

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 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 2023~!**

We have had another successful holiday drive with Tis the Season. I would like to thank our community first responders, Coventry Police, Hopkins Hill, Anthony and Western Coventry Fire Districts. The firefighters assisted us with the annual boot day in November which helped us gather funds to purchase toys, clothing and food for families in need here in Coventry and West Greenwich. Thank you to our local businesses, Coventry School District, churches and families who adopted families during the holidays to make sure they had an enjoyable Christmas.

This is what the Coventry community is all about...Taking care of our neighbors in need!

Our department's goals for this year include expansion of our health and wellness activities including arts classes, Tai Chi for balance, Shri Yoga, intergenerational programs with the middle and high school and trauma-training opportunities for our community.

We also will be working on making sure our neighbors have what they need to negotiate the high costs of living. We continue to assist with applying for heating and water assistance through our Community Action partners. We will continue to focus on feeding our community through our food bank.

The costs of basic necessities has increased dramatically. Luckily, January brings an over 8% increase in Social Security wages for our elders but we know people continue to struggle and we will be there to help in any way we can.

In 2023 please stop by our center and see what we have to offer. I believe you will be surprised by the welcoming atmosphere and exciting opportunities our center provides. If you come by for lunch, the first one is on us (tough to beat that price).

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

Enjoy your Family and Friends. Stay Well and Take Care, and Have a Happy and HEALTHY New Year.

All My Best

JANUARY 2023

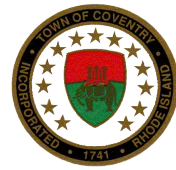


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MONTHLY HAPPENINGS...

Please note: we are closed on
Monday, January 2 for New Year's Day
& Monday, January 16

in celebration of Martin Luther King Day.

JANUARY ENTERTAINMENT

Get Ready to Sing!

Come join us Tuesday, January 24th

at 11:00am with the

RSVP Coventry Senior Harmonica Band.

Our lunch menu will be lentil soup, breaded chicken thigh with gravy, fingerling potatoes, green beans, multi-grain roll and pudding dessert all for your \$3.00 donation for lunch. Please call the mealsite at 822-9180 to reserve your spot.

Coventry On Alert Program

The Coventry On Alert Program is for emergency situations involving frail-at-risk or disabled individuals.

This program maintains all pertinent information with regard to health and mental health issues and it also forwards it on to the Coventry Police Department. The police would also have your emergency contact information on file in case of fire, car accident or, if the individual was lost or confused so they could notify your emergency contact. **Officer Erica Braker will be here on Wednesday, January 25th, 10:00 - 12:00** in our mealsite to assist with applications for this very important program for seniors in our community.

URI PHARMACY OUTREACH

Wednesday, January 11th at 11:00

Hypertension: Managing your High Blood Pressure

What kind of changes can you make in your life to be successful in keeping your blood pressure in a healthy range as discussed by you and your doctor? How much of an impact does your diet play and what are the sodium requirements for those with hypertension?

NEW Arts & Crafts Program We are excited to be offering an Arts Program here starting on

Thursdays 1:00—3:00.

Some projects offered will be Collaborative Canvases, Altered Board Books, Spirit Dolls, Chunky Books and Artist Trading Classes. Dina will be displaying some of her projects in the mealsite.

If interested in this free program please register with Lynn in reception to order enough supplies.

WANT FREE INTERNET ?

Maxsip Telecom uses the ACP to Connect Eligible People with Free High-Speed Internet.

They will be here on January 25th and January 31st. See flyer on page 3 for more info.

Monthly Breakfast Friday, January 6, 8:15-9:45am

We are honored to have the students from the Culinary Arts Program at the Coventry High School prepare our monthly breakfast.

We will offer scrambled eggs, pancakes, hash browns, choice of bacon or sausage, orange juice, coffee & tea.

The cost is \$3.00. Please join us! Weather permitting

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 is limited.

MEN'S GROUP

Come check this group out **the 2nd Thursday of every month at 1:00 in the mealsite.**

ATEL Tech Time

If you are an older adult that wants to get technology support for their smartphones or tablets.

January 5th from 9:30—12:30 To register, call 822-9175

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

Starting on January 12th every 2nd Thursday from 11—12.

See flyer for more info. on page 4

RI Legal Services FREE "one on one" civil legal clinic on January 20th. More info page 4

New TIA JI Quan: Moving for Better Balance Session

Call 822-9175 to sign up and book your assessment.

Beginning January 25th at 9:00 Wednesdays & Fridays.

Cost is \$3.00 per class for a total of 24 weeks.

CRAFT with Oak Street Health
January 19th at 10:30.

Please sign up in advance in the Mealsite so supplies can be purchased.

Paine House Presentation in January Dressing for the Day—

200 years ago. Wednesday, January 18th at 11:00

Back by popular demand ! The Paine House Museum will bring out a selection of historic clothing and accessories to share the stories of fashionable life in the mid 1800's. More on Page 5



Monthly Breakfast Coventry Resource & Senior Center

50 Wood Street Friday, January 6th 8:15-9:45 AM

We are honored to have the students from the Culinary Arts Program at the Coventry High School prepare our monthly breakfast. We will offer scrambled eggs, pancakes, hash browns, choice of bacon or sausage, orange juice, coffee & tea. The cost is \$3.00. Please join us! Weather permitting.



COVENTRY RESOURCE + SENIOR CENTER

MAXSIP TELECOM

Want Free Internet?
Maxsip Telecom uses the ACP to Connect Eligible People with Free High-Speed Internet!

What is ACP?
The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more.

Who Qualifies?

- Medicaid
- WIC
- SNAP
- SSI
- PELL grant awardees
- Federal Public Housing Assistance
- Free or Reduced School Lunch
- Veterans and Survivors Pension Benefits
- If total household income is within 200% or less of the federal poverty guidelines
- Holds a tribal ID

Let's Get Connected!
Eric Stoker
Eric@abenergymarketing.com
(563) 676-1272

The Affordable Connectivity Program is non-transferable and limited to one monthly internet discount and a one-time connected device discount per household.

The Affordable Connectivity Program is a federal government benefit program operated by the Federal Communications Commission and, if it ends, or when a household is no longer eligible, customers will be subject to the provider's regular rates, terms, and conditions.

Will be here 1/25 + 1/31/2023 @ 11:00

BBB A+ rating

**STARTING ON 1/12/23 CPS OPTIX WILL BE 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

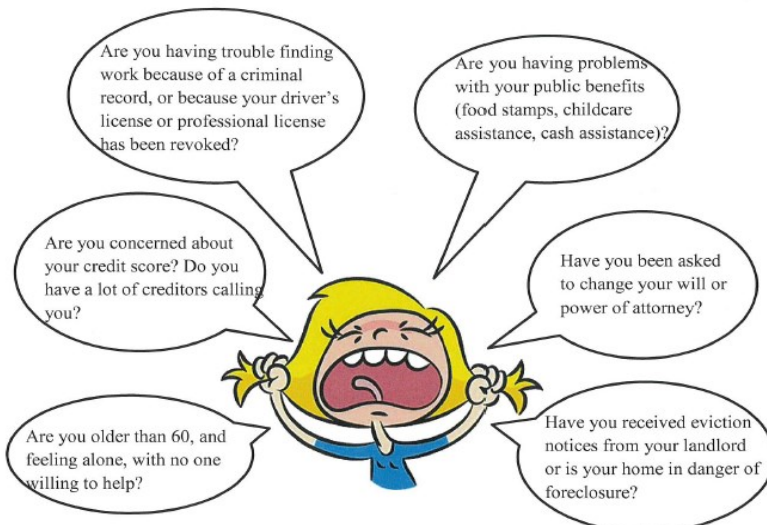


CPSOPTIX@GMAIL.COM



WWW.CPSOPTIX.COM

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: January 20, 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 phone and be connected with a trained counselor that
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**

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 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>

YOGA CLASSES with Shri Yoga

Mondays at 9:30

**Fridays at 10:30 are currently
in session**



Coventry Resource & Senior Center

All are welcome! Please bring a mat.

**The class 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.**

**January 18th at 11:00
Paine House Presentation**

Back by popular demand! Colleen will be bringing the museum to us once again. Fabrics and textiles have always been a dynamic part of this era. Lace mills were active until the mid-20th century. In the days before blue jeans and knit pants, ladies and gentlemen dressed elaborately with care and attention to detail. Accessories were chosen to serve a purpose or convey a message. Take a trip back through time as we display the trappings of everyday life. The Paine House Museum will bring out a selection of historic clothing and accessories to share the stories of fashionable life in the mid 1800's. We will also share some reproduction items and textiles made at the museum.

Come join us on Wednesday, January 18th.

**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 appointment

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

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

When to See Your

Communication from the URI Pharmacy Outreach

Doctor

THE
UNIVERSITY
OF RHODE ISLAND
COLLEGE OF
PHARMACY

Tips for living a healthy life

Get rid of any clutter around stairs or beds to help prevent falls.

Get both the flu shot and newest COVID booster shot! Being vaccinated is the best way to prevent becoming sick.

To read the latest information about coronavirus (COVID-19) in Rhode Island, visit the Rhode Island Department of Health website:

<https://health.ri.gov/covid/>

or call the COVID-19 Info Line at
401-222-8022

When should I see my doctor?

It is important to talk about different scenarios you may face and when it is ok to deal with symptoms on your own vs when it is appropriate to contact or visit your doctor.

Positive COVID or Flu test

Community pharmacies such as Walgreens and CVS offer drive thru COVID testing and some are starting to offer flu testing. If you schedule a test and get back a positive result it is ALWAYS appropriate for you to call your doctor! Depending on your onset of symptoms and health conditions you may have, your doctor may want to send in a prescription such as Tamiflu (for the flu) or Paxlovid (for COVID). Even if your doctor doesn't send in a prescription they are great resources to ask about what over-the-counter products they would recommend to treat your symptoms.

Falls

If you fall but it was onto something soft like a couch, or you were able to get up slowly and safely and do not feel or see any injuries, it is ok to just notify an emergency contact that you feel so they are able to check up on you in a few hours. However if you feel like you are hurt, fell on a hard surface, fell up/down stairs, or fell outside it is important to use a medical alert device or cell phone to call 911 so paramedics can take you to the ER to get checked out. After calling for help, always notify an emergency contact so they can check in on you as well.

Other Reasons to See Your Doctor

Make sure to go to all scheduled check-ups with your primary care provider, visit the eye doctor yearly, and visit the dentist twice a year. The best way to stay healthy is to go to all doctor appointments and follow any recommendations they may have for you!

COVID VACCINE & BOOSTER INFORMATION

For all links and information visit <https://covid.ri.gov>

*To schedule go to www.vaccines.gov

or schedule 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

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
Alert Healthcare can provide a COVID vaccine/
booster shot in your home. Call 1-508-944-7722

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

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

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 in the next 14 days ?
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.

HOUSING CHOICE VOUCHER PROGRAM

Section 8 applications will only be accepted online accessible at www.waitlistcentralri.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
or visit www.coventryhousing.org

Other helpful sites:

rihomeless.org www.helpri.org
www.rifairhousing.org www.housingsearchri.org

In addition to LIHEAP, *WestbayCAP* also has the
**Good Neighbor Energy Fund,
Weatherization Assistance Program and
Heating System Repair and Replacement Program**

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

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.**

As of 10-12-22 Rhode Islanders have a new website 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

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

*If you have a question you can
contact Carlos at 378-5725.*

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

Help with Internet Service CONNECT2COMPETE

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

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

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 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**

Call 822-9175

Coventry Department of Parks and Recreation

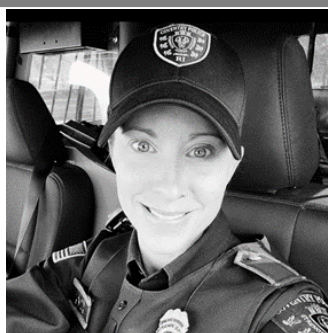
Check our their amazing

WINTER 2023 Program Guide

Facebook @coventryparksrecri

Instagram @coventryparksandrecri

**You can also access their online registration
website at coventryrecreation.com**



The Coventry Police Department is pleased to announce **Officer Erica Braker** has been selected as the **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

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 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

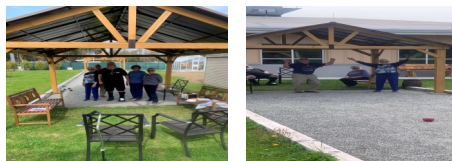
PITCH / CARDS—Experienced players only !

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

BINGO - Please come & join the fun

Wednesday Afternoons 1:30 – 4:00

BOCCE Will be waiting for the Spring...



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 - New day: 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 11:00. 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.



AARP Chapter 2210 Presents!

For more info. Come see the flyer or call Maureen Murphy for reservations at 401-828-5188

Weekly / Monthly Activities & Programs

Monday

8:00am Pool Room
8:30am Nurse available
9:30am Yoga

Tuesday

8:00am Pool Room
8:30am Nurse available
10:15am Sociables (1st Tuesday)
1:00pm Canasta
1:15pm Pitch

Wednesday

8:00am Pool Room
9:30am Knitting
1:30pm Bingo

Thursday

8:00am Pool Room
8:30am Nurse available
10:00am Adult Coloring
11:00am Creative Writing
1:00pm Cribbage
1:00pm Art Classes

Friday

8:00am Pool Room
8:30am Nurse available
10:00am Pinochle
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

some 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 our group.

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.

ARTHRITIS EXERCISE CLASS

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 !**

New session starting in January !!

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.

CHRONIC PAIN SELF-MANAGEMENT WORKSHOPS

Will provide participants with the tools to manage medications including signs of addiction and other side effects, fatigue, frustration, proper nutrition, communication skills to address family, friends, and healthcare professionals

Facilitated by two certified peer leaders in group sessions. It does include a gentle exercise program. 2 1/2 hours per week for six weeks. This is for anyone 18 years of age or older and it is FREE.

Provided by RI DOH & Community Health Network at the RI Parent Information Network.

Please have your name added to the waiting list with our receptionist at 822-9175

We will offer this program another time in the future

CareLink Wellness Fall Prevention Program

TAI JI QUAN: 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 waiting list.

Thank you Care Link Wellness for giving us a complimentary grant to move forward with this program. New session starts in January. Call 822-9175 for more info.

COVID VACCINE & BOOSTER INFORMATION

For all links and information visit <https://covid.ri.gov>

*To schedule go to www.vaccines.gov or at your Dr. office or a local pharmacy (online or can 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 VACCINE APPTS. FREE RIPTA bus rides Call 401-781-9400 or www.ripta.com

Anyone enrolled in Medicaid or older than 60 can use the Non Emergency Medical Transport Service provided by MTM. Can be booked online at <https://www.mtm-inc.net/mtm-link> or call MTM 855-330-9131 at least 2 days before appt

If you, or your loved one, is homebound Alert Healthcare can provide a COVID vaccine in your home. Call 1-508-944-7722

Purple Shield Mobile Healthcare can provide both a COVID vaccine/booster shot AND the FLU vaccine in your home. Please call (401) 384-7752 to schedule a home appointment.

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 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 residents only) *bring proof of address

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 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 at least one day in advance. 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

January 2023 822-9180 Reservations

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Happy New year				
9	Minestrone soup Meatball sandwich Orzo pasta salad Fresh fruit Multi grain roll Chicken salad on wheat roll	10 Tomato Soup French onion baked chicken Roasted potatoes Sliced carrots / garlic bread Pudding Salami, ham & cheese / wheat roll	11 Mushroom barley soup Shepherd's pie Mashed garlic potatoes Sliced pears w. wheat roll Chicken Caesar salad	12 lentil soup Creamy pork chop Sweet potato Mixed vegetables Whole wheat roll / cookie Tuna salad plate	13 Cream of Broccoli soup Chicken cacciatore Green beans Baked potato Roll – Fruit Cobb salad
16	Closed				
17	Navy bean soup Sausage & pepper sandwich Zucchini w/carrots W. Wheat roll Pudding Chicken salad on rye	18 Cream of mushroom soup Sloppy joe Cole slaw Pasta salad Whole wheat roll - cookie Turkey & Swiss/whole wheat	19 Chicken soup Pork roast w / gravy Mashed potato Mixed vegetables Mixed fruit - roll Spinach salad w/ chicken	20 Kale & bean soup Chicken parm Roasted Italian vegetables Garlic bread (ww) Fruit salad Tuna salad on ww bread	
23	Chicken noodle soup Tossed salad Baked rigatoni w/ sausage & meatballs Garlic bread -Fruit cup Ham & cheese on multi grain	24 Lentil soup Breaded chicken thigh w/gravy Fingerling potatoes Green beans Multi grain roll - pudding Egg salad on multi grain roll	25 Tomato soup Swedish meatballs Mashed potatoes Sliced carrots Fresh fruit/ multi grain bread Seafood salad plate	26 Minestrone Soup Open turkey sandwich w/gravy Stuffing Cole slaw – sliced bread Oatmeal cookie Corned beef on Rye bread	27 Fruit cup Tossed salad Beef stew Biscuit Chef salad Short bread cookie
30	Beef vegetable soup Chicken Scarpariello w/ sausage & potatoes Mixed vegetables Fruit – ww roll Chicken sandwich on ww roll	31 Greek cucumber salad Sautéed beef w/mushroom gravy Mashed potato Sautéed spinach Cake- roll Sliced turkey on Rye			

SOCIAL SECURITY INFO

General Enrollment Period for Medicare Part B

By Cheryl Tudino

Social Security Public Affairs Specialist



If you did not apply for Medicare Part B (medical insurance) within three months before or after turning age 65, you have another chance each year during the General Enrollment Period. The period runs from January 1 to March 31 every year.

If you don't enroll in Part B when you're first eligible for it, you may have to pay a late enrollment penalty for as long as you have Part B coverage. Your monthly premium will increase 10% for each 12-month period that you were eligible for Part B but did not sign up for it. Your coverage starts the first day of the month after you sign up.

To learn more about Medicare, please visit our Medicare Benefits page at www.ssa.gov/benefits/medicare. You may also read our publication at www.ssa.gov/pubs/EN-05-10043.pdf.

Please share this information with your friends and loved ones who may need it – and share it on social media.

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

Call 1-866-306-0270 www.eatbettertoday.com

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 Nooseneck Hill Road,
West Greenwich
(Lower Level Coventry-West Greenwich Elks Lodge)
Open every Wednesday from 1—5pm. **FREE** 397-9700

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 an 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

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

RentReliefRI closed on June 1st, 2022—at www.rihousing.com or CCAP's new client portal at <https://comcap.org> or call CCAP at 467-7013 for questions.

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

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

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

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.

If you have any questions please call 828-3090

RI LEGAL SERVICES 401-274-2652 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 Call 1-855-398-7605

CHILD INC. 823-3228 www.childincri.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 or call 732-4660
RI Energy Consumer Advocate Carlos Andrade 378-5725

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

EBC House Hotline 738-1700 www.ebccenter.org
24hr. hotline 1-800-494-8100 Safe shelter; transitional housing; court advocacy; counseling

RI Coalition Against Domestic Violence
The Helpline: 24-Hour Support 1-800-494-8100
www.ricadv.org

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

Need HealthSource RI? Can apply online at 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 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

TGI Network of Rhode Island www.tginetwork.org
support and advocacy for the TGI community in Rhode Island

SAGE RI 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

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
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.risltpc.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

Disability Determination Services (DDS)

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

**FYI Robert J. Allen Masonic Medical Equipment
Distribution Center** 451-0184* Open Fridays 9 to 12
Pre-owned – loaned at no cost 116 Long Street in
Warwick (across from St. Rose & Clement Church –
through the iron gates “Masonic Shriners” Warehouse
on left (grandlodge@rimasons.org))

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

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 for victims in the community.

Find a Therapist:

<https://www.psychologytoday.com/us/therapists>

Medicare.gov also has a search tool 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

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

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
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
<https://osdri.org> 1-800-861-8387 / 383-4730

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

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

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

SOCIAL SECURITY OFFICE

30 Quaker Lane, Warwick RI 02886 (first floor)

1-866-964-2038 or TTY 1-800-325-0778

www.ssa.gov Can also apply online for retirement benefits, SSI, Medicare/disability benefits; replacement ss card; proof of benefits; status of appeal etc.

Having issues with Social Security or the VA ?

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

CodeRed provides automated calls on your landline and/or cell phone and text messages alerting you of weather emergencies, sex offender notifications, town info etc. Your landline is automatically on the system, but if you want to receive notifications on your cell phone you would need to register your cell phone # **online at the town website www.coventryri.org or the Coventry Police website at www.coventrypd.org**

HOPE AND RECOVERY

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 for more info.

THRIVE BEHAVIORAL HEALTH 401-732-5656

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

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 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 **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

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-8255 www.suicidepreventionlifeline.org

Mental Health Association of RI *For treatment options www.mhari.org **(401) 726-2285**

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

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://nera.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.

MIDDLE SCHOOL Refusal Skills for Your Teen

Learning consent and refusal skills for middle schoolers is essential—whether it’s practiced in relationships, events, or choosing not to use alcohol or other drugs.

Your teen may face many situations where others want them to do something risky or unhealthy. Unfortunately, many teens wind up “going along” not because they want to, but simply because they don’t know how to respond. They’re afraid of losing a friend, looking uncool, or being left out. Parents can help by suggesting ways to say “no” in a variety of ways and a variety of situations.

Ways teens can say “no” to alcohol and other drug use:

Make a joke. Sometimes humor is the best way to respond to a situation. It can lighten a serious mood and divert attention away from your child.

Give a reason why it’s a bad idea. Maybe they can’t smoke because it could get them kicked off the track team. Backing up refusals with evidence gives it more power.

Just say no, plainly and firmly. In some situations, just saying no without a lot of explaining is the best response. Make sure their “no” is a strong and determined one.

Suggest an alternative activity. Kids can wind up doing stuff they shouldn’t because they lack other options. By offering something better to do, it can give others an “out” too.

Leave the situation. If your child doesn’t like where things are headed, they can leave the situation. If they lead the way, other kids who don’t want to do it either may follow.

Thanks, but no thanks. They can be polite but aren’t interested. It’s just something they’re not into.

The power of numbers. Have them make a pact with friends to stick to their feeling. Knowing friends will back them up can help them be more assertive. (Taken from Ages&Stages A special edition of Raising Healthy Teens)

WHEN IT’S TIME TO TALK. Talking to your teen about alcohol and drugs is never easy. Here’s an app that can equip parents with the necessary skills, confidence, and knowledge to start and continue these conversations. [Samhsa.gov/talk-they-hear-you/mobile-application](https://www.samhsa.gov/talk-they-hear-you/mobile-application)



TOWN OF COVENTRY

Coventry Resource and Senior Center
822-9175

Police and Fire.....911

Police Department
826-1100

Animal Control
822-9106

Fire Department
821-3456

Town Clerk
822-9173

Town Manager
822-9186

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

You can view our monthly newsletter online at
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
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

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 !