

# 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](http://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

October is here! Cool days and cooler nights! This time of year our Center is focusing on Wellness and how we take care of ourselves and those we love.

In October we will be having many events, classes and activities which promote health and wellness. We also continue to focus on creating a healthy community. Our most recent Wellness Day/Fall Festival at Camp Westwood in Coventry was a success and we will continue having an annual wellness day going forward.

Some key things to look out for this month is the **RETURN OF OUR MONTHLY BREAKFASTS!!**

Prepared by the Coventry High School Culinary Program, breakfasts have been a great opportunity to get people together. **The first Community Breakfast will occur on Friday October 27th from 8:15am-9:45am.** Don't miss this opportunity to have a fantastic breakfast and get to meet some of our high school culinary team. We are so happy they are back.

As we focus on health and wellness on October 19<sup>th</sup> from 10am-11am a workshop from the Alzheimer's Association of Rhode Island will update us on supports/resources and treatments for Alzheimer's disease. If you are caring for someone with Alzheimer's, this information will be helpful.

In this and upcoming months we will be offering more services following our receipt of a grant from the Rhode Island Office of Healthy Aging. We will continue our arts and crafts classes, Tai Chi for balance and Shri Yoga Programs and will be adding some more exciting options to build wellness. We should have something for everyone here at the Coventry Resource and Senior Center.

Since the prices of everything are increasing and we are heading into the heating season, please check out our resources to see if you are eligible for the Low Income Heating Assistance Program. Our staff are here to help you negotiate these trying times and if you have a question, just ask. We will steer you in the right direction since that is why we come to work every day; *"To make a difference in our community and strengthen connections"*.

Until next month. Stay warm, keep your friends and family close and stop by and see what we have to offer and meet some great people and join our community.

Bob Robillard Jr., LMHC

## OCTOBER 2023



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# MONTHLY HAPPENINGS...

**Please note:** We will be closed on Monday, October 9th in observance of Columbus Day

## October Celebration / Halloween Party

Bud Pistachio will be celebrating with us here at the center with his interactive music program on **Wednesday, October 25th at 11:00**. Our luncheon will be navy bean soup, veal patty with mushroom gravy, mashed potatoes, wheat roll and jello for dessert. Please dress festive for the occasion.

We will give out prizes for the best costumes.

You must make your reservation for lunch by Tuesday, the 24th by 9:30am. The cost will be your \$3.00 donation for lunch.

\*\*\*\*\*

## Veggie Boxes - October 4th after 12

If you ordered Veggie Boxes from Lynn in the front office over the summer they will be delivered here on Wednesday morning **October 4th** and available for you to pick up after 12:00. Please pick them up by the end of the day on Friday the 6th because we have no place to store the boxes. Thank you !

\*\*\*\*\*

## COOKING DEMONSTRATION

sponsored by Oak Street Health & BCBSRI:

**Wednesday Oct. 11th from 10:30 - 12**

Learn to make simple, delicious food with just a few healthy ingredients !Enjoy a sample...**flyer on page 3**

\*\*\*\*\*

## THERAPY DOG VISITS THE COVENTRY RESOURCE AND SENIOR CENTER

Therapy animals bring comfort and joy in schools, workplaces, hospitals, or any facility they visit.

For the young and old, those who are sick and those who are well, even those recovering from a crisis event, therapy animals have proven to help. There is scientific evidence that demonstrates how therapy

animals improve heart health, help alleviate depression, increase well-being, and contribute to healthy aging. **Sawdust, a local therapy dog**, will be

here on **Friday, October 13th at 12:30pm**.

Come spend a few minutes with this gentle giant and enjoy all the benefits from the human-animal bond.

\*\*\*\*\*

**WHITE CROSS PHARMACY** Avoid trips to the hospital, reduce falls, and remain independent with better medication management. No extra charge for packaging and delivery by a driver. All insurances are welcome. **Meet Debra in the mealsite on Wednesday, November 1st from 11-12:00pm.**

## MONTHLY BREAKFAST

**October 27th 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 next breakfast will be Friday, December 1st)**

\*\*\*\*\*

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

**October 6th** Call 822-9175 for next available appt.

*More info on page 4*

\*\*\*\*\*

*Want Free Internet?* Please call 822-9175 to ask when

**Scott the tablet Guy** will be here next.

**Call 822-9175 to reserve your spot.**

\*\*\*\*\*

## AARP Smart Driver TEK Class

**Thursday, October 19th at 1:00 Rm. 214 flyer on page 4**

This program is free and approximately 90 minutes. The class covers all the new technology available in many of the new vehicles on the road today. There are sections on forward collision warning, back-up cameras and much more. This workshop would be of interest to anyone that has recently purchased a new vehicle, anyone that may be in the market for a new vehicle or those people that have occasion to rent a vehicle. All are invited !

Please call 822-9175 to reserve your spot.

\*\*\*\*\*

## ALZHEIMER'S ASSOCIATION/Educational Programs

**Thursday, Oct. 19th 10:30 - Noon: Rm 214**

Update on Alzheimer's Treatments and Supports in RI  
Please register with Lynn in reception to reserve a spot at 822-9175

\*\*\*\*\*

**SAVE THE DATE: Food is Medicine**, 4 week workshop starts Monday, November 27th from 11:00 - 12:00- reserve your spot with Lynn the receptionist at 822-9175 see **flyer on page 3**

Medicare Changes for 2024: Bluechip for Medicare on Thursday, November 9th 10:30-12pm with Susan Soccoccia-Olson Rm 213.

United Healthcare for Medicare on Wednesday, November 15th from 10:30 - 12:00 with Donna Averill in the Mealsite.

NEXT MONTHLY BREAKFAST - Friday, December 1st

\*\*\*\*\*

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

ALZHEIMER'S ASSOCIATION EDUCATION PROGRAMS

OCTOBER 2023



**Rhode Island ALZ Update on Support/Resources and Treatments**  
 Thursday, October 19 10:30 a.m.-12:00 p.m.  
 Coventry Resource and Senior Center  
 50 Wood St Coventry RI 02816

**Dementia Safety Considerations**  
 Thursday, December 14 10:00 a.m.-11:00 a.m.  
 Coventry Resource and Senior Center  
 50 Wood St Coventry RI 02816

**Supporting a Person with Dementia**  
 Thursday, February 15 10:30 a.m.-12:00 p.m.  
 Coventry Resource and Senior Center  
 50 Wood St Coventry RI 02816

Visit [alz.org/CRF](http://alz.org/CRF) to explore additional education programs in your area.



# FOOD IS MEDICINE

Learn how to prepare nutritious and flavorful meals on a budget and decrease your risk of obesity and related chronic diseases through food and diet changes. Food demo every week!

Four-week in person FREE class.

COVENTRY RESOURCE AND SENIOR CENTER

50 Wood St. Coventry, RI 02816

**Mondays, Nov. 27, Dec. 4, 11, 18, 2023**

**11:00 – 12:00 p.m.**

Receive a free cookbook and bottle of Extra Virgin Olive Oil

**To register: Contact Lynn**

**401-822-9175**



BCBSRI PRESENTS:



**A Free Cooking Demonstration  
 With Chef Kevin Millonzi  
 of M&M Food Service**



Learn to make simple, delicious food with just a few healthy ingredients! (And enjoy a sample!)

**When:** WEDNESDAY - OCTOBER 11th  
**Time:** 10:30am  
**Where:** Coventry Senior Center - 50 Wood Street, Coventry RI 02816





# GET SMART ABOUT NEW VEHICLE TECHNOLOGY



## Stay up to date with an AARP Smart DriverTEK<sup>SM</sup> workshop.

Smart DriverTEK is a 90-minute workshop offering an interactive way to stay up to date with the latest safety technology in your current or future car. Learn all about what new technologies are available, how they work, and how they can improve your peace of mind on the road. Register today and tell a friend—it's FREE!

**LOCATION:**

Coventry Resource & Senior Center  
50 Wood Street  
Coventry, RI 02816

**DATE/TIME:**

Thursday, October 19th  
at 1:00 pm  
Room 214

Workshop dates and times are subject to change.

Register today and tell a friend!  
Call Lynn in reception at 822-9175  
to reserve your spot

Visit [aarp.org/sdtek](http://aarp.org/sdtek) to learn more about our in-person, virtual and online workshops.



AARP Smart DriverTEK is developed jointly by AARP Driver Safety and The Hartford.

# 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.

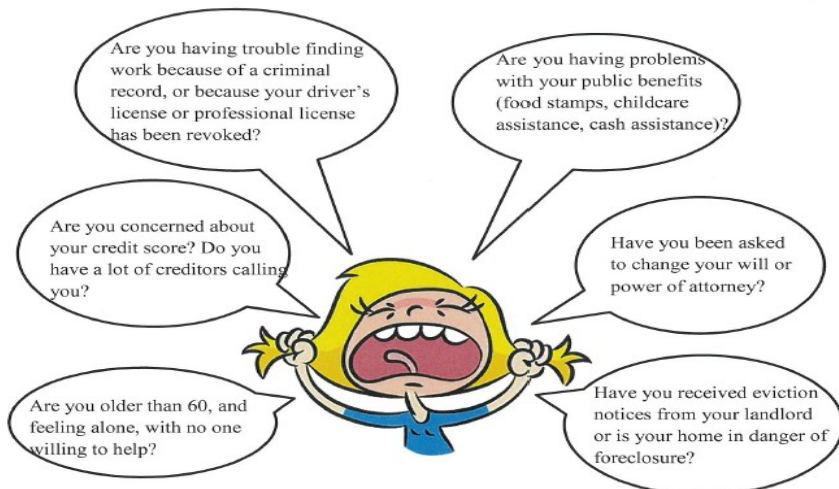
Any questions please let me know.

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: October 6th, 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](http://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](http://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 October 25th 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.

**GRIEF SUPPORT GROUP Tuesdays at 1pm.**

Please call 822-9175 for any questions.

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 and last 8 weeks.  
(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.



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

\*To schedule go to [www.vaccines.gov](http://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](http://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.

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### **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](http://www.ftc.gov)

Report fraud, scams, and bad business practices [reportfraud.ftc.gov](http://reportfraud.ftc.gov)

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

**FBI Internet Crime Complaint Center** [www.IC3.gov](http://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](http://oig.ssa.gov) or call their fraud hotline at **1-800-269-0271** or send an email to [OIG.1140@ssa.gov](mailto: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](http://Equifax.com/personal/credit-report-services) 800-685-1111

[Experian.com/help](http://Experian.com/help) 888-EXPERIAN (888-397-3742)

[TransUnion.com/credit-help](http://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>

### **`Oops, wrong number!' texts**

Seemingly misdirected messages are increasingly the start of a scammer's ploy. A text message addressed to someone else pops up on your phone. It seems urgent — a rescheduled business meeting, or maybe a romantic get-together. You text back, "Sorry, wrong number!" The scammer keeps up the friendly texts, and may eventually invite you to join an adult website to see revealing pictures so you hand over credit card info and money, or try to convince you to make a cryptocurrency investment (and take your money).

**How to stay safe:** Don't respond to texts from numbers you don't recognize. Don't click on links in them or respond with "STOP" if the messages say you can do this to avoid future messages. Block the phone numbers they come from.

(Taken from AARP website "14 Top Scams to Watch Out for in 2023" )

## 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](http://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  
[www.westbaycap.org](http://www.westbaycap.org)

### HOUSING CHOICE VOUCHER PROGRAM

Section 8 applications will only be accepted online accessible at [www.waitlist-centralri.com](http://www.waitlist-centralri.com)

\*For a statewide list of rental properties & other resources go to [www.rihousing.com](http://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](http://www.coventryhousing.org)  
 Can apply online or request paper application

**Other helpful sites:** <https://affordablehousingonline.com>  
[rihomeless.org](http://rihomeless.org) [www.helpri.org](http://www.helpri.org) [www.rifairhousing.org](http://www.rifairhousing.org)  
[www.housingsearchri.org](http://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](http://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](http://www.assurancewireless.com) / [www.safelinkwireless.com](http://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](http://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**

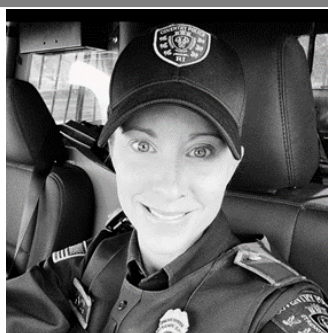
### Coventry Department of Parks and Recreation

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](http://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](mailto: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.

**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!**

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

10:30am Sociables (1st Tuesday)

10:30am Arthritis Exercise (cancelled)

11:15am Zumba

1:00pm Canasta

1:00pm Grief Support Group

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

## MEN'S GROUP

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

\*\*\*\*\*

## 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!

## 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.**

**\*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 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/organicconsumer 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 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 “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](http://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](http://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**

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.

#### **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

# October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Lentil & bean soup Honey Glazed chicken thigh Rice pilaf Mixed vegetables Cookie- ww roll Waldorf chicken salad	3 Mushroom barley soup Baked pasta Florentine Roasted zucchini w/ carrots Sliced bread Mixed fruit Ham & cheese	4 Chicken soup Sweet & sour meatballs Vegetable fried rice Stir fry vegetables Coffee Cake Ww Roll Chicken Sandwich	5 Tomato soup Pepper steak Roasted potato Peas & carrots Ww Roll Fruit Spinach salad w/ chicken	6 Tossed salad Chicken cacciatore Rice pilaf Broccoli Yellow Cake Ww Roll Roast beef sandwich
9 <b>Closed</b>	10 Lentil soup w/ vegetables Swedish meatballs Roasted sweet & white potatoes Green beans Fruit Sliced multi grain bread Seafood salad sandwich	11 Kale & bean soup Chicken cutlet w/tomatoes mushrooms & spinach Rice pilaf Ww Roll Oatmeal raisin cookie Turkey & Swiss cheese	12 Minestrone soup Pork roast w/ gravy Mashed potato Baby carrots Ww Roll Fruit Chicken salad plate	13 Beef barley soup Open turkey sandwich w/ gravy Cauliflower w/ roasted carrots Sliced bread Pudding Ww Roll Tuna salad plate
15 Tomato soup Sloppy Joe Roasted potatoes 3 - bean salad Cookies Ww Roll Egg salad sandwich	17 Vegetable soup Chicken alfredo Rice pilaf Mixed vegetables Fruit salad Ww Roll Corned beef on rye	18 Chicken soup Meatball & pepper sandwich Pasta salad w veggies Ww Roll Fruit Cobb salad	19 Minestrone soup Salisbury steak w/ mushrooms Sweet potato Mixed vegetables Ww Roll Cake Ham & cheese on rye	20 Clam chowder (red) Shepards pie Mashed potato Ww roll Cake Roast beef sandwich
23 Cottage cheese w/ fruit Chicken francese Roasted vegetable w/ potato Garlic bread Fruit Seafood salad sandwich	24 Vegetable barley soup Smothered pork chop w/apples & peppers Rice pilaf Fruit Zucchini w/ plum tomato - roll Egg salad on multi grain roll	25 Navy bean soup Veal patty w/ mushroom gravy Spinach Mashed potato Jello Ww roll Ham salad on rye	26 Cream of broccoli soup Tender eye round roast w/gravy Garlic green beans Roasted sweet potato Ww roll Pudding Chicken salad plate	27 Greek salad Beef stew Fruit Whole wheat roll Cookie Grilled chicken sandwich
30 Vegetable soup Chicken pot pie Mashed potato Cake Whole Wheat roll Turkey sandwich	31 Tossed salad Stuffed shell w/ meatball Garlic bread Mixed vegetables Fruit Corned beef sandwich			

## SOCIAL SECURITY INFO

### **Minimizing the risk of financial abuse for people living with dementia**

By Cheryl Tudino, Social Security Public Affairs Specialist

Financial crime against older Americans is a growing problem. People living with dementia are at an especially high risk of becoming victims. That's why we're committed to combatting fraud.

As their memory and other thinking skills decline, people with dementia may struggle to make financial decisions. They may not remember or report the abuse – or understand that someone is taking advantage of them.

This abuse can occur anywhere – including at home or in care settings.

Victims of fraud who are 80 years and older lose an average of \$39,200 every year. Studies show that financial exploitation is the most common form of elder abuse. However, only a small fraction of these incidents are reported.

You can help protect others by learning to recognize common signs of financial exploitation and abuse, including:

- Unopened bills.
- Unusual or large purchases.
- Utilities being shut off due to unpaid bills.
- Money given to telemarketers or soliciting companies.
- Unexplained withdrawals from the person's bank account.

There are also many simple things that caregivers can do to reduce the risk of financial abuse for people with dementia and similar conditions, like Alzheimer's. Do your best to make sure they're involved in deciding which safety measures to put into place.

Some options include:

- Agreeing to spending limits on credit cards.

Signing up for the "Do Not Call" list at [DoNotCall.gov](https://www.donotcall.gov).

- Setting up auto-pay for bills instead of paying them by check.
- Signing up to receive automatic notifications for withdrawals from bank accounts or large charges to credit cards.
- Requesting electronic bank and credit card statements and watching for unusual purchases or changes in how the person typically spends money.
- Asking credit card companies to stop sending balance transfer checks and opting out of future solicitations.
- Creating a separate account where you can keep a small, agreed-upon amount of money that the person can use for recreational activities, meals with friends, etc.

To learn more about combating elder abuse, visit our blog at <https://blog.ssa.gov/world-elder-abuse-awareness-day-combating-injustice/>.

# 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](http://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](http://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](http://www.ride.ri.gov/cnp/home.aspx) Or your school website [Coventryschools.net](http://Coventryschools.net)

**Office of Child Support Services For an application visit**  
[www.cse.ri.gov](http://www.cse.ri.gov) (401) 458-4400

**PARENT SUPPORT NETWORK**  
[WWW.PSNRI.ORG](http://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](http://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](http://WWW.RIPIN.ORG) (401) 270-0101 [callcenter@ripin.org](mailto:callcenter@ripin.org)

**THE AUTISM PROJECT** [theautismproject.org](http://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](http://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](http://www.brightstars.org) Call 1-855-398-7605

**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](http://www.westbaycap.org) or call 732-4660  
**RI Energy Consumer Advocate Carlos Andrade 378-5725**

**CHILD INC. 823-3228** [www.childinc.ri.org](http://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 ...**

**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](http://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](http://www.ricadv.org)

**Family Health Services of Coventry (CCAP), 191 MacArthur Blvd.** [www.comcap.org](http://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](http://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](mailto: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](http://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](mailto:nbrown1@lifespan.org)

**SAGE RI** [sageriinfo@gmail.com](mailto: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](http://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](http://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](http://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](mailto: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](http://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](http://www.health.ri.gov)

For additional info go to <https://www.assistedliving.org/rhode-island> or  
[www.alzheimersupport.com](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.coventryri.org) or the Coventry Police website at [www.coventrypd.org](http://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](http://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](http://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](http://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](http://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](http://www.211ri.org)

### **NATIONAL SUICIDE PREVENTION LIFELINE**

**1-800-273-8255** [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Mental Health Association of RI \*For treatment options [www.mhari.org](http://www.mhari.org) **(401) 726-2285**

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

[www.rhodeisland-aa.org](http://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.

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### **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.

## YOUR CHILD'S BRAIN

**Guess what organ in the body is the last to develop ? THE BRAIN** Your teen's brain won't fully mature until age 24 or 25.

The teen years are a critical period of brain development and a time when their brain is very sensitive to toxins. If drugs or alcohol are introduced into their system, the brain's development is changed. Drug use can cause physical changes in the brain, specifically in the prefrontal cortex. This is the easiest excuse parents can give their children for avoiding alcohol and drugs. It goes beyond values, religious beliefs, legal issues, and plain good judgment; abstaining is vital to their health and future. Teach them to say no in order to keep their brain growing and developing the way it should.

The hippocampus is the part of the brain that deals with memory and mood regulation. Drug use causes cell damage and death in the hippocampus, leading to problems with memory tasks, mood behaviors, and cognitive impairment. It also causes developmental issues in the part of the brain that controls attention and the ability to understand complex ideas.

## COMMUNICATION TIPS

1. Have a real conversation with your teen - don't turn it into a lecture and be sure to listen to what they have to say.
2. Show respect for their opinions and don't tear them down or attack them.
3. Most parents talk more than they should, so keep it short and simple.
4. Don't try to talk like your child or use words or phrases that you don't understand.
5. Take advantage of any spontaneous conversations that pop up and look for chances to spark new conversations.
6. Timing is everything...the older your child, the more you need to cater your "talks" around their schedule.
7. Watch for signs they want to talk (they may suddenly sit down in your office, plop on your bed at night, start to open up in the car, etc.)

(The above taken from page 5 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](http://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** Al Jordan 822-9175

You can view our monthly newsletter online at  
[www.coventryri.gov](http://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](http://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](http://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 !