D.C. on their own.
- Honor Flight provides trained "guardians" who personally escort the veterans on/off the aircraft and accompany them to their memorials throughout the day, complete with wheelchairs, oxygen tanks, etc. Medical EMTs, nurses, physicians' assistants, firefighters, etc. are also present throughout the entire experience to cater to the veteran's every need.

ATTENTION!

Are you a **CRANSTON SENIOR 60 years or older?**

Will you be **alone** or do you know someone who will be alone for Thanksgiving and/or Christmas?

The Holiday Meal Program is sponsored by Mayor Allan Fung and the Cranston Department of Senior Services. Volunteers will prepare and deliver Thanksgiving and Christmas meals to any Cranston Senior who will be alone for the Holiday.

Would you like a Thanksgiving Meal delivered to your home on

Wednesday November 23rd

or a

Christmas Meal delivered to your home on

Friday December 23rd

if your answer is "YES".....

Please leave your name, address/apt. number, zip code and telephone number with the Receptionist at 780-6000

Thanksgiving Meal registration
DEADLINE Thursday November 10th

Christmas Meal registration
DEADLINE Friday December 9th



ATTENTION: CRANSTON HOMEOWNERS
This program provides low-interest loans to income eligible Cranston homeowners to assist them in making needed repairs and improvements to their homes and to correct code violations. For more information call the Department of Community Development, 401-461-1000 extension 7205.

Programs 780-6216

Kathi Dunphy, Programs Director

Come to the Movies....

In our theatre room @ 1:00 pm Tuesdays

- November 8 WWII *"Saving the Reality"* narrated by Dan Aykroyd (memorabilia of the war)
November 22 *"Race"* the story of Jesse Owens and the 1938 Olympics
December 6 *"Christmas Carol"* with George C. Scott
December 20 *"It's a Wonderful Life"*



AARP Smart Driving Course

Wednesday, November 9

9:00-2:30

\$15 AARP member/\$20 non-member

This new curriculum course provides strategies to help you drive safe and smarter. There are no tests. If an insurance discount is one of your objectives, please check with your insurance company to see if you qualify. To register call Kathi at 780-6216.

"Salute" to our Veterans

Thursday, November 10

Luncheon at 11:30 am

Our veterans hold a special place in our hearts. As we honor them today, let us wear red, white, and blue in support of our military, active, retired, and deceased. There will be a special salute to the flag, and a speaker about "Honor Flights".

Computer Basic Class

Fridays, December 1, 16, 30

1:00-3:00 pm

\$25.00

If you still do not know how to operate a computer, now is the time to learn! These lessons are for desk models and lap tops. Class will provide basic instruction for tuning on the computer, the use of the mouse and keyboard to perform basic tasks. The internet, and how to use it.

Limited enrollment *only 4. See Kathi in Programs 780-6216

Thanksgiving Celebration

Friday, November 18

11:30 am

Suggested donation: \$3.00

Come and give thanks for all our Blessings, especially our friends here at Cranston Senior Services.

Luncheon "Karaoke" entertainment

Thursday, November 17 & Thursday, December 1
11:30 am.

Come and share a delicious meal with friends, as you sing along with Ed and his karaoke machine.

All in a Chord

Tuesday, December 13 / 11:30 am

Come and have a delicious luncheon as you listen to the beautiful sounds of "All in a Chord", the barbershop group that will entertain you, with the songs of the season.

Season of Sharing (Continued) *"A Reminiscence Program"*

Presenter: Rhonda Taddei, RN

Remembering the past can bring a great deal of satisfaction and fun to everyone. It is a way to affirm who we are, what we have accomplished in our lives, and a chance to relive happy times. This three part series spanning three generations continues: 10:00 a.m.

Part II—Thursday, November 17th ...The 50's

Part III—Thursday, December 15th ...The 60's

For an hour we will step back in time to the culture, the history, and the stars. Let's remember the "good old days". Come join us for a fun filled experience.

Smart Phone . . . Tablet . . . Computer . . . Facebook Questions???

We are here to HELP!!

URI Engaging Generations: Cyber Seniors

Walk in or by appointment. One-on-one sessions

Mondays, 9:30 a.m. to 12:00 noon

Do you have questions about how to use or best utilize your smart phone, laptop, tablet, Email, storing photos, Facebook etc.? A URI student will be at the Center on Mondays from 9:30 a.m. to 12:00 noon to answer any technology questions or concerns you may have. You may drop-in or call for an appointment 780-6000. Don't miss out on this FREE opportunity!

For more information or to register stop by the Program Office or call 780-6216.

Programs

Exercise

Aerobics

Mondays & Wednesdays, 10:00 to 11:00 am.
Fridays, 10:15 to 11:15 a.m.
\$3.00 member/\$4.00 non-member

Chair Exercise

Mondays, Tuesdays, Thursdays & Fridays
10:30 to 11:00 am. FREE

Tai Chi

Tuesdays and Thursdays, 10:00 to 10:45 am.
\$4.00 member/\$5.00 non-member

Making Fitness Easy

Wednesdays, 1:00 to 2:00 pm.
Free class (*funded by a grant*)

Hatha Yoga,

Fridays, 9:00 to 10:00 am.
\$4.00 member/\$5.00 non member.

Dance

Zumba

Tuesdays / 1:00 to 2:00 pm
\$3.00

The Zumba class which is led by Roberta, teaches you the steps of Zumba Gold. This class is a dance party workout for the young at heart. Grab a friend, come on down and try this Latin inspired exercise. You will get hooked.

Ballroom Dance

Tuesdays / 10:00—11:00 am
\$4.00 members/\$5.00 non-members.

Line Dancing

Wednesday, 1:15-2:15 pm.
\$4.00 members/\$5.00 non-members.

Yoga

Fridays / 9:00 to 10:00 am
\$4.00

Would you like to improve your balance and posture? And make new friends...come and join our yoga class on Fridays at 9:00 am. We would love to meet YOU!

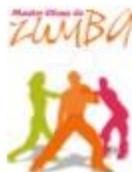
Art

Woodworking

Wednesdays—9:00 to 11:00 a.m.

Painting & Drawing Classes

Wednesdays, 1:00-3:00 pm
\$4.00 members/\$5.00 non-members



Club News

Creative Stitchers "Monday Morning Glories"

Mondays, 9:00-11:00 am
\$3.00 members/\$4.00 non-members

Book Club

Tuesdays, 10:30 am

November 29th—Poem to share on "giving thanks" and one on "wintertime"

December—No book club meeting, enjoy the holidays

Fun & Games

Mah Jong

Tuesdays, 12:30 to 3:00 pm
Fridays, 12:30 to 3:00 pm

Dominoes

Tuesdays Thursdays, 1:00 pm

Scrabble

Thursdays, pick-up games

Summer Tournaments ~ call 780-6216 for dates

*** Poker**

Mondays, 1:00-3:00 pm / 10 weeks \$10.00

*** Hi Lo Jack**

Fridays, 1:00-3:30 pm
Looking for players—call 780-6216

Billiards—Daily 8:30 am to 4:10pm

\$3.00members/\$4.00 non-members

Bingo—Mondays & Thursdays, 1:00-2:30 pm / \$5.00

Chess— Thursdays @ 1:00 pm. Always looking for new players.

Puzzles—In the billiards room

New Hope Art Gallery

Featuring over 300 art pieces including digital, drawing, mixed media, painting, photography and sculpture from over 50 local artists.



Programs

November Health Check

Diabetes Support Group

Wednesday, November 2nd – 10:00 a.m.

Guest Speaker: Kelsey Ryan, Clinical Pharmacist,
Coastal Family Medicine

Blood Pressure Screening

Tuesday, November 8th – 9:30 a.m. to 11:30 a.m.

URI Nursing Students

Why is it important to have your blood pressure taken? The higher your blood pressure is, the higher your risk of health problems in the future. If your blood pressure is high, it is putting extra strain on your arteries and on your heart which can lead to a heart attack or a stroke.

Arthritis Exercise Classes

Tuesdays & Thursdays Beginning

November 8th – 1:15 p.m.

Six Week FREE Exercise Program

Certified Instructors: Jennifer Kevorkian & Marylou Pearson

Meals for One/No-Cook Meals

Wednesday, November 9th – 10:00 a.m. URI SNAP-ED

No-cook meals aren't just for the humid summer nights when it's too hot to turn on the oven. No-cook meals are a survival tool for busy people and for those cooking solo. Come and join Melissa and her crew to learn more about these no-cook meals that you can prepare even in the cold winter months.

Winter Health

Wednesday, November 23rd – 10:00 a.m.

Presenter: Nurse Marylou

With winter soon approaching it means temperatures will drop and that means our bodies need special attention. This presentation will focus on how to best protect ourselves from winter issues such as colds, respiratory infections etc.

"Voice Your Choices & Decisions"

Communicating End of Life Wishes

Wednesday, November 30th – 10:00 a.m.

Guest Speaker: Rhonda

Decisions about end-of-life care are deeply personal, and are based on your values and beliefs. Because it is impossible to foresee every type of circumstance or illness, it is essential to think in general about what is important to you. Conversations that focus on your wishes and beliefs and why you are making them will relieve loved ones and health care providers of the need to guess what you would want. This presentation will help you in voicing your decisions and plans for your care at the end of life.

December Health Check

Diabetes Support Group

Wednesday, December 7th – 10:00 a.m.

Facilitator: Mario Casinelli, CVS Pharmacist

Holiday Eating Tips & Strategies

Wednesday, December 14th – 10:00 a.m.

URI SNAP-ED

The holidays are filled with lots of food and festivities and socializing. We need to be realistic. Come and get Great Tips and Recipes to help us navigate the holiday season in a *Healthy Way*.

A 2016 WRAP-UP

Wednesday, December 28th – 10:00 a.m.

Facilitator: Nurse Marylou and Pharmacist Mario

Let's wrap-up the year discussing the hot health issues of 2016. We also want and need your input with suggestions for programs for 2017. This is your chance to let us know what you would like in health programs during the next year.

A Holistic Approach to Healthy Aging Series

Aging gracefully is not just a lifestyle – it's a mind-set that focuses on connecting your mind, body and spirit for overall health and wellness. This two part series will introduce you to the complementary and alternative practices available to help manage stress, anxiety and pain.

Part I....An Introduction to a Holistic Approach to Wellness

"Mind & Body Connection"

Wednesday, November 16th – 10:00

Part II....Managing Pain & Anxiety

Wednesday, December 21st – 10:00 a.m.

Presenter: Alanna Sousa-Pullan

A Complementary & Alternative Medicine (CAM) Practitioner



***Congratulations to our very own
Mario Casinelli, R.Ph.***

**For being the first recipient of the
Lifetime Achievement Award
from the RI Pharmacists Association**



Robert South said

***“If there be any truer measure of a man than by
what he does, it must be by what he gives.”***

Mario thank you for giving all that you have to your family, friends, colleagues, patients and your profession. ~ Jeffrey Newell, CVS Pharmacy

Health Services at the Center

***Our Lady of Fatima Hospital
Outpatient Laboratory***

Every Monday 8:00 a.m. to 12:00 noon
Bring your doctor's order along with your health card. No appointment necessary.

Mary McKenna, R.Ph., CVS Pharmacist
Mondays, Tuesdays & Thursdays, 9:00—1:00
780-6210 mmckenna@cranstonri.org

Mario Casinelli, R.Ph., CVS Pharmacist
Wednesdays and Fridays 8:30—1:00
780-6210 mcasinelli@cranstonri.org

Marylou Pearson, RN
Tuesdays and Wednesdays 9:30—3:00
780-6207 mpearson@cranstonri.org

Nutrition 780-6134
Raymond Sinapi, Director

HOLIDAY PIE SALE

Add a delicious baked pie to your Thanksgiving Dinner or bring one to a friend.
PUMPKIN.....APPLE.....MINCE
Only \$6.00 per pie

Place your order in person
Payment due when ordering
Order by Friday, November 18th

Pickup
Tuesday, November 22nd or
Wednesday, November 23rd
From 9:00 a.m. to 12:00 noon



A great holiday favorite recipe ...

Stuffed Mushrooms

- 1-Onion
- 1-Pepper
- 1 pkg. Mushrooms
- 1-stick Pepperoni (I use sliced)
- 2 to 3 sleeves Ritz or Town House Crackers
- 1-can Chicken Broth

Remove stems from mushrooms. Chop onion, pepper, mushroom stems and pepperoni and sauté in butter until softened. Crush Crackers. Combine all of the above ingredients and add a bit of Chicken broth to moisten. Stuff mushrooms with filling and place on cookie sheet adding chicken broth to cover bottom of tray. Bake at 350 degrees for 35 to 40 minutes (I like to broil for a few minutes to crisp the tops before serving).