

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

Click on Departments; Human Services; Attachments

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

## **From The Director's Desk**

Happy February Everyone!

We hope you are staying warm and connected with your friends. We will continue to have a variety of activities to keep the chill out of your bones as our exercise classes are up and running and continue to be well attended.

### **WE ARE SORRY BUT OUR FREE TAX APPOINTMENTS ARE FULL:**

Please review the below list of other places in our area that take appointments and call as they may have openings available

West Warwick Library 828-3750

Swift Community Center 886-8669

Cranston Public Library 943-9080

Pilgrim Senior Center 468-4090

Johnston Senior Center 944-3343

**HIGHLIGHTING SCAMS** We here at the Coventry Resource and Senior Center are seeing an increase in scams against our older adults We want you to be informed, safe and have resources. I want to direct you to pages 6 and a little on page 5 in this newsletter. **PLEASE READ, IT IS IMPORTANT INFORMATION**

You can go to these online resources as well:

Rhode Island Attorney General's Website: <https://riag.ri.gov> and the AARP website <https://aarp.org/money/scams-fraud/> which has great up to date resources all about scams.

Join us for **FEBRUARY ENTERTAINMENT Wednesday, February 12th at 11:00AM as we welcome Bud Pistachio** to our center. Call ahead to make reservations for lunch.

**Rhode Island Blood Center BLOOD DRIVE in honor of Ella, an AVM warrior and pediatric stroke survivor at the Coventry Senior Center: Thursday, February 6th from 1pm—6pm.**

Please keep a look out for some new artwork on our walls. We have local artist's work s on display throughout our center. If you know an artist who would like to show their work have them give us a call at 401-822-9175. We are booking artists for all of 2025.

Be well, stay safe and connect with your friends and stop on by and see us anytime!

Bob Robillard Jr., LMHC-Director

## ***FEBRUARY*** ***2025***



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# MONTHLY HAPPENINGS...

**Please note:** We will be closed on Monday, February 17th in honor of President's Day  
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**FEBRUARY ENTERTAINMENT**  
**Wednesday February 12th at 11:00-12noon**  
**Bud Pistachio will be here to perform**

Our menu will be Vegetable lentil soup, Breaded chicken breast with gravy, Sweet potatoes, Roasted zucchini, Sliced pears.

The cost is your \$3.00 donation for lunch. Please call 822-9180 to make reservations by 9:30am the day before.

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Rhode Island Blood Center **BLOOD DRIVE**  
**in honor of Ella, an AVM warrior and pediatric stroke survivor**  
at the Coventry Senior Center

**Thursday, February 6th from 1pm—6pm.**  
See flyer on page 4.

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**SNAP** (formerly 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

**February 19th 10- 2**

\*\*\*\*\*

**CPS Optix**

**will be here on February 3rd 10-12**

Offering full optic services with over 150 frames to choose from at no additional cost. When your glasses are ready, we will deliver them

and provide an onsite fitting to ensure you are 100% satisfied.

Any questions, call 921-4141

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**WATERCOLOR PAINTING CLASS**  
**Tuesday, February 11th 10-12**

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

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**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**

**Rhode Island Data Breach**

For current info and updates 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**

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**CCAP MOBILE HEALTH VAN**

will be at the Coventry Resource and Senior Center on

**Wednesday, Feb. 19th from 9am-3pm**

to help individuals with dental screenings if you do not have a dentist. Your insurance company will be billed for the service.

If you do not have insurance, they offer a sliding fee scale. This is a great way to care for your oral health. Flyer on pg 4

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**GRIEF SUPPORT**

will be returning for a Spring session starting on

April 1, 2025. Classes are free ! Please call for a

reservation at 822-9175. Space is limited Flyer on pg 3

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**RI Legal Services**

**monthly FREE "one on one" civil legal clinic**

Call 822-9175 to book appt. **February 28, 2025** Flyer on pg 4

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**SENIOR TECH help with "Dee"**

**February 12th 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!

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**RI ENERGY CONSUMER ADVOCATE**

Carlos Andrade

**Carlos will be here Feb.19th from 10-12**

to help anyone who may have questions on their utility bills.

\*\*\*\*\*

**COVENTRY LIBRARY**

Hannah from the Coventry Library will be visiting us weekly

**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 !

**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**



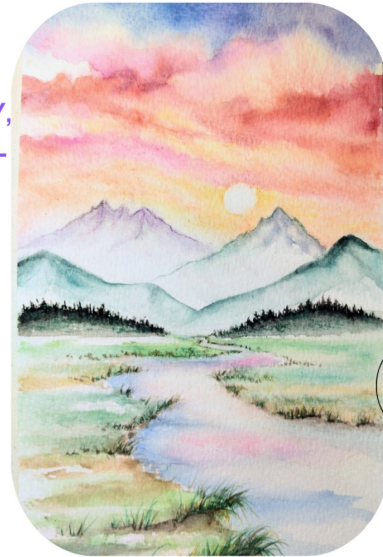
**TUESDAY, FEBRUARY 11, 2025**

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

**TEACHER,  
SYLVIA DELANEY,  
PROFESSIONAL  
ARTIST**

**BEGINNERS  
AND UP.**

**PAPER  
IS PRE DRAWN  
IF NEEDED**



**ART CLASS**

**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 PER PERSON**

**FYI Jan. 2025** RI Executive Office of Health & Human Services **launched a new website** [kids.ri.gov](http://kids.ri.gov)

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



### Grief Support Spring Session

Starting Tuesday April 1<sup>st</sup>. 2025 1-3 pm Weekly  
No costs / Reservations Necessary  
Coventry Resource and Senior Center

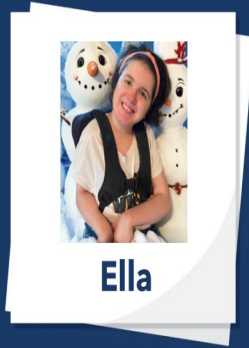


**Call 401-822-9175**



# Blood Drive

Roll up your sleeve in honor of someone special.



Ella

## Coventry Senior Center

Thursday, February 6  
1:00pm-6:00pm

Back Classroom  
50 Wood Street, Coventry

### About Ella

Ella is an AVM warrior and pediatric stroke survivor.

She received multiple blood and blood product transfusions while at Hasbro Children's Hospital.



Sign up at [ribc.org/drives](http://ribc.org/drives) and use sponsor code 5101

Please remember to eat, drink, and bring your ID with your name and photo. Appointments are preferred however walk-ins will be welcomed if space permits. Visit [ribc.org/coronavirus](http://ribc.org/coronavirus) for COVID-19 safety protocols.

#ribloodcenter   
800.283.8385 - [ribc.org](http://ribc.org)

## Come Visit the CCAP Mobile Health Van for your dental screening with our dental professionals

**When:** Wednesday, February 19th

**Time:** 9:00 AM - 3:00 PM

**Where:** Coventry Senior Center



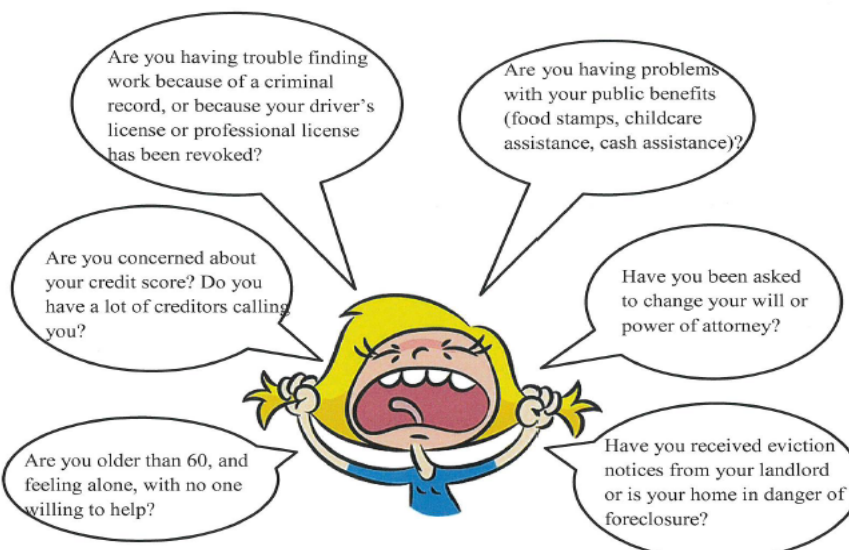
Open to all individuals without a dentist.

Your insurance company will be billed for the services provided. If you do not have insurance, we offer services on a sliding fee scale.

Bringing accessible care to your community! Don't miss this opportunity to take care of your oral health conveniently and close to home.

**Questions? Contact us for more details at 401-562-2273**

## LEGAL ISSUES GOT YOU STRESSED?



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

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

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

\*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! 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.

*Interested in changing career paths...* here are some resources

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

Employment & educational services, job coach

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

Connecting unemployed and underemployed

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

Search jobs, create resumes, find education & training

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

Jobseekers and employers are matched

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

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

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

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

**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 !

**What is RENTERS INSURANCE ?**

Renter's insurance is insurance that pays you if your personal property is damaged or stolen. It can cover fire and smoke damage, theft, vandalism, damage from windstorms and hail, damage from explosions, water damage from plumbing problems, etc. It also protects you from liability if an accident happens in your home and may pay your temporary living expenses if an emergency forces you to leave.

**Doesn't my landlord's insurance protect my belongings?** No. Your landlord's insurance does not protect your personal property. *It only protects the building.*

**More info. from American Red Cross)**

**Jan. 2025** RI Executive Office of Health & Human Services **launched a new website**

**kids.ri.gov**

A guide to find support, resources, and answers to many of your 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 ENERGY SCAM**

Individuals claiming to be from Rhode Island Energy contact a business owner or a residential customer to demand immediate payment or else the company will shut off the power supply.

In some instances, the scammers have been able to provide the customers with detailed information such as last payment date and amount.

While Rhode Island Energy may contact customers with past due balances by phone to offer payment options, the company **never** demands direct payment immediately over the telephone.

(taken from RI Attorney General website)

**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.**

**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.** *Do not transfer money or drain your savings to protect it from fraud.* That's a scam.

(The above excerpt 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](mailto: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](http://www.IC3.gov)
- \***Consumer Financial Protection Bureau** to file complaint on a financial product or service 855-411-2372 or [www.consumerfinance.gov](http://www.consumerfinance.gov)  
 \*\*\*\*\*
- 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 should 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](http://Equifax.com/personal/credit-report-services) 800-685-1111  
[Experian.com/help](http://Experian.com/help) 888-EXPERIAN (888-397-3742)  
[TransUnion.com/credit-help](http://TransUnion.com/credit-help) 888-909-8872

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

**ROMANCE SCAMS** - Adults of all ages are going online in hopes of finding love and companionship. But there can be a downside ...  
**WARNING SIGNS 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](http://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](http://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](http://www.waitlist-centralri.com)

\*For a statewide list of rental properties & other resources go to  
[www.rihousing.com](http://www.rihousing.com) Click on RENTAL RESOURCE GUIDE

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

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

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

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

Other helpful sites: [www.rifairhousing.org](http://www.rifairhousing.org)    [www.helprilaw.org](http://www.helprilaw.org)

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

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

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

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

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

For more info. go to [Stelizabethcommunity.org/haven](http://Stelizabethcommunity.org/haven)

### LIHEAP (Low Income

**Home Energy Assistance 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](http://westbaycap.org)**

In addition to LIHEAP, **WestbayCAP** also has the  
**Good Neighbor Energy Fund, Weatherization  
Assistance Program and Heating System Repair and Re-  
placement 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](http://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

### **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](http://www.assurancewireless.com) / [www.safelinkwireless.com](http://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](http://www.oha.ri.gov)**

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

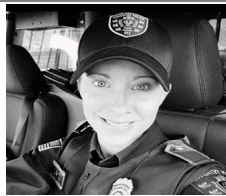
**Call Lynn at 822-9125 to be placed on the waiting list and for any updates as to openings.**

#### **COVENTRY CARES VOLUNTEERS VOLUNTEER OPPORTUNITIES**

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

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

**Please consider giving the gift of your time.**



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

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

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

\*\*\*\*\*  
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 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](http://coventryrecreation.com)**



## 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. 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—4:30pm.

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

#### LENDING LIBRARY

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

### PROJECT FRIENDS

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

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

### ‘TIS THE SEASON

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

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

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

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

# ACTIVITIES

## Coventry Resource & Senior Center

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. *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/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. No experience necessary. All you need is a desire to put your words on paper. She will show you how. \$5.00 per class.

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

**ARTS & CRAFTS** Every Thursday 1-3pm **(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

**WATERCOLOR PAINTING CLASS** 2nd Tuesday of each month 10-12  
Led by professional artist. \$15.00 for the class.

### AARP Chapter 2210 Presents!

2025 trips coming soon...

Call **Maureen Murphy** at 401-828-5188 or  
**Anne Brien** 401-263-4274 for details &  
**deadlines to book trips**  
Come see flyers soon 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)  
10am-12pm Watercolor Painting Class (2nd Tues)  
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 \$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!**

**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](http://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.

## **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.

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](http://www.westminsteruu.org)  
A non food pantry (items such as  
deodorant, tissues, razors)

One of every three bites  
of food you eat



depends on the honey bee.

facebook.com/organiccessions www.organiccessions.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](http://www.rimeals.org) or  
call (401) 351-6700 Donations accepted but not mandatory.

### Additional food pantry options...

#### **The Society of St. Vincent de Paul—Coventry**

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

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

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

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

# MONTHLY MENU

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

**Please keep this in mind for your cancellations as well.**

**Meals are served at noon. Thank you for your \$3.00 suggested donation.**

## SERVING SIZES

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

# February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Corn chowder Chicken teriyaki Rice pilaf Steamed broccoli Ww roll Sliced peaches Seafood salad plate	4 Vegetable soup BBQ beef Mashed sweet potato Buttered corn Ww roll Brownie Turkey sandwich	5 Chicken soup Swedish meatballs Mashed potatoes Green beans Ww roll Tropical fruit Tossed salad w/chicken	6 Tomato soup Honey glazed pork loin Fiesta rice Brussel sprouts Ww roll Chocolate cookie Egg salad on wheat	7 Mushroom barley soup Chicken marsala Potato wedges Mixed vegetables Ww roll Pineapple chunks Chef salad
10 Tuscan white bean soup Sloppy joe Roasted potatoes Cole slaw Ww roll Brownie Ham salad on rye	11 Minestrone soup Pepper steak w/ gravy Peas Steamed white rice Ww Roll Fresh melon Tossed salad w/ chicken	12 Vegetable lentil soup Breaded chicken breast w/ gry. Sweet potatoes Roasted zucchini Ww roll Sliced pears Seafood salad plate	13 Vegetable barley soup Caprese chicken Roasted potatoes Italian green beans Ww roll Cake Chef salad	14 Kale & bean soup Shepards pie Mashed potato Mixed fruit Ww roll Chicken salad sandwich
17 <b>Closed</b>	18 Tomato rice soup Greek style chicken thigh Roasted potatoes Zucchini w/ mixed vegetables Pita Cake Ham & cheese sandwich	19 Cream of broccoli soup Pork roast w/ gravy Rice pilaf Peas & carrots Ww Roll - Pineapple chunks Turkey sandwich on rye	20 Meatball soup Open turkey sandwich w/gravy Stuffing Butternut squash Ww roll Chocolate chip cookie Cobb salad	21 Escarole & bean soup Veal parmesan Florentine rice Italian mixed vegetables Ww roll Watermelon Tuna salad sandwich
24 Cauliflower tomato soup Grilled chicken Spanish rice Roasted carrots Ww roll Sliced pears Seafood salad sandwich	25 Vegetable soup Baked Rigatoni w/meatballs & Sausage Italian roasted vegetables Ww roll Chocolate cookie Ham & cheese on rye	26 Chicken escarole soup Mongolian pork White rice Broccoli Ww Roll Tropical fruit Tossed salad w/chicken	27 Vegetable barley soup Meatloaf w/ gravy Mashed potatoes Peas & onions Ww roll Cake Chicken salad sandwich	28 Lentil & bean soup Meatball sandwich Cole slaw Sweet potato Ww roll Sliced peaches Egg salad sandwich
				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>

**A little more kindness. A little less judgment.**

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

## **Consumer Protection Bureau Will Soon Remove Medical Bills from Your Credit Reports** By Andy Corbley—Jan 9, 2025

A little-known federal regulatory agency called the Consumer Financial Protection Bureau (CFPB) just finalized a rule that will prevent medical debt from affecting consumer credit scores.

Millions of Americans live in fear of developing too many bad marks on their credit score. This mysterious number shared between financial institutions can govern whether or not an American can receive a loan. Any missed payment or default is likely to show up as a black mark, and may hinder them from receiving a mortgage, car loan, or other kind of liability.

The CFPB's ruling will remove an estimated \$49 billion in medical bills from the credit reports of about 15 million Americans. The CFPB's action will ban the inclusion of medical bills on credit reports used by lenders and prohibit lenders from using medical information in their lending decisions.

The CFPB has found that medical debts provide little predictive value to lenders about borrowers' ability to repay other debts, often because large medical expenses are typically incurred involuntarily. They frequently represent absolutely necessary expenses that would be prioritized above most other discretionary spending had they been seen ahead of time.

FICO and VantageScore, two major credit scoring companies, have agreed to reduce the degree to which medical-related costs affect credit scores, while Equifax, Experian, and TransUnion, three national credit reporting conglomerates have agreed to remove \$50 billion of medical debt from affecting credit scores.

The CFPB expects the rule will lead to the approval of approximately 22,000 additional, affordable mortgages every year and that Americans with medical debt on their credit reports could see their credit scores rise by an average of 20 points.

“People who get sick shouldn't have their financial future upended,” [said](#) CFPB Director Rohit Chopra.

“The CFPB's final rule will close a special carveout that has allowed debt collectors to abuse the credit reporting system to coerce people into paying medical bills they may not even owe.”

(Above taken from [www.goodnewsnetwork.org](http://www.goodnewsnetwork.org))

# RESOURCES

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

**How to apply for SNAP (formerly food stamps) benefits; RIW (cash assistance); (CCAP) child care assistance, Medicaid and other programs** – Can apply online or you may opt to complete the printable application. The application can be found at RI DHS website: [www.dhs.ri.gov](http://www.dhs.ri.gov) **DHS Call Center (1-855-697-4347) Select menu option #2 for info.**  
**FAX (401)462-8052** 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**

Interested in **changing career paths...** here are some resources

**RI Dept of Labor and Training** <https://dlt.ri.gov>  
 Employment & educational services, job coach

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

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

**netWORKri** <https://www.careercenteroffices.com>  
 Jobseekers and employers are matched

**RI SNAP E&T** is a package of training, services and supports designed to help SNAP recipients gain skills, earn credentials, set goals and succeed <https://risnapet.org> *Check out full handbook with all courses available*

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

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

## CHILD CARE

**RI State DHS CCAP (child care assistance)** [www.dhs.ri.gov](http://www.dhs.ri.gov)

**Catholic Charities Child Care Scholarships** (Cabrini Fund)  
[dioceseofprovidence.org](http://dioceseofprovidence.org) or call 421-7833 x213

**Military Families:** \*[militarychildcare.com](http://militarychildcare.com)  
 \*<https://public.militarychildcare.csd.disa.mil>  
 \*<https://finred.usalearning.gov/Benefits/DCFSA>

**Bright Stars—Rating system for RI Child Care**  
[www.brightstars.org](http://www.brightstars.org) Call 1-855-398-7605

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

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

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

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

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

## PARENT SUPPORT NETWORK

[WWW.PSNRI.ORG](http://WWW.PSNRI.ORG) (401) 467-6855

## RI PARENT INFORMATION NETWORK

[WWW.RIPIN.ORG](http://WWW.RIPIN.ORG) (401) 270-0101 [callcenter@ripin.org](mailto:callcenter@ripin.org)

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

## Office of Child Support Services

For application visit [www.cse.ri.gov](http://www.cse.ri.gov) (401) 458-4400

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

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

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

## 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

**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](http://www.westbaycap.org) or call 732-4660  
 RI Energy Consumer Advocate Carlos Andrade 378-5725

**EBC House Hotline 738-1700 Advocates available 9-5** [www.ebccenter.org](http://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**

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 / <https://www.APDAparkinson.org/ri>

**HOPE HOSPICE & PALLIATIVE CARE RHODE ISLAND**

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

**SUPPORT FOR STROKE SURVIVORS AND CAREGIVERS**

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

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

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

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

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

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

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](http://www.oha.ri.gov) to file report online. RI General Law 46-66**

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

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

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

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

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

\*\*\*\*\*

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

Department of Health Facilities Regulation: 401-222-5200

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

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

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

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

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

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

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

\*\*\*\*\*

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

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

**Vocational Rehabilitation/ Disability Determination Services**

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

**RESOURCES****FYI Robert J. Allen Masonic Medical Equipment**

**Distribution Center** \* Open Fridays 9 to 12

Pre-owned-loaned at no cost 116 Long Street Warwick (2nd entrance gate at Buttonwoods Masonic Youth Center) More info. Email [medcenter@rimasons.org](mailto:medcenter@rimasons.org) or 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](http://www.oscil.org)

**Transportation**

**MTM** coordinates transportation services for Rhode Islanders age 60 and older & Under 60 Adults with disabilities on Medicaid only – General and special medical appts., adult day services, senior meals program and INSIGHT. There is a \$2 fee per ride. **1-855-330-9131**. 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](http://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](http://www.ripta.com)

Can apply in person, online and by mail.

Westbay Community Action **SENIOR SERVICES CASE**

**MANAGEMENT** 487 Jefferson Blvd. Warwick Provides supportive services for at-risk older residents. 732-4660 x138

**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

**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. 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.

**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**

for help 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](http://www.health.ri.gov)

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





## RESOURCES

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

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

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

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

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

**Thrive Behavioral Health Veteran Services Coordinator**  
Patrick Lachey Contact: [plachey@thrivebhri.org](mailto:plachey@thrivebhri.org)

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

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

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

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

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

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

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

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

**SOCIAL SECURITY ADMINISTRATION**  
30 Quaker Lane, Warwick RI 02886 (first floor)

**How to apply for Benefits: File online at [ssa.gov](http://ssa.gov)**  
for Retirement, Spouse, SSI, Disability, Medicare

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

Set up **mySSAaccount** at [ssa.gov/myaccount](http://ssa.gov/myaccount)  
whether you receive benefits or not.

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

**Having issues with Social Security or the VA ?**

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

### RI SPECIAL NEEDS EMERGENCY REGISTRY

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

The Registry allows first responders and emergency management officials to plan, 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](http://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](http://www.coventryri.org) or the Coventry Police website at [www.coventrypd.org](http://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](http://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](http://www.veteranscrisisline.net) or Text 838255**

## **THRIVE BEHAVIORAL HEALTH Intake (401) 732-5656**

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

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

## **ANCHOR RECOVERY & WELLNESS CENTER**

**401-615-9945** for all stages of recovery

890 Centerville Rd. Warwick

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

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

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

[www.ebccenter.org](http://www.ebccenter.org) Safe shelter; transitional housing, court advocacy; counseling

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

## **THE SAMARITANS RI 24hr Crisis Hotline / Listening**

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

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

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

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

## **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](http://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](https://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

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**[PreventOverdoseRI.org](http://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/>

**[kids.ri.gov](http://kids.ri.gov)** 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.

**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 !*

**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

**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](http://Samhsa.gov/talk-they-hear-you/mobile-application)**



**Staff Directory**

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

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

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

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

**Social Workers**

Susan Pajak 822-9176 spajak@coventryri.gov

Lynn Pendola 822-9125 lpendola@coventryri.gov

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

**Food Bank** 822-9199

**Nurse's Office** 822-6208

**Mealsite / Café** 822-9180

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

**Program Assistant** 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

**Maint/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.**

**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](http://www.ribroadcasters.com)

click *View Current Closings*.

In doubt - call the main number at 822-9175

**DONATIONS ALWAYS APPRECIATED**

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

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