

# 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.org 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

I am happy to announce we are now seeing pre-COVID numbers in the amount of people who are using our center. We are busy and full of springtime energy.

The staff of the Coventry Resource and Senior Center would like to **welcome our new Town Manager Daniel Parrillo** on board. We wish him success as he leads our town forward and we look forward to many years of collaboration to best meet the needs of our community.

We will continue to offer a monthly community breakfast prepared by the Coventry High School Culinary Arts students. We continue to serve over 100 meals and would ask you to come by and check out the great work our culinary students are doing.

**Our NEXT MONTHLY BREAKFAST occurs on Friday April 21<sup>st</sup> from 8:15am-9:45am.** Come by and enjoy a full breakfast and meet some great people.

April brings many programs and learning opportunities to the Coventry Resource and Senior Center. Please read through these "18 pages of goodness".

This month keep a look out for the following programs:

Wednesday April 5<sup>th</sup> @ 10:30am- The Alzheimer's Association will host an information workshop on **"Responding to Dementia-Related Behavior"**

Also on Wednesday April 5<sup>th</sup> from 10:30-Noon in our meal site **"Learn About Scams"** with our community elder liaison officer and US Attorney's Office Victim Assistance Specialist.

Oak Street Health on April 12<sup>th</sup> will be here for an informational workshop.

On Tuesday April 18<sup>th</sup> @ 11am, the acapella three man group, **The Silver Tops** will be here to entertain us.

We will be opening our courtyard for the season mid-April and will begin some outside activities by the end of April (always weather dependent). We were able to purchase some outside heaters for our courtyard so you can be toasty as the days get warmer.

Our staff enjoy being here to assist you in getting healthier, more connected and grow our programs for you.

Until next month, take care and see you here at Wood Street!

Bob Robillard Jr.

# APRIL 2023



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# MONTHLY HAPPENINGS...

## APRIL ENTERTAINMENT

### "The Silver Tops"

will be entertaining us this month on

**Tuesday, April 18th at 11:00.**

A men's trio who sings in three-part A cappella barbershop style with a mix of secular and sacred hymn selections.

Audiences are encouraged to join in and sing !

Our menu will be escarole, bean & sausage soup, stuffed shell with meatball, Italian mixed vegetables, garlic bread and mixed fruit for dessert. The cost of this program will be your

\$3.00 donation for lunch. Please call to make your reservation by 9:30am on Monday the 17th.

\*\*\*\*\*

### **The Alzheimer's Association**

will be here to present an informative workshop

**Wednesday, April 5th at 10:30 (Room 214)**

**"Responding to Dementia Related Behavior"**

Join us to learn to decode behavioral messages, identify common triggers, and learn strategies to help manage some of the most common behavioral challenges.

\*\*\*\*\*

### **LEARN ABOUT SCAMS...**

**Wednesday, April 5th 10:30 - 12 (mealsite)**

Tara R. Moniz, Victim Assistance Specialist,

United States Attorney's Office

and Off. Erica Braker,

Coventry's Community and Elderly Liaison Officer

will be here for a presentation on the different scams in 2023 and what to look out for.

This is so important to have the knowledge to protect yourself, your savings and maybe even help someone else !!

\*\*\*\*\*

### **The Coventry Senior Band is looking for musicians**

We are a group of retired volunteers entertaining seniors at Nursing Homes, Senior Centers, etc.

If you play guitar, harmonica, banjo, mandolin or ukulele **please call David at 401-368-6895**

**or email walshdavid170@gmail.com**

\*\*\*\*\*

### **VOLUNTEER APPRECIATION BREAKFAST**

Save the Date ! We will be having our Annual volunteer Appreciation Breakfast

**here at the Center on Wednesday, May 3rd from 8:30 - 10:00.**

Invitations will be going out shortly.

We are asking all people that plan to attend this day for lunch/bingo to come in after 10:30 so we can celebrate with our volunteers and

tidy up the mealsite for lunch.

Thank you in advance for your cooperation.



### **Monthly Breakfast at 50 Wood Street, Friday, April 21st 8:15 - 9:45am**

We are honored to have the students from the Culinary Arts Program at the Coventry High School prepare our monthly breakfast.

Offering scrambled eggs, pancakes, hash browns, choice of bacon or sausage, orange juice, coffee & tea.

The cost is \$3.00 **Please join us !**

\*\*\*\*\*

### **OAK STREET HEALTH April 12th, 10:30 - 12pm**

At Oak Street Health, we take the time to get to know you so we can provide personalized care when and where you need it.

We provide transportation to and from your home, 24/7 support line, help navigating Medicare benefits and more.

Stop by our table in the mealsite to learn more or call Maria Carnavale **to schedule an appointment today: 401-559-8378.**

Thanks to Oak Street Health for providing goodie bags to our seniors for the April Birthday celebration.

\*\*\*\*\*

### **TOOLS FOR HEALTHY LIVING**

#### **FREE Chronic Disease Self-management Program**

Informational session **April 24th 1-2 .**

Workshop starts **Mondays beginning 5/1/23—6/12/23**

*See flyers on page 3* Call 822-9175 to reserve your spot.

\*\*\*\*\*

**YOGA Update** — We are offering Yoga two times per week.

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

If you haven't joined us for a class you will need to register at the front desk or call 822-9175. The cost is \$3.00 per class.

Class enrollment limited. **\*must have a yoga mat to participate**

\*\*\*\*\*

**MEN'S GROUP** Come check this group out **the 2nd Thursday of every month at 1:00 in the mealsite.**

\*\*\*\*\*

**OPTIX** - a family owned and operated optical shop will provide full optical services with over 150 frames to choose from.

**April 13th Thursday from 11—12. See flyer on page 4**

\*\*\*\*\*

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

**April 28th** Call 822-9175 for appt. *More info page 4*

\*\*\*\*\*

### **SAVE THE DATE AARP Safe Driver's Program**

**Thursday, June 29th from 12:20- 4:30.**

More info to come in the May Newsletter.

# UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIOR

An education program presented by the Alzheimer's Association®



Behavior is a powerful form of communication and is one of the primary ways people living with dementia communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage.

Join us to learn to decode behavioral messages, identify common triggers, and learn strategies to help manage some of the most common behavioral challenges of Alzheimer's disease.

**Wednesday, April 5  
10:30 a.m. - 12:00 p.m.**

**Coventry Resource Senior Center  
50 Wood St  
Coventry, RI 02816**

**Please call the Coventry Resource and Senior Center to register:  
(401) 822-9175**

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

alzheimer's  association®



**Tools for healthy living.**

Are you (or is someone you know) living with a chronic condition? Join our **FREE Workshop**.

Empowering you to take charge of your own health by joining a program proven to work.

### Learn proven techniques that will help you:

- Manage symptoms;
- Improve your sleep;
- Manage your medications;
- Eat healthier;
- Improve communications with family and doctor;
- Be more active;
- And use action plans and problem-solving for more confident decision-making.

### WORKSHOP DETAILS

**Where:** [Coventry Resource & Senior Center](#)  
50 Wood St, Coventry, RI 02816

**When:** April 24<sup>th</sup> Time: 1- 2 pm

**Information session:** [Learn about how to manage your Chronic Pain and obtain tools for a healthier lifestyle.](#)

**To register, contact:** Lynn at (401) 822.9175 or  
Community Health Network (401) 432.7217



This document was supported in part by a cooperative agreement (No90CS5G0001-01-01) from the Administration on Aging (AoA), Administration for Community Living (ACL), and the US Department of Health and Human Services (DHHS). Grantees carrying out projects under government sponsorship are encouraged to express freely their findings and conclusions. Therefore, points of view or opinions do not necessarily represent official AoA, ACL, or DHHS policy.



## Tools for Managing Your Health and Well-being

Join our Chronic Disease Self-management Program classes

### Workshop details:

**Where:** Coventry Resource & Senior Center

**When:** Mondays, beginning 05/01/2023 - 06/12/2023

**Time:** 1 - 3:30 pm

**Cost:** *No cost to you*

For more information and registration contact:

Lynn (401) 822.9175 or Community Health Network (401) 432.7217



## Own Your Health

Empowering YOU to take charge of your own health by joining a program proven to work.

- Manage symptoms.
- Improve your sleep.
- Manage your medications.
- Eat healthier.
- Improve communications with family and doctors.
- Be more active.
- Use action plans and problem-solving for more confident decision-making.



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April 13th, OPTIX WILL BE HERE AT THE

**COVENTRY RESOURCE AND SENIOR CENTER  
EVERY 2ND THURSDAY OF THE MONTH  
FROM 11AM - 12PM**



### WHO WE ARE:

CPS Optix is an established, family owned and operated optical shop in Warwick, RI. Our optician is dependable and has over 30 years of experience. We can customize your glasses to fit your needs and our optician cuts your lenses in-house so you get your order faster. Our mission is to provide quality care with traditional values.

At the Coventry Resource and Senior center we will be offering full optical 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.

### SERVICES WE OFFER:

- Glasses
- Sunglasses
- Single Vision
- Bifocal
- No-line Bifocals (Progressive)
- Free mobile service
- Free adjustments
- Free repairs
- Lens replacement
- Tints

### INSURANCE WE ACCEPT:

- Blue Chip\*
- Blue Cross Blue Shield plans\*
- Medicare\*
- Neighborhood Health Plan of RI
- Rhode Island Medicaid
- Spectera
- UnitedHealthcare for Medicare
- UnitedHealthcare Rite Care



401-921-4141



200 Toll Gate Road Ste 202  
Warwick, RI 02886

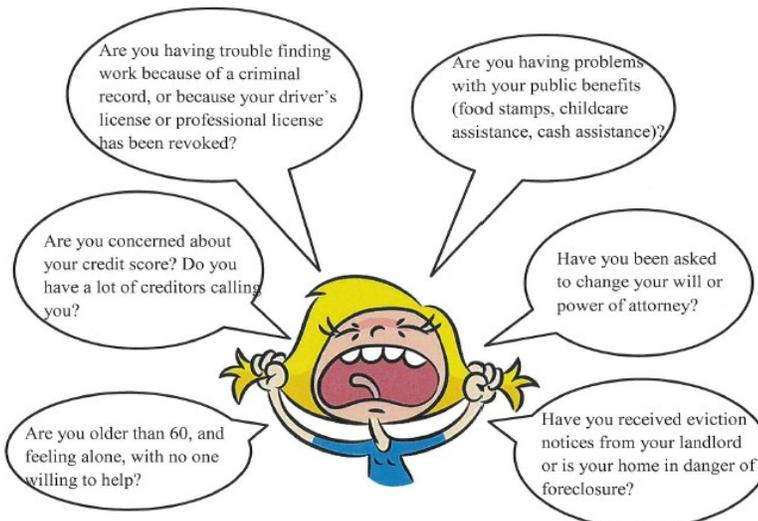


CPSOPTIX@GMAIL.COM



WWW.CPSOPTIX.COM

### 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: **April 28th, 2023**

WHY: **RESOLVE YOUR CIVIL LEGAL ISSUES**

HOW: **Call 822-9175 to book your  
appointment!**

As of July 16th, 2022 there is now a - **NATIONAL MENTAL HEALTH HOTLINE** If you are in a crisis 24/7-you can call or text 988 on your phone and be connected with a trained counselor who is part of the National Suicide Prevention Lifeline.

**MENTAL HEALTH SUPPORT in Rhode Island: 24/7** (mental health & substance use crises)

Call 911 if there is risk of immediate danger. \*For adults call **BH LINK (401) 414-5465**

\*For under 18 call **KidLink at 855-543-5465**

Visit the BH Link website at [www.bhlink.org](http://www.bhlink.org)

Or you can visit the **24-HOUR/7-DAY TRIAGE CENTER** at 975 Waterman Avenue, East Providence, RI

\*RI Coalition Against Domestic Violence or [www.ricadv.org](http://www.ricadv.org) 24hr Helpline 1-800-494-8100

For more info on the above and other supportive services go to <https://covid.ri.gov/public/healthcare-and-support-services>

**TECH Help for Seniors.... Coming in May**

We have a volunteer that is willing to come in once per month to assist seniors with their phones and tablets. Like the ATEL program we are booking half hour time slots. To start the program will be one on one. We may offer small classes in the future if needed. We are booking appointments first off the ATEL waiting list. This new TECH program will start **Wednesday, May 10th from 9:30 - 12:30** and will be offered on the second Wednesday of the month.

Please call Lynn our receptionist at 822-9175 to have your name added to the waiting list.

**Meals on Wheels Volunteers Needed !** We are looking for drivers for Monday, Wednesday or Friday to deliver meals to the homebound in our community. The commitment would be one route one morning per week for a couple of hours.

If interested, please inquire at the front desk, see Pat Fleming or call Pat at 822-9474. Thank you



**Paine House Market Days**  
2023  
Vendor Sign-Up

The First Saturday of Each Month  
May through October  
10am - 2pm

[www.facebook.com/painehousem.s.a.m](http://www.facebook.com/painehousem.s.a.m)



**Paine House Community YARD SALE**

Saturday, June 3 | 10 AM - 3 PM  
THE PAINE HOUSE MUSEUM  
7 Station St, Coventry

Calling all who have things to sell and get rid of.

Contact Krystina 203-1457 for pre registration  
WESTERNRHODEISLANDCIVICANDHISTORICALSOCIETY

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

\*To schedule go to [www.vaccines.gov](http://www.vaccines.gov) or at your Dr. office or select local pharmacies online or call CVS at 1-800-746-7287 Say "Vaccine" / "Agent" / Press 0

\*Providence VA Medical Center, 830 Chalkstone Ave. Prov Veterans can call (401) 273-7100 Ext. 13021

**FREE RIDES** to vaccines **Call 401-781-9400 or [www.ripta.com](http://www.ripta.com)**

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

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

**IF YOU, OR YOUR LOVED ONE, IS HOMEBOUND AND IN NEED OF A COVID VACCINE OR THE FLU VACCINE...**

Alert Healthcare can provide a COVID vaccine/booster shot in your home. Please call 1-508-944-7722 to schedule a home appt

Purple Shield Mobile Healthcare can provide both a COVID vaccine/booster shot AND the FLU vaccine in your home.

Please call Purple Shield at (401) 384-7752 to schedule a home appointment.

**FREE AT HOME COVID TESTS**—Contact your health insurance plan or Medicare for 8 free tests per month

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

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

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

If you've been targeted by scams or fraud, you are not alone.

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

The **AARP Fraud Helpline 877-908-3360** is free and available to anyone.

Also offer online support sessions for further emotional support.

You can also look up a scam in **AARP's Fraud Resource Center**, sign up for regular updates and much more.

\*\*\*\*\*

### **If you feel you are a victim of a scam or fraud:**

Contact your bank to report if applicable

Report a scam or fraud to your local law enforcement—**Coventry Police 826-1100**

Report to **RI Office of Attorney General Consumer Protection Unit 274-4400 / contactus@riag.ri.gov**

**FTC Federal Trade Commission 877-382-4357** [www.ftc.gov](http://www.ftc.gov)

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

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

**FBI Internet Crime Complaint Center** [www.IC3.gov](http://www.IC3.gov)

If you receive a misleading or suspicious **Social Security-related** advertisement or imposter communication, please report to **Office of the Inspector General (OIG)** at [oig.ssa.gov](http://oig.ssa.gov) or call their **fraud hotline at 1-800-269-0271** or send an email to [OIG.1140@ssa.gov](mailto:OIG.1140@ssa.gov)

**Annualcreditreport.com** to request a **free credit report once per year.**

**Credit Bureau Contacts** Contact the national credit bureaus to request fraud alerts, credit freezes (also known as security freezes), and opt outs from pre-screened credit offers.

[Equifax.com/personal/credit-report-services](http://Equifax.com/personal/credit-report-services) 800-685-1111

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

[TransUnion.com/credit-help](http://TransUnion.com/credit-help) 888-909-8872

**FYI...** A contractor doing business in Rhode Island is required to be registered with the **Contractors' Registration Board**.  
Before signing a contract, check with the board to ensure the contractor is registered and licensed  
and if there have been claims and/or violations.

This information is available by **calling 921-1590** or **online at <https://crb.ri.gov/consumer/search-registrantlicensee>**

### **Here is another example of a scam that many have fallen victim to...** **"Grandparent" Scam**

- Targets older adults
- Usually starts with a phone call – a con artist poses as a grandchild or a person calling on behalf of a relative in trouble and in urgent need of money.
- In every case, the caller claims that an emergency has occurred and requests that money be sent immediately via wire transfer.
- Sometimes the caller claims to be a lawyer or a close friend of the child, whose alleged problems range from being in prison in a foreign country, to being in a car accident, missing a wallet, losing an airline ticket, or having a credit card stolen while traveling.

## UTILITY / HOUSING RESOURCES

Although the current administration is working on “Emergency Housing”, at this time *emergency housing* is considered a shelter...

**\*If you find yourself in need of “Emergency Housing”,  
Are you currently homeless or facing homelessness**

**Your first step should always be to contact  
RI Coordinated Entry System (CES) at (401) 277-4316.**

They will assist in finding an appropriate shelter and provide case management services for permanent housing.

The other option opened in January 2023

**Cranston St. Armory 123 Dexter St. Prov. (401) 421-3950**

Anyone can go there without a referral. You can just show up at the door and they will have a bed.

**“SHOWER TO EMPOWER”** is a mobile trailer at sites across the state <https://thehouseofhopecdc.org>

It provides showers, haircuts, medical services and case management to those in need such as applying for housing, employment, and social security benefits. A Family nurse practitioner and psychiatrist do outreach with House of Hope CDC as well.

### HOUSING CHOICE VOUCHER PROGRAM

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

\*For a statewide list of rental properties & other resources go to [www.rihousing.com](http://www.rihousing.com) Click on RENTAL RESOURCE GUIDE

For info on Public Housing for Elderly and Disabled, and Affordable multi-family housing in Coventry -  
**Coventry Housing Authority** 401-828-4367 14 Manchester Circle  
or visit [www.coventryhousing.org](http://www.coventryhousing.org)  
Can apply online or request paper application

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

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

### FREE Home Energy Assessment Program

Available to all households, including homeowners and renters. For more info go to [www.rienergy.com/ri-home/energy-saving-programs/home-energy-assessments](http://www.rienergy.com/ri-home/energy-saving-programs/home-energy-assessments)

### Need Assistance Paying Your Water or Sewer usage bill?

**Low Income Household Water Assistance (LIHWAP)** can help with: Reconnection of water services; Prevention of disconnection; Past-due balances. Learn more & apply at Westbay CAP or SCHEDULE APPOINTMENT HERE.

As of 10-12-22 Rhode Islanders have a new website **Energysupport.ri.gov** which includes a list of state, federal and non profit energy assistance resources. Contact WestbayCAP at 732-4660 if unable to use the online format.

### LIHEAP (Low Income

### Home Energy Assistance Program)

IN ADDITION TO APPOINTMENTS HERE, also **Westbay Community Action on 487 Jefferson Blvd. in Warwick**

or **WestbayCAP Outreach LIHEAP office** located at 1745 Main St. Unit 4 in West Warwick (in plaza with Gel’s Kitchen).

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

Or for new applications this year, you can apply on WestbayCAP online portal as of Oct. 1st [www.westbaycap.org](http://www.westbaycap.org)

### Rhode Island Energy Assistance options for income eligible customers !

If you need help, there is hope. Rhode Island Energy Customer Advocates can go over your individual financial situation and assist with payment options that may be affordable to income eligible customers.

Along with the following programs:

You can qualify for up to a 30% discount on your RI Energy electric and gas bills if you: Receive food stamps/SNAP, Qualify for Fuel Assistance/LIHEAP, or receive SSI (SSDI is not a qualifier). Or, Qualify for a 30% discount on your RI Energy Bills if you receive: Medicaid, Rhode Island Works program or General Public Assistance.

**Come meet with a Customer Advocate, Carlos Andrade here at the Senior Center, 50 Wood St. on the 4th Wednesday of every month from 9am—2pm**  
*Any questions contact Carlos at 378-5725.*

**KEEP THE HEAT ON** provides financial assistance to households that have either exhausted or are ineligible for all other state, federal or private heating assistance. Go to <https://www.heatri.com/> or Call 401-421-7833 Ext. 207

### Help with Internet Service CONNECT2COMPETE

Visit <https://www.cox.com/aboutus/Connect2compete.html>

### Check eligibility for a free government cell phone

[www.assurancewireless.com](http://www.assurancewireless.com) / [www.safelinkwireless.com](http://www.safelinkwireless.com)

**Help low income households pay for internet service ACP (Affordable Connectivity Program)** 877-384-2575 or <https://www.affordableconnectivity.gov/>

# GENERAL SERVICES

## Coventry Resource and Senior Center

**Case Management** Our social workers provide case management services to all Coventry residents of any age. They will confidentially assess the individual or family circumstances and either assist directly or provide information and referrals on local, state and federal programs. **Please call 822-9175 to schedule appt.**

**Medicare Information** Our Social Worker Assistant Stefani assists those individuals in providing information and assistance with understanding Medicare programs, health insurance options and prescription plans etc. **Please call 822-9175 for more information or to schedule an appointment with Stefani.**

**Health & Wellness / Nurse** Our nurses are available to monitor your blood pressure, weight and diabetes as well as to answer some of your basic health questions. In addition, the center offers health & wellness education seminars and presentations. We also collaborate with Department of Health & other agencies for workshops and fitness programs.

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

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

### SENIOR COMPANION PROGRAM

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

**Contact Office of Healthy Aging at 462-0569 to apply to become a Senior Companion. [www.oha.ri.gov](http://www.oha.ri.gov)**

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

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

### COVENTRY CARES VOLUNTEERS VOLUNTEER OPPORTUNITIES

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

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

**Call 822-9175**

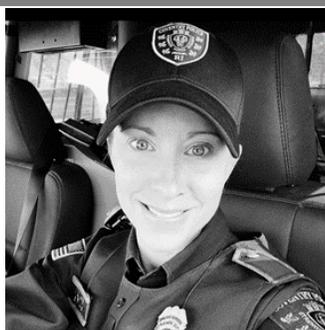
### Coventry Department of Parks and Recreation

Check out their amazing seasonal programs...

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

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

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



The Coventry Police Department is pleased to announce **Officer Erica Braker** **has been selected as the Community and Elderly Affairs Liaison Officer.**

Off. Braker has served the Town of Coventry for the past 16 years.

The purpose of the elder affairs officer is to create a close bond between the police department and the senior

citizens in our community. The elderly affairs officer is available for all matters of elder abuse, neglect, and self-neglect. Officer Braker will be visiting the Coventry Resource & Senior Center on a regular basis and will be available to speak with all members of the community.

**Officer Erica Braker #32**

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

## GENERAL SERVICES

### Coventry Resource and Senior Center

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



### COVENTRY CARES COMMUNITY CLINIC

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

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

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

**Nurse Jane or Nurse Carolyn are available:**

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

#### COFFEE SHOP

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

**WE ARE LOOKING FOR  
SUBSTITUTE VOLUNTEERS...  
and for Mondays starting in May.**

#### NOTARY PUBLIC

##### Free Service

This service is available at no charge.

Three staff members are RI Registered Notaries.

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

#### LENDING LIBRARY

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

### PROJECT FRIENDS

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

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

### ‘TIS THE SEASON

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

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

# ACTIVITIES

## Coventry Resource & Senior Center Any questions call 822-9175

### PITCH / CARDS—Experienced players only !

Tuesdays at 1:00 we meet in the mealsite. The cost is \$25.00 for seventeen weeks. For more information see Joan & Peggy in person or call 822-9175.

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

**BOCCE** Will be waiting for the Spring...



**CRIBBAGE** Thursdays at 1:00 pm.

We meet in the activity room on the left just behind the mealsite. Always looking for cribbage players !

**Instructional Cribbage will be on Mondays at 1:00pm.**

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

### KNITTING

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

### POOL ROOM— looking for more players

Did you know that we have two billiard tables?  
The tables are open for play Monday - Friday 8:00 – 4:30pm.  
Cheapest rates in town only \$4.00 for the month. Come join us!

**PINOCHLE** **Our new group on** Fridays at 10:00am

We have a cheat sheet. Come join the fun !

### CREATIVE WRITING GROUP

**Thursdays at 10:30-12:30.** Cynthia Anne Bowen, a published fiction writer and poet, has a B.A. in English Literature from Brown University. No experience necessary. All you need is a desire to put your words on paper. She will show you how. \$5.00 per class.

**CANASTA** Every Tuesday at 1:00

We will be meeting in the activity room just behind the mealsite.

**ARTS & CRAFTS** Every Thursday 1-3pm

### AARP Chapter 2210 Presents!

**April 18, 2023 CAP'N JACKS**

**Lobster Bake & Foxwoods \$119/pp**

**May 16, 2023 BRONX ZOO \$114/pp**

**June 22, 2023 ESSEX STEAM TRAIN & RIVERBOAT with lunch at Scotch Plains**

**Tavern \$119/pp**

**Call Maureen Murphy for more details & to make reservations at 401-828-5188**

or come and view the flyers  
in the Coventry Resource & Senior Center

### Weekly / Monthly Activities & Programs

#### Monday

8:00am - 4:30pm Pool Room  
8:30am - 12:30pm Nurse available  
9:30am Yoga

#### Tuesday

8:00am - 4:30pm Pool Room  
8:30am - 12:30pm Nurse available  
10:15am Sociables (1st Tuesday)  
10:30am Arthritis Exercise  
11:15am Zumba  
1:00pm Canasta  
1:15pm Pitch

#### Wednesday

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

#### Thursday

8:00am - 4:30pm Pool Room  
8:30am - 12:30pm Nurse available  
10:00am Adult Coloring  
10:30am Creative Writing  
1:00pm Cribbage  
1:00pm Arts & Crafts Class  
1:00pm Men's Group (2nd Thursday)

#### Friday

8:00am - 4:30pm Pool Room  
8:30am - 12:30pm Nurse available  
9:00am Tai Ji Quan  
10:00am Pinochle  
10:30am Arthritis Exercise  
10:30am Yoga  
1:00pm Scrabble



# HEALTH & WELLNESS



## ZUMBA fitness classes

**Tuesdays 11:15am—12:15pm.**

The cost is \$3.00 per class.

Fun, easy to follow, low impact dance moves.

Zumba is a great cardio exercise. Come join the fun !

**Please call to register at 822-9175.**

\*\*\*\*\*

## THE SOCIABLES

**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.

\*\*\*\*\*

## YOGA

Shri will be teaching our program going forward.

This program is intended to reduce toxic stress while increasing physical and emotional stamina through shared, effective and efficient methods rooted in yogic philosophy and informed practices.

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

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

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

\*\*\*\*\*

## ARTHRITIS EXERCISE CLASS

**Tuesdays and Fridays 10:30 – 11:30.**

This is an eight week program for \$40.00. We include chair exercises as part of the program. *Stop in for a class to see if this is what you are looking for !*

\*\*\*\*\*

## MEN'S GROUP

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

\*\*\*\*\*

## CHRONIC DISEASE SELF-MANAGEMENT WORKSHOPS

Are you (or is someone you know) living with a chronic condition?

**Join our FREE Workshop.**

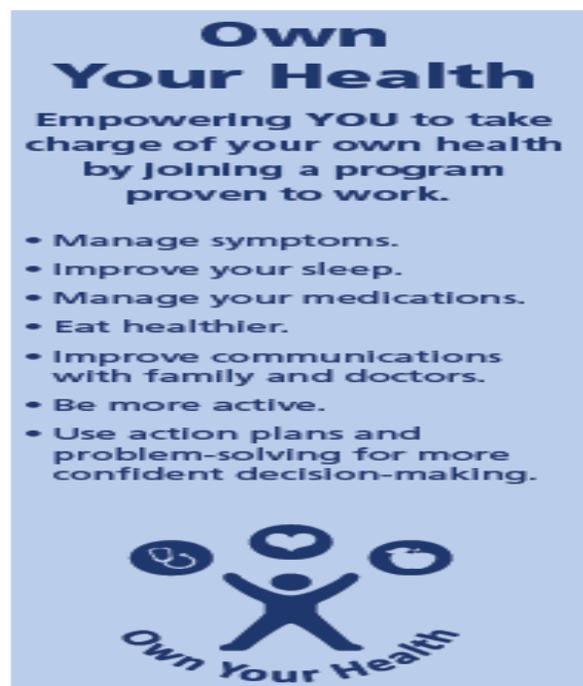
Empowering you to take charge of your own health by joining a program proven to work.

**Information session: April 24th 1-2pm**

Learn how to manage your Chronic Pain and obtain tools for a healthier lifestyle.

To register, contact Lynn at 822-9175 or Community Health Network (401) 432-7217  
(See flyers on page 3)

Workshop will be held at the Coventry Resource and Senior Center Mondays, beginning 5/1/23 through 6/12/23



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## CareLink Wellness Fall Prevention Program

### TAI JI QUAN: Moving for Better Balance

Learn about ways to improve balance and reduce your fall risk through a balance and strengthening exercise class incorporating Tai Ji movement.

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

Call 822-9175 to be added to the waiting list.

**Thank you Care Link Wellness for giving us a complimentary grant to move forward with this program. Call 822-9175 for more info.**

**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 and we will ask for proof of address and a photo ID.

**The Food Bank greatly appreciates any donations...** And we always accept any non-perishable items such as personal care items & household cleaning supplies.



One of every three bites  
of food you eat



depends on the honey bee.



**COVENTRY COMMUNITY GARDEN** located in front of the Town Hall Annex.

*(Come check out the Bee Hive too!) All of the produce grown goes directly to the Food Bank.*

Please help us feed our community! If you have a few hours per week available or maybe you have community service hours for school or college this would be a great opportunity.

For more information, please call 822-9175. Visit the *Coventry Community Garden* on Facebook.

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

### COVENTRY CAFÉ

Come have lunch at the Café for those 60 and over or individuals with disabilities. Each Café offers two meal choices daily. The “pub option” offers a sandwich for those who want a traditional lunch. The “hearty 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 Volunteers needed ! Call Pat Fleming for details 822-9474

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

### Additional food pantry options...

#### **The Society of St. Vincent de Paul—Coventry**

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

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

#### **Be the Change /Project Hand Up**

[www.projecthandup.net](http://www.projecthandup.net) (401) 965-9050

15 Factory St. WW (located behind American Legion)

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

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

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

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

\*Must bring proof of ID and address.

\$6 for 3 prefilled bags. Accept debit/credit cards; bags placed in trunk, please have ID ready & trunk cleaned out. Check their Facebook page (Project Hand Up) for times & changes

#### **Faith Fellowship Food Pantry**

Temporarily closed as they will be moving

# 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

# April 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Tomato soup Pub burger w/ cheese Sliced roasted potatoes Cole slaw Whole Wheat roll Fruit Chicken salad plate	4 Mushroom barley soup Chicken marsala Spanish rice Green beans Sliced bread Jello Turkey & Swiss on rye	5 Tossed salad Baked pasta Florentine Roasted zucchini w/carrots Multi grain bread Mixed fruit Cobb salad	6 Chicken escarole soup Baked ham w/raisin sauce Mashed potato Peas & carrots Snowflake roll Rice pie Ham & cheese on rye	7 Lentil soup Stuffed fillet of sole Rice pilaf Mixed vegetables Sliced ww bread Fruit Romain salad w/chicken
10 Minestrone soup Meatball sandwich Mediterranean salad Multi grain roll Pudding Chef salad	11 Tomato Soup Sautéed chicken breast w/mushrooms & tomatoes Green beans Sweet potato Fruit Sliced multi grain bread Salami, ham & cheese / wheat roll	12 Cream of broccoli soup Honey garlic pork chop Rice pilaf w/ mushrooms Mixed vegetables Roll Oatmeal raisin cookie Romain salad w/chicken	13 Chicken soup Pot roast Au gratin potatoes Baby carrots Roll Cookie Han, cheese & turkey on wheat	14 Pasta & bean soup Chicken cacciatore Green bean salad Roasted potato Sliced bread Fruit Egg salad sandwich
17 Lentil soup Beef Stroganoff Mashed potatoes Peas & carrots Roll (whole wheat) Chocolate chip cookie Chef salad	18 Escarole bean & sausage soup Stuffed shell w/meatball Garlic bread Italian mixed vegetables Mixed fruit Chicken sandwich on wheat roll	19 Split pea soup German pork cutlet Potato salad German green beans Whole Wheat roll - cookie Turkey & Swiss/whole wheat	20 Vegetable soup Meatloaf w gravy Potatoes wedges Mixed vegetables - roll Fruit Spinach salad w/ chicken	21 Kale & bean soup Balsamic glazed chicken thighs Roasted broccoli & carrots Rice pilaf / roll Fruit salad Tuna salad plate
24 Beef Barley soup Tossed salad Chicken, sausage, peppers & potatoes Roll cake Cobb salad	25 Chicken soup Sloppy joe Cole slaw Potato chips Pudding Roll Egg salad on multi grain roll	26 Tomato soup Pepper steak Rice pilaf Zucchini & carrots Fresh fruit Multi grain bread Seafood salad plate	27 Minestrone Soup BBQ spareribs Baked beans Pasta salad Whole Wheat -/Ww roll Chicken salad sandwich	28 Portuguese kale soup Honey glazed chicken Rice pilaf w/peas Zesty garlic green beans Sliced bread / Jello Roast beef sandwich

# SOCIAL SECURITY INFO

## How we protect you from misleading advertisement and communications

By Cheryl Tudino

Social Security Public Affairs Specialist



Social Security works with the Office of the Inspector General (OIG) to protect you from scams that use Social Security as bait. Section 1140 of the *Social Security Act* allows OIG to impose severe penalties against anyone who engages in misleading Social Security-related advertising or imposter communications. You can review Section 1140 at [www.ssa.gov/OP\\_Home/ssact/title11/1140.htm](http://www.ssa.gov/OP_Home/ssact/title11/1140.htm).

For example, the OIG may impose a penalty against anyone who:

- Mails misleading solicitations that appear to be from or authorized by Social Security.
- Operates an imposter internet website or social media account designed to look like it belongs to or is authorized by Social Security.
- Sends emails or text messages or makes telephone calls claiming to be from Social Security.
- Sells Social Security's free forms, applications, and publications without our written approval.
- Charges a fee for a service that Social Security provides free of charge without providing a clearly visible notice that Social Security provides the service for free.

If you receive a misleading or suspicious Social Security-related advertisement or imposter communication, please let us know immediately. Try to capture as much information about the communication as you can.

Here's what you can do:

- For suspicious websites or social media accounts, please take a screenshot of the page. Please note the website address or social media link – and how you came across it.
- For emails and text messages, please capture the entire message and any message links.
- For U.S. mail solicitations, please retain the complete communication, including the outside envelope and all inserts.
- For telephone solicitations, please note the caller identification phone number and any company name or call back number that the caller or recorded message provides.

You can help us stop misleading advertising and communications. We encourage you to report potential scams to the OIG at [oig.ssa.gov](http://oig.ssa.gov). You can also call our fraud hotline at 1-800-269-0271 or send an email to [OIG.1140@ssa.gov](mailto:OIG.1140@ssa.gov).

This information will help OIG locate the source of the suspicious solicitation or communication. You can also check out our publication, *What You Need to Know About Misleading Advertising*, at [www.ssa.gov/pubs/EN-05-10005.pdf](http://www.ssa.gov/pubs/EN-05-10005.pdf).

Please share this information with friends and family and help us spread the word on social media!

# RESOURCES

**Mandated Reporting of Child Abuse and/or Neglect** (RIGL 40-11-3) to report known or suspected cases to DCYF within 24 hrs **1-800-RI-CHILD (1-800-742-4453)**

**How to apply for SNAP (food stamps) benefits; RIW (cash assistance); (CCAP) child care assistance and other programs** – Can apply online or you may opt to complete the printable application. The application can be found at RI Department of Human Services website: [www.dhs.ri.gov](http://www.dhs.ri.gov) **DHS Call Center (1-855-697-4347)**  
RI DHS all mailed applications be sent to: RI Dept of Human Services, PO Box 8709 Cranston, RI 02920 or can be hand delivered to any DHS location. Closest is Warwick DHS 195 Buttonwoods Ave. Warwick 02886

## URI SNAP OUTREACH

Call 1-866-306-0270 [www.eatbettertoday.com](http://www.eatbettertoday.com)

**the SHARING locker** third Saturday of each month, 10-12noon  
**Westminster Unitarian Church—Smith Hall 119 Kenyon Avenue, EG 401-884-5933**  
[www.westminsteruu.org](http://www.westminsteruu.org) ( items such as deodorant, tissues, laundry detergent, razors etc.)

**CHURCH OF CHRIST Giving Closet**  
42 Nooseneck Hill Road,  
West Greenwich  
(Lower Level Coventry-West Greenwich Elks Lodge)  
Open every Wednesday from 1—5pm. **FREE** 397-9700

**FREE AND REDUCED PRICE SCHOOL MEALS** visit RI Dept of Ed to see if you qualify at [www.ride.ri.gov/cnp/home.aspx](http://www.ride.ri.gov/cnp/home.aspx) Or your school website [Coventryschools.net](http://Coventryschools.net)

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

## PARENT SUPPORT NETWORK

[WWW.PSNRI.ORG](http://WWW.PSNRI.ORG) (401) 467-6855

## RI PARENT INFORMATION NETWORK

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

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

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

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

**Center for Southeast Asians** 401-274-8811  
Victim services, interpreters, advocacy and support services

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

**The Society of St Vincent de Paul—Coventry Conference** is part of an international Catholic Charity started in Paris in 1833 by medical students at the Sorbonne. There are 26 conferences here in Rhode Island alone ! Each operates differently

Here in Coventry, our conference offers:

- \*Assistance with rent, utilities and other bills, once per 365 days (amount depends on if money is available through donations)
- \*Elder Rides for those who are unable to drive to MD / or various appointments
- \*Grab & Go/ Elder/Handicapped Delivery meals every Saturday from 11:00 –11:30am from Our Lady of Czenstochowa school gym (445 Washington St)

And much more..... Many of these programs are on a first come/first served basis.

If you have any questions please call 828-3090

**RI LEGAL SERVICES** 401-274-2652 [www.rils.org](http://www.rils.org)  
**RI Office of Mental Health Advocate** 401-462-2003  
Advocacy & legal help for those with mental health issues.

**Bright Stars—Rating system for RI Child Care**  
[www.brightstars.org](http://www.brightstars.org) Call 1-855-398-7605

**CHILD INC.** 823-3228 [www.childincri.org](http://www.childincri.org)  
**Head Start/Early Head Start:** No cost programming for expecting parents and children birth to five who are eligible by family income, foster placement or are experiencing homelessness.  
**Also Extended Day Childcare & RI Pre-K ...**

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

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

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

**EBC House Hotline** 738-1700 [www.ebccenter.org](http://www.ebccenter.org)  
24hr. hotline 1-800-494-8100 Safe shelter; transitional housing; court advocacy; counseling

**RI Coalition Against Domestic Violence**  
The Helpline: 24-Hour Support 1-800-494-8100  
[www.ricadv.org](http://www.ricadv.org)

**Need HealthSource RI?** Can apply online at [www.healthyrhode.ri.gov](http://www.healthyrhode.ri.gov) or call 1-855-840-4774

**SUPPORT GROUPS****RESOURCES**

*Here are just some in R I...*

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

**Hope Hospice & Palliative Care Rhode Island**  
*Bereavement support groups* . Call 1-800-338-6555 or visit their  
website at [www.hopehospiceri.org](http://www.hopehospiceri.org)

**TGI Network of Rhode Island [www.tginetwork.org](http://www.tginetwork.org)**  
support and advocacy for the TGI community in Rhode Island

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

**PFLAG** is the first and largest organization for lesbian, gay,  
bisexual, transgender, and queer (LGBTQ+) people, their parents &  
families, RI Chapter (401) 307-1802 [www.pflagprovidence.org](http://www.pflagprovidence.org)

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

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

Call 211 after hours. [www.oha.ri.gov](http://www.oha.ri.gov) to file report online.

RI General Law 46-66 mandates that anyone who suspects the  
abuse of an older person must report it to the  
Adult Protective Services Unit (401-462-0555)

\*\*\*\*\*

**Report concerns or abuse of an adult with disabilities aged  
18—59 by contacting: RI BHDDH**

**QUALITY ASSURANCE UNIT at 462-2629**

**24 hour hotline, seven days per week, 365 days per year**

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

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

**Div of Developmental Disabilities (DDD)**<https://bhddh.ri.gov>

Call 401-462-3421 to speak with an eligibility caseworker.

\*\*\*\*\*

**Are you disabled and need information on services...**

**Office of Rehabilitation Services (ORS) [www.ors.ri.gov](http://www.ors.ri.gov)**

**Disability Determination Services (DDS)**

40 Fountain St. Prov, 02903 401-421-7005

**FYI Robert J. Allen Masonic Medical Equipment  
Distribution Center** \**Open Fridays 9 to 12*  
Pre-owned-loaned at no cost 116 Long Street Warwick  
(2nd entrance gate at Buttonwoods Masonic Youth Center)  
More info. Email [medcenter@rimasons.org](mailto:medcenter@rimasons.org) or 451-0184

**Ocean State Center for Independent Living.**  
1944 Warwick Ave, Warwick, RI  
Needing equipment such as wheelchairs, grab bars,  
walkers, transport chair, toilet, etc. Or need a wheelchair  
ramp? Call **OSCIL at 401-738-1013 Ext. 13** or  
[www.oscil.org](http://www.oscil.org)

**The Alzheimer's Association's 24/7 Helpline service**  
Visit <https://www.alz.org/ri> or call **1-800-272-3900**

**DHS Long Term Services & Support**  
to apply for nursing home care contact (401) 574-8474

**For a list of updated licensed Nursing Homes,  
Assisted Living Facilities and Home Care providers**  
go to RI Dept of Health website at [www.health.ri.gov](http://www.health.ri.gov)

For additional info go to <https://www.assistedliving.org/rhode-island> or [www.alzheimersupport.com](http://www.alzheimersupport.com)

**Saint Elizabeth Haven Shelter & Elder Justice  
Community Program 401-244-5476** Temporary shelter  
for elder victims & advocacy, case management,  
safety planning for victims in the community.

**Find a Therapist:**

<https://www.psychologytoday.com/us/therapists>

Medicare.gov also has a search tool to help find a psychiatrist.

**Transportation**

**MTM** coordinates transportation services for Rhode  
Islanders age 60 and older & Under 60 Adults with  
disabilities on Medicaid only – General and special  
medical appts., adult day services, senior meals program  
and INSIGHT. There is a \$2 fee per ride.

**1-855-330-9131.** It also coordinates non-emergency  
transportation for Medicaid recipients who have no  
other means of medical transportation.

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

**RIPTA** 784-9500 ext. 604 or [www.ripta.com](http://www.ripta.com)

**PET OWNERS** Need help with vet expenses?

**FRIENDS of ANIMALS in NEED** 489-3645

**Pets in Need** 270-3832

**RI Community Spay / Neuter Clinic** 369-7297

**RI Veterinary Medical Association** 751-0944

**Or visit <https://rielderinfo.com/pets/> for other options.**



## RESOURCES

**VETERANS SERVICES...** To apply for pensions, compensation, vocational rehabilitation, education, home loans etc. Contact the Providence Regional Office of the **Veterans Benefits Administration**, 380 Westminster St. Providence RI at 1-800-827-1000 or [www.va.gov](http://www.va.gov)

To apply for healthcare, hospital & prescription benefits contact the Providence **Veterans Administration Medical Center** at 830 Chalkstone Avenue in Providence at 273-7100 / 1-866-363-4486 or [www.providence.va.gov](http://www.providence.va.gov)

To receive readjustment, PTSD, marital & family counseling, outreach services, bereavement & substance abuse counseling etc. for the veteran and family members contact the **VET CENTER** at 2038 Warwick Avenue, Warwick RI 401-739-0167. Services provided at no cost.

**Rhode Island Veterans Resource Center**  
560 Jefferson Blvd. Suite 206 Warwick, 401-921-2119  
Offers two computer workstations with internet access, printers, telephones. Staff available to assist with job searches, resume development, and research.

**Veterans Crisis Line**  
**1-800-273-8255 Press 1**

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

### OPERATION STAND DOWN

An independent non-profit agency to assist veterans who are eligible in securing stable housing and employment. Also assist with basic needs (food & clothing), education and training services etc. 1010 Hartford Ave. Johnston  
**<http://osdri.org> 1-800-861-8387 / 383-4730**

**NEW ENGLANDERS HELPING OUR VETERANS**  
**[www.nehov.org](http://www.nehov.org) 401-649-2548** Follow on facebook  
**@NewEnglandersHelpingOurVeterans**

**Adult Day Programs**—for a statewide list go to: <https://OHA.ri.gov/what-we-do/connect/home-care/adult-day-health-centers> or <https://Health.ri.gov/find/licensees>

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

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

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

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

Set up **mySSAaccount** at [ssa.gov/myaccount](http://ssa.gov/myaccount)  
whether you receive benefits or not.

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

### **Having issues with Social Security or the VA ?**

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

### **RI SPECIAL NEEDS EMERGENCY REGISTRY**

The 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, prepare for, and respond to the needs of the community in an emergency. For more info or to enroll, visit [www.health.ri.gov/emregistry](http://www.health.ri.gov/emregistry) 401-222-5960/ RI Relay 711

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

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

# HOPE AND RECOVERY

*Addiction is a Disease. Recovery is Possible. Treatment is Available.*

## **Call the RI Hope and Recovery Helpline:**

**401-942-STOP / 401-942-7867**

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

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

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

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

Fire/EMS & recovery professionals will connect you to help.

**Go to [www.pvdsafestations.com](http://www.pvdsafestations.com)** for more info.

**THRIVE BEHAVIORAL HEALTH Intake 732-5656**

**THRIVE Emergency Services 738-4300**

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

**ANCHOR RECOVERY & WELLNESS CENTER at**

**Kent County YMCA 401-615-9945**

for all stages of recovery

**CCAP Behavioral Health Counseling 401-467-9610**

provides mental health & substance abuse services, anxiety, depression, trauma counseling etc. [www.comcap.org](http://www.comcap.org)

**RI's 24/7 Buprenorphine Hotline 401-606-5456**

Call to talk with a healthcare provider, get a health evaluation, and make a plan for Medication Assisted Treatment (MAT) (to treat opioid addiction & pain)

**EBC House Hotline 401-738-1700**

[www.ebccenter.org](http://www.ebccenter.org) Safe shelter; transitional housing, court advocacy; counseling

**24hr.Statewide hotline 1-800-494-8100**

**Get rid of medicines safely** by locating a safe disposal site near you at

**<https://preventoverdoseri.org/get-rid-of-medicines/>**

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

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

**THE GOOD SAMARITAN ACT OF 2016** provides certain immunity against arrest to individuals who call for medical assistance when someone is experiencing an overdose. **DON'T BE AFRAID TO CALL 911**

## **Rhode Island Department of Behavioral Healthcare, Developmental Disabilities & Hospitals (BHDDH) - BH LINK**

If you are going through a mental health or substance use crisis, there is help. Services and referrals provided by a professional team of registered nurses, counselors, psychiatrists, peer specialists, etc. 24-hours-a-day, seven days-a-week. **Call 401-414- LINK (5465)** or visit [WWW.BHLINK.ORG](http://WWW.BHLINK.ORG) **or walk into our location at 975 Waterman Avenue in East Providence.**  
**Call 911 if there is risk of immediate danger.**

### **Other Important resources in a crisis**

911 (police, fire and rescue)

THE SAMARITANS RI **(401) 272-4044**

UNITED WAY 211 LINE **Just dial 211** [www.211ri.org](http://www.211ri.org)

### **NATIONAL SUICIDE PREVENTION LIFELINE**

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

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

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

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

**VETERANS CRISIS LINE 1-800-273-8255 Press 1**

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

for help quitting Smoking and Vaping. Get free counseling sessions, plus extra virtual support through text messages and online tools. Callers may be ages 13+. Patients ages 18+ may also receive free nicotine replacement therapy (NRT) gum, patches, or lozenges if eligible through the mail.

\*\*\*\*\*

### **Free 24/7 Quit Vaping Support Designed for Teens**

**<https://mylifemyquit.com>** Resources for teens ages 13-17 by phone, text, or online chat. Find more resources for parents, health educators, and others.

\*\*\*\*\*

**PreventOverdoseRI.org** a user friendly website offering many resources for people who may be at risk of overdose as well as concerned family members and friends.

\*\*\*\*\*

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

Facebook: Coventry Substance Abuse Task Force

Twitter: @CoventryTask Instagram:@Coventry\_SATF

# HOPE AND RECOVERY

## TWELVE STEP PROGRAMS

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

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

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

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

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

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

### 24/7 Problem Gambling Hotline Call 1-877-9GAMBLE

Treatment is available for individuals with or without insurance at locations throughout Rhode Island.

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

## **SELF - ESTEEM Your teen is unique, valuable, and important. Have you told them lately?**

Does your teen know how important they are to you? Do they have others who pour sincere and positive affirmations into them? So many teens struggle with their self-esteem for a variety of reasons. Self-esteem is all about how they feel about themselves. Self-esteem plays an important role in our teens' lives. It can determine if goals are set and achieved, levels of motivation, self-worth, and directly ties into their future achievement levels and relationships.

### **TIPS AND ADVICE TO CONSIDER**

Maintain a positive attitude and avoid negativity. The effect of negativity wears off onto our children and before we realize it they're pulled down by the vibes surrounding us.

Listen to your children, We all have busy lives, but it is so important to stop and listen to what they are saying. Many times they are trying to tell you something and parents will shrug it off as unimportant.

Praise your teen on what they have accomplished. Praise the effort more than the ability (encouragement is better than praise). Make praises specific not generic, praise has to be sincere, and praise should be intermittent not overdone.

Encourage physical activity and healthy eating habits. Staying active and eating healthy form the basis of a sound body and mind. Studies have indicated that exercise changes the brain's chemistry and in doing so, helps ward off low self-esteem and clinical depression.

Your parenting style can play an important part in the development of your child's self-esteem. Over-parenting, under-parenting, and rigid, controlling parenting all affect how children view themselves. Never forget that your actions can dramatically impact the life of your child.

**IS SELF-ESTEEM THAT IMPORTANT?** \*Self-esteem helps teens deal with emotional stress and correlates with success in life, mainly because confidence can lead to more opportunities for teens, including a greater chance of getting scholarships. \*Self-esteem is important when making choices. Teen pregnancy statistics show that girls who engage in unprotected sex often have lower self-esteem. Other decisions, such as those regarding risky behavior and use of illegal drugs, can result from low self-esteem. \*Poor self-esteem can lead to emotional and mental issues. Depression can stem from feeling as though you are not good enough. In some cases, teenagers who cannot overcome their feelings of hopelessness and low self-esteem resort to suicide.

The above excerpt taken from (The Parent Handbook A Resource for Parents of Teens & Preteens, Middle/High School Edition 7th edition, page 29) \* If you wish to have a copy of this handbook please call 822-9178 or 822-9176.

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

**[Samhsa.gov/talk-they-hear-you/mobile-application](http://Samhsa.gov/talk-they-hear-you/mobile-application)**



**Staff Directory**

**Director** Robert Robillard 822-9127  
rrobillard@coventryri.org

**Lead Social Worker** Catherine Pendola 822-9178  
cpendola@coventryri.org

**Bookkeeper** Jomarie Fabian 822-9177  
jfabian@coventryri.org

**Receptionist/Intake Coordinator** Lynn Jacavone  
Main # 822-9175 humanservices@coventryri.org

**Social Workers**

Susan Pajak 822-9176 spajak@coventryri.org

Lynn Pendola 822-9125 lpendola@coventryri.org

**Social Worker Assistant** Stefani Weber 822-9146  
sweber@coventryri.org

**Food Bank** 822-9199

**Nurse's Office** 822-6208

**Mealsite / Café** 822-9180

**Program Coordinator** Pat Fleming 822-9474  
pfleming@coventryri.org

**Program Assistant** Karen Beaudoin 822-9180

**Project Friends Clinical Administrator** Marlena Davis  
822-9144 mdavis@coventryri.org

**Project Friends Program Director** Lisa Cote  
822-9144 lcote@coventryri.org

**Maintenance** Al Jordan 822-9175

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

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.org

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

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

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

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

If you need to know what district you are in,  
please visit [www.coventryri.org/town-gis-maps](http://www.coventryri.org/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		Mike Ziroli

**TOWN OF COVENTRY**

Additional phone numbers

Police and Fire..... 911

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

**INCLEMENT WEATHER POLICY**

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

Online at [www.ribroadcasters.com](http://www.ribroadcasters.com)

click *View Current Closings*.

In doubt - call the main number at 822-9175

***DONATIONS ALWAYS APPRECIATED***

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

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