



COVENTRY RESOURCE AND SENIOR CENTER

(formerly Coventry Department of Human Services and Senior Center)

TEMPORARY LOCATION 1372 Main Street, Coventry, Rhode Island 02816

Phone 401.822.9175

Fax 401.822.9128

Like us on Facebook—Coventry Resource and Senior Center

www.coventryri.org

Hours of operation: Monday through Friday 8:30am—4:30pm

From The Director's Desk Hello Everyone: See You in September.

Wait it is September... Wow!

September is Senior Center Month! We are celebrating our Senior Center all month with a variety of activities and wellness programs. September 1st through 30th we will be participating in the **2019 Step Up Challenge** with the assistance of Blue Cross and Blue Shield of Rhode Island. This program is open to all seniors who want to begin our walking program. We will be in competition with other local Senior Centers. We presently have over 70 Seniors signed up to take on the challenge of getting healthier. The Center with the most steps will receive a cash prize to facilitate more wellness programs. Our Walking Club will continue on Mondays and Wednesdays at 9:30am. Please join us and remember to always walk with a buddy and never walk alone on the bike path. Plus it is more fun when you walk with a friend!

Building Update We are making significant progress on our building renovation at Wood Street. The parking lot is getting finished and interior work is moving along very well. As with all projects like this it takes time for all of the pieces to fit together. We will begin our move as soon as we get clearance to move in. The new Resource and Senior Center will be a beautiful place for us to provide services. Returning to our home at Wood Street is our highest priority. It is an exciting time and we appreciate all of your patience with the timeline and the process. I promise that it will be well worth the wait.

New Health and Wellness Programs in the Works: We have recently applied for a grant through the Rhode Island Department of Healthy Aging, formerly the Department of Elderly Affairs for Health and Wellness Programs. We will be seeking a nurse for Thursdays, Yoga, Zumba and a variety of other programs. Installation of a new bocce court, our new greenhouse and courtyard and patio for more activities behind the renovated center are also part of this. I will keep you posted on the results!

Lastly, I would like to thank our Friends of Human Services Advisory Board for all of their ongoing support. Their encouragement and friendship throughout the process has been invaluable as we get closer to returning to our newly renovated home. We could not do all that we do without their help.

SEPTEMBER 2019



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MONTHLY HAPPENINGS... SEPTEMBER

We will be closed Monday, September 2nd in observance of Labor Day.

WISHING ALL STUDENTS & TEACHERS AN INSPIRING SCHOOL YEAR !!!

FARMER'S MARKET

Tuesday September 3rd 11:00—12:00

Will be located on the patio near the mealsite

WALKING GROUP

We would like to continue the walking group again on **Mondays and Wednesdays** now that the weather has cooled for September.

We will meet in the activity room behind Cheryl the receptionist at **9:30** sharp to warm up and stretch.

Don't forget to bring a bottle of water.

This is a perfect time to add in some extra activity for the Senior Challenge Competition!

—NEW OUTREACH—

National Grid Consumer Advocate

Wednesday, Sept 4th 8:30am—3:00pm

If you are in need of help, there is hope.

If you have trouble paying your bill, a National Grid Consumer Advocate can go over your individual situation and assist with payment options that may be affordable. Also, the A-60 discount rate is available to income eligible customers which could save you up to 30% off your gas and electric bills!

**Come meet with a Consumer Advocate on the
1st Wednesday of every month**

at the Coventry Resource & Senior Center
between the hours of 8:30am—3pm

OAK STREET HEALTH

This is a new primary care doctor's office for adults with Medicare offering amazing services such as transportation, community room with activities and classes, same day visits, a 24 hour call center, zero wait times and more time with doctor with a scribe in the room.

(no doctors with their heads buried in their laptops!)
They will be here to set up a table in the mealsite on **Wednesday, September 18th from 11:00—12:00.**

SENIOR CENTER MONTH CELEBRATION

September is senior center month !

Please join us on Monday, Sept 23rd at 11:00.

Our entertainment will be Todd Hargraves. Todd has a nice interactive music program that all will enjoy. Our lunch will be turkey & brown rice soup, pot roast with gravy, mashed potatoes, broccoli, wheat dinner roll, coffee & tea. We will have a celebration cake but will offer pudding for those who prefer it for dessert. Join the fun and don't forget to make a reservation.

Your cost will be your \$3.00 donation.

2019 STEP UP CHALLENGE

The 2019 Step Up Challenge sponsored by Blue Cross & Blue Shield of RI (BCBSRI) is a fun opportunity to inspire older adults to be physically active. **Sept. 1st thru September 30th**

Each participating senior center will be a team

*The winner of each region will be the senior center with the highest average steps over 4 weeks

*There will be three regional prizes of \$2,500 awarded for senior centers to use to promote health and wellness at their location.

RHODE ISLAND LEGAL SERVICES

will be at 1372 Main Street on

Friday, September 20th

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.

New / Improved Bingo on Wednesdays at 1:30

The new Wednesday Bingo program will have eight games for \$6.00 along with two specials and a quickie special at \$1.00 each. Hope to see you there!

A special "Thank You to John Paul"

from Rhyda Tire Company in West Warwick

for his donation to the mealsite !

SAVE THE DATE—FLU CLINIC

Thursday, October 24th 9:30—11:30

MONTHLY HAPPENINGS....



STEP UP CHALLENGE KICK-OFF

When:

September 3, 2019

10:00 am

Where:

Warwick City Park

**185 Asylum Rd
Warwick, RI**

Join Blue Cross and Blue Shield of RI

Step Up Challenge

KICK-OFF Event!

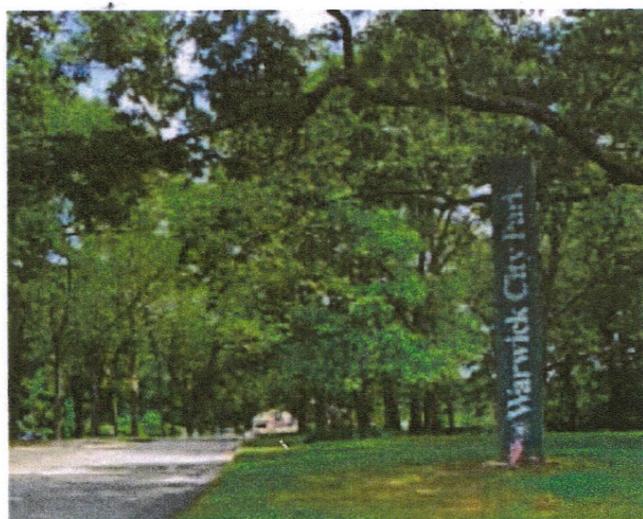
Let's celebrate and get motivated for the start of the Step Up Challenge. Join us for the celebration featuring a fun walk, healthy refreshments, and giveaways.

Transportation will be provided – don't forget to sign up!

**STEP UP CHALLENGE
KICK-OFF**

Registration Contact:

**Betty or Pat at
401-822-9175**



Blue Cross and Blue Shield of RI is an independent licensee of the Blue Cross and Blue Shield Association.

MONTHLY HAPPENINGS....

nationalgrid

Assistance Options for income eligible customers!

If you need help, there is hope. If you have trouble paying your bill, we can help! National Grid Consumer Advocates can go over your individual situation and assist with payment options that may be affordable to our income eligible customer. Along with the following programs:

You can qualify for a 25 % discount on National Grid electric and natural gas bills if you:

- Receive Food Stamps/Supplemental Nutrition Assistance Program (SNAP), or
- Qualify for Fuel Assistance/Low Income Home Energy Assistance Program (LIHEAP), or
- Receive Supplemental Security Income (SSI)

Or, qualify for a 30% discount on your National Grid bills if you receive:

- Medicaid, or
- Rhode Island Works Program, or
- General Public Assistance

Come meet with a Consumer Advocate on the 1st Wednesday of every month. Carlos will be here Wednesday, September 4th from 8:30-3:30 at the Coventry Resource & Senior Center located on 1372 Main Street Coventry, RI 02816.

If you have any questions you can contact Carlos Andrade 401-784-7222.

National Grid Consumer Advocates can evaluate the financial situation on an individual basis to determine if there are alternative options available!

MONTHLY HAPPENINGS....

**Coventry Community
 Resource & Senior Center
 Farmer's Market
 Sponsored by
 Westbay Community Action
 Tuesday, September 3rd
 11:00-12:00
 Bring your farmer's market
 Vouchers/Cash.**

**The Farmers market will be on
 the mealsite side of the
 building where the patio is
 located.**

conwaytours
since 1926

WINNIPESAUKEE SCENIC RAILROAD

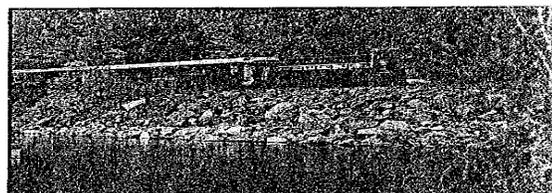
AARP 2210
 Saturday, October 12, 2019
 \$103.00 Per Person

Tour Includes:

~ **Lunch at Hart's Turkey Farm**
 Entrée Choice of Mini Turkey Dinner, Mini Broiled Haddock Dinner or Mini Baked Ham Dinner;
 Salad, Coffee or Tea and Dessert included

~ **2-Hour Ride on Winnepesaukee Scenic Railroad**
 ~ **Deluxe Motorcoach Transportation**

Begin your day with a great lunch at Hart's Turkey Farm in Meredith, New Hampshire. Afterwards catch a train, the Winnepesaukee Scenic Railroad! This historic railroad will take us along the banks of Lake Winnepesaukee on a scenic journey. This is a beautiful ride at any time of the year but during the Fall it is outstanding.



For More Information Contact:

Maureen Murphy (401) 828-5188
Madeline Leander (401) 821-8766

GENERAL SERVICES

Coventry Resource and Senior Center

Case Management

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

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.

SENIOR COMPANION PROGRAM

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

**Contact Office of Healthy Aging at 462-0569
to apply to become a Senior Companion.**

www.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**

GENERAL SERVICES

Coventry Resource and Senior 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, 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 1:00 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 6:00pm closed until further notice.
Sorry for any inconvenience.

Please come to 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.

FEEL LIKE TRAVELING ?

Come check out our travel board
or visit Conway Tours website
<http://conwaytours.com>

Weekly / Monthly Activities & Programs

Monday

8:30am – Nurse available
8:30am – Pool Room
1:00am Scrabble

Tuesday

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

Wednesday

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

Thursday

8:30am – Pool Room
11:00am Adult Coloring
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 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.

Call Pat Fleming at 822-9474
to be added to waiting list

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 !

NEW SESSION starting TUESDAY, October 1st

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

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/>

NUTRITION

COVENTRY COMMUNITY FOOD BANK

Located at 191 MacArthur Blvd. Coventry — 822-9199

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, snacks, juice boxes, peanut butter.

We always accept any non-perishable items such as personal care items & household cleaning supplies.



One of every three bites
of food you eat



depends on the honey bee.

facebook.com/organicconsumer www.organicconsumer.org



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 too!)

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 Tues 5:30-7:30 (WG only)

Wed 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

Project Hand Up

10 Brookside Ave. West Warwick Tues 2:30-5:30

Thurs 4-6pm \$3 donation per bag. Bring own bags.

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

MONTHLY MENU

\$3.00 Suggested Donation

September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 CLOSED Labor Day</p>	<p>3 100% Orange Juice Cheese Omelet w/ Sliced Toma- to Turkey Sausage French Toast w/ Syrup Greek Yogurt <i>(Ham Salad on Rye w/ Side Salad)</i></p>	<p>4 Egg Drop Soup Orange Glazed Chicken Egg Roll Asian Blend Vegetables Applesauce Oatmeal Bread <i>(Tuna on Oatmeal)</i></p>	<p>5 Lentil Soup Italian Sausage w/ Mustard Peppers & Onions Tortellini Water Cookie Rye Bread <i>(Wheat Hamburger on Roll)</i></p>	<p>6 Minestrone Soup Shepherds Pie Roasted Brussels Sprouts Jello Garlic Roll <i>(Seafood Salad on Wheat)</i></p>
<p>9 Barley Soup Veal w/ Mushroom Gravy Mashed Potatoes Spinach Ice Cream Wheat Bread <i>(Chicken Salad on Wheat)</i></p>	<p>10 Chicken Vegetable Soup Pork Loim w/ Applesauce Brown Rice Green Beans Sliced Peaches Dinner Roll <i>(Egg Salad on Rye)</i></p>	<p>11 Italian Wedding Soup Meatballs w/ Sauce Pesto Pasta Italian Blend Vegetables Tapioca Pudding Italian Bread <i>(Turkey Salad on Italian)</i></p>	<p>12 Onion Soup Roast Turkey w/ Gravy Corn Bread Stuffing California Blend Vegetables Fruit Bar Marble Bread <i>(Pastrami & Swiss on Marble)</i></p>	<p>13 Lemonade Grilled Chicken Breast Baked Beans Prince Edward Blend Vegetables Watermelon Multt Grain <i>(Hot Dog on Bun)</i></p>
<p>16 Split Pea Soup Baked Ham w/ Pineapple Slice Sweet Potatoes Capri Blend Vegetables Oatmeal Raisin Cookie Rye Bread <i>(Tuna on Rye)</i></p>	<p>17 100% Cranberry Juice Beef Stroganoff Whole Grain Noodles Sliced Carrots Fresh Fruit Marble Bread <i>(Turkey & Cheese on Marble)</i></p>	<p>18 Tomato & Brown Rice Soup Chicken w/ Artichoke, Roasted Red Peppers in Lemon Sauce Oven Roasted Potatoes Mixed Vegetables Italian Ice Whole Wheat Bread <i>(Meatloaf on Whole Wheat Bread)</i></p>	<p>19 HAPPY BIRTHDAY Chicken Escarole Soup French Meat Pie w/ Ketchup Green Beans Frosted Cupcake Pumpnickel Bread <i>(Ham Salad on Pumpnickel)</i></p>	<p>20 Clear Chowder Potato Crunch Fish w/ Tartar Sauce Au Gratin Potatoes 3-Bean Salad Sliced Peas Wheat Bread <i>(Roast Beef & Cheese on Wheat)</i></p>
<p>23 Turkey & Brown Rice Soup Pot Roast w/ Gravy Mashed Potatoes Broccoli Pudding Wheat Dinner Roll <i>(Egg Salad on a Bulky Roll)</i></p>	<p>24 Vegetable Soup Beef Wellington w/ Ketchup Lyonnaise Potatoes Roasted Zucchini Fruit Cocktail Rye Bread <i>(Corned Beef & Swiss on a Rye)</i></p>	<p>25 Pasta & Bean Soup Stuffed Pepper w/ Sauce Brown Rice Baby Carrots Mandarin Oranges Wheat Bread <i>(Turkey & Cheese on Wheat)</i></p>	<p>26 Lentil Soup Veal Cutlet w/ Marinara Sauce Seasoned Whole Grain Ziti Italian Blend Vegetables Frosted Brownie Italian Bread <i>(Salamini w/ Provolone & Mustard on Italian)</i></p>	<p>27 Red Crowder Seafood Salad Chic Pea Salad Cole Slaw Fresh Fruit Multi-Grain Bread <i>(Chicken Salad on Multt Grain)</i></p>
<p>30 Vegetable Soup Italian Style Chicken Cutlet Wild Rice Stewed Tomatoes Apricot Halves Oatmeal Bread <i>(Seafood Salad on Oatmeal)</i></p>	<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens.</p> <p>September SALAD OPTION: Ham-Turkey-Cheese-Tomato Lettuce Mix with Creamy Italian Dressing Starts 9/9/19</p>			

Funded in part by the US
administration on aging
and state funds by the
Rhode Island Department
of Elderly Affairs

Try these ZUCCHINI recipes...

WHOLE WHEAT CHOCOLATE CHIP ZUCCHINI BREAD

This zucchini bread is extremely tender and full of cozy spices. The chocolate chips take it over the top! Store any leftovers in an airtight container or tightly wrapped in plastic wrap in the refrigerator for up to 6 days.

- 2 cups whole wheat flour
- 1 1/2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 tbsp. coconut oil or unsalted butter, melted and cooled slightly
- 1 large egg, room temperature
- 2 tsp vanilla extract
- 1/2 cup plain nonfat Greek yogurt
- 1/2 cup pure maple syrup
- 6 tbsp. nonfat milk
- 3 tbsp. miniature chocolate chips
- 1 1/2 cups shredded zucchini, patted dry

Preheat the oven to 350 F. and line the inside of a 9x5" loaf pan with foil or parchment paper. Lightly coat with nonstick cooking spray.

In a medium bowl, whisk together the flour, cinnamon, nutmeg, baking powder, baking soda, and salt. In a separate bowl, whisk together the coconut oil, egg, and vanilla. Stir in the Greek yogurt, mixing until no large lumps remain. Stir in the maple syrup.

Alternate between adding the flour mixture and milk to the egg mixture, beginning and ending with the flour, and stirring just until incorporated. (For best results, add the flour in 3 equal parts.)

Set aside 1 teaspoon of chocolate chips. Gently fold in the remaining chocolate chips and zucchini. Spread the batter into the prepared pan, and gently press the reserved chocolate chips into the top.

Bake at 350 F for 50—60 minutes, or until a toothpick inserted into the center comes out clean. Cool in the pan for 10 minutes before transferring to a wire rack.

Notes: The zucchini must be patted dry to remove excess moisture. This prevents the loaf from collapsing while it cools. To do so, lay a double-thick layer of paper towels onto a cutting board, and arrange the freshly shredded zucchini on top. Place another double-thick layer of paper towels on the zucchini, and gently press down until the top towel turns wet. *[Recipe found at <https://Amyshealthybaking.com/blog/2015/07/31/whole-wheat-chocolate-chip-zucchini-bread/>]*

BEST EVER

ZUCCHINI CRUST PIZZA

Zucchini Crust Pizza is the perfect way to use up that zucchini !

A healthier and delicious low carb option that the entire family will go crazy for.

INGREDIENTS

ZUCCHINI CRUST:

- 2 1/2 cups grated zucchini squeezed dry and all liquid removed
- 2 large eggs lightly beaten
- 1/4 cup flour
- 1 1/2 teaspoons salt
- 1/4 cup grated parmesan cheese
- 1/2 cup mozzarella cheese shredded

INSTRUCTIONS:

Preheat oven to 450 degrees. In a large mixing bowl, add zucchini, eggs, flour, and salt and mix. Add parmesan and mozzarella cheese and mix until incorporated. On a prepared 12 inch pizza dish, spread zucchini crust into a 10inch circle. Bake for 13-16 minutes or until golden brown and set.

Remove crust from the oven and reduce oven temperature to 400 degrees.

Add pizza sauce, cheese and your favorite toppings to the zucchini crust. Sprinkle with oregano and bake for 10-13 minutes more until cheese is melted and bubbly. Garnish with freshly chopped basil if desired.

[Recipe was taken from <https://therecipecritic.com/zucchini-crust-pizza/>]

FYI—Using a preheated pizza stone might help make a crispier crust ...

Please note:

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

LEAVE A SMALLER Footprint

Green your home with National Grid's free energy audits and rebate programs for such energy efficiencies as light bulbs, low flow showerheads, home insulation and heating/cooling systems.

How to apply for SNAP (food stamps) benefits; RIW (cash assistance); (CCAP) child care assistance and other programs – Can apply online or you may opt to complete the printable application.

The application can be found at RI Department of Human Services website: www.dhs.ri.gov

DHS Call Center (1-855-697-4347) RI DHS 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.eatbettertoday.com

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
WWW.RIPIN.ORG (401) 270-0101

Rhode Island Family Guide
www.rifamilyguide.com

HOUSING CHOICE VOUCHER PROGRAM

Section 8 applications will only be accepted online accessible at www.rihousing.com

For a statewide list of rental properties:

Go to www.rihousing.com

Click on **RENTAL RESOURCE GUIDE**

For information on Public Housing for Elderly and Disabled, and Affordable multi-family housing in Coventry --- Contact the **Coventry Housing Authority** at 401-828-4367, 14 Manchester Circle or visit coventryhousing.org

COVENTRY PARKS AND RECREATION

View all programs at www.coventryri.org/parks-recreation.

FREE AND REDUCED PRICE SCHOOL MEALS

visit RI Dept of Ed to see if you qualify at www.ride.ri.gov/cnp/home.aspx

Or go to your school website for the application

Westbay Community Action on 205 Buttonwoods Ave. in Warwick, 02886 offers Coventry residents who are eligible: **Heating Assistance, Good Neighbor Energy Fund, Weatherization Home Energy Programs** etc. www.westbaycap.org or call 732-4660 for more info.

*Now you can ask to meet with a National Grid rep for help also

Low - Cost Home Internet

Essential for Every Child's Education **CONNECT2COMPETE**

Visit <https://www.cox.com/aboutus/Connect2compete.html>

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

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

RIPIN Healthcare Advocate: assists those covered by both Medicare and Medicaid with denials, appeals, benefits & billing and the Neighborhood Integrity plan. Call 1-855-747-3224

Bright Stars—Rating system for RI Child Care

www.brightstars.org Call 1-855-398-7605

Talk to experts to find the quality care program
Child care center/Preschool, Family child care home,
School age program (before or after school, school vacation & summer camps)...

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. **FREE** 397-9700

the SHARING locker

Open the third Saturday of each month, from 10—12pm.

Westminster Unitarian Church—Smith Hall
119 Kenyon Avenue, East Greenwich, RI 02818
401-884-5933 www.westminsteruu.org

Items such as deodorant, tissues, laundry detergent, razors

Here are just some in R I...

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

**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/ri

Hope Hospice & Palliative Care Rhode Island

Bereavement support groups . Call 1-800-338-6555 or visit
their website at www.hopehospiceri.org

TGI Network of Rhode Island

the only statewide organization providing support and
advocacy for the TGI community in Rhode Island
and surrounding areas. www.tginetwork.org

CYBER CRIME HOTLINE * Dial 211**

Support for people in RI who have been victims of crime
including identity theft, fraud and cyberstalking.

Provides one-on-one counseling, a connection to community
resources or help reporting crimes to law enforcement.

IF A SENIOR (60 & older) IS NOT SAFE at home call:

Office of Healthy Aging—formerly Department of
Elderly Affairs: 401-462-0555 or 462-3000

FOR NEGLECT OR ABUSE IN A FACILITY call:

Department of Health Facilities Regulation: 401-222-5200
RI Attorney General Patient Abuse or Neglect, Medicaid Fraud
& Drug Diversion Unit: 401-222-2566 or 274-4400 x2269
Alliance for Better Long Term Care: 401-785-3340
(advocates for those in nursing homes, assisted living, or those
receiving home care or hospice services)

Report concerns about an adult with disabilities aged 18—59

by contacting: RI Department of Behavioral Healthcare,
Developmental Disabilities, and Hospitals (BHDDH)

QUALITY ASSURANCE UNIT at 462-2629

24 hour hotline, seven days per week, 365 days per year

Check out the new **RI HOARDING TASK FORCE** website at
<http://www.rihoardingtf.ri.gov>

FYI

Robert J. Allen Masonic

Medical Equipment Distribution Center

** Open to the public Fridays 9am to 12 noon*

Pre-owned – 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.

Any questions 401-451-0184

Ocean State Center

for Independent Living.

1944 Warwick Ave, Warwick, RI

Needing equipment such as wheelchairs, grab
bars, walkers, transport chair, toilet, etc.

Or need a wheelchair ramp ? Call **OSCIL** at
401-738-1013 Ext. 13 or www.oscil.org

The Alzheimer’s Association’s 24/7 Helpline service

reliable guidance & information on understanding
memory loss, Alzheimer’s and other dementias etc.

Visit alz.org/ri or call **1-800-272-3900**

Transportation

MTM coordinates transportation services for Rhode
Islanders age 60 and older & Under 60 Adults with
disabilities on Medicaid only – General and special
medical appts., adult day services, senior meals program
and INSIGHT. There is a \$2 fee per ride.

1-855-330-9131. It also coordinates non-emergency
transportation for Medicaid recipients who have no
other means of medical transportation.

**Americans with Disabilities Act (ADA) Paratransit
Services 461-9760** or www.ripta.com for application.

*Pick up & drop off must be within 3/4 mile of a regular
fixed bus route. \$4.00 one way fare.

RIPTA can be contacted at 784-9500 ext. 604 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.

PET OWNERS Need help with vet expenses?

FRIENDS of ANIMALS in NEED 489-3645

North Kingstown, www.animalsinneedri.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



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

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; *leaking or inadequate roofs; *failed septic systems.**
Please call Gail Hardink in Planning at 822-6246 or email ghardink@coventryri.org for further details

RHODE ISLAND SPECIAL NEEDS REGISTRY

The R I Department of Health and RI EMA have 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. 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.

Having issues with Social Security or the VA ?

Offices are available to help you navigate the federal government and get you answers in a timely manner... Residents can contact:
Senator Jack Reed, Cranston office 943-3100
Congressman Jim Langevin, Warwick office 732-9400

Great resource information: Rhode Island Guide to Services for Seniors and Adults with Disabilities can be found at www.dea.ri.gov Click on 2017 Pocket Manual

Rhode Island Resource Guide entitled Intellectual Disability and Dementia: A Caregiver's Resource Guide

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.

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

HOPE AND RECOVERY

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 or Newport fire station to connect to recovery services.

When you're ready --- All 12 Providence fire stations and now all 3 Newport fire stations are open 24/7 for walk-ins. No referrals needed and it is free. Fire/EMS & recovery professionals will connect you to help. **Go to www.pvdsafestations.com** for more info.

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/>

THE GOOD SAMARITAN ACT OF 2016 provides certain immunity against arrest to any individual who calls for medical assistance when someone is experiencing an overdose.

DON'T BE AFRAID TO CALL 9-1-1

Callers to 911 and overdose victims are protected from prosecution if drugs are found at the scene.

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

Coventry Substance Abuse Task Force

Facebook: Coventry Substance Abuse Task Force
 Twitter: @CoventryTask Instagram: @Coventry_SATF
 Contact by email or phone at 562-2277

Kent County Regional Coalition
Visit ripvention.org for more information.

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 RI NOPE – RI (noperi.org)
 Program of the RI Disaster Medical Assistance Team and Medical Reserve Corps.

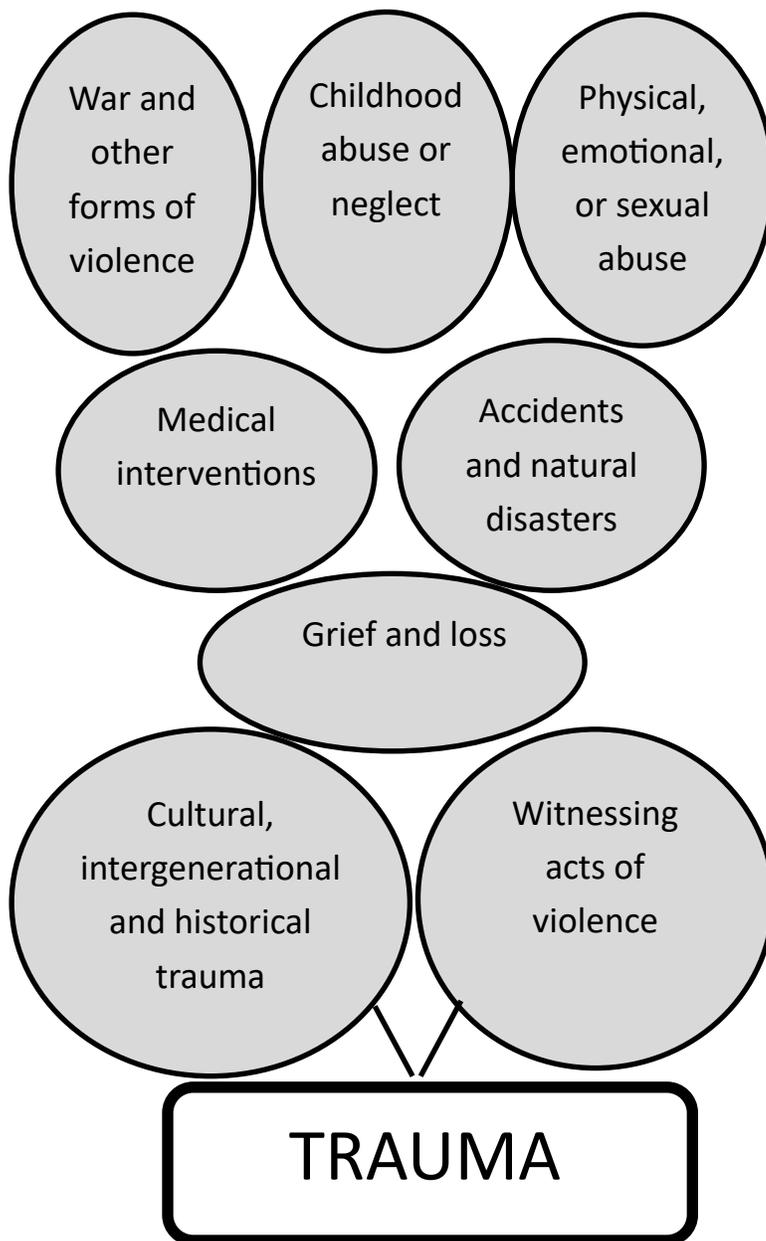
How to Manage Trauma

Trauma occurs when a person is overwhelmed by events or circumstances and responds with intense fear, horror, and helplessness.

Extreme stress overwhelms the person's capacity to cope.

There is a direct correlation between trauma and physical health conditions such as diabetes, COPD, heart disease, cancer, and high blood pressure.

TRAUMA CAN STEM FROM ...



SYMPTOMS OF TRAUMA CHECKLIST

- *Headaches, backaches, stomachaches, etc.
- *Sudden sweating and/or heart palpitations
- *Changes in sleep patterns, appetite, interest in sex
- *Constipation or diarrhea
- *Easily startled by noises or unexpected touch
- *More susceptible to colds and illnesses
- *Increased use of alcohol or drugs and/or overeating
- *Fear, depression, anxiety
- *Outbursts of anger or rage; Emotional swings
- *Nightmares and flashbacks—re-experiencing the trauma
- *Tendency to isolate oneself or feelings of detachment
- *Difficulty trusting and/or feelings of betrayal
- *Self-blame, survivor guilt, or shame
- *Diminished interest in everyday activities

HELPFUL COPING STRATEGIES

- *Acknowledge that you have been through traumatic events
- *Connect with other, especially those who may have shared the stressful event or experienced other trauma
- *Exercise—try jogging, aerobics, bicycling, or walking
- *Relax—try yoga, stretching, massage, meditation, deep muscle relaxation, etc.
- *Take up music, art, or other diversions
- *Maintain balanced diet and sleep cycle
- *Avoid over-using stimulants like caffeine, sugar, or nicotine
- *Commit to something personally meaningful and important every day
- *Write about your experience for yourself or to share with others



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

Coventry Town Council Members

Ann Dickson, EdD

District #1
District1@coventryri.org

Gregory Laboissonniere, 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
dbaon1@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 !**

Coventry Friends of Human Services Advisory Board:

Carol Allin	Gail Tatangelo
Steve Glover	Judith Taylor
Florence Martinelli	Joan Tillinghast
Robert Petrarca	Ernest Rusack, Chairman
Lois Tallman	

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

Click on Departments; Human Services; Attachments.

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

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