

COVENTRY RESOURCE AND SENIOR CENTER



50 Wood Street, Coventry RI 02816

Phone 401.822.9175 Fax 401.822.9128 / 401.822.6211

Like us on Facebook—Coventry Resource and Senior Center

www.coventryri.gov to view our Monthly Newsletter

Click on Departments; Human Services; Attachments

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

From the Directors Desk

September is Senior Center Month

We Focus on “Powering Possibilities: Flip the Script”.

The 2025 theme, *Powering Possibilities: Flip the Script*, invites us to **challenge outdated perceptions of aging and senior centers. It celebrates the dynamic role that centers play in fostering creativity, connection, purpose, and resilience in later life.**

More than 10,000 senior centers across the country are leading this charge—flipping the script on aging by creating inclusive, engaging spaces where older adults thrive. From their beginnings in the 1940s to their recognition in the Older Americans Act in 1973 to today, senior centers have continually evolved to meet the changing needs of older adults and their communities.

Senior centers power possibilities through:

- Social Connection that combats loneliness and isolation
- Health and wellness programs that promote vitality
- Economic security resources that offer stability
- Creative and cultural engagement that brings joy and purpose

Access to services that support independence and well-being

Now more than ever, we understand the critical importance of belonging and connection. The Surgeon General has identified loneliness as a national epidemic—but senior centers have long been the antidote. They are places where people gather, support one another, and build community.

Coventry Resource and Senior Center prides itself on bringing possibilities to older adults’ lives. Please check out “the Best Newsletter in the State”.

Resources, Activities and Connections are what we are all about, if you haven’t visited us please do and we will give you the “50 Cent Tour”.

We are pleased to announce 2 of our 3 new vans have arrived last month and you will see them on the roads throughout Coventry. We are waiting for the final van to be delivered to our community within the next couple of weeks.

These handicapped accessible 14 passenger vans will be an amazing addition to our center.

On behalf of our staff thank you for checking out what we do for older “Oakers”. They are why we come to work every day. **Keep and eye out for our next big event “THE SENIOR PROM” in October.**

Please enjoy the cooler weather and your friends and families.

SEPTEMBER 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...

September 3rd - There will be a FREE presentation sponsored by AAA Northeast on **"The RI Older & Wiser Driver"** at 11:00am in the meal site. Topics that will be discussed will be

- The major causes of crashes for older drivers
- Pedestrians & bicycle safety tips
- Advice for extending safe driving years
- How to plan driving cessation (and resources for staying mobile!)

September 9th - On the second Tuesday of each month we have the **Watercolor Class**. Sylvia is the instructor of this class who teaches the students how to create fantastic artwork. Every month is a different painting. Classes are \$15.00 which includes all supplies. Call 822-9474. Flyer pg 4

September 10th - **Museum on the Road** is coming to visit with a one-hour presentation from a trained Museum docent using images, video, and artifacts from their collection. Thank you, Landmark Medical Center, for making this presentation possible. 11am in the Mealsite. Flyer pg 5

September 10th - **Senior Tech help** is available for anyone who may be having technical issues with smart devices. Dee is here to assist you. Please call to make an appointment at (401)822-9175.

September 17th - **Charlene from SNAP (Supplemental Nutrition Assistance Program)** will be here from 10:00am -1:00pm. If you have questions or concerns, Charlene is here to help. Please call Linda to make an appointment at (401)822-9474.

September 17th - **Stop & Shop Pharmacy is sponsoring an immunization Clinic** from 10:00am – 2:00pm. Available immunizations include Flu, Covid, RSV, Pneumonia, Tdap, and Shingles. Please bring Identification and proof of health insurance at the time of your visit. **Please call 822-9175 to add your name to the sign up sheet for the vaccines you need.**

ATTN: Artists—We are inviting local artists who are willing to display their artwork in our hallway "GALLERY" here at the center.

Call 822-9175 for more information.

ENTERTAINMENT September 19th - It's time for a little Country and Western music with **"Bud Pistacchio"**. Bud will be in the meal site to entertain us at 11:00am. If you would like to stay for lunch, we are serving chicken soup, pub burgers w/cheese or a hot dog, baked beans, Cole slaw, and watermelon. Donation for lunch is \$3.00. Flyer pg 4

September 23rd - **"A Matter of Balance"** is a workshop where you will learn practical strategies to manage falls. This class helps to improve balance, flexibility and strength. This class will help with setting goals for increasing activity. You will also learn how to make changes to reduce fall risk at home.

This is a FREE class every Tuesday for 8 weeks from 10:00am - 12:00pm. Please call Linda at (401)822-9474 to register for this workshop. Flyer pg 4

September 24th - **RI Energy** is back from summer vacation. Carlos is here to assist you. He can help you with managing your utility bills and answer questions and concerns that you may have. Stop by to see Carlos from 10am—12

September 24th - There will be a presentation from **BCBS on "Back Health"**. Even the simplest tasks can seem nearly impossible if you have a back injury! In this seminar, Participants will test their knowledge about back injuries, diagnosis, and treatment. They will learn techniques to help avoid injury, speed recovery and learn specific exercises to help maintain back health. 11am in the Mealsite. Flyer pg 4

"Movie Time" - **Monday afternoon at 1:00pm** following lunch we will be featuring a different movie every week. Besides a good movie, there is free popcorn to enjoy.

Come join us!

Bocce Now that the weather is not as humid Come and try our Bocce Court. Call 822-9175 for more info.

SAVE THE DATE: October 17 Senior Prom Flyer pg 3

OUR SINCERE THANKS TO KATHERINE HEBERT AND THE
COVENTRY HIGH SCHOOL CLASS OF 1968
FOR THEIR VERY GENEROUS DONATION OF GIFT CARDS
FOR BACK TO SCHOOL SHOPPING !!!
YOUR THOUGHTFULNESS IS GREATLY APPRECIATED...



It's Time for The Senior Prom

DANCING
RAFFLES
PHOTOS
FUN



SENIOR PROM

October 17, 2025

11:00am – 3:00pm

Coventry Resource and Senior Center

\$5.00 per person

Please respond by October 1, 2025 (401)822-9175

TUESDAY, SEPTEMBER 9, 2025

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

TEACHER,
SYLVIA DELANEY,
PROFESSIONAL
ARTIST**Watercolor Class**BEGINNER
PRE DRAWN
GUIDE LINES
ARE
AVAILABLE.**"FALL PUMPKIN FLORAL"**

JOIN US FOR A NO PRESSURE FUN AND RELAXING
WATERCOLOR CLASS. LEARN THE JOYS OF PAINTING WITH
STEP BY STEP INSTRUCTIONS FROM SYLVIA.
LOCATION - COVENTRY SENIOR CENTER

CONTACT- LINDA CHARRON TO REGISTER

Supplies
Included .Color
options
will be
available.

Enjoy a Morning with

Bud Pistacchio**"A Little Bit Country"**

Performing Your Favorite
Country Songs

Coventry Senior Ctr.

Friday, September 19th, 2025

11:00 am



Sign up today for a free workshop!

A Matter of Balance**Workshop Details:****Where:** Coventry Senior Center;

50 Wood St, Coventry, RI 02816

When: Tuesdays for 8 weeks starting September 23rd**Time:** 10:00am- 12:00pm**Cost:** FREE! No cost to you.**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

For more information or to register contact:Linda Charron 401-822-9474 Icharron@coventryri.gov

OR the Community Health Network

CommunityHealthNetwork@ripin.org or 401-432-7217

**Blue Cross
Blue Shield**
of Rhode Island

BACK HEALTH PRESENTATION

Even the simplest tasks can seem nearly impossible if you have a back injury! In this presentation, you will learn about back injuries, diagnosis and treatment. You will also learn techniques to avoid injury, speed recovery and help maintain back health.

**Wednesday, September 24, 2025, 11:00AM
Coventry Senior Center**

THE BLUE CROSS TEAM WILL BE IN YOUR NEIGHBORHOOD

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

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

LET THE MUSEUM COME TO YOU

With Museum on the Road, we can bring the story of the Museum to your institution for an engaging and interactive one hour presentation from a trained Museum docent using images, video, and artifacts from our collection. Participants will be encouraged to ask questions and share their own stories and experiences. Now, thanks to *Landmark Medical Center*, this service is available for **free**!



Made possible through
the generous support of



Landmark
Medical Center



TO LEARN MORE OR BOOK YOUR VISIT CONTACT BDEJESUS@RIHS.ORG OR 401-769-9675



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

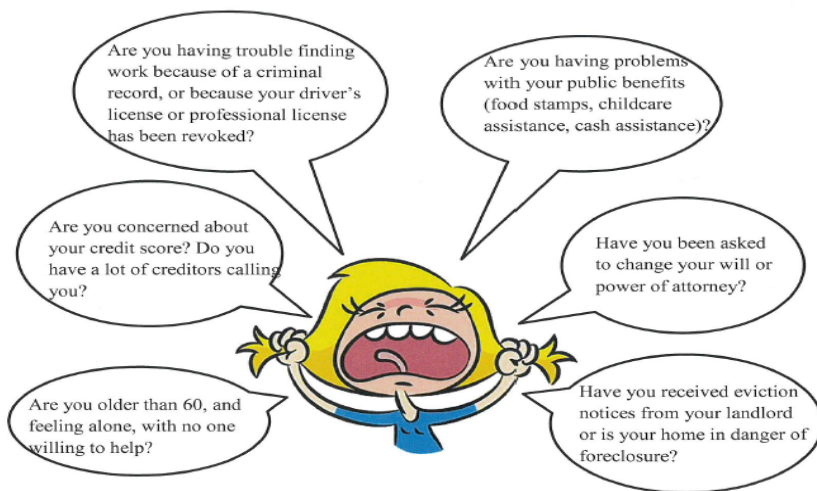
Linda Charron

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

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

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

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

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

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

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

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

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

Contact the national credit bureaus to request fraud alerts, credit freezes etc.
Equifax.com/personal/credit-report-services 800-685-1111
Experian.com/help 888-EXPERIAN (888-397-3742)
TransUnion.com/credit-help 888-909-8872

Go to AnnualCreditReport.com

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

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

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

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

GRANDPARENT SCAM ALERT:

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

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

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)

mySocialSecurity account -Create a free & secure online account whether you receive benefits or not. This also stops someone else from making an account in your name. More info at <https://www.ssa.gov/myaccount>

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

Call 1-800-772-1213 (removing the block has to be done in person)
 30 Quaker Lane, Warwick RI 02886

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

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

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

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

*They lavish you with attention, texts, emails and phone calls (**www.aarp.org**)

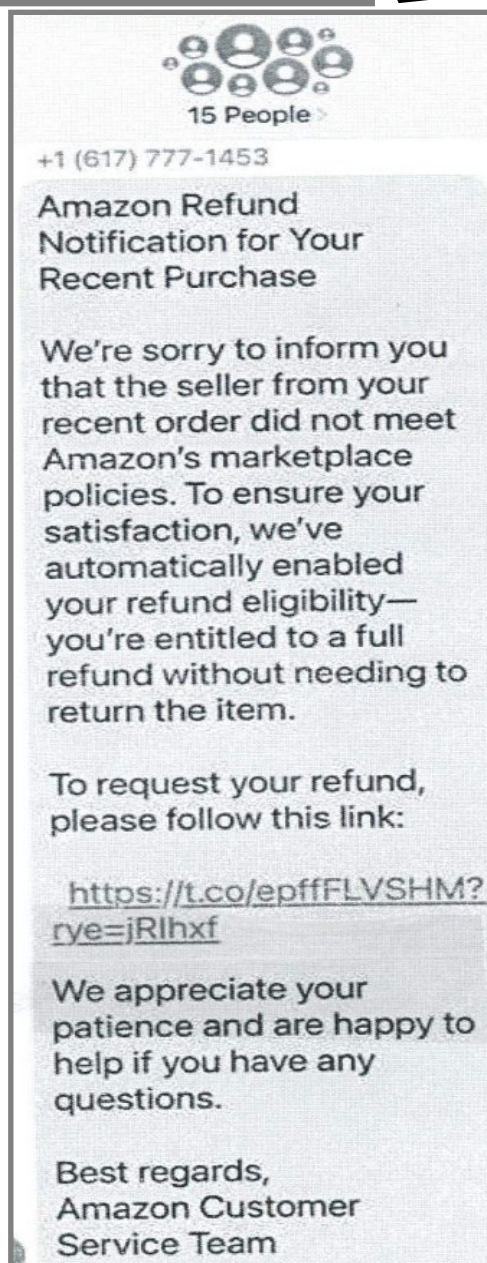
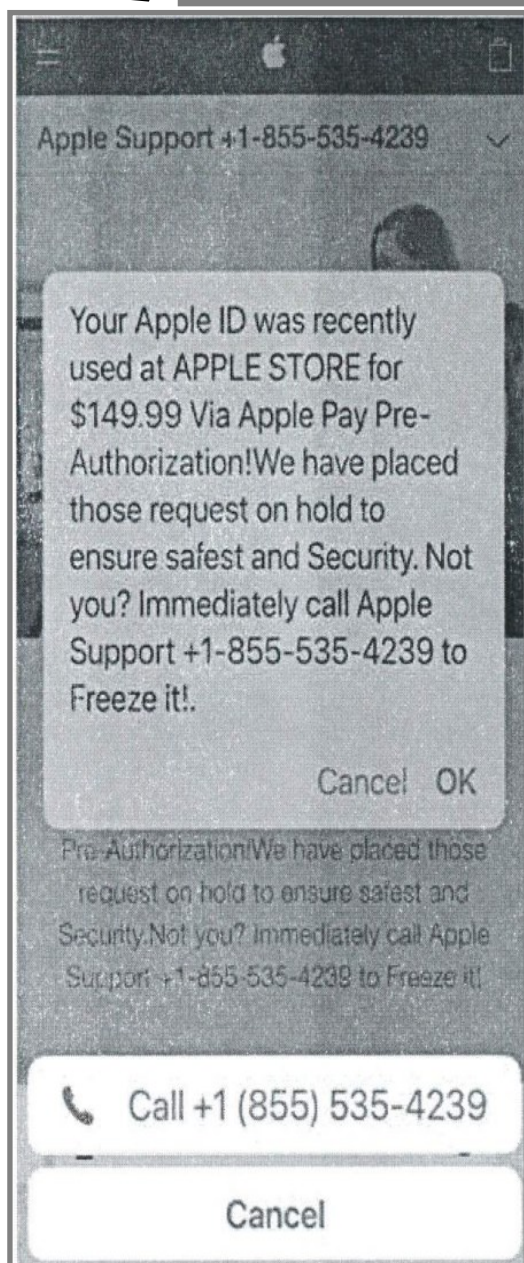
*The scammer wants to establish a relationship as quickly as possible, endear himself to the victim, and gain trust. Scammers may propose marriage and make plans to meet in person, but that will never happen. Eventually, they will ask for money.

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

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

SCAMS / FRAUD

Here are two more examples of scams
Please **DO NOT** call or click on any links !



CELEBRITY (IMPOSTER) SCAMS

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

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

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

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

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

(above taken from www.aarp.org)

Prevention Tips

Don't carry your Social Security card in your wallet

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

Shred sensitive information.

Limit the number of credit cards you carry.

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

BEWARE the Faux Phone Call

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

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

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

(Taken Pg 12 AARP Fraud Watch Network)

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

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

Call toll free: 1-877-908-3360

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

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

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

For info on Public Housing for Elderly and Disabled, and Affordable multi-family housing in Coventry

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

For help to find apartments go to www.housingsearchri.org

a free online rental listing website that helps people find the housing they need, including available low-income rental units across the state.

or if you need a live person to assist you call 1-877-428-8844
M-F 9am - 8pm.

Other helpful sites: www.rifairhousing.org www.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

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

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

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

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

apply on WestbayCAP online portal westbaycap.org

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

FREE RI Energy Home Assessment Program

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

Or go to www.rienergy.com/ri-home/energy-saving-programs/home-energy-assessments

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

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

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

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

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

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

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

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

Check eligibility for a free government CELL PHONE

www.assurancewireless.com 1-888-321-5880

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

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

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

GENERAL SERVICES

Coventry Resource and Senior Center

NEW at the Resource & Senior Center We are pleased to announce we have two computers now available for you!
Call 822-9175 to reserve a time

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

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

Health & Wellness / Nurse Our nurses are available to monitor your blood pressure, weight and diabetes as well as to answer some of your basic health questions. In addition, the center offers health & wellness education seminars and presentations. We also collaborate with Department of Health & other agencies for workshops and fitness programs. **Nurses' Office 822-6208 Mon, Tues, Thurs, Fri 8:30 - 12:30**

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

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

SENIOR COMPANION PROGRAM

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

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

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

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

COVENTRY CARES VOLUNTEERS VOLUNTEER OPPORTUNITIES

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

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

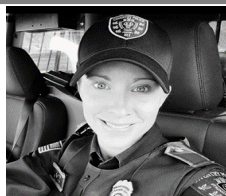
Call 822-9175 Please give the gift of your time.

Come play Bocce !!!

Have you ever played?

It's a game involving throwing a ball at other balls to score

points. It's not too strenuous and a lot of fun. It's a regulation court ! Interested in starting a league ? Or just play for fun. Please call Lynn at 822-9175 to reserve the Bocce Court between 8:00 - 4:00 M- F



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

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

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

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

GENERAL SERVICES

Coventry Resource and Senior Center

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

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!

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
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
10:30am Bone Builders
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
1:00pm 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. Start date *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 mediation 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. **Call 822-9175 if interested. If we have a minimum of 15 participants we can start a group.**

FREE

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

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



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 or call (401) 351-6700 Donations accepted but not mandatory.

Additional food pantry options...

The Society of St. Vincent de Paul—Coventry

222 MacArthur Blvd. Food boxes available ONLY ON THE 3rd Saturday of the month from 9am—12pm. Must be a Coventry resident and must sign up by calling 828-3090

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

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

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

Be the Change /Project Hand Up

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

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

Westbay Community Action Marketplace

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

MONTHLY MENU

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

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

September 2025

MONDAY

1
Closed

8
Mushroom barley soup
Chicken marsala
Roasted zucchini & carrot
Lemon rice
Chocolate chip cookie
Chicken salad on rye

15
Vegetable soup
Shepards pie (peas, carrots, corn)
Mashed potatoes
Brownie
Turkey sandwich

22
White bean soup
Chicken cordon bleu
Potato wedges
Mixed vegetables
Watermelon
Roast beef on roll

29
Minestrone soup
Sausage & pepper sandwich
Roasted potatoes
3 – bean salad
Chocolate chip cookie
Turkey sandwich on wheat

TUESDAY

2
Tomato cauliflower soup
Beef tips w/ mushroom gravy
Mashed potatoes
Green beans
Cookie
Chicken salad on wheat

9
Minestrone soup
Sloppy joe
Roasted potatoes
Cucumber salad
Sliced peaches
Tossed salad w/ chicken

16
Vegetable barley soup
Creamy garlic pork chop
Broccoli florets
Roasted sweet potatoes
Mixed fruit
Egg salad on rye

23
Meatball soup
Stuffed shell w/meat sauce
Roasted potato
Zucchini w/ carrots
Sliced pears
Chef salad

30
Chicken soup
Smothered pork w/ gravy
Mashed potatoes
Broccoli
Sliced peaches
Chicken salad on wheat

WEDNESDAY

3
Vegetable soup
Creamy Dijon chicken
Rice pilaf
Mixed vegetables
Sliced peaches
Tuna salad Plate

10
Tuscan white bean soup
Chicken & broccoli
Vegetable fried rice
Peas & onion
Sliced pears
Seafood salad sandwich

17
Carrot soup
Chicken Parm
Roasted potatoes
Green beans
Watermelon
Tuna salad plate

24
Tomato soup
Oven roasted chicken
Sweet potatoes
Sweet corn
Oatmeal cookie
Seafood salad sandwich

All meals are served
with a dinner roll

THURSDAY

4
Chicken soup
Roasted pork loin
Sweet potatoes
Cauliflower Broccoli salad
Cake
Turkey sandwich on rye

11
Tomato soup
Open turkey sandwich
Mashed potatoes
Green beans
Cake
Ham & cheese on wheat

18
Cream of broccoli soup
Texas pulled pork sandwich
Cole slaw
Roasted vegetables
Cake
Greek salad w/chicken

25
Creamy mushroom soup
Pepper steak
Mashed potatoes
Green beans
Cake
Ham & cheese on wheat

FRIDAY

5
Clam chowder
Meatball & pepper sandwich
Roasted vegetables
Herb roasted potato salad
Sliced watermelon
Cobb salad

12
Mediterranean lentil soup
Lasagna roll up w/meat sauce
Cucumber salad
Garlic roll
Sliced apples
Chef salad

19
Chicken soup
Pub burger w/ cheese
Baked beans
Cole slaw
Watermelon
Hot dog

26
Chicken escarole soup
Baked pasta w/meatballs & sausage
Roasted vegetables
Peaches
Cobb salad

All menu items may
contain nuts, seeds, beans,
wheat bran, and other
allergens

Funded in part by the
US Administration on Aging
and the Rhode Island Office
of Healthy Aging

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

Joyce Meyer

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

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

Employment & educational services, job coach

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

Connecting unemployed and underemployed

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

Search jobs, create resumes, find education & training

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

Jobseekers and employers are matched

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

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

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

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

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

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

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

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

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

FAX (401)462-8052

All RI DHS mailed applications sent to:

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

or can be hand delivered to any DHS location.

Closest is Warwick DHS 195 Buttonwoods Ave. Warwick 02886

RI Department of Human Services Document Scanning Centers

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

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

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

www.RhodeIslandFamilyGuide.com

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

Dorcas International Institute of Rhode Island

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

Center for Southeast Asians 401-274-8811

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 or call 1-855-840-4774

THE AUTISM PROJECT theautismproject.org 785-2666

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

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

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

EBT Customer Service 1-888-979-9939

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

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

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

PARENT SUPPORT NETWORK WWW.PSNRI.ORG 467-6855

RI PARENT INFORMATION NETWORK

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

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

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

CHILD INC. 823-3228 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

Catholic Charities Child Care Scholarships

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

Military Families: *militarychildcare.com

*<https://public.militarychildcare.csd.disa.mil>

*<https://finred.usalearning.gov/Benefits/DCFSA>

Bright Stars—Rating system for RI Child Care

www.brightstars.org Call 1-855-398-7605

SUPPORT GROUPS

Here are just some in R I...

APDA Parkinson's Information Referral Center at Kent Hospital

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

HOPE HOSPICE & PALLIATIVE CARE RHODE ISLAND

Bereavement support groups . Call 1-800-338-6555 or visit their website
at www.hopehospiceri.org

SUPPORT FOR STROKE SURVIVORS AND CAREGIVERS

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

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

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

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

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

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

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

*Also, Medicare.gov to help find a psychiatrist

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

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

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

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

www.oha.ri.gov to file report online. RI General Law 46-66

mandates that anyone who suspects the abuse of an older person must
report it to the Office of Healthy Aging Adult Protective Services Unit

***** (401-462-0555) *****

Report concerns or abuse of an adult with disabilities aged 18—59

by contacting: RI BHDDH **QUALITY ASSURANCE UNIT**

at 462-2629 24 hour hotline, seven days per week, 365 days per year

FOR NEGLECT OR ABUSE IN A FACILITY call:

Department of Health Facilities Regulation: 401-222-5200

RI Attorney General Patient Abuse or Neglect, Medicaid Fraud & Drug

Diversion Unit: 401-222-2566 or 274-4400 x2269

RI State Long Term Care Ombudsman Program: 401-785-3340

(advocates for and works to resolve problems related to the health,
safety, welfare, and rights of individuals receiving long term care
services; responds to and investigates complaints) www.risltcop.org

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

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

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

Are you disabled and need information on services...

Office of Rehabilitation Services (ORS) www.ors.ri.gov

Vocational Rehabilitation/ Disability Determination Services

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

RESOURCES

FYI Robert J. Allen Masonic Medical Equipment Distribution

Center * Open Fridays 9 to 12 Pre owned-loaned at no cost 116 Long
Street Warwick (2nd entrance gate at Buttonwoods Masonic Youth
Center) More info. Email medcenter@rimasons.org or call 451-0184

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

Transportation

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

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

RIPTA Bus Pass 784-9500 ext. 2012 or www.ripta.com
Can apply in person, online and by mail.

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

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

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

MyOptionsRI <https://myoptions.ri.gov> Offers
person-centered options counseling to help understand the
choices for long-term services and supports (LTSS).
Self assessment form online or for immediate assistance call
401-462-4444 Connects you to services and support you
might need to live independently, wherever you choose.

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

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

For a list of updated licensed Nursing Homes, Assisted
Living Facilities and Home Care providers go to RI Dept
of Health website at www.health.ri.gov

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

The Alzheimer's Association's 24/7 Helpline service - 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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

SOCIAL SECURITY ADMINISTRATION
30 Quaker Lane, Warwick RI 02886 (first floor)
How to apply for Benefits: [File online at ssa.gov](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 whether you receive benefits or not.
You can use your account to request a replacement social security card and or Medicare card, check the status of an application, estimate future benefits, get a benefit verification letter, check on status of appeal or manage the benefits you already have etc.

Having issues with Social Security or the VA ?
Offices are available to help - Residents can contact:
Senator Jack Reed, Cranston office 943-3100

RI SPECIAL NEEDS EMERGENCY REGISTRY The RI Department of Health maintains a registry for Rhode Islanders of all ages-infants to seniors- who have speech, cognitive, developmental, mental health, sensory and mobility disabilities, chronic conditions, and/or other special healthcare needs. The Registry allows first responders and emergency management officials to plan for the needs of the community in an emergency. www.health.ri.gov/emregistry 401-222-5960/ RI Relay 711

CodeRed provides automated calls on your landline and/or cell phone and text messages alerting you of weather emergencies, sex offender notifications, town info etc.
Your landline is automatically on the system, but if you want to receive notifications on your cell phone you would need to register your cell phone # **online at the town website www.coventryri.org** or the Coventry Police website at www.coventrypd.org

RESOURCES

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

PERSONAL TAX EXEMPTIONS

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

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

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

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

1% Loan Available for Failed Septic Systems and Cesspools

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

RI Governor's Commission on Disabilities

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

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

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

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

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

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

HEALTHY EATING AND EXERCISE

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

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

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

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

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

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

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

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

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

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

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

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

FINANCIAL WELLNESS

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

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

Here are some informative resources:

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

A couple helpful apps

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

PET OWNERS Need help with vet expenses?

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

HOPE AND RECOVERY

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

Call the RI HOPE AND RECOVERY HELPLINE:

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

Recovery is Possible. Treatment is Available.

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

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

PROVIDENCE SAFE STATIONS...

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

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

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

VETERANS CRISIS LINE 24/7 Dial 988 then Press 1

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

THRIVE BEHAVIORAL HEALTH Intake (401) 732-5656

THRIVE Emergency Services 24/7 Call (401) 738-4300
mental health and substance abuse treatment, case management, housing services, crisis response & more

ANCHOR RECOVERY & WELLNESS CENTER

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

CCAP Behavioral Health Counseling 401-467-9610

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

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

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

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

THE SAMARITANS RI 24hr Crisis Hotline / Listening

Line Need to talk **(401) 272-4044**
or toll free RI (800) 365-4044 Emergency ? Call 911

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

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

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

Call 988 for 24/7 access to trained crisis counselors
People can call or text 988 for themselves or if they are worried about a loved one who may need crisis support.

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

MENTAL HEALTH SUPPORT IN RI

BH LINK Call 401-414-5465

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

If you are going through a mental health or substance use crisis & feeling overwhelmed, there is help. Services & referrals provided by a professional team of registered nurses, counselors, psychiatrists, peer specialists, etc.

or walk into our 24/7 BH Link TRIAGE CENTER at 975 Waterman Ave. in East Providence

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

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

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

24/7 line connects to treatment and counseling.

BUTLER HOSPITAL We know teenagers. Call us.

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

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

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

for help quitting Smoking and Vaping.

Free 24/7 Quit Vaping Support Designed for Teens

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

PreventOverdoseRI.org a user friendly website

Coventry Substance Abuse Task Force (401) 562-2277

Facebook: Coventry Substance Abuse Task Force

Twitter: @CoventryTask Instagram: @Coventry_SATF

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

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

Call 1-206-459-3020

HOPE AND RECOVERY

TWELVE STEP PROGRAMS

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

New England Region of Narcotics Anonymous 866-624-3578

<https://nerna.org/>

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

RI Area Adult Children of Alcoholics and Dysfunctional Families

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

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

Ocean and Bay Intergroup of Overeaters Anonymous (OA)

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

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

**You can view our monthly
newsletter online at
www.coventryri.gov**



Click on Departments; Human Services; Attachments

Monthly Newsletter Email List

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

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

Coventry Town Council Members

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

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

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 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	

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 local TV channels & local radio stations.

Online at www.ribroadcasters.com

click [View Current Closings.](#)

In doubt - call the main number at 822-9175

DONATIONS ALWAYS APPRECIATED

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

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