

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 Welcome to June.

Everything is growing and the weather is great!!

This month at the Coventry Resource and Senior Center we will be working on growing our programs to best meet your needs and keep you happy and healthy.

We celebrated Mother's Day last month and will be celebrating **Father's Day on Thursday, June 15th**. Lunch is on us gentlemen. We will have some great food and good times. **Kalifornia Karl** will be providing the entertainment on **Friday, June 16th from 11am-Noon**. Please join us, make your reservations early.

I wanted to thank all of our volunteers as we celebrated their great work and gave out awards at our volunteer breakfast last month. Without you we could not fulfill our mission. You Guys (and Gals) Rock!!! Thanks again to the **Coventry High School Culinary Arts Program** for their wonderful breakfast and white glove service. Those kids are amazing!!

We continue to provide a wide menu of activities and options here at the Coventry Resource and Senior Center. Our outdoor courtyard has some new furniture and we want you to enjoy all we have to offer. Some of the activities this month include:

June 1st-Manicures from 10:30-11:30am call for an appt.

June 2nd we have our legal clinic

June 5th and 12th Tools for Healthy Living Program continues

June 14th is Flag Day

June 15th We will be celebrating birthdays, Father's Day and Oak Street Health will be here to provide a gardening class from 10-11am

June 16th One of your favorites, Kalifornia Karl will entertain us from 11am -12noon. Please make your reservations early.

All of our regular classes like Yoga, Tai Chi for Balance and Zumba will continue throughout the month of June. Our instructors are excellent and bring a wealth of knowledge to our programs.

If you haven't visited us yet, please read our newsletter. If there is something that interests you come by and we would love to show you around!

Until next month, enjoy the nice weather and spending time outside in your community. Bob Robillard Jr., LMHC Director

JUNE 2023



Table of Contents

Monthly Happenings.....	Page 2
Monthly Happenings.....	Page 3
Monthly Happenings.....	Page 4
Monthly Happenings.....	Page 5
Scams/Fraud	Page 6
Utility Support/Housing....	Page 7
General Services.....	Page 8
General Services.....	Page 9
Activities.....	Page 10
Health & Wellness.....	Page 11
Nutrition/Food Pantries.....	Page 12
Café Monthly Menu.....	Page 13
Social Security Info.....	Page 14
Resources.....	Page 15
Resources.....	Page 16
Resources.....	Page 17
Hope & Recovery.....	Page 18
Hope & Recovery.....	Page 19
Staff/Town Directory.....	Page 20

MONTHLY HAPPENINGS...

JUNE ENTERTAINMENT

Kalifornia Karl, a favorite here at the Center will be entertaining us on **Friday, June 16th 11-12**

Our menu will be Portuguese kale soup, Chicken cacciatore, Roasted potato, Green beans, dinner roll and fruit.

Please reserve by Thursday 6/15 at 9:30.

We will also have our popular Raffle !

FATHER'S DAY

All the gentlemen can enjoy a free meal on us

Thursday, June 15th in honor of Father's Day.

Our menu will be Tomato soup, Smoked BBQ Pork loin, Corn on the cob, Roasted potato, roll and cake.

Please make reservations as usual.

We will also have a few free raffle items to give out (We are also celebrating Birthdays !)

In addition:

Oak Street Health will be here on

Thursday June 15th from 10am-11am to do a gardening/seed starting demonstration activity.

GRIEF SUPPORT GROUP will be starting on **June 13th, 1-3 here at the center.**

Please call 822-9175 to sign up.

More info on page 4

COME PLAY BOCCE !

Anyone interested in starting a league?

Or you and some friends can play anytime, just call Lynn at 822-9175 to reserve your time

on our regulation court. (photo on page 5)

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

VEGGIE BOXES

will be here for those who ordered them on

Wednesday, June 21st after 12:00.

Please pick them up by Friday the 23rd.

We have no way to store them.

If you want to order veggies for the fall and have not done so please see Lynn in reception to fill out your order form for Sept. delivery.

AARP Safe Driver's Program -Rm 214
Thursday, June 29th from 12:20- 4:30.

SEE FLYER ON PAGE 3 for all details

Please sign up by calling 822-9175

TAI JI QUAN aka TAI CHI

The new class of Tai Chi is starting in August.

Please sign up with Lynn in reception at 822-9175 Wednesdays and Fridays from 9-10. \$3.00 per class.

*All students assessed before they can start.

Complimentary Manicures

The Cosmetology students from the high school will be offering manicures - enjoy some pampering !

Please join us on **Thursday, June 1st from 10:30-11:30.**

We will have a timeslot signup sheet at the mealsite desk.

A big Thank you to the Coventry High Culinary Students and staff for providing us this year with the best breakfast in town. Enjoy your summer and we look forward to seeing you in the Fall!

MANY THANKS to Riverview Healthcare

for sponsoring our VOLUNTEER APPRECIATION BREAKFAST!

We also want to thank

the Coventry High School Culinary students for donating a dinner at the Knotty Oak Room

Susan Saccoccia-Olson for donating a Dave's Market gift card and Genevieve Murray for donating one free month gym membership.

WE APPRECIATE you thinking of our volunteers!

WE ARE THRILLED TO ANNOUNCE that the

Coventry High School Jazz Band will be performing

here at the center from **11am to noon** this summer on the following

Tuesdays June 20th, June 27th, July 25th and August 1st

Don't forget to mark your calendars! Maybe you would like to also make a reservation for lunch at 822-9180

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

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

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

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

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

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

Thursday, June 8th from 11—12. See flyer on page 4

RI Legal Services FREE "one on one" civil legal clinic on
June 2nd, Call 822-9175 for appt. More info on page 4

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

ART CLASS will be canceled on June 29th.

Sorry for any inconvenience



AARP SMART DRIVER REFRESHER COURSE

A new 2022 AARP Smart Driver Refresher Course is being offered at:

***Coventry Senior Center
50 Wood StreetSM
Coventry, Rhode Island
Thursday, June 29, 2023
Class 12:30 pm to 4:30 pm***

Since 1979, AARP Driver Safety has helped over 18 million older drivers stay safe, educated, and confident behind the wheel. AARP Smart Driver course participants will learn:

- **Valuable defensive driving skills**
- **Proven safety strategies**
- **How to stay current with the latest driving technologies**
- **The current rules of the road, specific to your community**
- **How to manage and accommodate common age-related changes in vision, hearing, and reaction time**

Many participants may be eligible for a multi-year insurance discount after taking the course. Participants are encouraged to check with their insurance agent to see if they are eligible. There are no tests required to pass the course.

The course is open to drivers of all ages and costs ***\$20 for AARP members*** and ***\$25 for non-members.***

To Register call: ***Coventry Senior Center 401-822-9175***

For more information and to learn about all the AARP Driver Safety Programs visit: www.aarp.org/drive

June 8th, CPS OPTIX WILL BE HERE AT THE

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



WHO WE ARE:

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

At the Coventry Resource and Senior center we will be offering full optical services with over 150 frames to choose from at no additional cost. When your glasses are ready, we will deliver them and provide an onsite fitting to ensure you are 100% satisfied.

SERVICES WE OFFER:

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

INSURANCE WE ACCEPT:

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

401-921-4141

200 Toll Gate Road Ste 202
Warwick, RI 02886

CPSOPTIX@GMAIL.COM

WWW.CPSOPTIX.COM

GRIEF SUPPORT GROUP

It will be starting on June 13th, 1-3pm
Please call 822-9175 to add your name.

GRIEF SUPPORT GROUP
TELL YOUR HEART TO BEAT AGAIN

Facts Of Life

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

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

IS OFFERING A PROGRAM FOR GRIEF SUPPORT FREE OF CHARGE

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

EACH SESSION WILL BE 2 HOURS LONG AND LAST 8 WEEK

ANYONE INTERESTED PLEASE CONTACT OUR RECEPTIONIST TO REGISTER

LEGAL ISSUES GOT YOU STRESSED?

Are you having trouble finding work because of a criminal record, or because your driver's license or professional license has been revoked?

Are you having problems with your public benefits (food stamps, childcare assistance, cash assistance)?

Are you concerned about your credit score? Do you have a lot of creditors calling you?

Have you been asked to change your will or power of attorney?

Are you older than 60, and feeling alone, with no one willing to help?

Have you received eviction notices from your landlord or is your home in danger of foreclosure?

ATTEND A FREE "One on One" LEGAL CLINIC

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

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

WHEN: June 2, 2023

WHY: RESOLVE YOUR CIVIL LEGAL ISSUES

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

As of July 16th, 2022 there is now a - **NATIONAL MENTAL HEALTH HOTLINE** If you are in a crisis 24/7-you can call or text 988 on your phone and be connected with a trained counselor who is part of the National Suicide Prevention Lifeline.

MENTAL HEALTH SUPPORT in Rhode Island: 24/7 (mental health & substance use crises)

Call 911 if there is risk of immediate danger. *For adults call **BH LINK (401) 414-5465**

*For under 18 call **KidLink at 855-543-5465**

Visit the **BH Link website at www.bhlink.org**

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>

TECH Help for Seniors

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

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

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

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

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

Come play Bocce !!!

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

Interested in starting a league ?

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



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

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

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

FREE RIDES to vaccines **Call 401-781-9400 or www.ripta.com**

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

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

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

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

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

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

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

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

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

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

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

Trained fraud specialists will provide support and guidance on what to do next and how to avoid scams in the future.

The **AARP Fraud Helpline 877-908-3360** is free and available to anyone.

Also offer online support sessions for further emotional support.

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

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

Contact your bank to report if applicable

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

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

FTC Federal Trade Commission 877-382-4357 www.ftc.gov

Report fraud, scams, and bad business practices reportfraud.ftc.gov

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 (OIG)** at oig.ssa.gov or call their **fraud hotline at 1-800-269-0271** or send an email to OIG.1140@ssa.gov

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

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

Equifax.com/personal/credit-report-services 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>**

"Windows Support" Scam

- You receive an unsolicited phone call from individual posing as Microsoft Windows tech support letting you know your computer has "corrupt" files and needs to be fixed.
- Caller then walks through a series of computer commands, allegedly fixing the issue, but actually installing malware or other software that allows the scam artist to remotely control your computer.

International Lottery or Sweepstakes Scams

- Foreign lottery scam e-mails typically notify you that you have won a large sum of money and that, in order to collect it, you must wire a processing fee using Western Union or Money Gram.
- The sender will often ask for money more than once to process the bogus winnings.

UTILITY / HOUSING RESOURCES

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

*If you find yourself in need of “**Emergency Housing**”,
Are you currently homeless or facing homelessness
Your first step should always be to contact
RI Coordinated Entry System (CES) at (401) 277-4316.

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

“**SHOWER TO EMPOWER**” is a mobile trailer at sites across the state <https://thehouseofhopecdc.org>

It provides showers, haircuts, medical services and case management to those in need such as applying for housing, employment, and social security benefits. A Family nurse practitioner and psychiatrist do outreach with House of Hope CDC as well.

As of 10-12-22 Rhode Islanders have a new website Energysupport.ri.gov 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

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 or visit www.coventryhousing.org
 Can apply online or request paper application

Other helpful sites: <https://affordablehousingonline.com>
rihomeless.org www.helpri.org www.rifairhousing.org
www.housingsearchri.org

Rhode Island Energy Assistance options for income eligible customers !

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

Along with the following programs:

You can qualify for up to a 30% discount on your RI Energy electric and gas bills if you: Receive food stamps/SNAP, Qualify for Fuel Assistance/LIHEAP, or receive SSI (SSDI is not a qualifier).
 Or, Qualify for a 30% discount on your RI Energy Bills if you receive: Medicaid, Rhode Island Works program or General Public Assistance.

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

In addition to LIHEAP, *WestbayCAP* also has the **Good Neighbor Energy Fund, Weatherization Assistance Program and Heating System Repair and Replacement Program** <https://westbaycap.org> or 732-4660

FREE Home Energy Assessment Program

Available to all households, including homeowners and renters. For more info go to www.rienergy.com/ri-home/energy-saving-programs/home-energy-assessments

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/>

Need Assistance Paying Your Water or Sewer usage bill?

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

GENERAL SERVICES

Coventry Resource and Senior Center

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

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

Health & Wellness / Nurse Our nurses are available to monitor your blood pressure, weight and diabetes as well as to answer some of your basic health questions. In addition, the center offers health & wellness education seminars and presentations. We also collaborate with Department of Health & other agencies for workshops and fitness programs.

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

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

SENIOR COMPANION PROGRAM

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

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

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

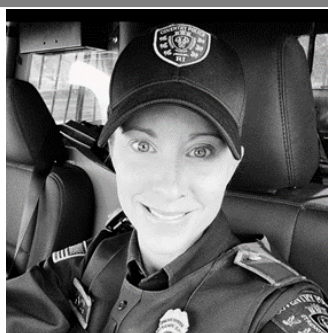
Coventry Department of Parks and Recreation

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**



The Coventry Police Department is pleased to announce **Officer Erica Braker** has been selected as the **Community and Elderly Affairs Liaison Officer.**

Off. Braker has served the Town of Coventry for the past 16 years.

The purpose of the elder affairs officer is to create a close bond between the police department and the senior

citizens in our community. The elderly affairs officer is available for all matters of elder abuse, neglect, and self-neglect. Officer Braker will be visiting the Coventry Resource & Senior Center on a regular basis and will be available to speak with all members of the community.

Officer Erica Braker #32

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

GENERAL SERVICES

Coventry Resource and Senior Center

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



COVENTRY CARES COMMUNITY CLINIC

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

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

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

Nurse Jane or Nurse Carolyn are available:

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

COFFEE SHOP

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

**WE ARE LOOKING FOR
SUBSTITUTE VOLUNTEERS...
and for Mondays starting in May.**

NOTARY PUBLIC

Free Service

This service is available at no charge.

Three staff members are RI Registered Notaries.

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

LENDING LIBRARY

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

PROJECT FRIENDS

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

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

‘TIS THE SEASON

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

‘Tis the Season operates through the generosity of the community. Some members of the community have small fundraisers. Others prefer to donate money directly. The Fire Departments graciously conduct an annual “Boot Day” to support ‘Tis the Season. These funds are used to purchase needed food and clothing. Local schools and churches hold food drives. Other clubs and organizations conduct toy drives all to benefit ‘Tis the Season. Still other families, businesses, schools and other local groups choose to “Adopt a Family” at the holidays. **Call 822-9178 for more information,** how to request assistance or how to donate.

ACTIVITIES

Coventry Resource & Senior Center Any questions call 822-9175

PITCH / CARDS—Experienced players only !

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

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

BOCCE Thursdays @ 1pm. Weather permitting
Or anyone can call 822-9175 to reserve a time
with your own friends/players during the week.



CRIBBAGE Thursdays at 1:00 pm.

We meet in the activity room on the left just behind the mealsite. Always looking for cribbage players !

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

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

KNITTING

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

POOL ROOM— looking for more players

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

PINOCHLE **Our new group on** Fridays at 10:00am

We have a cheat sheet. Come join the fun !

CREATIVE WRITING GROUP

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

CANASTA Every Tuesday at 1:00

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

ARTS & CRAFTS Every Thursday 1-3pm

AARP Chapter 2210 Presents!

June 22, 2023 **ESSEX STEAM TRAIN & RIVERBOAT** with lunch at Scotch Plains Tavern \$119/pp

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

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

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

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

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

Weekly / Monthly Activities & Programs

Monday

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

Tuesday

8:00am - 4:30pm Pool Room
8:30am - 12:30pm Nurse available
10:15am Sociables (1st Tuesday)
10:30am Arthritis Exercise
11:15am Zumba
1:00pm Canasta
1:15pm Pitch

Wednesday

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

Thursday

8:00am - 4:30pm Pool Room
8:30am - 12:30pm Nurse available
10:00am Adult Coloring
10:30am Creative Writing
1:00pm Cribbage
1:00pm Arts & Crafts Class
1:00pm Men's Group (2nd Thursday)

Friday

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



HEALTH & WELLNESS



ZUMBA fitness classes

Tuesdays 11:15am—12:15pm.

The cost is \$3.00 per class.

Fun, easy to follow, low impact dance moves.

Zumba is a great cardio exercise. Come join the fun !

Please call to register at 822-9175.

THE SOCIABLES

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

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

YOGA

Shri will be teaching our program going forward.

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

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

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

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

ARTHRITIS EXERCISE CLASS

canceled until further notice

Tuesdays and Fridays 10:30 – 11:30.

This is an eight week program for \$40.00. We include chair exercises as part of the program. ***Stop in for a class to see if this is what you are looking for !***

MEN'S GROUP

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

CHRONIC DISEASE SELF-MANAGEMENT WORKSHOPS

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

Join our FREE Workshop.

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

To register, contact Lynn at 822-9175 or

Community Health Network (401) 432-7217

(See flyer on page 3)

Workshop will be held at the Coventry Resource and Senior Center Mondays, beginning 5/1/23 through 6/12/23

CareLink Wellness Fall Prevention Program

TAI JI QUAN / TAI CHI: Moving for Better Balance

Learn about ways to improve balance and reduce your fall risk through a balance and strengthening exercise class incorporating Tai Ji movement.

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

Call 822-9175 to be added to the waiting list.

Call 822-9175 for more info.

NEW SESSION STARTS IN JULY

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

NUTRITION

COVENTRY COMMUNITY FOOD BANK

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

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

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

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



One of every three bites
of food you eat



depends on the honey bee.



COVENTRY COMMUNITY GARDEN located in front of the Town Hall Annex.

(Come check out the Bee Hive too!) All of the produce grown goes directly to the Food Bank.

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

For more information, please call 822-9175. Visit the *Coventry Community Garden* on Facebook.

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

COVENTRY CAFÉ

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

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

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

Celebrate Birthdays the third Thursday of the month !

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

Meals on Wheels Volunteers needed ! Call Pat Fleming for details 822-9474

Meals on Wheels of Rhode Island Provides home delivered meals to frail, homebound seniors and qualified disabled persons, five days per week. Seniors must be 60 years or older, live alone, have no one to help them, and be unable to shop, cook, or drive. If under 60, an approved waiver is required through eligible waiver programs (DHS, PACE, NHPRI) Can make referral **on-line at www.rimeals.org 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 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

June 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Vegetable soup Honey baked chicken thigh Sweet potato Peas & carrots Snowflake roll Fruit Chef salad	2 Chopped salad Sausage & pepper sandwich Pasta salad Ww roll Cake Chicken sandwich
5 Chicken soup Baked spaghetti w/meat sauce Roasted broccoli & carrots Multi grain roll Pudding Chef salad	6 Roasted cauliflower soup Sweet & sour pork Greek rice pilaf Green beans Fruit Sliced multi grain bread Seafood salad on wheat bread	7 Greek cucumber salad Pepper steak Rice pilaf w/ mushrooms Mixed vegetables Roll Oatmeal raisin cookie Ham & cheese club	8 Minestrone soup Stuffed chicken breast w/gravy Au gratin potatoes Baby carrots Cake Turkey on wheat	9 Cream of broccoli soup Meatball sandwich Green bean salad Roasted potato Ww roll Jello Egg salad sandwich
12 Chicken soup Sweet & sour meatball Fried rice 3 – bead salad Roll (whole wheat) Chocolate chip cookie Grilled veggie salad w/chicken	13 Escarole bean & sausage soup Honey glazed chicken breast Roasted potato Italian mixed vegetables Mixed fruit / roll Tuna salad plate	14 Vegetable soup Baked rigatoni w/mini meatballs Zucchini Roll Fruit salad Roast beef on a ww roll	15 Tomato soup Smoked BBQ Pork loin Corn on the cob Roasted potato - roll Cake Spinach salad w/ chicken	16 Portuguese kale soup Chicken cacciatore Roasted potato Green beans Ww roll - Fruit Ham & cheese on rye
19 Lentil soup Sloppy joe Mixed vegetables Roasted sweet potatoes Ww roll - cake Cobb salad	20 Mushroom barley soup Roasted pork w/peppers & apples Parsley potatoes Roll Jello Egg salad on multi grain roll	21 Tossed salad Pub burger w/ cheese Baked beans Pasta salad Watermelon - roll Hot dog w/roll	22 Minestrone Soup Beef casserole over cheesy buttered noodles Roasted broccoli & cauliflower Lorna doone cookie -ww bread Chicken salad sandwich	23 Fresh fruit w/ cottage cheese Braised beef brisket Roasted potato salad Cole slaw Ww roll - Chicken salad plate
26 Vegetable soup Meatball stroganoff Mashed potatoes Peas & onions Whole Wheat roll - cookie Turkey & Swiss/whole wheat	27 Tossed salad Fruit cup Beef stew Ww roll Jello Italian grinder	28 Chicken soup Chicken Francese Spanish rice Green beans Sliced bread / fruit Turkey & Swiss on rye	29 Tomato soup Shepards pie Mashed potato Ww roll Pudding Seafood salad plate	30 Lentil & bean soup Open turkey sandwich w/ gry Stuffing Cole slaw Fruit Chef salad

SOCIAL SECURITY INFO

STAY HEALTHY AND INDEPENDENT WITH THE SENIOR NUTRITION PROGRAM

By Cheryl Tudino

Social Security Public Affairs Specialist



Are you eligible for Social Security retirement benefits or already receiving them? Did you know that you can also receive healthy meals and other nutrition services through the National Senior Nutrition Program? Local meal programs in communities across the country are waiting to serve you.

As we age, we have different needs, different ways we take care of our health, and different nutrients we need to get from our food. But we don't always have enough healthy food or the desire to prepare or eat a meal. Whether you need more food, healthier food, someone to share a meal with, or just want to learn about good eating habits, a meal program can help.

Every day, senior nutrition programs serve almost one million meals to people age 60 and older. With home-delivered and group meal options, you can get the food you need in a way that works best for you. It can help you avoid missed meals – and save you time and money with less shopping and cooking.

Local programs serve up more than food — they offer opportunities to connect and socialize. We know this improves both your mental and physical health.

The programs can also teach you how to create a healthy eating plan. You can learn about healthy food recommendations based on your age, unique needs, and preferences.

A senior nutrition program can also connect you with other resources like transportation or homemaker services. This helps you stay connected and engaged in your community.

It's no surprise that 9 out of 10 participants say they would recommend a senior nutrition program to a friend. We know these services help create healthy, strong communities where everyone can thrive at any age.

Find a senior nutrition program in your area and help us spread the word about this program by sharing it with your loved ones, neighbors, and community. Visit eldercare.acl.gov/Public/Index.aspx for more information.

The Senior Nutrition Program is administered by the Administration for Community Living, part of the U.S. Department of Health and Human Services.

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

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

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 12-3pm. **FREE** 397-9700

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

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

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

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

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

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

Here in Coventry, our conference offers:

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

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

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

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

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

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

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 Childcare & RI Pre-K ...

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

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

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.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

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

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
<http://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/licensees>

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

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

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

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

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

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

Having issues with Social Security or the VA ?

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

RI SPECIAL NEEDS EMERGENCY REGISTRY

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

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

Your landline is automatically on the system, but if you want to receive notifications on your cell phone you would need to register your cell phone # **online at the town website www.coventryri.org 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 Intake 732-5656

THRIVE Emergency Services 738-4300

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

ANCHOR RECOVERY & WELLNESS CENTER at

Kent County YMCA 401-615-9945

for all stages of recovery

CCAP Behavioral Health Counseling 401-467-9610

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

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://nerna.org/>

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

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

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

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

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

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

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

DATING VIOLENCE

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

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

TIPS AND ADVICE TO CONSIDER

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

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

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

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

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

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

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

-Advise that it’s definite and final.

-Develop a safety plan.

-Avoid walking or riding alone.

-Support and be ready to help.

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

-Always travel with a friend.

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

WHEN IT’S TIME TO TALK. Talking to your teen about alcohol and drugs is never easy. Here’s an app that can equip parents with the necessary skills, confidence, and knowledge to start and continue these conversations.

Samhsa.gov/talk-they-hear-you/mobile-application



Staff Directory

Director Robert Robillard 822-9127
rrobillard@coventryri.org

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

Bookkeeper Jomarie Fabian 822-9177
jfabian@coventryri.org

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

Social Workers

Susan Pajak 822-9176 spajak@coventryri.org

Lynn Pendola 822-9125 lpendola@coventryri.org

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

Food Bank 822-9199

Nurse's Office 822-6208

Mealsite / Café 822-9180

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

Program Assistant Karen Beaudoin 822-9180

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

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

Maintenance Al Jordan 822-9175

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

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

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 !