

COVENTRY RESOURCE AND SENIOR CENTER



50 Wood Street, Coventry RI 02816

Phone 401.822.9175

Fax 401.822.9128

Like us on Facebook—Coventry Resource and Senior Center
www.coventryri.gov to view our Monthly Newsletter

Click on Departments; Human Services; Attachments

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

**OLDER
AMERICANS
MONTH**



POWERED BY CONNECTION: MAY 2024

**MAY
2024**



From the Director's Desk

May is Older Americans Month.

The theme for 2024 is *Powered by Connection*, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

We see Senior Centers as the nucleus for our community's elder population to get and stay connected. We offer all our services here at 50 Wood Street to increase health wellness and support keeping all of you independent to age in the community you choose. In this case, Coventry is that choice and we fully support you in having a meaningful connection to your community. Whether that be in volunteering at our food bank, our community garden, Meals on Wheels or participating in our wellness classes of Tai Chi for Balance, Shri Yoga, Art Classes, playing cards and socializing or getting the educational opportunities you need to stay vital.

I am proud to be the Director of such a great center where our knowledgeable and caring staff serve you and other members of our community every day.

One of our amazing staff will be retiring at the end of this month and we want to both thank her and wish her the best in her retirement. Our Program Coordinator Pat Fleming will be retiring after 23 years of service to this great community. Her dedication, caring and advocacy for seniors and individuals with disabilities made our programs stronger and ultimately helped many people who use our services healthier and more connected. Thank You Pat! You will be missed and your kindness and work will live on here at the Coventry Resource and Senior Center. They will be big shoes to fill, but we will do our best to move to the future and do you proud by building more opportunities for those who use our services.

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MONTHLY HAPPENINGS...

Please note: We will be closed on **Monday, May 27th in honor of Memorial Day !**

OLDER AMERICAN'S MONTH CELEBRATION
 R. & J. Revue will be here for an interactive program with music from the 50's and 60's on

Wednesday, May 22nd at 11:00.

Our luncheon menu will be Irish vegetable soup, Pork roast with gravy, mashed potatoes, & mixed vegetables. If you prefer the salad, it will be Greek salad w/ chicken

The cost of this program is your \$3.00 donation for lunch. Please make your reservation no later than 9:30 on the 21st. Why not make a day of it, stay the afternoon and play Bingo?

URI PHARMACY OUTREACH

Students will be back to educate for the last presentation of the school year on **Tuesday, May 7 at 11:00.** This month's topic is "**The Sun and your Medications**".

Many common medications can cause sun sensitivity making your skin vulnerable to the sun's harmful rays.

Learn which meds to be concerned about and how to protect your skin.

Ask-A-Lawyer

Brian G. Goldstein, Esquire will be here on Wednesday, May 8 from 10:45 - noon.

A brief question and answer period will follow his presentation. Topics for discussion include but are not limited to general elder law, wills and probate, durable power of attorney, guardianship, Medicare, health care, acute and long-term care facility issues.

Come join us for this very informative program.

SNAP OUTREACH

Wednesday, May 15th at 10:30 - 12 in mealsite

Trish from The Point will be here to assist with SNAP applications and to answer any questions you have about the program.

DIABETES PREVENTION PROGRAM

A Free program to prevent the onset of diabetes.

This program will be on hold until September. See pg 11

RI Legal Services FREE "one on one" civil legal clinic May 3rd Call 822-9175 for next appt.

More info on page 4

Don't forget to...

CHECK OUT PAGE 6 TO LEARN ABOUT SCAMS

Come meet Sawdust, a local therapy dog on June 28th Photo on page 11.

Please check out the entire newsletter for a full list of all our programs, activities and other helpful resources...

CCAP Mobile Health Services

May 22nd from 10 -2. (in Senior Center parking lot)

They will provide walk-in services on site. Or you can make an appointment. Sign up sheet will be with Lynn in reception.

Complimentary Manicures The Cosmetology students from Coventry High School will be here on **Thursday, May 23rd from 10:45 - 12** to offer

complimentary manicures. Sign-up sheet will be in the mealsite for all interested. Thank you to all the students that are coming out to pamper our seniors !

BIG THANKS to the Culinary Art Students at the Coventry High School for their hard work and dedication in providing us with the best breakfast in town !

GRIEF PROGRAM *Tuesday, May 21st will be the last day of the series for this program.* We will take a break for the

summer. Please have your name added to the waiting list for the next series that will start in September. Thank you to Yvonne, Janet and Charlotte for all the support you have given to our community with this very important program !

Volunteer Appreciation Breakfast
Friday, May 24th, from 8:15 - 10:15

to honor our volunteers who do so much for us here at the Coventry Resource and Senior Center. This is a private event for the volunteers and we are asking seniors that are not volunteers to come into the mealsite no earlier than 10:30.

If you are a volunteer and you have not received your invitation please see Pat or Karen. If you are coming for exercise classes this day please use the side doors of the mealsite to attend classes. Thank you!

WANTED: Amateur Musicians

The Coventry Senior Band, a 55+ ALL VOLUNTEER BAND is looking for players. We play at nursing homes, senior

centers, etc. Looking for Keyboard, Guitar, Bass, Harmonica, etc. If interested and would like to volunteer your time and play with us Contact David @ 401-368-6895

or walshdavid170@gmail.com

SAVE THE DATE:

June 6th VETERAN BENEFITS AND INFORMATIONAL EXPO 1PM in the mealsite. See page 3.

VETERAN BENEFITS AND
INFORMATIONAL EXPO

COVENTRY RESOURCE & SENIOR CENTER
50 WOOD STREET

Thursday, June 6th at
1:00 in the Mealsite

Benefits entitlement to include:

Aid & Attendance, Housebound benefits, Survivors benefits, Dependency Indemnity Compensation (DIC) and Caregiver support program.

The primary emphasis is to ensure Veteran awareness as to benefits entitled to and how to navigate the application process. Please join us!



MOBILE HEALTH SERVICES

BREAKING DOWN BARRIERS TO HEALTHCARE ACCESS



PRIMARY HEALTHCARE SERVICES

- Serving Cranston, Coventry, and Warwick
- Appointment and walk-in services
- We accept insurance and offer a sliding scale to uninsured patients
- Handicap accessible

FOR MORE INFORMATION AND VAN SCHEDULE:
401-427-4080

OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 2024

The RI Bar Association & Coventry Senior Center Will Be Hosting An Ask-A-Lawyer

**May 8, 2024
10:45–Noon**

Visiting volunteer attorney Brian G. Goldstein will give a brief presentation followed by a question and answer period with a focus on Elder Law.



Have you or a loved one served in the military?

Thank you for your service to our country. Now, it's on us to help you.

There may be benefits and resources available to support you.

We can connect you to benefits and resources in all areas of life, including education, employment, and healthcare. Let us review which options are available for you.

All services are free and confidential. Start by scanning your smartphone camera on the QR code to visit our website at health.ri.gov/helpforvets.

Lean on us to connect you to benefits and resources, including the following:

- Mental/behavioral healthcare
- Clothing and household goods
- Education programs
- Employment resources
- Housing and shelter
- Individual and family support services
- Legal support
- Substance use treatment
- Transportation



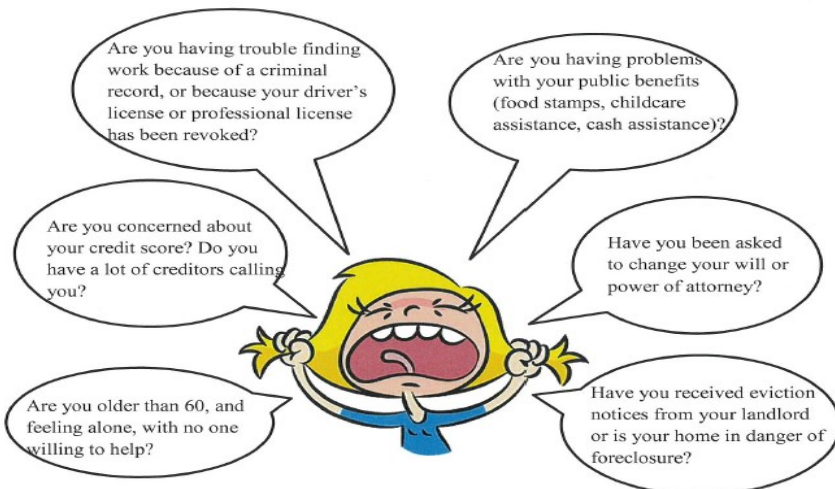
If you are a Veteran in crisis, dial **988** for immediate assistance.

Call Family Service of Rhode Island at **401-519-2280** for services in the greater Providence area, or call Newport Mental Health at **401-846-1213** for services in the greater Newport area, and ask about the SSG Fox Grant Case Management Program.

This project is funded by the Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program.

2/2/2024

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: May 3rd, 2024

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

TECH Help for Seniors at 50 Wood St We have a volunteer that is willing to come 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.

Come play Bocce !!! Have you ever played? It's a game involving throwing a ball at other balls to score points. It's not too strenuous and a lot of fun. You and your team will find it enjoyable and relaxing. We play in a comfortable shaded area. We have a beautiful regulation court here at the Center ! Interested in starting a league ?

Or if you and some friends would like to play for fun please call Lynn at 822-9175 to reserve the Bocce court for any time between 8:00 - 4:00 M- F

**CALLING ALL GARDENERS...**

We are looking for volunteers to assist with planting and upkeep of our community garden.

The produce from our garden helps residents that receive assistance from our food bank.

See our receptionist to pick up a volunteer application.

Thank you !!!

"The ideals which have lighted my way, and time after time have given me new courage to face life cheerfully, have been kindness, beauty, and truth"

Albert Einstein

FYI Many people do not understand what renters insurance can do for them. If you rent an apartment or a house, renters insurance will reduce the financial hardship of a fire, theft, or other disaster.

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 your home.

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.

Won't renters insurance cost too much? No. It is available at low cost for your personal property. It costs a great deal less than car insurance. Renters insurance can cost less than \$12 a month in most areas of the country.

What if I don't own much property?

You probably own a great deal more than you think - furniture, clothing, stereo, television, books, toys, jewelry, sports equipment, pots and pans, dishes... What would it cost to replace everything in your apartment if there was a fire or other disaster?

Is all renters insurance the same? No.

Some policies cover more than others. The deductible (an amount you pay before the insurance starts to pay) and limits may vary, and the cost for the same coverage may be different from company to company.

Who should I buy renters insurance from?

Shop around for the policy that meets your needs at the best price. If you have a car, the company that insures it is a good place to start. Discounts may be available if you have more than one policy with the same company.

Ask About: Contents Coverage;

Replacement Value Coverage; What is Not Covered;

Liability and Theft coverage;

Living Expense Coverage; Deductibles and Discounts.

(above taken from American Red Cross)

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/>

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 online support sessions for further emotional support. You can also look up a scam in **AARP's Fraud Resource Center**

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.

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

File a 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 Report fraud, scams, and bad business practices

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

FBI Internet Crime Complaint Center 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** at oig.ssa.gov or call their fraud hotline at 1-800-269-0271 or email OIG@1140@ssa.gov

Annualcreditreport.com to request a **free credit report once per year.** Contact the national credit bureaus to request fraud alerts, credit freezes etc.
Equifax.com/personal/credit-report-services 800-685-1111
Experian.com/help 888-EXPERIAN (888-397-3742)
TransUnion.com/credit-help 888-909-8872

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>

GRANDPARENT SCAM ALERT:

There have been several in Rhode Island towns recently. Multistage grandparent scam - This is a new, more sophisticated version of the old grandparent scam, in which crooks call and pretend to be a grandchild who’s been arrested and needs bail money to get out of a nonexistent legal jam. They often set up call centers staffed with young people who are paid a few bucks for every grandparent that they can connect with. After posing as grandchildren who’ve been jailed after a car accident, they’ll provide a case number and instruct the target to call their defense attorney or the local prosecutor. “When Grandpa calls up, they say, ‘Oh, do you have the case number?’ It’s actually a subtle psychological trick to see whether the grandparent is compliant and will follow their instructions to send thousands or even tens of thousands of dollars.

(www.aarp.org)

ROMANCE SCAMS - Adults of all ages are going online in hopes of finding love and companionship. But seeking romantic bliss online can have a major 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. Swindlers often inundate prospective marks with texts, emails and phone calls to draw them in.
 - *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.
- The older the target, the heavier the financial toll. You could also be involved in criminal activity. (Read more at www.aarp.org)

SOCIAL SECURITY SCAM

The Social Security Administration (SSA) Office of the Inspector General (OIG) is receiving alarming reports that criminals are impersonating SSA OIG agents and are requesting that their targets meet them in person to hand out cash. SSA OIG agents will **NEVER** pick up money at your door or in any type of exchange. **THIS IS A SCAM !!!**

Contact the police at once if this happens to you.

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

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

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

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

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

Thrive Behavioral Health

Tami Ringeling, Psy.D. VP Of Adult Services & Homeless Initiatives
401-691-6000 x2102 Tringeling@thrivebhri.org
Thrive 24/7 Emergency Services 401-738-4300

HOUSING CHOICE VOUCHER PROGRAM

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

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

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

For help to find apartments go to www.housingsearchri.org
or if you need a live person to assist you call 1-877-428-8844
M-F 9am - 8pm.

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

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

Need Safe Housing Help Line (immediate need) 24/7 (401) 765-3232
Or call their Housing Office (non emergency need) at (401) 808-6889 or visit a weekly Sojourner House housing clinic at various sites across the state. Go to: Sojournerri.org

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

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 Stelizabetchcommunity.org/haven

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.**

apply on WestbayCAP online portal westbaycap.org

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 9am—2pm

Please call 822-9175 before to verify he will be here in person or you can contact Carlos directly at 378-5725.

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 at Westbay CAP 732-4660

KEEP THE HEAT ON provides financial assistance to households that have either exhausted or are ineligible for all other state, federal or private heating assistance. Go to <https://www.heatri.com/> or Call 401-421-7833 Ext. 207

Help with Internet Service CONNECT2COMPETE

Visit <https://www.cox.com/aboutus/Connect2compete.html>

Check eligibility for a free government cell phone www.assurancewireless.com / www.safelinkwireless.com

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

GENERAL SERVICES

Coventry Resource and Senior Center

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

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

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

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

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

SENIOR COMPANION PROGRAM

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

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

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

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

COVENTRY CARES VOLUNTEERS VOLUNTEER OPPORTUNITIES

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

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

Call 822-9175

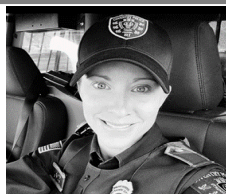
Coventry Department of Parks and Recreation

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**



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

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

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

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

GENERAL SERVICES

Coventry Resource and Senior Center

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



COVENTRY CARES COMMUNITY CLINIC

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

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

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

Nurse Jane or Nurse Carolyn are available:

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

COFFEE SHOP

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

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

NOTARY PUBLIC

Free Service

This service is available at no charge.

Three staff members are RI Registered Notaries.

Please call 822-9175 to give your name & # and a notary will schedule time.

LENDING LIBRARY

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

PROJECT FRIENDS

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

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

‘TIS THE SEASON

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

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

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

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

ACTIVITIES

Coventry Resource & Senior Center

Any questions call 822-9175

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

Tuesdays at 1:00 we meet in the mealsite.

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

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

BOCCE Anyone can call 822-9175 to reserve a time with your own friends/players during the week.

CRIBBAGE Thursdays at 1:00 pm.

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

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

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

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

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

POOL ROOM— Did you know that we have two billiard tables? The tables are open for play Monday - Friday 8:00 – 4:30pm. Cheapest rates in town only \$4.00 for the month. Come join us!

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

CREATIVE WRITING GROUP

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

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

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

ADULT COLORING Thursdays at 10am

AARP Chapter 2210 Presents!

Discover Historic Plymouth, Massachusetts
(Transportation, Cruise & Lunch)
Tuesday, June 4, 2024 \$114 per person

Indian Princess Cruise & Lunch
Wednesday, June 26, 2024 \$119 per person

Foster's Lobsterbake & York, ME
Tuesday, July 23, 2024 \$114 per person

Lunch & Little Shop of Horrors at the Ogunquit Playhouse Maine, August 22, 2024 \$179 pp

Lake Winnepesaukee Turkey Train
Wednesday, September 18, 2024 \$129 pp

Foliage in the White Mountains
Thursday, October 3, 2024 \$129 per person

Call **Maureen Murphy at 401-828-5188** or
Anne Brien 402-263-4274 for details &
deadlines to book

Come see the flyers on our bulletin board !

Weekly / Monthly Activities & Programs

Monday

8:00am - 4:30pm Pool Room
8:30am -12:30pm Nurse available
9:30am Chair Yoga (with Shri service corp)
1:00pm Mexican Train Tile Game

Tuesday

8:00am - 4:30pm Pool Room
8:30am - 12:30pm Nurse available
10:30am Sociables (1st Tuesday)
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 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)

HEALTH & WELLNESS



THE SOCIABLES

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.

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!

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

decreasing body aches, heart rate, respiration, and feelings of depression and anxiety.

Thursdays at 10am

(the above taken from mayoclinichealthsystem.org)



There is scientific evidence that demonstrates how therapy animals improve heart health, help alleviate depression, increase well-being, and contribute to healthy aging. *Will meet every other month at the Senior Center. Next date **June 28th at 12:30**

Come meet Sawdust, a local therapy dog



DIABETES PREVENTION PROGRAM

A **FREE** program to prevent the onset of diabetes.

This program will start in the Fall.

This is an evidence-based program which teaches people at risk for developing diabetes how to implement a healthy lifestyle with the goal of preventing or delaying the onset of type 2 diabetes. Classes meet weekly for the first six months with a trained lifestyle coach to guide and encourage you.

Then monthly maintenance for six months. If interested please get a Participant screening form from Lynn in reception. Or contact Ana Almeida-DoRosario at 444.8069 or at almeidadorosario@lifespan.org.

Previous program participants who meet the criteria are eligible to take the class again.

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 / TAI CHI: Moving for Better Balance

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

Call 822-9175 for more info. And to schedule your 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
NEXT SESSION TO START IN AUGUST!

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.

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 we will ask for proof of address and a photo ID. Always grateful for donations of personal care items.



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



depends on the honey bee.

facebook.com/sganccommunity www.organiccommunity.org

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

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

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

For more information, please call 822-9175.

Visit the *Coventry Community Garden* on Facebook.

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

COVENTRY CAFÉ

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

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

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

Celebrate Birthdays the third Thursday of the month !

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

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

Additional food pantry options...

The Society of St. Vincent de Paul—Coventry

222 MacArthur Blvd. (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 & Foster residents only) *bring proof of address

Heavenly Heart Food Pantry First Baptist Church

1613 Main St. WW Open 1st Saturday of the month for Coventry residents .11am - 2pm no appt necessary.

Be the Change /Project Hand Up

www.projecthandup.net (401) 965-9050

15 Factory St. WW (located behind American Legion)

*Open every Tuesday 3-5 last name beginning with A-K

*Open every Thursday 3-5 last name L-Z only.

*Open every Friday 3-5 for people 60 and older

(Veterans and anyone 60 and older may shop any day)

*Must bring proof of ID and address.

\$6 for prefilled bags -approx. \$200 worth of groceries.

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

Faith Fellowship Food Pantry

1395 Nooseneck Hill Road, Coventry (across from the post office) Open every second and fourth Saturday of the month from 8am - 12pm. Food Pantry entrance located at the back of building and down the ramp.

Please call Lisa at 397-3383 for questions. Or go to

faithfellowshipaog.com

Westbay Community Action Marketplace

487 Jefferson Blvd. Warwick Serves residents in Warwick, WW, East Greenwich & 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 – ¼ cup
Protein – 3 ounces
Dairy – 1 cup

May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Fresh fruit cup Scrambled eggs Bacon Sausage Home fries Assorted pastry Bagel sandwich	2 Chicken escarole soup Marry me chicken Mushroom Rice pilaf Roasted vegetables Ww roll Cake Seafood salad plate	3 Minestrone soup Sloppy joe Herb red potato salad Charred broccoli Ww roll Pineapple chunks Turkey sandwich on roll
6 Mushroom barley soup Greek style chicken thighs Florentine rice Sautéed vegetable Multi grain roll Chocolate chip cookie Roast beef w/ swiss cheese	7 Cream of broccoli soup Pepper steak Vegetable fried rice Zucchini w / tomatoes Peaches Ww roll Greek salad w/ chicken	8 Vegetable lentil soup Honey garlic pork tenderloin Green beans Sweet potatoes Ww roll Sliced pears Turkey & Swiss cheese	9 Italian wedding soup Roasted chicken breast w/gravy Stuffing Mixed vegetables Mashed potatoes Cake Seafood salad plate	10 Roasted cauliflower soup Meatball sandwich Pasta salad Ww roll Chips Fresh fruit Tuna salad sandwich
13 Navy bean soup w/vegetables Baked chicken topped w/ Eggplant Bolognese Roasted potato Ww roll Pineapple Ham & cheese on wheat	14 Tomato soup Swiss steak Steamed potatoes Buttered corn Ww roll Lorna doone cookie Spinach salad w/ chicken	15 Chicken soup Pork chop Italiano Sweet potatoes Green beans Ww roll Fresh fruit Italian grinder	16 Minestrone soup Meatloaf w gravy Mashed potatoes Peas & carrots Ww roll Brownie Egg salad on wheat	17 Tuscan white bean soup Lasagna roll up w/meat sauce Spinach w/mixed vegetables Ww roll Sliced pears Tuna salad plate
20 Kale bean & sausage soup Roasted chicken quarter Cucumber salad Sweet potatoes Chocolate cookie – ww roll Egg salad sandwich	21 Vegetable barley soup Manicotti w/meat sauce Italian green beans salad Ww roll Tropical fruit Reuben on rye	22 Irish vegetable soup Pork roast w/ gravy Mixed vegetables Mashed potatoes Fresh fruit – Ww roll Greek salad w/ chicken	23 Tomato soup Beef tips w/ mushroom gravy Rice pilaf Baby carrots Whole Wheat Roll - cake Tuna sandwich plate	24 Vegetable soup Baked pasta w/ meatballs, Sausage & cheese Waxed beans Garlic bread Sliced peaches Chef salad
27 Closed	28 Chicken soup Swedish meatballs Mashed potatoes Zucchini w/tomatoes Pudding Cobb salad	29 Mushroom chickpea veggie soup Chicken scallopini Mixed vegetables Parmesan Rice Cantaloupe Spinach salad w/ chicken	30 Lentil soup w/ vegetables Chicken cordon bleu Peas & onions Spanish rice CC cookie Chef salad	31 Vegetable soup Shepards pie Mashed potato Ww Roll Honeydew Ham & cheese on Wheat

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

Paralegic Veteran Uses Skydiving to Reclaim Lost Sensation in His Legs and Soul.

By Andy Corbley March 12, 2024

There was a lot that Army veteran Alex Dillman lost when he became a paraplegic after an IED blew up under his legs in Afghanistan, but now an unlikely activity has allowed him to take some of what he lost back.

Hurling through the air at 120 mph, Dillman doesn't need his wheelchair to skydive;

he doesn't really need his legs either. In that

unique state of concentration and freedom, he says he's "expected to perform," a do-or-die state of mind that he says he hasn't felt since his old life on deployment.



Profiled in Walter Allen's "Extraordinary Ordinary" segment on Fox 13 News, Tampa, the veteran needed years to develop a method of solo skydiving without the use of his legs.

"[In] some weird way... the universe has offered me this opportunity. I was capable of doing it on my own [sic] was all I needed, and it sent me on this wild trajectory," Dillman told Allen and Fox 13.

Dillman originally saw adventure therapy as a way to combat depression and PTSD he suffered from in the wake of his lost abilities, but he never imagined it would help him get some of those abilities back.

Now he's part of an adventure therapy non-profit called [Skydive First Project](#), where he utilizes outdoor adventures to assist individuals suffering from PTSD and depression. Based in Tampa, activities encompass hiking, kayaking, rock climbing, horseback riding, scuba diving, and tandem skydiving.

"[The] great thing about skydiving is that it gets me out of the chair," said Dillman. "I don't bring my chair with me, so I'm in a free state. I don't need to be in the chair to perform the act of skydiving." "I can feel my legs and my feet to a certain extent. I can get a better sense of my overall being, feel what my legs are doing, feel what my hips are doing. Having that feeling again... even if it's for 30 seconds or 60 seconds... is enough for me!" (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 (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 **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 PROJECT Call 1-866-306-0270 or
The Point outreach program (401) 462-4444

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

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

PARENT SUPPORT NETWORK
WWW.PSNRI.ORG (401) 467-6855
RI PARENT INFORMATION NETWORK
WWW.RIPIN.ORG (401) 270-0101 callcenter@ripin.org

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

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

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

CHURCH OF CHRIST Giving Closet
42 Noosneck Hill Road,
West Greenwich
(Lower Level Coventry-West Greenwich Elks Lodge)
Open every Wednesday from 12-3pm. **FREE** 397-9700

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

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

RI LEGAL SERVICES 401-274-2652 www.rils.org Assists low income residents with Family Court, domestic violence, child custody, public benefits, section 8 and elder law issues.

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

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

The Society of St Vincent de Paul—Coventry Conference is
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 etc.
 - *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

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

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 or call 732-4660
RI Energy Consumer Advocate Carlos Andrade 378-5725

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

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

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

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

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

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

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

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

SUPPORT GROUPS**RESOURCES**

Here are just some in R I...

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

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

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

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

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

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

Office of Healthy Aging—formerly Department of
Elderly Affairs: **Protective Services 401-462-0555**

Call 211 after hours. www.oha.ri.gov to file report online.

RI General Law 46-66 mandates that anyone who suspects the
abuse of an older person must report it to the Office of Healthy
Aging Adult Protective Services Unit (401-462-0555)

Report concerns or abuse of an adult with disabilities aged
18—59 by contacting: RI BHDDH

QUALITY ASSURANCE UNIT at 462-2629

24 hour hotline, seven days per week, 365 days per year

FOR NEGLECT OR ABUSE IN A FACILITY call:

Department of Health Facilities Regulation: 401-222-5200
RI Attorney General Patient Abuse or Neglect, Medicaid Fraud
& Drug Diversion Unit: 401-222-2566 or 274-4400 x2269
RI State Long Term Care Ombudsman Program: 401-785-3340
(advocates for and works to resolve problems related to the
health, safety, welfare, and rights of individuals receiving long
term care services; responds to and investigates complaints)
www.risltcop.org

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

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

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

Are you disabled and need information on services...

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

Vocational Rehabilitation/ Disability Determination Services
(DDS) 40 Fountain St. Prov, 02903 401-421-7005

**FYI Robert J. Allen Masonic Medical Equipment
Distribution Center** **Open Fridays 9 to 12*
Pre-owned-loaned at no cost 116 Long Street Warwick
(2nd entrance gate at Buttonwoods Masonic Youth Center)
More info. Email medcenter@rimasons.org or 451-0184

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

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

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

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

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

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

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

Find a Therapist: <https://www.psychologytoday.com/us/therapists> 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 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



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

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

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

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

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

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

NEW ENGLANDERS HELPING OUR VETERANS
www.nehov.org 401-649-2548 Follow on facebook @NewEnglandersHelpingOurVeterans

Adult Day Programs—for a statewide list go to: <https://OHA.ri.gov/what-we-do/connect/home-care/adult-day-health-centers> or <https://Health.ri.gov/find/licenses>

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

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

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

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

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

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

Having issues with Social Security or the VA ?

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

RI SPECIAL NEEDS EMERGENCY REGISTRY

The RI Department of Health maintains a registry for Rhode Islanders of all ages—infants to seniors— who have speech, cognitive, developmental, mental health, sensory and mobility disabilities, chronic conditions, and/or other special healthcare needs. The Registry allows first responders and emergency management officials to plan, prepare for, and respond to the needs of the community in an emergency. For more info or to enroll, visit www.health.ri.gov/emregistry 401-222-5960/ RI Relay 711

PET OWNERS Need help with vet expenses?
FRIENDS of ANIMALS in NEED 489-3645
Pets in Need 270-3832

RI Community Spay / Neuter Clinic 369-7297
RI Veterinary Medical Association 751-0944

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

CodeRed provides automated calls on your landline and/or cell phone and text messages alerting you of weather emergencies, sex offender notifications, town info etc.

Your landline is automatically on the system, but if you want to receive notifications on your cell phone you would need to register your cell phone # **online at the town website www.coventryri.org**

HOPE AND RECOVERY

Call the RI HOPE AND RECOVERY HELPLINE:

401-942-STOP / 401-942-7867 *Addiction is a Disease.*

Recovery is Possible. Treatment is Available.

Rhode Island's recovery helpline connects individuals in crisis with treatment and recovery support.

English & Spanish counselors licensed in chemical-dependency are available 24 / 7

PROVIDENCE SAFE STATIONS...

Anyone can visit any Providence, Newport, East Providence, Woonsocket, Smithfield, Pawtucket or Bristol fire station to connect to recovery services.

When you're ready --- The stations are open 24/7 for walk-ins. No referrals needed and it is free.

Fire/EMS & recovery professionals will connect you to help. **Go to www.pvdsafestations.com** for more info.

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

VETERANS CRISIS LINE 24/7 Dial 988 then Press 1

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

THRIVE BEHAVIORAL HEALTH Intake (401) 732-5656

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

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

ANCHOR RECOVERY & WELLNESS CENTER

401-615-9945 for all stages of recovery

890 Centerville Rd. Warwick

CCAP Behavioral Health Counseling 401-467-9610

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

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

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

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

THE SAMARITANS RI 24hr Crisis Hotline / Listening

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

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

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

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

BH LINK Call 401-414-5465 (LINK)

the state's 24/7 crisis center for mental health and substance use disorder issues for age 18 & over.

If you are going through a mental health or substance use crisis & feeling overwhelmed, there is help. Services & referrals provided by a professional team of registered nurses, counselors, psychiatrists, peer specialists, etc.

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

or walk into our 24/7 BH Link triage center

at 975 Waterman Ave. in East Providence-
it's a community based walk-in/drop off facility where
clinicians connect people to immediate,
stabilizing emergency behavioral health services,
and long term care and recovery supports.

www.BHLINK.org

For under 18, Call **KID LINK 855-543-5465**

24/7 line connects to treatment and counseling.

We know teenagers. Call us. **BUTLER HOSPITAL**

24 hours a day. 7 days a week. **(844) 401-0111**

*get help to address depression, anxiety, addiction, suicidal thoughts and self-harm

What is 988 ? 988 is the new dialing code for the new suicide and crisis lifeline in Rhode Island.

Call 988 for 24/7 access to trained crisis counselors
People can call or text 988 for themselves or if they are worried about a loved one who may need crisis support.

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

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

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

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

for help quitting Smoking and Vaping.

Free 24/7 Quit Vaping Support Designed for Teens

<https://mylifemyquit.com> Resources for teens

PreventOverdoseRI.org a user friendly website

Coventry Substance Abuse Task Force (401) 562- 2277

Facebook: Coventry Substance Abuse Task Force

Twitter: @CoventryTask Instagram: @Coventry_SATF

HOPE AND RECOVERY

TWELVE STEP PROGRAMS

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

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

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

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

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

24/7 Problem Gambling Hotline all 1-877-9GAMBLE

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

PARENTS: To help keep your kids safe there are many parental control apps. Some are Life360; Aura; Bark; Net Nanny; Mobicip Safe Browser; Secure Teen.

They can monitor their devices, different social platforms, set usage time limits, block content, track your child's location & more.

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

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

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



Staff Directory

Director Robert Robillard 822-9127
rrobillard@coventryri.gov

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

Bookkeeper Jomarie Fabian 822-9177
jfabian@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 Pat Fleming 822-9474
pfleming@coventryri.gov

Program Assistant Karen Beaudoin 822-9180

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

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

Maintenance Josh Warren 822-9175

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

Click on Departments; Human Services; Attachments

Monthly Newsletter Email List

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

Coventry Town Council Members

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

District #2
District2@coventryri.gov

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

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

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

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

Coventry Friends of Human Services Advisory Board:

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

TOWN OF COVENTRY

Additional phone numbers

Police and Fire..... 911

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

INCLEMENT WEATHER POLICY

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

Online at www.ribroadcasters.com

click *View Current Closings*.

In doubt - call the main number at 822-9175

DONATIONS ALWAYS APPRECIATED

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

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