



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”

AUGUST 2017

The Coventry Community Resource Center offers comprehensive services to all residents of the town of Coventry. Our staff provides directly or makes arrangements/referrals for the following services: outreach, information, support services, case management, socialization, recreation, education, health services, advocacy, transportation, volunteer opportunities, nutrition, and fitness.

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.**

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MONTHLY HAPPENINGS....

AUGUST

The Center will be closed on Monday, August 14th in observance of VJ Day.

SENIOR

MEDICARE PATROL OUTREACH

The Senior Medicare Patrol will be here at the center on **Tuesday, August 1st at 11:00am**. The purpose of this program is to: *Empower Seniors to Prevent Healthcare Fraud.*

FARMER'S MARKET

Westbay will join us again this year for a Farmer's Market on **Thursday, August 3rd at 11:00am**. Last year people were quite pleased with the variety of vegetables that were offered.

LUAU — Tuesday, AUGUST 8TH

Come join us for one of the favorite parties of the year ! Susan McLeod is an Orchestral Soloist who puts on wonderful one person show with her accordion. *Our Luau starts at 10:45am and Susan will play until 12:15pm.* The menu will be Pork Loin, sweet potato and vegetable along with dessert, coffee and tea. The cost of this celebration will be your \$3.00 donation for lunch. We will also have some raffle baskets to offset the cost of the entertainment. Don't forget to make reservations. We cannot take walk-ins.

AMERICAN RED CROSS

Join us for a
Free Home Fire Safety Presentation
Wednesday, August 9th 11am

HEARING HEALTH PRESENTATION

Mark from Beltone will be here for a "Hearing Health" presentation in the Mealsite at **11:00am Tuesday, August 15th**. He will return in September to follow up with hearing tests.

SQUARE DANCING

Wednesday, August 23 at 11:00am.

Why not make a day of it and make a reservation for lunch? Maybe stay for Bingo ??

DO YOU Qualify for a FREE Cell Phone ?

If you are a participant of the Food Stamp Program, getting Medicaid or have limited income you may qualify for a FREE Cell Phone.

** You must provide a copy of your 2017 Social Security Award Letter, EBT card or Medicaid card along with a current ID to determine eligibility.**

A representative will be here at the Center from **10:30am-12:00pm on Tuesday, August 29th**

Healthy starts where hunger ends.

Have questions about FOOD STAMPS ?

Learn about SNAP, the Supplemental Nutrition Assistance Program (food stamps), and speak with a SNAP Outreach Worker. They can:

- Answer questions about the SNAP program
- Screen for program eligibility
- Help you apply for SNAP benefits
- If you already receive SNAP benefits, help you report a change or recertify.

Wednesday, August 30th 11am—1pm

GENERAL SERVICES

Coventry Community Resource 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 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.

GENERAL SERVICES

Coventry Community Resource Center

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/UCnE8eE3pHL8XgOlpZ7z-uaA>

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.

BOOK MENDERS ARE LOOKING FOR BOOKS

If you have a special book that is in need of repair, our book menders would be happy to repair it for you. Stop by the main office. There is no fee – but donations are greatly appreciated.

‘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

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

ACTIVITIES

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 – 4:30pm. 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 2:00pm – 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

Monday

8:30am – Nurse available
8:30am – Pool Room
11:00am Scrabble
6:00pm Bingo

Tuesday

8:30am – Nurse available
8:30am – Pool Room
10:15am Sociables (1st Tuesday)
10:30am Karaoke 3rd Tues(4th Aug)
10:30am Arthritis Exercise Class
1:15pm Pitch
4:30pm Yoga

Wednesday

8:30am – Nurse available
8:30am – Pool Room
9:30am Zumba
9:30am Knitting
10:30am TOPS
1:30pm Bingo

Thursday

8:30am – Pool Room
11:00am Adult Coloring & Tea
11:00am Creative Writing
1:00pm Cribbage

Friday

8:30am – Nurse available
8:30am – Pool Room
10:30am Arthritis Exercise Class
1:00 pm Help with cribbage—call to sign up



HEALTH & WELLNESS

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.

NUTRITION

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

August 2017

\$3.00 Suggested Donation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Salad Option Chef Salad LS Ham-Tomato Hard Boiled Egg Cucumber-Lettuce Light Ranch Dressing</p>	<p>1 Barley Soup Veal w/ Lite Brown Gravy Seasoned Whole Grain Pasta Italian Blend Vegetables Pudding Italian Bread <i>(Meatloaf on Sicilian)</i></p>	<p>2 Chicken Soup w/Anici DiPeppe Roast Turkey w/Cran. Sauce Capri Blend Vegetables Cornbread Stuffing Sliced Pears Wheat Bread <i>(Egg Salad on Wheat)</i></p>	<p>3 Lentil Soup Stuffed Pepper w/Sauce Oven Roasted Potatoes Parslief Carrots Fresh Fruit Pumpnickel Bread <i>(Tuna on Pumpnickel)</i></p>	<p>4 Escarole & Bean Soup Pot Roast w/L.S. Gravy Mashed Potatoes Green Beans Chocolate Chip Cookies Roll <i>(Fish Sandwich on a Roll)</i></p>
<p>7 Tomato Vegetable Soup Pub Burger w/Au Jus Potato Salad Mixed Vegetables Lemon Pudding Wheat Bread <i>(Ham & Cheese on Wheat)</i></p>	<p>8 Chicken Soup Sweet & Sour Pork Loin Sweet Potato Stir Fry Vegetables Mandarin Oranges Dinner Roll <i>(Turkey Burger w/Pineapple Slice on a Whole Wheat Hamburg)</i></p>	<p>9 Onion Soup Meatballs w/Sauce Whole Grain Shells Tossed Salad w/Dressing Fresh Fruit Multi Grain Bread <i>(Chicken Salad on Multi Grain)</i></p>	<p>10 Orange Juice Plain Omelet w/Tomato Slice Baked Ham Home Fried Potatoes Fruited Yogurt <i>(Eggplant w/Sauce on a Roll w/ Side Salad)</i></p>	<p>11 Vegetable Soup Tuna Salad Summer Tortellini Salad Seasoned Diced Beets & Onions Angel Food Cake Rye Bread <i>(Corned Beef on Rye)</i></p>
<p>14 Closed Victory Day</p>	<p>15 Beef Vegetable Soup Fried Steak w/LS Gravy Baked Beans Peppers & Onions Fresh Fruit Whole Grain Roll <i>(Chicken Sausage on a Roll)</i></p>	<p>16 100% Grape Juice Turkey Chili w/Cheese Corn Bread Salad w/Dressing Butterscotch Pudding <i>(Ham Salad on Rye)</i></p>	<p>17 Birthday Party of the Month Venus de Milo Soup French Meat Pie w/Ketchup Brussels Sprouts Frosted Cupcake Wheat Bread <i>(Seafood Salad on Wheat)</i></p>	<p>18 Lemonade Marinated Grilled Chicken Pasta Salad Cole Slaw Watermelon Dinner Roll <i>(Hamburger on a Roll)</i></p>
<p>21 Tomato Vegetable Soup Beef Stroganoff Whole Grain Noodles Green Beans Vanilla Pudding Rye Bread <i>(Pastrami/Swiss on Rye)</i></p>	<p>22 Italian Wedding Soup Stuffed Sole Rice Pilaf Broccoli Blueberry Pie Multi Grain Bread <i>(Egg Salad on Multi Grain)</i></p>	<p>23 Escarole & Bean Soup Chopped Sirloin w/Low Sodium Mushroom Gravy O'Brien Potatoes Tomato Half Tropical Fruit Wheat Bread <i>(Bologna/ Cheese on Wheat)</i></p>	<p>24 Beef Barley Soup Stuffed Cabbage w/ Sauce Seasoned Golf Ball Potatoes Mixed Vegetables Shortbread Cookie Rye Bread <i>(Ham and Cheese on Rye)</i></p>	<p>25 100% Cranberry Juice Honey BBQ Boneless Chicken Buttered Corn Tomato & Cucumber Salad Diced Pears Wheat Bread <i>(Hot Dog on a Roll)</i></p>
<p>28 Red Chowder Florentine Fish Crispy Potatoes Broccoli Cuts Sliced Peaches Naan Bread <i>(Chicken Salad on Naan)</i></p>	<p>29 Turkey Vegetable Soup Chicken Marsala Mashed Sweet Potatoes California Blend Vegetables Granola Bar Marble Bread <i>(Italian Tuna on Marble)</i></p>	<p>30 Egg Drop Soup Shrimp Chow Mein w/Crunchy Noodles Oriental Blend Vegetables Mandarin Oranges Hamburger Bun <i>(Hamburger on a Bun)</i></p>	<p>31 Kale & Bean Soup Liver & Onions Mashed Potatoes Vegetable Blend Fresh Fruit Oatmeal Bread <i>(Italian Grinder)</i></p>	<p>Funded in part by the US Administration on Aging and the Rhode Island division of Elderly Affairs Thank you for your donations! Your donations help keep the program going!</p>

RESOURCES

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*

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.

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.



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.

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

RESOURCES

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

Need Housing ?

For information on Public Housing for Elderly and Disabled, the Housing Choice Voucher Program and Affordable multi-family housing --- Contact the **Coventry Housing Authority** at 14 Manchester Circle 401-828-4367 <http://coventryhousing.org>

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.

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



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



COVENTRY ON ALERT

A program that helps protect anyone in the Coventry community with developmental disabilities, the elderly, or the elderly with disabilities. Registration forms will include name, address, dob, phone #, type of disability, description of person along with contact persons. A photograph can also be taken. This information is placed in the Coventry Police database and may help in finding person if reported missing or found wandering or lost. Contact Coventry Police to register at 401-826-1100

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
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