

COVENTRY RESOURCE AND SENIOR CENTER



50 Wood Street, Coventry RI 02816

Phone 401.822.9175 Fax 401.822.9128 / 401.822.6211

Like us on Facebook—Coventry Resource and Senior Center

www.coventryri.gov to view our Monthly Newsletter

Click on Departments; Human Services; Attachments

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

From the Director's Desk:

"The bad news is time flies. The good news is you're the pilot."

— MICHAEL ALTSHLER

As 2025 ends, it is a time for reflection and hope.

I personally would like to thank our volunteers who make me proud to be part of this incredible team of community builders. I am thankful for the community partners, local businesses, first responders, veterans who volunteer and make us strong as we continue to meet the many needs of Coventry's neediest citizens.

I cannot say enough about our other municipal departments and how they continue to collaborate with us and coordinate services for families here in Coventry. Without these partners we could not fulfill the mission of our department. I am proud to work alongside and collaborate together with such professionals who serve our community every day.

Please keep an eye out for announcement of date for the return of our monthly breakfasts this month! (date to be determined).

We look forward to having the Coventry High School Culinary Program prepare their amazing breakfasts!!

I look forward to the 2026 opening of the Coventry Community Learning Center at the Town Hall Annex. This newly renovated space will build opportunities around workforce development, education and health monitoring, strengthen relationships that benefit families and residents of all ages. Our department will be responsible for oversight of these new services and look for your input to help us successfully provide these programs.

Please take the survey to tell us what you would like to see at this new space.



I am excited to see what the 2026 New Year brings. Happy and Healthy New Year to you and your family from all of us here at the Coventry Resource and Senior Center.

Bob Robillard Jr., LMHC Director

JANUARY 2026

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MONTHLY HAPPENINGS...

Please note: We are closed on Thursday, Jan. 1st for New Year's Day and Monday, January 19th in observance of Martin Luther King Day.

Lunch is served at 12:00pm in the meal site unless otherwise noted.

Please contact the meal site at 822-9180 before 9:00am on the prior business day to place your reservation for either the hot meal or alternate pub option. If you made a reservation but know ahead of time that you need to cancel, please call 822-9180.

JANUARY ENTERTAINMENT

Ready to dance away the winter blues?

Join us on **Friday, January 9th** to enjoy a performance by Kalifornia Karl!

Lunch will be served at noon—the menu is broccoli and cheese soup, chicken cacciatore, rice pilaf, peas and carrots, and sliced apples with a chef salad as an alternate choice.

The suggested donation for lunch is \$3.00—please contact the meal site at 822-9180 by 9:00 AM on Thursday, January 8th to make a reservation.

Watercolor Painting Class Tuesday January 20th 10:30am—12:30pm

Classes are \$15 which includes all supplies and led by professional Artist—Sylvia. (Now on 3rd Monday of every month—this session is only on a Tuesday due to the MLK Day closure.)

Call 822-9175 to register. See flyer on page 4.

URI Pharmacy Presentation

Interested in learning more about arthritis and its treatment options?

Join us on Wednesday, February 11th at 11:00am for a special presentation by the URI Pharmacy Outreach program! Don't miss this great opportunity to gain knowledge and even discover new ways to manage arthritis' lifestyle impact!

Carlos, the Consumer Advocate from RI Energy will be in the meal site from 10:00am to 12:00pm on January 28th (Every 4th Wednesday of the month). Come and see him if you have any questions or concerns regarding your utility bills and to check eligibility for any discounts. Carlos is here to help!

CPS Optix will be here on January 5th 10-12

Offering full optic services with over 150 frames to choose from at no additional cost. When your glasses are ready, we will deliver them and provide an onsite fitting to ensure you are 100% satisfied. Any questions, call 921-4141.

Charlene from "SNAP" will be here from 10:00am to 1:00pm on January 21st in the meal site. "SNAP" is the largest federal nutrition assistance program that provides assistance for eligible individuals and families to purchase food. Eligibility is based on income, deductions, household size & resources in some circumstances.

RI Legal Services "civil" Legal Clinic will be here on January 30th. See flyer on page 5. Call 822-9175 to make your appointment or to be placed on the waiting list.

"Movie Time" Mondays at 1:00pm following lunch we will be featuring a different movie every week on our big screen. Enjoy free popcorn with your film!

Coventry Community Food Bank update: Due to recent changes in SNAP benefits, we are experiencing an increase in guests. We want to reassure the community we are doing everything to accommodate everyone but shopping appointments cannot be guaranteed and food may need to be prepackaged.

Thank you for your patience and understanding.

ATTN: WANTED — PINOCHLE players!

We meet Fridays at 10am. Come join this fun game!

Splinter will be here on January 14th at 11am

If you haven't already, come meet Splinter (who happens to be Sawdust's brother,) a beautiful, local therapy dog, and his handler Christine.



TUESDAY JANUARY. 20, 2026

TEACHER,
SYLVIA DELANEY,
PROFFESIONAL
ARTIST

10:30 A.M. - 12:30 P.M.

\$15.00

**BEGINNER
PRE DRAWN
GUIDE LINES
ARE
AVAILABLE.**



**Supplies
Included .Color
options
will be
available.**

Watercolor Class

“LET’S BUILD A SNOWMAN”

**JOIN US FOR A NO PRESSURE, FUN AND RELAXING
WATERCOLOR CLASS. LEARN THE JOYS OF PAINTING IN
WATERCOLORS WITH STEP BY STEP INSTRUCTIONS FROM
SYLVIA**

LOCATION - COVENTRY SENIOR CENTER

Please call 822-9175 to sign up

“ Each new year, we have before us a brand new book containing 365 blank pages. Let us fill them with all the forgotten things from last year—the words we forgot to say, the love we forgot to show, and the charity we forgot to offer.”

PEGGY TONEY HORTON

2025

TIS THE SEASON

& TIS THE SEASON ADOPT A FAMILY PROGRAM

Our sincere thanks to everyone who donated to Tis the Season this year and to those who adopted families.

Your kindness and generosity was appreciated immensely and truly made it a beautiful season of giving !

“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 & psychiatrist also does outreach.

Operated and funded through a partnership between the House of Hope Community Development Corporation (House of Hope CDC), Team Williams, LLC, and the City of Providence.

Rhode Island Executive Office of Housing <https://housing.ri.gov>

RI's new homeless response system as of Oct. 1, 2025

RI now has REGIONAL ACCESS POINTS (RAPs)

There are seven RAPs across the state listed below

to provide those at imminent risk of homelessness or experiencing homelessness with centralized, easy to access entry points to housing-related case management services and help finding a shelter etc.

This is replacing the RI Coordinated Entry System (CES)

You may go in person or contact by phone

and if needed there is an Outreach Team.

If after hours, call 211 - you can go directly to a shelter, if no bed is available they will direct you to another year round shelter.

Community Care Alliance RAP 245 Main St. Woonsocket 401-445-4237

Email: CCA.shelter@communitycareri.org

Crossroads RAP 160 Broad St. Prov 401-865-6215

Email: HPS@crossroadsri.org

Newport Mental Health 42 Valley Rd Middletown 401-846-1213 x9105

Email: RAP@newportmh.org

OpenDoors Pawtucket RAP 1139 Main St. Pawtucket 401-214-5542

Email: help@opendoorsri.org

Shower to Empower RAP (Mobile site different location Monday-Friday)

Email emilym@thehouseofhopecdc.org

WARM Center Inc. RAP 16 High St. Westerly 401-596-WARM

Email: info@warmcenter.org

Sojourner House Victim Service Provider RAP 1570 Westminster St.

Prov 401-765-3232 Email: care@sojournerri.org

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

WHEN: monthly

WHY: RESOLVE YOUR CIVIL LEGAL ISSUES HOW: Call 822-9175 to book appt

What is RENTERS INSURANCE ?

Renter's insurance is insurance that pays you if your personal property is damaged or stolen. It can cover fire and smoke damage, theft, vandalism, damage from windstorms and hail, damage from explosions, water damage from plumbing problems, etc. It also protects you from liability if an accident happens in your home and may pay your temporary living expenses if an emergency forces you to leave.

Doesn't my landlord's insurance protect my belongings? No. Your landlord's insurance does not protect your personal property.

It only protects the building. More info.. from American Red Cross

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

PLEASE GET INFORMED ON SCAMS Here are some actions to take if involved...

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

***If you paid a scammer with a credit or debit card:** **File a dispute** (also called a “chargeback”) with your credit or debit card company.

Online: Log onto your credit or debit card company’s website and go through the company’s dispute process.

By phone: Call the phone number on the back of your card and tell them why you’re filing a dispute.

***File a report on a scam, fraud or identity theft to your local law enforcement—Coventry Police 60 Wood St. 826-1100**

***File a report on a scam or complaint on a business to RI Office of Attorney General—Consumer Protection Unit**

Call 401-274-4400 prompt 1 / File online at <https://riag.ri.gov> or email at consumers@riag.ri.gov

If over 60 and in need of assistance, please contact the Elder Abuse Unit at 401-274-4400 prompt 6

***To file an identity theft report online go to: Identitytheft.gov - the federal government’s one-stop resource for identity theft victims**

***FTC Federal Trade Commission to report fraud 877-382-4357 www.ftc.gov - (will also direct you to identitytheft.gov to file report).**

***FBI Internet Crime Complaint Center— to report cyber-enabled crime www.IC3.gov**

What to place on your credit report if you should fall victim....

Initial (one year) fraud alerts: place with one credit agency and they will contact the other two. This is free.

Extended Fraud Alerts: Lasts for 7 years. If you become a victim of identity theft you need to send a valid police report or FTC identity theft report to *each agency. Free if identity is stolen.*

Credit or Security Freezes: *must be placed separately* at each credit agency. Restricts access who can access your credit report to open new accounts or take out a loan.

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

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

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

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

AARP has a very informative website

<https://www.aarp.org/money/scams-fraud/>

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

The AARP Fraud Watch Network Helpline

1-877-908-3360 is free

They offer online support sessions for further emotional support. Can sign up for regular updates on scams You can also look up a scam

AARP’s Fraud Resource Center
(aarp.org/FraudWatchNetwork)

Senior Medicare Patrol (SMP)

can help you prevent, detect, and report Medicare fraud.

Contact RI SMP 1-888-884-8721 oha.ri.gov

A proactive step to protect yourself from tax-related identity theft is to create an **Identity Protection PIN (IP PIN)** More info at IRS.GOV

mySocialSecurity account -Create a free & secure online account whether you receive benefits or not. This also stops someone else from making an account in your name.

More info at <https://www.ssa.gov/myaccount>

*If your social security number is compromised, the Social Security Administration can help you block electronic access to your personal information with a **social security number block.**

Call 1-800-772-1213

(removing the block has to be done in person)

30 Quaker Lane, Warwick RI 02886

If you receive suspicious communication, please report to **Office of the Inspector General at oig.ssa.gov or call their fraud hotline at 1-800-269-0271 or email OIG@1140@ssa.gov**

Go to AnnualCreditReport.com

to request a free credit report once every 12 months from each bureau to check for any discrepancies.

You can order your reports from each of the three nationwide credit reporting companies at the same time.

PLEASE NOTE:

This is the only website providing a free credit report.
Watch for misleading sites requiring a purchase of another product.

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](http://crb.ri.gov/consumer/search-registrantlicensee)

GRANDPARENT SCAM ALERT:

Crooks call and pretend to be a grandchild who’s been arrested and needs bail money to get out of a nonexistent legal jam.

Read more details on how these work at aarp.org & riag.ri.gov

SCAMS / FRAUD

ROMANCE SCAMS - Adults of all ages are going online in hopes of finding love and companionship.

But there can be a downside ...

WARNING SIGNS

- *Your new romantic interest sends you a picture that looks more like a model from a fashion magazine
- *The person quickly wants to leave the dating website and communicate with you through email or instant messaging.
- *They lavish you with attention, texts, emails and phone calls
(www.aarp.org)

*The scammer wants to establish a relationship as quickly as possible, endear himself to the victim, and gain trust.

Scammers may propose marriage and make plans to meet in person, but that will never happen.

Eventually, they will ask for money.

*Scam artists often say they are in the building and construction industry and are engaged in projects outside the U.S. That makes it easier to avoid meeting in person—and more plausible when they ask for money for a medical emergency or unexpected legal fee.

*If someone you meet online needs your bank account information to deposit money, they are most likely using your account to carry out other theft and fraud schemes.

(FBI.gov)

BEWARE the Faux Phone Call

The phone is still #1 in the hearts of scammers.

Use your voicemail or answering machine to screen incoming calls when you aren't absolutely certain who is calling.

You can't trust caller ID because scammers use technology to hide their identity.

(Taken Pg 12 AARP Fraud Watch Network)

FRAUD WATCH NETWORK AARP Fraud Watch Network provides you with access to information about identity theft, investment fraud and the latest scams. Access online at: AARP.org/fraudwatchnetwork

FRAUD FIGHTER CALL CENTER Highly trained AARP volunteer Fraud Fighters are standing by to offer peer counseling, support and referral services to fraud victims and their family members.

Call toll free: 1-877-908-3360

CELEBRITY (IMPOSTER) SCAMS

Criminals pose as celebrities to nurture a relationship with their target before the "ask".

In private messages the con profiles the target to determine the best approach. If a target is lonely, it's a romance scam; if altruistic, it's a charity scam.

The criminals invent excuses about why they (wealthy celebrities) supposedly can't access their funds.

Recent advances in artificial intelligence (AI) make these scams harder to identify, as they offer criminals the tools they need to mimic voices, alter photos and avoid the spelling and grammar mistakes that once were red flags for fraud.

Imposter scams were the #1 fraud complaint in 2023 with total losses of \$2.7 billion.

(above taken from www.aarp.org)

Prevention Tips

Don't carry your Social Security card in your wallet

Don't print your SSN or driver's license number on your checks.

Shred sensitive information.

Limit the number of credit cards you carry.

Keep copies of credit cards (front and back) in a safe place in case a card is lost or stolen.

HOUSING RESOURCES

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Rhode Island Executive Office of Housing <https://housing.ri.gov>

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Crossroads RAP 160 Broad St. Prov 401-865-6215
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Email: RAP@newportmh.org

OpenDoors Pawtucket RAP 1139 Main St. Pawtucket 401-214-5542
Email: help@opendoorsri.org

Shower to Empower RAP (Mobile site different location Monday-Friday)
Email emilym@thehouseofhopecdc.org

WARM Center Inc. RAP 16 High St. Westerly 401-596-WARM
Email: info@warmcenter.org

Sojourner House Victim Service Provider RAP 1570 Westminster St. Prov
401-765-3232 Email: care@sojournerri.org

If after hours, call 211 - you can go directly to a shelter,
if no bed is available they will direct you to another shelter.

HOUSING CHOICE VOUCHER PROGRAM

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

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

For info on Public Housing for Elderly and Disabled, and

Affordable multi-family housing in Coventry

Coventry Housing Authority 401-828-4367 14 Manchester Circle
www.coventryhousing.org /apply online or request paper application

For help to find apartments go to www.housingsearchri.org
a free online rental listing website that helps people find the housing they need, including available low-income rental units across the state. or if you need a live person call 1-877-428-8844 M-F 9am - 8pm.

SOJOURNER HOUSE (assists victims of domestic violence, human trafficking and sexual assault) (Sojournerri.org)

Need Safe Housing Help Line (immediate need) 24/7 (401) 765-3232
Or call their Housing Office (non emergency need) at (401) 808-6899

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

UTILITY RESOURCES

LIHEAP (Low Income Home Energy Assistance)
IN ADDITION TO APPOINTMENTS HERE, also at
Westbay Community Action on 732-4660
487 Jefferson Blvd. in Warwick 02886

or WestbayCAP Outreach LIHEAP office located at
1745 Main St. Unit 4 in WW (plaza with Gel's Kitchen).

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

apply on WestbayCAP online portal westbaycap.org

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

FREE RI Energy Home Assessment Program

Available to all households, including homeowners and renters. Call 1-888-633-7947 to schedule appt.
Or go to www.rienergy.com/ri-home/energy-saving-programs/home-energy-assessments

Rhode Island Energy Assistance options for income eligible customers

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

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

Come meet with a Customer Advocate, Carlos

Andrade here at the Senior Center, 50 Wood St. on the 4th Wed of every month from 10am—2pm

Please call 822-9175 before to verify he will be here in person or you can contact Carlos directly at 378-5725.

The Society of St Vincent de Paul—Coventry Conference
offers assistance with rent, utilities and other bills, once per 365 days (if \$ donations are available) Call 828-3090

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 1-888-321-5880

www.safelinkwireless.com 1-800-723-3546

StandUP Wireless 1-800-544-4441 can apply over phone

LIFELINE PROGRAM: a federal program that lowers the monthly cost of phone or internet services
<https://www.lifelinesupport.org>

GENERAL SERVICES

Coventry Resource and Senior Center

Remember: We are pleased to have two computers now available for you! Call 822-9175 to reserve a time

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. **Nurses' Office 822-6208 Mon, Tues, Thurs, Fri 8:30 - 12:30**

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

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

SENIOR COMPANION PROGRAM

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

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

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

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

COVENTRY CARES VOLUNTEERS VOLUNTEER OPPORTUNITIES

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

**Currently in need of Dining Room
servers, Kitchen help & substitutes &
MOW drivers**

Call 822-9175

Please give the gift
of your time.



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 or just maybe enjoy the outside weather....



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. Call **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

NOTARY PUBLIC

Free Service

Please call 822-9177
to schedule a time
with a notary

COFFEE SHOP
 Open mornings daily
 9:30 to 11:30
 providing tea, coffee,
 hot chocolate,
 juices, and snacks.
**WE ARE LOOKING FOR
 SUBSTITUTE VOLUNTEERS...**

POOL ROOM
 Did you know we have
 two billiard tables?
 Open for play
 M-F 8:00—4:00pm.
 Cheapest rates in town
 only \$4.00 for the month.

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 / COVENTRY

‘Tis the Season serves families in the town of Coventry. 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, churches, clubs and organizations hold food drives.

Other families, businesses, schools and other local groups choose to “Adopt a Family” through ‘Tis the Season.

Call 822-9178 for more information, how to request assistance or how to donate.

ACTIVITIES

Coventry Resource & Senior Center

PITCH / CARDS—Experienced players only! Please arrive by 12:50 to determine groups. Tuesdays at 1:00 we meet in the mealsite. *Fun & Free!*

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

CRIBBAGE Thursdays at 1:00 pm.
We meet in the activity room on the left just behind the mealsite.

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

MAHJONGG (a tile-based game developed in 19th century China played in groups of four) we play the American version - Fridays at 1:00pm

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

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

PINOCHLE Fridays at 10:00am
We have a cheat sheet. Come join the fun !

LIBRARY Tuesdays 1:00-2:00pm A Coventry Library staff member will be here weekly and will bring books that you can check out, or you can request a book or movie and you will have it the following week. Can also assist you with obtaining a library card if you don't already have one.

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

ARTS & CRAFTS Every Thursday 1-3pm **First Come First Served.**
Maximum capacity 15.

RIVER ROCK PAINTING Thursdays at 10am

WATERCOLOR PAINTING CLASS 3rd Monday of each month 10-12
Led by professional artist. \$15.00 for the class.

AARP Chapter 2210 Presents!

January 4—6, 2026

Atlantic City Resorts Casino

Enjoy this relaxing get away while trying your luck Call for deadline to book and the various pricing options on this multi night trip

Call Maureen Murphy at 401-828-5188 or Anne Brien 401-263-4274 for details & deadlines to book trips

Flyers can also be viewed on our bulletin board !

Weekly / Monthly Activities & Programs

Monday

8:00am - 4:00pm Pool Room
8:30am -12:30pm Nurse available
10:00-12 Watercolor Painting (3rd Monday)
1:00pm Mexican Train Tile Game
1:00pm "Movie Time Mondays" Film Screening

Tuesday

8:00am - 4:00pm Pool Room
8:30am - 12:30pm Nurse available
9:30am Chair Yoga (with Shri service corp)
10:15am Sociables (1st Tuesday) waitlist
10:30am Bone Builders
1:00pm Canasta
1:00pm Pitch
1:00-2:00pm Library

Wednesday

8:00am - 4:00pm Pool Room
9:30am Tai Ji Quan
9:30am Knitting
10:30am Advanced Tai Ji Quan
1:30pm Bingo

Thursday

8:00am - 4:00pm Pool Room
8:30am - 12:30pm Nurse available
10:00am River Rock Painting
1:00pm Cribbage
1:00pm Arts & Crafts Class

Friday

8:00am - 4:00pm Pool Room
8:30am - 12:30pm Nurse available
9:00am Tai Ji Quan
10:00am Pinochle
10:30am Chair Yoga (with Shri service corp)
1:00pm Scrabble
1:00pm Mahjongg (American version)
1:30pm Bone Builders of RI

HEALTH & WELLNESS

Coventry Resource & Senior Center



THE SOCIABLES (Currently has a waiting list)

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

interesting single seniors meet and plan day trips for the upcoming month. If you're not busy every Sunday and enjoy plays etc. we would love to have you join us.

CHAIR YOGA (with Shri service corp)

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.

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

The cost is \$5.00. Please stop by the front office in advance to register. Class enrollment limited. You must have a yoga mat for the class. Thanks!



RIVER ROCK PAINTING

Let's get together and transform a stone with paint and sprinkle positivity around our town. Once it's created, find a place to leave it for someone else to find and enjoy. A simple surprise message of kindness and compassion can brighten someone's entire day. **Thursdays at 10**

MEDITATION (courtesy of BlueCross Blue Shield)

COMING IN 2026 Classes focus on meditation using slow, rhythmic movement. Integrate your breathing and awareness to release energy. Create calm and strengthen the core. In addition, this practice reduces stress and anxiety, increases awareness and flexibility, and promotes overall wellness and relaxation. **822-9175 if interested.**

If we can have a minimum of 15 participants we can ask Blue Cross to start a group. There would be no cost

Come meet Sawdust or Splinter, local therapy dogs, and their handler Christine. There is scientific evidence that demonstrates how therapy animals improve heart health, help alleviate depression, increase well-being, and contribute to healthy aging.

Will meet every other month at the Senior Center. Come spend a few minutes with these gentle giants and enjoy all the benefits that result from the human-animal bond. **Call 822-9474 for next date.**



Bone Builders of RI

A predominantly seated weight-bearing routine, for women and men ages 50+, designed for improving/maintaining bone health and overall wellness.

Please pre-register at 822-9175.

Tuesdays at 10:30am and Fridays at 1:30pm.

\$5.00 per class

TAI JI QUAN: Moving for Better Balance

All students are assessed before they can start.

What is TJQMBB ? An evidence based fall prevention program that aims to improve balance, mobility, physical and mental well-being. Tai Ji Quan is a researched based program proven to decrease falls by 58%.

Wednesday 9:30-10:30 and Friday 9-10am \$3.00 per class.

Call 822-9175 to sign up and schedule your 15 minute screen for balance, strength and mobility to indicate fall risk.

Those who completed the above 6 month program can sign up for the next level program of TJQMBB

Wednesdays at 10:30 Rm 214

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

This class will be led by Michele Cornwell who has previously been teaching TJQMBB here. **Call 822-9175 to reserve your spot. \$3 per class**

Come play Bocce in the Spring....

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. It's a regulation court !



Interested in starting a league ? Or just play for fun at no cost.

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

COVENTRY COMMUNITY FOOD BANK Please note: Due to recent SNAP changes there is an increase in guests and shopping appointments cannot be guaranteed & food may be prepackaged.

(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.

COVENTRY COMMUNITY GARDEN

located in front of the Town Hall Annex.

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

Please visit Facebook -
Coventry Community Garden

One of every three bites of food you eat



depends on the honey bee.

facebook.com/organicconsumers www.organicconsumers.org

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
A non food pantry (items such as deodorant, tissues, razors)

Free clothing & household items...
Quidnessett Baptist Church

6356 Post Road, NK (401) 884-9111

Open Wed, Thurs and Friday
10am—2pm

Or donate to our 24 hour drop off shed
Please give freely and spread the love around

SVdP Saturday Grab and Go weekly meals.-Coventry Residents only. —Do not need to call ahead just come Saturday 11—11:30.

One meal per person in car. If there is someone who will send someone to pick up their meal, they must come in car for the 1st time and get a card. The next time they can send card with person who is picking up for them.

445 Washington St. Coventry

COVENTRY CAFÉ

Come have lunch at the Café for those 60 and over or individuals with disabilities. Each Café offers two meal choices daily. The “pub option” offers a sandwich for those who want a traditional lunch. The “hearty option” provides a full, hot lunch. 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. Food boxes available ONLY ON THE 3rd Saturday of the month from 9am—12pm. Must be a Coventry resident and must sign up by calling 828-3090

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

St. Paul the Apostle church 116 Danielson Pike, Foster 647-3664 Open 9:30-11 every other Saturday. (Open Dec. 14 & Dec 28) Call for new schedule in Jan. 2025

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

Be the Change /Project Hand Up

www.projecthandup.net (401) 965-9050 15 Factory St. WW (located behind American Legion) *Open every Tuesday 3-5 last name beginning with A-K *Open every Thursday 3-5 last name L-Z only. *Open every Friday 3-5 for people 60 and older (Veterans and anyone 60 and older may shop any day) *Must bring proof of ID and address. \$6 for prefilled bags -approx. \$200 worth of groceries. Accept cash, debit/credit cards; bags placed in trunk, please have ID ready & trunk cleaned out. Check their Facebook page (Project Hand Up) for changes

Faith Fellowship Food Pantry 1395 Nooseneck Hill Rd, Coventry (across from post office) Open every second and fourth Saturday of the month from 9am - 12pm. Food Pantry entrance located at the back of building and down the ramp. Please call Church office at 397-3383 for questions. Or go to faithfellowshipaog.com

Westbay Community Action Marketplace

487 Jefferson Blvd. Warwick Serves Warwick, WW, EG & 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.

SERVING SIZES

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

January 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

All menu items may contain nuts, seeds, beans, wheat bran, and other allergens Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging	Rolls are served with all meals		1 Closed	2 Mediterranean lentil soup Sloppy joe Cole slaw Roasted potato Cake Ham & cheese on wheat
5 Escarole & bean soup Chicken marsala Lemon rice Roasted vegetable Chocolate chip cookie Egg salad on rye	6 Minestrone soup Stuffed shell w/meat sauce Green beans Sliced pears Seafood salad plate	7 Chicken soup Creamy Dijon chicken Mixed vegetables Spanish rice Sliced peaches Turkey sandwich on wheat	8 Tomato soup Stuffed meatloaf w/gravy Cream corn Mashed potatoes Cake Cobb salad	9 Broccoli & cheese soup Chicken cacciatore Rice pilaf Peas & carrots Sliced apples Chef salad
12 Chicken barley soup Baked pasta w/meatballs & sausage Roasted vegetables Tropical fruit Tossed salad w/ chicken	13 Irish vegetable soup Meatball sandwich Broccoli florets Sweet potato salad Sliced peaches Egg salad on rye	14 Meatball soup Oven roasted chicken Roasted potatoes Green beans Yellow cake Tuna salad plate	15 Mushroom barley soup Honey glazed pork roast Mashed sweet potatoes Roasted carrots Sliced melon Chef salad	16 Navy bean soup Chicken parm Roasted zucchini mix Rice pilaf Peaches Chicken salad sandwich
19 Closed	20 Vegetable barley soup Lemon pepper chicken Mexican rice Capri vegetables Sliced pears Turkey sandwich	21 Chicken soup Swedish meatballs Mashed potatoes Broccoli florets Sliced melon Italian grinder	22 Kale & chickpea soup Pot roast w/gravy Roasted potatoes Balsamic glazed carrots Chocolate chip cookie Greek salad w/ chicken	23 Tomato soup Pub burger w/ cheese Cole slaw Chips Cake Tuna salad on rye
26 Vegetable soup Chicken a la king w/ Mixed vegetables Steamed rice Lorna Doone cookie Chicken salad on wheat	27 Chicken noodle soup Ground beef stir fry w/ Vegetables Vegetable fried rice Sliced fruit Tossed salad w/ chicken	28 Minestrone soup Pork chop Italiano Roasted potatoes Zucchini mix Mixed fruit Cobb salad	29 Carrot soup Open turkey sandwich Butternut squash Stuffing Cake Roast beef on roll	30 Pasta & bean soup Sausage & pepper sandwich Roasted potatoes Cole slaw Watermelon Turkey & bacon sandwich

“Let our New Year’s resolution be this: We will be there for one another as fellow members of humanity, in the finest sense of the word.”

Goran Persson

Educational resources, job placement assistance, job skills training programs and more... Interested in changing career paths???

RI Dept of Labor and Training <https://dlt.ri.gov>

Employment & educational services, job coach

Skills for RI Future <https://skillsforri.com>

Connecting unemployed and underemployed

EmployRI—Network Online <https://www.employri.org>

Search jobs, create resumes, find education & training

netWORKri <https://www.careercenteroffices.com>

Jobseekers and employers are matched

RI SNAP E&T is a package of training, services and supports designed to help SNAP recipients gain skills, earn credentials, set goals and succeed

Go to <https://risnapet.org> *Check out full handbook with all courses available*

RI Dept of Human Services www.dhs.ri.gov Works hand in hand with other resources in Rhode Island

Adult Education Classes Go to EnrollRI.org/AdultEd To see full list of programs & locations; GED, Job Skills Training, ESOL, etc.

Office of Rehabilitation Services (ORS) ORS works with schools, families and students to prepare you for job training, career development and employment opportunities after high school.

Vocational Rehabilitation (VR) Program assists individuals with disabilities to choose, prepare for, obtain and maintain employment. To be eligible you must have a physical, intellectual or emotional impairment which is a substantial barrier to employment, and require VR services to obtain employment. For more info. to go <https://ors.ri.gov>

College Planning Center The center provides free college planning services. This includes helping you find colleges, and help with college and financial aid applications.

Call 401-736-3170 or visit <https://www.risla.com/college-planning-center>

Temporary Employment Agencies Two options closest to Coventry

RI Temps 401-781-8400 3288 Post Rd. 2nd floor Warwick

Colony Personnel 401-739-0670 2845 Post Rd. Ste 201 Warwick

Can call or go in person

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)**

STATE OF RHODE ISLAND—DEPARTMENT OF HUMAN SERVICES

How to apply for SNAP (formerly food stamps) benefits; RIW (cash assistance); (CCAP) child care assistance, Medicaid and other programs

Can apply online or you may opt to complete the printable application.

The application can be found at RI DHS website: www.dhs.ri.gov

DHS Call Center (1-855-697-4347) Select menu option #2 for info.

FAX (401)462-8052

All RI DHS mailed applications 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

RI Department of Human Services Document Scanning Centers

Locations: 125 Holden St. Prov, 1 Reservoir Ave. Prov and 249 Roosevelt Ave. Pawtucket - these offices can help customers open and update their cases in as little as 10 minutes!

RI Office of Child Support Services <https://ocss.ri.gov>
For application visit www.cse.ri.gov (401) 458-4400

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

www.RhodeIslandFamilyGuide.com

The Ocean State's Original Family Resource Guide for finding information on everything from healthcare to support services to education to all of the fun and adventure in our wonderful little state. *Download a free guide today!*

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

Center for Southeast Asians 401-274-8811

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

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

THE AUTISM PROJECT theautismproject.org 785-2666

For parents, caregivers, and family members supporting individuals with ASD and other developmental disabilities.

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

EBT Customer Service 1-888-979-9939
URI SNAP OUTREACH PROJECT Call 1-866-306-0270 or **The Point SNAP outreach program (401) 462-4444**

kids.ri.gov RI EOHHS launched a new website Jan.2025

A guide to find support, resources, and answers to many questions on Prenatal to Pre-K Resources & Behavioral Health Resources for parents and caregivers to help their children through a wide range of struggles.

PARENT SUPPORT NETWORK WWW.PSNRI.ORG 467-6855
RI PARENT INFORMATION NETWORK

WWW.RIPIN.ORG (401) 270-0101 callcenter@ripin.org

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

EARLY INTERVENTION Free services & supports for children under 3 with developmental delays. [https://eohhs.ri.gov/Consumer/FamilieswithChildren/EarlyIntervention](http://eohhs.ri.gov/Consumer/FamilieswithChildren/EarlyIntervention)

CHILD INC. 823-3228 www.childinci.org Head Start/Early

Head Start: No cost for expecting parents and children birth-5 who are eligible by family income, foster placement or are experiencing homelessness. **Also Extended Day & RI PreK**

CHILD CARE

RI State DHS CCAP (child care assistance)

www.dhs.ri.gov

Catholic Charities Child Care Scholarships

(Cabrini Fund) dioceseofprovidence.org or call 421-7833 x213

Military Families: *militarychildcare.com

*[https://public.militarychildcare.csd.disa.mil](http://public.militarychildcare.csd.disa.mil)

*[https://finred.usalearning.gov/Benefits/DCFSA](http://finred.usalearning.gov/Benefits/DCFSA)

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

Here are just some in RI...

APDA Parkinson's Information Referral Center at Kent Hospital

Call Mary Ellen Thibodeau, RN 401-736-1046 or email

apdari@apdaparkinson.org / <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 & support for Gay, Lesbian, Bisexual and Transgender Elders

CAREGIVER EDUCATION & SUPPORT Brookdale Center of NE Center of N E Blvd. Cov. last Wed of mo 6-7pm 821-2445 Ext. 4126

PFLAGPROVIDENCE.ORG Supports LGBTQ people, their families and friends / helplines, support groups, resources, education , advocacy.

For other support groups go to: **WWW.PSYCHOLOGYTODAY.COM / US/GROUPS/RHODE-ISLAND**

ALZHEIMERS ASSOCIATION / RI CHAPTER - Go to alz.org/ri

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

RI Hoarding Task Force
Go to <https://rihoardingtf.ri.gov>

The POINT, RI's Aging & Disability Resource Center (401) 462-4444

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

Office of Healthy Aging—formerly Department of Elderly Affairs:
Protective Services 401-462-0555 Call 211 after hours.

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

Report concerns or abuse of an adult with disabilities aged 18—59
by contacting: RI BHDDH **QUALITY ASSURANCE UNIT at 462-2629 24 hour hotline, seven days per week, 365 days per year**

FOR NEGLECT OR ABUSE IN A FACILITY call:

Department of Health Facilities Regulation: 401-222-5200
RI Attorney General Patient Abuse or Neglect, Medicaid Fraud & Drug Diversion Unit: 401-222-2566 or 274-4400 x2269

RI State Long Term Care Ombudsman Program: 401-785-3340
(advocates for and works to resolve problems related to the health, safety, welfare, and rights of individuals receiving long term care services; responds to and investigates complaints) www.risltcp.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 call 451-0184

Ocean State Center for Independent Living 1944 Warwick Ave, Warwick 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

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**. Also coordinates non-emergency transportation for Medicaid recipients

RIDE Paratransit / Americans with Disabilities Act (ADA)

461-9760 or www.ripta.com for ADA application. *Pick up & drop off must be within 3/4 mile of a regular fixed bus route. \$4.00 one way or ask about Pilot Program if over 3/4 mile.

RIPTA Bus Pass 784-9500 ext. 2012 or www.ripta.com

Can apply in person, online and by mail.

Westbay Community Action **SENIOR SERVICES CASE MANAGEMENT** 487 Jefferson Blvd. Warwick Provides supportive services for at-risk older residents. 732-4660 x138

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. Offers 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.

MyOptionsRI <https://myoptions.ri.gov> Offers person-centered options counseling to help understand the choices for long-term services and supports (LTSS).

Self assessment form online or for immediate assistance call **401-462-4444** Connects you to services and support you might need to live independently, wherever you choose.

NEED NURSING HOME CARE AT HOME OR IN A NURSING HOME ? Best way to call MyOptionsRI to speak with an Options Advisor at 462-4444 to start the process.

DHS Long Term Services & Support Office (LTSS)

for help to apply for nursing home care call (401) 574-8474 or for help with Long Term Care Medicaid application call The POINT at (401) 462-4444

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

The Alzheimer's Association's 24/7 Helpline service - at no charge Visit [https://www.alz.org/ri](http://www.alz.org/ri) or call **1-800-272-3900**



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 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,

Veterans Crisis Line 24/7 Call 988 Press 1
Chat online www.veteranscrisisline.net or Text 838255
You do not have to be enrolled in VA benefits to call...

Thrive Behavioral Health Veteran Services Coordinator
Patrick Lachey Contact: plachey@thrivebhri.org

VETERANS RIDE 4 FREE, INC.
A 501(c) (3) non- profit providing free transportation for veterans to medical appts at VA Hospital or private appts in CT and now RI.
Call 860-317-1025 <https://veteransride4free.org>

Visit health.ri.gov/helpforvets Lean on us to connect you to benefits and resources, including the following: Mental/behavioral healthcare, Clothing & household goods, Education programs, Employment resources, Housing and shelter, Legal support, Substance use treatment, Transportation, Individual & family support

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

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

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

SENIOR COMPANION PROGRAM Trains volunteers to serve isolated older adults in their own homes, adult day centers, and other community sites. Must be 55 or older and must meet specified income limits. Receive a tax-free stipend and other benefits while servicing clients an average of 20 hours weekly. Contact RI Office of Healthy Aging at 462-0569 to apply

RI LEGAL SERVICES (401) 274-2652 www.rils.org Assists low income residents with Family Court, domestic violence, child custody, public benefits, section 8 and elder law issues.

RI Center for Justice (401) 491-1101 non profit law firm assists low income residents with housing, wages, education issues.

RI Office of Mental Health Advocate (401) 462-2003 Advocacy & legal help for those with mental health issues.

Lawyer referral service for elders or Legal information services (401) 521-5040 or (401) 421-7799

Rhode Island Bar Association Volunteer Lawyer Program (401) 421-5740 <https://ribar.com>

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 RI 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 for the needs of the community in an emergency. 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

Town of Coventry Office of the Tax Assessor
Town Hall 1670 Flat River Road, Coventry

PERSONAL TAX EXEMPTIONS

- Senior/Disability Exemption and Tax Freeze
- Veteran Exemptions
- Legally Blind

See if you qualify *Applications are available in the Assessor's office and on the Coventry website www.coventryri.gov Please contact the **Assessor's Office at 822-9163** if you have any questions

Coventry Department of Planning & Development
Town Hall Annex 1675 Flat River Road, Coventry

CDBG Community Development Block Grant

See if eligible for assistance with certain home repairs...
Contact Geri Manning at 492-9368 or cdbg@coventryri.gov

1% Loan Available for Failed Septic Systems and Cesspools

Call or email for eligibility guidelines and details
Contact Josh Chase 822-6246 or jchase@coventryri.gov

RI Governor's Commission on Disabilities

The RI Livable Home Modification Grant program pays for 50% of the cost of safety changes for people with disabilities to stay in their home, up to \$4,500. For more info. and eligibility qualifications Contact Barbara Palazzo at 401-462-0103 or Barbara.palazzo@gcd.ri.gov

Rhode Island Commission on the Deaf & Hard of Hearing www.cdhh.ri.gov
401-256-5511 cdhh.main@cdhh.ri.gov

- View info sheet containing various possible resources offering assistance for the purchase of hearing aids
- Info and links to Assistive Listening Systems and Telecommunication Technology
- ATEL Adaptive Telephone Equipment Loan Program - Rhode Island Relay
- Tech Access and more

RI DHS Office of Rehabilitation Services Services For The Blind and Visually Impaired (SBVI)
401-421-7005 <https://ors.ri.gov>

Eligibility requirements include vision of 20/60 or less in the better eye with best correction or a field loss of 20 degrees. Assists children and adults. Referral form available online with links to other related resources.

IN-SIGHT 43 Jefferson Blvd. Warwick 02888
(401) 941-3322 People with visual impairments can live healthy, active, and independent lives. Using a wide range of tools and learning some adaptation allows you to continue to work, travel, cook, engage in hobbies, and enjoy your favorite things. Go to <https://in-sight.org> to view all programs and services.

HEALTHY EATING AND EXERCISE

Nutrition.gov is powered by USDA Science and offers credible information to help you make healthful eating choices.
Also contains resources on fitness and exercise.

Check out their website for: **Nutrition Tips for Every Stage of Life**

Find heart healthy eating tips to reduce fat in the diet and lower cholesterol levels

Learn what you can do to help control hypertension (high blood pressure), including the DASH (Dietary Approaches to Stop Hypertension) eating plan

Learn about the health benefits of physical activity and find various resources and links to get you started & much more...

Physical activity (Aim for at least 150 minutes of moderate exercise per week like brisk walking) and healthy whole foods support physical and mental health.

*Please remember to start slow if you are new to exercise, and talk to your doctor before starting any new exercise routine
(Above taken from <https://www.nutrition.gov>)

MEDITATION What Meditation can do for

your mind, mood and health... In the short term, stress quickens your heart rate and breathing and increases your blood pressure. When you're constantly under stress, your adrenal glands overproduce the hormone cortisol. Overexposure to this hormone can affect the function of your brain, immune system, and other organs. Chronic stress can contribute to headaches, anxiety, depression and heart disease.

You can minimize its effects on your body. One of the easiest and most achievable stress-relieving techniques is meditation, a program in which you focus your attention inward to induce a state of deep relaxation.

The beauty and simplicity of meditation is that you don't need any equipment. All that's required is a quiet space and a few minutes each day.

(Above taken from www.health.harvard.edu)

*Meditation apps to guide you are available for your smart devices. Some are free. You can also try deep breathing, yoga or hobbies that help you relax and aim for 7-9 hours of quality sleep each night. Stay hydrated & Don't forget to go for regular medical check-ups

FINANCIAL WELLNESS

Financial wellness reduces stress, improves relationships, and maintains a sense of control over our futures.

Learn how to create a budget, track spending and other ways to save:

Here are some informative resources:

<https://www.creditkarma.com/cash-flow/i/budgeting-tips>
<https://www.experian.com/blogs/ask-experian/ways-to-improve-your-financial-health/>

A couple helpful apps

<https://goodbudget.com/> (online envelope budgeting method)
<https://www.nerdwallet.com> (can find you the best deals when it comes to car loans, mortgages, and credit cards)

PET OWNERS Need help with vet expenses?

Visit <https://rielderinfo.com/pets/> for multiple options on assistance with care and food for your loyal companions!

HOPE AND RECOVERY

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

Call the RI HOPE AND RECOVERY HELPLINE:

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

Recovery is Possible. Treatment is Available.

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

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

PROVIDENCE SAFE STATIONS...

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

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

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

VETERANS CRISIS LINE 24/7 Dial 988 then Press 1

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

THRIVE BEHAVIORAL HEALTH Intake(401)732-5656

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

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

ANCHOR RECOVERY COMMUNITY CENTER

401-921-8665 for all stages of recovery

1229 Main St. West Warwick

CCAP Behavioral Health Counseling 401-467-9610

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

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

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

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

THE SAMARITANS RI 24hr Crisis Hotline / Listening

Line Need to talk (401)272-4044

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

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

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

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

Call 988 for 24/7 access to trained crisis counselors

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

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

MENTAL HEALTH SUPPORT IN RI

BH LINK Call 401-414-5465

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

If you are going through a mental health or substance use crisis & feeling overwhelmed, there is help. Services & referrals provided by a professional team of registered nurses, counselors, psychiatrists, peer specialists, etc. or walk into our 24/7 BH Link TRIAGE CENTER

at 975 Waterman Ave. in East Providence

it's a community based walk-in/drop off facility where clinicians connect people to immediate, stabilizing emergency behavioral health services, and long term care and recovery supports.

www.BHLINK.org Call 911 if risk of immediate danger

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

24/7 line connects to treatment and counseling.

BUTLER HOSPITAL We know teenagers. Call us.

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

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

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

for help quitting Smoking and Vaping.

Free 24/7 Quit Vaping Support Designed for Teens

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

PreventOverdoseRI.org a user friendly website

Coventry Substance Abuse Task Force (401)562- 2277

Facebook: Coventry Substance Abuse Task Force

Twitter: @CoventryTask Instagram:@Coventry_SATF

Safe Call Now is a confidential, comprehensive, 24-hour crisis referral service for all public safety employees, all emergency services personnel and their family members nationwide.

<https://www.safecallnowusa.org/> **Safe Call Now**

(for first responders and their families)

Call 1-206-459-3020

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

The Family Task Force at <https://www.familytaskforce.org> info & support from fellow Rhode Islanders impacted by substance use

Social Media and Youth Mental Health

The U.S. Surgeon General's Advisory 2023

Go to <https://www.hhs.gov/sites/default/files/sg-youth-mental-health-social-media-advisory.pdf> to read this report and learn about::

- Social Media Has Both Positive and Negative Impacts on Children and Adolescents.
- What Parents and Caregivers Can Do
- What Children and Adolescents Can Do and more.

The **APA - American Psychological Association** at <https://www.apa.org/topics/social-media-internet/health-advisory-adolescent-social-media-use> will direct you to:

Potential risks of content, features, and functions:
The science of how social media affects youth.

And it has other links to articles, resources and tips to safeguard our children.

PARENTS: To help keep your kids safe there are many parental control apps. Some are Life360; Aura; Bark; Net Nanny; Mobicip Safe Browser; Secure Teen. They can monitor their devices, different social platforms, set usage time limits, block content, track your child's location & more.

There are also Homework Apps such as myHomework, The Homework App and many others which can help your children organize assignments, schedules, tests, due dates and help parents monitor progress etc.

Research to find the best apps to help your children be successful and keep them safe !

HERE ARE SOME POPULAR SOCIAL MEDIA SITES & APPS that teens use...

Youtube **Tik Tok** **Instagram** **SnapChat** **Facebook** **WhatsApp** **X (formerly Twitter)** **Ask.FM**

*Parents can research these apps/sites and many others to understand all the potential risks

*Read the “help center” information for social media sites to understand the age recommendation, privacy policy, and the community.

*The sites teens use change with the site’s popularity amongst their social group. What is popular today may not be in six months.

*Know what apps/sites your children use and engage in discussions on using responsibly

*Never post personal information

*Some apps have led to bullying and harassment

*Explain the “forever” implications of posts and photos. Colleges and employers do check social media profiles.

***Parents should have their children’s passcodes to their phone and all devices to monitor what sites they access and how they are using those sites.**

REMEMBER to always stay alert for scams, trolls, and other undesirable content.

(The above partial excerpts taken from page 9 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](https://www.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

Admin Assistant Stephani In 822-9177
sin@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 Alexis Tobias 822-9474
programcoordinator@coventryri.gov

Program Assistant Stacey Harrington 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/Custodial Josh Warren 822-9175

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

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.

Town Manager Dan Parrillo 822-9185
Asst. Town Manager Maria Broadbent 822-9186

Coventry Town Council Members

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

Alisa M. Capaldi District #2
District2@coventryri.gov

Richard Houle District #3
District3@coventryri.gov

Nathan Dowen District #4
District4@coventryri.gov

Gregory Mars District #5
District5@coventryri.gov

Council Members At-Large

Frank M. Brown Jr. townwide1@coventryri.gov (Vice Pres)
John Paul A. Verducci townwide2@coventryri.gov (Pres)

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:

Cole Campbell	Anna Crute
Joan DeGregory	Steve Glover
Florence Martinelli, Vice Pres	Virginia Newton
Gail Tatangelo, Pres	Judith Taylor
Joan Tillinghast	

INCLEMENT WEATHER POLICY

Information regarding closings/delays due to weather events
will be on local TV channels & 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: Stephani

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