

*Cranston Department
of Senior Services*



1070 Cranston Street
Cranston, RI 02920
(401) 780-6000
Fax: (401) 946-5909



Allan W. Fung
Mayor

Theresa Murphy
Executive Director

Dear Friends,
WELCOME to the Cranston
Department of Senior Services.

With Americans living longer and healthier lives, programs and services to the elderly continue to be a challenging and exciting arena in today's society. This includes providing a wider range of programs and services to the well older adult and the frail elderly, as well as their families.

The Cranston Department of Senior Services, with its six different divisions, offers the community a broad range of comprehensive senior services. The Center offers programs that educate, assist, inform, entertain, and enrich the lives of those who participate.

We invite you to visit our "*home away from home.*" Our dedicated and caring staff is available Monday through Friday from 8:30 a.m. to 4:30 p.m. For further information please call us at 780-6000.

We look forward to meeting you.

Sincerely,

Terry Murphy

Executive Director
Cranston Department of
Senior Services

ADULT DAY SERVICES

The Cranston Adult Day Services is a division of the Cranston Department of Senior Services. A comprehensive program designed to meet the medical, social and psychological needs of the frail and/or disabled population. Activities are carefully planned to enrich the lives of the participants, to improve self-esteem and feelings of self-worth.

- Professional staff of RN's, case manager, CNA's, Activity Staff and Physical Therapy Assistant.
- Therapeutic programs ~ music, art, physical, occupational, speech, aroma, pet therapy, Tai Chi and elder yoga.
- Recreational activities ~ crafts, painting, exercise, gardening, games, cooking and book clubs.
- Licensed by RI Department of Elderly Affairs since 1999 (License #6).

Call 780-6243

"We are here for you"

NUTRITION

Take time out of your busy schedule, you won't be sorry. You will be surprised at the quality of the food served for a suggested donation of \$3.00 (no tax or tip).

- Hot, nutritious, homemade lunches served Monday through Friday 11:45 a.m.
- Reservations recommended-780-6204.
- Snack bar with freshly baked goods, soups and much more

Call 780-6134

*Join us—
it's a wonderful experience!*

PROGRAMS

Quality educational and recreational programs are available.

- Learn new things and meet new friends.
- Fun...Educational...Helpful...Cultural Programs that enrich and delight.
- Day trips
- Health & wellness classes, Counseling, Nurse and Pharmacy Clinic
- Dancing: Line Dance, Ballroom, Country Western
- Exercise Programs: Chair, Aerobics, Yoga and Tai Chi.
- Bingo
- Dances, parties and themed lunches.
- Painting, Ceramics, Woodworking, Quilting, knitting.

Call 780-6215

“Retirement gives you the opportunity to try so many new ventures”

SOCIAL SERVICES

A caring staff of professional case managers and community information specialist are available to:

- Provide guidance and supportive counseling to seniors and their families
- Provide access to a network of service providers throughout the city and state
- Assist with the many available services
- Offer comfort and compassion
- Visit homebound seniors
- Coordinate support groups

Call 780- 6253

“You are never alone”

RSVP

Retired Senior Volunteer Program allows anyone 55 years of age or older to give of themselves by:

- Sharing themselves with others
- Helping make our community a better place to live
- Serving at any public or non-profit agency
- Receiving personal satisfaction
- Having fun, interesting and rewarding experiences

Call 780- 6180

“We are waiting for your call!”

TRANSVAN

Transvan, our daily transportation system for Cranston residents 55 years of age or older and/or disabled, is available to:

- Provide transportation anywhere in Cranston, Monday through Friday
- Provide transportation to nearby malls and local markets
- Provide transportation to nursing homes in Cranston
- Reservations need to be made only two days in advance
- A one month pass is available for \$14.00 / three month passes \$40.00.

Call 943-3341 for reservations or to request a schedule.

“Use Transvan as often as you like”

*The Cranston Department of Senior Services
provides comprehensive services to all seniors.
Our programs assist, inform, entertain and enrich
the lives of individuals 55 years and older.*

- * *Adult Day Services*
- * *Arts*
- * *Counseling*
- * *Educational Programs*
- * *Exercise Programs*
- * *Health Screenings*
- * *Information & Referrals*
- * *Meals On Wheels*
- * *Nurse Clinic*
- * *Nutritional Meals*
- * *Outreach*
- * *Pharmacy Clinic*
- * *Recreational Programs*
- * *Social Services*
- * *Support Groups*
- * *Transportation*
- * *Volunteer Opportunities*



***Our Only
Business
Is
YOU!***