

# 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

## FROM THE DIRECTOR'S DESK

Welcome Spring! April is finally here. We are looking forward to bringing you some new programs around health and wellness. The weather is nice and it's time to exercise safely.

Check out our exercise classes which include Bone Builders, Chair Yoga, Tai ji Quan both beginners and advanced. These classes focus on building your strength, balance, and increasing mobility.

This month we are looking for sign ups for our new Fall Prevention Workshop which will be held on May 11<sup>th</sup> and May 18<sup>th</sup>. This class will be a two-part interactive workshop to learn how to build your strength and balance to prevent a fall and how to get up safely should one occur. This is a free class and participants should bring a small towel and a yoga mat.

Please read our entire newsletter for details on these great programs.

Every day we are getting closer to opening the Coventry Community Learning Center across from Town Hall at 1675 Flat River Road. We continue to look for your input on services at the new Coventry Community Learning Center. Please use this QR Code and answer our survey.



Workforce Development, Education and Health Monitoring Services will occur in this space. We have engaged many community partners to provide mental health, GED and work-readiness programs, veterans services, conflict-free case management, Health Fairs and Job Fairs and provide needed meeting spaces for our community.

Project FRIENDS will be opening a coffee shop, Brewed By FRIENDS—"Connecting Community one Cup at a Time". This will serve as a vocational training program for individuals here in Coventry and we will be working closely with the Transition Program at the Coventry High School, to help students learn valuable job skills. We will be making an announcement for our ribbon-cutting and grand opening within the next month or so.

Take care and enjoy the nice weather, after this tough winter, I know we have all earned it! Bob Robillard Jr., LMHC Director

# APRIL 2026

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# MONTHLY HAPPENINGS...

Lunch is served at 12:00pm in the meal site unless otherwise noted. Please contact the meal site at 822-9180 before 9:00am on the prior business day to place your reservation for either the hot meal or alternate pub option. If you made a reservation but know ahead of time that you need to cancel, please call 822-9180.

\*\*\*\*\*

## APRIL ENTERTAINMENT

Join us on **Friday, April 3<sup>rd</sup> at 11:00am** to enjoy a performance by **Kalifornia Karl!** Lunch will be served at noon—the menu is Mediterranean lentil soup, potato-crust baked fish, broccoli and tortellini salad, sweet peas, and cookies with a roast beef sandwich as an alternate choice. The suggested donation for lunch is \$3.00—please contact the meal site at 822-9180 by 9:00 AM on Thursday, April 2<sup>nd</sup> to make a reservation.

\*\*\*\*\*

## New Club: The Sociables, Act 2

Join a group of seniors planning outings, activities, day trips, local events, and fun! Meeting the first Thursday of each month—the next session is **April 2<sup>nd</sup> at 11:00am**. Call 401-822-9175 to learn more.

\*\*\*\*\*

**Please note: “Movie Time” Monday is cancelled on Monday, April 6<sup>th</sup>.**

\*\*\*\*\*

## Arts & Crafts Class

**Thursday, April 16<sup>th</sup> 1:00—3:00pm**

Now offered monthly, free of charge.

Led by professional Artist—Dina. **Space is limited—call 822-9175 to register.**

\*\*\*\*\*

**Watercolor Painting Class Tuesday, April 21<sup>st</sup> 10:00am—12:00pm**

Classes are \$15 which includes all supplies and led by professional Artist—Sylvia. (3rd Tuesday of every month.) **Call 822-9175 to register.**

\*\*\*\*\*

## “Five Wishes” Information Session

Join Christina from Gentiva Health Services on **Friday, May 8<sup>th</sup> at 10:00am** to learn more about a new legal service designed for your peace of mind. “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. It is legally valid in the State of Rhode Island. **Call 822-9175 to sign up** for this information session.

## Fall Prevention Workshop

Join certified instructor Michele Cornwell on **May 11<sup>th</sup> and 18<sup>th</sup> from 10:30—11:30am** for a two-part interactive **fall prevention workshop** to learn how to build your strength and balance to prevent a fall, and how to get back up safely should one occur! **Free of charge**—participants should bring a small towel and a yoga mat. **Space is limited—call 401-822-9175 to sign up.**

\*\*\*\*\*

**Charlene from “SNAP”** will be here from **10:00am to 1:00pm on April 8<sup>th</sup>** in the meal site. “SNAP” is the largest federal nutrition assistance program that provides assistance for eligible individuals and families to purchase food. Eligibility is based on income, deductions, household size & resources in some circumstances.

\*\*\*\*\*

**Carlos, the Consumer Advocate from RI Energy** will be in the meal site from **10:00am to 12:00pm on April 22<sup>nd</sup>** (Every 4th Wednesday of the month). Come and see him if you have any questions or concerns regarding your utility bills and to check eligibility for any discounts.

Carlos is here to help!

\*\*\*\*\*

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

\*\*\*\*\*

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

***Thank you for your patience and understanding.***

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**ATTN: WANTED — PINOCHLE players!** We meet *Fridays at 10am. Come join this fun game!*

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**Sawdust will be here on April 1<sup>st</sup> at 11:00am** If you haven't already, come meet Sawdust, a beautiful, local therapy dog, and his handler Christine.



COVENTRY RESOURCE AND SENIOR CENTER

# EXERCISE CLASSES



## BONE BUILDERS

BONE BUILDERS IS AN INNOVATIVE COMMUNITY-BASED PROGRAM DESIGNED TO PROMOTE BONE HEALTH AND OVERALL WELL-BEING FOR BOTH MEN AND WOMEN. PARTICIPANTS UTILIZE WEIGHTS TO BUILD STRENGTH AND BALANCE. THE PROGRAM IS DESIGNED TO BE EASILY MODIFIED FOR EACH INDIVIDUAL PARTICIPANT.

**TUESDAYS 10:30-11:30 AM/FRIDAYS 1:30-2:30 PM**  
**\$3.00/CLASS**

## CHAIR YOGA

JOIN INSTRUCTORS FROM SHRI STUDIO, INC. FOR CHAIR YOGA SESSIONS FOCUSING ON MEDITATION, BREATH WORK AND CLASSICAL YOGA POSTURES.

THE USE OF MANTRAS AND SONG FACILITATE A RELAXING AND PEACEFUL ENVIRONMENT FOR SPACE, HEALING AND COMMUNITY.

**TUESDAYS 9:30-10:30 AM/FRIDAYS 10:30-11:30 AM**  
**\$5.00/CLASS**



## TAI JI QUAN

TAI JI QUAN: MOVING FOR BETTER BALANCE IS AN EVIDENCE-BASED FALL PREVENTION PROGRAM DESIGNED TO IMPROVE BALANCE, MOBILITY, AND PHYSICAL AND MENTAL WELL-BEING. PROGRAM RUNS FOR 6 MONTHS-CALL AHEAD TO SCHEDULE YOUR 15-MINUTE BALANCE PRE-SCREENING.

**WEDNESDAYS 9:30-10:30 AM/FRIDAYS 9:00-10:00 AM**  
**\$3.00/CLASS**

## ADVANCED TAI JI QUAN

PARTICIPANTS CONTINUE TO BUILD ON THE FOUNDATIONAL SKILLS LEARNED IN TAI JI QUAN: MOVING FOR BETTER BALANCE, BUILDING STRENGTH AND REFINING POSTURE, BALANCE, AND COORDINATION. PRIOR COMPLETION OF THE BEGINNER LEVEL OF TAI JI QUAN IS REQUIRED TO REGISTER.

**WEDNESDAYS 10:30-11:30 AM**  
**\$3.00/CLASS**




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**CALL 401-822-9175 TO GET STARTED**

COVENTRY RESOURCE  
AND SENIOR CENTER

# FALL PREVENTION WORKSHOP

Join certified instructor Michele Cornwell for a two-part interactive workshop to learn how to build your strength and balance to prevent a fall, and how to get back up safely should one occur!

**Free of charge**-participants should bring a small towel and a yoga mat.

◆ Learn Strength and Balance Exercises

◆ Practice Getting Up and Down From a Fall

**MAY 11 & 18, 2026**  
**10:30-11:30 AM**

**SPACE IS LIMITED-CALL 401-822-9175 TO SIGN UP**



*The Sociables Act 2*

**FIRST MEETING**  
**APRIL 2, 2026**  
**11:00AM**

Come and join a group of seniors planning outings, activities, day trips, local events and fun!

**SENIOR CENTER**

*Arts & Crafts Class*

MONTHLY AT THE COVENTRY RESOURCE AND SENIOR CENTER

**NEXT SESSION:**  
**APRIL 16, 2026 AT 1:00 PM**  
 SPACE IS LIMITED—  
 CALL 401-822-9175 TO SIGN UP

**“SHOWER TO EMPOWER”** is a mobile trailer at sites across the state <https://thehouseofhopecdc.org>. It provides showers, haircuts, medical services and case management to those in need such as applying for housing, employment, and social security benefits. A Family nurse practitioner & psychiatrist also does outreach. Operated and funded through a partnership between the House of Hope Community Development Corporation (House of Hope CDC), Team Williams, LLC, and the City of Providence.

**LEGAL ISSUES GOT YOU STRESSED?**

Are you having trouble finding work because of a criminal record, or because your driver's license or professional license has been revoked?

Are you having problems with your public benefits (food stamps, childcare assistance, cash assistance)?

Are you concerned about your credit score? Do you have a lot of creditors calling you?

Have you been asked to change your will or power of attorney?

Are you older than 60, and feeling alone, with no one willing to help?

Have you received eviction notices from your landlord or is your home in danger of foreclosure?

**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](tel:822-9175)

**FIVE WISHES**  
**INFORMATION SESSION**

**MAY 8, 2026**  
**10:00 AM**

Join Christina from Gentiva Health Services to learn more about a legal service designed for your peace of mind.

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.

It is legally valid in the State of Rhode Island.

**CALL 401-822-9175 TO SIGN UP**

**Coventry Resource and Senior Center**  
 50 Wood Street  
 Coventry, RI 02816

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

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

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

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

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

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

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

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

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

\*To file an identity theft report online go to: [Identitytheft.gov](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)

**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

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))

**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)

**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.

**PLEASE NOTE:**

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

**FYI...** A contractor doing business in Rhode Island is required to be registered with the **Contractors’ Registration Board**.

Before signing a contract, check with the board to ensure the contractor is registered and licensed and if there have been claims and/or violations.

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

**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](http://aarp.org) & [riag.ri.gov](http://riag.ri.gov)

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

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

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

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

Call 1-800-772-1213

(removing the block has to be done in person)

30 Quaker Lane, Warwick RI 02886

If you receive suspicious communication, please report to **Office of the Inspector General** at [oig.ssa.gov](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)


**SCAMS / FRAUD**


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

But there can be a downside ...

***WARNING SIGNS***

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

**BEWARE the Faux Phone Call**

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

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

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

(Taken Pg 12 AARP Fraud Watch Network)

**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))

**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](http://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**

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

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

**RI now has REGIONAL ACCESS POINTS (RAPs)**

**There are seven RAPs across the state listed below**

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

This is replacing the RI Coordinated Entry System (CES)

You may go in person & contact by phone  
or if needed there is an Outreach Team.

Community Care Alliance RAP 245 Main St. Woonsocket 401-445-4237  
Email: [CCA.shelter@communitycareri.org](mailto:CCA.shelter@communitycareri.org)

Crossroads RAP 160 Broad St. Prov 401-865-6215  
Email: [HPS@crossroadsri.org](mailto:HPS@crossroadsri.org)

Newport Mental Health 42 Valley Rd Middletown 401-846-1213 Ext. 9105  
Email: [RAP@newportmh.org](mailto:RAP@newportmh.org)

OpenDoors Pawtucket RAP 1139 Main St. Pawtucket 401-214-5542  
Email: [help@opendoorsri.org](mailto:help@opendoorsri.org)

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

WARM Center Inc. RAP 16 High St. Westerly 401-596-WARM  
Email: [info@warmcenter.org](mailto:info@warmcenter.org)

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

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

### HOUSING CHOICE VOUCHER PROGRAM

Section 8 applications will only be accepted online accessible at  
[www.waitlist-centralri.com](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 call 1-877-428-8844 M-F 9am - 8pm.

**SOJOURNER HOUSE** (assists victims of domestic violence,  
human trafficking and sexual assault) ([Sojournerri.org](http://Sojournerri.org))

**Need Safe Housing Help Line (immediate need) 24/7 (401) 765-3232**  
**Or call their Housing Office (non emergency need) at (401) 808-6889**

**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)

# UTILITY RESOURCES

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

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

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

**apply on WestbayCAP online portal [westbaycap.org](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

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

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

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

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

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

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

### SENIOR COMPANION PROGRAM

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

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

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

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

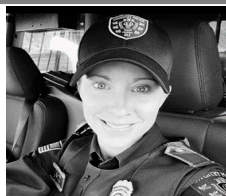
### COVENTRY CARES VOLUNTEERS VOLUNTEER OPPORTUNITIES

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

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

**Call 822-9175**

Please give the gift  
of your time.



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

Off. Braker has served the Town of Coventry for the past 16 years. The purpose of the 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)**

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

# GENERAL SERVICES

## Coventry Resource and Senior Center

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



### COVENTRY CARES COMMUNITY CLINIC

Our nurses are at your service to monitor blood pressure, weight, diabetes and medication management. People are welcome from the community to take advantage of this free service. Our nurses are ready for any basic nursing questions you might have. Call **822-6208**

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

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

### NOTARY PUBLIC

**Free Service**

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

### COFFEE SHOP

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

### POOL ROOM

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

### LENDING LIBRARY

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

### PROJECT FRIENDS

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

### ‘TIS THE SEASON / COVENTRY

‘Tis the Season serves families in the town of Coventry. It was established in 1992 with its main focus to provide a joyful holiday season for all, especially children. ‘Tis the Season operates through the generosity of the community. Some members of the community have small fundraisers. Others prefer to donate money directly. The Fire Departments graciously conduct an annual “Boot Day” to support ‘Tis the Season. These funds are used to purchase needed food and clothing. Local schools, churches, clubs and organizations hold food drives. Other families, businesses, schools and other local groups choose to “Adopt a Family” through ‘Tis the Season.

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

# ACTIVITIES

## Coventry Resource & Senior Center

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

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

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

**MEXICAN TRAIN TILE GAME.** Come join if you already know or come and learn. Mondays at 1:00pm - 3pm

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

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

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

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

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

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

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

**ARTS & CRAFTS MONTHLY** on a Thursday 1-3pm  
**First Come First Served. Maximum capacity 15 Sign up at 822-9175**

**RIVER ROCK PAINTING** Thursdays at 10am, FREE

**WATERCOLOR PAINTING CLASS** 3rd Tuesday of each month  
10:00-12:00 Led by professional artist. \$15.00 for the class.

### **AARP Chapter 2210 Presents!**

Call Lorraine Peloquin at  
**401-258-1989 or**  
**Donamarie Fusco at 401-447-1266**  
**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  
1:00pm "Movie Time Mondays" Film Screening

#### **Tuesday**

8:00am - 4:00pm Pool Room  
8:30am - 12:30pm Nurse available  
9:30am Chair Yoga (with Shri service corp)  
10:00-12:00 Watercolor Painting (3rd Tuesday)  
10:15am Sociables (1st Tuesday)

10:30am Bone Builders

1:00pm Canasta

1:00pm Pitch

1:00-2:00pm Library

#### **Wednesday**

8:00am - 4:00pm Pool Room

9:30am Tai Ji Quan

9:30am Knitting

10:30am Advanced Tai Ji Quan

1:30pm Bingo

#### **Thursday**

8:00am - 4:00pm Pool Room

8:30am - 12:30pm Nurse available

10:00am River Rock Painting

11-12pm Sociables Act 2 (1st Thursday)

1:00pm Cribbage

1:00pm Arts & Crafts Class (monthly)

#### **Friday**

8:00am - 4:00pm Pool Room

8:30am - 12:30pm Nurse available

9:00am Tai Ji Quan

10:00am Pinochle

10:30am Chair Yoga (with Shri service corp)

1:00pm Scrabble

1:00pm Mahjongg (American version)

1:30pm Bone Builders of RI

# HEALTH & WELLNESS

Coventry Resource & Senior Center



## THE SOCIABLES ACT 2 - NEW GROUP

**On the first THURSDAY of every month at 11-12PM** 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. All are invited!  
1st meeting April 2nd.  
Any questions, call 822-9175.

## CHAIR YOGA (with Shri service corp)

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

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

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

## RIVER ROCK PAINTING

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



## MEDITATION (courtesy of BlueCross Blue Shield)

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

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

## Come meet Sawdust or Splinter, local therapy dogs, and their handler Christine.

There is scientific evidence that demonstrates how therapy animals improve heart health, help alleviate depression, increase well-being, and contribute to healthy aging.

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



## Bone Builders of RI

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

Please pre-register at 822-9175.

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

**\$3.00 per class**

## TAI JI QUAN: Moving for Better Balance

*All students are assessed before they can start.*

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

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

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

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

**Wednesdays at 10:30 Rm 214**

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

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

## *Come play Bocce in the Spring....*

Have you ever played? It's a game involving throwing a ball at other balls to score points. It's not too strenuous and a lot of fun. It's a regulation court!

Interested in starting a league? Or just play for fun at no cost. Call 822-9175 to reserve the court.



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

**COVENTRY COMMUNITY FOOD BANK** Please note: Due to recent SNAP changes there is an increase in guests and shopping appointments cannot be guaranteed & food may be prepackaged.  
**(401) 822-9199 HOURS: Tuesday 1-4 Wednesday 9-12 Thursday 9-12**  
**Located at 191 MacArthur Blvd. Enter main entrance and the food bank is in the basement.**  
 Everyone should have access to food & if you need assistance please call 822-9199  
 we will ask for proof of address and a photo ID. Always grateful for donations of personal care items.

**COVENTRY COMMUNITY GARDEN**

*located in front of the Town Hall Annex.*  
*All of the produce grown goes directly to our Food Bank.*  
 Please visit Facebook - Coventry Community Garden

One of every three bites of food you eat



depends on the honey bee.

facebook.com/organiccoventry www.organiccoventry.org

***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 pre-filled 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

**the SHARING locker**  
 third Saturday of each month,  
 10-12noon  
 Westminster Unitarian Church—  
 Smith Hall 119 Kenyon Avenue, EG  
 401-884-5933  
 www.westminsteruu.org  
 A non food pantry (items such as deodorant, tissues, razors)

**Free clothing & household items... Quidnessett Baptist Church**  
 6356 Post Road, NK (401) 884-9111  
 Open Wed, Thurs and Friday  
 10am—2pm  
 Or donate to our 24 hour drop off shed  
 Please give freely and spread the love around

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

**COVENTRY CAFÉ**

Come have lunch at the Café for those 60 and over or individuals with disabilities. Each Café offers two meal choices daily. The “pub option” offers a sandwich for those who want a traditional lunch. The “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.

# MONTHLY MENU

Please call **822-9180** to make reservations by 9:00am 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		April 2026							
Grains – 2 ounces		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
Vegetables – ½ cup		All meals are served with a roll							
Fruits – ½ cup									
Protein – 3 ounces									
Dairy – 1 cup									
6	Escarole & bean soup Chicken parm Roasted potatoes Baby carrots Sliced peaches Ham & cheese on rye	7	Minestrone soup Lasagna roll up w/ meat sauce Roasted zucchini and tomatoes Cookies Seafood salad plate	1	Mushroom barley soup Spanish beef Rice pilaf Corn w/ diced tomato Sliced melon Turkey & cheese on wheat	2	Tomato rice soup Baked ham w/ raisin sauce Green bean Sweet potatoes Cup cake Greek salad w/ chicken	3	Mediterranean lentil soup Potato crusted baked fish Broccoli & tortellini salad Sweet peas Cookies Roast beef sandwich
13	Vegetable soup Chicken French stew Mashed potatoes Green beans Sliced peaches Roast beef sandwich	14	Chicken escarole soup Meatball sandwich Cole slaw Roasted sweet potatoes Brownie Cobb salad	8	Chicken soup Sloppy Joe Cole slaw Mixed vegetables Mixed fruit Turkey & bacon on wheat	9	Vegetable lentil soup Pork roast w/ gravy Mashed potatoes Roasted vegetables Yellow cake Italian grinder	10	Tuscan white bean soup Pub burger w/ cheese 3 bean salad Pasta salad Sliced apples Egg salad plate
20	Minestrone soup Chicken marsala Rice pilaf Mixed vegetables Fruit cocktail Ham & cheese on rye	21	Vegetable barley soup Swedish meatballs Mashed potatoes Wax beans Cookies Greek salad w/ chicken	15	Vegetable barley soup Baked chicken topped w/ Eggplant bolognese Greek cucumber salad Watermelon Seafood salad plate	16	Corn chowder Pork loin w/tom, peppers onion Mashed sweet potatoes Roasted carrots Sugar cookie Chef salad	17	Tuscan soup Chicken cacciatore Roasted zucchini mix Rice pilaf Peaches Tuna salad plate
27	Chicken escarole soup Sausage & peppers sandwich 3-bean salad Chips Sliced melon Corned beef & Swiss On rye	28	Tuscan vegetable soup Oven roasted chicken Rice pilaf Roasted vegetables Tropical fruit Tossed salad w/ chicken	22	Tomato soup Pepper steak w/ gravy White rice w/green onions Roasted vegetables Sliced peaches Chicken salad on wheat	23	Chicken & rice soup Stuffed meatloaf w/ gravy Mashed potatoes Buttered corn Cake Italian chopped salad	24	Lentil vegetable soup Baked pasta w/ meatballs & Sausage Roasted vegetables Sliced pears Turkey & cheese on wheat
				29	Split pea soup Pork chops w/ mushroom sauce Roasted rosemary root Vegetables w/potatoes Cookie Chef salad	30	Minestrone soup Sautéed beef w gravy Creamy parmesan rice Baby carrots w/ honey herb butter Lemon cake Italian Grinder		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

“The ideals which have lighted my way, and time after time have given me new courage to face life cheerfully, have been kindness, beauty and truth.” —*Albert Einstein*

# 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>

**DLT Career Center 1330 Main St. West Warwick**

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>

**Temporary Employment Agencies** Two options closest to Coventry

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

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

Can call or go in person

## RESOURCES

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

### STATE OF RHODE ISLAND—DEPARTMENT OF HUMAN SERVICES

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

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

The application can be found at RI DHS website: [www.dhs.ri.gov](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. Go to *Www.dhs.ri.gov to find all locations.*

Newest location will be located in the Hazard Building, 41 West Road, Building 74, Cranston—

This location will open on April 6, 2026 and will be an appointment-only regional office.

*The Warwick DHS location on Buttonwoods Ave is closed.*

**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**

**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

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

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

**[kids.ri.gov](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**

(Cabrin 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****RESOURCES**

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](http://www.hopehospiceri.org)

**VNA OF CARE NEW ENGLAND Bereavement/Grief support groups**

Call 401-737-6050 or visit the website at [www.vnacarenewengland.org](http://www.vnacarenewengland.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.

**ALZHEIMERS ASSOCIATION / RI CHAPTER - Go to** [alz.org/ri](http://alz.org/ri)  
or call 1-800-272-3900 Helpline service 24/7 at no cost

**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**

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**FOR NEGLECT OR ABUSE IN A FACILITY call:**

*Department of Health Facilities Regulation: 401-222-5200*

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

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

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

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

Dept. of Behavioral Healthcare, Developmental Disabilities and  
Hospitals (BHDDH) Div of Developmental Disabilities (DDD) [https://](https://bhdh.ri.gov)

**bhdh.ri.gov** Call 401-462-3421 to speak with caseworker.

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**Are you disabled and need information on services... Office of  
Rehabilitation Services (ORS) [www.ors.ri.gov](http://www.ors.ri.gov) Vocational Rehabilita-  
tion/ Disability Determination Services (DDS) 40 Fountain St. Prov.,**

02903 401-421-7005

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

**Oasis Senior Advisors / Senior Living Advisor** Amanda Camara  
Call 401-487-7036 or email [ACamara@YourOasisAdvisor.com](mailto:ACamara@YourOasisAdvisor.com)



## 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 R I 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 COMMUNITY CENTER**

**401-921-8665** for all stages of recovery  
1229 Main St. West Warwick

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

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

## 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.

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

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

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

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

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

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

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

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

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

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

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

*\*Never post personal information*

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

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

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

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

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

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

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

**Staff Directory**

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

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

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

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

**Social Workers**

Susan Pajak 822-9176 spajak@coventryri.gov

Lynn Pendola 822-9125 lpendola@coventryri.gov

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

**Food Bank** 822-9199

**Nurse's Office** 822-6208

**Mealsite / Café** 822-9180

**Program Coordinator** Alexis Tobias 822-9474  
programcoordinator@coventryri.gov

**Program Assistant** Stacey Harrington 822-9180

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

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

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

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



Click on Departments; Human Services; Attachments  
**Monthly Newsletter Email List**

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

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

**Coventry Town Council Members**

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

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

**Richard Houle** District #3  
District3@coventryri.gov

**Mia Iannotti** District #4  
District4@coventryri.gov

**Gregory Mars** District #5  
District5@coventryri.gov

**Council Members At-Large**

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

If you need to know what district you are in, please visit  
[www.coventryri.gov/town-gis-maps](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	

**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](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 !**