From The Director’s Desk

Hello Everyone: We are finally back home at Wood Street and have much to be thankful for during this holiday season.

Our staff have been working on all of the details necessary to get the building to become the best place for community resources and senior services. We continue to fully move in and to grow our wellness programs. We have recently received a grant from the Rhode Island Office on Healthy Aging to provide Yoga, Zumba and other wellness programs over the next year. We are excited to show our center to any and all residents that may benefit from our services and we welcome your input to improve how we serve you.

Our department is very busy this time of year with providing food baskets and holiday clothing and toys for our neediest residents. The Tis the Season Program in coordination with our local businesses, donators and benefactors have put us in good standing to meet the needs of Coventry’s families this year. I want to thank our school district staff, businesses and those who adopt our families to give them the best Christmas possible.

It is now the heating season and please know we are here to help. We will continue to assist is helping you access the LIHEAP Low Income Heating Assistance Program to stay warm and cozy during these colder months.

Please join us for our first Monthly Breakfast here at Wood Street

Our dining room will be open on Friday December 6, 2019 from 8:00am-9:30am for our monthly breakfast provided by the Coventry High School Culinary Program. We are excited that the students will continue the monthly breakfasts going forward and we can support our youth to develop their skills and see them in action.

Our staff would like to wish you all Happy Holidays and the best of health as we continue to provide good services to good people in a good space.

Until next time: Enjoy your Family, Friends and Stay Well and Take Care!
MONTHLY HAPPENINGS… DECEMBER

We will be closed on Tuesday, Dec. 24 and Wednesday, Dec. 25 for the Christmas Holiday. We are open 1/2 day on Tuesday, December 31 for New Years Eve—Lunch at 11 and we close at noon.

CHRISTMAS PARTY
Russ Morency will be joining us with a festive holiday show on Thursday, December 19th at 11:00 for our annual Christmas Party.
The menu will be Chicken soup, French Meat Pie, Seasoned Spinach, Oatmeal Bread and Frosted Cupcake. The cost of this celebration is your $3.00 donation for lunch.
You must make a reservation—we can’t take walk-ins.

RHODE ISLAND LEGAL SERVICES
will be at 50 Wood Street on Friday, December 20th
Civil (not criminal) Legal Clinic
Call Cheryl at 822-9175 to schedule appt.
*Folks 60 and over can meet here.
Those under age 60, please call 274-2652.

ARTHRITIS EXERCISE PROGRAM
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!

‘Tis the Season Tree
We will once again this year put up the tree with Red & Green tags with the toys that children in our community are wishing to have for Christmas. Simply take a tag, purchase the gift and return it unwrapped under the tree with the tag attached. Our seniors as well as people in the community have always been so supportive of this project.

Cheryl Tassmer will be here at the Coventry Senior Center to go over changes with Aetna for Medicare for 2020 on Wednesday, December 4th at 11:00.

Open Enrollment ends on December 7th
If you are looking to make changes to your health plan you only have a few days left....

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National Grid Consumer Advocate
Wednesday, December 4th 8:30am—3:00pm
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

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

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

Thank you!!!
STEP UP CHALLENGE UPDATE

The Coventry Senior Center
Top Three walkers in the Senior Step Up Challenge sponsored by Blue Cross Blue Shield of RI were:

1st Place  Betty Robillard
2nd Place  Paul Charland
3rd Place  Alden Jordan

Congratulations !

All received a gift card to Dave’s Market from BCBS of RI.
Again, thank you to all who participated in the Senior Challenge.
Hope to see you next year !
Choose a Medicare Advantage plan with a total approach to health

Enroll by December 7
Get the right coverage, local resources and care to help you age actively and live the life you love.

PPO plans with $0 monthly premiums & extra benefits

It's worth your time to learn more. Call me today to RSVP for a meeting or to make an appointment.

MICHAEL RUGGIERI
401-732-6264 (TTY: 711)
8:00 a.m. - 8:00 p.m. ET, Mon. - Fri.
A licensed sales agent will answer your call.
mdr@backnineadvisors.com

Coventry Senior Center
50 Wood St
Coventry, Rhode Island 02816
Dec. 04, 2019 11:00 a.m.

Aetna Medicare is a HMO, PPO plan with a Medicare contract. Enrollment in our plans depends on contract renewal. See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area.
Santa Claus is Coming to Coventry!

Coventry Department of Parks & Recreation
ANNUAL HOLIDAY CELEBRATION
Friday, December 6, 2019 6-8pm
Rain date Saturday, December 7, 2019

Family friendly event - all ages welcome
(adult must accompany children)

View lighted Christmas trees
Sing traditional carols • View a model train
Get your picture taken with Santa Claus for FREE
Crafts, games and fun for all

Guy L. Lefebvre Community Center upstairs hall
1277 Main Street, Coventry
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 info

*VOLUNTEERS NEEDED IN mealsite & substitute driver for MOW's 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

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.
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/UCnE8eE3pHL8XgOlOZ7z-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.
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!

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

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

********************************************************************************

ARTHITIS 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!

********************************************************************************

CHRONIC PAIN SELF-MANAGEMENT WORKSHOPS

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

TAI CHI Program

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

RHODE ISLAND SMOKER’S HELPLINE

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

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

DISPOSE MEDICINES SAFELY

Get rid of expired or no longer needed medications safely by locating a safe disposal site near you at http://preventoverdoseri.org/get-rid-of-medicines/
**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!*

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**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.

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**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.

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**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.

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**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.

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**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)
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<th>THURSDAY</th>
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<tr>
<td>31 Grilled Cheese with Tomato Soup</td>
<td>4 Broccoli &amp; Cheese Soup</td>
<td>5 Tomato Bisque</td>
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<td>6 Indian Wedding Soup</td>
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<td>21 Chicken &amp; Rice</td>
<td>10 Vegetable Medley</td>
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**December Menu 2019**

31.00 Suggested Donation
GO BANANAS

This tropical fruit is a major health booster. From fighting disease to rescuing your hair, it’s the ideal good-for-you snack to grab on the go. Here’s why we can’t get enough of the peel-and-eat powerhouse.

It’s a dynamic diet food. At just over 100 calories, 3.1 GRAMS of FIBER and ALMOST NO FAT, a banana is a weight-loss wonder. Unripe bananas contain high amounts of resistant starch, which helps reduce your appetite and keeps you feeling full longer. The starch turns to sugar as the banana ripens, so if you’re trying to lose weight, whirl a green banana into your morning smoothie.

They can protect your heart. The high potassium level helps in lowering blood pressure. People with diets high in potassium have up to a 27% lower risk of heart disease.

You’ll be able to rest easier. Because of the high content of potassium and magnesium, eating a banana an hour before bed can help increase your REM sleep, the “dream stage” our bodies need to stay healthy.

Bananas are an ideal workout food. They provide fuel for exercise, plus they can help relieve post-workout muscle cramps. Toss one into your gym bag to enjoy on the drive home.

The chemical makeup of bananas can SOFTEN AND STRENGTHEN HAIR and improve its elasticity. Rescue damaged hair with the easy banana mask below and do away with split ends and breakage.

BANANA HAIR MASK

Mash 1 ripe banana into a soft, creamy paste.
Add 1/2 Tbsp. honey and mix well.
Wash hair with a nonsulfate shampoo and let it dry slightly.
Part hair into sections.
Generously apply banana mask from roots to tips.
Pile hair on top of your head and cover it with a snug shower cap.
Let mask sit 20-30 minutes. Wash out mask with lukewarm water.

Healthy Gingerbread Cookies
[www.dessertswithbenefits.com]

Servings 38 cookies         Prep time 45 mins
Cook Time 12 mins          Total Time 1 hour

Unlike typical Gingerbread Cookie recipes, this version is refined sugar free, gluten free, dairy free, and vegan!

INGREDIENTS

1 1/4 cups Almond Meal
1 cup Oat Flour
1/2 cup Granulated Erythritol (or dry sweetener of choice)
1 tbs Ground Ginger
2 tsp Ground Cinnamon
1/8 tsp Ground Nutmeg
1/8 tsp Ground Cloves
1 tsp Double-Acting Baking Powder
1/2 tsp Salt
1/2 cup Molasses
1/3 cup Coconut Oil (melted)
2 tsp Vanilla Extract
1 tsp Liquid Stevia Extract

INSTRUCTIONS

Preheat oven to 350 degree F

In a small bowl, whisk together the almond flour, oat flour, Erythritol, ginger, cinnamon, nutmeg, cloves, baking powder and salt.

In a stand mixer bowl with beater attachment, add the molasses, coconut oil, vanilla and stevia. Mix on low speed until completely mixed.

Dump the dry ingredients in the stand mixer and mix until completely mixed. Dough should be dark, sticky, and sweet. Roll 1/3 of the dough in between two silicone baking sheets until 1/8” thick.

Sprinkle some extra oat flour on a small plate and dip your gingerbread man cookie cutter instead. Dust off excess flour and punch cookie shapes into the dough. Peel away the dough surrounding the cookies and transfer the silicone sheet onto a cookie tray. Bake for 12 minutes, then cool on rack. Keep re-rolling the dough and baking until all the dough is used up. Best served the same day but will keep in airtight container at room temp for 3 days.

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

How to apply for SNAP (food stamps) benefits; RIW (cash assistance); (CCAP) child care assistance and other programs – Can apply online or you may opt to complete the printable application. The application can be found at RI Department of Human Services website: www.dhs.ri.gov

DHS Call Center (1-855-697-4347) RI DHS now asking for all mailed applications be sent to: RI Department of Human Services, PO Box 8709 Cranston, RI 02920 or applications can also be hand delivered to any State DHS location. Closest is Warwick DHS 195 Buttonwoods Ave. Warwick 02886

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

Rhode Island Family Guide
www.rifamilyguide.com

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

For great information and support:
PARENT SUPPORT NETWORK
WWW.PSNRI.ORG (401) 467-6855

RI PARENT INFORMATION NETWORK
WWW.RIPIN.ORG (401) 270-0101

HOUSING CHOICE VOUCHER PROGRAM
Section 8 applications will only be accepted online accessible at www.rihousing.com

For a statewide list of rental properties:
Go to www.rihousing.com
Click on RENTAL RESOURCE GUIDE

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

COVENTRY PARKS AND RECREATION
View all programs at www.coventryri.org/parks-recreation.

FREE AND REDUCED PRICE SCHOOL MEALS
visit RI Dept of Ed to see if you qualify at www.ride.ri.gov/cnp/home.aspx
Or go to your school website for the application

Westbay Community Action on 205 Buttonwoods Ave. in Warwick, 02886 offers Coventry residents who are eligible: Heating Assistance, Good Neighbor Energy Fund, Weatherization Home Energy Programs etc. www.westbaycap.org or call 732-4660 for more info.
*Now you can ask to meet with a National Grid rep for help also

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

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

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

WIC 401-589-2610 Tuesdays and Thursdays

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

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

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

the SHARING locker
Open the third Saturday of each month, from 10—12pm.
Westminster Unitarian Church—Smith Hall
119 Kenyon Avenue, East Greenwich, RI 02818
401-884-5933 www.westminsteruu.org
Items such as deodorant, tissues, laundry detergent, razors
**SUPPORT GROUPS**

Here are just some in R I...

The Breast Health Center at Kent Hospital  
*Breast Cancer Support Group*  2nd Thursday of the month  
6:30pm- 8pm. Please use the Imaging Center entrance.

**Alzheimer’s – Dementia Support Group**  
Brookdale Centre of New England, Coventry.  3rd Thurs  
5:30—7:00pm. Contact Hannah 821-2445 Ext. 4126

**American Parkinson Disease Association / APDA**  
Parkinson’s Information & Referral Center at  
Kent Hospital  Call Mary Ellen Thibodeau, RN  
401-736-1046 or email apdari@apdaparkinson.org or visit their website at APDAparkinson.org/ri

**Hope Hospice & Palliative Care Rhode Island**  
*Bereavement support groups*. Call 1-800-338-6555 or visit their website at www.hopehospiceri.org

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

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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  
(advisors 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

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

**ADULT DAY PROGRAMS**  
FOR A STATEWIDE LIST  
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 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

**YOUR COVENTRY PUBLIC LIBRARY CONNECTION**

Offers free delivery service of books and audio books to the homebound. Please call Debra Young at 822-9463.

**PET OWNERS**  
Need help with vet expenses?

**FRIENDS of ANIMALS in NEED**  
489-3645  
North Kingstown, www.animalsinnneedri.com

**CAWS**  
615-2200  
West Warwick

**RI Community Spay / Neuter Clinic**  
369-7297  
Warwick, osac.org

**RI Veterinary Medical Association**  
751-0944  
Providence, rivma.org
VETERANS SERVICES...
To apply for pensions, compensation, vocational rehabilitation, education, home loans etc. Contact the Providence Regional Office of the Veterans Benefits Administration, 380 Westminster St. Providence RI at 1-800-827-1000 or www.va.gov

To apply for healthcare, hospital & prescription benefits contact the Providence Veterans Administration Medical Center at 830 Chalkstone Avenue in Providence at 273-7100 / 1-866-363-4486 or www.providence.va.gov

To receive readjustment, PTSD, marital & family counseling, outreach services, bereavement & substance abuse counseling etc. for the veteran and family members contact the VET CENTER at 2038 Warwick Avenue, Warwick RI 401-739-0167. Services provided at no cost.

Rhode Island Veterans Resource Center
560 Jefferson Blvd. Suite 206 Warwick, 401-921-2119
Offers two computer workstations with internet access, printers, telephones. Staff available to assist with job searches, resume development, and research.

Veterans Crisis Line
1-800-273-8255 Press 1

RI VET CORPS is an AmeriCorps program at Westbay Community Action in Warwick.
A representative will provide information and referrals to veterans and their families and will help access available benefits and services. They can be reached at 921-5350.

OPERATION STAND DOWN
An independent non-profit agency to assist veterans who are eligible in securing stable housing and employment. Also assist with basic needs (food & clothing), education and training services etc. 1010 Hartford Ave. Johnston osdri.org 1-800-861-8387 / 383-4730

NEW ENGLANDERS HELPING OUR VETERANS
www.nehov.org 401-649-2548 Follow on facebook @NewEnglandersHelpingOurVeterans

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

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


SOCIAL SECURITY OFFICE
30 Quaker Lane, Warwick RI 02886 (first floor)
1-866-964-2038 or TTY 1-800-325-0778
www.ssa.gov Can also apply online for retirement benefits, SSI, Medicare and disability benefits; request replacement ss card; print proof of benefits; check on status of application or appeal etc.

CODE RED
To sign up for automated calls or text messages alerting you of weather / storm emergencies, sex offender notification etc. please register online at the Coventry Police Department www.coventrypd.org
HOPE AND RECOVERY

There is HOPE AND RECOVERY…
Addiction is a Disease. Recovery is Possible. Treatment is Available.

Call the RI Hope and Recovery Helpline:
401-942-STOP / 401-942-7867
Rhode Island’s recovery helpline connects individuals in crisis with treatment and recovery support. English – and Spanish-speaking counselors licensed in chemical-dependency are available 24 hours a day, 7 days a week.

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

Get rid of medicines safely by locating a safe disposal site near you at http://preventoverdoseri.org/get-rid-of-medicines/

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

THE GOOD SAMARITAN ACT OF 2016 provides certain immunity against arrest to any individual who calls for medical assistance when someone is experiencing an overdose.
DON’T BE AFRAID TO CALL 9-1-1
Callers to 911 and overdose victims are protected from prosecution if drugs are found at the scene.

Rhode Island Department of Behavioral Healthcare, Developmental Disabilities & Hospitals (BHDDH) - BH LINK
YOU ARE NOT ALONE
If you are going through a mental health or substance use crisis, there is information, there is compassion. There is help. Services and referrals provided by a professional team of registered nurses, counselors, psychiatrists, peer specialists, etc.
24-hours-a-day, seven days-a-week.
Call 401-414– LINK (5465) or visit BHLINK.ORG or walk into our location at 975 Waterman Avenue in East Providence.

Other Important resources in a crisis
911 (police, fire and rescue)

THE SAMARITANS RI www.samaritansri.org
(401) 272-4044

UNITED WAY 211 LINE Just dial 211 www.211ri.org

NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-8255 www.suicidepreventionlifeline.org

Mental Health Association of RI *For treatment options www.mhari.org (401) 726-2285

Alcoholics Anonymous www.rhodeisland-aa.org

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

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

PreventOverdoseRI.org
a user friendly website offering many resources for people who may be at risk of overdose as well as concerned family members and friends.

Naloxone and Overdose Prevention Education Program of RI NOPE – RI (noperi.org)
Program of the RI Disaster Medical Assistance Team and Medical Reserve Corps.
Stress, depression and the holidays: Tips for coping

Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.

By Mayo Clinic Staff

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays present a dizzying array of demands — parties, shopping, baking, cleaning and entertaining, to name just a few.

But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

1 Acknowledge your feelings. If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

2 Reach out. If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.

3 Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.

4 Set aside differences. Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.

5 Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

Try these alternatives: Donate to a charity in someone's name. Give homemade gifts. Start a family gift exchange.

6 Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.

7 Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

8 Don't abandon healthy habits. Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.

Try these suggestions: Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Get plenty of sleep. Incorporate regular physical activity into each day.

9 Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

Some options may include: Taking a walk at night and stargazing. Listening to soothing music. Getting a massage. Reading a book.

10 Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Take control of the holidays. Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.
**Staff Directory**

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

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

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

**Receptionist** Cheryl Seltzer 822-9175

**Social Workers**
Susan Pajak  822-9176
spajak@coventryri.org
Lynn Pendola 822-9125
lpendola@coventryri.org

**Social Worker Assistant** Stefani Weber 822-9146
sweber@coventryri.org

**Food Bank**  822-9199

**Mealsite/Café**  822-9180

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

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

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

**Maintenance** Al Jordan 822-9175

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**Coventry Friends of Human Services Advisory Board**

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

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**Coventry Town Council Members**

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

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

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

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

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

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

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**INCLEMENT WEATHER POLICY**
Information regarding closings/delays due to weather events will be on channel 10 & local radio stations. Online at www.ribroadcasters.com click View Current Closings.
In doubt - call the main number at 822-9175

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**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