

COVENTRY RESOURCE AND SENIOR CENTER



50 Wood Street, Coventry RI 02816

Phone 401.822.9175

Fax 401.822.9128

Like us on Facebook—Coventry Resource and Senior Center
www.coventryri.gov to view our Monthly Newsletter

Click on Departments; Human Services; Attachments

Hours of operation: Monday through Friday 8:00am—4:00pm

From the Director's Desk

Happy February Everyone!

We hope you are staying warm and connected with your friends. We will continue to have a variety of activities to keep the chill out of your bones as our exercise classes are up and running and continue to be well attended.

Please join us on **THURSDAY February 15, 2024 from 8:15-9:45 AM** here at the Resource and Senior Center for our **next monthly breakfast** prepared by the great kids from the Coventry High School Culinary Program. We will also have visitors from the Alan Shawn Feinstein Middle School of Coventry for some great Intergenerational programming!

On Friday **February 23rd at 12:30pm SAWDUST the THERAPY DOG** will be paying us a visit. Also check out **ACTION STEPS-Injury Prevention for Older Adults Tuesday February 20 @ 11am.**

Please check out our Arts and Crafts Program here each Thursday from 1:00-3:00pm. Our resident artist and instructor Diane "Dina" Haskins is here to stretch your creativity. Folks love her class and it's free!

Join us for our **February Entertainment on Wednesday February 7th at 11:00am as we welcome Russ Morency** to our center and call ahead to make reservations for lunch. We will celebrate on Wednesday the 14th too because we like to celebrate as much as possible here at the Coventry Resource and Senior Center.

Now is the time to sign up for our **Diabetes Prevention Program.** The program doesn't start until April but check out our monthly happenings page for all the details.

Our **MAHJONG** group has started up we meet on **Fridays at 1pm.** If you are curious stop by and check it out!

Please keep a look out for some new artwork on our walls. **Photographer Kathy Gudmonson** will have many of her pictures on display throughout our center. **Artist Chris Mello** will display his work as well.

Please stop by and see us here at Wood Street! Be well, stay safe and connect with your friends!

Bob Robillard Jr., LMHC-Director

FEBRUARY 2024



Table of Contents

Monthly Happenings.....	Page 2
Monthly Happenings.....	Page 3
Monthly Happenings.....	Page 4
Monthly / COVID info.....	Page 5
Scams/Fraud	Page 6
Utility Support/Housing....	Page 7
General Services.....	Page 8
General Services.....	Page 9
Activities.....	Page 10
Health & Wellness.....	Page 11
Nutrition/Food Pantries.....	Page 12
Café Monthly Menu.....	Page 13
Be Inspired.....	Page 14
Resources.....	Page 15
Resources.....	Page 16
Resources.....	Page 17
Hope & Recovery.....	Page 18
Hope & Recovery.....	Page 19
Staff/Town Directory.....	Page 20

MONTHLY HAPPENINGS...

We will be closed on
February 19th in honor of President's Day !

FEBRUARY ENTERTAINMENT Russ Morency
will be entertaining us here at the center on

Wednesday, February 7th at 11:00.

Our luncheon menu will be Vegetable lentil soup,
sausage & pepper sandwich on Whole-wheat roll,
Pasta salad, chips and sliced pears for dessert.
The cost of this program is your \$3.00 donation for
lunch. You must make your reservation by Tuesday
the 6th at 9:30am. Why not make it a day and stay
for Bingo after lunch? The cost is \$6.00 per package
and \$1.00 each for the three specials.

GRIEF SUPPORT GROUP

Meeting weekly at the Senior Center on
Tuesdays, starting Feb. 6th at 1:00-3:00pm
Please call 822-9175 to add your name.

DIABETES PREVENTION PROGRAM

A Free program to prevent the onset of diabetes.
This program will be on Tuesday mornings to start
sometime in April. This is an evidence-based
program, teaches people at risk for developing
diabetes how to implement a healthy lifestyle with
the goal of preventing or delaying the onset of type
2 diabetes. Classes meet weekly for the first six
months with a trained lifestyle coach to
guide and encourage you.

Then monthly maintenance for six months.
If interested please get a Participant screening form
from Lynn the receptionist. Or contact
Ana Almeida-DoRosario at 444-8069.
or at almeidadorosario@lifespan.org.
Previous program participants who meet the criteria
are eligible to take the class again.

MAHJONG Mahjong has begun !!!!

Mahjong is a tile-based game that was developed in
the 19th century in China. The game is played in
groups of four. Fridays at 1pm in the mealsite.
If you are interested please leave your name with
our receptionist Lynn at 822-9175

THERAPY DOG VISITS THE COVENTRY RESOURCE AND SENIOR CENTER

Sawdust, a local therapy dog will be coming back
to visit us on **February 23rd at 12:30.**

Save the next date: April 19th. See photo page 11

**Don't forget to check out the entire newsletter for a full list
of all our programs, activities and other helpful resources...**

MONTHLY BREAKFAST

Thursday Feb. 15th Friday, 8:15 - 9:45am

We are honored to have the students from
the Culinary Arts Program at Coventry High
School prepare our monthly breakfast.

We will offer scrambled eggs, pancakes,
hash browns, choice of bacon or sausage, orange juice, coffee & tea.
Stop by for the best breakfast in town! The cost is \$3.00



**PLEASE NOTE: THE DAY CHANGE for March is also on a
Thursday, March 21st**

RI Legal Services FREE "one on one" civil legal clinic on

Call 822-9175 for next available appt. February 16th, 2024

More info on page 4

TECH HELP for seniors - Call for next date

Please call Lynn our receptionist at 822-9175 to register.

Riverview Refuge A Safe Space of Support for Seniors

A support group provided by Riverview Rehabilitation and
Healthcare Center *Call 822-9175 to sign up. Starting Jan. 8th*
Meetings are second Monday of each month 10 - 11 & will be held
at the Coventry Senior Center Room 213 See flyer on page 4.

ALZHEIMER'S ASSOCIATION/Educational Programs

Thursday, Feb 15th 10:30 - 12:00 Rm 214

Supporting a Person with Dementia Related Behavior
Please register with Lynn in reception to reserve a spot at 822-9175

ACTION STEPS - INJURY PREVENTION & SELF CARE FOR OLDER ADULTS

Tuesday, Feb. 20th at 11:00 in the mealsite.

Come join this informative presentation by the Prevention
Coalition and enjoy a game of bingo right after!

TAI JI QUAN: Moving for Better Balance

Flyer on page 3 and more info on page 11

New session starts March 6th 822-9175 to sign up and
schedule assessment before starting the program.

Congratulations to all the TJQMBB graduates !

**New TAI JI QUAN Moving for Better Balance class for
graduates will be Thursdays at 11:00 starting March 7th**

You have mastered the foundational skills of Tai Ji Quan for
Better Balance and now it is time to take your practice further
with challenges to enhance your skills and mindfulness.
The class will be led by Michele Cornwell who has previously
been teaching TJQMBB here on Thursdays from 11-12.

Please reserve your spot with Lynn at 822-9175.

ARE YOU GRIEVING - or do you know someone who is? When grief is too much, think about joining our Grief Support Group

Meeting Weekly on Tuesdays, starting February 6th at 1:00-3:00

Please call 822-9175 for any questions and to add your name.

(held at the Coventry Resource and Senior Center)



There are a number of ways you can enhance your overall wellbeing and prevent injury. Don't be proud! Check with your local Community Center or Town to see what activities or programs are available to you.

- Strengthening/Chair/Tai Chi exercise classes
- Outfit your home with safety measures that support the aging process
- Motion sensor lights for hallways and doorways
- Ask for assistance if you're having trouble getting around
- Install safety bars near your toilet and shower

Clean out your medicine cabinets with outdated or unused medicine.
A list of drop box locations on the back of this flyer.

Keep an eye out for Count It, Lock It, Drop It events in your town.
The DEA schedules two "National Drug Take Back Days" in April and October of each year where you can drop off all unwanted prescription and over-the-counter medications, anonymously, no questions asked.

Follow directions closely when taking prescription medicines
"As Needed" Medicines taken only if you are experiencing symptoms.
"As Directed" Follow specific dosage directions carefully for medicines prescribed by your doctor.

Signs and Symptoms of an Opioid (pain medicine) Overdose
Slow breathing ■ Person not responding ■ Vomiting ■ Chest pain

Narcan Can Save Lives
Narcan is a nasal spray medicine that reverses the effects of an opioid overdose. This medicine will not harm you if you use it and are not having an overdose. To get your own Narcan, take a short survey and it will be sent to you.

Community First Responder Program (uri.edu)
Text 401-603-6069 to ask for free Narcan and they will deliver to your door.



Secure Drop Boxes like this are available at all local and State Police Departments, as well as many CVS, Walgreens and Walmart Pharmacies.



**Tuesday, Feb 20th
@ 11:00**



**Kent County
Prevention Coalition**
Member of Rhode Island Regional Coalitions



**South County
Prevention Coalition**
Member of Rhode Island Regional Coalitions



Rlprevention.org

PLAY Bingo after Presentation!

SAVE THE DATE: At Home with Kent Hospital Wednesday, March 27th at 11:00

AARP Safe Driver's Program Friday, April 12th at 12:30

More info to follow in March newsletter.

ATTENTION COVENTRY RESIDENTS: *Save the Date

Coventry DPW will be hosting a shred event on Saturday, April 6, 2024 from 8am - 12pm

LOCATED AT: Annex Building Parking Lot, 1675 Flat River Road

PLEASE BRING: ID to prove you're a Coventry resident,
and up to 2 boxes of personal documents to be shredded free of charge

For more information, please call: (401) 822-6244

To register please call the
Coventry Resource Center at
401.822.9175

Riverview Refuge

A Safe Space of Support for Seniors

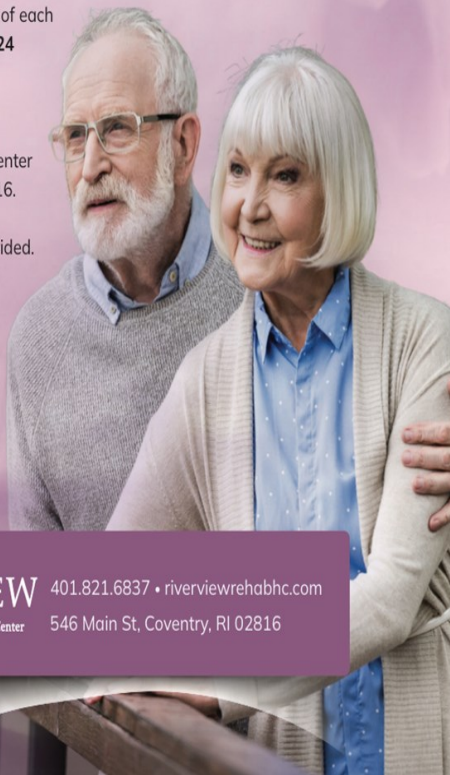
Join us on the second Monday of each month, starting **January 8, 2024** from **10:00am-11:00am**.

Meetings will be held at
Coventry Resource & Senior Center
50 Wood St, Coventry, RI 02816.

Breakfast pastries will be provided.

Sign up at the Senior Center!

Topics are adaptable based on the needs of the group.



RIVERVIEW
Rehabilitation & Healthcare Center

401.821.6837 • riverviewrehabc.com
546 Main St, Coventry, RI 02816

Caregiver Education & Support Group

Join us

The last Wednesday of every month

for our Caregiver Education Series & Support Group

Brookdale Center of New England

600 Center of New England Blvd. Coventry, RI 02816

6:00pm-7:00pm

This support group will provide an opportunity for loved ones and caregivers to share experiences and receive some guidance, education and support. Each month we will be discussing different topics to hopefully help to enrich your lives.

Any questions please let me know.

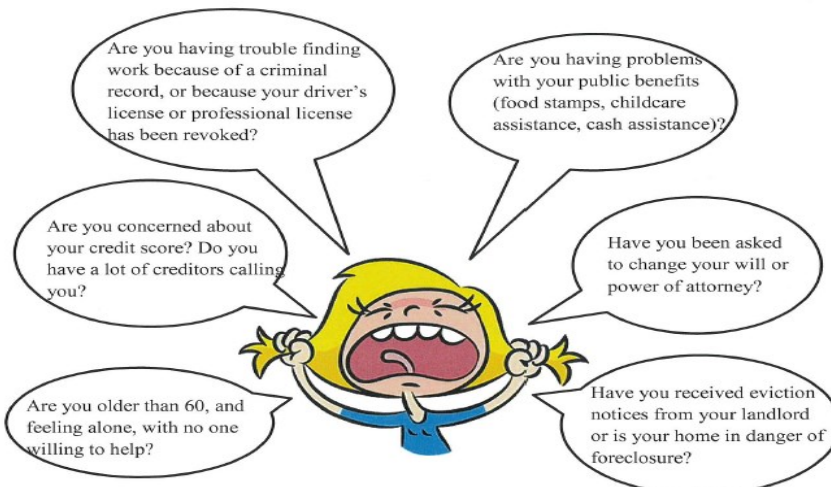
Lisa Denton Clare Bridge Programs Manager

LDenton@Brookdale.com-401-821-2445 Ext. 4126

We enrich lives **every day.**



LEGAL ISSUES GOT YOU STRESSED?



ATTEND A FREE "One on One" LEGAL CLINIC

WHO: **Rhode Island Legal Services:
Civil (not criminal!) Legal Clinic**

WHERE **Coventry Resource & Senior Center,
50 Wood Street, Coventry**

WHEN: **February 16th, 2024**

WHY: **RESOLVE YOUR CIVIL LEGAL ISSUES**

HOW: **Call 822-9175 to book your
appointment!**

Call 988 NATIONAL MENTAL HEALTH HOTLINE If you are in a crisis 24/7-you can call or text 988 on your phone and be connected with a trained counselor in Rhode Island.

MENTAL HEALTH SUPPORT in Rhode Island: 24/7 BH Link (mental health & substance use crises)
 Call 911 if there is risk of immediate danger. *For adults call **BH LINK (401) 414-5465**
 *For under 18 call **KidLink at 855-543-5465** Visit the **BH Link website at www.bhlink.org**
Or you can visit the 24-HOUR/7-DAY TRIAGE CENTER at 975 Waterman Avenue, East Providence, RI
EBC House Hotline 738-1700 Advocates available 9-5 www.ebccenter.org Safe shelter; transitional housing; court advocacy; counseling **If need immediate assistance Call *RI Victims of Crime Helpline 24hr support 1-800-494-8100**

TECH Help for Seniors at 50 Wood Street
 We have a volunteer that is willing to come in once per month to assist seniors with their phones and tablets. To start the program will be one on one and half hour time slots. We may offer small classes in the future if needed. Please call Lynn our receptionist at 822-9175 to have your name added to the list. Call to ask for next date....

ARE YOU GRIEVING - or do you know someone who is? When grief is too much, think about joining our Grief Support Group Meeting Weekly on Tuesdays, starting on February 6th at 1:00-3:00 Please call 822-9175 for any questions and to give your name. (held at the Coventry Resource and Senior Center)

Meals on Wheels Volunteers Needed ! We are looking for drivers for Monday, Wednesday or Friday to deliver meals to the homebound in our community. The commitment would be one route one morning per week for a couple of hours. If interested, please inquire at the front desk, see Pat Fleming or call Pat at 822-9474. Thank you

Come play Bocce !!! Have you ever played? It's a game involving throwing a ball at other balls to score points. It's not too strenuous and a lot of fun. You and your team will find it enjoyable and relaxing. We play in a comfortable shaded area. Call us for details...
 We have a beautiful regulation court here at the Center ! Interested in starting a league ?
 Or if you and some friends would like to play for fun please call Lynn at 822-9175 to reserve the Bocce court for any time between 8:30 - 4:00 Monday thru Friday.



Every U.S. household may place an order to receive four free COVID-19 rapid tests delivered directly to your home.
 To order your free tests go to <https://www.covid.gov/tests> or call for help placing your order at 1-800-232-0233

COVID information <https://covid.ri.gov>
FREE RIDES to vaccines Call 401-781-9400 or www.ripta.com
 Anyone enrolled in Medicaid or over 60 can use the **Non Emergency Medical Transport Service provided by MTM.** <https://www.mtm-inc.net/mtm-link> or call 855-330-9131 at least 2 days before appt
To print proof of your vaccinations go to <https://Portal.ri.gov/vaccinerecord> or if no access online you can call (401) 222-8022 OR Get a digital copy of your COVID-19 vaccine record on your phone by downloading the 401Health App.
HOMEBOUND IN NEED OF A COVID OR FLU VACCINE
Alert Healthcare can provide a COVID vaccine/booster shot in your home.
 Please call 1-508-944-7722 to schedule a home appt
Purple Shield Mobile Healthcare can provide both a COVID vaccine/booster shot AND the FLU (401) 384-7752 to schedule a home appointment.

Increasing Community Access to Testing Program (ICATT) Is offering
 Free COVID -19 laboratory tests for uninsured people that are symptomatic or exposed. Results usually available within 24-72 hours.
 &
 No-cost COVID-19 vaccines for Adults without health insurance and Adults without full vaccine insurance coverage.
Available at:
 Walgreens 875 Tiogue Ave. Coventry 822-7602
 Walgreens 1 Cowesett Ave. WW 826-0879
 CVS 1285 South County Trail EG 886-0902

 *Before you throw out "Expired" tests, check FDA's website to see if your COVID-19 tests' expiration dates have been extended. (www.fda.gov/covidtestdates) or 1-800-232-0233

PLEASE GET INFORMED ON SCAMS ... AND USE YOUR KNOWLEDGE TO AVOID BEING SCAMMED [Learn how to help yourself and others—you won't believe how many scams there are! These criminals are masters of deceit and extremely sophisticated !!](#)

AARP has a very informative website <https://www.aarp.org/money/scams-fraud/>

Trained fraud specialists will provide support and guidance on what to do next and how to avoid scams in the future.

The AARP Fraud Helpline 877-908-3360 is free and available to anyone.

Also online support sessions for further emotional support. You can also look up a scam in AARP's Fraud Resource Center

If you feel you are a victim of a scam or fraud: Contact your bank to report if applicable

If you paid a scammer with a credit or debit card: File a dispute (also called a "chargeback") with your credit or debit card company. Online: Log onto your credit or debit card company's website and go through the company's dispute process. By phone: Call the phone number on the back of your card and tell them why you're filing a dispute.

Report a scam or fraud to your local law enforcement—**Coventry Police 826-1100**

File a report to **RI Office of Attorney General Consumer Protection Unit 274-4400 / contactus@riag.ri.gov**

FTC Federal Trade Commission 877-382-4357 www.ftc.gov

Report fraud, scams, and bad business practices **reportfraud.ftc.gov**

To file an identity theft report **Identitytheft.gov**

FBI Internet Crime Complaint Center www.IC3.gov

If you receive a misleading or suspicious **Social Security-related** advertisement or imposter communication, please report to **Office of the Inspector General (OIG) at oig.ssa.gov or call their fraud hotline at 1-800-269-0271 or email OIG.1140@ssa.gov**

Annualcreditreport.com to request a **free credit report once per year.**

Credit Bureau Contacts Contact the national credit bureaus to request fraud alerts, credit freezes etc.

Equifax.com/personal/credit-report-services **800-685-1111**

Experian.com/help **888-EXPERIAN (888-397-3742)**

TransUnion.com/credit-help **888-909-8872**

FYI... A contractor doing business in Rhode Island is required to be registered with the **Contractors' Registration Board**. Before signing a contract, check with the board to ensure the contractor is registered and licensed and if there have been claims and/or violations.

This information is available **by calling 921-1590 or online at <https://crb.ri.gov/consumer/search-registrantlicensee>**

VIRTUAL CELEBRITY SCAM Celebrities have had online presences for years, but the trend really gained momentum during the pandemic, when stars who couldn't make public appearances tried to stay connected with their fans by doing online concerts and other events on social media. Fans have become accustomed to that constant virtual intimacy, which leaves them vulnerable to celebrity scammers. "You're on Instagram or Facebook, and someone pretending to be Celine Dion or her manager reaches out to you," explains Amy Nofziger, director of victim support for AARP's Fraud Watch Network. If it's a fake manager, "They might say, 'Celine loves your comments. She'd love to talk to you. Here's her private account.'" But after you connect to an impostor pretending to be the superstar singer, the talk gradually turns to how her fortune is tied up in a lawsuit, and she could use a \$50,000 loan from you, or a similar story involving a need for your money.

How to stay safe: If you get a direct message from someone claiming to be a famous performer or superstar athlete or representing them, be skeptical. It's almost certain to be a scam. (www.aarp.org / **Top 6 scams of 2024**)

Although the current administration is working on “Emergency Housing”, at this time *emergency housing* is considered a shelter...

*If you find yourself in need of “**Emergency Housing**”, **Are you currently homeless or facing homelessness**

Your first step should always be to contact RI Coordinated Entry System (CES) at (401) 277-4316.

They will assist in finding an appropriate shelter and provide case management services for permanent housing.

“**SHOWER TO EMPOWER**” is a mobile trailer at sites across the state <https://thehouseofhopecdc.org> It provides showers, haircuts, medical services and case management to those in need such as applying for housing, employment, and social security benefits. A Family nurse practitioner and psychiatrist also does outreach

Thrive Behavioral Health

Tami Ringeling, Psy.D. VP Of Adult Services & Homeless Initiatives

401-691-6000 x2102 Tringeling@thrivebhri.org
Thrive 24/7 Emergency Services 401-738-4300

HOUSING CHOICE VOUCHER PROGRAM

Section 8 applications will only be accepted online accessible at www.waitlist-centralri.com

*For a statewide list of rental properties & other resources go to www.rihousing.com Click on **RENTAL RESOURCE GUIDE**

For info on Public Housing for Elderly and Disabled, and Affordable multi-family housing in Coventry - **Coventry Housing Authority** 401-828-4367 14 Manchester Circle www.coventryhousing.org / apply online or request paper application

Other helpful sites: <https://affordablehousingonline.com>
rihomeless.org www.helprilaw.org www.rifairhousing.org
www.housingsearchri.org

SOJOURNER HOUSE (*assists victims of domestic violence, human trafficking and sexual assault*)

Need Safe Housing Help Line (immediate need)
24/7 (401) 765-3232

Or call their Housing Office (non emergency need) at (401) 808-6889 or visit a weekly Sojourner House housing clinic at various sites across the state. Go to: Sojournerri.org

In addition to LIHEAP, *WestbayCAP* also has the **Good Neighbor Energy Fund, Weatherization Assistance Program and Heating System Repair and Replacement Program** <https://westbaycap.org> or 732-4660

FREE Home Energy Assessment Program

Available to all households, including homeowners and renters. For more info go to www.rienergy.com/ri-home/energy-saving-programs/home-energy-assessments

Saint Elizabeth Haven Shelter & Elder Justice Community Program (401) 244-5476

Temporary shelter for elder victims of domestic violence & provides advocacy, case management, safety planning in the community.

For more info. go to Stelizabetchcommunity.org/haven

LIHEAP (Low Income

Home Energy Assistance Program)

IN ADDITION TO APPOINTMENTS HERE, also **Westbay Community Action on 487 Jefferson Blvd. in Warwick**

or **WestbayCAP Outreach LIHEAP office** located at 1745 Main St. Unit 4 in West Warwick (in plaza with Gel’s Kitchen).

***WestbayCAP accepts walk ins or you can call to schedule appointment at 732-4660 x175.**

apply on WestbayCAP online portal westbaycap.org

Rhode Island Energy Assistance options for income eligible customers !

*Can assist with payment options

*You can qualify for up to a 30% discount on your RI Energy electric and gas bills if you: Receive food stamps/ SNAP, Qualify for Fuel Assistance/LIHEAP, or receive SSI (SSDI is not a qualifier).

*Or, Qualify for a 30% discount on your RI Energy Bills if you receive: Medicaid, RI Works program or GPA.

Come meet with a Customer Advocate, Carlos Andrade here at the Senior Center, 50 Wood St. on the 4th Wednesday of every month from 9am—2pm

Any questions contact Carlos at 378-5725.

Need Assistance Paying Your Water or Sewer usage bill? Low Income Household Water Assistance (LIHWAP)

can help with: Reconnection of water services; Prevention of disconnection; Past-due balances.

Learn more at Westbay CAP 732-4660

KEEP THE HEAT ON provides financial assistance to households that have either exhausted or are ineligible for all other state, federal or private heating assistance. Go to <https://www.heatri.com/> or Call 401-421-7833 Ext. 207

Help with Internet Service CONNECT2COMPETE

Visit <https://www.cox.com/aboutus/Connect2compete.html>

Check eligibility for a free government cell phone

www.assurancewireless.com / www.safelinkwireless.com

Help low income households pay for internet service

ACP (Affordable Connectivity Program) 877-384-2575 or <https://www.affordableconnectivity.gov/>

GENERAL SERVICES

Coventry Resource and Senior Center

Case Management Our social workers provide case management services to all Coventry residents of any age. They will confidentially assess the individual or family circumstances and either assist directly or provide information and referrals on local, state and federal programs. **Please call 822-9175 to schedule appt.**

Medicare Information Our Social Worker Assistant Stefani assists those individuals in providing information and assistance with understanding Medicare programs, health insurance options and prescription plans etc. **Please call 822-9175 for more information or to schedule an appointment with Stefani.**

Health & Wellness / Nurse Our nurses are available to monitor your blood pressure, weight and diabetes as well as to answer some of your basic health questions. In addition, the center offers health & wellness education seminars and presentations. We also collaborate with Department of Health & other agencies for workshops and fitness programs.

Nutrition The Coventry Cafe provides a nutritional meal to approximately 80 individuals per day. Our volunteers deliver Meals on Wheels to Coventry residents. The Coventry Community Food Bank and Community Garden also assists our residents. **Please call 822-9175 for more information.**

Educational Programs We offer monthly workshops on topics such as social, financial, preventative care and legal/estate planning etc. We always welcome any other suggestions you may have.

SENIOR COMPANION PROGRAM

The Senior Companion Program trains volunteers to serve isolated older adults in their own homes, adult day centers, and other community sites. Senior Companions must be 55 or older and must meet specified income limits. They receive a tax-free stipend and other benefits while serving clients an average of 20 hours weekly.

Contact Office of Healthy Aging at 462-0569 to apply to become a Senior Companion. www.oa.ri.gov

Senior Companions are matched with a resident in need of socialization and companionship and will serve four hours one day per week at no cost to the participant.

Call Lynn at 822-9125 to be placed on the waiting list and for any updates as to openings.

COVENTRY CARES VOLUNTEERS VOLUNTEER OPPORTUNITIES

Community Garden / MOW Delivery / Bingo /
Dining Room servers / Kitchen help

**Currently In need of Dining Room servers,
Kitchen help & substitutes & MOW drivers
Call 822-9175**

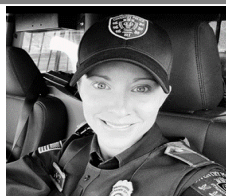
Coventry Department of Parks and Recreation

Check out their amazing seasonal programs...

Facebook [@coventryparksrecri](https://www.facebook.com/coventryparksrecri)

Instagram [@coventryparksandrecri](https://www.instagram.com/coventryparksandrecri)

**You can access their seasonal Program Guide
and online registration on their website at
coventryrecreation.com**



Officer Erica Braker has been selected as the Community and Elderly Affairs Liaison Officer.

Off. Braker has served the Town of Coventry for the past 16 years. The purpose of the elder affairs officer is to create a close bond between the police department and the senior citizens in our community. The elderly affairs officer is available for all matters of elder abuse, neglect, and self-neglect. Officer Braker will be visiting the Coventry Resource & Senior Center on a regular basis and will be available to speak with all members of the community. **Off. Erica Braker #32**

Business phone: (401) 826-1100 E-mail: enovak@coventrypd.org

Also available for residents is the **Law Enforcement Advocate** with the Coventry Police Department who is trained in issues of sexual assault and domestic violence. The advocate will explain victim's rights and provide support throughout the criminal justice proceedings. **Please call 826-8915**

GENERAL SERVICES

Coventry Resource and Senior Center

Come enjoy the sun or the shade on your beautiful patio at 50 Wood Street !
Meet your friends, make some new ones in the fresh air or maybe enjoy lunch outside....



COVENTRY CARES COMMUNITY CLINIC

Our nurses are at your service to monitor blood pressure, weight, diabetes and medication management.

People are welcome from the community to take advantage of this free service.

Our nurses are ready for any basic nursing questions you might have. **822-6208**

Nurse Jane or Nurse Carolyn are available:

Mon 8:30—12:30 Tues 8:30—12:30 Thurs 8:30-12:30 Fri 8:30—12:30

COFFEE SHOP

Open mornings daily 9:30 to 11:30 providing tea, coffee, hot chocolate, juices, and snacks.

**WE ARE LOOKING FOR
SUBSTITUTE VOLUNTEERS...**

NOTARY PUBLIC

Free Service

This service is available at no charge.

Three staff members are RI Registered Notaries.

Please call 822-9175 to ensure a notary is available for you.

LENDING LIBRARY

Come browse our Lending Library and pick up some interesting reading... or you might have some books to share

PROJECT FRIENDS

Project Friends is a State of RI licensed community based day service program developed in 1992 for adults with developmental disabilities. Each individual has a plan that offers choices of activities which build independence, adult daily living skills, socialization, self-esteem and confidence.

Participants are supported by case aides. If you would like more information about Project Friends, please feel free to call the **Marlena Davis or Lisa Cote at 822-9144.**

‘TIS THE SEASON

‘Tis the Season is a volunteer organization serving families in the towns of Coventry and West Greenwich. It was established in 1992 with its main focus to provide a joyful holiday season for all, especially children.

‘Tis the Season operates through the generosity of the community. Some members of the community have small fundraisers. Others prefer to donate money directly. The Fire Departments graciously conduct an annual “Boot Day” to support ‘Tis the Season. These funds are used to purchase needed food and clothing. Local schools and churches hold food drives. Other clubs and organizations conduct toy drives all to benefit ‘Tis the Season. Still other families, businesses, schools and other local groups choose to “Adopt a Family” at the holidays. **Call 822-9178 for more information, how to request assistance or how to donate.**

ACTIVITIES

Coventry Resource & Senior Center

Any questions call 822-9175

PITCH / CARDS—Experienced players only !

Tuesdays at 1:00 we meet in the mealsite.

Please note: *changed to a leisurely program for fun & no fee.

BINGO - Please come & join the fun Wednesdays 1:30 – 4:00

BOCCE Anyone can call 822-9175 to reserve a time with your own friends/players during the week.

CRIBBAGE Thursdays at 1:00 pm.

We meet in the activity room on the left just behind the mealsite.

New game: MEXICAN TRAIN TILE GAME. Come join if you already know or come and learn. Mondays at 1:00pm - 3pm

SCRABBLE - Fridays at 1:00 pm for all skill levels

MAHJONG - Fridays at 1:00pm

KNITTING Wednesdays 9:30 – 11:30 . If you knit or crochet we would love to have you join us in the mealsite. If you need any help with your projects, we would be happy to help.

POOL ROOM— Did you know that we have two billiard tables? The tables are open for play Monday - Friday 8:00 – 4:30pm. Cheapest rates in town only \$4.00 for the month. Come join us!

PINOCHLE **Our new group on** Fridays at 10:00am

We have a cheat sheet. Come join the fun !

CREATIVE WRITING GROUP

Thursdays at 10:30-12:30. Cynthia Anne Bowen, a published fiction writer and poet, has a B.A. in English Literature from Brown University. No experience necessary. All you need is a desire to put your words on paper. She will show you how. \$5.00 per class.

CANASTA Tuesdays at 1:00. Our friendly canasta group is welcoming new players & offering a cheat sheet that is easy to follow. We meet in the activity room just behind the mealsite.

ARTS & CRAFTS Every Thursday 1-3pm

ADULT COLORING Thursdays at 10am

AARP Chapter 2210 Presents!

The Ladies Foursome Newport Playhouse
Wednesday, March 13, 2024 \$134 pp
 (Transportation, Buffet & Play)

Discover Historic Plymouth, Massachusetts
 (Transportation, Cruise & Lunch)
Tuesday, May 21, 2024 \$114 per person

Indian Princess Cruise & Lunch
Wednesday, June 26, 2024 \$119 per person

Foster's Lobsterbake & York, ME
Tuesday, July 23, 2024 \$114 per person

Lake Winnepesaukee Turkey Train
Wednesday, September 18, 2024 \$129 pp

Foliage in the White Mountains
Thursday, October 3, 2024 \$129 per person

Call **Maureen Murphy at 401-828-5188** or
Anne Brien 402-263-4274 for details & to book
 Come see detailed flyers on our bulletin board !

Weekly / Monthly Activities & Programs

Monday

8:00am - 4:30pm Pool Room
 8:30am -12:30pm Nurse available
 9:30am Yoga
 1:00pm Mexican Train Tile Game

Tuesday

8:00am - 4:30pm Pool Room
 8:30am - 12:30pm Nurse available
 10:30am Sociables (1st Tuesday)
 1:00pm Canasta
 1:15pm Pitch

Wednesday

8:00am - 4:30pm Pool Room
 9:00am Tai Ji Quan
 9:30am Knitting
 1:30pm Bingo

Thursday

8:00am - 4:30pm Pool Room
 8:30am - 12:30pm Nurse available
 10:00am Adult Coloring
 10:30am Creative Writing
 1:00pm Cribbage
 1:00pm Arts & Crafts Class

Friday

8:00am - 4:30pm Pool Room
 8:30am - 12:30pm Nurse available
 9:00am Tai Ji Quan
 10:00am Pinochle
 10:30am Yoga
 1:00pm Scrabble
 1:00pm Mahjong



HEALTH & WELLNESS

THE SOCIABLES

On the first Tuesday of every month at 10:30am
 interesting single seniors meet and plan day trips for the upcoming month. If you're not busy every Sunday and enjoy plays etc. we would love to have you join us.

YOGA Shri will be teaching our program going forward. This program is intended to reduce toxic stress while increasing physical and emotional stamina through shared, effective and efficient methods rooted in yogic philosophy and informed practices.

Mondays at 9:30 and Fridays at 10:30.

The cost is \$3.00. Please stop by the front office in advance to register. Class enrollment limited.

You must have a yoga mat for the class. Thanks!


ADULT COLORING What used to be known as a simple, fun activity for kids now is a tool for practicing good mental health. But what makes adult coloring so popular? Coloring can help you be more mindful. Mindfulness is the ability to focus and stay in the moment. It is also a healthy way to relieve stress. It calms the brain and helps your body



relax. This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety.

Thursdays at 10am

(the above taken from mayoclinichealthsystem.org)

<p>There is scientific evidence that demonstrates how therapy animals improve heart health, help alleviate depression, increase well-being, and contribute to healthy aging. *Will meet every other month at the Senior Center. See dates on page 2</p>	<p style="text-align: center;"><i>Come meet <u>Sawdust,</u> a local therapy dog</i></p> 
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DIABETES PREVENTION PROGRAM

A **FREE** program to prevent the onset of diabetes. This program will be on Tuesday mornings to start sometime in April. This is an evidence-based program which teaches people at risk for developing diabetes how to implement a healthy lifestyle with the goal of preventing or delaying the onset of type 2 diabetes. Classes meet weekly for the first six months with a trained lifestyle coach to guide and encourage you. Then monthly maintenance for six months. If interested please get a Participant screening form from Lynn in reception. Or contact Ana Almeida-DoRosario at 444.8069 or at almeidadorosario@lifespan.org.

Previous program participants who meet the criteria are eligible to take the class again.

The below classes are full. Please call the receptionist to have your name put on the waiting list.

CareLink Wellness Fall Prevention Program

TAI JI QUAN / TAI CHI: Moving for Better Balance

NEW SESSION STARTS March 6th, 2024

****All students are assessed before they can start.***

Call 822-9175 for more info. And to schedule your assessment. Learn about ways to improve balance and reduce your fall risk through a balance and strengthening exercise class incorporating Tai Ji movement.

Wednesday and Friday 9-10am \$3.00 per class.

Call 822-9175 to sign up and schedule your 15 minute Balance Screening

Congratulations to all the TJQMBB graduates!

A new program for the Graduates of TJQMBB starts

Thurs, March 7th 2024 at 11:00 Rm 214

You have mastered the foundational skills of Tai Ji Quan for Better Balance and now it is time to take your practice further. Embrace this opportunity to grow, strengthen your body and mind, and continue to reap the benefits that Tai Ji Quan has to offer. You will join a community of like-minded individuals who, like you, are eager to continue their practice while refining their posture, balance and coordination.

This class will be led by Michele Cornwell who has previously been teaching TJQMBB here .

Thursdays beginning March 7th, 2024 from 11-12

Call 822-9175 to reserve your spot.

Please note: Always consult your healthcare provider when contemplating new ideas to promote better health.

NUTRITION

COVENTRY COMMUNITY FOOD BANK

(401) 822-9199 HOURS: Tuesday 1-4 Wednesday 9-12 Thursday 9-12

Located at 191 MacArthur Blvd. Enter main entrance and the food bank is in the basement.

Everyone should have access to food & if you need assistance please call 822-9199 we will ask for proof of address and a photo ID. Always grateful for donations of personal care items.

One of every three bites
of food you eat



depends on the honey bee.

[facebook.com/organicconsumers](https://www.facebook.com/organicconsumers) www.organicconsumer.org



COVENTRY COMMUNITY GARDEN *located in front of the Town Hall Annex. (Come check out the Bee Hive too!)*

All of the produce grown goes directly to our Food Bank.

Please help us feed our community! If you have a few hours per week available or maybe you have community service hours for school or college this would be a great opportunity.

For more information, please call 822-9175.

Visit the *Coventry Community Garden* on Facebook.

Saturday Grab and Go weekly meals. Please call the SVdP Society at (401)828-3090 before 3pm on Wednesday to schedule a delivery or pick up of a warm meal. **Available Saturdays 11:00am—11:30am 445 Washington St. Coventry**

COVENTRY CAFÉ

Come have lunch at the Café for those 60 and over or individuals with disabilities. Each Café offers two meal choices daily. The “pub option” offers a sandwich for those who want a traditional lunch. The “heartly option” provides a full, hot lunch for those who prefer their main meal at midday.

Please call 822-9180 for your lunch reservation at least one day in advance. If you cannot make it in, please call us to cancel.

The suggested donation is \$3.00. guest under 60 for \$4.00.

Celebrate Birthdays the third Thursday of the month !

PARTICIPANT INFORMATION FORM / Senior Center Scan cards All those who participate in our mealsite/Café must fill out a PIF for this congregate meal program. You must be 60 or older or a person with disabilities to participate. See Lynn in reception.

Meals on Wheels of Rhode Island Provides home delivered meals to frail, homebound seniors and qualified disabled persons, five days per week. Seniors must be 60 years or older, live alone, have no one to help them, and be unable to shop, cook, or drive. If under 60, an approved waiver is required through eligible waiver programs (DHS, PACE, NHPRI) Can make referral **on-line at www.rimeals.org or call (401) 351-6700** Donations accepted but not mandatory.

Additional food pantry options...

The Society of St. Vincent de Paul—Coventry

222 MacArthur Blvd. (401)828-3090 Saturdays 9-12pm for Coventry residents. Can visit weekly. Handicapped accessible at back door.

Emanuel Lutheran Church 9 New London Ave. WW

821-8888 Tues 10am –12 *Can go weekly* (For WW & Coventry, WG & Foster residents only) *bring proof of address

Heavenly Heart Food Pantry First Baptist Church

1613 Main St. WW Open 1st Saturday of the month for Coventry residents .11am - 2pm no appt necessary.

Be the Change /Project Hand Up

www.projecthandup.net (401) 965-9050

15 Factory St. WW (located behind American Legion)

*Open every Tuesday 3-5 last name beginning with A-K

*Open every Thursday 3-5 last name L-Z only.

*Open every Friday 3-5 for people 60 and older

(Veterans and anyone 60 and older may shop any day)

*Must bring proof of ID and address.

\$6 for prefilled bags -approx. \$200 worth of groceries.

Accept cash, debit/credit cards; bags placed in trunk, please have ID ready & trunk cleaned out. Check their Facebook page (Project Hand Up) for times & changes

Faith Fellowship Food Pantry

1395 Nooseneck Hill Road, Coventry (across from the post office) Open every second and fourth Saturday of the month from 8am - 12pm. Food Pantry entrance located at the back of building and down the ramp.

Please call Lisa at 397-3383 for questions. Or go to

faithfellowshipaog.com

Westbay Community Action Marketplace

487 Jefferson Blvd. Warwick Serves residents in Warwick, WW, East Greenwich & Coventry. M, W, TH 9am - 3pm T, F 10-3pm Closed 11:30 - 1 for stocking & lunch. Call 732-4660

MONTHLY MENU

Please call 822-9180 to make reservations by 9:30am for the next day meal.

Please keep this in mind for your cancellations as well.

Meals are served at noon. Thank you for your \$3.00 suggested donation.

SERVING SIZES

Grains – 2 ounces
Vegetables – ½ cup
Fruits – ½ cup
Protein – 3 ounces
Dairy – 1 cup

February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 French lentil soup Roasted pork loin w/ gravy Roasted potatoes Green beans Jello Roll Ham & cheese sandwich	2 Mulligan stew Sweet & sticky chicken Mixed vegetables Rice pilaf Ww roll Pineapple chunks Roast beef w/ roll
5 Vegetable soup Baked chicken w/ mushrooms Roasted sweet potatoes Baby carrots w/ green beans Sliced cake Ww Roll Seafood salad on wheat	6 Chicken escarole soup Pepper steak Roasted potatoes Roasted zucchini w/ tomato Oatmeal cookie Ww Roll Egg salad plate	7 Vegetable lentil soup Sausage & pepper sandwich Pasta Salad Chips Ww roll Sliced pears Turkey & Swiss cheese	8 Tomato soup Italian style pork chop Roasted potatoes Mixed vegetables Ww Roll Cup cake Chicken salad plate	9 Roasted cauliflower soup Swedish meatballs Mashed potatoes Peas & carrots Ww Roll Fresh fruit Cobb salad
12 Cream of broccoli soup Sloppy Joe Cole slaw Pretzel Ww Roll Tropical fruit Chef salad	13 Navy bean soup Baked rigatoni w/meatballs Green beans w/stewed tomatoes Garlic bread Lorna doone cookie Seafood salad sandwich	14 Vegetable barley soup Shepard's pie Mashed Potatoes Ww Roll Chocolate chip cookie Tuna salad sandwich	15 Minestrone soup Veal patty w/ mushrooms Roasted vegetables Sweet potato Ww Roll Sliced peaches Spinach salad w/ chicken	16 Clam chowder (red) Potato crusted fish Cole Slaw Rice pilaf Ww Roll Pudding Egg salad Sandwich
19 Closed	20 Vegetable barley soup Beef Teriyaki Fried rice Snow peas Ww Roll - Pudding Chicken salad on rye	21 Vegetable soup Meatball w/stuffed shell Mixed vegetables Ww roll Watermelon Greek salad w/ chicken	22 Kale & bean soup Sliced turkey w/ gravy Buttered corn Stuffing Fresh fruit – Ww roll Tuna salad plate	23 French Onion soup Filet of fish sandwich Cole slaw Potato wedges Ww roll Chef salad
26 Chicken soup Breaded chicken cutlet w/ gravy Florentine rice Baby carrots Ww Roll Pudding Turkey sandwich on wheat	27 Venus de milo soup Meatball & pepper sandwich Roasted potatoes Ww roll Fig newton Spinach salad w/chicken	28 Fresh fruit Tossed salad Beef stew Ww Roll Pineapple chunks Cobb salad	29 Lentil & pea soup Salisbury steak w/ gravy Mashed potatoes Sweet corn Ww Roll Tropical fruit Ham & Swiss on rye	

Enjoy some stories from around the country which are positive and inspiring....

LET'S SPREAD KINDNESS

Restaurant Feeds Community With Free Fridge - Then Gets Paid Back When Business Faced Closure in Austin, Texas. (By Good News Network Jan. 14, 2024)



A husband and wife in Austin, Texas have been honored as heroes for nourishing neighbors-in-need by hosting a community fridge outside their restaurant. Now, the owners of Nixta Taqueria are feeling a boomerang of good karma, after the community found out their business was in trouble. In 2019, Edgar Rico and Sara Mardanbigi opened Nixta Taqueria in East Austin, an area known as a food desert—where options for fresh produce and groceries are scarce.

They weathered the pandemic by offering curbside delivery—and their compassion came to life when they became the pilot location of the new Austin [Free Fridge Program](#). Edgar and Sara began replenishing the community fridge sometimes upwards of 20 times a day with everything from fresh meals to 'hydration packs' during heatwaves. It became a lifeline for many folks, and the couple were happy to keep it stocked.



But this summer they were forced to shut operations due to an electrical issue, which they said was caused by "city oversight". They knew that with so many people relying on them they had to figure out a solution. A week later, they created a [GoFundMe page](#)—and in two days surpassed their \$80,000 goal. "It's the best feeling in the world when you can tell that people have your back," they wrote on the donation page where a stream of comments provided praise and encouragement.

"Help is there—and asking for it isn't anything to be ashamed of." Strangers and customers stepped up to support the Taqueria, saying thank you for taking care of the community during winter storms, heatwaves, and pandemics. Donors contributed \$118,000 so far. "The feeling I get when I read those words is, 'We got you.'" The restaurant is back up and running, with Edgar and Sara relieved that they can continue paying their workers and serving customers (but with limited capacity through the construction period). "More than anything, it affirmed my belief that there is this unspoken bond and connection that we have with one another that transcends the day-to-day."

RESOURCES

Mandated Reporting of Child Abuse and/or Neglect (RIGL 40-11-3) to report known or suspected cases to DCYF within 24 hrs **1-800-RI-CHILD (1-800-742-4453)**

How to apply for SNAP (food stamps) benefits; RIW (cash assistance); (CCAP) child care assistance and other programs – Can apply online or you may opt to complete the printable application. The application can be found at RI Department of Human Services website: www.dhs.ri.gov **DHS Call Center (1-855-697-4347)** RI DHS all mailed applications be sent to: *RI Dept of Human Services, PO Box 8709 Cranston, RI 02920* or can be hand delivered to any DHS location. Closest is Warwick DHS 195 Buttonwoods Ave. Warwick 02886

Issues with food stamps? URI SNAP OUTREACH PROJECT
Call 1-866-306-0270 www.eatbettertoday.com or call a new statewide SNAP outreach program (401) 462-4444 office located at 50 Valley St. Prov. M-F 8:30-5

Office of Child Support Services For an application visit
www.cse.ri.gov (401) 458-4400

the SHARING locker third Saturday of each month, 10-12noon
Westminster Unitarian Church—Smith Hall 119 Kenyon Avenue, EG 401-884-5933
www.westminsteruu.org (items such as deodorant, tissues, laundry detergent, razors etc.)

CHURCH OF CHRIST Giving Closet
42 Nooseneck Hill Road,
West Greenwich
(Lower Level Coventry-West Greenwich Elks Lodge)
Open every Wednesday from 1-5pm. **FREE** 397-9700

FREE AND REDUCED PRICE SCHOOL MEALS visit RI Dept of Ed to see if you qualify at www.ride.ri.gov/cnp/home.aspx Or your school website Coventryschools.net

PARENT SUPPORT NETWORK
WWW.PSNRI.ORG (401) 467-6855

RI PARENT INFORMATION NETWORK
WWW.RIPIN.ORG (401) 270-0101 callcenter@ripin.org

THE AUTISM PROJECT theautismproject.org 785-2666
For parents, caregivers, and family members supporting individuals with ASD and other developmental disabilities.

RIPIN Healthcare Advocate: assists those covered by both Medicare and Medicaid with denials, benefits etc.& Neighborhood Integrity **Call 1-855-747-3224**

Dorcas International Institute of Rhode Island
784-8600 <https://diiri.org> Services for immigrants and refugees

Center for Southeast Asians 401-274-8811
Victim services, interpreters, advocacy and support services

Progreso Latino 401-728-5920 Bilingual services, support & information for elders and disabled over age 60

RI LEGAL SERVICES 401-274-2652 www.rils.org
RI Office of Mental Health Advocate 401-462-2003
Advocacy & legal help for those with mental health issues.

Bright Stars—Rating system for RI Child Care
www.brightstars.org Call 1-855-398-7605

CHILD INC. 823-3228 www.childincri.org
Head Start/Early Head Start: No cost programming for expecting parents and children birth to five who are eligible by family income, foster placement or are experiencing homelessness. **Also Extended Day Childcare & RI Pre-K ...**

WESTBAY CAP *Please note their NEW ADDRESS:
Westbay Community Action on 487 Jefferson Blvd. in Warwick, 02886 offers Coventry residents who are eligible: **Heating Assistance, Good Neighbor Energy Fund, Weatherization** etc.
www.westbaycap.org or call 732-4660
RI Energy Consumer Advocate Carlos Andrade 378-5725

Open Doors, 485 Plainfield Street, Prov. RI 02909 781-5808
supporting formerly incarcerated; one stop resource center; employment program etc. <http://www.opendoorsri.org>

Family Health Services of Coventry (CCAP), 191 MacArthur Blvd. www.comcap.org 401-828-5335 affordable health and dental
Family Health Services also has a HealthSource RI navigator.
WIC at 191 MacArthur Blvd. 589-2610 Tuesdays and Thurs

EBC House Hotline 738-1700 Advocates available 9-5 www.ebccenter.org Safe shelter; transitional housing; court advocacy; counseling

If need immediate assistance call **RI Victims of Crime Helpline 24hr. Support 1-800-494-8100**

Law Enforcement Advocate with the Coventry Police Department is trained in issues of sexual assault and domestic violence. Provides support through criminal justice proceedings, explains victim's rights etc.
Please call 826-8915

SUPPORT GROUPS**RESOURCES**

Here are just some in R I...

American Parkinson Disease Association / APDA
Parkinson's Information & Referral Center at Kent Hospital
 Call Mary Ellen Thibodeau, RN 401-736-1046 or
 email apdari@apdaparkinson.org or visit their website at
<https://www.APDAparkinson.org/ri>

HOPE HOSPICE & PALLIATIVE CARE RHODE ISLAND
Bereavement support groups . Call 1-800-338-6555 or visit their
 website at www.hopehospiceri.org

SUPPORT FOR STROKE SURVIVORS AND CAREGIVERS
 RI Hospital in person or via zoom. For all details call Nakeesha
 Brown at (401) 444-8237 or email at nbrown1@lifespan.org

SAGE RI sageriinfo@gmail.com <https://sage-ri.org>
 Advocacy, education and support for Gay, Lesbian, Bisexual and
 Transgender Elders

CAREGIVER EDUCATION & SUPPORT Brookdale Center
 of New England 600 Center of New England Blvd. last Wednesday
 of the month 6-7pm Questions-call Lisa Denton 821-2445 Ext. 4126

IF A SENIOR (60 & older) IS NOT SAFE at home call:

Office of Healthy Aging—formerly Department of
 Elderly Affairs: Protective Services 401-462-0555

Call 211 after hours. www.oha.ri.gov to file report online.

RI General Law 46-66 mandates that anyone who suspects the
 abuse of an older person must report it to the Office of Healthy
 Aging Adult Protective Services Unit (401-462-0555)

Report concerns or abuse of an adult with disabilities aged
 18—59 by contacting: RI BHDDH

QUALITY ASSURANCE UNIT at 462-2629

24 hour hotline, seven days per week, 365 days per year

FOR NEGLECT OR ABUSE IN A FACILITY call:

Department of Health Facilities Regulation: 401-222-5200
 RI Attorney General Patient Abuse or Neglect, Medicaid Fraud
 & Drug Diversion Unit: 401-222-2566 or 274-4400 x2269
 RI State Long Term Care Ombudsman Program: 401-785-3340
 (advocates for and works to resolve problems related to the
 health, safety, welfare, and rights of individuals receiving long
 term care services; responds to and investigates complaints)
www.risltcop.org

Dept. of Behavioral Healthcare, Developmental Disabilities
 and Hospitals (BHDDH)

Div of Developmental Disabilities (DDD)<https://bhddh.ri.gov>

Call 401-462-3421 to speak with an eligibility caseworker.

Are you disabled and need information on services...

Office of Rehabilitation Services (ORS) www.ors.ri.gov

Vocational Rehabilitation/ Disability Determination Services

(DDS) 40 Fountain St. Prov, 02903 401-421-7005

FYI Robert J. Allen Masonic Medical Equipment
Distribution Center **Open Fridays 9 to 12*
 Pre-owned-loaned at no cost 116 Long Street Warwick
 (2nd entrance gate at Buttonwoods Masonic Youth Center)
 More info. Email medcenter@rimasons.org or 451-0184

Ocean State Center for Independent Living.
 1944 Warwick Ave, Warwick, RI
 Needing equipment such as wheelchairs, grab bars,
 walkers, transport chair, toilet, etc. Or need a wheelchair
 ramp? Call OSCIL at 401-738-1013 Ext. 13 or
www.oscil.org

The Alzheimer's Association's 24/7 Helpline service
 Visit <https://www.alz.org/ri> or call 1-800-272-3900

DHS Long Term Services & Support
 to apply for nursing home care contact (401) 574-8474

**For a list of updated licensed Nursing Homes,
 Assisted Living Facilities and Home Care providers**
 go to RI Dept of Health website at www.health.ri.gov

For additional info go to <https://www.assistedliving.org/rhode-island> or
www.alzheimersupport.com

Saint Elizabeth Haven Shelter & Elder Justice
Community Program 401-244-5476 Temporary shelter
 for elder victims & advocacy, case management,
 safety planning in the community.
 For more info. go to Stelizabethcommunity.org/haven

Find a Therapist: <https://www.psychologytoday.com/us/therapists> Medicare.gov also to help find a psychiatrist.

Transportation

MTM coordinates transportation services for Rhode
 Islanders age 60 and older & Under 60 Adults with
 disabilities on Medicaid only – General and special
 medical appts., adult day services, senior meals program
 and INSIGHT. There is a \$2 fee per ride.

1-855-330-9131. It also coordinates non-emergency
 transportation for Medicaid recipients who have no
 other means of medical transportation.

Americans with Disabilities Act (ADA) Paratransit
Services 461-9760 or www.ripta.com for application.
 *Pick up & drop off must be within 3/4 mile of a regular
 fixed bus route. \$4.00 one way fare.

RIPTA 784-9500 ext. 604 or www.ripta.com

PET OWNERS Need help with vet expenses?

FRIENDS of ANIMALS in NEED 489-3645

Pets in Need 270-3832

RI Community Spay / Neuter Clinic 369-7297

RI Veterinary Medical Association 751-0944

Or visit <https://rielderinfo.com/pets/> for other options.



RESOURCES

VETERANS SERVICES... To apply for pensions, compensation, vocational rehabilitation, education, home loans etc. Contact the Providence Regional Office of the **Veterans Benefits Administration**, 380 Westminster St. Providence RI at 1-800-827-1000 or www.va.gov

To apply for healthcare, hospital & prescription benefits contact the Providence **Veterans Administration Medical Center** at 830 Chalkstone Avenue in Providence at 273-7100 / 1-866-363-4486 or www.providence.va.gov

To receive readjustment, PTSD, marital & family counseling, outreach services, bereavement & substance abuse counseling etc. for the veteran and family members contact the **VET CENTER** at 2038 Warwick Avenue, Warwick RI 401-739-0167. Services provided at no cost.

Rhode Island Veterans Resource Center
560 Jefferson Blvd. Suite 206 Warwick, 401-921-2119
Offers two computer workstations with internet access, printers, telephones. Staff available to assist with job searches, resume development, and research.

Veterans Crisis Line 24/7 Call 988 Press 1
Chat online www.veteranscrisisline.net or Text 838255

You do not have to be enrolled in VA benefits to call...

RI VET CORPS is an AmeriCorps program at Westbay Community Action in Warwick. A representative will provide information and referrals to veterans and their families and will help access available benefits and services. They can be reached at 921-5350.

OPERATION STAND DOWN assist veterans who are eligible in securing stable housing and employment. Also assist with basic needs (food & clothing), education and training services etc. 1010 Hartford Ave. Johnston
<https://osdri.org> 1-800-861-8387 / 383-4730

NEW ENGLANDERS HELPING OUR VETERANS
www.nehov.org 401-649-2548 Follow on facebook @NewEnglandersHelpingOurVeterans

Adult Day Programs—for a statewide list go to: <https://OHA.ri.gov/what-we-do/connect/home-care/adult-day-health-centers> or <https://Health.ri.gov/find/licenses>

Adult Day care is a more affordable option to assist in staying home. Choose how many days a week to attend. A personalized care plan is established which includes stimulating activities, therapy, nutritious meals, snacks etc. To find one nearest you call the POINT at 462-4444 or 211 or contact the Adult Day program directly.

SOCIAL SECURITY ADMINISTRATION
30 Quaker Lane, Warwick RI 02886 (first floor)

How to apply for Benefits: **File online at ssa.gov**
for Retirement, Spouse, SSI, Disability, Medicare

Or schedule phone appointment at 1-800-772-1213
8am - 7pm Monday through Friday

Set up **mySSAaccount** at ssa.gov/myaccount
whether you receive benefits or not.

You can use your account to request a replacement social security card and or Medicare card, check the status of an application, estimate future benefits, get a benefit verification letter, check on status of appeal or manage the benefits you already have etc.

Having issues with Social Security or the VA ?

Offices are available to help - Residents can contact:
Senator Jack Reed, Cranston office 943-3100

RI SPECIAL NEEDS EMERGENCY REGISTRY

The R I Department of Health maintains a registry for Rhode Islanders of all ages—infants to seniors— who have speech, cognitive, developmental, mental health, sensory and mobility disabilities, chronic conditions, and/or other special healthcare needs. The Registry allows first responders and emergency management officials to plan, prepare for, and respond to the needs of the community in an emergency. For more info or to enroll, visit www.health.ri.gov/emregistry 401-222-5960/ RI Relay 711

CodeRed provides automated calls on your landline and/or cell phone and text messages alerting you of weather emergencies, sex offender notifications, town info etc. Your landline is automatically on the system, but if you want to receive notifications on your cell phone you would need to register your cell phone # **online at the town website www.coventryri.org or the Coventry Police website at www.coventrypd.org**

HOPE AND RECOVERY

Call the RI HOPE AND RECOVERY HELPLINE:

401-942-STOP / 401-942-7867 *Addiction is a Disease.*

Recovery is Possible. Treatment is Available.

Rhode Island's recovery helpline connects individuals in crisis with treatment and recovery support.

English & Spanish counselors licensed in chemical-dependency are available 24 / 7

PROVIDENCE SAFE STATIONS...

Anyone can visit any Providence, Newport, East Providence, Woonsocket, Smithfield, Pawtucket or Bristol fire station to connect to recovery services.

When you're ready --- The stations are open 24/7 for walk-ins. No referrals needed and it is free.

Fire/EMS & recovery professionals will connect you to help. **Go to www.pvdsafestations.com** for more info.

When you need police, fire, or rescue or have a medical emergency such as an overdose, call 911.

VETERANS CRISIS LINE 24/7 Dial 988 then Press 1

You don't have to be enrolled in VA benefits or healthcare
Chat online www.veteranscrisisline.net or Text 838255

THRIVE BEHAVIORAL HEALTH Intake (401) 732-5656

THRIVE Emergency Services 24/7 Call (401) 738-4300

mental health and substance abuse treatment, case management, housing services, crisis response & more

ANCHOR RECOVERY & WELLNESS CENTER

401-615-9945 for all stages of recovery

890 Centerville Rd. Warwick

CCAP Behavioral Health Counseling 401-467-9610

provides mental health & substance abuse services, anxiety, depression, trauma counseling etc. www.comcap.org

EBC House Hotline 401-738-1700 Advocates available 9-5

www.ebccenter.org Safe shelter; transitional housing, court advocacy; counseling

If need immediate assistance **RI Victims of Crime Helpline** or "the helpline" 24hr. Support **1-800-494-8100**

THE SAMARITANS RI 24hr Crisis Hotline / Listening

Line Need to talk **(401) 272-4044**

or toll free RI **(800) 365-4044** Emergency? Call 911

NALOXONE (Narcan): A medicine that can reverse an opioid overdose at RI pharmacies without a prescription from a doctor.

Find naloxone at <https://preventoverdoseri.org/get-naloxone/>

BH LINK Call 401-414-5465 (LINK)

the state's 24/7 crisis center for mental health and substance use disorder issues for age 18 & over.

If you are going through a mental health or substance use crisis & feeling overwhelmed, there is help. Services & referrals provided by a professional team of registered nurses, counselors, psychiatrists, peer specialists, etc.

Open 24/7 **Call 401-414- LINK (5465)**

or walk into our 24/7 BH Link triage center

at 975 Waterman Ave. in East Providence-

it's a community based walk-in/drop off facility where

clinicians connect people to immediate,

stabilizing emergency behavioral health services,

and long term care and recovery supports.

www.BHLINK.org

For under 18, Call **KID LINK 855-543-5465**

24/7 line connects to treatment and counseling.

We know teenagers. Call us. **BUTLER HOSPITAL**

24 hours a day. 7 days a week. **(844) 401-0111**

*get help to address depression, anxiety, addiction, suicidal thoughts and self-harm

What is 988 ? 988 is the new dialing code for the new suicide and crisis lifeline in Rhode Island.

Call 988 for 24/7 access to trained crisis counselors

People can call or text 988 for themselves or if they are worried about a loved one who may need crisis support.

What does 988 help with? Thoughts of suicide, Mental health crisis, Substance use crisis, any other emotional distress.

Who answers 988 in RI ? 988 in Rhode Island is answered by trained crisis counselors at BH Link, the state's 24/7 crisis center for mental health and substance use disorder issues.

Call or text 988 or chat 988lifeline.org/chat

Rhode Island's Free Quitline 1-800-QUIT NOW (784-8669)

for help quitting Smoking and Vaping.

Free 24/7 Quit Vaping Support Designed for Teens

<https://mylifemyquit.com> Resources for teens

PreventOverdoseRI.org a user friendly website

Coventry Substance Abuse Task Force (401) 562- 2277

Facebook: Coventry Substance Abuse Task Force

Twitter: @CoventryTask Instagram: @Coventry_SATF

HOPE AND RECOVERY

TWELVE STEP PROGRAMS

RI Alcoholics Anonymous 800-439-8860 <http://www.rhodeisland-aa.org/>

New England Region of Narcotics Anonymous 866-624-3578 <https://nerna.org/>

Rhode Island Area Al-Anon (401) 781-0044 <https://www.riafg.org/>

RI Area Adult Children of Alcoholics and Dysfunctional Families <https://www.riareaaca.org/>

New England Gamblers Anonymous <http://newenglandga.com/>

Ocean and Bay Intergroup of Overeaters Anonymous (OA) <http://www.oceanandbay.org/>

24/7 Problem Gambling Hotline all 1-877-9GAMBLE Treatment is available for individuals with or without insurance

Contact *The Family Task Force* at <https://www.familytaskforce.org> to get information and support from fellow Rhode Islanders who have been impacted by substance use conditions.

ANXIETY Anxiety can make your teen's life miserable. The teenage years are a stressful time as our children must deal with changes at school, in their relationships, and in their own bodies. Anxiety begins to set in as teens become overwhelmed with fear and worry. If your teen or preteen suffers from anxiety attacks, don't encourage them to avoid or resist whatever it is that triggers the attacks. Rather, encourage them to invite a panic attack then write through it in a journal. Over time, they can change how their mind processes information. The goal here is NOT to rescue them but to empower them with "coping skills" and help reduce symptoms without medication.

WARNING SIGNS OF A PROBLEM If parents pay attention to the warning signs of anxiety, it is possible to provide help quickly and assist your child in managing their anxiety. Parents may want to talk with their family doctor to determine if anxiety is present and whether cognitive-behavioral therapy or other treatments may help.

- Complaining of physical symptoms, such as frequent stomach aches, headaches, or muscle aches.
- Feelings of intense fear for no reason
- Preoccupation or recurring thoughts, such as worrying about getting sick
- Fear of social situations or fear of meeting new people and Extreme shyness
- Constant worrying about upcoming events, tests, social situations (although worry is a normal emotion, constant worrying could be a sign of anxiety)
- Physical signs such as racing heart or shortness of breath for no reason
- When your teen's fears and worries interrupt their everyday life and activities

TRENDS - Of all the mental disorders, teen anxiety disorders are the most common; Anxiety disorders affect one in eight children; Anxiety disorders often co-occur with other disorders such as depression, eating disorders, and ADHD, ADD, and OCD; If children and teenagers do not receive treatment, excessive anxiety can lead to more complex mental health conditions and may lead to adolescent or adult depression and suicide.

(The above taken from page 25 of THE PARENT HANDBOOK, A RESOURCE FOR PARENTS OF TEEN & PRETEENS 7TH EDITION - call 822-9176 for your own copy of the entire resource booklet)

WHEN IT'S TIME TO TALK. Talking to your teen about alcohol and drugs is never easy. Here's an app that can equip parents with the necessary skills, confidence, and knowledge to start and continue these conversations.

Samhsa.gov/talk-they-hear-you/mobile-application



Staff Directory

Director Robert Robillard 822-9127
rrobillard@coventryri.gov

Lead Social Worker Catherine Pendola 822-9178
cpendola@coventryri.gov

Bookkeeper Jomarie Fabian 822-9177
jfabian@coventryri.gov

Receptionist/Intake Coordinator Lynn Jacavone
Main # 822-9175 humanservices@coventryri.gov

Social Workers

Susan Pajak 822-9176 spajak@coventryri.gov

Lynn Pendola 822-9125 lpendola@coventryri.gov

Social Worker Assistant Stefani Weber 822-9146
sweber@coventryri.gov

Food Bank 822-9199

Nurse's Office 822-6208

Mealsite / Café 822-9180

Program Coordinator Pat Fleming 822-9474
pfleming@coventryri.gov

Program Assistant Karen Beaudoin 822-9180

Project Friends Clinical Administrator Marlena Davis
822-9144 mdavis@coventryri.gov

Project Friends Program Director Lisa Cote
822-9144 lcote@coventryri.gov

Maintenance Josh Warren 822-9175

You can view our monthly newsletter online at
www.coventryri.gov

Click on Departments; Human Services; Attachments

Monthly Newsletter Email List

If you wish to receive a digital copy of the newsletter,
please enter your email address on our above website.

Coventry Town Council Members

Jonathan J. Pascua District #1
District1@coventryri.gov

Jennifer Ludwig District #2
District2@coventryri.gov 551-482-4725

James LeBlanc (Vice President) District #3
District3@coventryri.gov 401-821-1426

Hillary Lima (President) District #4
District4@coventryri.gov 401-585-4286

Kimberly Shockley District #5
District5@coventryri.gov 401-241-8517

If you need to know what district you are in,
please visit www.coventryri.gov/town-gis-maps
then click on *Council Voting Districts*

Coventry Friends of Human Services Advisory Board:

Steve Glover	Florence Martinelli	Joan DeGregory
Gail Tatangelo	Judith Taylor	Joan Tillinghast
Ernest Rusack, Chairman		Cole Campbell

TOWN OF COVENTRY

Additional phone numbers

Police and Fire..... 911

Police Department.....	826-1100
Animal Control.....	822-9106
Fire Department.....	821-3456
Town Clerk.....	822-9173
Town Manager	822-9185
Tax Assessor.....	822-9162
Tax Collector.....	822-9167
Library.....	822-9101
Parks & Recreation.....	822-9107
Planning Department.....	822-6246
Building Inspector	822-9156
Public Works.....	822-9110
Board of Canvassers.....	822-9150
Coventry School Administration.....	822-9400

INCLEMENT WEATHER POLICY

Information regarding closings/delays due to weather events
will be on channel 10 & local radio stations.

Online at www.ribroadcasters.com

click *View Current Closings*.

In doubt - call the main number at 822-9175

DONATIONS ALWAYS APPRECIATED

Checks can be made payable to the Coventry Food Bank
Gift cards and/or cash also accepted * You can either drop off
in person or mail to: Coventry Resource & Senior Center
50 Wood St. Coventry, RI 02816 ATTN: JoMarie

If any information contained in newsletter is incorrect,
please report to 822-9176. Thank you !