

# 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.org](http://www.coventryri.org) 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 July!

**We will be closed on the Fourth of July to celebrate Independence Day of our Great Country.** Also there is **no BINGO on Wednesday July 5<sup>th</sup>**, but we will start right back up on July 12<sup>th</sup>.

Our classes will continue throughout the summer months; Tai Chi for balance our SHRI Yoga classes and art classes will be available. We have ice cold AC for those hot days, check out our menu and come in out of the heat and have a great meal and meet some new people.

Our Grief Support Group will be available to those in need on July 11, 18 and 25<sup>th</sup> @ 1pm.

CSP Optics will be here on July 13<sup>th</sup> to help with prescription lenses and frames at significant cost savings for those who have vision difficulties.

Our Bocce Court is set up for you Bocce Players. Stop by and check out or regulation court that is shaded from the sun and enjoy the outdoors. Our patio is open with new chairs and tables and a 12x20 pergola will be installed this month for you to relax under.

Our card players have many days to meet up. Our pitch league is in full swing and instructional cribbage, pinochle and canasta happen throughout each week, read on in our newsletter to find out more details. Scrabble and other fun and games happen each week. Stop by and check out our billiards room, two 9 foot tables with leather pockets are available. It costs only \$4.00 per month to play and the costs help us maintain the tables, sticks and is cheaper than anywhere else by far.

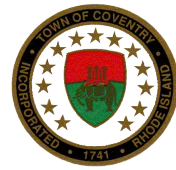
The Coventry High School Jazz Band will be here to entertain us on July 25<sup>th</sup> @ 11am. These young musicians are very talented and were a big hit in June. Their live performances add a new level of sophistication to our lunches.

Rhode Island Energy will be here on July 26<sup>th</sup> from 9am to 2pm to discuss their programs with us and assist seniors with possible cost saving opportunities.

I would to thank all of our veterans who have helped make our country, the United States of America, the greatest place to live. We have a fair share of veterans who use our services and we are here to direct you to any programs and services you have earned and are eligible for. Thank you for your service!

**Until Next Month-Enjoy summer here in New England and time with your friends and families! BE WELL-** Bob Robillard Jr., LMHC-Director

# JULY 2023



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# MONTHLY HAPPENINGS...



**Please note: We will be closed on Tuesday, July 4th to celebrate Independence Day**

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### JULY ENTERTAINMENT

**JoeyG will entertain us on Wednesday, July 19th.**

The menu will be chicken soup, meatball and pepper sandwich, roasted potato, cucumber cranberry apple salad, roll and cookie. Please make your reservations by 9:30am on Tuesday 7/18

\*\*\*\*\*

**Also there is NO BINGO on Wednesday, July 5th**

but we will start right back up on July 12th

\*\*\*\*\*

**GRIEF SUPPORT GROUP** has started

**It will be available to those in need on**

**July 11, 18 and 25th at 1pm here at the center.**

Please call 822-9175 to sign up.

More info on page 4

\*\*\*\*\*

**Mark your calendar...**

**RHODE ISLAND ENERGY** will be here on

**July 26th from 9am to 2pm**

**Come meet with a customer advocate**

to discuss your financial situation and determine if there are any possible cost saving opportunities.

\*\*\*\*\*

**COME PLAY BOCCE !**

**Anyone interested in starting a league?**

**Or you and some friends can play anytime, just**

**call Lynn at 822-9175 to reserve your time**

**on our regulation court. (photo on page 5)**

Why not make a day of it-play Bocce in the morning and make a reservation for lunch at noon?

\*\*\*\*\*

**TAI JI QUAN aka TAI CHI**

**The new class of Tai Chi is starting**

**August 23rd.**

Please sign up with Lynn in reception at 822-9175

Wednesdays and Fridays from 9-10.

\$3.00 per class.

\*All students assessed before they can start.

Schedule your balance screening at 822-9175

**WE ARE THRILLED TO ANNOUNCE that the Coventry High School Jazz Band will be performing here at the center from 11am to noon this summer on the following Tuesdays July 25th and August 1st**  
These young musicians are very talented and their live performances add a new level of sophistication to our lunches  
Don't forget to mark your calendars! Maybe you would like to also make a reservation for lunch at 822-9180

\*\*\*\*\*

**YOGA Update** — We are offering Yoga two times per week.

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

If you haven't joined us for a class you will need to register at the front desk or call 822-9175. The cost is \$3.00 per class.

Class enrollment limited. **\*must have a yoga mat to participate**

\*\*\*\*\*

**MEN'S GROUP** Come check this group out

**the 2nd Thursday of every month at 1:00 in the mealsite.**

\*\*\*\*\*

**CPS OPTIX** - a family owned and operated optical shop will provide full optical services with over 150 frames to choose from.

**Thursday, July 13th from 11—12. See flyer on page 4**

\*\*\*\*\*

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

**July 21st. Call 822-9175 for appt. More info on page 4**

\*\*\*\*\*

Please be advised the **ARTHRITIS EXERCISE CLASS is canceled until further notice !**

\*\*\*\*\*

**COME CHECK OUT OUR PATIO...**

Our patio is open with new chairs and tables and a 12x20 pergola will be installed this month for you to relax under.

\*\*\*\*\*

**GET OUT OF THE SUN AND STAY COOL**

and check out our billiards room

which features two 9 foot tables with leather pockets.

It only costs \$4.00 per month to play ...

\*\*\*\*\*

**Don't forget to check out the entire newsletter for a full list of all our programs, activities and other helpful resources...**



# Rhode Island Energy™

a PPL company

Assistance options for income eligible customers!

If you need help, there is hope. If you have trouble paying your bill, we can help! Rhode Island Energy Customer Advocates can go over your individual situation and assist with payment options that may be affordable to our income eligible customers. Along with the following programs:

You can qualify for a up to a 30% discount on your RI Energy electric and gas bills if you:

- Receive food stamps/Supplemental Nutrition Assistance Program (SNAP), or
- Qualify for Fuel Assistance/Low Income Energy Assistance Program (LIHEAP), or
- Receive Supplemental Security Income (SSI) (SSDI is not a qualifier)

Or, Qualify for a 30% discount on your RI Energy Bills if you receive:

- Medicaid, or
- Rhode Island works program, or
- General Public assistance

**Come meet with a Customer Advocate on the 4<sup>th</sup> Wednesday of every month. Carlos will be here from 9AM-2PM at the Coventry Resource & Senior Center located on 50 Wood Street Coventry, RI 02816.**

If you have any question you can contact Carlos Andrade 401-378-5725.

RI Energy Customer Advocates can evaluate the financial situation on an individual basis to determine if there are alternative options available!

# July 13th CPS OPTIX WILL BE HERE AT THE

**COVENTRY RESOURCE AND SENIOR CENTER  
EVERY 2ND THURSDAY OF THE MONTH  
FROM 11AM - 12PM**



## WHO WE ARE:

CPS Optix is an established, family owned and operated optical shop in Warwick, RI. Our optician is dependable and has over 30 years of experience. We can customize your glasses to fit your needs and our optician cuts your lenses in-house so you get your order faster. Our mission is to provide quality care with traditional values.

At the Coventry Resource and Senior center we will be offering full optical 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.

### SERVICES WE OFFER:

- Glasses
- Sunglasses
- Single Vision
- Bifocal
- No-line Bifocals (Progressive)
- Free mobile service
- Free adjustments
- Free repairs
- Lens replacement
- Tints

### INSURANCE WE ACCEPT:

- Blue Chip\*
- Blue Cross Blue Shield plans\*
- Medicare\*
- Neighborhood Health Plan of RI
- Rhode Island Medicaid
- Spectera
- UnitedHealthcare for Medicare
- UnitedHealthcare Rite Care

401-921-4141

200 Toll Gate Road Ste 202  
Warwick, RI 02886

CPSOPTIX@GMAIL.COM

WWW.CPSOPTIX.COM

## GRIEF SUPPORT GROUP

July 11th, 18th and 25th at 1pm.  
Please call 822-9175 for any questions.

**GRIEF SUPPORT GROUP**  
TELL YOUR HEART TO BEAT AGAIN

**Facts Of Life**

Grief, I've learned, is really just love. It's all the love You want to give but cannot. All that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest Grief is just love with no place to go.

### THE COVENTRY SENIOR CENTER AND RESOURCE CENTER 50 WOOD STREET, COVENTRY, RHODE ISLAND

#### IS OFFERING A PROGRAM FOR GRIEF SUPPORT FREE OF CHARGE

THIS SUPPORT GROUP WILL PROVIDE A PEACEFUL PLACE TO SHARE  
AND LEARN ABOUT GRIEF WITH THE BENEFIT OF SPIRITUAL COMFORT

EACH SESSION WILL BE 2 HOURS LONG AND LAST 8 WEEK

ANYONE INTERESTED PLEASE CONTACT OUR RECEPTIONIST TO REGISTER

## 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: July 21st, 2023**

**WHY: RESOLVE YOUR CIVIL LEGAL ISSUES**

**HOW: Call 822-9175 to book your  
appointment!**

As of July 16th, 2022 there is now a - **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 who is part of the National Suicide Prevention Lifeline.

**MENTAL HEALTH SUPPORT in Rhode Island: 24/7 (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**

Visit the **BH Link website at [www.bhlink.org](http://www.bhlink.org)**

Or you can visit the **24-HOUR/7-DAY TRIAGE CENTER at 975 Waterman Avenue, East Providence, RI**

\***RI Coalition Against Domestic Violence** or [www.ricadv.org](http://www.ricadv.org) 24hr Helpline 1-800-494-8100

For more info on the above and other supportive services go to <https://covid.ri.gov/public/healthcare-and-support-services>

**TECH Help for Seniors**

We have a volunteer that is willing to come in once per month to assist seniors with their phones and tablets. To start the program will be one on one and half hour time slots. We may offer small classes in the future if needed.

This new TECH program will be offered on the second Wednesday of the month.

Please call Lynn our receptionist at 822-9175 to have your name added to the list.

**Meals on Wheels Volunteers Needed !** We are looking for drivers for Monday, Wednesday or Friday to deliver meals to the homebound in our community. The commitment would be one route one morning per week for a couple of hours.

If interested, please inquire at the front desk, see Pat Fleming or call Pat at 822-9474. Thank you

***Come play Bocce !!!***

We have a beautiful regulation court here at the Center ! It is also partially covered...

Interested in starting a league ?

Or if you and some friends would like to play please call Lynn at 822-9175 to reserve the Bocce court for any time between 8:30 - 4:00 Monday thru Friday.



**COVID VACCINE & BOOSTER INFORMATION** For all links and information visit <https://covid.ri.gov>

\*To schedule go to [www.vaccines.gov](http://www.vaccines.gov) or at your Dr. office or select local pharmacies online or call CVS at 1-800-746-7287 Say "Vaccine" / "Agent" / Press 0

\*Providence VA Medical Center, 830 Chalkstone Ave. Prov Veterans can call (401) 273-7100 Ext. 13021

**FREE RIDES** to vaccines **Call 401-781-9400 or [www.ripta.com](http://www.ripta.com)**

Anyone enrolled in Medicaid or over 60 can use the **Non Emergency Medical Transport Service provided by MTM.**

**<https://www.mtm-inc.net/mtm-link> or call 855-330-9131 at least 2 days before appt**

To print proof of your vaccinations go to <https://Portal.ri.gov/vaccinerecord> or if no access online you can call (401) 222-8022 OR Get a digital copy of your COVID-19 vaccine record on your phone by downloading the 401Health App.

**IF YOU, OR YOUR LOVED ONE, IS HOMEBOUND AND IN NEED OF A COVID VACCINE OR THE FLU VACCINE...**

Alert Healthcare can provide a COVID vaccine/booster shot in your home. Please call 1-508-944-7722 to schedule a home appt

Purple Shield Mobile Healthcare can provide both a COVID vaccine/booster shot AND the FLU vaccine in your home.

Please call Purple Shield at (401) 384-7752 to schedule a home appointment.

## PLEASE GET INFORMED ON SCAMS .... AND USE YOUR KNOWLEDGE TO AVOID BEING SCAMMED

*Learn how to help yourself and others—you won't believe how many scams there are!  
These criminals are masters of deceit and extremely sophisticated !!*

**AARP has a very informative website** <https://www.aarp.org/money/scams-fraud/>

If you've been targeted by scams or fraud, you are not alone.

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 and available to anyone.

Also offer online support sessions for further emotional support.

You can also look up a scam in **AARP's Fraud Resource Center**, sign up for regular updates and much more.

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### **If you feel you are a victim of a scam or fraud:**

Contact your bank to report if applicable

Report a scam or fraud to your local law enforcement—**Coventry Police 826-1100**

Report to **RI Office of Attorney General Consumer Protection Unit 274-4400 / contactus@riag.ri.gov**

**FTC Federal Trade Commission** 877-382-4357 [www.ftc.gov](http://www.ftc.gov)

Report fraud, scams, and bad business practices [reportfraud.ftc.gov](http://reportfraud.ftc.gov)

To file an identity theft report **Identitytheft.gov**

**FBI Internet Crime Complaint Center** [www.IC3.gov](http://www.IC3.gov)

If you receive a misleading or suspicious **Social Security-related** advertisement or imposter communication, please report to **Office of the Inspector General (OIG)** at [oig.ssa.gov](http://oig.ssa.gov) or call their **fraud hotline at 1-800-269-0271** or send an email to [OIG.1140@ssa.gov](mailto:OIG.1140@ssa.gov)

**Annualcreditreport.com** to request a **free credit report once per year.**

**Credit Bureau Contacts** Contact the national credit bureaus to request fraud alerts, credit freezes (also known as security freezes), and opt outs from pre-screened credit offers.

[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

**FYI...** A contractor doing business in Rhode Island is required to be registered with the **Contractors' Registration Board**.  
Before signing a contract, check with the board to ensure the contractor is registered and licensed  
and if there have been claims and/or violations.

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

Here is another example of a scam taken from the RI Attorney General's website...

### **Bogus Check/Mystery Shopper Scams**

- Typically, a scam artist will send an unsolicited letter or email offering you an opportunity to earn money while acting as a "secret" or "mystery" shopper.
- The scammers will then send you a legitimate-looking check with instructions for you to deposit the check at your bank, then withdraw and send back a portion to them either through a prepaid debit card or a wire transfer.
- The check, however, is bogus. You are left responsible for any bank fees associated with the bounced check and out the money you wired to the scam artist.

## UTILITY / HOUSING RESOURCES

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 do outreach with House of Hope CDC as well.

As of 10-12-22 Rhode Islanders have a new website [Energysupport.ri.gov](http://Energysupport.ri.gov) which includes a list of state, federal and non profit energy assistance resources. Contact WestbayCAP at 732-4660 if unable to use the online format.

### LIHEAP (Low Income

### Home Energy Assistance Program)

IN ADDITION TO APPOINTMENTS HERE,  
 also **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.**

Or for new applications this year, you can apply on WestbayCAP online portal as of Oct. 1st [www.westbaycap.org](http://www.westbaycap.org)

### 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 or visit [www.coventryhousing.org](http://www.coventryhousing.org)  
 Can apply online or request paper application

**Other helpful sites:** <https://affordablehousingonline.com>  
[rihomeless.org](http://rihomeless.org) [www.helpri.org](http://www.helpri.org) [www.rifairhousing.org](http://www.rifairhousing.org)  
[www.housingsearchri.org](http://www.housingsearchri.org)

### Rhode Island Energy Assistance options for income eligible customers !

If you need help, there is hope. Rhode Island Energy Customer Advocates can go over your individual financial situation and assist with payment options that may be affordable to income eligible customers.

Along with the following programs:

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, Rhode Island Works program or General Public Assistance.

**Come meet with a Customer Advocate, Carlos Andrade here at the Senior Center, 50 Wood St. on the 4th Wednesday of every month from 9am—2pm**  
*Any questions contact Carlos at 378-5725.*

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 Home Energy Assessment Program

Available to all households, including homeowners and renters. For more info 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)

**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/>

### Need Assistance Paying Your Water or Sewer usage bill?

**Low Income Household Water Assistance (LIHWAP)** can help with: Reconnection of water services; Prevention of disconnection; Past-due balances. Learn more & apply at Westbay CAP or SCHEDULE APPOINTMENT HERE.

# 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.

**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**

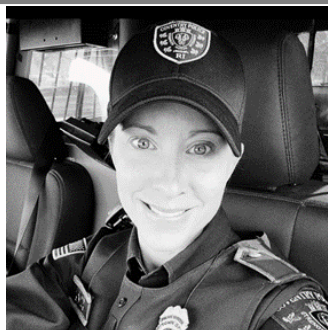
### Coventry Department of Parks and Recreation

Check out their amazing seasonal programs...

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

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)**



The Coventry Police Department is pleased to announce **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.

**Officer Erica Braker #32**

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



## 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...  
and for Mondays starting in May.**

#### NOTARY PUBLIC

##### Free Service

This service is available at no charge.

Three staff members are RI Registered Notaries.

**Please call 822-9175** to ensure a notary is available for you.

#### 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 !

Tuesdays at 1:00 we meet in the mealsite. The cost is \$25.00 for seventeen weeks. For more information see Joan & Peggy in person or call 822-9175.

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

**BOCCE** Thursdays @ 1pm. Weather permitting  
Or 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. Always looking for cribbage players !

**Instructional Cribbage will be on Mondays at 1:00pm.**

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

### 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— looking for more players

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** Every Tuesday at 1:00

We will be meeting in the activity room just behind the mealsite.

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

### AARP Chapter 2210 Presents!

August 17, 2023 Lake Winnepesaukee Luncheon Cruise \$134/pp

Sept. 12, 2023 Boston Duck Tour & Margaritaville Fanueil Hall \$134/pp

October 3, 2023 Mohawk Trail Fall Foliage Tour \$109/pp

November 7-9, 2023 Atlantic City Resorts Casino \$299/pp Double \$279/pp Triple \$399/pp Single

Call **Maureen Murphy at 401-828-5188**  
**for more details & to make reservations**  
or come and view the flyers here !

### Weekly / Monthly Activities & Programs

#### Monday

8:00am - 4:30pm Pool Room  
8:30am -12:30pm Nurse available  
9:30am Yoga

#### Tuesday

8:00am - 4:30pm Pool Room  
8:30am - 12:30pm Nurse available  
10:15am Sociables (1st Tuesday)  
10:30am Arthritis Exercise (cancelled)  
11:15am Zumba  
1:00pm Canasta  
1:15pm 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 Creative Writing  
1:00pm Cribbage  
1:00pm Arts & Crafts Class  
1:00pm Men's Group (2nd Thursday)

#### Friday

8:00am - 4:30pm Pool Room  
8:30am - 12:30pm Nurse available  
9:00am Tai Ji Quan  
10:00am Pinochle  
10:30am Arthritis Exercise (cancelled)  
10:30am Yoga  
1:00pm Scrabble



# HEALTH & WELLNESS



## ZUMBA fitness classes

**Tuesdays 11:15am—12:15pm.**

The cost is \$3.00 per class.

Fun, easy to follow, low impact dance moves.

Zumba is a great cardio exercise.

Come join the fun !

**Please call to register at 822-9175.**

\*\*\*\*\*

## THE SOCIABLES

**On the first Tuesday of every month at 10:15am**

interesting single seniors meet and plan day trips for the upcoming month. If you're not busy every Sunday and enjoy plays etc. we would love to have you join us.

\*\*\*\*\*

## YOGA

Shri will be teaching our program going forward. 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.

**Mondays 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!**

\*\*\*\*\*

## MEN'S GROUP

2nd Thursday of the month 1:00 in the mealsite.

\*\*\*\*\*

## CareLink Wellness Fall Prevention Program

### TAI JI QUAN / TAI CHI: Moving for Better Balance

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 be added to the list.

**Call 822-9175 for more info.**

**NEW SESSION STARTS August 23rd**

**\*All students are assessed before they can start**

**Call 822-9175 to schedule your  
15 minute Balance Screening  
& you can also schedule a  
15 minute hearing screen**

Did you know: \*Those with hearing loss are at a 3 TIMES increased risk for falls !

\*\*\*\*\*

## ARTHRITIS EXERCISE CLASS **canceled until further notice**

Tuesdays and Fridays 10:30 – 11:30

This is an eight week program for \$40.00.

We include chair exercises as part of the program.

***Stop in for a class to see if this is what you are looking for !***

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

# NUTRITION

## COVENTRY COMMUNITY FOOD BANK

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

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

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

**The Food Bank greatly appreciates any donations...** And we always accept any non-perishable items such as personal care items & household cleaning supplies.



One of every three bites  
of food you eat



depends on the honey bee.



**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 the 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 “hearty option” provides a full, hot lunch for those who prefer their main meal at midday.

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

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

*Celebrate Birthdays the third Thursday of the month !*

**PARTICIPANT INFORMATION FORM / 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 Volunteers needed ! Call Pat Fleming for details 822-9474

**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. (401)828-3090 Saturdays 9-12pm for Coventry residents. Can visit weekly. Handicapped accessible at back door.

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

#### **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 regardless of last name)

\*Must bring proof of ID and address.

\$6 for 3 prefilled bags. Accept debit/credit cards; bags placed in trunk, please have ID ready & trunk cleaned out. Check their Facebook page (Project Hand Up) for times & changes

#### **Faith Fellowship Food Pantry**

Temporarily closed as they will be moving

# 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

# July 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken soup Sweet & sour meatball Fried rice 3 – bean salad Roll (whole wheat) Chocolate chip cookie Grilled veggie salad w/chicken	4 <b>Closed</b>	5 Fresh fruit cup Crispy roasted chicken thigh Roasted sweet potato salad Zesty green beans Roll Cookie Chef salad	6 Minestrone soup Lasagna roll up w/meat sauce Roasted potato Broccoli florets Snowflake roll Fruit Chicken salad on wheat	7 Tomato soup Salisbury steak w gravy Mashed potato Mixed vegetables Fruit Roll Spinach salad w/ chicken
10 Pasta & bean soup Shepards pie Mashed potato Multi grain roll Pudding Ham & cheese club	11 Lentil & bean soup Beef tips w/ gravy Roasted sweet potatoes Green beans Fruit Sliced multi grain bread Seafood salad on wheat bread	12 Greek cucumber salad Chicken cordon bleu Rice pilaf w/ mushrooms Mixed vegetables Roll Oatmeal raisin cookie Grilled vegetables salad w/chicken	13 Minestrone soup BBQ pulled pork sandwich Cole slaw Orzo salad Roll Cake Turkey on wheat	14 Tomato soup Sausage & pepper sandwich Green bean salad Roasted potato Ww roll Jello Egg salad sandwich
17 Vegetable soup Chicken cacciatore Roasted potato salad Mixed vegetable Roll Fruit Seafood salad plate	18 Mediterranean rice salad Baked rigatoni w/mini meatballs Green beans Roll Fruit salad Turkey & swiss on rye	19 Chicken soup Meatball & pepper sandwich Roasted potato Cucumber cranberry apple salad Roll - cookie Tuna salad plate	20 Tomato soup Sloppy joe 3 – bean salad Chips - roll Cake Chicken sandwich	21 Tossed salad Fruit cup Beef stew Ww roll Pudding Ham & cheese on rye
24 Greek cucumber salad Meatball (1) Stuffed shell (1) Mixed vegetables Garlic bread Cake Cobb salad	25 Mushroom barley soup Smothered pork chop w/apples & peppers Parsley potatoes- Fruit Zucchini w/ plum tomato - roll Egg salad on multi grain roll	26 Navy bean soup Liver & onions Mashed potatoes Peas Watermelon - roll Hot dog w/roll	27 Minestrone Soup Chicken marsala Roasted broccoli & cauliflower Rice pilaf Cookie Chicken salad sandwich	28 Fresh fruit w/ cottage cheese Open turkey sandwich Stuffing Cole slaw Ww roll - pudding Spinach salad w/chicken
31 Vegetable soup Lemon chicken Potatoes O'brien Sliced carrots Whole Wheat roll - cookie Turkey & Swiss/whole wheat				

# SOCIAL SECURITY INFO

## FRAUDSTERS NEVER GO ON VACATION

By Cheryl Tudino

Social Security Public Affairs Specialist



Fraudsters will never take a break. While you are out enjoying fun and sun this summer, they are working hard to find new ways to scam you. Seniors and younger people are particularly vulnerable to scammers who claim to represent Social Security. To protect you and your loved ones, you can:

- Visit our Protect Yourself from Social Security Scams webpage at [www.ssa.gov/scam](http://www.ssa.gov/scam) for information on what tactics scammers use and how to report them.
- Check out the Federal Trade Commission's page at [consumer.ftc.gov/scams](http://consumer.ftc.gov/scams) for additional scam-related information.

Here are some tips to follow when you identify a potential scammer:

- Hang up right away or ignore the message.
- Never give personal information or money.
- Report the scam immediately to our Office of the Inspector General at <https://oig.ssa.gov/report/>.

If you owe money to Social Security, we'll mail you a letter with payment options and appeal rights. We only accept payments electronically through Pay.gov or Online Bill Pay, or physically by check or money order through our offices.

We will never do the following:

- Threaten you with arrest or legal action because you don't agree to pay us money immediately.
- Promise a benefit increase in exchange for money.
- Ask you to send us gift cards, prepaid debit cards, wire transfers, internet currency, cryptocurrency, or cash through the U.S. mail.

There are no vacations for fraudsters, so you need to stay informed of the latest Social Security-related scams. For more information, please visit our blog at [www.blog.ssa.gov](http://www.blog.ssa.gov). Please share these useful resources with your loved ones.

# 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 and other programs** – Can apply online or you may opt to complete the printable application. The application can be found at RI Department of Human Services website: [www.dhs.ri.gov](http://www.dhs.ri.gov) **DHS Call Center (1-855-697-4347)** RI DHS all mailed applications 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

**URI SNAP OUTREACH Call 1-866-306-0270**  
[www.eatbettertoday.com](http://www.eatbettertoday.com)

**FREE AND REDUCED PRICE SCHOOL MEALS** visit RI Dept of Ed to see if you qualify at [www.ride.ri.gov/cnp/home.aspx](http://www.ride.ri.gov/cnp/home.aspx) Or your school website [Coventryschools.net](http://Coventryschools.net)

**Office of Child Support Services For an application visit**  
[www.cse.ri.gov](http://www.cse.ri.gov) (401) 458-4400

**PARENT SUPPORT NETWORK**  
[WWW.PSNRI.ORG](http://WWW.PSNRI.ORG) (401) 467-6855

**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) ( items  
such as deodorant, tissues, laundry  
detergent, razors etc.)

**CHURCH OF CHRIST**  
**Giving Closet**  
42 Nooseneck Hill Road,  
West Greenwich  
(Lower Level Coventry-West  
Greenwich Elks Lodge)  
Open every Wednesday from  
1-5pm. **FREE** 397-9700

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

**THE AUTISM PROJECT** [theautismproject.org](http://theautismproject.org) 785-2666  
For parents, caregivers, and family members supporting  
individuals with ASD and other developmental disabilities.

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

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

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

**The Society of St Vincent de Paul—Coventry Conference** is  
part of an international Catholic Charity started in Paris in 1833  
by medical students at the Sorbonne. There are 26 conferences  
here in Rhode Island alone ! Each operates differently

Here in Coventry, our conference offers:

- \*Assistance with rent, utilities and other bills, once per 365 days  
(amount depends on if money is available through donations)
- \*Elder Rides for those who are unable to drive to MD /  
or various appointments
- \*Grab & Go/ Elder/Handicapped Delivery meals every Saturday  
from 11:00 –11:30am from Our Lady of Czenstochowa  
school gym (445 Washington St)

And much more..... Many of these programs are on a first  
come/first served basis. Questions call 828-3090

**Center for Southeast Asians** 401-274-8811  
Victim services, interpreters, advocacy and support services

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

**RI LEGAL SERVICES** 401-274-2652 [www.rils.org](http://www.rils.org)  
**RI Office of Mental Health Advocate** 401-462-2003  
Advocacy & legal help for those with mental health issues.

**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 Childcare & RI Pre-K ...**

**WESTBAY CAP \*Please note their NEW ADDRESS:**  
**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 [www.ebccenter.org](http://www.ebccenter.org)  
24hr. hotline 1-800-494-8100 Safe shelter; transitional  
housing; court advocacy; counseling

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

**RI Coalition Against Domestic Violence**  
**The Helpline: 24-Hour Support** 1-800-494-8100  
[www.ricadv.org](http://www.ricadv.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

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

**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](mailto: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](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](mailto:nbrown1@lifespan.org)

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

**PFLAG** is the first and largest organization for lesbian, gay,  
 bisexual, transgender, and queer (LGBTQ+) people, their parents &  
 families, RI Chapter (401) 307-1802 [www.pflagprovidence.org](http://www.pflagprovidence.org)

**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  
 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)

**Disability Determination Services (DDS)**

40 Fountain St. Prov, 02903 401-421-7005

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

**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](http://www.health.ri.gov)

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

**Find a Therapist:** <https://www.psychologytoday.com/us/therapists> 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 of medical transportation.

**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** 784-9500 ext. 604 or [www.ripta.com](http://www.ripta.com)

**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.





## 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 at 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, resume development, and research.

**Veterans Crisis Line**  
**1-800-273-8255 Press 1**

**RI VET CORPS** is an AmeriCorps program at Westbay Community Action in Warwick. A representative 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

An independent non-profit agency to 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  
**<http://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**

**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.

**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](http://ssa.gov/myaccount)  
whether you receive benefits or not.

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

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

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

### **RI SPECIAL NEEDS EMERGENCY REGISTRY**

The R I Department of Health maintains a registry for Rhode Islanders of all ages—infants to seniors— who have speech, cognitive, developmental, mental health, sensory and mobility disabilities, chronic conditions, and/or other special healthcare needs. The Registry allows first responders and emergency management officials to plan, 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

**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

*Addiction is a Disease. Recovery is Possible. Treatment is Available.*

## **Call the RI Hope and Recovery Helpline:**

**401-942-STOP / 401-942-7867**

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 .

*Or 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.

**THRIVE BEHAVIORAL HEALTH Intake 732-5656**

**THRIVE Emergency Services 738-4300**

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

**ANCHOR RECOVERY & WELLNESS CENTER at**

**Kent County YMCA 401-615-9945**

for all stages of recovery

**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)

**RI's 24/7 Buprenorphine Hotline 401-606-5456**

Call to talk with a healthcare provider, get a health evaluation, and make a plan for Medication Assisted Treatment (MAT) (to treat opioid addiction & pain)

**EBC House Hotline 401-738-1700**

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

**24hr.Statewide hotline 1-800-494-8100**

**Get rid of medicines safely** by locating a safe disposal site near you at

**<https://preventoverdoseri.org/get-rid-of-medicines/>**

**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/>**

**THE GOOD SAMARITAN ACT OF 2016** provides certain immunity against arrest to individuals who call for medical assistance when someone is experiencing an overdose. **DON'T BE AFRAID TO CALL 911**

## **Rhode Island Department of Behavioral Healthcare, Developmental Disabilities & Hospitals (BHDDH) - BH LINK**

If you are going through a mental health or substance use crisis, there is help. Services and referrals provided by a professional team of registered nurses, counselors, psychiatrists, peer specialists, etc. 24-hours-a-day, seven days-a-week. **Call 401-414- LINK (5465)** or visit [WWW.BHLINK.ORG](http://WWW.BHLINK.ORG) **or walk into our location at 975 Waterman Avenue in East Providence.**  
**Call 911 if there is risk of immediate danger.**

### **Other Important resources in a crisis**

911 (police, fire and rescue)

THE SAMARITANS RI **(401) 272-4044**

UNITED WAY 211 LINE **Just dial 211** [www.211ri.org](http://www.211ri.org)

### **NATIONAL SUICIDE PREVENTION LIFELINE**

**1-800-273-8255** [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Mental Health Association of RI \*For treatment options [www.mhari.org](http://www.mhari.org) **(401) 726-2285**

Alcoholics Anonymous **(401) 438-8860**

[www.rhodeisland-aa.org](http://www.rhodeisland-aa.org)

**VETERANS CRISIS LINE 1-800-273-8255 Press 1**

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

for help quitting Smoking and Vaping. Get free counseling sessions, plus extra virtual support through text messages and online tools. Callers may be ages 13+. Patients ages 18+ may also receive free nicotine replacement therapy (NRT) gum, patches, or lozenges if eligible through the mail.

\*\*\*\*\*

### **Free 24/7 Quit Vaping Support Designed for Teens**

**<https://mylifemyquit.com>** Resources for teens ages 13-17 by phone, text, or online chat. Find more resources for parents, health educators, and others.

\*\*\*\*\*

**PreventOverdoseRI.org** a user friendly website offering many resources for people who may be at risk of overdose as well as concerned family members and friends.

\*\*\*\*\*

### **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 Call 1-877-9GAMBLE**

Treatment is available for individuals with or without insurance at locations throughout Rhode Island.

Contact *The Family Task Force* at <https://www.familytaskforce.org> to get information and support from fellow Rhode Islanders who have been impacted by substance use conditions.

## DATING VIOLENCE

### ***SHE HAD NO IDEA HOW TO GET OUT OF THE RELATIONSHIP...***

Kids often feel pressured to be in a relationship and think that “control,” “obsessiveness,” and “reporting in constantly” is normal. They believe that proving their love by giving their partner all their attention is normal. Teens so badly want to be loved that they look past all of the red flags and make excuses for their partner’s shortcomings. Even if your teen has the desire to end an unhealthy relationship, chances are that they do not have the tools they need to follow through with it. Mom and Dad, this is when they need you more than ever.

### **TIPS AND ADVICE TO CONSIDER**

\*Talk about healthy dating relationships and respect. Respect for self and other is important in any relationship.

***If you think your teenager already may be involved with an abusive partner:***

\*Give your teen a chance to talk. Listen to the whole story. The most important thing is to maintain an open relationship. If your teen does not want to talk with you, help find another trusted adult.

\*Tell your child that you are there to help, not to judge. (The minute you say “Get out of this relationship, he’s not good for you,” the longer they’ll stay.)

\*Point out how unhappy your teenager seems to be while with this person and the possibility of danger or harm. Do not “put down” the abusive partner.

\*Let your child know that abuse always gets worse. What may start as minor verbal or physical abuse is very likely to get worse if not stopped immediately.

***If your teenager tries to break up with an abusive partner:***

-Advise that it’s definite and final.

-Develop a safety plan.

-Avoid walking or riding alone.

-Support and be ready to help.

-Get help from guidance counselors, principal, or police.

-Always travel with a friend.

The above excerpt taken from (The Parent Handbook A Resource for Parents of Teens & Preteens, Middle/High School Edition 7th edition, page 41) \* If you wish to have a copy of this handbook please call 822-9178 or 822-9176.

**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.org

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

**Bookkeeper** Jomarie Fabian 822-9177  
jfabian@coventryri.org

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

**Social Workers**

Susan Pajak 822-9176 spajak@coventryri.org

Lynn Pendola 822-9125 lpendola@coventryri.org

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

**Food Bank** 822-9199

**Nurse's Office** 822-6208

**Mealsite / Café** 822-9180

**Program Coordinator** Pat Fleming 822-9474  
pfleming@coventryri.org

**Program Assistant** Karen Beaudoin 822-9180

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

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

**Maintenance** Al Jordan 822-9175

You can view our monthly newsletter online at  
[www.coventryri.org](http://www.coventryri.org)

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.org

**Jennifer Ludwig** District #2  
District2@coventryri.org 551-482-4725

**James LeBlanc (Vice President)** District #3  
District3@coventryri.org 401-821-1426

**Hillary Lima (President)** District #4  
District4@coventryri.org 401-585-4286

**Kimberly Shockley** District #5  
District5@coventryri.org 401-241-8517

If you need to know what district you are in,  
please visit [www.coventryri.org/town-gis-maps](http://www.coventryri.org/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		Mike Ziroli

**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: JoMarie

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