From The Director’s Desk
First and foremost I want to thank everyone who attends our center and receives services from our department for all of their patience during our temporary stay here at 1372 Main Street. We have made many changes and have recently moved our Food Bank back to MacArthur Boulevard.

Coventry Town Budget The Financial Town Meeting is scheduled for 7:00pm on Tuesday May 14, 2019 at the Coventry High School Auditorium. This is the first year that the Town of Coventry is holding an all-day referendum on the Town Budget. This will occur on Thursday May 16th from 7:00am-8:00pm at your local polling place. I urge all of our participants to come out and vote. If the budget is passed, we will be able to continue with the high levels of services you receive here at the Coventry Resource and Senior Center. In the event that you are unsure as to where you can vote, we will have a large map on the wall in our meal site.

Voting Locations:
DISTRICT 1 SAINT FRANCIS CHURCH 132 PECKHAM LANE
DISTRICT 2 TOWN COUNCIL CHAMBERS 1670 FLAT RIVER RD
DISTRICT 3 CLUB JOGUES 184 BOSTON ST
DISTRICT 4 OAK HAVEN SCHOOL 46 PETTINE STREET
DISTRICT 5 WESTWOOD ESTATES CLUB HOUSE 1A LIENA ROSE WAY

Building Update The building continues to move forward. We have purchased new equipment for our kitchen and the internal walls have all been framed out.

Lastly, we have recently had some new board members appointed by the Town Council and I would like to thank those who have served on the board and got us to this point in our growth.

Bob Robillard
MONTHLY HAPPENINGS... MAY

We will be closed on Monday, May 27th in observation of Memorial Day

**********************
WALK WITH EASE
Arthritis Foundation Certified / Doctor Recommended
Orientation is Wednesday, May 1st at 11:00.
Walk With Ease will start Monday, May 6th at 9:30.
We will meet in the area behind Cheryl the receptionist for sign up, education and stretching.
If you’re not able to join us for the Orientation please come dressed comfortably and ready to start our Walk with Ease Program.
(See flyer on Page 3 for more information)
**********************
May 8th
VOLUNTEER APPRECIATION BREAKFAST
**********************
MOTHER’S DAY CELEBRATION
Please join us for our Mother’s Day Celebration on Friday, May 10th at 11:00.
Peter Fillippi will be here to entertain us.
Our menu will be onion soup, baked chicken quarter, red bliss mashed potatoes, capri blend vegetables, wheat bread and coffee cake for dessert.
If you would like to attend this celebration you must make your reservation before Wednesday the 8th by noon. The cost will be your $3.00 donation for lunch.
**********************
CATHLEEN NAUGHTON ASSOCIATES / HOME CONCIERGE & HANDYMAN SERVICES
Wednesday, May 15th at 11:00
This program can help you maintain independence in your own home! The wide variety of affordable services offered can make your life easier, and you can have peace of mind knowing that concierge staffers are thoroughly vetted.
Join Briana Aucoin for an informational presentation about resources available in your area.
**********************
OLDER AMERICAN’S MONTH Celebration
One of our favorite entertainers’ Susan McLeod who plays her “All in one” accordion will be here to celebrate with us. Susan will play for us from 11:00—12:30 on Wednesday, May 22nd.
Our menu for this celebration will be mushroom barley soup, Italian sausage with peppers & onions, pesto tortellini, wheat bread and ice cream for dessert.
You must make reservations in advance by Monday, May 6th at noon.
The cost will be your $3.00 donation for lunch.
We will also have some very nice items for our popular raffle.
**********************
The Coventry High School Culinary students will prepare and serve Our last breakfast on Friday, May 24th, from 8:00—9:30.
Menu: Scrambled eggs, homefries, pancakes, bacon and/or sausage, coffee or tea and orange juice.
No reservations are required. Cost is $3.00.
**********************
RHODE ISLAND LEGAL SERVICES will be at 1372 Main Street on Friday, May 17th, 2019.
Civil (not criminal) Legal Clinic
Call Cheryl at 822-9175 to schedule appt.
*Folks 60 and over can meet here.
Those under age 60, please call 274-2652.
**********************
INSIGHT PRESENTATION
Tuesday, May 28th at 11:00
Join INSIGHT executive Director Chris Butler for a discussion about vision loss. Chris will talk about the common reasons people lose their vision, provide an overview of the services provided by his agency as well as others. He will also demonstrate some simple tools and technology that people with visual impairments can use to make daily tasks easier.
MONTHLY HAPPENINGS....

ORIENTATION MAY 1ST @ 11:00

WALK WITH EASE
a program for better living

Experience the
Walk With Ease Program
Arthritis Foundation Certified.
Doctor Recommended.

“When I started the program, I was afraid to walk very far because of my knee pain. But Walk With Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse.”

— Walk With Ease participant

The Arthritis Foundation Walk With Ease Program is a exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.

Benefits to You
Walk With Ease will help you:

▷ Motivate yourself to get in great shape
▷ Walk safely and comfortably
▷ Improve your flexibility, strength and stamina
▷ Reduce pain and feel great

Classes are one-hour each. Three times per week for six weeks.

Location
Coventry Senior Center
1372 Main St.
FREE

STARTING Monday, 5/16
@ 9:30

Space is Limited. Sign up today.
Call 822-9175

THANK YOU  THANK YOU  THANK YOU  THANK YOU  THANK YOU  THANK YOU
We would like to “THANK” our AARP Tax Volunteers for all their hard work this tax season.

They serviced 401 clients! AWESOME !!

Looking forward to working with AARP in our new renovated site next year ...
Introducing a NEW, state-of-the-art
Family Dental Center at
CCAP’s Family Health Services of COVENTRY,
191 MacArthur Boulevard!

CCAP’s oral health professionals provide
dental services to children, adolescents
and adults. Whether you have an issue
requiring immediate care or simply
need to schedule an exam and cleaning,
our dental team in Coventry is available
to help!

• Accepting New patients
• Newly-constructed 5,000 sq ft
modern dentistry facility
• 5 state-of-the-art dental operatories
• Caring & Comfortable Atmosphere
• Accept most insurances including Medicaid

CCAP’s Family Health Services of
Coventry is a fully integrated Health
Facility that provides Medical, Behavioral
Health, Dental and WIC services.
Our board-certified doctors, nurse
practitioners, dentists, hygienists,
licensed clinical social workers and
other health care professionals are
knowledgeable, caring and understanding.
They are dedicated to getting you healthy
and keeping you healthy.

Call us today for
an appointment
401-589-2622!
Evening appointments available.

For more information about CCAP, go to www.CamCap.org
MONTHLY HAPPENINGS....

Please join

U.S. Senator Sheldon Whitehouse
for his

12th Annual
Veterans Breakfast
& Resource Fair

When: Saturday, May 11, 2019
9 to 11 a.m.

Where: RI National Guard Armory
541 Airport Road, Warwick, RI

Breakfast is free for veterans and their families.
Resource tables and representatives from state, federal, and non-profit agencies will be present to connect veterans with opportunities for VA benefits and claims, continuing education, and other programs.

To RSVP or for more information, call Senator Whitehouse’s office at (401) 453-5294.

Nine new Coventry RI CERT volunteers who recently completed the FEMA CERT basic training course were recognized Monday by the town council. Bob Petrarca, program manager and team leader of Coventry RI CERT said “There’s a lot of things that we can help out with behind the scenes,” Though not first responders themselves, CERT volunteers are trained to help out during a variety of disaster recovery and emergency management scenarios. “The ultimate purpose is that in a disaster a town has a ready pool of volunteers that can assist wherever they’re needed,” Petrarca said, adding that each volunteer undergoes a 20-hour course to learn about things like fire safety, first aid, disaster psychology and search and rescue. kgravelle@ricentral.com
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 with Stefani.

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 Resource and Senior Center we may be able to connect you with an opportunity that will enrich your life as well as the lives of others.

VOLUNTEER OPPORTUNITIES
Community Garden / MOW Delivery
Coffee Shop / Dining Room servers /
Kitchen help /
Call 822-9175 for more information.

*VOLUNTEERS NEEDED IN coffee shop and mealsite now !!*

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 DEA at 462-0569 to apply to become a Senior Companion. www.dea.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.

*We apologize— but Coventry has a waiting list at this time
Call Lynn at 822-9125 for any updates.

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.
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/UCnE8eE3pHL8XgOlpoZ7z-uaA

OUR COFFEE SHOP

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

OUR 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 coordinator at 822-9144 or 822-6229.

PROJECT FRIENDS TREASURE CHEST  
Hours: Tuesday 10-12 / Thursday 10-12 & 1-3  
Gently used clothing for children, teens, women and men. Open to the public.

‘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.
**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 Wanda in person or call 822-9175.

**BINGO**
Mondays at 6:00 pm. ***We now have a new light installed at the back door for your safety!***
Wednesday Afternoons 1:30 – 3:30

**CRIBBAGE**
Thursdays at 1:00 pm. We meet in the mealsite. 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 1:00 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 two 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!

**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.

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**FEEL LIKE TRAVELING?**
Come check out our travel board or visit Conway Tours website: http://conwaytours.com

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**Weekly / Monthly Activities & Programs**

<table>
<thead>
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<th>Monday</th>
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<tr>
<td>8:30am – Nurse available</td>
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<td>8:30am – Scrabble</td>
<td>10:15am Sociables (1st Tuesday)</td>
<td>9:30am Zumba</td>
<td>11:00am Adult Coloring</td>
<td>8:30am – Pool Room</td>
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<td>6:00pm – Bingo</td>
<td>10:30am Karaoke (3rd Tuesday)</td>
<td>9:30am Knitting</td>
<td>11:00am Creative Writing</td>
<td>10:30am Arthritis Exercise Class</td>
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<td>1:00pm – Cribbage</td>
<td>10:30am Arthritis Exercise Class</td>
<td>1:30pm Bingo</td>
<td>1:00 pm Help with cribbage—call to sign up</td>
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HEALTH & WELLNESS

THE SOCIABLES
On the first Tuesday of every month at 10:15am some interesting single seniors meet and plan day trips for the upcoming month. If you’re not busy every Sunday and enjoy plays etc. we would love to have you join our group.

WALK WITH EASE a program for better living Arthritis Foundation Certified. Doctor Recommended The Arthritis Foundation Walk With Ease Program is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.
Classes are one-hour each. 3x per wk for 6 weeks.
Cost is free. Orientation May 1st.
Begins Monday May 6 at 9:30.
Call Pat Fleming to sign up 822-9474.

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!

ZUMBA Gold
Zumba will be cancelled until further notice.
We will be focusing on the Walk with Ease Program for the months of May and June.
Thank you in advance for your patience.

YOGA
There will be no YOGA until further notice.
We are searching for an instructor
Sorry for any inconvenience!

CHRONIC PAIN SELF-MANAGEMENT WORKSHOPS
Will provide participants with the tools to manage medications including signs of addiction and other side effects, fatigue, frustration, proper nutrition, communication skills to address family, friends, and healthcare professionals. Facilitated by two certified peer leaders in group sessions.
It does include a gentle exercise program.
2 1/2 hours per week for six weeks.
This is for anyone 18 years of age or older and it is FREE.
Provided by RI DOH & Community Health Network at the RI Parent Information Network.
Call Pat Fleming 822-9474 to be placed on the list.

TAI CHI Program
*We apologize this class is closed at this time.
Call the front office 822-9175 to have your name added to a waiting list for future classes.
Tai Chi is a form of Tai Ji Quan:
Moving for Better Balance (TJQMBB) is a research based balance training regimen designed for older adults at risk of falling and people with balance disorders.

RHODE ISLAND SMOKER’S HELPLINE
1-(800) - QUIT NOW (784-8669)
It’s Free, It’s Personalized, It’s up to you.
Tobacco Free RI www.tobaccofree-ri.org

TCSRI Tobacco Cessation Services of RI
(401) 789-0934
www.codacinc.org/tobaccotreatment
TCSRI will help you determine exactly what your insurance plan covers and will work with your insurer to help you maximize your benefits. For individuals who are under or uninsured, TCSRI may be able to provide services at no cost through funding available from the Rhode Island Department of Health’s Tobacco Control Division.

DISPOSE MEDICINES SAFELY
Get rid of expired or no longer needed medications safely by locating a safe disposal site near you at http://preventoverdoseri.org/get-rid-of-medicines/
COVENTRY COMMUNITY FOOD BANK
191 MacArthur Blvd. Coventry
In order to determine eligibility to use the food bank, you must meet with a social worker at the Coventry Resource and Senior Center at 1372 Main Street for a full assessment. Call 822-9175 for an appointment to be assessed 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, peanut butter. We always accept any non-perishable items such as personal care items & household cleaning supplies.

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 822-9175.
Visit the Coventry Community Garden on Facebook.

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 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.

Additional food pantry options…

Faith Fellowship Food Pantry
260 Victory Highway, West Greenwich  397-3383
Third full week of the month
Tuesday  5:30-7:30  (WG residents only)
Wednesday  5:30- 7:30  (all other towns)
*Please bring a picture ID and any bill mailed to your current address

Emanuel Lutheran Church
20 Leaf St. WW  821-8888  Tues 10am –12 & 5-7pm
Can go weekly  (For WW and Coventry residents only)
*Please bring proof of address

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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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<td><strong>Entertainment</strong>&lt;br&gt;Disney on a Roll</td>
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<td><strong>Lunch</strong>&lt;br&gt;Chicken &amp; Rice w/Zen Garden Soup</td>
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<td><strong>Breakfast</strong>&lt;br&gt;Breakfast w/Cereals, Fruits, and Milk</td>
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<td><strong>Dessert</strong>&lt;br&gt;Chocolate Cake</td>
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<td><strong>Pep Talk</strong>&lt;br&gt;Learning Mindset</td>
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<td><strong>Special Occasion</strong>&lt;br&gt;‘s Birthday Celebration</td>
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**Suggested Donation:** $3.00
JUST HOW HEALTHY ARE AVOCADOS?

Like most fruits, avocados deliver essential nutrients, including fiber (a serving—about one-third of an avocado—contains 3 grams), as well as antioxidants like vitamins C and E and lutein. Researchers recently linked avocado consumption with improved cognition, citing the fruit’s lutein content, and noted that the brain-bolstering antioxidant is particularly well-absorbed from avocado (thank you, monounsaturated fats!). These healthy fats can also help boost your body’s ability to absorb fat-soluble vitamins, such as A, K, E and D, in other foods and lower your LDL, or “bad”, cholesterol. Avocados also deliver about 250 milligrams of potassium (per serving). Avocados work in sandwiches, dips and salads, but also replace saturated fats in baked goods.

{Taken from Eating Well, March 2019 page 84}

REALLY GREEN SMOOTHIE

Chia seeds lend this creamy smoothie a heart healthy punch of fiber and omega-3 fatty acids.

Combine 1 large banana, 1 cup packed baby kale (or coarsely chopped mature kale), 1 cup unsweetened vanilla almond milk, 1/4 ripe avocado, 1Tbsp. Chia seeds and 2 tsp. honey in a blender. Blend on high until creamy and smooth. Add 1 cup ice and blend until smooth. Serves 1: 2 1/3 cups

{Taken from Eating Well, March 2019, page 85}

GO TO BED!

In a recent review of studies, the American Society for Nutrition found that people who stay up late are more likely to skip breakfast, eat heavily right before bed and consume more fast food — habits that can increase the risk of type 2 diabetes and cardiovascular disease. In contrast, early risers tend to maintain regular meal patterns and eat more fruits and vegetables.

(Taken from Food Network Magazine, May 2019)

The Bottom Line

To reduce your risk of cancer

1. Stay away from tobacco.
2. Lose (or don’t gain) excess weight.
3. Limit alcohol to two servings a day for men or one for women.
4. Limit red and processed meats.
5. Fill half your plate with veggies or fruit.
6. Shoot for 20 to 40 minutes a day of any exercise that gets your heart beating faster.
7. When you’re out in the sun, apply a shot glass of “broad spectrum” sunscreen (SPF 30+) every two hours.
8. Avoid tanning beds.
9. Make sure children get vaccines to prevent HPV (human papillomavirus) and HBV (hepatitis B).
10. Go to cancer.org to see the American Cancer Society’s guidelines for when to get a colonoscopy, mammogram, or other screening tests.
11. Go to cancer.gov (the National Cancer Institute) or AICR.org (the American Institute for Cancer Research) to learn more.

Please note:

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

{Taken from Nutrition Action Healthletter, April 2019}
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 at RI Department of Human Services website: www.dhs.ri.gov
DHS Call Center (1-855-697-4347) RI DHS now asking for all mailed applications be sent to: RI Department of Human Services, PO Box 8709 Cranston, RI 02920 or applications can also be hand delivered to any State DHS location. Closest is Warwick DHS 195 Buttonwoods Ave. Warwick 02886

URI SNAP OUTREACH
Call 1-866-306-0270
www.eatbetttoday.com

Rhode Island Family Guide
www.rifamilyguide.com

RESOURCES

Office of Child Support Services
For an application visit www.cse.ri.gov
or in person at 77 Dorrance St. Prov RI 02903 (401) 458-4400

For great information and support:
PARENT SUPPORT NETWORK
WWW.PSNRI.ORG (401) 467-6855
RI PARENT INFORMATION NETWORK
(401) 270-0101 ext. 550

PET OWNERS
Need help with veterinary expenses?
FRIENDS of ANIMALS in NEED 489-3645
North Kingstown, www.animalsinneeddri.com
CAWS 615-2200 West Warwick
RI Community Spay / Neuter Clinic 369-7297
Warwick, osac.org
RI Veterinary Medical Association 751-0944
Providence, rivma.org

Mandated Reporting of Child Abuse and/ or Neglect ALL persons in RI are required by law (RIGL 40-11-3) to report known or suspected cases of child abuse and/or neglect to DCYF within 24 hours of becoming aware of such abuse/neglect. Call the Hotline at 1-800-RI-CHILD (1-800-742-4453)

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

Dorcas International Institute of Rhode Island
(401) 784-8600 diiri.org
Services for immigrants and refugees

CHURCH OF CHRIST Giving Closet
42 Nooseneck Hill Road, West Greenwich
(Lower Level Coventry-West Greenwich Elks Lodge)
Open every Wednesday from 1—5pm.
Everything is FREE! 397-9700

Low - Cost Home Internet
Essential for Every Child’s Education CONNECT2COMPETE
Visit https://www.cox.com/aboutus/Connect2compete.html to see if you can qualify

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

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Family Health Services of Coventry, 191 MacArthur Blvd.
www.comcap.org 401-828-5335
Provides affordable health care and soon to be dental care.
Family Health Services also has a HealthSource RI navigator.
WIC 401-589-2610 Tuesdays and Thursdays

PET OWNERS
Need help with veterinary expenses?
FRIENDS of ANIMALS in NEED 489-3645
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WIC 401-589-2610 Tuesdays and Thursdays
SUPPORT GROUPS
Here are just some in R I...

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

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 Hannah 821-2445 Ext. 4126 for more info.

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 APDAparkinson.org

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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The Alzheimer’s Association’s 24/7 Helpline service
reliable guidance & information on understanding memory loss, Alzheimer’s and other dementias etc.
Visit alz.org/ri or call 1-800-272-3900

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Check out the new RI HOARDING TASK FORCE website at http://www.rihoardingtf.ri.gov
View helpful information and the many resources available

F YI

Robert J. Allen  Masonic
Medical Equipment Distribution Center
* Open to the public Fridays 9am to 12 noon
Pre-owned medical equipment
– loaned at no cost
116 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
Need 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

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

Transportation
MTM coordinates transportation services for Rhode Islanders age 60 and older and adults with disabilities – 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.

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

YOUR COVENTRY PUBLIC LIBRARY CONNECTION
The library also offers free delivery service of books and audio books to the homebound.
Please call Sandy at 822-9463.
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 osdri.org 1-800-861-8387 / 383-4730

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 and disability benefits; request replacement ss card; print proof of benefits; check on status of application or appeal etc.

NOTICE FOR LOW / MODERATE INCOME COVENTRY HOMEOWNERS
Grant / loan funds available through the Community Development Block Grant (CDBG) program to assist qualified homeowners with only the following home repairs:
*replacement of old inadequate furnaces;
*windows;
*roofs;
*failed septic systems.
Please call Gail Hardink in Planning at 822-6246 or email ghardink@coventryri.org for further details

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

RHODE ISLAND SPECIAL NEEDS REGISTRY
The Rhode Island Department of Health and RI Emergency Management Agency have developed this registry as a service to Rhode Islanders with chronic conditions, disabilities, and special healthcare needs. Information is shared with state and local emergency responders to plan for specific needs of the community during emergencies. You can enroll online at www.health.ri.gov/emregistry or print form and mail to Dept. of Health or call 401-222-5960. Please remember to update any changes and once per year RI Dept. of Health will send update letters as well.

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
There is 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 – and Spanish-speaking counselors licensed in chemical-dependency are available 24 hours a day, 7 days a week.

Or anyone can visit any Providence fire station to connect to recovery services.
When you’re ready --- All 12 Providence fire stations are open 24/7 for walk-ins.
No referrals needed and it is free. Trained Fire/EMS and recovery professionals will connect you to help.
Go to www.pvdsafestations.com for more info.

OPIOID PRESCRIPTION
PAIN MEDICATIONS
*Safely store in a locked container and out of reach of children – only one dose can cause an accidental overdose.
*Carefully follow dosage instructions.
Opioids should only be taken as directed. Misuse and abuse of opioids can be illegal, extremely harmful, and even deadly.
*Get rid of medicines safely by locating a safe disposal site near you at http://preventoverdoseri.org/get-rid-of-medicines/

NALOXONE (Narcan): A medicine that can reverse an opioid overdose.
*Get life-saving NALOXONE at Rhode Island pharmacies without a prescription from a doctor. Learn how to properly use naloxone by asking your pharmacist.
Find naloxone at http://preventoverdoseri.org/get-naloxone/

Rhode Island Department of Behavioral Healthcare, Developmental Disabilities & Hospitals (BHDDH) - BH LINK
YOU ARE NOT ALONE
If you are going through a mental health or substance use crisis, there is information, there is compassion. 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 BHLINK.ORG or walk into our location at 975 Waterman Avenue in East Providence.

Other Important resources in a crisis
911 (police, fire and rescue)
THE SAMARITANS RI www.samaritansri.org (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

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.

Naloxone and Overdose Prevention Education Program of Rhode Island NOPE – RI noperi.org
Program of the RI Disaster Medical Assistance Team and Medical Reserve Corps.
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Coventry is now part of the Kent County Regional Coalition
(formerly Coventry Substance Abuse Prevention Task Force)
Visit riprevention.org for more information.
**HOPE AND RECOVERY**

### MARIJUANA — TRENDS

- Today’s pot is not the pot of the 60s or 70s. In the 70s, it contained 4% THC, and today it’s over 18%, making it much more dangerous.
- 46% of teens have tried marijuana before they graduate high school.
- 1 in 9 12th graders used synthetic marijuana in the past year.
- Reaction time for motor skills, such as driving, is reduced by 41% after smoking 1 joint, and is reduced by 63% after 2 joints.
- Vaporizers and e-cigarettes have made using marijuana easier to conceal. Teen can get a stronger high without the incriminating smoke or smell, and from a device that most teachers and parents can’t differentiate from an e-cigarette.
- Synthetic marijuana use is on the rise. Since traditional marijuana drug tests will not detect synthetic marijuana use, teens seek out synthetic marijuana as an easier to conceal alternative. 

### ALCOHOL: USE & ABUSE —— TRENDS

- Alcohol energy drinks, also known as “liquid crack”, are very popular. Teens are more likely to feel over stimulated and not realize their true level of intoxication.
- Teen are always looking for new ways to consume alcohol that will give a faster, longer high and won’t be detected by a breathalyzer. These alternatives can be dangerous.
- Kids start drinking alcohol sooner than you might think. The American Academy of Pediatrics recommends talking about the dangers of alcohol as early as 9 years old.
- Underage drinking increases the risk of physical and sexual assault, suicide, homicide, and memory problems.

[Taken from Parent Handbook 7th edition page 14]

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### MARIJUANA vs. ALCOHOL: Pick Your Poison

Is marijuana safer than alcohol, or vice versa? Each substance has different effects on the body. Here’s how the two compare.

#### MARIJUANA

<table>
<thead>
<tr>
<th>Immediate Effects</th>
<th>Brain</th>
<th>Cancer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Impairs judgment</td>
<td>Reduces blood flow to brain</td>
<td>Linked to precancerous lung changes</td>
</tr>
<tr>
<td>Slows reaction time</td>
<td>Interferes with learning, memory, and attention</td>
<td>May increase testicular cancer risk in young men</td>
</tr>
<tr>
<td>Affects coordination and motor skills</td>
<td>May contribute to anxiety and depression</td>
<td>Breast</td>
</tr>
<tr>
<td>Increases risk for accidents</td>
<td>Changes behavior and mood</td>
<td>Esophagus</td>
</tr>
<tr>
<td>Changes behavior and mood</td>
<td></td>
<td>Liver</td>
</tr>
</tbody>
</table>

**Driving**

- Impairs judgment
- Slows reaction time
- Affects coordination and motor skills
- Increases risk for accidents

**Liver**

- No known effects
- Fatty liver disease
- Alcoholic hepatitis
- Cirrhosis

**Lungs**

- Contributes to precancerous lung changes
- May lead to more coughing and wheezing
- May damage lungs

**Pregnancy**

- May lead to low birth weight
- May lead to developmental and behavior problems in baby
- No evidence it causes birth defects

**SOURCE:**

- Li, M-C. Epidemiologic Reviews, October 2011.
- National Institute on Alcohol Abuse and Alcoholism: “Alcohol’s Effects on the Body.”
- National Institute on Alcohol Abuse and Alcoholism: “Examples of Alcohol’s Effect on Organ Function.”
- March of Dimes: “Alcohol During Pregnancy.”

[Taken from Parent Handbook 7th edition page 15]
**Staff Directory**

**Director** Robert Robillard  822-9127
rrobillard@coventryri.org

**Supervisor** Catherine Pendola 822-9178
cpendola@coventryri.org

**Bookkeeper** Jomarie Fabian  822-9177
jfabian@coventryri.org

**Receptionist** Cheryl Seltzer  822-9175

**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

**Mealsite/Café**  822-9180

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

**Program Assistant** Betty Denise  822-9180
bdenise@coventryri.org

**Project Friends Coordinator** 822-6229 / 822-9144

**Maintenance** Al Jordan  822-9175

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**Coventry Friends of Human Services Advisory Board:**
Carol Allin   Florence Martinelli
Robert Petrarca   Ernest Rusack
Lois Tallman   Gail Tatangelo
Joan Tillinghast

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**Coventry Town Council Members**

**Ann Dickson**, EdD
District #1
District1@coventryri.org

**Gregory Laboisonniere**, Council Vice-President
District #2
District2@coventryri.org
401-474-9954

**Kerry L. McGee**, Council President
District #3
District3@coventryri.org
401-821-1228

**Gary Cote**
District #4
District4@coventryri.org
401-935-6523

**Debra Bacon**
District #5
dbacon1@cox.net
401-258-8073

If you need to know what district you are in, please visit coventryri.org/town-gis-maps then click on Council Voting Districts or call us at 822-9175 and ask. We will be happy to help!

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**TOWN OF COVENTRY**
Additional town phone numbers…

Police and Fire……..911
Police Department………….826-1100
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
Animal Control…………….822-9106
Public Works………………..822-9110
Board of Canvassers…………822-9150
Coventry School Administration………822-9400

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**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

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You can view our monthly newsletter online at www.coventryri.org
Click on Departments, Human Services, Attachments.