COVENTRY COMMUNITY RESOURCE CENTER
(formerly Coventry Department of Human Services and Senior Center)
50 Wood Street, Coventry, Rhode Island 02816

Phone 401.822.9175   Fax 401.822.9128 / 401.822.6211
www.coventryri.org   Like us on Facebook – Coventry Community Resource Center

Hours of operation: Monday – Friday 8:30am - 4:30pm

“THE COMMUNITY PERSPECTIVE”
SEPTEMBER 2017

Looking to VOLUNTEER ???   We have a new opportunity...

The Coventry Food Bank is currently looking for volunteers who can pick up food at local stores and deliver it to the Coventry Food Bank. The Food Bank is also looking for volunteers to deliver food to some of our homebound and frail elders in the community. Volunteers must have their own vehicles.

Please call Stefani at 822-9146 for more information.

TOWN OF COVENTRY 2017   Housing Rehabilitation Program
Notice for Low / Moderate Income Homeowners

Qualified applicants can be awarded up to $10,000. Typically the awards are in the form of grants rather than loans and forgivable liens of 5 years are placed on the property for the cost of the work.

A few of the requirements: The property must be owner occupied and current on your monthly mortgage payments for at least the last 12 months; Taxes and Homeowners Insurance must be current; There must be enough equity in the property to support the amount of the lien and the home must be in otherwise good repair; The entire household gross income must be within the program guidelines of low-to-moderate; The repairs must be a health or safety code violation and be considered a major repair such as—a leaking roof needing replacement; a failed septic system/cesspools and wells; an old furnace not maintaining adequate heating; old windows allowing for heated or cooled air to escape (Minor repairs under $1,000.00 do not qualify) For further details and to apply contact Gail Hardink in the Planning Dept. at 822-6246 or email ghardink@coventryri.org.

Table of Contents
Monthly Happenings……Page 2
Monthly Happenings……Page 3
Monthly Happenings……Page 4
General Services………Page 5
General Services………Page 6
Project Friends………..Page 7
Activities………………Page 8
Health & Wellness……..Page 9
Nutrition………………Page 10
Café Monthly Menu……Page 11
Resources……………..Page 12
Resources……………..Page 13
Staff Directory…………Page 14
MONTHLY HAPPENINGS….

SEPTEMBER

The Center will be closed on Monday, September 4th in observance of Labor Day.

FREE Hearing Tests sponsored by Beltone
Mark Zarella from Beltone will be here on Wednesday, September 6th from 10:00—12:00 to offer a free hearing test.
Call 822-9180 to reserve your spot.

September is Senior Center Month
The Providence Civic Orchestra will be celebrating “Senior Center Month” with us on Friday, September 8th at 11:00.
The menu will be Apple Juice, Barbeque Chicken, Baked Beans, Prince Edward Blend Vegetables and Watermelon for dessert.
Come join the fun with one of the most popular entertainment venues at the Coventry Community Resource Center!
Don’t forget to make your reservation for lunch. The cost will be your $3.00 donation for lunch.

URI PHARMACY OUTREACH
The URI Pharmacy students are back this month to educate us on some very important health topics.
Join us on Tuesday, September 12th at 11:00 for the presentation on “Caring for Yourself While Sick”.
Learn how to manage nausea, vomiting, diarrhea, and fever & what over-the-counter remedies are more suitable for your health taking in consideration of your age and health condition.

Golden Health Tips for your Golden Years!
Dr. DeCubellis will be here at the Coventry Community Resource Center on Wednesday, September 13th at 11:00 for a presentation on Spine Health Wellness.
He will discuss Fall Prevention, Improved Function, Better Posture and Balance.
Learn how to improve your health naturally!

FREE “One on One” LEGAL CLINIC
September 15, 2017 beginning at 10:00am
Rhode Island Legal Services will be here to resolve your Civil (not criminal) legal issues that have you stressed such as:
Concerned about your credit score?
Do you have a lot of creditors calling you?
Are you having problems with your public benefits (food stamps, childcare assistance, cash assistance?)
Have you been asked to change your will or power of attorney?
Have your received eviction notices from your landlord or is your home in danger of foreclosure?
Call 822-9175 for an appointment.

CALLING ALL VETERANS, Spouses and Family
The Coventry Community Resource Center will have a representative from the RI Vet Corps here on the last Wednesday of every month starting September 27th.
Navigators connect military veterans and their families with veterans’ benefits and social services in Rhode Island.
Please call Cheryl at 822-9175 for an appointment.
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 Community Resource Center, 50 Wood Street, Coventry
WHEN: September 15, 2017, 10:00 AM
WHY: RESOLVE YOUR CIVIL LEGAL ISSUES
HOW: Call Cheryl to book your appointment at 822-9175.
MONTHLY HAPPENINGS….

Hurricane season is upon us….. Here is a checklist to be prepared!

**Emergency Kit Checklist**

- 3 Days of nonparishable / no cook food
- water (1gal. per day per person), medication
- Flash light, battery operated radio, extra batteries
- First aid kit with supplies, cash, cell phone and charger
- Identification, Information, (Dr., Meds, Allergies, family / friends contacts, toothbrush / toothpaste, blanket and washcloth

**Clothes and baby or pet supplies if you need them**

**DISASTER PREPAREDNESS:** The likelihood that you will recover from an emergency tomorrow often depends on the planning and preparation done today. This list may help you get through the first 3 days, after a disaster. 

**It is a starting point, as individual needs vary depending upon circumstances.**

For additional information, visit: [www.Ready.gov](http://www.Ready.gov) & [www.mass.gov/mema/ready](http://www.mass.gov/mema/ready)

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**Upcoming Events…… Save the Date!**

**FLU CLINIC** at the Center

The Flu Clinic will be Monday, October 23rd  9:00—11:30. More info to follow in next months newsletter...
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 the main office at 822-9175 for more information or to schedule an appointment.

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.

HEALTH & WELLNESS / NURSE
Our nurses are available four mornings per week to monitor your blood pressure, weight and diabetes as well as answering some of your basic health questions. Check in with Nurse Helen or Jane. In addition, the center offers health & wellness education seminars and presentations on many subjects. We also collaborate with Department of Health and other agencies to make available important 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 on any of the above.

EDUCATIONAL PROGRAMS
Monthly workshops on topics such as social, financial, preventative care and legal/estate planning etc. We always welcome any suggestions you may have on informational presentations. Call Pat Fleming with your ideas at 822-9474.

COVENTRY CARES VOLUNTEERS
If you would like to volunteer at the Coventry Community Resource Center we may be able to connect you with an opportunity that will enrich your life as well as the lives of others. If you have time, talent or a skill that you would like to share please give us a call. Call Christine at 822-9147 for more information.

VOLUNTEER OPPORTUNITIES
Mentoring / Tutoring
Community Garden
MOW Delivery
Coffee Shop / Gift shop
Dining Room servers / kitchen help
Telephone reassurance
Call Christine for more info. 822-9147

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 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. For further information call Lynn Pendola at 822-9125.
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. Join Nurse Helen - last Wednesday of month 11:45am for trivia!

Nurse Helen & Nurse Jane are available:
Monday 8:30—12:30  Tuesday 8:30—12:30  Wednesday 8:30—12:30  Friday 8:30—12:30

View our informative video series featuring local community members discussing important topics such as: the Opioid Epidemic; how to keep our children safe; substance abuse signs; Narcan; Good Samaritan Law; recovery resources etc.

https://www.youtube.com/channel/UCnE8eE3pHL8XgOlqZ7z-uA

OUR COFFEE SHOP
Open mornings daily 9:30 to 11:30 providing tea, coffee, hot chocolate, juices, snacks and muffins/pastries for a nominal cost

OUR GIFT SHOP
Open mornings. Handmade crafts and gifts available. Wide assortment of greeting cards for any occasion and postage stamps for your convenience.

NOTARY PUBLIC - Free Service
This service is available at no charge. Two staff members are RI Registered Notaries. Please call 822-9175 to ensure a notary is available for you.

‘TIS THE SEASON
‘Tis the Season is an all-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 such as penny collections, ice cream socials, pizza parties etc. Others prefer to donate money directly. These funds are used to purchase needed food and clothing. Local schools and churches hold food drives. Other clubs and organizations conduct toy, mitten/hat or coat drives all to benefit the cause. Still other families, businesses, schools and other local groups choose to “Adopt a Family” at the holidays. Call 822-9175 for more information, how to request assistance or how to donate.
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. The activities can include volunteer opportunities within the community such as delivery of Meals on Wheels or the Coventry Food Bank. Some individuals are able to engage in employment activities for which they receive a wage. Project Friends has also developed some opportunities such as our Thrift Shop “Treasure Chest”, a courier service and Pet Sitting/Walking for which each individual receives a stipend. If you would like more information about Project Friends, please feel free to call the coordinator MaryAnn Reynolds at 822-6229 / email mreynolds@coventryri.org or Project Friends Assistant Coordinator Brian Harrington at 822-9144 / email bharrington@coventryri.org.

Please view their newsletter for additional events…..

**PROJECT FRIENDS SUNSET GAZZETTE**

**PROJECT FRIENDS TREASURE CHEST**

Seasonal Clothing is out. We are located at 191 MacArthur Blvd. Coventry, 2nd floor.  
Summer Hours: Tuesday and Thursday 10:00 – 2:30   Wednesday   10:00 - 12:00.  
Gently used clothing for children, teens, women 0-4x, and men’s clothing.  
We also have toys, electronics, movies, CD’s etc.  
Open to the public. For more information, call MaryAnn at 822-6229.

Need help with veterinary expenses? **CAWS Companion Animal Welfare Society of RI**

88 West Warwick Ave. West Warwick, RI   M-F 8am to 5pm   401-615-2200  
Provides reduced cost care to those who qualify. For more information visit  
[www.cawsri.org](http://www.cawsri.org)
PITCH / CARDS
Tuesdays at 1:15 we meet in the mealsite. The cost is $25.00 for seventeen weeks. For more information see Charlie or Vinny.

BINGO
Mondays at 6:00 pm. Wednesday Afternoons 1:30 – 3:30

CRIBBAGE
Thursdays at 1:00 pm. We meet in the activity room next to front office. Always looking for cribbage players!

Want to learn how to play cribbage? We have someone who will teach you on Fridays @ 1:00. Simply call us at 822-9175 and we will make sure she is available for you!

SCRABBLE
Mondays at 11:00 am. All skill levels are invited to join this group.

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

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

BOCCE
Attention: BOCCE PLAYERS…. We will get together in the front of the building at the flag pole on Thursdays at 2:00 pm – weather permitting. Call Cheryl in the main office at 822-9175.

CREATIVE WRITING GROUP
Thursdays at 11:00 in the activity room next to main office. 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.

FEEL LIKE TRAVELING?
Come check out our travel board or visit Conway Tours website http://conwaytours.com
Daytrips as well as getaways
Limited trips leave from 50 Wood Street

Weekly / Monthly Activities & Programs

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<td>Karaoke (3rd Tuesday)</td>
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<td>Arthritis Exercise Class</td>
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<td>1:15pm</td>
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<td>Adult Coloring &amp; Tea</td>
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<td>11:00am</td>
<td>Creative Writing</td>
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<td>1:00pm</td>
<td>Cribbage</td>
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<td>10:30am</td>
<td>Arthritis Exercise Class</td>
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<td>1:00 pm</td>
<td>Help with cribbage—call to sign up</td>
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THE SOCIABLES
On the first Tuesday of every month at 10:15am some interesting single seniors meet in the Arts & Crafts Room and plan day trips for the upcoming month. If you’re not busy every Sunday and enjoy plays etc. We would love to have you join our group.

TOPS
*Take Off Pounds Sensibly* Wednesdays at 10:30. This is a great support group for all ages. There is a $32.00 yearly membership fee and a $1.00 weekly fee for this program. We meet in the Arts & Crafts room.

ZUMBA
Wednesdays from 9:30 – 10:30 Fun, easy to follow, low impact dance moves. A great cardio exercise. The cost is $3.00 per class. Fun for all ages!

YOGA
Tuesdays 4:30 – 5:30 All levels gentle yoga with Beverly, certified through the Pranotthan School of Yoga. Many modifications are offered including the use of a chair for sitting and/or support during balance postures. No experience necessary. $6.00 per class. Please bring a mat.

ARTHRITIS EXERCISE CLASS
We meet in the activity room next to the main office on 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!

MATTER OF BALANCE
Many older adults restrict their activities due to concerns about falling. A Matter of Balance is an 8 week award-winning program designed to manage falls and increase activity levels. 
*This program is free and sponsored by the Federal Hill House, the RI DOH, R I Parent Information Network & R I Geriatric Education Center*

This program will benefit anyone who:
-Is concerned about falls
-Is interested in improving balance, flexibility and strength
-Has experienced falls in the past
-Has restricted activities due to concerns about falling

This program will teach you to:
-View falls as controllable
-Set goals for increasing your activity
-Make changes to reduce the risk of falls at home
-Use exercise to increase strength and balance

Call Pat Fleming at 822-9474 to be placed on the list.
Program will start Monday, July 10th 6:00—8:00 pm

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM
The Chronic Disease Self-Management Program is given 2 ½ hour sessions, once a week, for six weeks.

The workshops cover topics such as:
-ways to deal with problems such as frustration, fatigue, pain and isolation
-proper exercises to maintain and improve strength, flexibility, and endurance
-correct use of medications
-effective communication with family, friends, and health professionals
-wholesome nutrition / -how to evaluate new treatments

*This program is free and sponsored by the Federal Hill House, the RI DOH, R I Parent Information Network & R I Geriatric Education Center. Currently we have a waiting list for this program with the hope of starting a class in the fall. Call Pat Fleming at 822-9474 to be placed on the list.*
COVENTRY COMMUNITY FOOD BANK

The food bank is located at 191 MacArthur Blvd, Coventry. In order to determine eligibility to use the food bank, you must meet with a social worker at the Coventry Community Resource Center for a full assessment. Call 822-9175 for an appointment and a list of documentation to bring.

The Food Bank greatly appreciates any donations…
Currently in need of: canned pasta, cereal, school snacks, juice boxes
We always accept any non-perishable items such as personal care items, household cleaning supplies as well as dog / cat food.

COVENTRY COMMUNITY GARDEN

Our garden, which is located in front of the Town Hall Annex was started with the gracious assistance of the URI Master Gardeners. (Come check out the Bee Hive)
All of the produce grown at our community garden goes directly to the Coventry 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 Christine at 822-9147.

COVENTRY CAFÉ

Come have lunch at the Café for those 60 and over or individuals with disabilities. Each Café offers at least two of the three meal choices daily. The “spa option” for the health conscious, features lighter fare such as a main course salad. 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. Salad option requires one week notice.
If you cannot make it in please call us to cancel.
The suggested donation is $3.00. You may bring a guest under 60 for $4.00.
Celebrate Birthdays the third Thursday of the month!

PARTICIPANT INFORMATION FORM (PIF)

All those who participate in our Café must fill out a PIF for this congregate meal program.
You must be 60 or older or a person with disabilities to participate.

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. Donations accepted but not mandatory. To apply and view menu - Call 351-6700 or www.rimeals.org
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<td>19 Egg Drop Soup</td>
<td>17 Turkey &amp; Brawn Rice Soup</td>
<td>16 Turkey &amp; Brawn Rice Soup</td>
<td>15 Seafood Combo Soup</td>
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**Specialty **SEAFOOD COMBO & 15 Seafood Combo Soup

**Choice**

- Seafood Salad
- Seafood Soup

**Sides**

- Cole Slaw
- French Fries
- Mashed Potatoes
- Baked Beans

**Suggested Donation**

$3.00

**September 2017**

**Suggested Donation**

- California Rolls
- Caesar Salad
- Side Salad
- Pasta Salad
- Caesar Salad

**Suggested Donation**

- $3.00

**Suggested Donation**

- Seafood Salad
- Seafood Soup

**Suggested Donation**

- Seafood Salad
- Seafood Soup

**Suggested Donation**

- Seafood Salad
- Seafood Soup

**Suggested Donation**

- Seafood Salad
- Seafood Soup

**Suggested Donation**

- Seafood Salad
- Seafood Soup
How to apply for SNAP (food stamps) benefits; RIW (cash assistance); child care assistance and other programs – Can apply online or you may opt to complete the printable application. The application can be found on the RI State Department of Human Services website: www.dhs.ri.gov
DHS Call Center (1-855-697-4347)

Looking for information on other services? Here are a few links that may help...

The Rhode Island Family Guide is a complete resource for all your family’s needs…. for fun, for health, for education….You can view and download the Rhode Island Family Guide at www.rifamilyguide.com. Also available, the Rhode Island Health & Wellness Guide and the Rhode Island Family Guide Summer Camps.

Another useful resource is the Rhode Island Guide to Services for Seniors and Adults with Disabilities which can be found on the RI Department of Elderly Affairs website www.dea.ri.gov
Click on 2017 Pocket Manual

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 you access available benefits and services. They can be reached at 732-4660.

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.

New in 2016
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.

TRANSPORTATION

Logisticare coordinates specialized transportation services for Rhode Islanders age 60 and older and adults with disabilities – general and special medical appointments, 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.

RIPTA can be contacted at 784-9500 ext. 604 or www.ripta.com

Americans with Disabilities Act (ADA) Paratransit Services 461-9670 or www.ripta.com
**SUPPORT GROUPS**

*Here are just some of the support groups in R I…*

**Rhode Island Breast Cancer Coalition (RIBCC)**  
Call 1-800-216-1040 or email: ribcc@aol.com for resources and support groups.

**Rhode Island Parent Information Network (RIPIN)**  
Visit their website at www.ripin.org  
Listing of support groups for: autism, Crohn’s disease & colitis, eating disorders, domestic violence, traumatic brain injury, mental health etc.

**Stroke Center at Kent Hospital**  
hosts a monthly support group. Contact Susan Moore  
401-737-7010 ext. 35510 or email smoore@kentri.org

**The Breast Health Center at Kent Hospital**  
*Breast Cancer Support Group*  
2nd Thursday of the month  
6:30pm - 8pm. Please use the Imaging Center entrance.

**Alzheimer’s – Dementia Support Group**  
Brookdale Centre of New England, Coventry. 3rd Thurs  
5:30—7:00pm. Contact April 821-2445 for more info.

**American Parkinson Disease Association / APDA Parkinson’s Information & Referral Center at Kent Hospital**  
Please call Mary Ellen Thibodeau, RN  
401-736-1046 /  
email apdari@apdaparkinson.org or visit their website at 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

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**WESTBAY COMMUNITY ACTION - BUTTONWOODS**  
Ave. in Warwick offers Coventry residents who are eligible: **Heating Assistance**, **Good Neighbor Energy Fund**, **Weatherization Home Energy Programs** etc.  
www.westbaycap.org or call 732-4660

**FYI**

**Robert J. Allen**  
**Medical Equipment Center**  
*Open to the public Fridays 9am to 12 noon*

Pre-owned medical equipment  
– loaned at no cost

Long Street in Warwick (across from St. Rose & Clement Church – Go through the iron gates “Masonic Shriners”)

Grand Lodge Charities warehouse is on the left. Contact 401-451-0184 if you have questions – otherwise just drive in.

**Ocean State Center for Independent Living**  
1944 Warwick Ave, Warwick, RI

Needing equipment such as wheelchairs, grab bars, walkers, transport chair, toilet risers, or need tub cuts, widen doorways, etc. 
Or need a wheelchair ramp? Call OSCIL at 401-738-1013 Ext. 13 to discuss eligibility for grant assistance. Visit their website at www.oscil.org

**To safely discard expired, unused and unwanted prescription drugs** go to www.riprc.org for a listing of permanent drug disposal sites

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**YOUR LIBRARY CONNECTION**  
Come and browse our selection of books donated by the Coventry Library. Feel free to take and maybe donate a book as well. View the library newsletter at www.coventrylibrary.org.

**COVENTRY PARKS AND RECREATION**  
View their entire offering of programs at www.coventryri.org/parks-recreation.

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**DRIVERS EDUCATION**  
We are proud to be a CCRI Drivers Education host site for the convenience of our Coventry residents.  
Please visit the CCRI website www.ccri.edu/cwce.dred for the next schedule of classes and information how to register your teen.
**Staff Directory**

**Director**  Pat Shurtleff  822-9127  pshurtleff@coventryri.org  
**Assistant Director**  Catherine Pendola  822-9178  cpendola@coventryri.org  
**Bookkeeper**  Jomarie Fabian  822-9177  jfabian@coventryri.org  
**Receptionist / Clerical Aide**  Cheryl Seltzer  822-9175 / 822-9147  

**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 Coordinator  822-9199  
**Social Worker Assistant**  Susan Leveillee  822-9152  sleveillee@coventryri.org  
Mealsite  822-9180  
**Program Coordinator**  Pat Fleming  822-9474  pfleming@coventryri.org  
**Volunteer Coordinator**  Christine Lantagne  822-9147  clantagne@coventryri.org  
**Transportation**  Jean Salemi  822-9175  
**Project Friends Coordinator**  Mary Ann Reynolds  822-6229 / 822-9144  mreynolds@coventryri.org  
**Project Friends Assistant Coordinator**  Brian Harrington  822-9144  bharrington@coventryri.org  
**Maintenance**  Al Jordan  822-9175  

**Coventry Friends of Human Services Advisory Board:**  Charles Bowen, Lynn Andrews, Charles Goss, Lois Tallman, Marilyn Nagy, Jean Salemi, Ernest Rusack, Carol Allin, William Morein  

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### INCLEMENT WEATHER POLICY

Information regarding closings due to snow or ice will be posted on channel 10. Announced on radio stations 93.3 FM and B101. Online at [www.ribroadcasters.com](http://www.ribroadcasters.com) click *View Current Closings*. In doubt - call the main number at 822-9175

### CODE RED

To sign up for automated calls or text messages alerting you of weather / storm emergencies, sex offender notification etc. please register online at the Coventry Police Department  [www.coventrypd.org](http://www.coventrypd.org)