COVENTRY RESOURCE & 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
or sign up for a digital copy. Hours of operation: Monday—Friday 8 –4pm



NOVEMBER 2026

From the Director's Desk Hello Everyone:

November is here and it is a time we focus on families and giving thanks for all that we have.

The month of November finds us quite busy as we work with our community partners to make Thanksgiving time special for our neighbors in need. We will be delivering hot Thanksgiving meals to elders in our community. As we do every year, we partner with the Coventry High School Culinary program who prepares over 100 meals that we deliver throughout Coventry. This program has been a part of our service provision for decades and it focuses letting people know we are thankful for them and that we care for them.

The Coventry Community Learning Center is up and running at 1675 Flat River Road. Please stop by and see the many services for our community to access educational, health and wellness and work readiness programs. The building is open from 9am until 7pm daily. A separate newsletter will be released this November.

We will be hosting the second MONTHLY BREAKFAST here at the Coventry Resource and Senior Center on Friday November 6th. Come by and watch our Coventry High School Culinary students in action as they prepare an amazing breakfast serve and wait our tables. They are learning valuable skills and we get to enjoy a great breakfast for only $3.00. Breakfast starts at 8:15am and they serve until 9:30am.

Our Community Food Bank also helps families in need during these financially difficult times with food assistance during the Thanksgiving season. We continue to accept donations here at the Coventry Resource and Senior Center and will do our best to meet this year's need to feed our community's children, working families, elders, veterans and individuals with disabilities.

At times like these I always think of a quote by Margaret Whitney- "There is nothing more powerful than a community discovering what it cares about". It is my hope that Coventry pulls together again and we take care of our own!

I am thankful for my staff and all they do each day to bring help and resources to our community. The town is a better place because of their work.

To all our staff: Thanks for All You Do! All My Best - Bob Robillard Jr., Director

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MONTHLY HAPPENINGS—Coventry Senior Center

Please note: The Coventry Resource and Senior Center will be **closed on Wednesday, November 11th, 2026** in **observance of Veterans Day**.
Reservations for lunch on Thursday are due by 9:00am on Tuesday, Nov. 10th.

We will also be closed on Thursday, November 26 & Friday, November 27 in observance of Thanksgiving.

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.

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NOVEMBER ENTERTAINMENT

Join us on **Friday, November 6th at 11:00am** to enjoy a performance by **Bud Pistachio**! Lunch will be served at noon-the menu is Lentil soup, sausage & pepper sandwich, roasted zucchini and yellow squash, sliced pears or a corned beef sandwich as the alternate option.

The suggested donation for lunch is $3.00-please contact the meal site at 822-9180 by 9:00 AM on Thursday, November 5th to place a reservation.

****

November Meeting for 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 **November 5th at 11:00am**. Call 401-822-9175 to learn more.

****

SENIOR TECH November 4th

Dee has been graciously volunteering her time to meet with Seniors for an individual 1/2 hour appointment at the Senior Center. She will help with your
-cell phone –tablet -laptop-computer
Get the answers to all of your questions.

Please call 822-9175 for an appt.

BINGO CANCELED
FOR THE MONTH OF NOVEMBER
We apologize and hope to have it back on as soon as possible!

****

Due to the Election on November 3rd
Bone Builders, Pitch and Canasta will be canceled

****

Coventry High School Culinary Students
MONTHLY BREAKFAST
Friday, November 6th 8am—9:30am.
They will prepare and serve scrambled eggs, pancakes, hash browns, choice of bacon or sausage, orange juice, coffee & tea. The cost is $3.00. Please join us!

****

New Service: Grief Support Group
Offered monthly by Dianne of Athena Hospice.
The next session will take place at
10:30am on Thursday, November 19th

****

Arts and Crafts Class—Thursday, November 19th
1:00—3:00pm

Now offered monthly, free of charge.
Led by professional Artist—Dina.
Space is limited-call 822-9175 to register.

****

"Movie Time" Monday Cancelled
for the month of November.

****

Watercolor Painting Class Tuesday, November 17th
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.

****

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

****

Rhode Island Legal Services
Civil (not criminal) Legal Clinic

December 4th, 2026 See more on page 5.
Call 822-9175 for an appointment.

MONTHLY HAPPENINGS

DLT Department of Labor and Training
RHODE ISLAND

JOBSEEKER RESOURCES

The Rhode Island Department of Labor and Training offers comprehensive support to help you find meaningful employment.

We have resources to help you find jobs, improve skills, and advance careers, including job matching, resume coaching, training, and apprenticeship opportunities.

Meet with a Job Coach

Visit www.dlt.ri.gov/DLTAJCScheduler to schedule a virtual appointment with a job coach, and receive **free** personalized career advice, resume assistance, and interview preparation to help you land your next job.

Visit a Career Center

If you'd rather meet with someone in person, stop by one of our **Career Centers** for free in-person assistance with a Job Coach, including career counseling, job search support, training program information, and access to computers and job listings.

Providence/Cranston
50 Sims Ave
Providence, RI 02909
Hours:
Mon - Fri: 8:00am-3:30pm
Sharalyn Almanzar, Manager
Phone: 401-680-5101

Woonsocket
219 Pond St.
Woonsocket, RI 02895
Hours:
Mon - Thurs: 8:00 am-3:30 pm
Friday: 10:00am-3:30pm
Yolanda Benavides Manager
Phone: (401) 235-1201

West Warwick
1330 Main St.
West Warwick, RI 02893
Hours:
Mon - Thurs: 8:00am-3:30pm
Friday: 10:00am-3:30pm
Lori Turchetta, Manager
Phone: (401) 462-4100

Search for jobs on our job board

- DLT manages the state job board, **EmployRI,** which features thousands of job listings.
- Visit the site today to find new job opportunities you can apply to: www.employri.org

Consider a Job Training or Apprenticeship Program

Consider an Apprenticeship Program or Job Training Program to gain hands-on experience, industry certifications, and on-the-job learning for a variety of careers while earning a paycheck. These programs help job seekers enter high-demand fields with little to no cost.

- Visit our website to see open training programs and get started on a new career! **bit.ly/DLTJobTrainings**
- Learn more about these programs and what it takes to become an apprentice: **bit.ly/DLTApprenticeshipPrograms**

Job Training Programs

Apprenticeships

DLT is an equal opportunity employer/program - auxiliary aids and services available upon request. TTY via RI Relay: 711
For Program funding details in compliance with the Stevens Amendment, please visit dlt.ri.gov/program-funding.

MONTHLY HAPPENINGS



MONTHLY HAPPENINGS



SENIOR TECH is back…..

Dee has been graciously volunteering her time to meet with Seniors for an individual 1/2 hour appointment at the Senior Center.

She will help with your

-cell phone –tablet -laptop -computer

Get the answers to all of your questions.

Please call 822-9175 for an appt.

PAINE HOUSE MUSEUM
Upcoming Events

NOVEMBER

Sunday 11/29 Wreath Making

DECEMBER

Sunday 12/13 Cookies & Cocoa with Santa

7 Station Street, Coventry RI 02816
For more info. on times & tickets go to:
www.westernrihistory.org
https://www.facebook.com/westernrihistory/

LEGAL ISSUES GOT YOU STRESSED?



ATTEND A FREE "One on One" LEGAL CLINIC

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 your appt.**

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 @ 50 Wood Street

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

SERVING SIZES
Grains – 2 ounces
Vegetables – ½ cup
Fruits – ½ cup
Protein – 3 ounces
Dairy – 1 cup

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Vegetable barley soup Beef & vegetable Shepards pie Mashed potato Corn bread Sliced peaches Chicken salad	3 Navy bean soup Lemon chicken w/artichokes Cauliflower bulgar pilaf Mashed sweet potatoes Cookies Egg salad plate	4 Chicken noodle soup Swedish meatballs w/ mushroom gravy Italian green beans Barley pilaf Fresh melon Turkey sandwich on wheat	5 Tomato soup Pork loin w/apple onion gravy Vegetable medley Rice pilaf Marble cake Greek salad w/ chicken	6 Lentil soup Sausage & pepper sandwich Roasted zucchini & yellow squash Sliced pears Corned beef & Swiss
9 Minestrone soup Moroccan chicken Roasted broccoli w/ cheese Sweet potato Fruit cocktail Roast beef sandwich	10 Mushroom barley soup Sloppy joe Sautéed Greek vegetables Lemon potatoes Jello Seafood salad -plate	11 **CLOSED**	12 Split pea soup Pot roast w/ gravy Mashed potatoes Glazed carrots Cake Egg salad sandwich	13 Tuscan vegetable soup Chicken stew Brussels sprouts Roasted sweet potatoes Sliced pears Greek salad w/ chicken
16 Minestrone soup Chicken marsala Mixed vegetables Rice Florentine Fresh fruit Ham & cheese on rye	17 Three bean soup Italian meatballs w/red sauce Roasted red potatoes Green beans w/ diced tom & onion Tropical fruit Turkey & cheese on wheat	18 Chicken soup Pork roast w/ gravy Brown rice pilaf Stewed tomatoes w/ zucchini Cookie Chicken salad plate	19 Butternut squash soup Roasted turkey w/gravy Stuffing Mashed potato /cranberry sauce Roasted root vegetables Holiday pies (no option)	20 Kale & sausage soup Baked fish Rice pilaf Cole slaw Watermelon Italian grinder
23 Vegetable soup Baked pasta w/mini meatballs & Sausage Roasted green beans & carrots Sliced pears Chicken Salad On wheat	24 Escarole & bean soup Roasted chicken w/spinach & tomatoes Rice pilaf / mixed vegetables Sliced peaches Egg salad on rye	25 Tomato basil spinach soup Honey garlic pork chops Garlic mashed cauliflower Baby carrots Cookie Seafood salad plate	26 **CLOSED**	27 **CLOSED**
30 Lentil soup w/vegetables Pub burger w/cheese 3 bean salad Potato wedges Cookie Ham & cheese on rye				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

"Gratitude is a powerful catalyst for happiness.
It's the spark that lights a fire of joy in your soul." Amy Collette

Coventry 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 at 50 Wood Street

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

COVENTRY CAFÉ

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

PARTICIPANT INFORMATION FORM (PIF) & 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 and activate a scan card for lunch and activities.

Thank you !

NEW at the Resource & Senior Center

We are pleased to have two computers now available for you!

Please call 822-9175 to reserve a time

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.

ACTIVITIES Coventry 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

BOCCE Anyone can call 822-9175 to reserve a time with your own friends during the week. It's a regulation court free to use at NO COST !

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 12:30—1:30 PM Meet with a Library staff member to check/out return books and movies, and to sign up for a Library card!

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 NO COST

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 "Move 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)
10:15am Sociables (1st Tuesday)
10:00-12:00 Watercolor Painting (3rd Tuesday)
10:30am Bone Builders
1:00pm Canasta
12:50pm Pitch
12:30-1:30pm 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
11:00-12:00pm 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 Senior Center



THE SOCIABLES ACT 2 - NEW GROUP
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 ! Call 822-9175.

THE SOCIABLES (currently full)
On the first Tuesday of every month at 10:15am
interesting single seniors meet and plan day trips for the upcoming month. If you're not busy every Sunday and enjoy plays etc. we would love to have you join us.

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.
Tues at 10:30am and Fri at 1:30pm. $3.00 per class

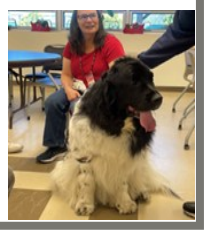
RIVER ROCK PAINTING



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)
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.
If interested call 822-9175 to add your name to the list.
If we can have a minimum of 15 participants we can ask Blue Cross to start a group at 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



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!

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 9-10 $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.

For those who have completed the above 6 month program can sign up for the next level 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 !!!



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. NO COST
It's a regulation court ! Interested in starting a league ?
Or just play for fun. Please call Lynn at 822-9175 to reserve the Court 8:00am - 4:00pm Monday through Friday

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

COVENTRY RESOURCE CENTER—service overview

50 Wood Street (401) 822-9175

Our social workers at the Coventry Resource Center are available to assess the needs of individuals and or families in Coventry **of any age** who are facing challenging life situations or have everyday questions.

We **assist individuals and families in connecting to various community resources such as healthcare, housing, education, behavioral health supports and financial assistance on a local, state or federal level**. Our social workers collaborate with families to develop individualized care plans with goals and strategies to address their concerns.

We **provide case management** by coordinating services, making referrals, and collaborating with other professionals involved while moving towards a holistic approach to meet the needs of the family or individual. We strive to improve the lives of those in our community by helping to navigate resources to manage their stress.

We provide ongoing support and follow-up to ensure that older individuals are connected to appropriate **long-term in home support services** that promote well-being and independence in the community.

We coordinate the **Senior Companion Program** for Coventry which assists older adults in need of socialization to reduce isolation and loneliness.

We are a member of the **Coventry Truancy Court** which meets weekly to provide ongoing support to at risk youth and their families and/or case management as needed.

We coordinate with the Coventry Police and the court system to arrange for **community service for our youth** who have found themselves in diversion programs.

We **coordinate 'Tis the Season & the Adopt A Family program** every year for our holiday distribution program which provides gift cards and food for children and their families as well as other "Holiday Baskets".

We provide immediate assistance and intervention in crisis situations while **collaborating with our police and fire/rescue departments.**

We **operate a food bank for our residents** that allows them to shop for their families or should they find they may need emergency food we can assist. We may also provide frozen meals should the need arise.

We meet with those individuals who need information and assistance with understanding and selecting **Medicare programs, health insurance options and prescription plans** etc.

Please call the main office at (401) 822-9175 to schedule your appointment.



Walmart Centre of New England Blvd. generous donation for "Shop with a Cop" helping children in need. 2024



Coventry Police—RI 4th Annual National Night Out 2026



Coventry High School Class of 1968 donation of gift cards for Back to School Shopping for Coventry families. 2025/2026



Coventry Parks and Recreation Halloween "Trunk or Treat" 2025

We thank our amazing Community for their continued support through the years !!!

SCAMS / FRAUD / IDENTITY THEFT

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
If over age of 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** - 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

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. More at **(www.aarp.org)**

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)

SOCIAL SECURITY ADMINISTRATION
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**

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.

Careful what you post on social media

Don't trust your caller ID. Scammers can make any name or number show up on your caller ID.

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

Imposter scams (celebrity and other) were the #1 fraud complaint in 2025 with Americans reporting total losses of $3.5 billion. **(above taken from www.aarp.org)**

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.

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

BEWARE the Faux Phone Call

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

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

(Taken from Pg 12 AARP Fraud Watch Network)

What to know ahead of Open Enrollment to avoid health insurance scams: Health insurance scams happen year-round, but they pick up during Open Enrollment for Medicare and the Marketplace. If you're looking to find a new plan, you might search online. But before you click on a search result, remember: scammers and dishonest businesses sometimes pay to appear at the top.

A way to spot scams: how someone asks you to pay

Let's say someone contacts you unexpectedly and says you have to pay to fix a problem, get a prize, or something else. But then they say the only way to pay is by bank transfer, wire transfer, cryptocurrency, payment app, or gift card.
Well, reports to the FTC show that's a scam.

Taken from FTC.gov

Check their website for full articles describing the latest scams.

"YOU'VE WON" SCAMS

Here's how they work: You get a card, a call, or an email telling you that you won! Maybe it's a trip or a prize, a lottery or a sweepstakes.
The person calling is so excited and can't wait for you to get your winnings.

But here's what happens next: they tell you there's a fee, some taxes, or customs duties to pay.
And then they ask for your credit card number or bank account information, or they ask you to wire money.

Either way, you lose money instead of winning it.
You don't ever get that big prize. Instead, you get more requests for money, and more promises that you won big.

Here's what you can do:

1. **Keep your money—and your information—to yourself.** Never share your financial information with someone who contacts you and claims to need it. And never wire money to anyone who asks you to.
2. **Pass this information on to a friend.** You probably throw away these kinds of scams or hang up when you get these calls. But you probably know someone who could use a friendly reminder. **(Ftc.gov/PassItOn)**

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**

HOUSING RESOURCES

Rhode Island Executive Office of Housing
https://housing.ri.gov RI's new homeless response system
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

Crossroads RAP 160 Broad St. Prov 401-865-6215
Email: HPS@crossroadsri.org

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

OpenDoors Pawtucket RAP 1139 Main St. Pawtucket 401-214-5542
Email: help@opendoorsri.org

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

WARM Center Inc. RAP 16 High St. Westerly 401-596-WARM
Email: info@warmcenter.org

Sojourner House Victim Service Provider RAP 1570 Westminster St. Prov 401-765-3232 Email: 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.

OTHER HOUSING RESOURCES
The RI Coalition of End Homelessness rihomeless.org

RI Dept of Education Students Experiencing Homelessness— local homeless Education Liaison Amy Anzalone /Coventry Public Schools 822-9400 Ext 247 anzaloneamy@coventryschools.net

Operation Stand Down– Veterans in Need of Housing—Osdri.org

United Way of RI Call 211 24/7 connect with resources

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 Steliza-bethcommunity.org/haven

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 coventryhousing.org
apply online or request paper application

"SHOWER TO EMPOWER" is a mobile trailer at sites across the state **https://thehouseofhopecdc.org**
It provides showers, haircuts, medical services and help applying for housing, employment, social security benefits. A Family nurse practitioner & psychiatrist also does outreach.

Thrive Behavioral Health Tami Ringeling, Psy.D. VP of Adult Services & Homeless Initiatives 401-691-6000 x2102
Tringeling@thrivebhri.org 24/7 Emerg Serv 401-738-4300

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

CAUTION: One type of HOUSING SCAM involves real estate advertised online. The scammer duplicates postings from legitimate real estate websites & reposts these ads after altering them. Often, the scammers use the broker's real name to create a fake email, which gives the fraud more legitimacy. When the victim sends an email through the classified ad website about the home, they receive a response from someone claiming to be the owner. The "owner" claims they're unable to show the property without payment because they are either out of town or out of the country. If the victim is interested in renting the home, they are asked either to wire money, or in some cases make a digital payment. Shortly thereafter the property is no longer available. **(more info at FBI.gov on how to avoid these scams)**

What is RENTERS INSURANCE ? pays you if your personal property is damaged or stolen. It can cover fire, smoke & water damage, theft, vandalism, hail, explosions, etc.
It also protects you from liability if an accident happens in your home and may pay your temporary living expenses.
Doesn't my landlord's insurance protect my belongings? No.
It only protects the building. **American Red Cross**

RHODE ISLAND HOUSING HELP CENTER
provides counseling services to all RI homeowners struggling to make their mortgage payment; help to apply for modification; review budget; etc.
Call (401) 457-1130 www.rihousing.com

HOME MAINTENANCE

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. Contact Barbara Palazzo at 401-462-0103 or Barbara.palazzo@gcd.ri.gov

USDA Rural Development Office, Warwick RI
Section 504 Home Repair Program: provides loans to very-low-income homeowners to repair, improve, or modernize their homes, or provides grants to elderly, very-low-income homeowners to remove health and safety hazards. **Call (401) 826-0842** to find out if you are in an eligible area and all other requirements.

Habitat for Humanity's Aging in Place Program

Serves homeowners age 65 and over who would be able to live in their homes longer with aging in place home modifications. Need to be income eligible & have proof of home insurance.
Cindy at (401) 831-5424 x200. or go to **https://habitatpvd.org/programs/home-improvement/aging-in-place/**

ACCESS TO INDEPENDENCE
BHDDH's Division of Developmental Disabilities
Home Modification Program in collaboration with RI Housing
Grants or loans to individuals with developmental disabilities to make modifications within their homes to improve accessibility. (Homeowner / Renter / Shared Living)
Call (401) 462-2766 for all eligibility requirements.
Or email Christine.botts@bhddh.ri.gov

FYI: A contractor doing business in Rhode Island is required to be registered with the **Contractors' Registration Board.** Before signing a contract, check if licensed & insured and if there have been claims and/or violations. **Call 921-1590 or online at https://crb.ri.gov/consumer/search-registrantlicensee**

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 (in 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**

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.

Please contact RI Energy customer service at **855-743-1101** to learn more

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**

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**

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

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 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 at 50 Wood Street

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
at 50 Wood Street

'TIS THE SEASON

'Tis the Season is a volunteer organization coordinated by the Coventry Resource & Senior Center serving 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 and other organizations hold food drives. Other families, businesses, schools and other local groups choose to "Adopt a Family" through 'Tis the Season at the holidays.

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

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 822-9474
Please give the gift of your time.

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

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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**

COVENTRY CAFÉ at 50 Wood Street

Come have lunch at the Café on 50 Wood Street for those 60 and over or under age 60 individuals with disabilities.

The Café offers two meal choices daily Monday through Friday at noon.
The "pub option" offers a sandwich for those who want a traditional lunch. The "hearty option" provides a full, hot lunch for those who prefer their main meal at midday.
Please call 822-9180 for your lunch reservation at least one day in advance by 9am.
If you cannot make it in, please call us to cancel.
The suggested donation is $3.00. Guest under 60 $4.00.

COVENTRY FOOD BANK

Located at 191 MacArthur Blvd. Coventry (operated by the Coventry Resource & Senior Center)
Enter main entrance and the food bank is located on the basement floor
HOURS: Tuesday 1-4 Wednesday 9-12 Thursday 9-12
Please call (401) 822-9199 and speak with Stefani to schedule an appointment

At the Coventry Community Food Bank, we believe in **choice, respect, and community**. Guests select food from a **curated list that varies based on availability**, ensuring access to nutritious options that fit their needs.

While appointments help provide the best experience, high demand occasionally makes scheduling difficult. We strive to **accommodate everyone**, ensuring no Coventry resident is turned away.

None of this would be possible without the generosity of **individuals and organizations** that donate food and resources. Your kindness helps ensure that families in need receive the support they deserve.

A special thank you to our **dedicated volunteers**, whose commitment makes a real difference—one meal at a time.

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 at 1675 Flat River Road, Coventry
(operated by the Coventry Resource & Senior Center)



The Community Garden is located in front of the Town Hall Annex
It sprouted in 2008 in collaboration with the URI Master Gardeners
All of the produce grown goes directly to our Food Bank.
If you have a few hours per week available to volunteer or have community service hours for school or college this would be a great opportunity.
For more info, please call 822-9175.
Please follow us on Facebook - *Coventry Community Garden*

Additional Food Resources and more...

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.

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

SVdP Saturday Grab and Go weekly meals

Coventry Residents only. Do not need to call ahead just come Saturday 11-11:30am. 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

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.

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, soap, razors etc.)

Free clothing & household items…
Quidnessett Baptist Church
6356 Post Road, NK (401) 884-9111
Open Wed, Thurs and Friday 10am—2pm
or please donate to our 24 hour drop off shed

FURNITURE RESOURCES

Coventry DPW 822-9110 "Furniture Container" located where you drop off yard waste/recyclables.

Christ Church Furniture Connection—East Greenwich
Call 884-8632 Dave furniture@cccov.org

Habitat for Humanity South County—Restore 1555 Shannock Road, Charlestown 401-213-6716 Facebook: Schhrestore

RI Donation Exchange Program 225 Dupont Dr. Providence 831-5511 Open to public– nothing over $650. If proof of low income can have additional discount. Facebook: RIdonationexchange

Need help with pet food ?

RISPCA 155 Plan Way, Warwick has a Pet Food Pantry for dog and cat food. Open daily from 11-4.

Also, you can call **Coventry Animal Control** at 822-9106 to ask if they have any available.

Or visit **https://rielderinfo.com/pets/** for possible resources

PROJECT FRIENDS Program operates from 50 Wood Street and 1675 Flat River Road, Coventry under the direction of Robert Robillard, Director of the Coventry Resource & Senior Center

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.

BREWED by FRIENDS- ***"building community, one cup at a time".*** It is a training Café so individuals with varying abilities can receive job training and become employed in our community. Coventry Community Learning Center, 1675 Flat River Rd
SUPPORTED EMPLOYMENT– This program helps individuals find and keep meaningful jobs in their communities. Services may include job coaching, training, and ongoing support to help each person succeed while building independence and confidence.
SPECIAL OLYMPICS– for those who choose to participate build confidence, improve physical fitness, and experience the joy of being part of a team and their community
If you would like more information about Project Friends,
please call **Judith Fortier, Program Director or Marlena Davis, Clinical Administrator at 822-9144.**

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, job training, apprenticeship, job coach, resume & interview help

RI DLT Career Center Free in person assistance: 1330 Main St. West Warwick, 462-4100 Also Prov & Woonsocket locations

EmployRI—Network Online https://www.employri.org Search jobs, create resumes, find education & training

Skills for RI Future https://skillsforri.com Connecting unemployed and underemployed

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. 421-7005 https://www.ors.ri.gov
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 Here are just a couple options... Can call or go in person
RI Temps 401-781-8400 3288 Post Rd. 2nd floor Warwick Colony Personnel 401-739-0670 2845 Post Rd. Ste 201 Warwick

BEWARE OF JOB SCAMS… Here is one example: Work-from-home job scams (taken from FTC.gov)

Many people would like to make money working from home. Scammers know this, so they place ads, often online, claiming that they have jobs where you can make thousands of dollars a month working from home with little time and effort. The job could be anything from reshipping products to selling things to people you know. Sometimes the scammers try to get you interested by saying that you can be your own boss, start your own business, or set your own schedule.

But instead of making money, you end up paying for starter kits, so-called training, or certifications that are useless. You might also find that your credit card is charged without your permission, or you get caught up in a fake check scam, where you deposit a check from your new employer, the employer then asks you to send some money back due to "overpayment," but the check will ultimately bounce, and the bank will want you to repay the full amount of the fake check, while the scammers keep the real money you sent them.

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 on the **DHS Customer Portal https://healthyrhode.ri.gov**
Can apply by completing the printable application. The application can be found at RI DHS website: www.dhs.ri.gov
All mailed applications sent to: *RI Dept of Human Services, PO Box 8709 Cranston, RI 02920*
Can apply in person by making an appt. at 1-855-697-4347 for a DHS location. To see all locations go to www.dhs.ri.gov
Applications can be hand delivered to any DHS location in secure drop boxes - go to www.dhs.ri.gov for a list of all locations.
Warwick DHS is permanently closed. Newest location: Hazard Building, 41 West Rd, Bldg 74, Cranston (by appt ONLY)
Any questions call the **DHS Call Center at (1-855-697-4347) Select menu option #2 for info.**

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

kids.ri.gov RI EOHHS launched a new website Jan.2025
A guide to find support, resources, and answers to many questions on Prenatal to Pre-K Resources & Behavioral Health Resources for parents and caregivers to help their children through a wide range of struggles.

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

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

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

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

Center for Southeast Asians 401-274-8811

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

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

CHILD INC. 823-3228 www.childincri.org Head Start/Early Head Start: No cost for expecting parents and children birth-5 who are eligible by family income, foster placement or are experiencing homelessness. **Also Extended Day & RI PreK**

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

Coventry Department of Parks and Recreation
Facebook @coventryparksrecri Instagram coventryparksandrecri

You can access their seasonal Program Guide and online registration on their website at coventryrecreation.com

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

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 !*

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

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

RESOURCES

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* 1-800-338-6555 www.hopehospiceri.org
VNA of Care New England 737-6050 ask for bereavement coordinator

VNA OF CARE NEW ENGLAND – Bereavement/Grief support groups Call 401-737-6050 or visit the website at 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

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.

ALZHEIMERS ASSOCIATION / RI CHAPTER - Go to 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 www.oha.ri.gov/adrc

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 a 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

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 (ADA) Americans with Disabilities Act 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 Aging & Disability Resource Center 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**

Oasis Senior Advisors / Senior Living Advisor Amanda Camara Call 401-487-7036 or ACamara@YourOasisAdvisor.com



RESOURCES

RI OFFICE OF VETERANS SERVICES -COVENTRY LOCATION
OFFICE HOURS: Tuesday and Wednesdays 9AM—3PM
Walk in and ask your questions & a referral can be made to meet with a VSO (Veteran Service Officer) at the Coventry Community Learning Center (Town Hall Annex)1675 Flat River Road, Coventry

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

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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

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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...

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 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

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**

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

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 htpps://ribar.com

Rhode Island Legal Services offers one on one legal appts. For civil issues only at 50 Wood St. monthly. Call 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. **https://www.fivewishes.org** It is legally valid in RI. Available in digital or paper for a small fee.

SOCIAL SECURITY ADMINISTRATION
30 Quaker Lane, Warwick RI 02886 (first floor) How to apply for Benefits: **File online at ssa.gov**
for Retirement, Spouse, SSI, Disability, Medicare
Or schedule phone appointment at 1-800-772-1213
8am - 7pm Monday through Friday

Set up **mySSAaccount** at **ssa.gov/myaccount** whether you receive benefits or not.
You can use your account to request a replacement social security card and or Medicare card, check the status of an application, estimate future benefits, get a benefit verification letter, check on status of appeal or manage the benefits you already have etc.

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

R I 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 401-222-5960/ RI Relay 711

RESOURCES

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

-Go to www.cdhh.ri.gov to **View info sheet containing various possible resources offering assistance for the purchase of hearing aids**

The website also contains: Information and links to Assistive Listening Systems and Telecommunication Technology

-ATEL Adaptive Telephone Equipment Loan Program

-Rhode Island Relay

-TechACCESS of RI 401-463-0202

RI DHS Office of Rehabilitation Services (ORS)
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.

For a list a list of DENTAL RESOURCES go to
https://health.ri.gov and view
"Dental Safety Net Providers in Rhode Island"
****

DONATED DENTAL SERVICES (DDS)

(For disabled, elderly, or medically compromised patients who complete an application, meet eligibility criteria, and cannot afford needed dental services)
***DDS applications are available online at http://www.dentallifeline.org/rhode-island or by calling 866-572-9390** *The DDS Program is not for dental emergencies or urgent care.

PET OWNERS Need help with vet expenses?
https://rielderinfo.com/pets/
for multiple options on assistance with care and food for your loyal companions!

HEALTHY EATING AND EXERCISE **Nutrition.gov** is powered by USDA Science - info on healthful eating choices, fitness & exercise.

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

Heart healthy eating tips to reduce fat in the diet & lower cholesterol levels

What you can do to help control hypertension (high blood pressure)

DASH (Dietary Approaches to Stop Hypertension) eating plan

Health benefits of physical activity and find various resources and links .

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 **(https://www.nutrition.gov)**

MEDITATION 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.

One of the easiest and most achievable stress-relieving techniques is meditation ***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, & 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)

Capital Good Fund 333 Smith St. Providence, 866-584-3651 or https://capitalgoodfund.org. A Nonprofit, certified Community Development Financial Institution (CDFI) offering affordable loans and personalized financial coaching to Rhode Island families.

American Cancer Society—Southern New England Region
931 Jefferson Blvd. Suite 3004, Warwick 1-800-277-2345
https://www.cancer.org/ Financial assistance and counseling for families facing the financial costs of cancer treatments and care, and offers many other services.

***Animal lovers: learn to spot and avoid this breed of pet scams* (for full article go to FTC.gov Consumer Alert or call AARP Fraud Hotline at 1-877-908-3360 for info.** Scammers have been taking advantage of how much people love animals. They'll steal and manipulate pet images, videos, and even use AI-generated deepfakes to help them trick you into giving them your money or personal information. Fortunately, there are ways to help you detect and avoid these kinds of scams.

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 HEALTHIntake(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

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://ww.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 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)

Are ads on social media vetted or checked for scams? Here's what to know

You're browsing your social media feed when an ad grabs your attention mid-swipe: that designer bag you've been dreaming of is 50% off for a limited time only! You're dying to get your hands on one, so you don't think twice about clicking on the ad. Why would you? The ad is right there in your feed and it looks real, so you trust that it's legit. But it might not be. That's because social medial platforms don't always thoroughly vet the ads you see or the advertisers behind them.

Read the full article at FTC.gov Consumer Alerts

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

COVENTRY COMMUNITY LEARNING CENTER

***This project was made possible through funding from the Rhode Island Pandemic Recovery Office.**

1675 Flat River Road, Coventry RI 02816 (Town Hall Annex)

Serving Coventry residents with: *Workforce Development *Educational Opportunities *Health Monitoring

Room 101 Reception office Main # (401) 825-6949

Rhode Island Office of Veterans Services— OPEN

NEWEST LOCATION at the Coventry Community Learning Center at 1675 Flat River Road

Office Hours: Tuesdays and Wednesdays 9am—3pm Room 112

Walk in on Tuesdays and Wednesdays to discuss your questions and a referral will be made for a VSO (Veteran Service Officer) to meet with you in Coventry.

They will assist with: benefits navigation; connections to VA services; vital resource support

The Coventry Community Learning Center at 1675 Flat River Road will provide the following services to Coventry residents:

The **Veterans Services of Rhode Island** will offer weekly office hours to assist with services. Room 112 (401)825-6941

Comprehensive Community Action Program is offering the **Learn to Earn and GED Program**. Room 107 (401)732-5562

THRIVE Behavioral Health will provide mental health services along with weekly office hours from a child psychiatrist to help children and adults receive the behavioral health services they need. Room 130 (401)825-6953

The **Literacy Volunteers of Kent County** will bring opportunities to train volunteers to help increase literacy skills for youth and adults.

Project FRIENDS Program will be opening their new coffee shop **"Brewed By FRIENDS"** to bring training opportunities for individuals with disabilities to achieve real world job skills. Room 111 (401)825-6944

The Office of Rehabilitative Services will provide job exploration, trainings and employment services to help individuals with disabilities become more employable and more independent.

Our **Coventry Public Library** will have youth programming space to provide afterschool, evening and weekend services to students, children and families throughout our community. Room 127 (401)825-6951

Our Social Workers will be available evenings to provide after hours services to best meet the needs of our working families and caregivers to help navigate the services you need.

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 822-9180

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

Project Friends Program Director Judith Fortier
822-9144 friendsdirector@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* then click on *Council Voting Districts*

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**

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 !

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
Coventry Community Learning Center
main reception...825-6949

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