

# COVENTRY RESOURCE AND SENIOR CENTER



**50 Wood Street, Coventry RI 02816**

Phone 401.822.9175 Fax 401.822.9128 / 401.822.6211

Like us on Facebook—Coventry Resource and Senior Center

[www.coventryri.gov](http://www.coventryri.gov) to view our Monthly Newsletter

Click on Departments; Human Services; Attachments

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

**Enjoy the last weeks of summer !!!**

**FREE BACKPACKS  
SCHOOL SUPPLIES**

**SATURDAY, AUGUST 23, 2025**  
**10:00 AM - 1:00 PM**

**"FIRST COME, FIRST SERVED"**  
**Until Supplies Last**

Community agency resource tables  
will be available, supplying financial assistance,  
education, and health-related information.

**STUDENTS MUST BE PRESENT TO RECEIVE A BACKPACK**

| Cities        | Site                                    | Address                           |
|---------------|---|-----------------------------------|
| Central Falls | Veteran's Memorial Elementary School    | 150 Fuller Ave, Central Falls     |
| Cranston      | YMCA                                    | 1225 Park Ave, Cranston           |
| Cumberland    | Garvin Memorial Elementary              | 1364 Diamond Hill Rd, Cumberland  |
| Newport       | East Bay Community Action Program       | 6 John H. Chafee Blvd, Newport    |
| Pawtucket     | Jenks Middle School                     | 350 Division St, Pawtucket        |
| Pawtucket     | Samuel Slater Middle School             | 281 Mineral Spring Ave, Pawtucket |
| Providence    | Nathanael Greene Middle School          | 721 Chalkstone Ave, Providence    |
| Providence    | Student Registration & Placement Center | 325 Ocean St, Providence          |
| Providence    | United Way of Rhode Island              | 50 Valley St, Providence          |
| Providence    | West End Community Center               | 109 Bucklin St, Providence        |
| West Warwick  | Thundermist Health Center               | 186 Providence St, West Warwick   |
| Woonsocket    | Woonsocket Middle School                | 60 Florence Dr, Woonsocket        |



## AUGUST 2025

### Table of Contents

|                              |         |
|------------------------------|---------|
| Monthly Happenings.....      | Page 2  |
| Monthly Happenings.....      | Page 3  |
| Monthly Happenings.....      | Page 4  |
| Miscellaneous.....           | Page 5  |
| Scams/Fraud .....            | Page 6  |
| Scams/Fraud .....            | Page 7  |
| Housing/Utility.....         | Page 8  |
| General Services.....        | Page 9  |
| General Services.....        | Page 10 |
| Activities.....              | Page 11 |
| Health & Wellness.....       | Page 12 |
| Nutrition/Food Pantries..... | Page 13 |
| Café Monthly Menu.....       | Page 14 |
| Education/Job training ..... | Page 15 |
| Resources.....               | Page 16 |
| Resources.....               | Page 17 |
| Resources.....               | Page 18 |
| Resources.....               | Page 19 |
| Hope & Recovery.....         | Page 20 |
| Hope & Recovery.....         | Page 21 |
| Staff/Town Directory.....    | Page 22 |

# MONTHLY HAPPENINGS...

## AUGUST ENTERTAINMENT

### August 8 - Kalifornia Karl is coming to visit us.

He is one of our favorites! Join us at 11:00am in the meal site to see his performance. The theme is "Singers with tight pants and hairy chests" with music from Tom Jones, Humperdinck, Neil Diamond, Tony Orlando, Bee Gee's and Elton John.

If you would like to stay for lunch following the performance, we will be serving cream of mushroom soup, goulash, cucumber salad, garlic roll, sliced apples, or a ham and cheese on rye. Donations for lunch is \$3.00. Photo on page 5

\*\*\*\*\*

### Bone Builders class will be changing its day and time again this month.

Starting on August 5<sup>th</sup>, the class will be held on Tuesday's at 10:30am.

\*\*\*\*\*

### SENIOR TECH help with "Dee" August 13<sup>th</sup>

Help is here for you if you are having a problem with your smart devices.

Please call Lynn to make an appointment (401) 822-9175

\*\*\*\*\*

### August 4 - CPS Optics will be here in the meal site on the first Monday of every month.

This is a family owned business that has over 30 years of experience. The prices are very affordable and they have a variety of frames to choose from for both adults and children.

CPS Optics offers a delivery service for clients too. Stop in and meet Curtis.

You will be glad that you did!

\*\*\*\*\*

### August 12- Sylvia will be having her

### Watercolor class from 10:00am-12:00.

The theme this month is "Sailboat in the Harbor". The class is \$15.00 which includes all supplies.

Please call Linda at 822-9474 to join the class.

See Flyer page 3

\*\*\*\*\*

### "Movie Time"

We will be featuring a movie every week on Monday afternoon at 1:00pm following lunch. Come in and join us for some free popcorn and a movie ! Hope to see you there !

**August 20-** Charlene from the "SNAP" (Supplemental Nutrition Assistance Program) is available from 10am-1pm for anybody who may have question or concerns about the program. Eligibility & benefit amounts are based on Income, Expenses, Resources, and number of people living in household. Charlene will be coming once a month for the rest of the year. See full schedule on page 5  
Please call Linda at (401)822-9474 to set up an appointment.

\*\*\*\*\*

**August 20** – We will have a presentation on "Healthy Sleep" from BCBS starting at 10:00am. We'll review why sleep is important to our health, factors that signal sleep to our bodies, some reasons sleep can be challenging, tips for better sleep (including what you can do today to help yourself sleep better) and when to seek help.  
See flyer on page 4

\*\*\*\*\*

**August 27- Carlos is an Associate Consumer Advocate from RI Energy.** If you need help with managing your utility bills or you have questions regarding them, Carlos is the person to help.  
He will be here 10am -12pm in the meal site to assist you.

\*\*\*\*\*

**August 29-** Sawdust the therapy dog will be coming back from his vacation. He will be here from 11:00am – 12:00pm. Therapy animals bring comfort and joy to any facility they visit. There is scientific evidence that demonstrates how therapy animals improve heart health, help alleviate depression, increase well-being and contribute to healthy aging.  
Welcome back Sawdust!

\*\*\*\*\*

**Bocce-** There is still space for anybody who would like to join. Please call 822-9175 for more information.

\*\*\*\*\*

**COVENTRY LIBRARY** Hannah from the Coventry library is here every Tuesday at 1:00pm after lunch.

If you are looking for a good book, stop in and see what is available for you to enjoy or you can reserve a book that you have been wanting to read.

**TUESDAY, AUGUST 12 , 2025**

**TEACHER,  
SYLVIA DELANEY,  
PROFESSIONAL  
ARTIST**

**10:00 A.M. - 12:00 P.M.**

**(2 HOURS) FEE: \$15.00**

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



*Watercolor  
Painting*

*Class*

**Supplies  
Included .**

***WATERCOLOR PAINTING CLASS***  
**“ Sailboat in the Harbor”**

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

**LOCATION - COVENTRY SENIOR CENTER**

**CONTACT- LINDA CHARRON TO REGISTER**





**Blue Cross  
Blue Shield**  
of Rhode Island

## **HEALTHY SLEEP CLASS**



**Join us to discuss why sleep is important to our health, factors that signal sleep to our bodies, some reasons sleep can be challenging, tips for better sleep (including what you can do today to help yourself sleep better) and when to seek help for sleep issues.**

**Wednesday, August 20, 2025, 10:00AM**  
**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. Licenciatario independiente de Blue Cross and Blue Shield Association.



# KALIFORNIA KARL APPEARING FRIDAY

\* STAR SEARCH WINNER  
\* HOLLYWOOD ACTOR



**BOYS & GIRLS CLUBS  
OF NEWPORT COUNTY**

## SNAP

Supplemental Nutrition Assistance Program

Do you need to Apply, Re-Certification, or Make a change? Visit

**Charlene Traynum**

Family & Outreach Coordinator

**Date:** August 20, 2025

**Time:** 10:00am-1:00pm

**Date:** September 17, 2025

**Time:** 10:00am-1:00pm

**Date:** October 15, 2025

**Time:** 10:00am-1:00pm

**Date:** November 19, 2025

**Time:** 10:00am-1:00pm

**Date:** December 17, 2025

**Time:** 10:00am-2:00pm

**Location:** Coventry Resource and Senior Center, 50 Wood Street, Coventry, RI

**First Come First Serve, Questions Contact**

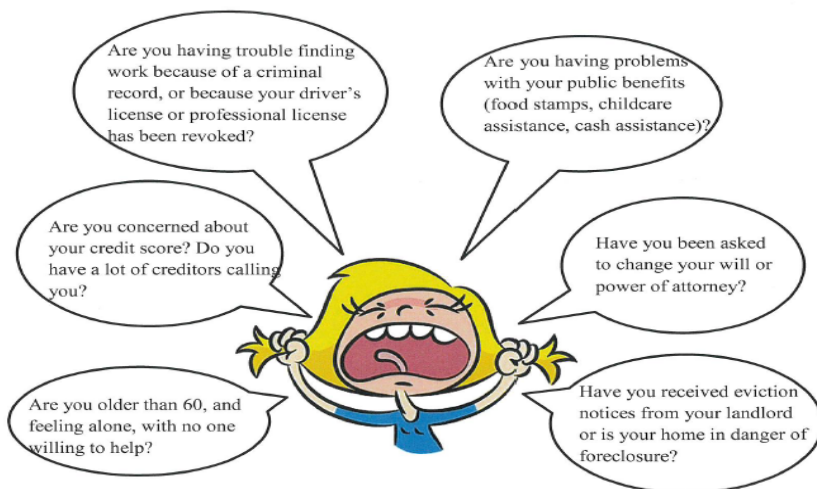
Linda Charron

**401-822-9474**

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), religious creed, disability, age, political beliefs, or retaliation for prior civil rights activity.

THIS SERVICE IS BEING PROVIDED BY THE BOYS & GIRLS CLUB OF NEWPORT COUNTY AND COVENTRY RESOURCE AND SENIOR CENTER.

## LEGAL ISSUES GOT YOU STRESSED?



## ATTEND A FREE "One on One" LEGAL CLINIC

**WHO:** Rhode Island Legal Services: Civil (not criminal!) Legal Clinic

**WHERE:** Coventry Resource & Senior Center, 50 Wood Street

**WHEN:** monthly

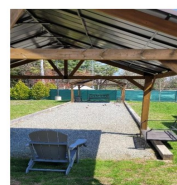
**WHY:** RESOLVE YOUR CIVIL LEGAL ISSUES **HOW:** Call 822-9175 to book appt

## BOCCE

**Would you like to play?**

**We have a professional court at the Coventry Senior Center, 50 Wood St.**

**Call to find out more, no cost involved! 822-9175**



## FIVE WISHES is the first living will

(also called an advance directive) that talks about your personal, emotional, and spiritual needs as well as your medical wishes.

Read more at <https://www.fivewishes.org>

It is legally valid in RI. Available in digital or paper for a small fee.



## 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](mailto:contactus@riag.ri.gov)

**\*To file an identity theft report online go to:** [Identitytheft.gov](http://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](http://www.ftc.gov) - (will also direct you to [identitytheft.gov](http://identitytheft.gov) to file report).

**\*FBI Internet Crime Complaint Center—** to report cyber-enabled crime [www.IC3.gov](http://www.IC3.gov)

**\*Consumer Financial Protection Bureau** to file complaint on a financial product or service 855-411-2372 or [www.consumerfinance.gov](http://www.consumerfinance.gov)

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

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

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

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

Contact the national credit bureaus to request fraud alerts, credit freezes etc.  
[Equifax.com/personal/credit-report-services](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

Go to [AnnualCreditReport.com](http://AnnualCreditReport.com)

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

You can order your reports from each of the three nationwide credit reporting companies at the same time.  
**NOTE: This is the only website providing a free credit report.**  
 Watch for misleading sites requiring a purchase of another product.

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](http://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>

**Senior Medicare Patrol (SMP)** can help you prevent, detect, and report Medicare fraud. Contact RI SMP 1-888-884-8721 [oha.ri.gov](http://oha.ri.gov)

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

Read more details on how these work at [aarp.org](http://aarp.org) & [riag.ri.gov](http://riag.ri.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 Watch Network Helpline**

**1-877-908-3360 is free**

They offer online support sessions for further emotional support.

Can sign up for regular updates on scams You can also look up a scam  
**AARP’s Fraud Resource Center( [aarp.org/FraudWatchNetwork](http://aarp.org/FraudWatchNetwork))**

**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](http://oig.ssa.gov) or call their fraud hotline at 1-800-269-0271 or email [OIG@1140@ssa.gov](mailto:OIG@1140@ssa.gov)

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

**\*Your new romantic interest sends you a picture that looks more like a model from a fashion magazine**

**\*The person quickly wants to leave the dating website and communicate with you through email or instant messaging.**

**\*They lavish you with attention, texts, emails and phone calls** ([www.aarp.org](http://www.aarp.org))

**\*The scammer wants to establish a relationship as quickly as possible, endear himself to the victim, and gain trust. Scammers may propose marriage and make plans to meet in person, but that will never happen. Eventually, they will ask for money.**

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

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



## BEWARE the Faux Phone Call

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

Use your voicemail or answering machine to screen incoming calls when you aren't absolutely certain who is calling. You can't trust caller ID because scammers use technology to hide their identity.

*Stay safe by **not** providing sensitive information*, like your social security number, Medicare number, or credit card or bank account information, to someone who calls you.

Know that federal, state and local government agencies **will not call you out of the blue** and demand money.

Same with major retailers and utilities—calls from Amazon or from your power company out of the blue are most likely scams.

Add all of your phone numbers to the

**National Do Not Call Registry at donotcall.gov or 1-888-382-1222.**

This will reduce the number of legitimate telemarketing calls coming in, making it easier to spot scam calls.

(Taken from Page 12 AARP Fraud Watch Network Watchdog Alert Handbook)

## CELEBRITY (IMPOSTER) SCAMS

### **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](http://www.aarp.org))

## Protect Personal Identification Numbers (PINS) & Passwords

\*Don't carry your PINS and passwords in your wallet or purse.

\*Avoid using easily available information for your PINs or passwords such as your mother's maiden name, your or a family member's birth date, your SSN or phone number, or a series of consecutive number (i.e., 1,2,3,).

\*Choose a different PIN for each account.

(AARP Watchdog Alert Handbook)

## Prevention Tips

Don't carry your Social Security card in your wallet

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

Shred sensitive information.

Limit the number of credit cards you carry.

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

## FRAUD WATCH NETWORK

AARP Fraud Watch Network provides you with access to information about identity theft, investment fraud and the latest scams.

Access online at: **AARP.org/fraudwatchnetwork**

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

Call toll free: **1-877-908-3360**

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.

### Thrive Behavioral Health

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

401-691-6000 x2102

[Tringeling@thrivebhri.org](mailto:Tringeling@thrivebhri.org)

Thrive 24/7 Emergency Services 401-738-4300

### 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  
[www.coventryhousing.org](http://www.coventryhousing.org) /apply online or request paper application

**For help to find apartments go to [www.housingsearchri.org](http://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.rfairhousing.org](http://www.rfairhousing.org) [www.helprilaw.org](http://www.helprilaw.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](http://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](http://Stelizabethcommunity.org/haven)

**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](http://westbaycap.org)

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

### **FREE RI Energy Home Assessment Program**

Available to all households, including homeowners and renters. Call **1-888-633-7947** to schedule appt.

Or go to [www.rienergy.com/ri-home/energy-saving-programs/home-energy-assessments](http://www.rienergy.com/ri-home/energy-saving-programs/home-energy-assessments)

**Rhode Island Energy Assistance options for income eligible customers** assist w/payment options

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

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

**Come meet with a Customer Advocate, Carlos Andrade here at the Senior Center, 50 Wood St. on the 4th Wed of every month from 10am—2pm**

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

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

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

**Help with Internet Service CONNECT2COMPETE**  
Visit <https://www.cox.com/aboutus/Connect2compete.html>

**Check eligibility for a free government CELL PHONE**

[www.assurancewireless.com](http://www.assurancewireless.com) 1-888-321-5880

[www.safelinkwireless.com](http://www.safelinkwireless.com) 1-800-723-3546

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

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



# GENERAL SERVICES

## Coventry Resource and Senior Center

**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](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**

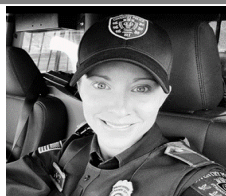
**Call 822-9175 Please give the gift of your time.**

### ***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](mailto:enovak@coventrypd.org)**

\*\*\*\*\*

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

## GENERAL SERVICES

### Coventry Resource and Senior Center

**Come enjoy the sun or the shade on your beautiful patio at 50 Wood Street !**  
**Meet your friends, make some new ones in the fresh air or just 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—4:00pm.

Cheapest rates in town  
only \$4.00 for the month.

#### LENDING LIBRARY

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

### PROJECT FRIENDS

Project Friends is a State of RI licensed community based day service program developed in 1992 for adults with developmental disabilities. Each individual has a plan that offers choices of activities which build independence, adult daily living skills, socialization, self-esteem and confidence. Participants are supported by case aides. If you would like more information about Project Friends, please feel free to call the **Marlena Davis or Lisa Cote at 822-9144.**

### ‘TIS THE SEASON

‘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

**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 1:00 – 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

**PARTY BRIDGE**—Fridays 1:00-3:30pm (not for beginners) call 822-9175

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

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

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

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

**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 **First Come First Served.**  
**Maximum capacity is 15.**

**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!

**August 12th, 2025** Maine Lobsterbake  
& Kennebunkport \$124/ person

**September 23rd, 2025** White Mountain Hotel  
Lunch & Shopping in Conway \$129/ person

**October 23rd, 2025** A Chorus Line at  
The Godspeed \$179/person

**November 9th, 2025** New England Christmas  
Festival at Mohegan Sun \$129/person

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

Flyers can also be viewed on our bulletin board !

### Weekly / Monthly Activities & Programs

#### **Monday**

8:00am - 4:00pm Pool Room  
8:30am - 12:30pm Nurse available  
10:00am Meditation class  
10:00am Bone Builders of RI  
1:00pm Mexican Train Tile Game

#### **Tuesday**

8:00am - 4:00pm Pool Room  
8:30am - 12:30pm Nurse available  
9:30am Chair Yoga (with Shri service corp)  
10am-12 Watercolor Painting Class (2nd Tues)  
10:30am Sociables (1st Tuesday) waitlist  
1:00pm Canasta  
1:00pm Pitch

#### **Wednesday**

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

#### **Thursday**

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

#### **Friday**

8:00am - 4:00pm Pool Room  
8:30am - 12:30pm Nurse available  
9:00am Tai Ji Quan  
10:00am Pinochle  
10:30am Chair Yoga (with Shri service corp)  
1:00pm Scrabble  
1:00-3:30 Party Bridge  
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!

### 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 at 10:00am 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

### RIVER ROCK PAINTING

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



### MEDITATION (courtesy of BlueCross Blue Shield)

Classes focus on meditation using slow, rhythmic movement. Integrate your breathing and awareness to release energy. Create calm and strengthen the core. In addition, this practice reduces stress and anxiety, increases awareness and flexibility, and promotes overall wellness and relaxation. **Sign up at 822-1975 for new classes in the Fall. FREE** Will have additional classes if maintain minimum enrollment of 15 participants.

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

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



### TAI JI QUAN: Moving for Better Balance

***New class starting in the Fall...***

***All students are assessed before they can start.***

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

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

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

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

**Wednesdays at 10:00 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. **Call 822-9175 to reserve your spot. \$3 per class**

**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

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



**SVdP Saturday Grab and Go weekly meals.-Coventry Residents only.** —Do not need to call ahead just come Saturday 11—11:30.  
 One meal per person in car. If there is someone who will send someone to pick up their meal, they must come in car for the 1st time and get a card. The next time they can send card with person who is picking up for them. 445 Washington St. Coventry

### COVENTRY CAFÉ

Come have lunch at the Café for those 60 and over or individuals with disabilities. Each Café offers two meal choices daily. The “pub option” offers a sandwich for those who want a traditional lunch. The “heartly option” provides a full, hot lunch. Please call 822-9180 for your lunch reservation at least one day in advance. If you cannot make it in, please call us to cancel. The suggested donation is \$3.00. guest under 60 for \$4.00.  
*Celebrate Birthdays the third Thursday of the month !*

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

**Meals on Wheels of Rhode Island** Provides home delivered meals to frail, homebound seniors and qualified disabled persons, five days per week. Seniors must be 60 years or older, live alone, have no one to help them, and be unable to shop, cook, or drive. If under 60, an approved waiver is required through eligible waiver programs (DHS, PACE, NHPRI) Can make referral on-line at [www.rimeals.org](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. Food boxes available ONLY ON THE 3rd Saturday of the month from 9am—12pm. Must be a Coventry resident and must sign up by calling 828-3090

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

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

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

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

[www.projecthandup.net](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) \*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](http://faithfellowshipaog.com)

#### **Westbay Community Action Marketplace**

487 Jefferson Blvd. Warwick Serves Warwick, WW, EG & Coventry. M, W, TH 9am - 3pm T, F 10-3pm  
 Closed 11:30 - 1 for stocking & lunch. Call 732-4660

# MONTHLY MENU

**Please call 822-9180 to make reservations by 9:30am for the next day meal.**

**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

## August 2025

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|
| <p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens<br/><i>Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</i></p> <p>4<br/>Escarole bean &amp; sausage soup<br/>Meatball sandwich<br/>Roasted zucchini &amp; carrot<br/>Brownie<br/>Chicken salad on rye</p> <p>11<br/><b>Closed</b></p> <p>18<br/>Vegetable lentil soup<br/>Cider glazed chicken thighs<br/>Potato wedges<br/>Mixed vegetables<br/>Watermelon<br/>Roast beef on roll</p> <p>25<br/>Corn chowder<br/>Fried chicken<br/>Roasted potatoes<br/>Green bean salad<br/>Chocolate chip cookie<br/>Turkey sandwich on wheat</p> | <p>All meals are served with a dinner roll</p> <p>5<br/>Minestrone soup<br/>Sloppy joe<br/>Roasted potatoes<br/>Cucumber salad<br/>Sliced peaches<br/>Tossed salad w/ chicken</p> <p>12<br/>Vegetable soup<br/>Creamy Tuscan chicken<br/>Broccoli florets<br/>Roasted sweet potatoes<br/>Cake<br/>Egg salad on rye</p> <p>19<br/>Minestrone soup<br/>Pepper steak<br/>Rice pilaf<br/>Roasted carrots<br/>Sliced pears<br/>Chef salad</p> <p>26<br/>Mushroom barley soup<br/>Smothered pork w/ gravy<br/>Mashed potatoes<br/>Broccoli<br/>Sliced peaches<br/>Chicken salad on wheat</p> | <p>6<br/>Tuscan white bean soup<br/>Roasted pork loin w/ gravy<br/>Rice pilaf<br/>Peas &amp; onion<br/>Sliced pears<br/>Seafood salad sandwich</p> <p>13<br/>Chicken soup<br/>Pork shoulder roast w/ gravy<br/>Rice pilaf<br/>Peas &amp; carrots<br/>Watermelon<br/>Tuna salad plate</p> <p>20<br/>Tomato soup<br/>Creamy feta &amp; tomato chicken<br/>Potatoes mushrooms &amp;<br/>Tomatoes<br/>Oatmeal cookie<br/>Seafood salad sandwich</p> <p>27<br/>Tomato soup<br/>Baked chicken topped w/<br/>Eggplant Bolognese<br/>Mediterranean rice<br/>Cake<br/>Seafood salad plate</p> | <p>7<br/>Chickpea &amp; kale soup<br/>Pot roast w/ gravy<br/>Mashed potatoes<br/>Green beans<br/>Cake<br/>Spinach salad w/ chicken</p> <p>14<br/>Tomato soup<br/>Meatloaf w/ gravy<br/>Mashed potato<br/>Baby carrots<br/>Peaches<br/>Cobb salad</p> <p>21<br/>Mushroom barley soup<br/>Sliced turkey w/ gravy<br/>Sweet potatoes<br/>Green beans<br/>Cake<br/>Ham &amp; cheese on wheat</p> <p>28<br/>Chicken soup<br/>Salsbury steak<br/>Mashed potatoes<br/>Buttered corn<br/>Fresh melon<br/>Tossed salad w/ chicken</p> | <p>1<br/>Tomato cauliflower soup<br/>Braised beef brisket<br/>Roasted Potato w/ vegetables<br/>Tomato salad<br/>Pineapple chunks<br/>Ham &amp; cheese on wheat</p> <p>8<br/>Cream of mushroom soup<br/>Goulash<br/>Cucumber salad<br/>Garlic roll<br/>Sliced apples<br/>Ham &amp; cheese on rye</p> <p>15<br/>Chicken soup<br/>Pub burger w/ cheese<br/>Baked beans<br/>Cole slaw / chips<br/>Watermelon<br/>Hot dog</p> <p>22<br/>Chicken escarole soup<br/>Shepards pie<br/>Mashed potatoes<br/>Peaches<br/>Cobb salad</p> <p>29<br/>Chicken soup<br/>Grilled chicken<br/>Spanish rice<br/>Mixed vegetables<br/>Mixed fruit<br/>Egg salad on wheat bread</p> |

**If you want others to be happy, practice compassion.**

**If you want to be happy, practice compassion.**

**Dalai Lama**



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

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

Employment & educational services, job coach

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

Connecting unemployed and underemployed

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

Search jobs, create resumes, find education & training

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

Jobseekers and employers are matched

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

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

**RI Dept of Human Services**    [www.dhs.ri.gov](http://www.dhs.ri.gov)    Works hand in hand with other resources in Rhode Island

**Adult Education Classes**    Go to [EnrollRI.org/AdultEd](http://EnrollRI.org/AdultEd)    To see full list of programs & locations; GED, Job Skills Training, ESOL, etc.

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

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

**College Planning Center** The center provides free college planning services. This includes helping you find colleges, and help with college and financial aid applications. Call 401-736-3170 or visit <https://www.risla.com/college-planning-center>

## 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 (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](http://www.dhs.ri.gov)

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

**FAX (401)462-8052**

All RI DHS mailed applications sent to:

*RI Dept of Human Services, PO Box 8709 Cranston, RI 02920*

or can be hand delivered to any DHS location.

Closest is Warwick DHS 195 Buttonwoods Ave. Warwick 02886

#### RI Department of Human Services Document Scanning Centers

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

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

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

#### [www.RhodeIslandFamilyGuide.com](http://www.RhodeIslandFamilyGuide.com)

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

#### **Dorcas International Institute of Rhode Island**

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

**Center for Southeast Asians** 401-274-8811

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

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

#### **THE AUTISM PROJECT** [theautismproject.org](http://theautismproject.org) 785-2666

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

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

**EBT Customer Service 1-888-979-9939**

**URI SNAP OUTREACH PROJECT** Call 1-866-306-0270 or **The Point**  
SNAP outreach program (401) 462-4444

#### [kids.ri.gov](http://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](http://WWW.PSNRI.ORG) 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

**EARLY INTERVENTION** Free services & supports for children under 3 with developmental delays. <https://eohhs.ri.gov/Consumer/FamilieswithChildren/EarlyIntervention>

**CHILD INC. 823-3228** [www.childinc.ri.org](http://www.childinc.ri.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](http://www.dhs.ri.gov)

**Catholic Charities Child Care Scholarships**

(Cabrini Fund) [dioceseofprovidence.org](http://dioceseofprovidence.org) or call 421-7833 x213

**Military Families:** \*[militarychildcare.com](http://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](http://www.brightstars.org) Call 1-855-398-7605

## SUPPORT GROUPS

Here are just some in RI...

### APDA Parkinson's Information Referral Center at Kent Hospital

Call Mary Ellen Thibodeau, RN 401-736-1046 or email  
apdari@apdaparkinson.org / <https://www.APDAparkinson.org/ri>

### HOPE HOSPICE & PALLIATIVE CARE RHODE ISLAND

Bereavement support groups. Call 1-800-338-6555 or visit their website  
at [www.hopehospiceri.org](http://www.hopehospiceri.org)

### SUPPORT FOR STROKE SURVIVORS AND CAREGIVERS

RI Hospital in person or via zoom. For all details call Nakeesha Brown at  
(401) 444-8237 or email at [nbrown1@lifespan.org](mailto:nbrown1@lifespan.org)

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

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

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

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

**ALZHEIMERS ASSOCIATION / RI CHAPTER - Go to** [alz.org/ri](http://alz.org/ri)

**Find a Therapist:** <https://www.psychologytoday.com/us/therapists>

\*Also, Medicare.gov to help find a psychiatrist

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

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

**IF A SENIOR (60 & older) IS NOT SAFE at home call:**  
**Office of Healthy Aging—formerly Department of Elderly Affairs:**

**Protective Services 401-462-0555 Call 211 after hours.**

**[www.oha.ri.gov](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 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](http://www.risltcop.org)

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

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

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

\*\*\*\*\*

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

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

**Vocational Rehabilitation/ Disability Determination Services**

**(DDS)** 40 Fountain St. Prov, 02903 401-421-7005

## 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](mailto: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](http://www.oscil.org)

### Transportation

**MTM** coordinates transportation services for Rhode Islanders age 60  
and older & Under 60 Adults with disabilities on Medicaid only –  
General and special medical appts., adult day services, senior meals  
program and INSIGHT. There is a \$2 fee per ride. **1-855-330-9131**.  
Also coordinates non-emergency transportation for Medicaid recipients

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

**RIPTA Bus Pass** 784-9500 ext. 2012 or [www.ripta.com](http://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](http://www.health.ri.gov)

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

**The Alzheimer's Association's 24/7 Helpline service - at no**  
**charge** 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](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,

**Veterans Crisis Line 24/7 Call 988 Press 1**  
**Chat online [www.veteranscrisisline.net](http://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](mailto: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](http://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](http://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](http://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](http://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 for the needs of the community in an emergency. [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)

## 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](http://www.coventryri.gov) Please contact the Assessor's Office at 822-9163 if you have any questions

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

**CDBG Community Development Block Grant**  
**See if eligible for assistance with certain home repairs...**  
 Contact Geri Manning at 492-9368 or [cdbg@coventryri.gov](mailto: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](mailto: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](mailto:Barbara.palazzo@gcd.ri.gov)

**Rhode Island Commission on the Deaf & Hard of Hearing** [www.cdhh.ri.gov](http://www.cdhh.ri.gov)  
 401-256-5511 [cdhh.main@cdhh.ri.gov](mailto:cdhh.main@cdhh.ri.gov)

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

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

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

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

## HEALTHY EATING AND EXERCISE

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

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

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

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

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

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

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

## MEDITATION What Meditation can do for your mind, mood and health...

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

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

*The beauty and simplicity of meditation is that you don't need any equipment. All that's required is a quiet space and a few minutes each day.*  
 (Above taken from [www.health.harvard.edu](http://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](http://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](http://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](http://www.comcap.org)

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

[www.ebccenter.org](http://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](https://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](http://www.BHLINK.org) **Call 911 if risk of immediate danger**

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

24/7 line connects to treatment and counseling.

**BUTLER HOSPITAL** We know teenagers. Call us.

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

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

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

for help quitting Smoking and Vaping.

\*\*\*\*\*

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

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

\*\*\*\*\*

**PreventOverdoseRI.org** a user friendly website

\*\*\*\*\*

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

Facebook: Coventry Substance Abuse Task Force

Twitter: @CoventryTask Instagram:@Coventry\_SATF

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

**<https://www.safecallnowusa.org/> Safe Call Now**  
**(for first responders and their families)**

**Call 1-206-459-3020**



# HOPE AND RECOVERY

## TWELVE STEP PROGRAMS

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

**New England Region of Narcotics Anonymous** 866-624-3578

<https://nerna.org/>

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

**RI Area Adult Children of Alcoholics and Dysfunctional Families**

<https://www.riareaaca.org/>

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

**Ocean and Bay Intergroup of Overeaters Anonymous (OA)**

<http://www.oceanandbay.org/>

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

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

## Social Media and Youth Mental Health

The U.S. Surgeon General's Advisory 2023

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

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

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

**Potential risks of content, features, and functions:**

**The science of how social media affects youth.**

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

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

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

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

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

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

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

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

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

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

*\*Never post personal information*

*\*Some apps have led to bullying and harassment*

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

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

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

(The above partial excerpts taken from page 9 of THE PARENT HANDBOOK, A RESOURCE FOR PARENTS OF TEEN & PRETEENS 7TH EDITION - call 822-9176 for your own copy of the entire resource booklet)

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

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

### **Staff Directory**

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

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

**Admin Assistant** Stephani In 822-9177  
sin@coventryri.gov

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

#### **Social Workers**

Susan Pajak 822-9176 spajak@coventryri.gov

Lynn Pendola 822-9125 lpendola@coventryri.gov

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

**Food Bank** 822-9199

**Nurse's Office** 822-6208

**Mealsite / Café** 822-9180

**Program Coordinator** Linda Charron 822-9474  
lcharron@coventryri.gov

**Program Assistant** Stacey Harrington 822-9180

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

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

**Maintenance/Custodial** Josh Warren 822-9175

### **TOWN OF COVENTRY**

Additional phone numbers

Police and Fire..... 911

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

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



**Click on Departments; Human Services; Attachments**

#### **Monthly Newsletter Email List**

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

**Town Manager Dan Parrillo 822-9185**

#### **Coventry Town Council Members**

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

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

District #3  
District3@coventryri.gov

**Hillary Lima (President)** District #4  
District4@coventryri.gov

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](http://www.coventryri.gov/town-gis-maps) then click on  
*Council Voting Districts***

#### **Coventry Friends of Human Services Advisory Board:**

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

#### **INCLEMENT WEATHER POLICY**

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

Online at [www.ribroadcasters.com](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: Stephani

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