



# WELCOME BACK TO 50 WOOD STREET !

## COVENTRY RESOURCE AND SENIOR CENTER

(formerly Coventry Department of Human Services and Senior Center)

**50 Wood Street, Coventry, Rhode Island 02816**

Phone 401.822.9175

Fax 401.822.9128

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**

**THE TIME HAS COME!!!**

**WE HAVE A MOVING DATE!**

We finally have a date scheduled for us to move out of our temporary place here at 1372 Main Street and will be closed on **Friday, November 1, 2019.**

**We will be closing to complete our move back home to Wood Street  
November 1<sup>st</sup> through 12<sup>th</sup>.**

Please be patient as we will need to be closed for a short period of time to get the Center ready for you. We will be closed Friday November 1, 2019 and will have our newly renovated center open for business on Tuesday November 12, 2019, as Monday November 11, 2019 we are closed for Veteran's Day.

**MEALS at the Knotty Oak Room:** During the week that we are closed Monday November 4<sup>th</sup>-Friday November 8<sup>th</sup> the Coventry High School Culinary Arts Program will be offering lunches at the Knotty Oak Room at the High School for the rate of \$6.00 per person. We want you to continue to get together and ask that you contact us to let us know that you would be interested in this option. We need to have a good number of people interested in this before we commit to the Culinary Program. Please make a reservation with Betty or Pat in our meal site and we can help the kids out at the high school hone their culinary skills.

**Thank You ALL for your Patience and Understanding throughout this project.**

**Step Up Challenge** We finished in second place. I am so proud of all of you who participated and got healthier with each step. We will be awarded a free month of wellness programs so we can continue to work on our wellness. A special Thank you to both Pat Fleming and Betty Denise for keeping the program going and keeping you motivated to become healthier!

Great work everyone! Until next time: Enjoy your Family, Friends and Stay Well!

Sincerely, -Bob Robillard Jr., LMHC-Director

## NOVEMBER 2019



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# MONTHLY HAPPENINGS... NOVEMBER

**We will be closed on Monday, November 11 in observance of Veterans Day & Thursday, November 28 and Friday, November 29 for the Thanksgiving Holiday.**

## THANKSGIVING MEAL and CELEBRATION

Steve Dolin will be joining us for a fun filled interactive music program for our Thanksgiving celebration on **Friday, November 22nd at 11:00.**

Our menu will be Italian wedding soup, roast turkey with gravy, cornbread stuffing, sliced carrots, cranberry sauce, dinner roll and pumpkin pudding for dessert. The cost of this celebration will be your \$3.00 donation for lunch plus some canned goods for the food bank for the Thanksgiving baskets. The food bank is in need of cranberry sauce, stuffing, canned vegetables, gravy, juice or any other non perishable item. You must make your reservation for this meal by

Tuesday, November 19th.

Sorry, we cannot take walk-ins.

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## RHODE ISLAND LEGAL SERVICES

will be at 50 Wood Street on

**Friday, November 22nd**

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.

\*\*\*\*\*

## ARTHRITIS EXERCISE PROGRAM

Our current session **will resume on**

**Tuesday, November 19th.**

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.

\*\*\*\*\*

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

## OPEN ENROLLMENT

is from **October 15th—December 7th**

Do you want to change your health insurance?

We will be booking presentations for

Bluechip and United Health for Medicare.

**Susan Saccoccia from Blue Cross will be here on  
Wednesday, November 20th at 11:00.**

**Pat Spooner from United Health will be here on  
Monday, November 25th at 11:00.**

\*\*\*\*\*

## National Grid Consumer Advocate

**Wednesday, December 4th 8:30am—3:00pm**

Carlos Andrade will be unable to come for the month of November due to our move back to Wood Street.

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 !

If you need assistance before that date you may call him at 784-7222

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## RIPTA Bus Passes

This is your opportunity to apply for a RIPTA bus pass or renew your bus pass.

A representative will be here on

**Friday, December 6th from 11:30—1:00pm.**

The cost is \$10.00 for new or renewal.

Replacement (lost or damaged cards) are \$20.00. Cash only—no personal checks

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## HELP WANTED

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

*Thank you!!!*

**MONTHLY HAPPENINGS....****ATTENTION****MEALSITE PARTICIPANTS!**

**Thursday, October 31<sup>st</sup>** will be our last lunchtime meal at the 1372 Main Street location.

**The senior center will be closed for all activities from November 1<sup>st</sup>-November 11<sup>th</sup>.**

We will resume our lunch program starting Tuesday, the 12<sup>th</sup> at our new renovated facility on 50 Wood Street!!!!!!

## MONTHLY HAPPENINGS....

# Step Up Challenge

Congratulations and a great big “Thank You” to all who participated in the Senior Step Up Challenge sponsored by Blue Cross Blue Shield of RI.

We came in second place and only lost the challenge by a couple of hundred steps which isn't too bad.

**Your team work and competitiveness was incredible!**

Between the Walk with Ease program and the Senior Challenge our hope is that you have gotten motivated to stay a bit more active than you were before you participated in these programs.

Research shows *staying active is the key to better health.*

Second place gives us one free month of a fitness class of our choice which will be announced once we are settled back at Wood Street.

Looking forward to stepping with you in the future!

Pat & Betty

# Thanksgiving

**KENT COUNTY**

CHURCH of CHRIST

Thursday November 28  
Gather @ 11:00am  
Feast @ 12:00pm  
Fellowship until 4:00pm

## Menu Will Include:

Turkey, stuffing, mashed potatoes,  
green beans, sweet potatoes, salad,  
cornbread, and desserts!

## Have a favorite? Bring it with you!

Please include a list of ingredients.  
Gluten Free options will be available.

**Registration Required**

**RSVP @ 397-9700**

42 Nooseneck Hill Rd. West Greenwich, RI 02874

# 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.oha.ri.gov](http://www.oha.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.

**Call Lynn at 822-9125 to be placed on the  
waiting list and for any updates as to openings.**

# 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** 191 MacArthur Blvd. (basement) 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 a 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. Others prefer to donate money directly. The Fire Departments graciously conduct an annual "Boot Day" to support 'Tis the Season. These funds are used to purchase needed food and clothing. Local schools and churches hold food drives. Other clubs and organizations conduct toy drives all to benefit 'Tis the Season. Still other families, businesses, schools and other local groups choose to "Adopt a Family" at the holidays. Call 822-9178 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

Please come & join the fun

**Wednesday Afternoons 1:30 – 4:00**

## 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. 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 !***

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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

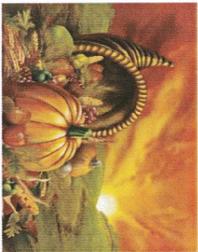
[www.rimeals.org](http://www.rimeals.org)

# MONTHLY MENU

**\$3.00 Suggested Donation**

**November 2019**

**822-9180 Coventry Mealsite**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Funded in part by the US administration on aging and state funds by the Rhode Island Department of Elderly Affairs.</i></p>	<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p> <p>Beginning Monday, November 4th</p>	<p><b>Salad Option for the Month</b> Sliced Turkey, Tomato, Craisins, Walnuts, Spinach/Iceberg Blend Balsamic Dressing</p>		<p>1 Shrimp &amp; Corn Bisque Florentine Fish Mashed Potatoes Baby Whole Carrots Oatmeal Bread Pudding (Turkey &amp; Cheese on Oatmeal) <b>Senior Center Closed</b></p>
<p>4 Onion Soup Swedish Meatballs Buttered Noodles Green Beans Marble Bread Cookie (Turkey Salad on Marble) <b>Senior Center Closed</b></p>	<p>5 Venus de Milo Soup Kielbasa w/ Mustard Boiled Potatoes Cabbage/Carrot Blend Dinner Roll Diced Peaches (Meatballs on Grinder Roll) <b>Senior Center Closed</b></p>	<p>6 Vegetable Soup Roast Pork Loin w/Applesauce Mashed Sweet Potatoes Mixed Vegetables Rye Bread Fresh Fruit (Egg Salad on Rye) <b>Senior Center Closed</b></p>	<p>7 Chicken Soup French Meat Pie Seasoned Spinach 12 Grain Bread Brownie (Sliced Chicken on Multi Grain) <b>Senior Center Closed</b></p>	<p>8 <b>Veteran's Lunch</b> Beef Vegetable Soup Chicken Cordon Bleu w/Gravy Rice Pilaf Capri Blend Vegetables Wheat Bread Ice Cream (Meatloaf on Wheat) <b>Senior Center Closed</b></p>
<p>11 <b>CLOSED</b> <b>Veteran's Day</b></p>	<p>12 Escarole &amp; Bean Soup Herb Roasted Grilled Chicken Garlic Mashed Potatoes Asparagus Cuts Multi Grain Bread Pudding (Tuna on Multi Grain) <b>50 Wood Street Starts Today</b></p>	<p>13 Cream of Broccoli Soup Lasagna Roll Up Italian Blend Vegetable Garlic Knot Diced Pears (Turkey &amp; Cheese on a Roll)</p>	<p>14 Barley Soup Shepherd's Pie Roasted Brussels Sprouts Multi Grain Bread Rye Bread Coffee Cake (Pastrami and Swiss on Rye)</p>	<p>15 <b>Red Chowder</b> Stuffed Sole Red Bliss Mashed Potato Roasted Zucchini Oatmeal Bread Fresh Fruit (Ham Salad on Oatmeal)</p>
<p>18 Beef Barley Soup Tuna Salad Tortellini Salad Beet &amp; Onion Salad Pumpkin Bread Shortbread Cookie (Turkey &amp; Cheese/ Pumpkinnickel)</p>	<p>19 Vegetable Soup Chicken Cacciatore Seasoned Whole Wheat Pasta Broccoli Italian Bread Fresh Fruit (Italian Tuna on Italian Bread)</p>	<p>20 Minestrone Soup Pot Roast w/Gravy Mashed Potatoes Mixed Vegetables Marble Bread Fruit Cocktail (Bologna and Cheese on Marble)</p>	<p>21 <b>HAPPY BIRTHDAY</b> Airline Chicken Mashed Potato Mixed Vegetables Rye Bread Frosted Cupcake (Corned Beef and Swiss on Rye)</p>	<p>22 <b>Thanksgiving Lunch</b> Italian Wedding Soup Roast Turkey w/ Gravy Cornbread Stuffing Sliced Carrots Dinner Roll Cranberry Sauce Pumpkin Pudding (Seedfood Salad on Roll)</p>
<p>25 Tomato &amp; Brown Rice Soup Italian Style Chicken Cutlet Mashed Potato Vegetable Blend Italian Bread Crushed Pineapple (Salami/Provolone on Italian)</p>	<p>26 Egg Drop Soup Seafood Chow Mein Crunchy Noodles Asian Blend Vegetables Wheat Dinner Roll Mandarin Oranges (Chicken Salad on Wheat)</p>	<p>27 100% Orange Juice Cheese Omelet Fruit Filled Pancake w/ Syrup Baked Tomato Half Greek Yogurt (Fish Sandwich on Roll)</p>	<p>28 Closed for Thanksgiving</p>	<p>29 Closed for Thanksgiving</p>

## 5 Tricks to Get kids To EAT MORE VEGGIES

1. **Eat more veggies yourself.** If your little ones see you eating a wide variety of vegetables, they're more likely to do it. Encourage your children to eat more vegetables by enjoying them yourself, and by pointing out other people (grandparents, siblings, cousins, friends, babysitter, and so on) who enjoy them, too !
2. **Think out of the box.** If your child doesn't like steamed broccoli, don't give up. Instead, try another spin. Whip up a batch of pan-charred broccoli, creamy broccoli soup, broccoli and chicken stir-fry, or top it with cheese sauce or marinara... Be creative and experiment until you find a recipe your child does like.
3. **Find the perfect pair.** A plain crunchy veggie might not be an easy sell, but put out a scrumptious dip, like hummus, salsa, guac alongside and watch it disappear.
4. **Give kiddos some power.** Give your kids the power to choose—a fun recipe, a new veggie to prepare as a side dish, or even the theme of the meal. More freedom—less fussing.
5. **When in doubt, hide it.** Sometimes, it's easier to just slip veggies into their favorite foods. You can add a handful of kale or spinach into smoothies. Add chopped broccoli into mac and cheese. Toss diced carrots and red bell peppers into meatballs, burgers or meatloaf. Swap out standard noodles for veggie noodles, like spaghetti squash or zucchini linguine. Mix cauliflower rice with traditional rice. Blend canned pumpkin puree into marinara sauce and taco meat. The options are limitless !  
[Taken from [www.savoryonline.com](http://www.savoryonline.com) October 2019]

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

### Quick & Easy Thanksgiving Appetizer

#### 3-Ingredient Cranberry-Brie Bites

Prep 20 min. Ready in 35 min.

“Baked Brie is a perennially popular appetizer. Here, we complement the Brie with tart cranberry sauce and bake it in pretty individual tartlets using premade pie crust for an ultra-easy crowd-pleasing appetizer.”

Ingredients:

- 1 (7 to 8 ounce) prepared pie crust (1/2 of a 14 ounce package)
- 1/2 cup prepared cranberry sauce or homemade, divided
- 3 ounces Brie cheese, cut into 24 pieces, divided
- 1 tablespoon chopped fresh chives (optional)

Directions:

1. Preheat oven to 450 F. Lightly coat a mini muffin tin with cooking spray.
2. Unroll pie crust onto a cutting board or clean surface. Flatten dough to about 12 inches in diameter. Cut 24 2-inch circles out of the dough with a biscuit cutter, rerolling scraps if needed. Place the dough circles in the muffin tin cups, gently pressing on the bottom and sides. Prick the dough with a fork. Bake until lightly browned, 5 to 7 minutes. Remove from the oven.
3. Add 1 teaspoon cranberry sauce to each cup, then top with a piece of Brie. Return to the oven and bake until the sauce is hot and the cheese has melted, about 5 minutes more.

Let cool for 10 minutes. Sprinkle with chives, if desired, and serve warm.

[2019 recipe by Carolyn Casner/  
[www.eatingwell.com](http://www.eatingwell.com)]

**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](http://489-3645)  
North Kingstown, [www.animalsinneedri.com](http://www.animalsinneedri.com)  
**CAWS** [615-2200](http://615-2200) West Warwick  
**RI Community Spay / Neuter Clinic** [369-7297](http://369-7297)  
Warwick, [osac.org](http://osac.org)  
**RI Veterinary Medical Association** [751-0944](http://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**

### NEW ENGLANDERS HELPING OUR VETERANS

**www.nehov.org 401-649-2548** Follow on facebook @NewEnglandersHelpingOurVeterans

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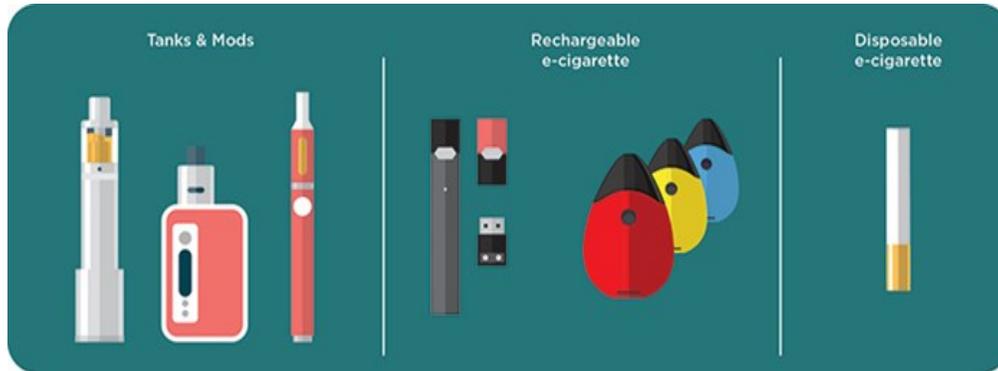
**Naloxone and Overdose Prevention Education Program of RI NOPE – RI ([noperi.org](http://noperi.org))**  
 Program of the RI Disaster Medical Assistance Team and Medical Reserve Corps.

## Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents

### KNOW THE RISKS

#### START THE CONVERSATION & ANSWER THEIR QUESTIONS

**Before the TALK— Know the facts...** Get credible information about e-cigarettes and young people at [E-cigarettes.SurgeonGeneral.gov](http://E-cigarettes.SurgeonGeneral.gov)



**BE PATIENT AND READY TO LISTEN:** Avoid criticism and encourage an open dialogue. Remember—your goal is to have a conversation, not to deliver a lecture. It's OK for your conversation to take place over time, in bits and pieces.

**SET A POSITIVE EXAMPLE BY BEING TOBACCO-FREE.** If you use tobacco, it's never too late to quit. For free help, visit [smokefree.gov](http://smokefree.gov) or call 1-800-QUIT-NOW.

Here are some questions and comments you might get from your teen about e-cigarettes and some ideas about how you can answer them.

#### ***Why don't you want me to use e-cigarettes ?***

- Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.
- Right now, your brain is still developing, which means you are more vulnerable to addiction. Many e-cigarettes contain nicotine, and using nicotine can change your brain to make you crave more nicotine. It can also affect your memory and concentration. I don't want that for you !
- E-cigarettes contain chemicals that are harmful. When people use e-cigarettes, they breathe in tiny particles that can harm their lungs.
- The cloud that people exhale from e-cigarettes can expose you to chemicals that are not safe to breathe.

#### ***What's the big deal about nicotine ?***

- Your brain is still developing until about age 25. The Surgeon General reported that nicotine is addictive and can harm your brain development.
- Using nicotine at your age may make it harder for you to concentrate, learn, or control your impulses.
- Nicotine can even train your brain to be more easily addicted to other drugs like meth and cocaine.
- I don't say this to scare you, but I want you to have the facts because nothing is more important to me than your health and safety.



**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  
dbacon1@cox.net  
401-258-8073

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

**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