

COVENTRY RESOURCE AND SENIOR CENTER



50 Wood Street, Coventry RI 02816

Phone 401.822.9175

Fax 401.822.9128

Like us on Facebook—Coventry Resource and Senior Center
www.coventryri.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

Hello Everyone: **Happy 2025~!**

We have had another successful holiday drive with Tis the Season. I would like to thank our community first responders, our Coventry and West Greenwich Fire Departments; The firefighters assisted us with the annual boot day in November which helped us gather funds to purchase holiday and basic need items for families in need here in Coventry.

Thank you to our local businesses, Coventry Police Department, Town Hall staff, Coventry School District and families who adopted families during the holidays to make sure they had an enjoyable Christmas.

Specifically, we would like to thank:

Alan Shawn Feinstein Middle School, Blackrock Elementary School, Coventry Housing Authority, University Family Medicine, Katherine Hebert and family, Coventry Schools Administration offices, Judy Cady and family, Paulette Furtado and family, Rebuilders Automotive Supply, Lynn Diorio and family, Law offices of Nolan, Brunero, Cronin & Ferrara, LTD, Jacquelyn Carpenter and family, Coventry Department of Public Works, Coventry Library, Chiropractic Wellness Center / Dr. Catherine McArdle, Coventry Police Department, Summit Baptist Church parishioners, Linda and James McArdle, Rhode Island Hospital Coronary Care Unit, Diane Kowal and family, Sherwood Valley, Linda Macomber, Sts. John and Paul Church parishioners, and Ann Sartell.

This is what the Coventry community is all about...Taking care of our neighbors in need! I would personally like to thank my staff for all they do all year long to make Coventry a better place.

We would also like to thank the Coventry Police Department and the Management and Staff at Walmart for helping children in need. Coventry Police were given a grant of \$2500 from Walmart to "SHOP WITH A COP" and purchase clothing and toys for families here in Coventry. Our partnership with our Police Department is a key to our success.

The Coventry Resource and Senior Center staff would like to wish you a new year full of joy and connection. We will continue to do our best to serve our community and help wherever and whenever we are needed.

Robert Robillard Jr., LMHC-Director

JANUARY



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MONTHLY HAPPENINGS...

Please note: We will be closed on Wednesday, January 1st for New Year's Day, & Mon, Jan. 20th in honor of Martin Luther King Jr.

ENTERTAINMENT - VINI AMES DUO



Friday,
Jan 31st
11:00-12:00
The menu will be Minestrone soup, Chicken parm, Roasted vegetables, Pasta Salad & pineapple chunks.
The cost is your \$3.00

Playing all your favorites!

donation for lunch. Please call 822-9180 to make reservations by 9:30am the day before.

SNAP / (food stamps)

Supplemental Nutrition Assistance Program

Do you need to Apply, Re-Certification, or Make a change? Visit **Charlene Traynum** Family & Outreach Coordinator/Boys & Girls Club of Newport County - First come First Serve

January 15, 2025 10- 2

CPS Optix

will be here on January 6th 10-12

Offering full optic services with over 150 frames to choose from at no additional cost.

WATERCOLOR PAINTING CLASS

Tuesday, Jan. 14th 10-12

See flyer on pg 3. Led by professional artist \$15.00 for this class. Call 822-9474 to sign up.

Bone Builders of RI **SPOTS STILL AVAILABLE !!!**

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

Please pre-register at 822-9175.

Mondays and Fridays at 1:30pm. \$5.00 per class

CREATIVE WRITING IS BACK....

Thursdays at 10:30—12:30.

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

Rhode Island Data Breach

For current info on the cyberattack affecting some Rhode Islanders who may have used state DHS programs go to

cyberalert.ri.gov or call the state's new hotline at

(833) 918-6603 Open 9am-9pm Mon-Fri / Sat-Sun 11am-8pm

TOOLS FOR HEALTHY LIVING

A six week class that teaches skills for managing symptoms of pain medication, teaches how to communicate with family and doctors, as well as relieve stress, eat well, exercise, and set achievable goals.

There will be information sessions for this class

December 30th and January 6th at 11:00am.

The class starts on Jan. 10th—Feb. 21st 9:30am—12:00pm.

To register for this class, please call the center at 822-9175.

Mindfulness & Heart Failure presentation

January 29th at 11:00am

Researchers are looking for patients with heart failure to see if Mindfulness training improves their self-care. This study is conducted by Lifespan.org. & participants will be compensated. Mindfulness training sessions will include a series of brief exercises in which participants will learn to increase self-awareness and to focus their attention on different objects (sensations in the body, breath, and sounds).

These trainings will take place by telephone in your home. For more information call Janice Tripolone at (401) 793-8233.

MONTHLY BREAKFAST...

Friday, January 10, 2025 8:15 - 9:45am

prepared by CHS Culinary students featuring scrambled eggs, pancakes, hash browns, choice of bacon or sausage, orange juice, coffee or tea for \$3.00

RI Legal Services monthly FREE "one on one" civil legal clinic

Call 822-9175 to book appt. More info pg 4

January 10th, 2025

ATEL Tech Time— January 6th

Please call 822-9175 to make appt. 10—12 To borrow a device, or see if you may be eligible to receive a no cost smart device from ATEL, please contact Denise Corson at 486-3325 or email Denise.Corson@ors.ri.gov

Sign up for one on one sessions to learn about apps and features.

SENIOR TECH help with "Dee" Jan. 8th 9:30—12

Please call 822-9175 to make an appt. Learn everything you ever wanted to know about your smart device and were afraid to ask!

RI ENERGY CONSUMER ADVOCATE

Carlos Andrade

Carlos will be here Jan. 22, 2025 from 10-12
to help anyone who may have questions on their utility bills. Carlos is here to help !

COVENTRY LIBRARY

Hannah from the Coventry Library will be visiting us on a weekly basis now.

She will be coming on Tuesdays after lunch from 1:00—2:00pm.

She will be bringing books here that you can check out., or you can request a book and she will bring it for you the following week.

Hannah can also assist you with getting a library card if you don't already have one.

Come on in and say "Hello" to Hannah !

Sawdust, a local therapy dog, and his handler Christine will be at the Coventry Senior Center on **Friday, January 10th 11:00—12:00**

There is scientific evidence that demonstrates how pets improve heart health,

alleviate depression, increase well-being and contribute to healthy aging.



Come spend a few minutes with this gentle giant and enjoy all the benefits that result from the human-animal bond.

TUESDAY, JANUARY 14, 2025
10:00 A.M. - 12:00 P.M.

TEACHER, SYLVIA DELANEY, PROFESSIONAL ARTIST

BEGINNERS AND UP.

WATERCOLOR PAPER IS PRE DRAWN IF NEEDED



ART CLASS
LET'S ESCAPE THE COLD AND PAINT A GORGEOUS DESERT SUNSET.

Supplies Included

Watercolor Painting Class

Please join us for a beginner-friendly watercolor painting class where you can learn basic watercolor painting techniques, materials, color mixing theory, and painting in a Fun and Relaxing atmosphere with no pressure.

LOCATION - COVENTRY SENIOR CENTER

CONTACT- LINDA CHARRON TO REGISTER

FEE - \$15.00 - 10:00 A.M. - 12:00 P.M. CLASS

TOOLS FOR HEALTHY LIVING

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

Join our FREE workshop

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

Learn proven techniques that will help you:

- Manage symptoms.
- Improve sleep.
- Manage your medications.
- Eat healthier.
- Improve communication with your family and Healthcare team.
- Be more active.
- ... and much more!

WORKSHOP DETAILS

Where: Coventry Resource & Senior Center

When: January 10th - February 21st, 2025

Time: 9:30 am

For more information or to register, contact:

Linda Charron (401) 822-9474

lcharron@coventryri.gov or visit the Community Health Network



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SPOTS STILL AVAILABLE...

Call Linda at 822-9474 for more information and to sign up.



BoneBuilders of RI
Passionately Sponsored by The Village at Waterman Lake

A predominantly seated, weight bearing routine for women and men ages 50+ that promotes a wealth of health benefits.

Mondays and Fridays at 1:30



OUR SINCERE THANKS TO WALMART, Centre of New England, Coventry FOR THEIR VERY GENEROUS DONATION OF \$2,500



Walmart partnered with the **COVENTRY POLICE DEPARTMENT**

and the Coventry Resource and Senior Center in

“Shop with a Cop”

Coventry Police shopped for toys and clothes for children in need this holiday season !

Thank you to our Coventry Police Officers for all they do everyday !!



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, Coventry

WHEN: monthly

WHY: RESOLVE YOUR CIVIL LEGAL ISSUES

HOW: Call 822-9175 to book your appointment!

Call 988 NATIONAL MENTAL HEALTH HOTLINE

If you are in a crisis 24/7-you can call or text 988 on your phone and be connected with a trained counselor in Rhode Island.

MENTAL HEALTH SUPPORT in Rhode Island: 24/7 BH Link (mental health & substance use crises) Call 911 if there is risk of immediate danger. *For adults call **BH LINK (401) 414-5465**

***For under 18 call **KidLink at 855-543-5465** www.bhlink.org
Or you can visit the 24-HOUR/7-DAY TRIAGE CENTER at
975 Waterman Avenue, East Providence, RI**

EBC House Hotline 738-1700 Advocates available 9-5

www.ebccenter.org Safe shelter; transitional housing; court advocacy; counseling **If need immediate assistance Call *RI Victims of Crime Helpline 24hr support 1-800-494-8100**

NEW at the Resource & Senior Center.... We are pleased to announce we have two computers now available for you!

Please just call 822-9175 to reserve a time

TECH Help for Seniors at 50 Wood St We have a volunteer that comes in once per month to assist seniors with their phones and tablets. Please call Lynn in reception at 822-9175 to have your name added to the list.

Don't forget to check out the Public Library www.oslri.org

In addition to books & videos, they have free or reduced museum / aquarium passes, games, and activities. May vary due to location

***RI School of Design Museum** FREE Sundays 10-5 Thurs 5-8pm

Here are some red flags indicating an impersonation scam:

1. **False urgency.** Scammers often try to create a sense of urgency to persuade you to do what they're asking.
2. **Asking for personal information.** Scammers may try to persuade you to provide personal information over the phone such as addresses, payment information, account login credentials, or financial information.
3. **Purchases outside of Amazon.** Scammers may try to ask you to send money outside of the Amazon website or mobile app through a third-party site or wire transfer.
4. **Payment via gift cards.** Scammers may request you purchase and exclusively pay with gift cards. They may ask for the gift card number, claim code, or PIN.
5. **Unexpected order.** You may receive notification of an order or delivery for an item you weren't expecting.

(taken from Amazon website article
"How do I identify an impersonation scam?")

**"Kindness is like snow—
It beautifies everything it covers."**

-Kahlil Gibran

Did you get a call or text about a suspicious purchase on Amazon ?

It's a scam -

What to know about this scenario

It's not Amazon calling. Scammers spoof their phone number to make it look like it's Amazon calling. Don't trust the number in your caller ID and don't trust what the caller tells you. Worried about a suspicious purchase on Amazon? Log in through the website or app. Don't call back the number that called you or a number someone left in a voicemail or text message.

No one legitimate will tell you to keep it a secret. If there's a problem with your account or identity, always talk about it with someone you trust—especially if the stranger on the phone says it's serious or involves a crime or claims to be from the government. That's a scam.

No one used your Social Security number to open fraudulent accounts in your name.

Scammers say this to scare you—don't trust the person on the phone. To know for sure, get an instant copy of your credit report online for free and look for accounts you don't recognize. Visit (or have someone help you visit) AnnualCreditReport.com.

Don't believe a caller who says you'll be immediately arrested for account fraud.

That's a scam. If someone stole your identity to open fraudulent accounts, complete an FTC identity theft report at IdentityTheft.gov, then put an extended fraud alert on your credit report. *Do not transfer money or drain your savings to protect it from fraud.*

(The above by Alvaro Puig, Consumer Education Specialist, Federal Trade Commission)

PLEASE GET INFORMED ON SCAMS

Here are some actions to take if involved...

- ***If you feel you are a victim of a scam or fraud:** Contact your bank to report if applicable
- ***If you paid a scammer with a credit or debit card:** **File a dispute** (also called a “chargeback”) with your credit or debit card company.
Online: Log onto your credit or debit card company’s website and go through the company’s dispute process.
By phone: Call the phone number on the back of your card and tell them why you’re filing a dispute.
- *File a report on a scam, fraud or identity theft to your local law enforcement—**Coventry Police 60 Wood St. 826-1100**
- *File a report on a scam or complaint on a business to **RI Office of Attorney General—Consumer Protection Unit**
Call 274-4400 File online at <https://riag.ri.gov> or email at contactus@riag.ri.gov
- *To file an identity theft report online go to: **Identitytheft.gov** - the federal government’s one-stop resource for identity theft victims
- ***FTC Federal Trade Commission** to report fraud 877-382-4357 **www.ftc.gov** - (will also direct you to identitytheft.gov to file report).
- ***FBI Internet Crime Complaint Center—** to report cyber-enabled crime www.IC3.gov
- ***Consumer Financial Protection Bureau** to file complaint on a financial product or service 855-411-2372 or www.consumerfinance.gov

- 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 Helpline 877-908-3360 is free**
 They offer online support sessions for further emotional support. You can also look up a scam in **AARP’s Fraud Resource Center**

Things to place on your credit report if you fall victim....

- Initial (one year) fraud alerts:** place with one credit agency and they will contact the other two.
- 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.**
- Credit or Security Freezes:** *must be placed separately* at each credit agency. Restricts access who can access your credit report to open new accounts.

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

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-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. More at (www.aarp.org)

And here are just a few other scams...

- RI Energy Scam
- “Windows Support” Scam
- IRS Phone Scam
- “Notice of Appearance in Court” Scam
- Lottery or Sweepstakes Scam
- Mystery Shopper Scam
- Check Washing Scam

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

Go to **AnnualCreditReport.com** to request a **free credit report once per year** from each bureau to check for any discrepancies.

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

*If your social security number is compromised, the Social Security Administration can help you block electronic access to your personal information with a **social security number block.**
Call 1-800-772-1213 (removing the block has to be done in person)
30 Quaker Lane, Warwick RI 02886

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

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

- *Your new romantic interest sends you a picture that looks more like a model from a fashion magazine than an ordinary snapshot.
- *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
- *They repeatedly promise to meet in person but always come up with an excuse to cancel.
- *They make a sudden request for money to deal with an emergency or make a sure-fire investment. (more at www.aarp.org)

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. (excerpt taken from www.aarp.org)

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

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

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

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

“**SHOWER TO EMPOWER**” is a mobile trailer at sites across the state
<https://thehouseofhopecdc.org> It provides showers, haircuts, medical services and case management to those in need such as applying for housing, employment, and social security benefits. A Family nurse practitioner and psychiatrist also does outreach

Thrive Behavioral Health

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

401-691-6000 x2102 Tringeling@thrivebhri.org

Thrive 24/7 Emergency Services 401-738-4300

HOUSING CHOICE VOUCHER PROGRAM

Section 8 applications will only be accepted online accessible at
www.waitlist-centralri.com

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

For info on Public Housing for Elderly and Disabled, and
Affordable multi-family housing in Coventry -
Coventry Housing Authority 401-828-4367 14 Manchester Circle
www.coventryhousing.org /apply online or request paper application

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

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

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

Other helpful sites: www.rifairhousing.org www.helprilaw.org

SOJOURNER HOUSE (*assists victims of domestic violence,
human trafficking and sexual assault*)

Need Safe Housing Help Line (immediate need) 24/7 (401) 765-3232

**Or call their Housing Office (non emergency need) at
(401) 808-6889** or visit a weekly Sojourner House housing clinic
at various sites across the state. Go to: Sojournerri.org

**Saint Elizabeth Haven Shelter & Elder Justice
Community Program (401) 244-5476**

Temporary shelter for elder victims of domestic violence & provides advocacy, case management, safety planning in the community.

For more info. go to Stelizabethcommunity.org/haven

LIHEAP (Low Income

Home Energy Assistance Program)

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

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

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

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**
<https://westbaycap.org> or 732-4660

FREE RI Energy Home Assessment Program

Available to all households, including homeowners and renters. Call **1-888-633-7947** to schedule appt.
Or go to www.rienergy.com/ri-home/energy-saving-programs/home-energy-assessments

Rhode Island Energy Assistance options for income eligible customers!

Can assist with 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.

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 / www.safelinkwireless.com

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

GENERAL SERVICES

Coventry Resource and Senior Center

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

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

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

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

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

SENIOR COMPANION PROGRAM

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

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

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

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

COVENTRY CARES VOLUNTEERS VOLUNTEER OPPORTUNITIES

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

**Currently in need of Dining Room servers,
Kitchen help & substitutes & MOW drivers
Call 822-9175**

Please consider giving the gift of your time.

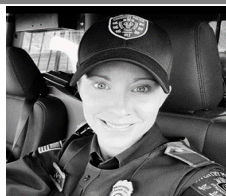
Coventry Department of Parks and Recreation

Check out their amazing seasonal programs...

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

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

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



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

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

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

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

GENERAL SERVICES

Coventry Resource and Senior Center

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



COVENTRY CARES COMMUNITY CLINIC

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

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

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

Nurse Jane or Nurse Carolyn are available:

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

COFFEE SHOP

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

**WE ARE LOOKING FOR
SUBSTITUTE VOLUNTEERS...**

NOTARY PUBLIC

Free Service

Please call 822-9177

**to schedule a time
with a notary**

LENDING LIBRARY

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

PROJECT FRIENDS

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

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

‘TIS THE SEASON

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

Season operates through the generosity of the community. Some members of the community have small fundraisers. Others prefer to donate money directly. The Fire Departments graciously conduct an annual “Boot Day” to support ‘Tis the Season. These funds are used to purchase needed food and clothing. Local schools and churches hold food drives. Other clubs and organizations conduct toy drives all to benefit ‘Tis the Season.

Still other families, businesses, schools and other local groups choose to “Adopt a Family” at the holidays.

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

ACTIVITIES

Coventry Resource & Senior Center Any questions call 822-9175

PITCH / CARDS—Experienced players only ! Please arrive by 12:50 to determine groups.

Tuesdays at 1:00 we meet in the mealsite.

Please note: *changed to a leisurely program for fun & no fee.

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/players during the week.

CRIBBAGE Thursdays at 1:00 pm.

We meet in the activity room on the left just behind the mealsite.

New game: 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 – 4:30pm. Cheapest rates in town only \$4.00 for the month. Come join us!

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

CREATIVE WRITING GROUP

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

CANASTA Tuesdays at 1:00. Our friendly canasta group is welcoming new players & offering a cheat sheet that is easy to follow. We meet in the activity room just behind the mealsite.

ARTS & CRAFTS Every Thursday 1-3pm **(Class is at maximum capacity at this time - Please call 822-9175 to have your name added to the waiting list.)**

ADULT COLORING Thursdays at 10am

AARP Chapter 2210 Presents!

Call **Maureen Murphy** at 401-828-5188 or **Anne Brien** 401-263-4274 for details & deadlines to **book trips** Come see flyers on our bulletin board !

Weekly / Monthly Activities & Programs

Monday

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

Tuesday

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

Wednesday

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

Thursday

8:00am - 4:30pm Pool Room
8:30am - 12:30pm Nurse available
10:00am Adult Coloring
10:30am - 12:30pm Creative Writing
11:00am Tai Ji Quan (Advanced only)
1:00pm Cribbage
1:00pm Arts & Crafts Class

Friday

8:00am - 4:30pm Pool Room
8:30am - 12:30pm Nurse available
9:00am Tai Ji Quan
10:00am Pinochle
10:30am Chair Yoga (with Shri service corp)
1:00pm Scrabble
1:00pm Mahjongg (American version)
1:30pm Bone Builders of RI



THE SOCIABLES (Currently has a waiting list)

On the first Tuesday of every month at 10:30am interesting single seniors meet and plan day trips for the upcoming month. If you're not busy every Sunday and enjoy plays etc. we would love to have you join us.

CHAIR YOGA (with Shri service corp)

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

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

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

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

ADULT COLORING What used to be known as a simple, fun activity for kids now is a tool for practicing good mental health. But what makes adult coloring so popular? Coloring can help you be more mindful. Mindfulness is the ability to focus and stay in the moment. It is also a healthy way to relieve stress. It calms the brain and helps your body relax. This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety. **Thursdays at 10am**

(the above taken from mayoclinichealthsystem.org)



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.

Next date

January 10th 11—12

Come meet Sawdust, a local therapy dog



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

TOOLS FOR HEALTHY LIVING

A six week class that teaches skills for managing symptoms of pain medication, teaches how to communicate with family and doctors, as well as relieve stress, eat well, exercise, and set achievable goals.

**There will be information sessions for this class
December 30th and January 6th at 11:00am.**

The class starts on Jan. 10th—Feb. 21st 9:30am—12:00pm.

To register for this class,
please call the center at 822-9175.

Bone Builders of RI

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

Please pre-register at 822-9175.

Mondays and Fridays at 1:30pm. \$5.00 per class

The below classes are full. Please call the receptionist to have your name put on the waiting list.

CareLink Wellness Fall Prevention Program

TAI JI QUAN: Moving for Better Balance

All students are assessed before they can start.

Call 822-9175 for more info. And to schedule assessment.
Learn about ways to improve balance and reduce your fall risk through a balance and strengthening exercise class incorporating Tai Ji movement.

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

**Call 822-9175 to sign up and schedule your
15 minute Balance Screening**

Congratulations to all the TJQMBB graduates!

A new program for the Graduates of TJQMBB

Thursdays at 11:00 Rm 214

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

This class will be led by Michele Cornwell who has previously been teaching TJQMBB here.

Thursdays from 11-12 Call 822-9175 to reserve your spot.

NUTRITION

COVENTRY COMMUNITY FOOD BANK

(401) 822-9199 HOURS: Tuesday 1-4 Wednesday 9-12 Thursday 9-12

Located at 191 MacArthur Blvd. Enter main entrance and the food bank is in the basement.

Everyone should have access to food & if you need assistance please call 822-9199 we will ask for proof of address and a photo ID. Always grateful for donations of personal care items.



**One of every three bites
of food you eat**



depends on the honey bee.

facebook.com/organicconsumer www.organicconsumer.org

COVENTRY COMMUNITY GARDEN *located in front of the Town Hall Annex. (Come check out the Bee Hive too!)*

All of the produce grown goes directly to our Food Bank.

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

For more information, please call 822-9175.

Visit the *Coventry Community Garden* on Facebook.

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

COVENTRY CAFÉ

Come have lunch at the Café for those 60 and over or individuals with disabilities. Each Café offers two meal choices daily. The “pub option” offers a sandwich for those who want a traditional lunch. The “heartly option” provides a full, hot lunch for those who prefer their main meal at midday.

Please call 822-9180 for your lunch reservation at least one day in advance. If you cannot make it in, please call us to cancel.

The suggested donation is \$3.00. guest under 60 for \$4.00.

Celebrate Birthdays the third Thursday of the month !

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

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

Additional food pantry options...

The Society of St. Vincent de Paul—Coventry

222 MacArthur Blvd. Food boxes available ONLY ON THE 3rd Saturday of the month from 10am—12pm. Must be a Coventry resident and must sign up by calling 828-3090

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

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

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

Be the Change /Project Hand Up

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

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

Westbay Community Action Marketplace

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

MONTHLY MENU

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

Please keep this in mind for your cancellations as well.

SERVING SIZES

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

January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	All menu items may contain nuts, seeds, beans, wheat bran, and other allergens <i>Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</i>	1 Closed	2 Tomato soup Chicken cordon bleu Fiesta rice Sliced carrots Ww roll Chocolate cookie Egg salad on wheat	3 Chicken soup Sausage & pepper sandwich Sweet potato salad Ww roll Cake Tuna salad sandwich
6 Mushroom barley soup Marry me chicken Roasted potatoes Mixed vegetables Ww roll Brownie Ham salad on rye	7 Minestrone soup Pepper steak w/ gravy Roasted carrots & broccoli Steamed white rice Ww Roll Fresh melon Tossed salad w/ chicken	8 Vegetable lentil soup Breaded chicken breast w/ Southern gravy Sweet potatoes Cole slaw / ww roll Sliced pears Seafood salad plate	9 Tuscan white bean soup Roasted pork loin w/gravy Roasted potatoes Italian green beans Ww roll Oatmeal cookie Chicken salad sandwich	10 Clam chowder (red) Pub burger w/ cheese Cucumber salad Potato wedges Mixed fruit Ww roll Chef salad
13 Vegetable barley soup Swedish meatballs Parmesan rice Broccoli Ww roll Sliced peaches Roast beef sandwich on roll	14 Tomato soup Greek style chicken thigh Roasted potatoes Zucchini w/ mixed vegetables Pita Cake Chef salad	15 Cream of broccoli soup Stuffed shell w/ meatball Tossed salad Ww Roll - Pineapple chunks Turkey sandwich on rye	16 Meatball soup Pot roast w/ gravy Mashed sweet potatoes Buttered corn Ww roll Chocolate chip cookie Chicken salad plate	17 Chicken soup Shepards pie Mashed potato Ww roll Watermelon Tuna salad sandwich
20 Closed	21 Corn chowder Sloppy joe Potatoes O'Brien 3 - bean salad Ww roll Fresh melon Ham & cheese on rye	22 Escarole & bean soup Chicken fajita w pepper& onion Spanish rice Mexican corn Ww Roll Tropical fruit Seafood salad sandwich	23 Chicken soup Meatloaf w/ gravy Mashed potatoes Peas & onions Ww roll Cake Chopped salad w/chicken	24 Cauliflower tomato soup Meatball sandwich Broccoli salad Ww roll Sliced peaches Corned beef Reuben sandwich
27 Vegetable soup Lasagna roll up w/meat sauce Wax beans Ww roll Sliced peaches Roast beef on roll	28 Tomato soup Roasted chicken Roasted potatoes Peas & carrots Brownie / Ww roll Cobb salad	29 Kale & bean soup Pork roast w/ gravy Parsley potatoes Mixed vegetables Ww roll Mixed fruit Chicken salad plate	30 Lemon chicken orzo soup Salisbury steak w/ gravy Rice pilaf Green beans Ww roll Cake Chef salad	31 Minestrone soup Chicken parm Roasted vegetables Pasta salad Ww roll Pineapple chunks Turkey sandwich

Do all things with kindness, compassion and integrity, and you shall be blessed beyond measure.

Enjoy some stories from around the country which are positive and uplifting....
LET'S SPREAD KINDNESS AND INSPIRE OTHERS

The Original Secret Santa Started it All by Paying Back Kindness Shown While He was Homeless **By Good News Network—Dec 15, 2024**

*Story reprinted from the book, **HumanKind: Changing the World One Small Act At a Time** a National Bestseller filled with true stories about how one small deed can make a world of difference.*

When Larry Stewart was growing up in his grandparents' home in a small Mississippi town, he didn't know they were impoverished. It wasn't until he started school that he learned what he "lacked"—the bathrooms, telephones, hot water and gas stoves to be found in other kids' homes. As a young adult, Larry confronted poverty again. Living paycheck to paycheck, he became homeless when his employer went out of business owing Larry more than one check. So Larry resorted to living in his car, covering himself in his laundry in an effort to stay warm and hoping to forget his hunger. By the time he'd gone two days without a regular meal, he was so desperate that he went to the Dixie Diner and ordered breakfast without knowing how he'd pay for it. When he finished eating, he started looking around on the floor, pretending he'd lost his wallet. The cook even came out from behind the counter and helped him look. Then, suddenly, the search was over. "You must have dropped this," the cook said. He was holding a twenty-dollar bill.

Larry was so grateful that he made a vow to himself: as soon as he was able, he'd do something for others like what the cook had done for him. Over time, he became financially stable, and he set out to keep his vow. Although he wasn't well off by any means, he knew he couldn't put off getting started. One evening, he stopped at a drive-in restaurant and noticed that the waitress was wearing a tattered coat that couldn't have been keeping her warm. When he handed her money to pay for his food, he knew it was the moment. "Keep the change," he said. Tears welled in the waitress's eyes, and her hands shook as she held the money. "You have no idea what this means to me," she said, her voice shaking, too. But Larry did have an idea what it meant to her.

Afterward, he was so inspired by what had happened that he started driving around looking for people who needed help. They weren't hard to find, and he gave away \$200 in fives and tens. The more successful Larry became, the more money he gave away. By the time he'd earned considerable wealth in cable and phone services in Kansas City, Missouri, he was anonymously giving away substantial amounts as a "Secret Santa." He consulted with local social workers, firefighters, and police officers to find needy and deserving recipients. He also found some of them on his own, at laundromats, social service agencies, government housing facilities, and businesses that paid minimum wage. At thrift stores, he often found people who were raising their grandchildren. When he would give them anywhere from \$100 to \$300, it would change the whole complexion of their Christmas as well as their outlook. For many of them, this money made it possible to buy presents and cover necessities like utility bills. **"I was giving in a way that allowed them to keep their dignity,"** he said in an interview with a local news station years later. Just like the cook at the Dixie Diner had done for him. All told, Larry gave away more than \$1.4 million over the years. There are many stories from people whose homes he saved. People who told their families there wasn't going to be a Christmas but wound up being able to buy gifts because of the money Secret Santa gave them. People who were able to pay their bills and get their gas turned back on, thanks to Larry."

"Anyone can be a Secret Santa with a kind word, a gesture, a helping hand."

RESOURCES

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

How to apply for SNAP (food stamps) benefits; RIW (cash assistance); (CCAP) child care assistance, Medicaid and other programs – Can apply online or you may opt to complete the printable application. The application can be found at RI DHS website: www.dhs.ri.gov **DHS Call Center (1-855-697-4347) Select menu option #2 for info. FAX (401)462-8052** RI DHS all mailed applications can be sent to: RI Dept of Human Services, PO Box 8709 Cranston, RI 02920 or can be hand delivered to any DHS location. Closest is Warwick DHS 195 Buttonwoods Ave. Warwick 02886

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

Office of Child Support Services
For application visit www.cse.ri.gov (401) 458-4400

Bright Stars—Rating system for RI Child Care
www.brightstars.org Call 1-855-398-7605

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>

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 (items
 such as deodorant, tissues, razors etc

Adult Education Classes
EnrollRI.org/AdultEd to see
 full list of programs & locations;
 GED, Job Skills Training, ESOL etc.
DLT Career Center: Go to
[dlt.ri.gov/individuals/jobseeker-](http://dlt.ri.gov/individuals/jobseeker-resources)
resources & meet with a job coach

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!

PARENT SUPPORT NETWORK
WWW.PSNRI.ORG (401) 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**

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

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 assist
 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.

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

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

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

Westbay Community Action on 487 Jefferson Blvd. in Warwick, 02886
 offers Coventry residents who are eligible: **Heating Assistance,**
Good Neighbor Energy Fund, Weatherization etc.
www.westbaycap.org or call 732-4660
 RI Energy Consumer Advocate Carlos Andrade 378-5725

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

Family Health Services of Coventry (CCAP), 191 MacArthur
Blvd. www.comcap.org 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

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

CHILD INC. 823-3228 www.childinc.ri.org

Head Start/Early Head Start: No cost
 programming for expecting parents and children birth to five
 who are eligible by family income, foster placement or are
 experiencing homelessness. **Also Extended Day & RI PreK**

EBC House Hotline 738-1700 Advocates available
9-5 www.ebccenter.org Safe shelter; transitional housing;
 court advocacy; counseling

If need immediate assistance call **RI Victims of**
Crime Helpline 24hr. Support 1-800-494-8100

Law Enforcement Advocate with the Coventry Police
Department is trained in issues of sexual assault and
 domestic violence. Provides support through criminal justice
 proceedings, explains victim's rights etc. **Call 826-8915**

SUPPORT GROUPS**RESOURCES**

Here are just some in R I...

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

HOPE HOSPICE & PALLIATIVE CARE RHODE ISLAND
Bereavement support groups . Call 1-800-338-6555 or visit their
website at www.hopehospiceri.org

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 and support for Gay, Lesbian, Bisexual and
Transgender Elders

CAREGIVER EDUCATION & SUPPORT Brookdale Center of
New England 600 Center of New England Blvd. last Wednesday of
the month 6-7pm Questions-call Lisa Denton 821-2445 Ext. 4126

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

The Rhode Island Hoarding Task Force

Go to <https://rihoardingtf.ri.gov> for a directory of resources

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

Office of Healthy Aging—formerly Department of Elderly Affairs:

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

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

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

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

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

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

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

FOR NEGLECT OR ABUSE IN A FACILITY call:

Department of Health Facilities Regulation: 401-222-5200

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

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

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

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

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

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

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

Are you disabled and need information on services...

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

Vocational Rehabilitation/ Disability Determination Services

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

**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 451-0184

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

Westbay Community Action **SENIOR SERVICES
CASE MANAGEMENT** 487 Jefferson Blvd. Warwick
Provides supportive services for at-risk older residents.
Helps residents maintain independence through home &
community services. Call 732-4660 x138

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

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

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

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

**Saint Elizabeth Haven Shelter & Elder Justice
Community Program 401-244-5476** Temporary shelter
for elder victims & advocacy, case management,
safety planning in the community.
For more info. go to Stelizabethcommunity.org/haven

Find a Therapist: <https://www.psychologytoday.com/us/therapists> *Also, Medicare.gov also to help find a psychiatrist

Transportation

MTM coordinates transportation services for Rhode
Islanders age 60 and older & Under 60 Adults with
disabilities on Medicaid only – General and special
medical appts., adult day services, senior meals program
and INSIGHT. There is a \$2 fee per ride. **1-855-330-9131**.
It also coordinates non-emergency transportation for
Medicaid recipients who have no other means.

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

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



RESOURCES

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

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

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

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

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

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

VETERANS RIDE 4 FREE, INC.

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

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

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

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

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

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/licenses>

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

SOCIAL SECURITY ADMINISTRATION

30 Quaker Lane, Warwick RI 02886 (first floor)

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

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

Set up **mySSAaccount** at ssa.gov/myaccount
whether you receive benefits or not.

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

Having issues with Social Security or the VA ?

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

RI SPECIAL NEEDS EMERGENCY REGISTRY

The RI Department of Health maintains a registry for Rhode Islanders of all ages-infants to seniors– who have speech, cognitive, developmental, mental health, sensory and mobility disabilities, chronic conditions, and/or other special healthcare needs.

The Registry allows first responders and emergency management officials to plan, prepare for, and respond to the needs of the community in an emergency. For more info or to enroll, visit www.health.ri.gov/emregistry 401-222-5960/ RI Relay 711

PET OWNERS Need help with vet expenses?

FRIENDS of ANIMALS in NEED 489-3645

Pets in Need 270-3832

RI Community Spay / Neuter Clinic 369-7297

RI Veterinary Medical Association 751-0944

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

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**

HOPE AND RECOVERY

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.

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

VETERANS CRISIS LINE 24/7 Dial 988 then Press 1

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

THRIVE BEHAVIORAL HEALTH Intake (401) 732-5656

THRIVE Emergency Services 24/7 Call (401) 738-4300

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

ANCHOR RECOVERY & WELLNESS CENTER

401-615-9945 for all stages of recovery

890 Centerville Rd. Warwick

CCAP Behavioral Health Counseling 401-467-9610

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

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

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

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

THE SAMARITANS RI 24hr Crisis Hotline / Listening

Line Need to talk **(401) 272-4044**

or toll free RI **(800) 365-4044** Emergency? Call 911

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

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

BH LINK Call 401-414-5465 (LINK)

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.

Open 24/7 **Call 401-414- LINK (5465)**

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

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

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.

What does 988 help with? Thoughts of suicide, Mental health crisis, Substance use crisis, any other emotional distress.

Who answers 988 in RI ? 988 in Rhode Island is answered by trained crisis counselors at BH Link, the state's 24/7 crisis center for mental health and substance use disorder issues.

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

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

HOPE AND RECOVERY

TWELVE STEP PROGRAMS

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

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

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

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

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

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

24/7 Problem Gambling Hotline all 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 !

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. Began in Washington State 2009 and launched nationwide in 2010-2011 <https://www.safecallnowusa.org/>

Safe Call Now (for first responders and their families) Call 1-206-459-3020

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

Bookkeeper Stephani In 822-9177
sin@coventryri.gov

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

Social Workers

Susan Pajak 822-9176 spajak@coventryri.gov

Lynn Pendola 822-9125 lpendola@coventryri.gov

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

Food Bank 822-9199

Nurse's Office 822-6208

Mealsite / Café 822-9180

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

Program Assistant Karen Beaudoin 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 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.

Coventry Town Council Members

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

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

James LeBlanc District #3
District3@coventryri.gov

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

Scott R. Copley District #5
District5@coventryri.gov

Council Members At-Large

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

If you need to know what district you are in, please visit
www.coventryri.gov/town-gis-maps then click on
Council Voting Districts

Coventry Friends of Human Services Advisory Board:

Steve Glover Florence Martinelli Joan DeGregory
Gail Tatangelo Judith Taylor Joan Tillinghast
Ernest Rusack, Chairman Cole Campbell

TOWN OF COVENTRY

Additional phone numbers

Police and Fire..... 911

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

INCLEMENT WEATHER POLICY

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

Online at www.ribroadcasters.com

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 !**