

# 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** Season's Greetings Everyone:

Winter will be upon us in no time. Just want you all to know how much our department believes in giving to our community and making sure we take care of one another.

With the cold and flu season and some active variant strains in the Coronavirus we are strongly suggesting that people stay home if they are ill, as we want everyone to remain as healthy as possible as we move forward into 2024.

Our **monthly breakfasts return on Friday December 1, 2023, from 8:15 until 9:45am**. Stop by and enjoy a hearty breakfast made by Coventry's own Culinary Program. The Culinary Program also prepared over 100 meals for our community elders for the Thanksgiving "Turkeys to Go" Program. We appreciate this collaboration with our Culinary program and want everyone to know how thankful and proud we are of their hard work and dedication in support of the community. The Center is also grateful for the Project FRIENDS Program who delivered these tasty full Thanksgiving meals to our neighbors in need.

Our department is very busy this time of year with providing food baskets and holiday clothing and toys for our neediest residents. The **Tis- the-Season Program** in coordination with our local businesses, donators and benefactors have put us in good standing to meet the needs of Coventry's families this year. I want to thank our school district staff, Coventry Town Hall, local businesses and those who adopt our families to give them the best Christmas possible.

I would particularly like to thank our volunteers and Chief Brown and the amazing firefighters and first responders for their ongoing assistance during our November 18<sup>th</sup>, Boot Day annual fundraiser. Because of their hard work we are able to help more people this year than ever before.

It is now the heating season and please know we are here to help. We will continue to assist in helping you access the **(LIHEAP) Low-Income Heating Assistance Program** to stay warm and cozy during these colder months. Especially since the prices for heating your home are at such a high rate. If you need more information on this program please stop by our receptionists' office or call us at (401) 822-9175.

Our staff would like to wish you all Happy Holidays and the best of health as we continue to provide needed services to the great people in our Coventry community. Until next time: Enjoy your Family, Friends and Stay Well and Take Care! Bob

## DECEMBER 2023



### Table of Contents

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

# MONTHLY HAPPENINGS...

Please note: **We will be closed Friday, December 22nd and Monday, December 25th** to celebrate Christmas

**We will be open for a half day on Friday, December 29th for New Year's Eve**

\*Lunch will be at 11:00am on the 29th

\*\*\*\*\*

## ***HOLIDAY SHOW***

Join us on **Wednesday December 13th at 11:00** for a beautiful Christmas Show with Bud Pistachio.

Our luncheon menu will be: Escarole Bean & Sausage Soup, Veal Patty Parmesan, Spanish Rice, Waxed & Green Beans, Whole Wheat Roll and Fruit for dessert.

Please call the mealsite with your reservation by Thursday the 12th at 9:30am.

**We will have our Christmas raffles the following week on Wednesday, December 20th !**

\*\*\*\*\*

## **THERAPY DOG VISITS THE COVENTRY RESOURCE AND SENIOR CENTER**

**Sawdust, a local therapy dog** will be coming back to visit us on **Friday, December 15th at 12:30**. Therapy animals bring comfort and joy in schools, workplaces, hospitals or any facility they visit.

There is scientific evidence that demonstrates how therapy animals improve heart health, help alleviate depression, increase well-being, and contribute to healthy aging. Come join the fun !

\*\*\*\*\*

**CHRISTMAS CARDS....** We will be having a Christmas Card Box in the mealsite for people that want to give Christmas cards to their friends here at the center.

We will pass them out on the day of the raffle Wednesday, December 20th

\*\*\*\*\*

## **FOOD IS MEDICINE**

**4 week workshop starts Monday, November 27th through December** from 11:00 - 12:00-

reserve your spot with Lynn the receptionist at 822-9175

\*\*\*\*\*

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

## **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

\*\*\*\*\*

## **A1 Alert Button Presentation**

**Wednesday Dec. 6th 11:00am**

Learn about a Personal Emergency Reporting System by Linear. Be prepared, time is of the utmost importance in an emergency. Get the Medical Attention You Need, FAST... as simple as pushing a button.

For more details see flyer on Page 3

\*\*\*\*\*

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

**Call 822-9175 for next available appt. January 5th, 2024**

*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

\*\*\*\*\*

## **TECH HELP for seniors - December 13th at 9:30am**

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

\*\*\*\*\*

## **Beginning January 8, 2024**

### **Riverview Refuge A Safe Space of Support for Seniors**

A support group provided by Riverview Rehabilitation and Healthcare Center

**Meetings are second Monday of each month 10 - 11 & will be held at the Coventry Senior Center See flyer on page 4.**

Call 822-9175 to sign up

\*\*\*\*\*

**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. **More COVID info. On page 5**

Get the Medical Attention You Need,  
FAST...  
As Simple as Pushing a Button.



...with a Personal Emergency Reporting System  
by **Linear**®

**Be Prepared**

In an emergency, time is of the utmost importance. When you require assistance, Linear's Personal Emergency Reporting System will summon the help you need. **Immediately!**

COVENTRY SENIOR CENTER  
Wed. Dec. 6 @ 11:00

**Be Assured**

If you are concerned about a loved one, an elderly friend, a relative living in your care or living alone, or even yourself ... Linear's Personal Emergency Reporting System will give you peace of mind, and perhaps even save a life.



**What is a PERS?**

Linear's Personal Emergency Reporting System (we call it the P.E.R.S. for short), is a personal protection system Console that provides professional assistance at the touch of a button. There are no telephone numbers to look up, no time wasted trying to dial the phone.

**How does a PERS work?**

When either the large, easy to find pushbutton on the PERS Console is pressed, or a portable wireless pushbutton is activated near the Console, an emergency telephone call is made to trained monitoring operators standing by. Digital information is automatically sent to the operator to identify yourself and your specific PERS unit.

**Then what happens?**

The monitoring operator will immediately act to dispatch medical personnel to your location and can call other people you select with your custom call list.

**Can I talk with the operator?**

Yes! After an emergency call is placed, the operator can converse to you through the PERS Console's built-in speakerphone. The operator can check on your condition and relay that information to the concerned parties.

**What else can a PERS do?**

The PERS Console works with Linear's wireless smoke detectors to report a fire. Other sensors can report flooding, freezing, or other important environmental conditions. The Console can even be setup so daily pressing of a special "activity" button, or activity sensors, keep an automatic emergency call from being placed.

**How can I get a PERS?**

Contact the installing professional listed on this brochure. They will be happy to further explain Linear's Personal Emergency Reporting System operation and features.

Copyright © 2007 Linear LLC

227610 A

**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

**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



To register please call the  
Coventry Resource Center at  
401.822.9175

# Riverview Refuge

A Safe Space of Support for Seniors

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

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

Breakfast pastries will be provided.

Sign up at the Senior Center!

Topics are adaptable based on the needs of the group.



**RIVERVIEW**  
Rehabilitation & Healthcare Center

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



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.

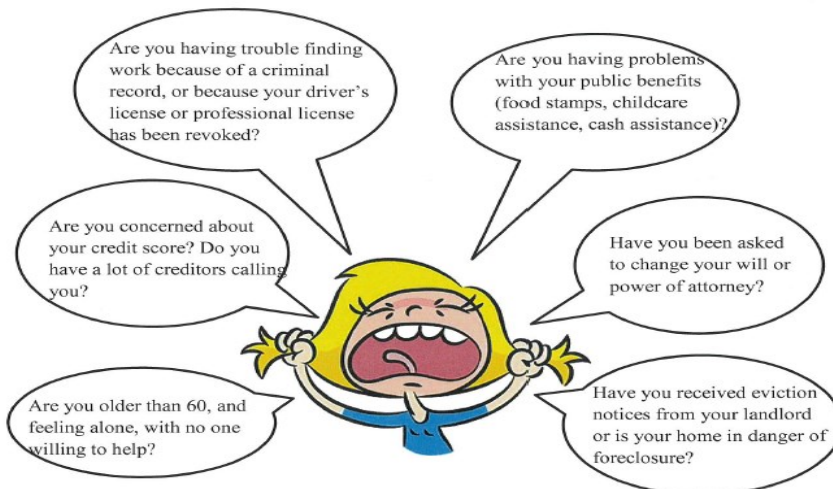
Lisa Denton Clare Bridge Programs Manager

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: January, 5th 2024**

**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 December 13th 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](http://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.

**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](http://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](mailto: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>

### **Bogus Check/Mystery Shopper Scams**

- Typically, a scam artist will send an unsolicited letter or email offering you an opportunity to earn money while acting as a "secret" or "mystery" shopper.
- The scammers will then send you a legitimate-looking check with instructions for you to deposit the check at your bank, then withdraw and send back a portion to them either through a prepaid debit card or a wire transfer.
- The check, however, is bogus. You are left responsible for any bank fees associated with the bounced check and out the money you wired to the scam artist.

(The above taken from the RI Attorney General's website <https://riag.ri.gov>)

## 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 En-  
ergy 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 (not  
December) 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

Instagram @coventryparksandrecri

**You can access their seasonal Program Guide  
and online registration on their website at  
[coventryrecreation.com](http://coventryrecreation.com)**



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

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

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

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

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

**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!

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  
1:00pm Mexican Train Tile Game

#### Tuesday

8:00am - 4:30pm Pool Room  
8:30am - 12:30pm Nurse available  
10:30am Sociables (1st Tuesday)  
10:30am Arthritis Exercise  
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/organiccoventry www.organiccoventry.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 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

# December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Split Pea soup Potato crusted fish Mixed vegetables Spanish rice Roll Pineapple chunks Roast beef w/ roll
4 Roasted cauliflower soup Meatball sandwich Roasted Yellow squash Mediterranean rice salad Sliced cake Roll Egg salad on wheat	5 Fresh fruit cup Texas style chili Tossed salad White rice Corn muffin Oatmeal cookie Seafood salad sandwich	6 Tomato navy bean soup French onion baked chicken Sweet potato Broccoli florets Oatmeal raisin cookie Roll Turkey & Swiss cheese	7 Minestrone soup Salisbury steak w/ gravy Mashed potato Baby carrots Ww Roll Sliced peaches Chicken salad plate	8 Corn chowder Beef w/ broccoli & mushrooms Roasted potato Green beans Roll Cookies Chicken Waldorf salad
11 Tomato soup Sausage & pepper sandwich Green beans salad Chips Whole Wheat roll Sliced pears Turkey & Swiss	12 Mushroom barley soup Sauteed beef w/ mushroom gvy Mashed potatoes Zucchini w/ tomatoes Ww Roll Cake Corned beef on rye	13 Escarole bean & sausage soup Veal patty parmesan Wax & green beans Spanish rice Ww Roll Fruit Chicken Waldorf salad plate	14 Cream of broccoli soup Maple glazed pork tenderloin Rice pilaf Roasted vegetables Roll Apple slices Tuna salad plate	15 Chicken soup Sloppy joe Cole slaw Pasta salad Ww roll Cake Roast beef sandwich
18 Vegetable soup Swedish meatballs Mashed potatoes Baby carrots Fruit Seafood salad sandwich	19 Tomato soup Roasted chicken thighs Sweet potatoes Peas / Cookie Ww Roll Chicken Sandwich	20 Vegetable lentil soup Baked manicotti Roasted potato Mixed vegetables Ww roll – Fruit Chicken salad on rye	21 Italian wedding soup Holiday ham w/ gravy Green bean casserole Mashed potatoes Roll – cup cakes Ham & cheese sandwich	22 Coventry Senior Center Closed
25 <b>MERRY CHRISTMAS</b>	26 Chicken soup Pub burger w/ cheese Cole slaw Potato wedges Ww roll Jello Tuna salad plate	22 Potato & leek soup Chicken teriyaki Vegetable fried rice Stir fry vegetables Fruit Tossed salad w/ chicken	28 Minestrone soup Meatloaf w/ gravy Mashed potatoes Corn - roll Cake Chef salad	29 Fresh fruit Cheese omelet Home fries Sliced ham Baked beans Apple muffin

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

## LET'S SPREAD KINDNESS



### **Texas Grandmothers are “The Knit Wits” who Craft Homemade Hats and Toys For Children in Hospitals and War Zones**

For over twenty years, a colorful collective of ladies residing at a senior living community in Dallas have crafted thousands of hand-knit items, bringing warmth and support to children both in Texas and overseas. And, with sass and swing, they call themselves the Knit Wits. Every Friday, they gather around a long table with yarn and knitting needles to lend a hand from their home at Edgemere—and their latest project is a

collaboration with Children’s Health in Dallas to create homemade caps for infants facing heart problems.

Knit Wits member Mary Ann Stover got the idea while talking with her daughter, a cardiologist at the hospital, and for the past year, the group has sent dozens of beanies for the babies.” The caps are themed around the holidays,” Stover says, with designs evoking autumn, Thanksgiving, Christmas, the Fourth of July, St. Patrick’s Day, Easter, and Spring. “They have become a colorful symbol of hope and joy for the center’s littlest patients and their families,” said Betsy Beall, the hospital’s child life specialist.

The mini hats also can play a role in fostering the bond between infants and caregivers, preserving the scent of the adult next to baby’s skin.” Caregivers are able to wear the hat on their body to transfer their scent before placing the hat back on the baby, encouraging bonding and easing the infant’s stress.” Beall said the collaboration has had an “overwhelmingly positive impact” on the center’s infant population, noting one example of a tiny patient who’d been treated for nearly a year. Throughout the infant’s admission, many holidays were celebrated, but often the infant was too critical to be dressed up for photos the family had planned. Thanks to the generosity of the Knit Wits, the infant hat provided the perfect festive touch.

“When we started this group we were making helmet liners for the troops that were in Afghanistan,” Marianne Mead [told NBC’s KXAS-TV](#) this week. She was in her 80s then. Today, she’s 102 years old and still knitting. “Being creative, being busy, and having something good to think about.” The Knit Wits also sent cuddly knit dolls to orphans from Ukraine—interlacing love with service, one yarn loop at a time. The executive director of their Edgemere home said, “They’ve proven that a simple act of kindness can make such a difference in the lives of those facing challenging circumstances.”

(The above taken from [www.goodnewsnetwork.org](http://www.goodnewsnetwork.org))

# 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

### 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**

**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

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](http://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](http://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](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

### 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](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

**CHILD INC. 823-3228 [www.childincri.org](http://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](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)

**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](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.

\*\*\*\*\*

### **Coventry Substance Abuse Task Force (401)562- 2277**

Facebook: Coventry Substance Abuse Task Force

Twitter: @CoventryTask Instagram:@Coventry\_SATF

# HOPE AND RECOVERY

## TWELVE STEP PROGRAMS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

[Samhsa.gov/talk-they-hear-you/mobile-application](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 !