

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

On behalf of our staff and those that use our center we would like to wish John Silvia a Happy 100th Birthday! John has been a member of the Coventry Resource and Senior Center for many years. He and his wife Dot volunteered their time to make our programs grow to what they are today. So Thank You John! We Love You, and wish you a Happy and Healthy 100th Year from all of your Coventry Friends!!!

March is finally here! Spring is around the corner and nicer weather will hopefully be on the way.

Our center is full of activity this March and we have added some new ones this month.

Thursday March 2nd-9:30am-12:30pm: Technology support is available to help you figure out your smart phones and tablets.

Wednesday the 8th at 11:00am URI Pharmacy Outreach will be here.

March 11th! HAPPY 100th BIRTHDAY JOHN!!

Thursday March 16th from 1 to 3:00pm Our Arts and Crafts will resume.

Yoga has increased to two times per week. Mondays at 9:30am and Fridays at 10:30am.

Our new Men's Group will be meeting the 2nd Thursday of each month at 1:00pm in our meal site. Come by and hang out with the guys!

Wednesday March 22nd 10am-2pm Find out if you are eligible for free internet

Wednesday March 29th-RIPTA Bus Passes: (fee of \$10) for people over 65 and older or people with disabilities, will need your state ID, Medicaid card dated 2019 or newer, Food stamp award letter and/ or social security award letter.

There is so much going on and our center is so active that you will need to read through our March Newsletter.

Happy Spring from All of Us here at the Coventry Resource and Senior Center!

Bob Robillard Jr., LMHC Director

MARCH 2023



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MONTHLY HAPPENINGS...

DAYLIGHT SAVINGS TIME BEGINS MARCH 12TH !!!

MARCH ENTERTAINMENT

Deb Celletti will be here to entertain us this month on **March 15th at 11:00**. She has been here in the past and is very popular for wedding receptions. Our luncheon menu will be chicken & escarole soup, sloppy joe, potato salad, three bean salad and cookie for dessert. The cost is your \$3.00 donation for lunch. You must make your reservations by 9:30am the day before.

Why not make it a day and stay for Bingo which starts at 1:30. Packages are \$6.00 each and specials are \$1.00 each.

NEW Arts & Crafts Program will resume on **March 16th Thursday 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.

RIPTA BUS PASS

A representative from the Rhode Island Public Transportation Authority will be here **Wednesday, March 29th from 10:00-12:00 pm.** The fee is \$10.00. People 65 and older or people with disabilities will need current State picture ID, Medicaid card dated 2019 or newer, Food Stamp award letter and/ or Social Security Award Letter.

URI Pharmacy Outreach

Wednesday, March 8th at 11:00.

The topic will be **Urinary Tract Infections.** UTI's can occur in people of all ages but are more common in those over 65 years of age. Signs and symptoms in older adults can be very different from younger patients and may result in misdiagnosis. Learn about the causes, signs, symptoms and treatment of this common ailment.

The Coventry Senior Band is looking for musicians

We are a group of retired volunteers entertaining seniors at Nursing Homes, Senior Centers, etc. If you play guitar, harmonica, banjo, mandolin or ukulele **please call David at 401-368-6895 or email walshdavid170@gmail.com**

MEALSITE RESERVATIONS

Please note our new meal provider must have your reservations for lunch in by 9:30am for the next day meal.

Sorry, no breakfast in March Next Breakfast **April 21st**

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.**

ATEL Tech Time

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

MARCH 2nd from 9:30—12:30 To register, call 822-9175

We will book for the following month if no appts available

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

March 9th, Thursday from 11—12. See flyer on page 4

RI Legal Services FREE “one on one” civil legal clinic on

March 3rd Call 822-9175 for appt. More info page 4

Want Free Internet?

MAXSIP Telecom uses the ACP to Connect Eligible People

with Free High-Speed Internet ! March 22nd 10—2pm.

Call Scott the tablet Guy 204-9305. Flyer on page 3

FREE CRAFT in March with Oak Street Health

March 16th at 10:30.

The theme this month is St. Patrick's Day.

Please sign up by March 10th so supplies can be purchased.

A great big “thank you” for coming in and sponsoring free monthly crafts for our participants. We appreciate you!

SAVE THE DATE....

*** TOOLS FOR HEALTHY LIVING**

FREE Chronic Disease Self-management Program

Informational session **April 24th 1-2.**

Workshop starts **Mondays beginning 5/1/23—6/12/23**

See flyers on page 3 Call 822-9175 to reserve your spot.

***The Alzheimer's Association** will be here to present an informative workshop on **Wednesday, April 5th at 10:30**
“Responding to Dementia Related Behavior”

***Volunteer Appreciation Breakfast Wed. May 3rd at 8:30am**

Arts & Crafts Workshops will resume Thursday, March 16—please register with Lynn in reception or call 822-9175





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!
Scott the tablet Guy
 204-9305

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.

Coventry Senior Center

March 22nd 10-2⁰⁰pm






Tools for healthy living.

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.

Learn proven techniques that will help you:

- Manage symptoms;
- Improve your sleep;
- Manage your medications;
- Eat healthier;
- Improve communications with family and doctor;
- Be more active;
- And use action plans and problem-solving for more confident decision-making.

WORKSHOP DETAILS

Where: Coventry Resource & Senior Center
 50 Wood St. Coventry, RI 02816

When: April 24th Time: 1-2 pm

Information session: Learn about how to manage your Chronic Pain and obtain tools for a healthier lifestyle.

To register, contact: Lynn at (401) 822.9175 or
 Community Health Network (401) 432.7217



This document was supported in part by a cooperative agreement (No90CS5G0001-01-01) from the Administration on Aging (AoA), Administration for Community Living (ACL), and the US Department of Health and Human Services (DHHS). Grantees carrying out projects under government sponsorship are encouraged to express freely their findings and conclusions. Therefore, points of view or opinions do not necessarily represent official AoA, ACL, or DHHS policy.



Tools for Managing Your Health and Well-being

Join our Chronic Disease Self-management Program classes

Workshop details:

Where: Coventry Resource & Senior Center

When: Mondays, beginning 05/01/2023 - 06/12/2023

Time: 1 - 3:30 pm

Cost: No cost to you

For more information and registration contact:

Lynn (401) 822.9175 or Community Health Network (401) 432.7217

Own Your Health

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

- Manage symptoms.
- Improve your sleep.
- Manage your medications.
- Eat healthier.
- Improve communications with family and doctors.
- Be more active.
- Use action plans and problem-solving for more confident decision-making.



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MARCH 9TH, 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

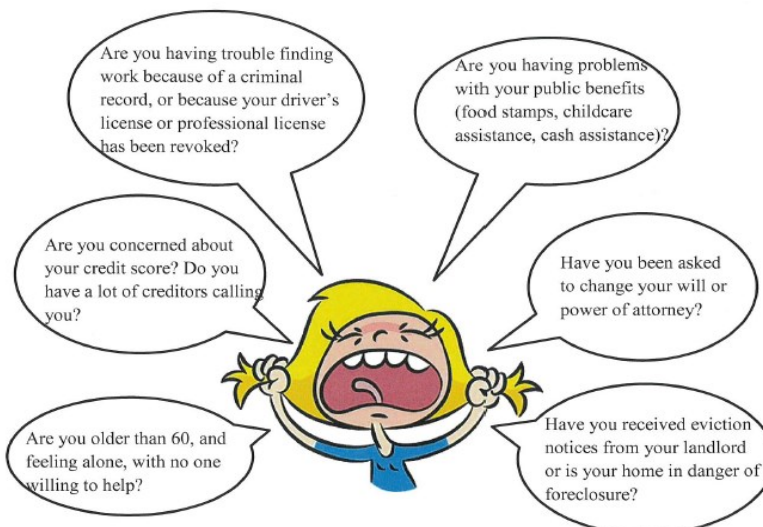


CPSOPTIX@GMAIL.COM



WWW.CPSOPTIX.COM

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: March 3rd, 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>

RIPTA BUS PASS A representative from the Rhode Island Public Transportation Authority

will be here at the Coventry Resource & Senior Center on Wednesday, March 29th from 10:00-12:00 pm. The fee is \$10.00.

People 65 and older or people with disabilities will need current State picture ID, Medicaid card dated 2019 or newer, Food Stamp award letter and/ or Social Security Award Letter.



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

Paine House Market Days
2023
Vendor Sign-Up

The First Saturday of Each Month
May through October
10am - 2pm

www.facebook.com/painehousemuseum

Paine House Community YARD SALE

Saturday, June 3 | 10 AM - 3 PM
THE PAINE HOUSE MUSEUM
7 Station St, Coventry

Calling all who have thing to sell and get rid of.

Contact Krystina 203-1457 for pre registration
WESTERNRHODEISLANDCIVICANDHISTORICALSOCIETY

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.

FREE AT HOME COVID TESTS—Contact your health insurance plan or Medicare for 8 free tests per month

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

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**

Each month we will highlight a different scam...

The RI Attorney General issued the following warning:

Scam Alert: Scammers are sending malicious texts, trying to take advantage of the recent news of Citizens Bank's duplicate transaction charges. If you receive a text from a number you do not recognize, **do not click on any links!**

(The above taken from the RI AG's twitter 2-23-23)

<https://riag.ri.gov>

Text Message
Today 10:42 AM

CITIZEN BANK: We've placed a temporary hold on your account, We need your help to reactivate your account. Follow the steps:<https://affordablesouthla.com/?unlock>

The sender is not in your contact list.
[Report Junk](#)

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.

The other option opened in January 2023

Cranston St. Armory 123 Dexter St. Prov. (401) 421-3950

Anyone can go there without a referral. You can just show up at the door and they will have a bed.

“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.

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

Other helpful sites: <https://affordablehousingonline.com>
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

Any questions contact Carlos at 378-5725.

**He cannot make in person for the month of March !*

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 & MOW drivers**

Call 822-9175

Coventry Department of Parks and Recreation

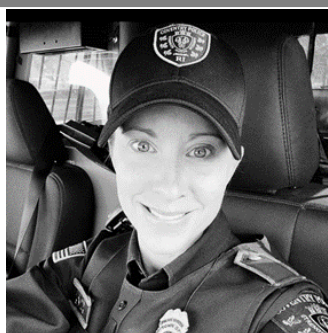
Check our their amazing

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

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 & 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 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.



AARP Chapter 2210 Presents!

Coming in April.....

Stay tuned for info. On trips in 2023

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
10:30am 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 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

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 !***

TOOLS FOR HEALTHY LIVING ...

CHRONIC DISEASE SELF MANAGEMENT WORKSHOP

***Info session April 24th *See flyers on page 3
Program to start on Mondays beginning
5/1/23 through 6/12/23***

Sign up with Lynn in front office or call 822-9175

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.

Information session: April 24th 1-2pm

Learn how to manage your Chronic Pain and obtain tools for a healthier lifestyle.

To register, contact Lynn at 822-9175 or
Community Health Network (401) 432-7217

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: 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.

Call 822-9175 for more info.

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 – ½ cup
 Protein – 3 ounces
 Dairy – 1 cup

March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Tomato soup Pub burger w/ cheese Sliced roasted potatoes Cole slaw Whole Wheat roll Fruit Chicken salad on rye	2 Chicken soup Meatloaf w/ gravy Mashed potato Peas & carrots Snowflake roll Chocolate cookie Romaine salad w/chicken	3 Kale & bean soup Baked fish w/ lemon butter Rice pilaf Baby carrots Sliced ww bread Fruit Chef salad
6 Minestrone soup Shepard's pie Mashed potato Mixed vegetable Multi grain roll Pudding Spinach salad w/ chicken	7 Tomato Soup French onion baked chicken Green beans Rice pilaf Fruit Sliced multi grain bread Salami, ham & cheese / wheat roll	8 Mushroom barley soup American chop suey Zucchini w baby carrots Ww roll Oatmeal raisin cookie Turkey club	9 Vegetable soup Chicken parm Potatoes wedges Mixed vegetables - roll Cake Antipasto salad	10 Clam chowder (red) Baked fish Italiano w /sauteed vegetables Rice pilaf Sliced bread- Fruit Cobb salad
13 Tomato soup BBQ chicken sandwich Cole slaw Pasta salad Roll (whole wheat) Chocolate chip cookie Chef salad	14 Navy bean soup Stuffed shell w/meatball Garlic bread Italian mixed vegetables Mixed fruit Chicken sandwich on wheat roll	15 Chicken and escarole soup Sloppy joe Potato salad 3- bean salad Whole Wheat roll - cookie Turkey & Swiss/whole wheat	16 Spilt pea soup Corned beef Cabbage & carrots Boiled potatoes Irish soda bread Apple strudel cake Ham & cheese on wheat\	17 Kale & bean soup Baked cod provencal Spanish rice Peas & onions Fruit salad Tuna salad plate
20 Beef Barley soup Chicken leg quarter Creamed spinach Sweet potato Roll Brownie Cobb salad	21 Lentil soup Braised beef Sliced carrots Mashed potatoes Roll Pudding Egg salad on multi grain roll	22 Tomato soup Swedish meatballs Rice pilaf Zucchini & carrots Fresh fruit/ Muti grain bread Seafood salad plate	23 Minestrone Soup BBQ pulled pork Sandwich Cole slaw Baked beans Whole Wheat Roll Oatmeal cookie Meatball sandwich	24 Clam chowder (white) Fish cake Spanish rice Mixed vegetables Sliced bread Fruit Chicken salad plate
27 Potato leek soup Chicken cacciatore Black beans & rice Fruit – Whole Wheat roll Chicken sandwich on ww roll	28 Southern Brunswick stew Cole slaw Corn bread Mixed fruit Seafood salad on wheat roll	29 Mushroom barley soup Lasagna roll w/ meat sauce Italian green beans Garlic bread Pound cake Turkey & Swiss on rye	30 Chicken soup Salisbury steak w/gravy Mashed potatoes Baby carrots Ww roll - fruit Egg salad plate	31 Tomato soup Mediterranean baked fish Rice pilaf/ green beans Ww roll- Cookie Cobb salad

SOCIAL SECURITY INFO

SSI: 50 YEARS OF FINANCIAL SECURITY

By Cheryl Tudino, Social Security Administration Public Affairs Specialist



The Supplemental Security Income (SSI) program helps support many American families. As we celebrate 50 years of SSI, it is a great time to briefly share the history of SSI and information on how to apply.

On October 30, 1972, President Nixon signed SSI into law. In January 1974, we began paying SSI to people who met the eligibility requirements.

Fifty years later, SSI remains a lifeline program for millions of people and households with limited income and resources. SSI also helps children and adults under age 65 who have a disability or are blind and who have income and resources below specific financial limits. People age 65 and older without disabilities—who meet the financial qualifications—may also receive SSI payments.

You can let us know that you want to apply for SSI online at www.ssa.gov/benefits/ssi/start.html. This process only takes about five to ten minutes, and no documentation is required to start. We will need the following basic information about you or the person you're helping:

- The name, date of birth, Social Security number, mailing address, and phone number of the person who is interested in applying for SSI. (Providing an email address is optional.)
- If helping another person, we need your name and phone number. (Providing an email address is optional.)

Once you provide this information and answer a few questions, we will schedule an appointment to help you apply for SSI. We will send a confirmation with the appointment date and time by mail and email (if provided). In some cases, we may call you to schedule the appointment.

If you're unable to begin the process online, you may schedule an appointment by calling 1-800-772-1213 (TTY 1-800-325-0778) from 8:00 a.m. to 7:00 p.m. local time, Monday through Friday. You may also contact your local Social Security office. You can find the phone number for your local office on our website.

Once your SSI application is submitted, you can check the status online by creating a personal [my Social Security](http://www.ssa.gov/myaccount) account at www.ssa.gov/myaccount. SSI will continue to support families for many years to come.

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](http://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**

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

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

Progreso Latino 401-728-5920 Bilingual services, sup-
port & 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 ...

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

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

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>

**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

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 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

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 others 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.

(And remember it could be your son who has an abusive partner)

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	822-9186
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

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 !