

COVENTRY RESOURCE AND SENIOR CENTER



50 Wood Street, Coventry RI 02816

Phone 401.822.9175

Fax 401.822.9128

Like us on Facebook—Coventry Resource and Senior Center

www.coventryri.gov to view our Monthly Newsletter

Click on Departments; Human Services; Attachments

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

NOVEMBER 2023



From the Director's Desk Hello Everyone: November is here.

In this month's letter *from the Director's Desk* I would like to celebrate one of our amazing seniors.

Just wanted to make you aware that we have another senior who will be celebrating her 100th birthday on 11/26/2023. **Alberta (Bunny) Sarvia**. She was very active in our programs here at our center and although she is not able to come in any longer, we do get to see her when we bring her Meals on Wheels. She came to Trudy's art classes for many years and actively volunteered. Bunny is a great and kind lady who is very artistic and put others before herself. She would also volunteer her time here with helping Trudy at our Annual Christmas Bazaar and helped us in any way she could and we are thankful for her!

A Happy and Healthy Birthday to You Bunny!

It is a time of year that we focus on family and giving thanks for all that we have. The month of November finds us quite busy as we work with our community partners to make Thanksgiving time special for our neighbors in need. We will be delivering hot Thanksgiving meals to elders in our community. As we do every year, we partner with the Coventry High School Culinary program who prepares over 100 meals that we deliver throughout Coventry. This program has been a part of our service provision for decades and it focuses letting people know we are thankful for them and that we care for them.

Our Community Food Bank also helps families in need during these financially difficult times with food assistance during the Thanksgiving season. We continue to focus on being there when people need us most.

Our wellness classes are full and all our programs are well attended. Being full and active is why we are here. Please stop by and see what we have to offer and read this newsletter cover to cover as it is full of resources and information for all ages. That is how we got "Resource" in our name, as we hope to be a community resource to seniors, caregivers, parents, families and those who need a map to get their questions answered.

I am thankful for my staff and all they do each day to bring help and resources to our community. The town is a better place because of their work. **To all our staff:**

Thanks for All You Do!

Until next time: Enjoy your Family, tell them you love them. Spend time connecting with your friends, stay well and take care! All My Best, -Bob Robillard Jr.

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MONTHLY HAPPENINGS...

Please note: We will be closed on November 10th for Veterans Day, Also closed on November 23rd and 24th for Thanksgiving!

NOVEMBER FALL HARVEST CELEBRATION

Kalifornia Karl, a Senior Center favorite will be entertaining us on **Wednesday, Nov. 22nd at 11:00.**

Our luncheon menu will be Navy bean soup, Veal patty with mushroom gravy, mashed potato, spinach, whole wheat roll and fruit for dessert. If you prefer a sandwich it will be Ham salad on rye. The cost of this program is your \$3.00 donation plus a canned good or nonperishable item for our food bank. Please make your reservation for this meal by Tuesday Nov. 21st at 9:30.

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.**

URI PHARMACY OUTREACH **Wednesday, November 8th at 11:00**

As the temperature outside drops, our bodies need special attention. Learn how to protect yourself from winter issues such as increased respiratory infections, coughs and colds, dry skin and more!

Please join us for this informative topic.

SNAP OUTREACH November 29th 10:30 - 12

Learn more about the Supplemental Nutrition Assistance Program and have help to complete an application, recertification, interim report, see if you're eligible, or answer any questions that you may have!

THERAPY DOG VISITS THE COVENTRY RESOURCE AND SENIOR CENTER

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,* was a big hit in October.

Keep your eye out for his return in December !!!

Medicare Annual Enrollment Period Oct. 15 - Dec 7 **Medicare Changes for 2024:**

Bluechip for Medicare on Thursday, November 9th 10:30-12pm with Susan Soccoccia-Olson Rm 214.

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

VACCINES -The Rhode Island Department of Health announced Rhode Islanders will be able to receive the COVID-19 vaccine (if age 5 or older), the flu vaccine (if age 3 or older), or both at any of the state's community clinics.

There is no insurance requirement or cost for either vaccination, but participants must reserve a time slot online.

Go to covid.ri.gov

Because the updated COVID-19 vaccine is not a booster, it can be administered to anyone, regardless of whether they have received a COVID-19 vaccine in the past.

RI Legal Services FREE "one on one" civil legal clinic on November 17th Call 822-9175 for next available appt.

More info on page 4

ALZHEIMER'S ASSOCIATION/Educational Programs
Thursday, December 14th 10:00 - 11:00 Rm 214

Safety in the Home - Dementia Safety Considerations

Please register with Lynn in reception to reserve a spot at 822-9175

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**

TECH HELP for seniors - November 29th at 9:30am

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

MONTHLY BREAKFAST December 1st 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 **(due to holidays there will not be a November breakfast)**

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

Increasing Community Access to Testing Program (ICATT) Is offering

Free COVID -19 laboratory tests for uninsured people that are symptomatic or exposed. Results usually available within 24-72 hours.

&

No-cost COVID-19 vaccines for Adults without health insurance and Adults without full vaccine insurance coverage. Available at:

- Walgreens 875 Tiogue Ave. Coventry 822-7602
- Walgreens 1 Cowesett Ave. West Warwick 826-0879
- CVS 1285 South County Trail East Greenwich 886-0902

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



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



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 to explore additional education programs in your area.

ADULT COLORING

Thursdays at 10am. Come join us !

Coloring has increased in popularity, especially for adults. It helps you to focus and stay in the moment. It's a healthy way to relieve stress.

It calms the brain and helps your body to relax... Try it for yourself



Explore your Medicare choices



We'll help you learn the basics

You're invited to a Medicare Made Clear® educational seminar. Join us to learn all about your Medicare choices. We'll also share tools and resources to help you understand the coverage that may be right for you, including a free educational guide.

Join us for a Medicare education seminar near you

Whether you're just getting started with Medicare or simply looking to learn more, we're here to help.

11/15/2023, 10:30 AM
Coventry Senior Center
50 Wood St
Coventry, RI 02816

Learn more at medicaremadeclear.com



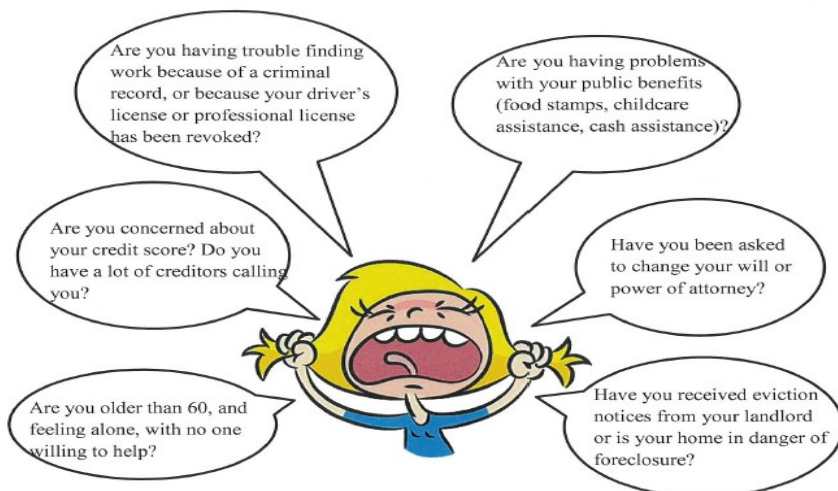
Donna Averill
Licensed Sales Agent
401-212-4222, TTY 711
donna.healthcarepath@gmail.com
WWW.MyUHCagent.com/Donna.Averill

Medicare Made Clear is brought to you by UnitedHealthcare®

Events will follow applicable public health safety guidelines. For accommodations of persons with special needs, at meetings call 401-212-4222, TTY 711.
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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: November 17th, 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 November 29th 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 *ON HOLD UNTIL FURTHER NOTICE*

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.



Every U.S. household may place an order to receive four free COVID-19 rapid tests delivered directly to your home.

To order your free tests go to <https://www.covid.gov/tests> or call for help placing your order at 1-800-232-0233

COVID information <https://covid.ri.gov>

FREE RIDES to vaccines Call 401-781-9400 or www.ripta.com

Anyone enrolled in Medicaid or over 60 can use the **Non Emergency Medical Transport Service** provided by MTM. <https://www.mtm-inc.net/mtm-link> or call 855-330-9131 at least 2 days before appt

To print proof of your vaccinations go to <https://Portal.ri.gov/vaccinerecord> or if no access online you can call (401) 222-8022 OR Get a digital copy of your COVID-19 vaccine record on your phone by downloading the 401Health App.

HOMEBOUND IN NEED OF A COVID OR FLU VACCINE

Alert Healthcare can provide a COVID vaccine/booster shot in your home.

Please call 1-508-944-7722 to schedule a home appt

Purple Shield Mobile Healthcare can provide both a COVID vaccine/booster shot AND the FLU (401) 384-7752 to schedule a home appointment.

Increasing Community Access to Testing Program (ICATT) Is offering

Free COVID -19 laboratory tests for uninsured people that are symptomatic or exposed. Results usually available within 24-72 hours.

&

No-cost COVID-19 vaccines for Adults without health insurance and Adults without full vaccine insurance coverage.

Available at:

Walgreens 875 Tiogue Ave. Coventry 822-7602

Walgreens 1 Cowesett Ave. WW 826-0879

CVS 1285 South County Trail EG 886-0902

*Before you throw out "Expired" tests, check FDA's website to see if your COVID-19 tests' expiration dates have been extended.

(www.fda.gov/covidtestdates) or 1-800-232-0233

PLEASE GET INFORMED ON SCAMS AND USE YOUR KNOWLEDGE TO AVOID BEING SCAMMED

*Learn how to help yourself and others—you won't believe how many scams there are!
These criminals are masters of deceit and extremely sophisticated !!*

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

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>**

"Grandparent" Scam (*This scam was recently in the news in Rhode Island)

- 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.

(The above was taken from RI Attorney General's website)

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
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.oa.ri.gov

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

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

COVENTRY CARES VOLUNTEERS VOLUNTEER OPPORTUNITIES

Community Garden / MOW Delivery / Bingo /
Dining Room servers / Kitchen help
**Currently In need of Dining Room servers,
Kitchen help & substitutes & MOW drivers**
Call 822-9175

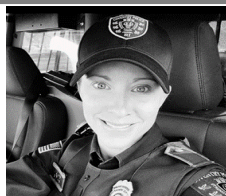
Coventry Department of Parks and Recreation

Check out their amazing seasonal programs...

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

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

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



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

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

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

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

GENERAL SERVICES

Coventry Resource and Senior Center

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



COVENTRY CARES COMMUNITY CLINIC

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

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

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

Nurse Jane or Nurse Carolyn are available:

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

COFFEE SHOP

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

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

NOTARY PUBLIC

Free Service

This service is available at no charge.

Three staff members are RI Registered Notaries.

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

LENDING LIBRARY

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

PROJECT FRIENDS

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

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

‘TIS THE SEASON

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

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

ACTIVITIES

Coventry Resource & Senior Center

Any questions call 822-9175

PITCH / CARDS—Experienced players only !

Tuesdays at 1:00 we meet in the mealsite.

Please note: *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

ADULT COLORING Thursdays at 10am

AARP Chapter 2210 Presents!

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

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

10:30am Yoga

1:00pm Scrabble



HEALTH & WELLNESS

THE SOCIABLES

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

YOGA

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

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

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

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

ADULT COLORING



What used to be known as a simple, fun activity for kids now is a tool for practicing good mental health. But what makes adult coloring so popular?

Coloring can help you be more mindful.

Mindfulness is the ability to focus and stay in the moment. It is also a healthy way to relieve stress. It calms the brain and helps your body relax. This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety. **Thursdays at 10am**
 (the above taken from mayoclinichealthsystem.org)

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.

***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

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 or call (401) 351-6700 Donations accepted but not mandatory.

Additional food pantry options...

The Society of St. Vincent de Paul—Coventry

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

Emanuel Lutheran Church 9 New London Ave. WW 821-8888 Tues 10am –12 *Can go weekly* (For WW & Coventry, WG & Foster residents only) *bring proof of address

Heavenly Heart Food Pantry First Baptist Church 1613 Main St. WW Open 1st Saturday of the month for Coventry residents .11am - 2pm no appt necessary.

Be the Change /Project Hand Up

www.projecthandup.net (401) 965-9050

15 Factory St. WW (located behind American Legion)

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

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

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

(Veterans and anyone 60 and older may shop any day regardless of last name)

*Must bring proof of ID and address.

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

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

Faith Fellowship Food Pantry

1395 Nooseneck Hill Road, Coventry (across from the post office) Open every second and fourth Saturday of the month from 8am - 12pm. Food Pantry entrance located at the back of building and down the ramp. Please call Lisa at 397-3383 for questions.

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

November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Tomato soup Roasted chicken thighs Vegetable rice pilaf Sweet potatoes Cookies Ww Roll Chicken Sandwich	2 Vegetable lentil soup Maple glazed pork tenderloin Roasted potato Peas & carrots Ww Roll Fruit Spinach salad w/ chicken	3 Tossed salad Baked pasta Florentine w/meat sauce Roasted zucchini w/ carrots Ww Roll Yellow cake Roast beef sandwich
6 Vegetable soup Chicken w/sausage, peppers & potatoes Rice pilaf Ww Roll Pudding Ham & cheese on rye	7 Lentil & bean soup Lasagna roll up w/ meat sauce Green beans Garlic bread Fruit Sliced multi grain bread Seafood salad plate	8 Kale & bean soup Chicken cutlet w/tomatoes mushrooms & spinach Rice pilaf Ww Roll Oatmeal raisin cookie Turkey & Swiss cheese	9 Minestrone soup Pork roast w/ gravy Mashed potato Baby carrots Ww Roll Cake Chicken salad plate	10 Closed
13 Vegetable soup Chicken pot pie Mashed potato Cake Whole Wheat roll Turkey sandwich	14 Beef lentil soup Honey chicken & Broccoli Rice pilaf Fruit salad Ww Roll Corned beef on rye	15 Tossed salad Pork scallopini Wax & green beans Spanish rice Ww Roll Fruit Chicken Waldorf salad plate	16 Holiday Squash soup Turkey w/gravy Stuffing Mashed potatoes Roasted vegetables Cranberry sauce / roll Holiday pies	17 Chicken soup Sloppy joe Cole slaw Pasta salad Ww roll Cake Roast beef sandwich
20 Escarole & bean soup Swedish meatballs Mashed potatoes Baby carrots Fruit Seafood salad sandwich	21 Vegetable barley soup Fajitas style chicken Spanish rice Mixed vegetables Roll – Jello Cobb salad	22 Navy bean soup Veal patty w/ mushroom gravy Spinach Mashed potato Ww roll – Fruit Ham salad on rye	23 Closed	24 Closed
27 Tomato soup Shepards pie Mashed potatoes Cookies Ww Roll Chicken salad	28 Chicken soup Mongolian beef White rice Steamed broccoli Ww roll Puddin Tuna on wheat	29 Cream of mushroom soup French onion baked chicken Sweet potatoes Green beans – roll Fruit Tossed salad w/ chicken	30 Chicken & rice soup Meatloaf w/ gravy Mashed potatoes Corn - roll Cake Spinach salad	

SOCIAL SECURITY INFO

Are you age 70 or older and not yet receiving benefits?

By Cheryl Tudino

Social Security Public Affairs Specialist

Retirement is not one-size-fits-all. It can mean different things to different people. Perhaps you have not applied for Social Security retirement benefits because you're still working or are delaying applying so you can get the higher benefit. If you're age 70 or older, you should apply now for the benefits you're owed. Your benefits will not increase if you continue to delay applying for them because you are 70 or older.

Did you know that you can receive benefits even if you still work? Your earnings can increase your monthly benefit amount – even after you start receiving benefits. Each year that you work, we check your earnings record. It's possible your latest year of earnings is one of your highest 35 years. If so, we will automatically recalculate your benefit amount and pay you any increase due. You can claim your retirement benefits now. The best and easiest way to apply is with a personal *my* Social Security account. You can [create your free account at www.ssa.gov/myaccount](http://www.ssa.gov/myaccount). Once you create your account, you can get an estimate of how much you might receive each month based on when you want to start receiving benefits and then apply.

In your account, you can also:

Access our publications – like the fact sheet for workers ages 70 and up.

Find your **Full Retirement Age**.

Learn about **benefits for your spouse and family members**.

Apply for benefits.

Manage your benefits once you start receiving them.

We're here to help you secure today and tomorrow and we invite you to learn more about [applying for retirement benefits at www.ssa.gov/apply](http://www.ssa.gov/apply) on our website.

Please share this information with those who need it.

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

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**

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

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

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

The Society of St Vincent de Paul—Coventry Conference is 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

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

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

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

Dorcas International Institute of Rhode Island

784-8600 <https://diiri.org> Services for immigrants and refugees

Center for Southeast Asians 401-274-8811

Victim services, interpreters, advocacy and support services

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

RI LEGAL SERVICES 401-274-2652 www.rils.org

RI Office of Mental Health Advocate 401-462-2003

Advocacy & legal help for those with mental health issues.

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

CHILD INC. 823-3228 www.childincri.org

Head Start/Early Head Start: No cost

programming for expecting parents and children birth to five who are eligible by family income, foster placement or are experiencing homelessness. **Also Extended Day Childcare & RI Pre-K ...**

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

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

Please call 826-8915

SUPPORT GROUPS**RESOURCES**

Here are just some in R I...

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

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

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

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

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

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

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

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

RI General Law 46-66 mandates that anyone who suspects the
 abuse of an older person must report it to the
 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.risltop.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/licenses>

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

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

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

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

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

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

Having issues with Social Security or the VA ?

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

RI SPECIAL NEEDS EMERGENCY REGISTRY

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

CodeRed provides automated calls on your landline and/or cell phone and text messages alerting you of weather emergencies, sex offender notifications, town info etc.

Your landline is automatically on the system, but if you want to receive notifications on your cell phone you would need to register your cell phone # **online at the town website www.coventryri.org or the Coventry Police website at www.coventrypd.org**

HOPE AND RECOVERY

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.

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



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

Click on Departments; Human Services; Attachments

Monthly Newsletter Email List

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

Coventry Town Council Members

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

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

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

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

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

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

Coventry Friends of Human Services Advisory Board:

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

TOWN OF COVENTRY

Additional phone numbers

Police and Fire..... 911

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

INCLEMENT WEATHER POLICY

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

Online at www.ribroadcasters.com

click *View Current Closings*.

In doubt - call the main number at 822-9175

DONATIONS ALWAYS APPRECIATED

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

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