

COVENTRY RESOURCE AND SENIOR CENTER



50 Wood Street, Coventry RI 02816

Phone 401.822.9175

Fax 401.822.9128

Like us on Facebook—Coventry Resource and Senior Center
www.coventryri.gov to view our Monthly Newsletter

Click on Departments; Human Services; Attachments

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

From The Director's Desk

Welcome to March 2025. We have a very busy month here at the Coventry Resource and Senior Center.

On Thursday March 6th from 11am-1pm, the Meals on Wheels Program of Rhode Island will be holding their Statewide "MARCH FOR MEALS"-Public Awareness Campaign Event here at the Coventry Resource and Senior Center.

On March 22, 1972, President Richard Nixon signed into law a measure that amended the Older American Act (OAA) of 1965 and permanently established national nutrition programming for seniors, including home-delivered meals. Each year in March, Meals on Wheels of RI celebrates March for Meals to bring awareness to the importance of our work. The annual public awareness campaign brings together our clients, elected officials, business leaders, community members and donors to highlight our impact. Highlights of the campaign include a kick-off media event, special deliveries to homebound clients with sponsors and elected officials in order to connect lawmakers and business leaders to our mission, and our "Drive The Support" in-store fundraiser hosted by local retailers. Please join us to celebrate the great work our volunteers here in Coventry do for our community. It should be noted that we deliver over 1200 meals into the community each month to help our most "at- risk" community members.

Our Monthly Breakfast prepared by the Coventry High School Culinary Program will be back here on **Friday March 7th from 8:15am-9:45am**. Don't miss this. You will get a full breakfast, eggs, pancakes, sausage or bacon, home fries, coffee and OJ! All this for just \$3.00. " You can't beat this with a stick!"

On Thursday March 13th the Lt. Governor Sabina Matos will be holding a Resource Fair in our Meal Site from 10am- Noon. There will be 14 agencies from across the state including the Executive Office of Health and Human Services, the Rhode Island Office of Healthy Aging, State Department of Human Services, West Bay Community Action, Comprehensive Community Action, RI Veterans Center, United Way 211, Social Security just to name a few. They will be here to answer your questions and help you navigate resources to help you.

Our new Wildlife Photographer Artist, Kathleen Gray will be hanging her pictures throughout our center. Another new Artist, Lisa Santangelo, will also be displaying her pictures. Keep an eye out for their wonderful work, which not only beautifies our center but brings new art into our center on a regular basis to brighten your day.

Till Next month! Bob Robillard Jr., LMHC Director

MARCH 2025

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MONTHLY HAPPENINGS...

MARCH 21st ENTERTAINMENT Kalifornia Karl will be here 11-12 !!!

The menu will be Minestrone soup, Baked Fish,
Rice Pilaf, Green Beans & Watermelon
The cost is your \$3.00 donation for lunch.
Please call 822-9180 to make reservations by
9:30am the day before.

Thursday March 13th

Lt. Governor Sabina Matos

**will be holding a Resource Fair in our Meal Site
from 10am- Noon.**

There will be 14 agencies from across the state including
the Executive Office of Health and Human Services, the
Rhode Island Office of Healthy Aging, State Department
of Human Services, West Bay Community Action,
Comprehensive Community Action, RI Veterans Center,
United Way 211, Social Security just to name a few.
They will be here to answer your questions and help you
navigate resources to help you.

Rhode Island Blood Center **BLOOD DRIVE**
in honor of Ella, an AVM warrior and pediatric
stroke survivor at the Coventry Senior Center
Thursday March 13th 1pm—5pm

Thursday March 6th from 11am-1pm

the Meals on Wheels Program of Rhode Island will
be holding their Statewide “MARCH FOR MEALS”-
Public Awareness Campaign Event here at the
Coventry Resource and Senior Center.

On March 22, 1972, President Richard Nixon
signed into law a measure that amended the
Older American Act (OAA) of 1965 and
permanently established national nutrition
programming for seniors, including
home-delivered meals.

CPS Optix

will be here on March 3rd 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

WATERCOLOR PAINTING CLASS

Tuesday, March 11th 10-12

Led by professional artist \$15.00 for this class.
Call 822-9474 to sign up.

Our Monthly Breakfast prepared by the Coventry High
School Culinary Program will be back here on
Friday March 7th from 8:15am-9:45am.

A full breakfast featuring eggs, pancakes, sausage or bacon,
home fries, coffee and OJ! All this for just \$3.00.

IMPAIRMENT & THE OLDER DRIVER

March 5th at 11:00am Recognizing that safety comes
first—this is a free presentation to promote education and
awareness for seniors 60+. Flyer pg 3

LAUGHTER IS MEDICINE **March 19th at 11:00am**

This presentation shows the short and long-term benefits
of laughter and discusses ways to cultivate it. Flyer pg 3

HEALTHY FOODS COOKING DEMONSTRATION

MARCH 25th 11:00am Flyer pg 4

Please don't miss Chef Kevin Millonzi / BCBSRI
FREE presentation with limited seating available.
Please call Lynn 822-9175 or Linda 822-9474 to register.

RI Legal Services

monthly FREE “one on one” civil legal clinic

Call 822-9175 to book appt. Flyer on pg 5

RI ENERGY CONSUMER ADVOCATE Carlos Andrade

Carlos will be here March 16th from 10-12

to help anyone who may have questions on their utility bills.

COVENTRY LIBRARY

Hannah from the Coventry Library will be visiting us weekly
She will be coming on Tuesdays after lunch from 1:00—2:00pm.

She will be bringing books here that you can check out, or you can
request a book and she will bring it for you the following week.
Hannah can also assist you with getting a library card if you don't
already have one. Come on in and say “Hello” to Hannah !

Bone Builders of RI SPOTS STILL AVAILABLE !!!

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.

Mondays and Fridays at 1:30pm. \$5.00 per class



Tori Lynn Andreozzi
FOUNDATION

Join Us For Some Facts & Fun...

IMPAIRMENT & THE OLDER DRIVER **Recognizing That Safety Comes First**

Wednesday, March 5, 2025 @ 11:00 am

Coventry Resource and Senior Center -- 50 Wood St. Coventry, RI

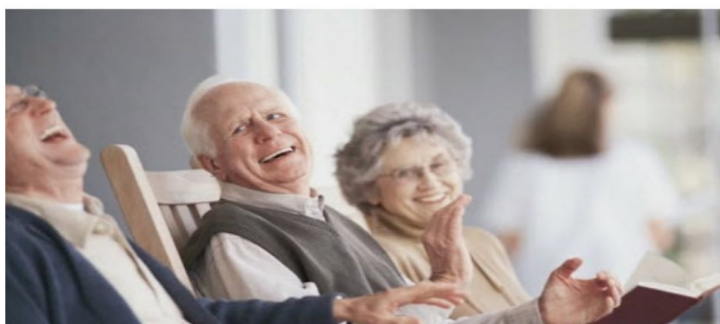
A Free Program for 60+ Promoting Education & Awareness

Presentation • Demonstrations • Activities • Prizes
Bingo • Spinning-Wheel Game • Music • More



**Blue Cross
Blue Shield**
of Rhode Island

LAUGHTER IS MEDICINE



Laughter controls your brain and makes you smile!

This presentation will discuss the short and long-term benefits of laughter and discuss ways to cultivate it.

Wednesday, March 19, 2025, 11:00AM
Coventry Senior Center

THE BLUE CROSS TEAM WILL BE IN YOUR NEIGHBORHOOD

Blue Cross & Blue Shield of Rhode Island is an HMO and PPO plan with a Medicare contract. Enrollment in Blue Cross & Blue Shield of Rhode Island depends on contract renewal. An independent licensee of the Blue Cross and Blue Shield Association. *Free gift without obligation to enroll.

Blue Cross & Blue Shield of Rhode Island es un plan de una Organización para el Mantenimiento de la Salud (Health Maintenance Organization, HMO) y de una Organización de Proveedor Preferido (Preferred Provider Organization, PPO) con un contrato con Medicare. La inscripción en Blue Cross & Blue Shield of Rhode Island depende de la renovación del contrato. Licenciario independiente de Blue Cross and Blue Shield Association.



Join Your Friends from BCBSRI

for a

Healthy Foods Cooking Demonstration

Join Chef Kevin Millonzi as he prepares and discusses healthy options for meals.

Tuesday, March 25, 2025, 11:00AM

Coventry Senior Center



THE BLUE CROSS TEAM WILL BE IN YOUR NEIGHBORHOOD

Blue Cross & Blue Shield of Rhode Island is an HMO and PPO plan with a Medicare contract. Enrollment in Blue Cross & Blue Shield of Rhode Island depends on contract renewal. An independent licensee of the Blue Cross and Blue Shield Association. *Free gift without obligation to enroll.

Blue Cross & Blue Shield of Rhode Island es un plan de una Organización para el Mantenimiento de la Salud (Health Maintenance Organization, HMO) y de una Organización de Proveedor Preferido (Preferred Provider Organization, PPO) con un contrato con Medicare. La inscripción en Blue Cross & Blue Shield of Rhode Island depende de la renovación del contrato. Licenciario independiente de Blue Cross and Blue Shield Association.

SPOTS STILL AVAILABLE...

Call Linda at 822-9474 for more information and to sign up.



BoneBuilders of RI
Passionately Sponsored by The Village at Waterman Lake

A predominantly seated, weight bearing routine
 for women and men ages 50+ that promotes a
 wealth of health benefits.

Mondays and Fridays at 1:30



Rhode Island Data Breach For current info and updates on
 the cyberattack affecting some Rhode Islanders who may have
 used state DHS programs go to **cyberalert.ri.gov**
 or call the state's new hotline at
(833) 918-6603 9am-9pm Mon-Fri

Come meet Sawdust,
a local therapy dog,
and his handler Christine
March 14th at 11:00am



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: monthly

WHY: RESOLVE YOUR CIVIL LEGAL ISSUES

HOW: Call 822-9175 to book your appointment!

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**

SEABEE MUSEUM & MEMORIAL PARK North Kingstown, RI

In 1942, the Navy realized that it needed experienced construction workers in the planned Pacific Island hopping campaign. Skilled workers were recruited and a new force, known as the "Seabees," was created at the Davisville Navy Base in North Kingstown, RI. Seabees have participated in Korea, Vietnam, Afghanistan and Iraq. Come share this heritage where it all began. Or please consider volunteering...

www.seabeesmuseum.com 21 Iafate Way, NK

(Just east of the Kohl's store in the Quonset Gateway off Post Road/Rt. 1)

Call 294-7233 for days and times. Admission by donation

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 !

Coventry Department of Parks and Recreation

Check out their amazing seasonal programs...

Facebook @coventryparksrecrei

Instagram @coventryparksandrecrei

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 274-4400 File online at <https://riag.ri.gov> or email at contactus@riag.ri.gov

***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

***Consumer Financial Protection Bureau** to file complaint on a financial product or service 855-411-2372 or www.consumerfinance.gov

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 Helpline 877-908-3360 is free**
 They offer online support sessions for further emotional support. You can also look up a scam in AARP’s Fraud Resource Center

Things 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.

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*.

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

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

Go to **AnnualCreditReport.com** to request a **free credit report once per year** from each bureau to check for any discrepancies.

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

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>**

RI ENERGY SCAM

Individuals claiming to be from Rhode Island Energy contact a business owner or a residential customer to demand immediate payment or else the company will shut off the power supply.

In some instances, the scammers have been able to provide the customers with detailed information such as last payment date and amount.

While Rhode Island Energy may contact customers with past due balances by phone to offer payment options, the company **never** demands direct payment immediately over the telephone.
 (taken from RI Attorney General website)

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

Did you get a call or text about a suspicious purchase on Amazon ? It’s a scam– What to know about this

It’s not Amazon calling. Scammers spoof their phone number to make it look like it’s Amazon calling. Don’t trust the number in your caller ID and don’t trust what the caller tells you. Worried about a suspicious purchase on Amazon? Log in through the website or app. Don’t call back the number that called you or a number someone left in a voicemail or text message.

No one legitimate will tell you to keep it a secret.

No one used your Social Security number to open fraudulent accounts in your name.

Scammers say this to scare you—don’t trust the person on the phone. To know for sure, get an instant copy of your credit report online for free and look for accounts you don’t recognize. Visit (or have someone help you visit) AnnualCreditReport.com.

Don’t believe a caller who says you’ll be immediately arrested for account fraud. *Do not transfer money or drain your savings to protect it from fraud.* That’s a scam. (The above excerpt by Alvaro Puig, Consumer Education Specialist, Federal Trade Commission)

What To Know About Cryptocurrency and Scams

Confused about cryptocurrencies, like bitcoin or Ether (associated with Ethereum)?
You're not alone.

Cryptocurrency is a type of digital currency that generally exists only electronically. You usually use your phone, computer, or a cryptocurrency ATM to buy cryptocurrency. Bitcoin and Ether are well-known cryptocurrencies, but there are many different cryptocurrencies, and new ones keep being created.

People use cryptocurrency for many reasons—quick payments, to avoid transaction fees that traditional banks charge, or because it offers some anonymity.

Cryptocurrency held in accounts is NOT insured by a government like U.S. dollars deposited into an FDIC insured bank account. The government has no obligation to step in and help get your money back.

Credit cards and debit cards have legal protections if something goes wrong. For example, if you need to dispute a purchase, your credit card company has a process to help you get your money back.
Cryptocurrencies typically do not come with any such protections.

*Only scammers demand payment in cryptocurrency

*Only scammers will promise you can quickly and easily make money in the crypto markets.

*A scammer pretends to be a celebrity who can multiply any cryptocurrency you send them.

*Never mix online dating and investment advice.

*If you meet someone on a dating site or app, and they want to show you how to invest in crypto, or asks you to send them crypto, that's a scam.

Scammers impersonate well-known companies, government agencies, law enforcement, or utility companies—They might say there's a legal problem, that you owe money, or your accounts or benefits are frozen as part of an investigation. They tell you to solve the problem or protect your money by buying cryptocurrency. They might say to send it to a wallet address they give you— for "safe keeping". Some scammers even stay on the phone with you as they direct you to a cryptocurrency ATM and give step-by-step instruction on how to insert money and convert it to cryptocurrency. They'll direct you to send the crypto by scanning a QR code they give you, which directs the payment right into their digital wallet—and then it's gone.
(taken from Federal Trade Commission website)

SCAMS / FRAUD

FYI All these scams have happened in Coventry, as well as throughout RI and around America.
Please be informed and stay vigilant !

If you receive a phone call and the caller gives you instructions on how to cancel or continue any type of subscription that you are not familiar with & if they direct you to withdraw any amount of money from your bank account and put in a **bitcoin machine**
THAT IS A SCAM !!!!!

ROMANCE SCAMS - Adults of all ages are going online in hopes of finding love and companionship. But there can be a downside ...

WARNING SIGNS of a scam

*Your new romantic interest sends you a picture that looks more like a model from a fashion magazine than an ordinary snapshot.

*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

*They repeatedly promise to meet in person but always come up with an excuse to cancel.

*They make a sudden request for money to deal with an emergency or make a sure-fire investment.

(more at www.aarp.org)

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)

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. More at (www.aarp.org)

And here are just a few other scams...

RI Energy Scam

"Windows Support" Scam

IRS Phone Scam

"Notice of Appearance in Court" Scam

Lottery or Sweepstakes Scam

Mystery Shopper Scam

Check Washing Scam

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

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 also does outreach.

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

Thrive Behavioral Health

Tami Ringeling, Psy.D. VP Of Adult Services & Homeless Initiatives

401-691-6000 x2102

Tringeling@thrivebhri.org

Thrive 24/7 Emergency Services 401-738-4300

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

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 to assist you call 1-877-428-8844
M-F 9am - 8pm.

Other helpful sites: www.rifairhousing.org www.helpirilaw.org

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

Need Safe Housing Help Line (immediate need) 24/7 (401) 765-3232

Or call their Housing Office (non emergency need) at (401) 808-6889 or visit a weekly Sojourner House housing clinic at various sites across the state. Go to: Sojournerri.org

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

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 / www.safelinkwireless.com

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

NEW at the Resource & Senior Center We are pleased to announce we 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**

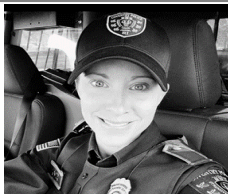
Call 822-9175 Please give the gift of your time.

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. It's a
regulation court ! Interested in starting a league ?
Or just play for fun. Please call Lynn at 822-9175 to
reserve the Bocce Court between 8:00 - 4:00 M- F



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

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. 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—4:30pm.

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

‘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! 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

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.

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 – 4:30pm. 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 !

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. 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.

ARTS & CRAFTS Every Thursday 1-3pm **(Class is at maximum capacity at this time - Please call 822-9175 to have your name added to the waiting list.)**

RIVER ROCK PAINTING Thursdays at 10am

WATERCOLOR PAINTING CLASS 2nd Tuesday of each month 10-12
Led by professional artist. \$15.00 for the class.

AARP Chapter 2210 Presents!

2025 trips coming soon...

Call **Maureen Murphy** at 401-828-5188 or
Anne Brien 401-263-4274 for details &
deadlines to book trips
Come see flyers soon on
our bulletin board !

Weekly / Monthly Activities & Programs

Monday

8:00am - 4:30pm Pool Room
8:30am - 12:30pm Nurse available
1:00pm Mexican Train Tile Game
1:30pm Bone Builders of RI

Tuesday

8:00am - 4:30pm Pool Room
8:30am - 12:30pm Nurse available
9:30am Chair Yoga (with Shri service corp)
10am-12pm Watercolor Painting Class (2nd Tues)
10:30am Sociables (1st Tuesday) waitlist
1:00pm Canasta
1:00pm 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 River Rock Painting
10:30am - 12:30pm Creative Writing
11:00am Tai Ji Quan (Advanced only)
1:00pm Cribbage
1:00pm Arts & Crafts Class

Friday

8:00am - 4:30pm 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



THE SOCIABLES (Currently has a waiting list)

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.

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 10am

Come meet Sawdust, a local therapy dog, and his 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 this gentle giant and enjoy all the benefits that result from the human-animal bond. **March 14th at 11**



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.

Mondays and Fridays at 1:30pm. \$5.00 per class

A MATTER OF BALANCE

Free workshop for 8 sessions. Anticipated start date in the Fall of 2025

In this workshop you will:

*Learn practical strategies to manage falls

*Improve balance, flexibility and strength

*Set goals for increasing activity

*Make changes to reduce fall risk at home

Call Linda Charron for more info at 822-9474

The below classes are full. Please call the receptionist to have your name put on the waiting list.

CareLink Wellness Fall Prevention Program

TAI JI QUAN: Moving for Better Balance

All students are assessed before they can start.

Call 822-9175 for more info. And to schedule assessment.

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 sign up and schedule your 15 minute Balance Screening

Congratulations to all the TJQMBB graduates!

A new program for the Graduates of TJQMBB

Thursdays at 11:00 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.

Thursdays from 11-12 Call 822-9175 to reserve your spot.

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.

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

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 10am—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

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 our Food Bank.

If you have a few hours per week available
 or community service hours for school or
 college this would be a great opportunity.

For more info, please call 822-9175.

Please visit Facebook -
 Coventry Community Garden

**One of every three bites
 of food you eat**



depends on the honey bee.

facebook.com/organiccoventry www.organiccoventry.org

Saturday Grab and Go weekly meals. Please call the SVdP
 Society at (401)828-3090 before 3pm on Wednesday to
 schedule a delivery or pick up of a warm meal. *Available*
Saturdays 11:00am—11:30am 445 Washington St. Coventry

COVENTRY CAFÉ

Come have lunch at the Café for those 60 and over or
 individuals with disabilities. Each Café offers two meal choices
 daily. The “pub option” offers a sandwich for those who want a
 traditional lunch. The “heartly option” provides a full, hot lunch
 for those who prefer their main meal at midday.

Please call 822-9180 for your lunch reservation at least one day
 in advance. If you cannot make it in, please call us to cancel.

The suggested donation is \$3.00. guest under 60 for \$4.00.

Celebrate Birthdays the third Thursday of the month !

**PARTICIPANT INFORMATION FORM / Senior Center Scan
 cards** All those who participate in our mealsite / Café must fill out a
 PIF for this congregate meal program. You must be 60 or older or a
 person with disabilities to participate. See Lynn in reception.

Meals on Wheels of Rhode Island Provides home delivered meals to
 frail, homebound seniors and qualified disabled persons, five days per
 week. Seniors must be 60 years or older, live alone, have no one to
 help them, and be unable to shop, cook, or drive. If under 60, an
 approved waiver is required through eligible waiver programs (DHS,
 PACE, NHPRI) Can make referral **on-line at www.rimeals.org or**
call (401) 351-6700 Donations accepted but not mandatory.

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

March 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Vegetable soup Chicken coq au vin Mashed potatoes Green beans Ww roll Oatmeal cookies Ham & cheese on rye	4 Chicken soup Pasta & Meatballs Roasted vegetables Ww roll Sliced peaches Turkey & bacon sandwich	5 Cauliflower tomato soup Roasted chicken thighs Rice pilaf Sweet corn Ww roll Chocolate cookies Tossed salad w/ Tuna	6 Tomato soup Roasted pork loin Fiesta rice Sliced carrots Ww roll Fresh melon Egg salad plate	7 White bean soup Baked fish Florentine rice Mixed vegetables Ww roll Fruit cocktail Tuna salad sandwich
10 Mushroom barley soup BBQ chicken Potato salad Mixed vegetables Ww roll Brownie Ham salad on rye	11 Minestrone soup Pepper steak w/ gravy Roasted carrots & broccoli Steamed white rice Ww Roll Fresh melon Tossed salad w/ chicken	12 Vegetable lentil soup Pork roast Sweet potatoes Peas & onion Ww roll Sliced pears Seafood salad sandwich	13 Irish vegetable soup Corned beef Cabbage & carrots Boiled potato Soda bread Cream puff No option	14 Clam chowder (red) Fish sandwich Cole slaw Potato wedges Mixed fruit Ww roll Egg salad sandwich
17 Vegetable soup Shepards pie Mashed potato Ww roll Sliced peaches Chicken salad sandwich	18 Tomato soup Greek style chicken thigh Roasted potatoes Zucchini w/ mixed vegetables Pita Cake Chef salad	19 Cream of broccoli soup Stuffed shell w/ meatball Tossed salad Ww Roll - Pineapple chunks Seafood salad plate	20 Chicken soup Pot roast w/ gravy Mashed sweet potatoes Buttered corn Ww roll Chocolate chip cookie Egg Salad sandwich	21 Minestrone soup Baked fish Rice pilaf Green beans Ww roll Watermelon Tuna salad plate
24 Kale & bean soup Chicken Francese Roasted vegetables w/potatoes Garlic bread Watermelon Roast beef on roll	25 Chicken soup Manicotti w/meat sauce Green beans w/peppers & onions Ww roll Fresh melon Chicken salad plate	26 Escarole & bean soup Slow roasted pork shoulder Roasted sweet potatoes Buttered corn Ww Roll Brownie Seafood salad sandwich	27 Tomato soup Beef tips w/ mushroom gravy Mashed potatoes Peas & onions Ww roll Cake Chopped salad w/chicken	28 Cauliflower tomato soup Fish & chips Cole slaw Ww roll Sliced peaches Tuna salad plate
31 Vegetable soup Lasagna roll up w/meat sauce Wax beans Ww roll Sliced peaches Chef salad				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

**“Patience is not simply the ability to wait.
It’s how we behave while waiting.” Joyce Meyer**

Enjoy some stories from around the world which are positive and uplifting....
LET'S SPREAD KINDNESS AND INSPIRE OTHERS

She Beat Cancer Three Times and it Inspired Her to Become a Paramedic to Give Back

By Good News Network—Feb. 9, 2025

Katherine Murrell beats cancer and becomes paramedic – SWNS

A young woman who has survived cancer three times has become a paramedic so she can 'give back' to the National Health Service in England, and serve other patients who are going through the same thing. Katherine Murrell was first diagnosed with cancer when she was just 16. She underwent six months of daily chemotherapy before being given the all-clear—but years later received two more diagnoses. Now 27, Katherine is finally cancer-free and says her experience with the NHS is what inspired her to join the London Ambulance Service. "I've spent 11 years going to regular hospital appointments. When you get that used to it, you want to give something back," said the Essex resident. Since battling stage four lymphoma—a blood cancer that affects the immune system—she's undergone a double mastectomy to decrease her risk of further cancer, after undergoing so much radiation therapy. Fortunately, Katherine has been cancer-free for over a year and wants to share how her experience inspired her to become a paramedic—especially because all the medical care interrupted her opportunity to go to university.



Being rushed to the hospital as a teenager sparked her interest in emergency medicine. "The staff were so incredible. It really hit me that the medic crew was amazing and how cool it would be to do something like that. "I now know that was just in a day's work for them, but the care they gave has really stuck with me. They gave me exactly what I needed. Katherine trained to become an emergency medical technician (EMT) in the London Ambulance Service and believes her cancer diagnoses has made her more empathetic and better able to relate to her patients.

Now, months after the last diagnosis she's seen how her chosen career has been enhanced by the cancer. "It has made me acutely aware of my abilities, my empathy, and compassion – it's given me that skill," she told news agency SWNS.com. "It's a connection I have with these patients – an emotional connection of course, but more than that I have a real understanding of the physical aspects of what they are going through, like the hair loss and everything else. "When I go to patients like that, that's when the penny drops for me that I'm in the right job. I get this wave of happiness that I'm in the right place, I'm where I belong. "I come away and I feel like I've been able to give someone a little bit of positivity about what they are going through. "Katherine explained how she has "reframed" what happened to her in positive light—and is currently thriving in her career. "People would assume that the time I spent sitting in a hospital getting treatment was just horrible. But I got so much exposure to medicine and clinical pathways in that time, I use that knowledge gained from those experiences every day now. "So now I use it as a superpower and I'd advise anyone going through a similar situation to try to do the same."

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)**

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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** RI DHS all mailed applications can 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

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

Interested in **changing career paths...** here are some resources

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 <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 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 employments 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 <http://www.ors.state.ri.us/VR.html>

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>

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

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

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

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!

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
RI PIN 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>

CHILD INC. 823-3228 www.childincri.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>
*<https://finred.usalearning.gov/Benefits/DCFSA>

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

THE AUTISM PROJECT theautismproject.org 785-2666
For parents, caregivers, and family members supporting individuals with ASD and other developmental disabilities.

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

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

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

Center for Southeast Asians 401-274-8811

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

SUPPORT GROUPS

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 / <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**

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

The Rhode Island Hoarding Task Force
Go to <https://rihoardingtf.ri.gov> for a directory of resources

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.risltcop.org

Dept. of Behavioral Healthcare, Developmental Disabilities
and Hospitals (BHDDH)

Div of Developmental Disabilities (DDD) https://bhddh.ri.gov
Call 401-462-3421 to speak with an eligibility caseworker.

Are you disabled and need information on services...

Office of Rehabilitation Services (ORS) www.ors.ri.gov
Vocational Rehabilitation/ Disability Determination Services
(DDS) 40 Fountain St. Prov, 02903 401-421-7005

RESOURCES

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 who have no other means.

Americans with Disabilities Act (ADA) Paratransit Services 461-9760 or www.ripta.com for application. *Pick up & drop off must be within 3/4 mile of a regular fixed bus route. \$4.00 one way fare.

RIPTA 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/licensees>

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
Visit <https://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](https://www.facebook.com/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**

RESOURCES

*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 or need any assistance applying.

*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.

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 & WELLNESS CENTER

401-615-9945 for all stages of recovery
890 Centerville Rd. 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/>

Social Media and Youth Mental Health

The U.S. Surgeon General's Advisory

U.S. Dept of Health & Human Services 2023.

Go to <https://www.ncbi.nlm.gov/books/NBK594760>

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

www.apa.org/topics/social-media-internet/youth

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.

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

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 Linda Charron 822-9474

lcharron@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

Maint/Custodial Josh Warren 822-9175

You can view our monthly newsletter online at

www.coventryri.gov

Click on Departments; Human Services; Attachments

Monthly Newsletter Email List

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

Coventry Town Council Members

Jonathan J. Pascua District #1

District1@coventryri.gov

Alisa M. Capaldi District #2

District2@coventryri.gov

James LeBlanc District #3

District3@coventryri.gov

Hillary Lima (President) District #4

District4@coventryri.gov

Scott R. Copley District #5

District5@coventryri.gov

Council Members At-Large

Frank M. Brown Jr. townwide1@coventryri.gov

John Paul A. Verducci townwide2@coventryri.gov (Vice 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:

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 Manager822-9185

Tax Assessor..... 822-9162

Tax Collector..... 822-9167

Library.....822-9101

Parks & Recreation.....822-9107

Planning Department.....822-6246

Building Inspector822-9156

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 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 !