



# 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](http://www.coventryri.org)

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

## **From The Director's Desk**

Hello Everyone: **Building Update**

I am awaiting a move in date and will let you all know the date of our move and the timeline to move from our temporary place here at 1372 Main Street BACK HOME to 50 Wood Street. 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. It is an exciting time for our department and we appreciate all of your patience with the timeline and the process. I promise that it will be well worth the wait

Thank you to my wonderful staff as they continue to provide the best services possible as we wait to move to our renovated space. It is like having a present that you want to give someone and you know they would love it but you have to be patient and wait. Patience is a virtue and we are almost there!

### **Health and Wellness Programs**

#### **Keep Up the Great Work!**

Our Center is in 1<sup>st</sup> place in the Blue Cross/BlueShield Stepping Up to Wellness Program and if we stay in first place our center will receive \$2500.00 towards more wellness programs. Keep walking for your health and to help our center help more people to become healthier.

#### **Recent Staff Award**

Our Project FRIENDS Program just celebrated Valerie Boudreau as being our Direct Support Professional of the year! We are so proud of her accomplishment and how she treats every client with dignity, caring, respect and meets them where they are everyday they come in for services. Only 20 Direct Support Professionals were honored in the entire state. Valerie and all of our staff in Project FRIENDS make such a difference in the lives of our participants. We love how they care for those they serve.

**Until Next Month-Enjoy the weather, your friends and your families!**

-Bob Robillard Jr., LMHC-Director

## OCTOBER 2019



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# MONTHLY HAPPENINGS... OCTOBER

We will be closed on Monday, October 14th in observance of Columbus Day...

*FYI—*

*R I Department of Elderly Affairs (DEA)  
has changed its name to  
R I Office of Healthy Aging  
www.oha.ri.gov*

\*\*\*\*\*

## ARTHRITIS EXERCISE PROGRAM

Our new session starts  
**Tuesday, October 1st from 10:30—11:30.**

It's an eight week program that meets on  
Tuesdays and Fridays for \$40.00.

Wear comfortable clothing and sneakers—  
don't forget a bottle of water.

\*\*\*\*\*

**—NEW OUTREACH—**

### National Grid Consumer Advocate

**Wednesday, October 2nd 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**

\*\*\*\*\*

### URI Pharmacy Outreach

The pharmacy students will be returning on  
**Tuesday, October 8th at 11:00am.**

The topic will be *FLU 2019*.

Find out what is the up to date information on  
the 2019 projections of the flu virus, how the  
vaccine differs this year from previous vaccines  
and ways to treat the flu  
and to manage symptoms.

**Mark your calendars—the Wellness Center  
will be here on the Oct. 24th from 9:30—11:30.**

## HELP WANTED

We are currently looking for  
volunteer substitute Bingo callers for  
Wednesdays from 1:00—4:00.

*Thank you!!!*

\*\*\*\*\*

## COMPLIMENTARY MANICURES

The students from Coventry High  
would like to come out to provide  
complimentary manicures here at the center **on  
Tuesday, October 15th from 10:00—12:00.**

This is a wonderful program that has been  
offered to us and gives the students a chance to  
visit with our folks once again this year.

\*\*\*\*\*

## RHODE ISLAND LEGAL SERVICES

will be at 1372 Main Street on

**Friday, October 25th**

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.

\*\*\*\*\*

### *FLU CLINIC*

*Thursday, October 24th 9:30—11:30 - Mealsite  
Ages 19 & up—See flyer on page 4 for all details*

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## 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.

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A special "Thank You to John Paul"  
from Rhyda Tire Company in West Warwick  
for his donation to the mealsite !

# 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, October 2nd from 8:30-3:00 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....

## Tailgate For 'Tis



Wednesday, October 9, 2019

6pm—8:30pm

**LineSider Brewing Company**

1485 South County Trail

East Greenwich, RI



**Free Raffles, Live Entertainment, Food Trucks, Cash Bar**

All proceeds will benefit needy families in Coventry & West Greenwich through the 'Tis the Season program

**Ticket Donation: \$10.00 — Please support 'Tis the Season**

Tickets can be purchased by calling Jim Kuipers at 639-0133 or by calling 822-9176 and 822-9178 at the Coventry Resource and Senior Center.

Tickets can also be purchased at the door...

**Sincere Thanks to LineSider Brewery !!!**



# COMEDY FUNDRAISER

Featuring Top Local Comedians  
to benefit

## PROJECT FRIENDS

Saturday, October 12, 2019

VFW 499

197 Providence St. | West Warwick, RI 02893

Doors open at 6:00pm | Show starts at 7:00pm

**BYOS - BRING YOUR OWN SNACKS  
CASH BAR  
50/50 DRAWING. AUCTIONS**

Tickets \$20.00

For tickets, to donate, or sponsor, please contact  
Melissa Lagerstrom  
401-954-2183

## MONTHLY HAPPENINGS....

# FLU CLINIC



**Coventry Community Resource & Senior Center  
1372 Main Street  
Coventry, RI 02816**

**Thursday, 10/24/2019  
9:30 AM– 11:30 AM  
Meal Site**

**Participants: Members (ages 19 & up)**

No Charge with BCBS of RI, Federal BCBS, Medicare Part B,  
UnitedHealthcare, Neighborhood Health, Tufts, Carelink  
*Different or No Insurance – \$25.00*

**To Register: Log on to [www.thewellcomp.com](http://www.thewellcomp.com)**

**Scroll down to: Register Now**

**Click: Flu**

**Click: Worksite**

**Enter Login ID: covsc**



317 Warren Avenue – East Providence, RI 02914

Remember to bring your insurance card.

Online registration recommended but not required.

If you register online, you must print form & present at clinic.

Mark your calendar!

Even healthy people can get the flu, and it can be serious.

*Protect yourself.  
Protect your loved ones.  
Get your flu vaccine!*

# 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](http://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 !

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**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.

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**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

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## 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**

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## 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.

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## 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](http://www.tobaccofree-ri.org)

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## TCSRI Tobacco Cessation Services of RI

**(401) 789-0934**

[www.codacinc.org/tobaccotreatment](http://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.

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## 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](http://www.rimeals.org)

\$3.00 Suggested Donation

**October 2019****822-9180**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Funded in part by the U.S. Administration on aging and state funds by the Rhode Island Department of Elderly Affairs</i></p>	<p>1 Vegetable Beef Soup Chicken Cordon Bleu/Gravy Mashed Potato Green Beans Fresh Fruit. Rye Bread <i>(Tuna on Rye)</i></p>	<p>2 Chicken Soup /Anci di Pepe American Chop Suey Elbow Pasta Italian Blend Vegetable Ice Cream Wheat Bread <i>(Ham Salad on Wheat)</i></p>	<p>3 Tomato/ Brown Rice Soup French Meat Pie Seasoned Spinach Apple Oatmeal Bar Pumpnickel Bread <i>(Turkey and Cheese on Pumpkinickel)</i></p>	<p>4 Clear Chowder Beer Battered Fish O'Brien Potato 3 Bean Salad Fruit Cocktail Wheat Bread <i>(Hot Dog on a Roll)</i></p>
<p>7 Onion Soup w/ Croutons <b>Meatloaf w/ Gravy</b> Mashed Potato Mixed Vegetables Pudding Oatmeal Bread <i>(Chicken Salad on Oatmeal)</i></p>	<p>8 Chicken Soup <b>BBQ Pork Loin</b> Baked Potato/Sour Cream Asparagus Cuts Mandarin Oranges Multi Grain Bread <i>(Fish Sandwich on Multi Grain)</i></p>	<p>9 Lentil Soup <b>Swedish Meatballs</b> Noodles Sliced Carrots Sponge Cake Italian Bread <i>(Egg Salad on Italian)</i></p>	<p>10 100% Orange Juice <b>Scrambled Eggs/tomato slice</b> Ham Baked Beans Fruit Cocktail <i>(Italian Tuna on Wheat w/ Side Salad)</i></p>	<p>11 Seafood Chowder <b>Chicken Marsala</b> Red Bliss Mashed Potatoes Green Beans Almondine Fresh Fruit Marble Bread <i>(Bologna/Cheese on Marble)</i></p>
<p>14 <b>CLOSED</b> <i>Columbus Day</i></p>	<p>15 Chicken Escarole Soup <b>Italian Style Chicken Cutlet</b> Pesto Pasta Broccoli Cuts Shortbread Cookie Oatmeal Bread <i>(Ham and Cheese on Oatmeal)</i></p>	<p>16 Barley Soup <b>Florentine Fish</b> Rice Pilaf Baby Whole Carrots Diced Pears Whole Grain Bread <i>(Turkey Salad on Whole Grain)</i></p>	<p>17 <b>Happy Birthday</b> Pasta and Bean Soup <b>Beef Wellington</b> Garlic Spinach Frosted Cupcake Whole Wheat Bread <i>(Seafood Salad/Whole Wheat)</i></p>	<p>18 100% Apple Juice <b>Turkey Chili w/ Cheese</b> Corn Bread Green Beans Lemon Pudding Rye Bread <i>(Hamburger on Wheat Roll)</i></p>
<p>21 Tomato Basil Soup <b>Sweet &amp; Sour Pork Loin</b> Wild Rice Capri Blend Vegetables Chocolate Chip Cookies 9-Grain Bread <i>(Turkey &amp; Cheese on 9-Grain)</i></p>	<p>22 Cream of Broccoli Soup <b>Shepherds Pie</b> Asparagus Cuts Fresh Fruit Wheat Bread <i>(Shrimp Salad on Wheat)</i></p>	<p>23 Turkey Vegetable Soup <b>BBQ Chicken Leg</b> Baked Beans Tomato Cucumber Salad Tapioca Pudding Rye Bread <i>(Salami &amp; Cheese on Rye)</i></p>	<p>24 Vegetable Soup <b>Fried Steak/Country Gravy</b> O'Brien Potatoes Mixed Vegetables Fruit Cocktail Marble Bread <i>(Corned Beef/Swiss &amp; Cheese on Marble)</i></p>	<p>25 Red Chowder <b>Stuffed Sole</b> Mashed Potatoes Broccoli Diced Pears Dinner Roll <i>(Italian Grinder)</i></p>
<p>28 Turkey and Rice Soup <b>Chicken Cacciatore</b> Seasoned Tortellini Winter Blend Vegetable Ice Cream Sandwich Multi Grain Bread <i>(Honey Ham/Cheese Multi Grain)</i></p>	<p>29 Lentil Soup <b>Italian Sausage</b> Sliced Potatoes Peppers and Onions Cookies 9 Grain Bread <i>(Slice Chicken on 9 Grain)</i></p>	<p>30 Chicken Escarole Soup <b>Airline Chicken</b> Chuck Wagon Corn Roasted Zucchini Sliced Peaches Rye Bread <i>(Roast Beef/Cheese on Rye)</i></p>	<p>31 Goblin Chicken Soup <b>Raven's Beef w/Mushrooms &amp; Onions in Wine Sauce</b> Mummy's Noodles Mixed Vegetables Monster Mandarin Oranges Dinner Roll <i>(Scary Seafood Salad on Roll)</i></p>	<p><b>Salad of the Month</b> Sliced Chicken Hard Boiled Egg Cubed Cheese-Tomatoes Lettuce Mix Ranch Dressing <b>Monday Oct. 7 Start Date</b></p>

## Protect yourself with these lifestyle steps !

**1 Stop Smoking.** Smoking damages the heart and blood vessels and predisposes people to blood clots, especially when combined with other risk factors.

**2 Get quality sleep.** Not getting enough shut-eye can increase your risk for high blood pressure. Try aiming for six to eight hours a night.

**3 Eat right.** A diet that's low in saturated and trans fat and high in fruits and veggies can lower your heart disease risk by helping you to avoid weight gain and keep your blood pressure, cholesterol and blood sugar in check.

**4 Maintain a healthy weight.** Carrying extra pounds, especially around the waist, can raise your risk for heart disease and diabetes.

**5 Increase your physical activity.**

Moderate exercise comes with many health benefits, including easier weight control, improved blood flow, lower blood pressure, better blood sugar control, stress relief—it's like an insurance policy for your heart! Ask your doctor what types of exercise are safe for you to do.

**6 Avoid or limit alcohol and caffeine.**

Both beverages can increase blood pressure. Plus, drinking too much alcohol can raise the risk of stroke, heart failure and other cardiovascular problems. Having too much caffeine can lead to heart palpitations and contribute to feelings of stress.

[Taken from page 9 of *Health Monitor Guide to Heart Disease*]

### ***BLACK BEAN BROWNIES***

**Serves:** 12 brownies

#### **Ingredients:**

1 1/2 cups cooked black beans

1/2 cup maple syrup

1/4 cup coconut oil, melted

2 tsp vanilla

2 Tbsp. cocoa powder

1/2 cup oats

1/4 tsp salt

1/2 tsp baking powder

1/2 cup mini chocolate chips, divided

2-3 Tbsp chopped walnuts (optional)

#### **Instructions:**

1. Preheat the oven to 350F.

2. Grease an 8x8 baking dish or line with parchment paper.

3. In a high powered blender OR in a food processor, combine the ingredients in the order listed.

4. Process the ingredients until the batter is ultra smooth, approximately 2-3 minutes.

5. Fold in 1/4 cup of the chocolate chips.

6. Spread the batter evenly in the prepared baking dish. Sprinkle the remaining chocolate chips and nuts (if using) on top of the batter.

7. Bake in the oven for 15-18 minutes, until the brownies are cooked through and set.

8. Allow to cool thoroughly before cutting.

#### **Notes:**

This recipe is easy to double.

Use a 9x13 pan and bake for 17-18 minutes so that the center is thoroughly cooked through.

Can also use dry beans cooked from scratch.

If using canned beans, be sure to rinse them thoroughly (until the water runs clear) before using.

[Recipe by Don't Waste the Crumbs at <https://dontwastethecrumbs.com/black-bean-brownies>]

#### **Please note:**

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

**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](http://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](http://www.eatbettertoday.com)

**Office of Child Support Services**  
For an application visit [www.cse.ri.gov](http://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](http://WWW.PSNRI.ORG) (401) 467-6855  
**RI PARENT INFORMATION NETWORK**  
[WWW.RIPIN.ORG](http://WWW.RIPIN.ORG) (401) 270-0101

**Rhode Island Family Guide**  
[www.rifamilyguide.com](http://www.rifamilyguide.com)

## HOUSING CHOICE VOUCHER PROGRAM

Section 8 applications will only be accepted online accessible at [www.rihousing.com](http://www.rihousing.com)

For a statewide list of rental properties:

Go to [www.rihousing.com](http://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](http://coventryhousing.org)

## COVENTRY PARKS AND RECREATION

View all programs at [www.coventryri.org/parks-recreation](http://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](http://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](http://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](http://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](http://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](http://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](http://www.ricadv.org) & [HelplineRI.com](http://HelplineRI.com)

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## Dorcas International Institute of Rhode Island

(401) 784-8600 [diiri.org](http://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](http://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 2<sup>nd</sup> 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](http://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](http://www.tginetwork.org)

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**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.

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**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)

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**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

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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 – through the iron gates  
“Masonic Shriners” Warehouse on left 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](http://www.oscil.org)

**The Alzheimer’s Association’s 24/7 Helpline service**  
understanding memory loss, Alzheimer’s & other dementias  
Visit [alz.org/ri](http://alz.org/ri) or call **1-800-272-3900**

**ADULT DAY PROGRAMS  
FOR A STATEWIDE LIST**

[www.oha.ri.gov/programs/adult\\_day.php](http://www.oha.ri.gov/programs/adult_day.php)

**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](http://www.ripta.com) for application.  
\*Pick up & drop off must be within 3/4 mile of a regular  
fixed bus route. \$4.00 one way fare.

**RIPTA** 784-9500 ext. 604 or [www.ripta.com](http://www.ripta.com)

**YOUR COVENTRY PUBLIC LIBRARY CONNECTION**

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](http://www.animalsinneedri.com)

**CAWS 615-2200** West Warwick

**RI Community Spay / Neuter Clinic 369-7297**  
Warwick, [osac.org](http://osac.org)

**RI Veterinary Medical Association 751-0944**  
Providence, [rivma.org](http://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](http://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](http://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](mailto: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](http://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.oha.ri.gov](http://www.oha.ri.gov) Click on 2017 Pocket Manual

Rhode Island Resource Guide entitled Intellectual Disability and Dementia: A Caregiver's Resource Guide for Rhode Islanders is available at <http://www.sevenhills.org/intellectual-disability-and-dementia>

### **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](http://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](http://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](http://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](http://www.samaritansri.org)  
**(401) 272-4044**

UNITED WAY 211 LINE **Just dial 211** [www.211ri.org](http://www.211ri.org)

NATIONAL SUICIDE PREVENTION LIFELINE  
**1-800-273-8255** [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Mental Health Association of RI \*For treatment options [www.mhari.org](http://www.mhari.org) **(401) 726-2285**

Alcoholics Anonymous **(401) 438-8860**  
[www.rhodeisland-aa.org](http://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

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**Kent County Regional Coalition**  
**Visit [ripvention.org](http://ripvention.org) for more information.**

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**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.

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**Naloxone and Overdose Prevention Education Program of RI NOPE – RI ([noperi.org](http://noperi.org))**  
 Program of the RI Disaster Medical Assistance Team and Medical Reserve Corps.

The Parent HANDBOOK A Resource for Parents of Elementary Kids...

## BEGINNING the journey \_\_\_\_\_

Start your journey off on the right foot...

***Understand your role as the parent.*** Your job is to **PROTECT**. Don't be afraid to do your job. They need to know you will keep them safe. Your role is not to be your child's "friend". They will have plenty of friends, but only one mom and one dad who love them enough to protect them.

***Think with the end in mind.*** In other words, remember, you are not really raising a child... you are raising an adult. Now is the time to teach them to be accountable, dependable and responsible.

***Be a positive role model.*** Right now, you are the center of your child's life. This won't last forever so be intentional with your words and deeds, because they need you to be their number one hero.

***Set boundaries.*** Nothing says "I love you" like setting boundaries. Help your child learn that rules are a part of life and help keep everyone safe. Start by establishing a set bedtime, limiting computer time, and banning cell phones from the dinner table.

***Don't go it alone.*** It's never a good idea to travel alone! This is true for parenting, too. Get to know the parents of your child's friend. Befriend other parents, too, because it takes a village of engaged parents to keep kids safe today.

***Talk to your child's teacher.*** Ask how your child is doing in school and see if there is anything you can do to help your child grow and learn. Teachers love to discover that you are interested in your child's school life !

***Give yourself a break.*** At some point you will stress out, be overwhelmed, lose your temper, or just plain blow it. When everything goes wrong: stop, take a deep breath, give yourself a break, and go back to being the best parent you can be.

# Keep parenting !



**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](http://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
Lois Tallman	Ernest Rusack, Chairman

**You can view our monthly newsletter online at  
[www.coventryri.org](http://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](http://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