

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.org 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

Welcome to August! Thank You all for your support of our center.

We have a special birthday this month. Our friend Albert DeSilva will be turning 104 on August 8th! 104? Yes it's true! Albert is a great guy and is full of energy and wish him the best!

We have recently installed a computer lab where we have two computers, a printer, desks and chairs for folks to access the internet and apply for assistance. We will be having a sign up to use them soon.

Our 12x20 Gazebo has been installed and all of our new outdoor furniture; rocking chairs, tables and Adirondack chairs are available to sit, relax and enjoy the nice weather. Thank you to Al, Lynn and our DPW friends, Dino and Greg for getting it assembled. It looks great!

We have been working closely with RIPTA and will be partnering to get three new vans built for our town. They will each be handicapped accessible and be able to transport two wheelchairs. The goal will be to get people in town to our services and help them better access their community for shopping and appointments. We should receive the vans in twelve months and will definitely be celebrating their arrival.

Our Arts and Crafts Programs will be starting back up this month. Those who have attended Dina's classes enjoy them immensely. Stop by and check out the classes, they are free and you get to make some pretty cool stuff. You can check out what projects they have completed so far at the Coventry Public Library as they are on display in the front lobby.

Our Meal Site is increasing in numbers each week and our Bingo is becoming well attended. Please keep an eye out for new health programs this year with Shri Yoga, Tai Chi and Zumba classes. We want to get everyone as healthy as they can be so we can continue to enjoy our time together here at 50 Wood Street.

Please Enjoy these warmer days and spend time with your family and friends. If you have not attended our center yet, please feel free to call for a tour and we will be happy to show you around and welcome you to join us for our activities.

Take Care. Bob Robillard Jr., LMHC Director

AUGUST 2023



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MONTHLY HAPPENINGS...

Please note: We will be closed on Monday August 14th in observance of VJ Day

Thank You from Pat Fleming: Thank you to all who sent beautiful cards and well wishes to me while I was out. I appreciate the Love!

Thank you to all volunteers who went above and beyond while I was away. We have the BEST Volunteers at the Coventry Resource & Senior Center!!!!

AUGUST ENTERTAINMENT

Wayne Carlow, a country music singer will be here on **Wednesday, August 16th at 11:00.**

Our menu will be chicken soup, meatball & pepper sandwich, roasted potato, cucumber cranberry apple salad, roll and cookie for dessert. *Please call the mealsite at 822-9180 to make your reservation by Tuesday the 15th at 9:30 am.*

GRIEF SUPPORT GROUP has started

It will be available to those in need on Tuesdays at 1pm here at the center.

Please call 822-9175 to sign up. More info on page 4

Mark your calendar... RHODE ISLAND ENERGY will be here on **August 23rd from 9am to 2pm**
Come meet with a customer advocate

to discuss your financial situation and determine if there are any possible cost saving opportunities.

COME PLAY BOCCE !

Anyone interested in starting a league?

Or you and some friends can play anytime, just call Lynn at 822-9175 to reserve your time on our regulation court. (photo on page 5) Why not make a day of it-play Bocce in the morning and make a reservation for lunch at noon?

TAI JI QUAN aka TAI CHI
The new class of Tai Chi is starting August 23rd.

Please sign up with Lynn in reception at 822-9175 Wednesdays and Fridays from 9-10. \$3.00 per class.

*All students assessed before they can start.

Schedule your balance screening at 822-9175

MEN'S GROUP Come check this group out **the 2nd Thursday of every month at 1:00 in the mealsite.**

The last chance this summer to hear

The Coventry High School Jazz Band perform

here at the center from **11am to noon** is on **August 1st**

These young musicians are very talented and their live performances add a new level of sophistication to our lunches

Don't forget to mark your calendars! Maybe you would like to also make a reservation for lunch at 822-9180

WE THANK THEM SO MUCH FOR SHARING THEIR TIME WITH OUR SENIORS OVER THE SUMMER !!!

Canasta-Tuesdays at 1:00. Our friendly canasta group is welcoming new players & offering a cheat sheet that is easy to follow.

Please note: No YOGA on August 4th

YOGA Update — We are offering Yoga two times per week.

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

If you haven't joined us for a class you will need to register at the front desk or call 822-9175. The cost is \$3.00 per class.

Class enrollment limited. ***must have a yoga mat to participate**

CPS OPTIX - a family owned and operated optical shop will provide full optical services with over 150 frames to choose from.

Thursday, August 10th from 11—12. See flyer on page 4

RI Legal Services FREE "one on one" civil legal clinic on August 25th Call 822-9175 for appt. *More info on page 4*

COME CHECK OUT OUR PATIO...

Our patio is open with new chairs and tables and a new 12x20 pergola here for you to relax under.

GET OUT OF THE SUN AND STAY COOL

and check out our billiards room which features two 9 foot tables with leather pockets.

It only costs \$4.00 per month to play ...

Please be advised the **ARTHRITIS EXERCISE CLASS** **Is canceled until further notice !**

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

Pharmacy Delivery Services

Communication from the URI Pharmacy Outreach

THE
UNIVERSITY
OF RHODE ISLAND
COLLEGE OF
PHARMACY

Pharmacy Delivery Facts:

1. Some pharmacies can provide blister dosing to be delivered as well

2. Make sure to update your doctors when switching to a new pharmacy

3. Every pharmacy is different based on costs and fees. Reach out to each for their respective information

To read the latest information about coronavirus (COVID-19) in Rhode Island, visit the Rhode Island Department of Health website:

<https://health.ri.gov/covid/>

or call the COVID-19 Info Line at
401-222-8022

What are the different types of Pharmacy Delivery services?

- Local Expedited Delivery
 - Your prescriptions are delivered to your residence directly from the pharmacy
 - Usually has a higher cost or fee associated with use
 - Package will arrive on the same day the delivery is placed
 - Have to be home to receive the delivery
- Local USPS Delivery
 - Your prescriptions are delivered to your residence via the United States Postal Service (USPS) from your local pharmacy
 - Usually has a lesser cost or fee associated with use
 - Package will arrive approximately 1-2 days after delivery is placed
 - Package will be placed in mailbox or on front doorstep depending on size
- Mail Order Delivery
 - Your prescriptions are delivered to your residence via USPS from special mail order pharmacy
 - Usually has little to no cost associated with use
 - Some insurance plans prefer mail order pharmacy, which would lower copays on some medications
 - Package will arrive approximately 5-7 days after the delivery is placed
 - Package will be placed in mailbox or on front doorstep depending on size

Pharmacies that Offer Local Expedited Delivery

- CVS
- Walgreens
- WhiteCross
- Greenline
- Simpson's
- Lifespan Retail



WHITE CROSS
PHARMACY
Your Pharmacy Solution Since 1933

Pharmacies that Offer Local USPS Delivery

- CVS
- Walgreens
- Walmart

Pharmacies that Offer Mail Order Delivery

- CVS Caremark
- AllianceRx
- CenterWell
- Amazon PillPack
- Express Scripts
- OptumRx



CPS OPTIX WILL BE HERE ON August 10th

**COVENTRY RESOURCE AND SENIOR CENTER
EVERY 2ND THURSDAY OF THE MONTH
FROM 11AM - 12PM**



WHO WE ARE:

CPS Optix is an established, family owned and operated optical shop in Warwick, RI. Our optician is dependable and has over 30 years of experience. We can customize your glasses to fit your needs and our optician cuts your lenses in-house so you get your order faster. Our mission is to provide quality care with traditional values.

At the Coventry Resource and Senior center we will be offering full optical services with over 150 frames to choose from at no additional cost. When your glasses are ready, we will deliver them and provide an onsite fitting to ensure you are 100% satisfied.

SERVICES WE OFFER:

- Glasses
- Sunglasses
- Single Vision
- Bifocal
- No-line Bifocals (Progressive)
- Free mobile service
- Free adjustments
- Free repairs
- Lens replacement
- Tints

INSURANCE WE ACCEPT:

- Blue Chip*
- Blue Cross Blue Shield plans*
- Medicare*
- Neighborhood Health Plan of RI
- Rhode Island Medicaid
- Spectera
- UnitedHealthcare for Medicare
- UnitedHealthcare Rite Care

401-921-4141

200 Toll Gate Road Ste 202
Warwick, RI 02886

CPSOPTIX@GMAIL.COM

WWW.CPSOPTIX.COM

GRIEF SUPPORT GROUP Tuesdays at 1pm.

Please call 822-9175 for any questions.

GRIEF SUPPORT GROUP
TELL YOUR HEART TO BEAT AGAIN





Facts Of Life

Grief, I've learned, is really just love. It's all the love You want to give but cannot. All that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest Grief is just love with no place to go.

THE COVENTRY SENIOR CENTER AND RESOURCE CENTER 50 WOOD STREET, COVENTRY, RHODE ISLAND


IS OFFERING A PROGRAM FOR GRIEF SUPPORT FREE OF CHARGE

THIS SUPPORT GROUP WILL PROVIDE A PEACEFUL PLACE TO SHARE
AND LEARN ABOUT GRIEF WITH THE BENEFIT OF SPIRITUAL COMFORT

EACH SESSION WILL BE 2 HOURS LONG AND LAST 8 WEEK

ANYONE INTERESTED PLEASE CONTACT OUR RECEPTIONIST TO REGISTER

LEGAL ISSUES GOT YOU STRESSED?



Are you having trouble finding work because of a criminal record, or because your driver's license or professional license has been revoked?

Are you having problems with your public benefits (food stamps, childcare assistance, cash assistance)?

Are you concerned about your credit score? Do you have a lot of creditors calling you?

Have you been asked to change your will or power of attorney?

Are you older than 60, and feeling alone, with no one willing to help?

Have you received eviction notices from your landlord or is your home in danger of foreclosure?

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: August 25th, 2023

WHY: RESOLVE YOUR CIVIL LEGAL ISSUES

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

As of July 16th, 2022 there is now a - **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 who is part of the National Suicide Prevention Lifeline.

MENTAL HEALTH SUPPORT in Rhode Island: 24/7 (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

*RI Coalition Against Domestic Violence or www.ricadv.org 24hr Helpline 1-800-494-8100

For more info on the above and other supportive services go to <https://covid.ri.gov/public/healthcare-and-support-services>

TECH Help for Seniors

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.

This new TECH program will be offered on the second Wednesday of the month.

Please call Lynn our receptionist at 822-9175 to have your name added to the list.

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.



COVID VACCINE & BOOSTER INFORMATION For all links and information visit <https://covid.ri.gov>

*To schedule go to www.vaccines.gov or at your Dr. office or select local pharmacies online or call CVS at 1-800-746-7287 Say "Vaccine" / "Agent" / Press 0

*Providence VA Medical Center, 830 Chalkstone Ave. Prov Veterans can call (401) 273-7100 Ext. 13021

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.

IF YOU, OR YOUR LOVED ONE, IS HOMEBOUND AND IN NEED OF A COVID VACCINE OR THE 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 vaccine in your home.

Please call Purple Shield at (401) 384-7752 to schedule a home appointment.

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/>

If you've been targeted by scams or fraud, you are not alone.

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 offer online support sessions for further emotional support.

You can also look up a scam in **AARP's Fraud Resource Center**, sign up for regular updates and much more.

If you feel you are a victim of a scam or fraud:

Contact your bank to report if applicable

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

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 send an email to 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 (also known as security freezes), and opt outs from pre-screened credit offers.

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>**

(The below scam taken from the RI Attorney General website)

"Grandparent" Scam

- Targets older adults
- Usually starts with a phone call – a con artist poses as a grandchild or a person calling on behalf of a relative in trouble and in urgent need of money.
- In every case, the caller claims that an emergency has occurred and requests that money be sent immediately via wire transfer.

Sometimes the caller claims to be a lawyer or a close friend of the child, whose alleged problems range from being in prison in a foreign country, to being in a car accident, missing a wallet, losing an airline ticket, or having a credit card stolen while traveling.

UTILITY / HOUSING RESOURCES

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 do outreach with House of Hope CDC as well.

As of 10-12-22 Rhode Islanders have a new website Energysupport.ri.gov which includes a list of state, federal and non profit energy assistance resources. Contact WestbayCAP at 732-4660 if unable to use the online format.

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.**

Or for new applications this year, you can
apply on WestbayCAP online portal as of
Oct. 1st www.westbaycap.org

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
or visit www.coventryhousing.org
Can apply online or request paper application

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

Rhode Island Energy Assistance options for income eligible customers !

If you need help, there is hope. Rhode Island Energy
Customer Advocates can go over your individual
financial situation and assist with payment options that
may be affordable to income eligible customers.

Along with the following programs:

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, Rhode Island Works program
or General Public Assistance.

**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.

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

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 & apply at Westbay CAP
or SCHEDULE APPOINTMENT HERE.

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.oha.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

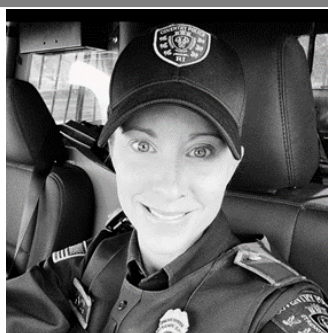
Coventry Department of Parks and Recreation

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**



The Coventry Police Department is pleased to announce **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.

Officer Erica Braker #32

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

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.

THANK YOU TO JOAN AND PEGGY for running this program in the past. Your help and time were greatly appreciated !

Please note: *This program has changed to a leisurely program for fun. There is no fee involved to play.

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.

Always looking for cribbage players !

Instructional Cribbage will be on Mondays at 1:00pm.

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

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— looking for more players

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

AARP Chapter 2210 Presents!

Sept. 12, 2023 **Boston Duck Tour & Margaritaville Fanueil Hall** \$134/pp

October 3, 2023 **Mohawk Trail Fall Foliage Tour** \$109/pp

November 7-9, 2023 **Atlantic City Resorts Casino** \$299/pp Double \$279/pp Triple \$399/pp Single

Call **Maureen Murphy at 401-828-5188**
for more details & to make reservations
or come and view the flyers here !

Weekly / Monthly Activities & Programs

Monday

8:00am - 4:30pm Pool Room

8:30am -12:30pm Nurse available

9:30am Yoga

Tuesday

8:00am - 4:30pm Pool Room

8:30am - 12:30pm Nurse available

10:15am Sociables (1st Tuesday)

10:30am Arthritis Exercise (cancelled)

11:15am Zumba

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

1:00pm Men's Group (2nd Thursday)

Friday

8:00am - 4:30pm Pool Room

8:30am - 12:30pm Nurse available

9:00am Tai Ji Quan

10:00am Pinochle

10:30am Arthritis Exercise (cancelled)

10:30am Yoga

1:00pm Scrabble



HEALTH & WELLNESS



ZUMBA fitness classes

Tuesdays 11:15am—12:15pm.

The cost is \$3.00 per class.

Fun, easy to follow, low impact dance moves.

Zumba is a great cardio exercise.

Come join the fun !

Please call to register at 822-9175.

THE SOCIABLES

On the first Tuesday of every month at 10:15am

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!

MEN'S GROUP

2nd Thursday of the month 1:00 in the mealsite.

CareLink Wellness Fall Prevention Program

TAI JI QUAN / TAI CHI: Moving for Better Balance

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 be added to the list.

Call 822-9175 for more info.

NEW SESSION STARTS August 23rd

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

**Call 822-9175 to schedule your
15 minute Balance Screening
& you can also schedule a
15 minute hearing screen**

Did you know: *Those with hearing loss are at a 3 TIMES increased risk for falls !

**ARTHRITIS EXERCISE CLASS
canceled until further notice**

Tuesdays and Fridays 10:30 – 11:30

This is an eight week program for \$40.00.

We include chair exercises as part of the program.

Stop in for a class to see if this is what you are looking for !

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 and we will ask for proof of address and a photo ID.

The Food Bank greatly appreciates any donations... And we always accept any non-perishable items such as personal care items & household cleaning supplies.



One of every three bites
of food you eat



depends on the honey bee.



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 the 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 “hearty 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 Volunteers needed ! Call Pat Fleming for details 822-9474

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 residents only) *bring proof of address

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 regardless of last name)

*Must bring proof of ID and address.

\$6 for 3 prefilled bags. Accept 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

Temporarily closed as they will be moving

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

August 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Greek salad Pepper steak Mashed potato Zucchini & carrots w/tomato Sliced bread /Fruit Chicken salad sandwich	2 Yogurt Scrambled eggs Home fries Fresh fruit Muffin Chef salad	3 Minestrone soup Salisbury steak w/ gravy Sweet potato Mixed vegetables Roll Cake Ham & cheese on rye	4 Tomato soup Breaded chicken thighs w/gravy Rice pilaf Spanish corn Fruit Roll Spinach salad w/ chicken
7 Cream of mushroom soup Sloppy joe Cole slaw Pasta salad Pudding Roll Ham & cheese club	8 Greek cucumber salad Beef tips w/ gravy Roasted sweet potatoes Green beans Fruit Sliced multi grain bread Italian grinder	9 Roasted chic pea salad Chicken Parm Roasted potatoes Green beans w/carrots Roll Oatmeal raisin cookie Turkey & cheese	10 Minestrone soup Pork roast w/ gravy Broccoli & cauliflower Orzo salad Roll Cake Chicken salad plate	11 Chicken soup Sausage & pepper sandwich Green bean salad Roasted sweet potato salad Ww roll Jello Egg salad sandwich
14 Closed	15 Mediterranean rice salad Baked rigatoni w/mini meatballs Green beans Roll Fruit salad Turkey & swiss on rye	16 Chicken soup Meatball & pepper sandwich Roasted potato Cucumber cranberry apple salad Roll - cookie Tuna salad plate	17 Cream of broccoli soup Meatloaf w/gravy Mashed potato Peas & carrot Roll – Fruit Cobb salad	18 Tossed salad Pub burger w/cheese Cole slaw Ww roll Chips Cake Hot dog
21 Tomato soup Chicken cacciatore Roasted vegetable w/ potato Garlic bread Cake Cobb salad	22 Lentil & bean soup Smothered pork chop w/apples & peppers Parsley potatoes- Fruit Zucchini w/ plum tomato - roll Egg salad on multi grain roll	23 Navy bean soup Sausage & meatball Sandwich Vegetable salad Roll Jello Roast beef sandwich	24 Minestrone Soup Chicken marsala Roasted broccoli & cauliflower Rice pilaf Cookie Chicken salad sandwich	25 Kale & bean soup Shepards pie Mashed potato Ww roll Fruit Blt on wheat
28 Tomato soup Lemon chicken Rice pilaf Sliced carrots Whole Wheat roll - cookie Turkey & Swiss/whole wheat	29 Escarole / bean & sausage soup Tossed salad Stuffed shell w/ meatball Garlic bread Fruit Spinach salad w/ chicken	30 Minestrone soup Sweet & sour pork Vegetable fried rice Garlic green beans Cookie Ham salad on rye	31 Barley soup Pot roast Mashed potato Baby carrots Fruit Tuna salad plate	

SOCIAL SECURITY INFO

Eligibility for Spousal Benefits

By Cheryl Tudino

Social Security Public Affairs Specialist



Social Security helps you secure today and tomorrow with financial benefits, information, and tools that support you throughout life's journey. If you don't have enough Social Security credits to qualify for benefits on your own record, you may be able to receive benefits on your spouse's record.

To qualify for spouse's benefits, you must be one of the following:

- 62 years of age or older.
- Any age and have in your care a child who is younger than age 16 or who has a disability and is entitled to receive benefits on your spouse's record.

If you wait until you reach full retirement age, your full spouse's benefit could be up to one-half the amount your spouse is entitled to receive at their full retirement age. If you choose to receive your spouse's benefits before you reach full retirement age, you will get a permanently reduced benefit. You'll also get a full spouse's benefit before full retirement age if you care for a child who is entitled to receive benefits on your spouse's record.

If you're eligible to receive retirement benefits on your own record, we will pay that amount first. If your benefits as a spouse are higher than your own retirement benefits, you will get a combination of benefits that equal the higher spouse benefit. For example, Sandy qualifies for a retirement benefit of \$1,000 and a spouse's benefit of \$1,250. At her full retirement age, she will receive her own \$1,000 retirement benefit. We will add \$250 from her spouse's benefit, for a total of \$1,250.

Want to apply for either your or your spouse's benefits? Are you at least 61 years and nine months old? If you answered yes to both, visit www.ssa.gov/benefits/retirement to get started today.

Are you divorced from a marriage that lasted at least 10 years? You may be able to get benefits on your former spouse's record. For more information, please visit our website at www.ssa.gov/planners/retire/divspouse.html.

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

URI SNAP OUTREACH Call 1-866-306-0270
www.eatbettertoday.com

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

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

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

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

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.

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

To file a claim for UI Unemployment Insurance or TDI Temporary Disability Insurance /TCI go to <https://dlt.ri.gov>

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

The Society of St Vincent de Paul—Coventry Conference is part of an international Catholic Charity started in Paris in 1833 by medical students at the Sorbonne. There are 26 conferences here in Rhode Island alone ! Each operates differently

Here in Coventry, our conference offers:

- *Assistance with rent, utilities and other bills, once per 365 days (amount depends on if money is available through donations)
- *Elder Rides for those who are unable to drive to MD / or various appointments
- *Grab & Go/ Elder/Handicapped Delivery meals every Saturday from 11:00 –11:30am from Our Lady of Czenstochowa school gym (445 Washington St)

And much more..... Many of these programs are on a first come/first served basis. Questions call 828-3090

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

Progresso 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.childinc.ri.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>

EBC House Hotline 738-1700 www.ebccenter.org
24hr. hotline 1-800-494-8100 Safe shelter; transitional housing; court advocacy; counseling

RI Coalition Against Domestic Violence
The Helpline: 24-Hour Support 1-800-494-8100
www.ricadv.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

Need HealthSource RI? Can apply online at www.healthyrhode.ri.gov or call 1-855-840-4774

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

PFLAG is the first and largest organization for lesbian, gay,
bisexual, transgender, and queer (LGBTQ+) people, their parents &
families, RI Chapter (401) 307-1802 www.pflagprovidence.org

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
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
1-800-273-8255 Press 1

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

An independent non-profit agency to 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
<http://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/licensees>

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

Addiction is a Disease. Recovery is Possible. Treatment is Available.

Call the RI Hope and Recovery Helpline:

401-942-STOP / 401-942-7867

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 .

Or 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.

THRIVE BEHAVIORAL HEALTH Intake 732-5656

THRIVE Emergency Services 738-4300

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

ANCHOR RECOVERY & WELLNESS CENTER at

Kent County YMCA 401-615-9945

for all stages of recovery

CCAP Behavioral Health Counseling 401-467-9610

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

RI's 24/7 Buprenorphine Hotline 401-606-5456

Call to talk with a healthcare provider, get a health evaluation, and make a plan for Medication Assisted Treatment (MAT) (to treat opioid addiction & pain)

EBC House Hotline 401-738-1700

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

24hr.Statewide hotline 1-800-494-8100

Get rid of medicines safely by locating a safe disposal site near you at

<https://preventoverdoseri.org/get-rid-of-medicines/>

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/>

THE GOOD SAMARITAN ACT OF 2016 provides certain immunity against arrest to individuals who call for medical assistance when someone is experiencing an overdose. **DON'T BE AFRAID TO CALL 911**

Rhode Island Department of Behavioral Healthcare, Developmental Disabilities & Hospitals (BHDDH) - BH LINK

If you are going through a mental health or substance use crisis, there is help. Services and referrals provided by a professional team of registered nurses, counselors, psychiatrists, peer specialists, etc. 24-hours-a-day, seven days-a-week. **Call 401-414- LINK (5465)** or visit WWW.BHLINK.ORG **or walk into our location at 975 Waterman Avenue in East Providence.**
Call 911 if there is risk of immediate danger.

Other Important resources in a crisis

911 (police, fire and rescue)

THE SAMARITANS RI **(401) 272-4044**

UNITED WAY 211 LINE **Just dial 211** www.211ri.org

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-8255 www.suicidepreventionlifeline.org

Mental Health Association of RI *For treatment options www.mhari.org **(401) 726-2285**

Alcoholics Anonymous **(401) 438-8860**

www.rhodeisland-aa.org

VETERANS CRISIS LINE 1-800-273-8255 Press 1

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

for help quitting Smoking and Vaping. Get free counseling sessions, plus extra virtual support through text messages and online tools. Callers may be ages 13+. Patients ages 18+ may also receive free nicotine replacement therapy (NRT) gum, patches, or lozenges if eligible through the mail.

Free 24/7 Quit Vaping Support Designed for Teens

<https://mylifemyquit.com> Resources for teens ages 13-17 by phone, text, or online chat. Find more resources for parents, health educators, and others.

PreventOverdoseRI.org a user friendly website offering many resources for people who may be at risk of overdose as well as concerned family members and friends.

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 Call 1-877-9GAMBLE

Treatment is available for individuals with or without insurance at locations throughout Rhode Island.

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.

DATING VIOLENCE

SHE HAD NO IDEA HOW TO GET OUT OF THE RELATIONSHIP...

Kids often feel pressured to be in a relationship and think that “control,” “obsessiveness,” and “reporting in constantly” is normal. They believe that proving their love by giving their partner all their attention is normal. Teens so badly want to be loved that they look past all of the red flags and make excuses for their partner’s shortcomings. Even if your teen has the desire to end an unhealthy relationship, chances are that they do not have the tools they need to follow through with it. Mom and Dad, this is when they need you more than ever.

TIPS AND ADVICE TO CONSIDER

*Talk about healthy dating relationships and respect. Respect for self and other is important in any relationship.

If you think your teenager already may be involved with an abusive partner:

*Give your teen a chance to talk. Listen to the whole story. The most important thing is to maintain an open relationship. If your teen does not want to talk with you, help find another trusted adult.

*Tell your child that you are there to help, not to judge. (The minute you say “Get out of this relationship, he’s not good for you,” the longer they’ll stay.)

*Point out how unhappy your teenager seems to be while with this person and the possibility of danger or harm. Do not “put down” the abusive partner.

*Let your child know that abuse always gets worse. What may start as minor verbal or physical abuse is very likely to get worse if not stopped immediately.

If your teenager tries to break up with an abusive partner:

-Advise that it’s definite and final.

-Develop a safety plan.

-Avoid walking or riding alone.

-Support and be ready to help.

-Get help from guidance counselors, principal, or police.

-Always travel with a friend.

The above excerpt taken from (The Parent Handbook A Resource for Parents of Teens & Preteens, Middle/High School Edition 7th edition, page 41) * If you wish to have a copy of this handbook please call 822-9178 or 822-9176.

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.org

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

Bookkeeper Jomarie Fabian 822-9177
jfabian@coventryri.org

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

Social Workers

Susan Pajak 822-9176 spajak@coventryri.org

Lynn Pendola 822-9125 lpendola@coventryri.org

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

Food Bank 822-9199

Nurse's Office 822-6208

Mealsite / Café 822-9180

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

Program Assistant Karen Beaudoin 822-9180

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

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

Maintenance Al Jordan 822-9175

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

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.org

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

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

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

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

If you need to know what district you are in,
please visit www.coventryri.org/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		Mike Ziroli

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 !