“Music Makers” mark 24 years of happy sounds. Tuesday rehearsals fill the dining room with music . . . Join us.

Left to right, back row: Bill Harper (conductor/trumpet), Alan McCabe (brass), Jean Greenan (clarinet), Ralph Hamel (drums), Doris Hamel (piano), Sandy Spranagen (trumpet), Barry Levin (sax).

Left to right, front row: Will Barbeau (clarinet), Lenny Mowry (trombone).

Our musicians come from all areas of Rhode Island.

Cranston Senior Services
Rooted in the Community
**Mayor’s Message**

Dear Friends,

We’re approaching the end of winter 2009-2010; hopefully the groundhog was wrong and we will see the budding of Spring with no more snow.

Springtime is the time for rebirth and renewal and even in the workings of City government there is renewal and rebirth. Our administration is working diligently to develop creative ideas to ensure the quality of life in Cranston. Our focus will include the goal to continue to offer our valued senior population the programs and services that they deserve. It is no secret that our City, our State and our Country are facing some serious financial challenges. With challenges comes change and with change comes adjustment. Hopefully, with the dynamic staff that has assembled, the challenges will be faced, the changes will be made and the adjustments will be smooth.

For now, I wish everyone a healthy and happy Springtime! I will keep you updated on any ideas we come up with for the future.

Sincerely,

*Allan W. Fung*

*Mayor*

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**Acting Directors’ Message**

Dear Friends,

Is winter over yet? After the cold winter we’ve had, March 21st can’t come fast enough! In spite of the cold weather, the Center has been full and bustling with activities. There are a few classes that have seen a large increase in participants. One example is the Tuesday afternoon Zumba Dance class. This exercise/dance class attracts both men and women with its exhilarating Latin music and provides a very satisfying workout. If Zumba is too much activity for you, then you might want to register for one of our Computer Classes. Many seniors are enjoying the benefits of knowing how to use the computer; plus owning a computer is not necessary since we have 8 Internet connected computers for our members to use. These are just two examples of multiple possibilities for you to share in the life at Cranston Senior Services.

Within the next few months we will see some construction going on at our facility. Through the cooperation of our Community Development Department the Center has secured money to re-design the front doors from the Federal CBDG (Community Development Block Grants). The sliding front doors are 22 years old and replacement parts are not available, plus the new doors will enhance our desire to become a more energy efficient ‘green’ building.

On behalf of our Co-Director Ray Sinapi and myself, Happy Springtime and we are looking forward to seeing each and everyone one of you!

Respectfully,

*Nancie Paola*

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**Cranston Senior Services Advisory Board Message**

Dear Friends,

As I write this note, the sun is shining and rising well into the sky; a sure sign that Spring is in the air. No matter how old I get, it is always a thrill to say goodbye to the cold, wind and snow and look forward to warmer breezes and sunshine.

The Cranston Senior Services Advisory Board has not only been busy managing the Monday and Thursday Bingo but has also been busy choosing areas within the Center where we can offer financial help. We are happy to report that we have purchased a new microphone and cord for our PA system in the dining room (no more hurt ears during announcements!), we have purchased a replacement water fountain (bubbler) for the main lobby and we have purchased lock boxes for the climate control thermostats throughout the building. The lock boxes for the thermostats were necessary to make certain that the flow of warm/cold air remains constant in the facility. It was disheartening to go from one room that is a pleasant 68 degrees to a room that is 85 degrees.

On another note, we would like to wish our long standing Board member Angie Sabella well and thank her for her years of service. She has retired from the Board and we will miss her voice of experience. This Board is committed to the well-being of our wonderful ‘home away from home’. We are open to any and all suggestions.

*Al Charpentier*

President, Cranston Senior Services Advisory Board
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.
Dear Friends and Family of Adult Day Service,

Finally, the days grow longer and our spirits rise with the additional light. It is always uplifting when March arrives and we kick Spring into high gear with the arrival of St. Patrick’s and St. Joseph’s Days.

We have been fortunate to have the students from Gladstone Street Schools after school program coming to Day Service once a month since last Fall. This intergenerational program has afforded everyone involved time to enjoy the gifts of another age group. We have enjoyed crafts and games, including a “warm up” for the Super Bowl and an afternoon of board games. We are grateful for the efforts of the students, teacher, Sue Lorinco and coordinator Brenda Chiavarini, for this very special time.

When we have finished celebrating the “Wearing of the Green” and enjoyed the annual treat of zelloles, we’ll prepare for the bunny and our Spring egg hunt. It is always fun to begin to plan our garden with Aaron Spilk, our horticulturist. Hopefully, this year we’ll have better luck with the tomatoes than we did last year.

We continue to look for volunteers and new members of the Advisory Board. If you are able to volunteer your time or are willing to consider joining the Advisory Board, we would be most happy to have you join our Day Service Family. Please call me at 780-6243 so we can best benefit from your smile and skills.

Always,

Rosalind Castiglione, R.N., Director

Support Groups

You’re not alone. At times, because of different circumstances in our lives, we feel alone and helpless. There are things that happen to us or our loved ones that we cannot change, but we can learn how to cope with these challenges. Cranston Senior Services offers the following support groups to help you and your loved one(s) to deal with conditions such as diabetes, Parkinson’s disease, arthritis, visual impairment or being a caregiver. You will meet folks like yourself who understand your situation and may be able to offer you some strategies to alleviate some of your difficulties. Each group is facilitated by a caring professional.

**Arthritis Support**
Second Tuesday of every other month / 10:00 a.m.
March 9th

**Caregiver’s Support**
Third Monday of the month / 3:30-4:30 p.m.
March 15th & April 19th

**Diabetes Support**
First Wednesday of the month / 10:00 a.m.
March 3rd & April 7th

**INSIGHT Support Group**
Fourth Thursday of the month / 10:30 a.m.
March 25th & April 22nd

**Parkinson’s Disease Support**
First Friday of the month / 10:00 a.m.
March 5th & April 2nd

**Widow/Widowers Social Hour**
Second Friday of the month / 9:30 a.m.
March 12th & April 9th

For more information call Lydia at 780-6253.

DEA Hot Line for medical or police help on weekends or after hours 462-0555
**Easter & Passover Favorites Made Lighter**

Whether you are celebrating Easter or Passover this spring, you probably have certain favorite dishes you look forward to eating. It’s no surprise that most of these holiday favorites are brimming with calories, fat, and sometimes cholesterol or sugar. Can we really make these same dishes lighter in calories and fat and still have them taste as delectable as ever? You bet!

Transform traditional holiday favorites into yummy dishes that contain half the fat and a lot less calories, just by making a few recipe adjustments. In general, you can:

- Substitute reduced-fat dairy products for regular versions.
- Use lean meats, light sausages, and skinless poultry instead of regular or full-fat versions.
- Exchange egg substitute or egg whites for half of the eggs called for in recipes (1/4 cup of egg substitute or two egg whites is equivalent to one whole egg).
- Substitute olive or canola oil for vegetable, and you can usually cut the amount of oil in half. For baking recipes, nonfat ingredients like fruit juice, nonfat sour cream and pureed fruit should be substituted for the missing fat.
- Cut the amount of butter in half, for most recipes. For baked goods, other somewhat solid ingredients such as nonfat sour cream and nonfat cream cheese, can fill in for the fat you leave out.

### You won’t miss the calories with these easy and yummy substitutions.

<table>
<thead>
<tr>
<th>Applesauce Muffins, Low Fat Recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 c All-purpose flour</td>
</tr>
<tr>
<td>1/2 c sugar</td>
</tr>
<tr>
<td>2 ts cinnamon</td>
</tr>
<tr>
<td>2 ts baking powder</td>
</tr>
</tbody>
</table>

Prepare the muffin pan using low-fat cooking spray and preheat oven to 425 degrees. Combine dry ingredients—mix well. Lightly beat the egg and mix in the milk. Add the applesauce and egg/milk to the flour mixture and mix until just moistened. Avoid over-stirring, as this may create “tunneling” in the finished muffin. Spoon into the muffin pans and bake for @ 17 minutes, test with a toothpick for doneness. Makes 1 dozen.

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**Trips**

### Target/TJ Max/Olive Garden

**Tuesday, March 23rd**
Leaves: 10:00 a.m. / Returns: 2:00 p.m.

Let’s go spring shopping at Target and TJ Max in Warwick and then enjoy an Italian lunch at Olive Garden.
Cost: $8.00/pp (transportation only)

### Ann & Hope/Crow’s Nest

**Tuesday, April 13th**
Leaves: 10:00 a.m. / Returns: 2:00 p.m.

Bargains Galore at Ann & Hope!!! Then we will be off to Crow’s Nest for lunch.
Cost: $8.00/pp (transportation only)

### Apex/China Inn Restaurant

**Tuesday, April 27th**
Leaves: 10:00 a.m. / Returns: 2:00 p.m.

Let’s travel back in time and do some shopping at Apex in Pawtucket. If you need an Photo ID you can go next door to the DMV to purchase one. A Chinese lunch will follow this shopping trip.
Cost: $8.00/pp (transportation only)

Call Transvan 943-3341 to register for all of the above trips.

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**Subsidized Housing Seminar**

**Tuesday, April 6, 2010**
10:00 a.m.
in the Classroom

Did you ever wonder how long the waiting list is or what the income guidelines are for subsidized housing? Do you have other questions that you need answers to? If so, please join Elaine Woloohojian, from Cranston Housing Authority, to find out everything you need to know about subsidized housing.
RSVP Newsletter Corner

Prime Time Senior Living Expo
Warwick Mall
Wednesday, April 28th, 2010
A Free Event for Seniors

Cranston RSVP welcomes you in the spring at the Prime Time Senior Expo on Wednesday, April 28th, 2010 at the Warwick Mall from 10 a.m. – 3 p.m. This FREE event is sponsored by Kent Hospital, Harborside Healthcare, UnitedHealthcare, and the Prime Time Magazine. Exhibits on health, beauty, travel, housing, and fitness are just a few of the things you’ll find at the expo and of course Cranston Senior Services’ RSVP volunteers will be there helping at the Center’s exhibit.

PARTY!!! PARTY!!! PARTY!!!

If you are an active RSVP volunteer and have been submitting your volunteer hours for the last 12 months then you will be receiving an invitation to attend the:

2009 RSVP Volunteer Appreciation Luncheon
Tuesday, April 20th, 2010
West Valley Inn

If you would like to become a RSVP volunteer please call David or Lorraine at: 780-6178 or 780-6180. You do not want to miss next year’s party!!!

911 CELL PHONE BANK

Cranston RSVP is conducting a cell phone recycling campaign. There’s nothing to buy. We are simply asking you to help protect the environment by donating your used cell phone(s). Your donation will be used to help the community by providing much needed emergency communications to senior citizens and victims of abuse through the 911 Cell Phone Bank program.

The 911 Cell Phone Bank provides emergency cell phones at no charge to senior citizens. As you can imagine the need for emergency communications is increasing. Currently, over 2000 cell phones a month are being distributed nationwide by the 911 Cell Phone Bank and its partners. Your donation will help them keep up with the increasing demand.

You can drop off your old cell phones at the Cranston Department of Senior Services located at 1070 Cranston Street, Cranston, RI 02920.

V I A CORNER
(Volunteers in Action)

What is an earthquake? It is a sudden shaking of the earth caused by the breaking & shifting of rock beneath the surface of the earth. A severe earthquake is both frightening and destructive. Earthquakes can start suddenly and strike without warning anytime, day or night. In populated areas, earthquakes cause extensive property damage, injuries, and deaths. During an earthquake, there are no guarantees for your safety. However, by identifying potential hazards you could help save your life, cut down on injuries, and minimize property damage. Who can forget Katrina or the most recent strike at Haiti.

According to Bill & Janet Liebsch, co-authors of a book titled “It’s A Disaster”, there are approximately one million small earthquakes or tremors per year around the world. Certainly we in Rhode Island have gone through a few tremors ourselves. To date we have been spared the big one however, that does not give us immunity. Are you prepared? Do you know what to do before and after a quake?

Call me-----780-6178-----and as always
BE INFORMED—BE PREPARED

Till the next time . . .
Frank Murga
Emergency Preparedness Coordinator

“We will be there when you need us”
PARI
(People Active Reaching Independence)
Equipment Program

PARI's Affordable Adaptive Technology (PAAT) Program is an effort to provide any person of limited means with the necessary equipment he or she would otherwise be unable to obtain.

Used equipment is donated to PARI and then restored to useful condition. Equipment is also modified and/or adapted as needed. The recycled product is offered at a reasonable cost to the consumer/family member or the community. From slide boards to walking aids, wheelchairs to shower/commodes (plus almost anything and everything in between), PARI welcomes donations of various kinds of health care and adaptive equipment so that they can meet people's various needs.

There is a referral system whereby PARI will put the consumer directly in touch with the donor, for the following items: outdoor wheelchair lifts, ramps, hospital beds etc.

Inventory often includes:
Wheelchairs, walkers, quad canes, forearm/platform/auxiliary crutches, lap board, slide boards, tub transfer chairs, Geri chairs, bedside tables, commode frames, shower chairs, bathroom safety equipment and hearing aids.

For more information or to make a donation, you may contact PARI:
500 Prospect Street
Pawtucket, RI 02860-6259
(401) 725-1966

FREE Income Tax Assistance

With the help of a grant from the United Way of Rhode Island, VITA/EITC (Volunteer Income Tax Assistance / Earned Income Tax Credit) assistance will be available beginning in January thru April 15th at Cranston Senior Services.

Appointments are necessary
• You must bring your 2008 tax returns—Federal and State
• All 2009—W2’s, 1099’s, SSA-1099, etc.
• Plus 2009 tax booklet received from the Internal Revenue Service

For more information or to schedule your appointment, call Hope at (401) 943-3341.

City of Cranston Freeze of Tax Rate & Valuation on Real Estate Property

For persons 65 years of age or over or those that are totally disabled, residing in single or two family owner occupied dwellings with income from all sources less than $17,400 per year for occupancy of one person or $20,000 per year for occupancy of more than one person.

An application for the Cranston Property Tax Freeze must be filed each year. Copies of documentation must be submitted with the application and mailed back to the City of Cranston, Tax Assessor. Call the Social Services 780-6255 for an appointment for completion of this application.

Pre-Arrange Burial/Funeral Services
Thursday, March 11, 2010 at 10:00 a.m.

Are you concerned how your loved ones will pay for your funeral expenses? Are there certain wishes you would like to be carried out by your family upon your passing? Are you aware that any information provided to a funeral home prior to death is considered part of a Pre-Arrange Funeral Service with or without payment?

Please join Steven Mello, from the Urguhart/Murphy Funeral Home. Mr. Mello is on the Board of Governors from the Funeral Directors of RI. A presentation on preparing yourself and loved ones for the future will be held on Thursday, March 11, 2010 at 10:00 a.m. in the classroom. For more information, please contact Cindy at 780-6255.
### Exercise Programs

**There is a fountain of youth! The secret to feeling better and living longer...It's called staying active!**

**Chair Exercises**
- **Exercise with Angela**
  - Mondays: 10:30-11:00 a.m.

**Exercise with Vicki**
- Tuesdays: 10:30 a.m.-11:00 a.m.

**Exercise with Jennie**
- Thursdays: 10:30 a.m.-11:00 a.m.

**Exercise with Vicki**
- Fridays: 10:30 a.m.-11:00 a.m.

These classes are **free** for **members** of Cranston Senior Services.

**Aerobics Classes** *(YMCA certified instructors)*
- Mondays & Wednesdays—10:00-11:00 a.m.
- Fridays 10:15-11:15 a.m.
- $3.00 members / $4.00 non-members

**Tai Chi Chuan**
- Advanced-Tuesdays: 10:15-11:00 a.m./$4.00
- Beginners-Thursdays: 9:15-10:00 a.m./$4.00

**Yoga Class**
- Friday mornings, 9:00-10:00 a.m. / $4.00

**Adult Yoga**
- Thursday evenings, 6:15 to 7:15 p.m.
  - $4.00 per class

**“Making Fitness Easy” with Carol**
- Wednesdays / 1:00-2:00 p.m.
  - $3.00 members / $4.00 non-members

**Gym & Swim at the Cranston YMCA**
- Fridays 12:45-2:00 pm
  - The fee is $10.00 per month which includes 45 mins. of cardiovascular fitness and 45 mins. of water aerobics. Helps strengthen your heart, lungs, muscles and soothe joints. Register in the Program office or call 780-6216.

### Dance Classes . . .

**Ballroom Dancing**
- Tuesdays, 10:30-11:30 a.m.
- $3.00 per class

Your partner will be provided, you will get great exercise, It’s lots of fun, and easy to learn! Our instructor, Tracey, will guide you in smooth dancing (waltz, fox trot, and tango) as well as Latin (cha cha, rhumba, swing, and salsa). Come and enjoy, it’s fun and easy. **$3.00 members / $4.00 non-members**

**Country Western Line Dancing**
- Wednesdays, 1:15-2:15 p.m.
- $3.00 per class

Kick up your heels... And join our group as they dance their way through a great hour of fun and exercise. Jackie Willies is our instructor and has a great reputation as being able to teach from beginner to advanced.

### Games to Play . . .

**Billiards**
- Daily 8:30 a.m. & 4:30 p.m.
  - $3.00 members/$4.00non-members monthly

**Bingo**
- Mondays / Thursdays - 1:15—2:45 p.m.

**Recreational Bridge**
- Mondays, Tuesdays & Thursdays 1:00 to 3:00 p.m.

**Hi Lo Jack Tournament**
- Fridays (call for dates) 1:00-3:00 p.m.
  - $5.00 entrance fee (12 weeks)

**Mah Jong**
- Wednesdays, 1:00 to 3:00 p.m.

**Poker Tournament**
- Mondays (call for dates) 1:00-3:00 p.m.
  - $10.00 entrance fee (8 weeks)

**Scrabble & Dominoes**
- Thursdays at 1:00 p.m.

**Everybody is Wii—ing**
  - It combines fun and fitness
  - Tuesday’s 1:00 to 2:30 p.m.

### Arts & Crafts

**Woodworking**
- Wednesdays, 9:00-11:00 a.m. / FREE

**Ceramics Classes**
- Wednesdays 1:00-3:00 p.m.
- Fridays 9:30-11:30 a.m.
  - $3.00 Members / $4.00 non Members

**Painting w/Watercolors**
- Wednesdays, 1:00-3:00 p.m.
  - $3.00 members / $4.00 non-members

### Stimulate Your Artistic Side . . .

**Can You Help?**
A few seniors have come to the Program Office to inquire about playing Hi Lo Jack. Would you be willing to teach? Contact Kathi or Theresa at 780-6225.

For more information or to register stop by the Program Office or call 780-6215.
Gym & Swim at the Cranston YMCA
Fridays, 12:45 to 2:00 p.m.
$10.00 per month

The fee is $10.00 per month which includes 45 mins. Of cardiovascular fitness and 45 mins. of water aerobics. Helps strengthen your heart, lungs, and muscles and soothe joints. This will take place every Friday in January and February. Pre-register in the Program office or call us 780-6216.

Computer Basics I (six sessions)
Tuesdays & Thursdays—1:00-2:00 p.m.
Session I: March 9, 11, 16, 18, 23, 25
Session II: April 6, 8, 13, 15, 20, 22
$25.00 members / $30.00 non-members

This basic beginner computer course is designed for seniors who want to learn on a desktop computer (no laptops). This course will follow this agenda: learning to control the mouse, keyboard, e-mail, using the e-mail concept, surfing the internet, and open discussion. Limited class . . Please pre-register and pay in Programs.

Zumba
Every Tuesday
1:00 to 2:00 p.m. / $2.00 per class

Come one, come all to try this great new form of exercise . . . Zumba! This new exercise combines high energy and motivating music with fun moves that allow you to dance away your worries. Paula, the instructor makes this exercise/dance fun for all. You’ll love it!

AARP Safe Driving Course
Monday, March 8th, 9:00 a.m. to 3:00 p.m.
$12.00 AARP Members/$14.00 non members

People 55+ years of age may get a discount on their automobile insurance for taking this course; contact your insurer to see if you qualify. Please arrive at 9:00 a.m. for paperwork—no late comers will be allowed. Lunch break will be 11:30-12:30 p.m. Space is limited, registration is required, please make checks payable to AARP. For more information call 780-6215. Bring a lunch or have a meal in our dining room.

Book Club
Tuesdays, 10:00 a.m. (Note Time Change)
March 23rd—”Olive Kitteridge” by Elizabeth Strout
April 27th—”The Help” by Kathryn Stockett

Quilting Club “The Monday Morning Glories”
Mondays 9:00 to 11:00 a.m.
$3.00 members / $4.00 non-members

For more information or to register stop by the Program Office or call 780-6215.
**March / April Luncheons & Specials**

Suggested donation for all luncheons: $3.00

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**Providence Civic Orchestra**

Friday, March 12th, 1:30-2:30 p.m.

$1.00 donation at the door

Our friends from the Providence Civic Orchestra, under the direction of Vito Saritelli, will be here to help us usher in the “Mighty Winds of March” with the powerful music of this 25+ senior orchestra. The music is always a great remembrance of years gone by, and with sing-a-longs this hour of music is sure to lift your spirits. Make sure you save the date!

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**St. Patrick’s Day Luncheon / Special Entertainment by Irish Step Dancers**

Wednesday, March 17th, 11:30 a.m.

Suggested luncheon donation: $3.00

Cranston Senior Services is always the place to be for our annual corned beef and cabbage luncheon. While you enjoy your lunch you will be entertained by Irish Step Dancers of various ages, from the Kelly School of Irish Dance. Also, our own Lydia will lead us in an Irish sing-a-long. Make sure to reserve early, this always sells out!

---

**Musicmakers Band** will entertain during lunch

Tuesday, March 23rd, 11:30 a.m.

Suggested luncheon donation: $3.00

Come one, come all . . . Grab a friend and enjoy one of our great luncheons while listening to the sounds of the “Musicmakers Band”. This group will delight you with their renditions of the great big band sounds of yesterday. Make your reservations early.

**90+ Request**

Do you know a Cranston resident(s) who will be 90 years of age or older as of June 1st? We would like to honor them at our annual 90+ celebration in May. Please call Kathi or Theresa at 780-6215 with any names and addresses so we may extend an invitation.

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**Easter Celebration**

Monday, April 5th, 11:30 a.m.

Suggested luncheon donation: $3.00

Our annual Easter Ham Dinner with all the fixings will be served. Bring a friend or come and celebrate with your Cranston Senior Service family.

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**Passover Celebration**

Tuesday, April 6th 11:30 a.m.

Suggested luncheon donation: $3.00

Please join us for this delicious Passover luncheon with Matzo Ball Soup, Chicken, potato Latke and much more.

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**Red Sox vs Yankee “Day”**

Wednesday, April 7th 11:30 a.m.

Suggested luncheon donation: $3.00

Join us for a great “stadium style” luncheon as we wear the colors of our favorite team. The Red Sox are playing the Yankees in an evening game tonight, so why not celebrate the rivalry all day. Make sure you make your reservations early . . .

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**St. Joseph’s Day Luncheon**

Friday, March 19th, 11:30 a.m.

Suggested luncheon donation: $3.00

Come to our annual St. Joseph’s luncheon that our chef’s have planned. You will be entertained by a friend of the Senior Center, Steven Perry, while you enjoy your lunch and great company.

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**Save the Date**

Cranston Senior Services annual . . .

**May Breakfast**

Monday, May 3, 2010

1st Seating 9:30 a.m. / 2nd seating: 11:00 a.m.

Be sure to call 780-6204 to make your Luncheon reservations.

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**Join the Senior Golf League at Goddard Park this summer**

A pre-season meeting will be held at the Warwick Police Station

99 Veterans Memorial Drive, Warwick, RI 02886

ON

Monday, April 12 at 10:00 AM.

Openings for new members, ladies invited.

Golf league play starts on May 11, 2010.

For more information call: 401-942-4654 or 401-780-6129
March Programs

Diabetes Support Group
Wednesday, March 3rd – 10:00 a.m.
Do you feel overwhelmed or afraid about having diabetes? You are not alone. Diabetes leads to many serious complications without good control. You can improve your understanding of diabetes and learn skills to manage diabetes in order to lead a more active, healthy, productive life. Our Diabetes Support Group meets the first Wednesday of every month. For more information call Mario at 780-6210.

Cooking Green & Red with Mary Lou & Joyce
Wednesday, March 10th – 10:00 a.m.
Think St. Patrick’s and St. Joseph’s Day and think green and red...you will be surprised with what Mary Lou and Joyce will come up with. Don’t miss the fun & the food!

Life’s Handbook 2010: The Do’s & Don’ts
Wednesday, March 17th – 10:00 a.m.
Join Nurse “extraordinaire” Mary Lou discuss the do’s and don’ts for 2010 ....... beginning with health.

High Blood Pressure Diet
Wednesday, March 24th – 10:00 a.m.
Most people know about the strong link between a healthy diet and disease prevention. But did you know that what you eat – or don’t eat – may lower or prevent high blood pressure? Through the U.R.I. SNAP Program we will learn what we should be eating and not eating.

Stroke Screening & Presentation
Tuesday, March 30th – 9:30 a.m.
Dr. Feldman from the Lifespan Stroke Program will discuss what we need to know about strokes followed by a screening which will include blood pressure, nutrition, pharmacy and warning signs and symptoms of stroke.

Hypertension: What is it?
Wednesday, March 31st – 10:00 a.m.
Hypertension, also referred to as high blood pressure, usually has no symptoms, but what is it? How is it treated? Answers to these questions and more will be provided by the U.R.I. Outreach staff.

April Programs

Diabetes Support Group
Wednesday, April 7th – 10:00 a.m.

“Just Breathe”
Wednesday, April 14th – 10:00 a.m.
Ellen Perz, RRT, from VNA of Care New England will return for a “Just Breathe” discussion. Ellen will review proper breathing techniques and how the change in seasons affect people with breathing challenges, especially as the warmer weather approaches and the humidity levels increase.

New Drinks: The Good & the Bad
Wednesday, April 21st – 10:00 a.m.
A U.R.I. Snap Program
A new range of functional beverages aim to provide specific benefits to men and women but some have no or little benefits and some may even be bad for you. This presentation will explain what you need to look for when buying these drinks.

Generic Drugs: What You Need to Know
Wednesday, April 28th – 10:00 a.m.
A U.R.I Outreach Program
An estimated 44% of all prescriptions in the United States are filled with generic drugs. What are generic drugs? Are they as safe and effective as brand-name drugs?

The population of individuals aged 65 and over is slated to increase by 40% over the next 5 years, as life expectancies are increasing due to better health.