

COVENTRY RESOURCE AND SENIOR CENTER



50 Wood Street, Coventry RI 02816

Phone 401.822.9175 Fax 401.822.9128

Like us on Facebook—Coventry Resource and Senior Center www.coventryri.org

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

From The Director's Desk

Hello Everyone: **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!

DECEMBER 2019



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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...

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!!!

MONTHLY HAPPENINGS....**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 !

MONTHLY HAPPENINGS....

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 solutions

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.

MONTHLY HAPPENINGS....

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

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 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.**

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 !

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 !

CHRONIC PAIN SELF-MANAGEMENT WORKSHOPS

Will provide participants with the tools to manage medications including signs of addiction and other side effects, fatigue, frustration, proper nutrition, communication skills to address family, friends, and healthcare professionals, Facilitated by two certified peer leaders in group sessions.

It does include a gentle exercise program.

2 1/2 hours per week for six weeks.

This is for anyone 18 years of age or older and it is FREE. Provided by RI DOH & Community Health Network at the RI Parent Information Network.

Call Pat Fleming 822-9474 to be placed on the list.

TAI CHI Program

Call the front office 822-9175 to have your name added to a waiting list for future classes.

Tai Chi is a form of Tai Ji Quan:

Moving for Better Balance (TJQMBB) is a research based balance training regimen designed for older adults at risk of falling and people with balance disorders.

RHODE ISLAND SMOKER'S HELPLINE

1-(800) - QUIT NOW (784-8669)

It's Free, It's Personalized, It's up to you.

Tobacco Free RI www.tobaccofree-ri.org

TCSRI Tobacco Cessation Services of RI

(401) 789-0934

www.codacinc.org/tobaccotreatment

TCSRI will help you determine exactly what your insurance plan covers and will work with your insurer to help you maximize your benefits. For individuals who are under or uninsured, TCSRI may be able to provide services at no cost through funding available from the Rhode Island Department of Health's Tobacco Control Division.

DISPOSE MEDICINES SAFELY

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

NUTRITION

COVENTRY COMMUNITY FOOD BANK

Located at 191 MacArthur Blvd. Coventry — 822-9199

In order to determine eligibility to use the food bank, you must meet with a social worker at the Coventry Resource and Senior Center at 1372 Main Street for a full assessment.

Call 822-9175 for an appointment to be assessed and a list of documentation to bring.

The Food Bank greatly appreciates any donations...

Currently in need of: canned pasta, cereal, snacks, juice boxes, peanut butter.

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



One of every three bites
of food you eat



depends on the honey bee.

facebook.com/organicconsumer www.organicconsumer.org



COVENTRY COMMUNITY GARDEN

Our garden, which is located in front of the Town Hall Annex was started with the gracious assistance of the URI Master Gardeners. (Come check out the Bee Hive too!)

All of the produce grown at our community garden goes directly to the Coventry Food Bank.

Please help us feed our community! If you have a few hours per week available or maybe you have community service hours for school or college this would be a great opportunity.

For more information, please call 822-9175. Visit the *Coventry Community Garden* on Facebook.

COVENTRY CAFÉ

Come have lunch at the Café for those 60 and over or individuals with disabilities. Each Café offers at least two of the three meal choices daily. The “spa option” for the health conscious, features lighter fare such as a main course salad. The “pub option” offers a sandwich for those who want a traditional lunch. The “hearty option” provides a full, hot lunch for those who prefer their main meal at midday. Please call 822-9180 for your lunch reservation at least one day in advance. Salad option requires one week notice. If you cannot make it in, please call us to cancel. The suggested donation is \$3.00.

You may bring a guest under 60 for \$4.00.

Celebrate Birthdays the third Thursday of the month !

PARTICIPANT INFORMATION FORM (PIF)

All those who participate in our mealsite/Café must fill out a PIF for this congregate meal program.

You must be 60 or older or a person with disabilities to participate.

Additional food pantry options...

Faith Fellowship Food Pantry

260 Victory Highway, West Greenwich 397-3383

Third full week of the month Tues 5:30-7:30 (WG only)

Wed 5:30- 7:30 (all other towns) *Please bring a picture ID and any bill mailed to your current address

Emanuel Lutheran Church

20 Leaf St. WW 821-8888 Tues 10am –12 & 5-7pm

Can go weekly (For WW and Coventry residents only)

*Please bring proof of address

Project Hand Up

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

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

Meals on Wheels of Rhode Island

Provides home delivered meals to frail, homebound seniors and qualified disabled persons, five days per week. Seniors must be 60 years or older, live alone, have no one to help them, and be unable to shop, cook, or drive. Donations accepted but not mandatory.

To apply and view menu - Call 351-6700 or

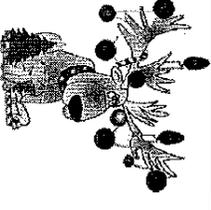
www.rimeals.org

MONTHLY MENU

\$3.00 Suggested Donation

December Menu 2019

822-9180

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Butternut Squash Soup Chicken Marsala Seasoned Brown Rice Broccoli Cuts Diced Pears Multi Grain Bread <i>(Honey Ham & Cheese on Multi Grain)</i></p>	<p>3 Venus de Milo Soup Italian Sausage Seasoned Ziti Ratatouille Pudding Wheat Bread <i>(Tuna on Wheat)</i></p>	<p>4 Broccoli & Cheese Soup Shepherds Pie Garlic Spinach Cookie Oatmeal Bread <i>(Pastrami & Swiss on Oatmeal)</i></p>	<p>5 Tomato Vegetable Soup BBQ Beef Mashed Potatoes Mixed Vegetables Fresh Fruit Rye Bread <i>(Salmon Salad on Rye)</i></p>	<p>6 Italian Wedding Soup Herb Roasted Chicken Baked Potato/Sour Cream Asparagus Cuts Jello Wheat Bread <i>(Chicken Salad w/ Craisins/ Walnuts on Wheat)</i></p>
<p>9 Lentil Soup Roast Pork w/Gravy Stuffing Capri Blend Vegetables Lemon Pudding Wheat Bread <i>(Shrimp Salad on Wheat)</i></p>	<p>10 Vegetable Barley Soup Meatloaf w/Mushroom Gravy Whipped Potatoes Roasted Brussels Sprouts Sliced Peaches Marble Bread <i>(Salami & Cheese on Marble)</i></p>	<p>11 Chicken Escarole Soup Veal w/Marinara Sauce Pesto Whole Grain Pasta Italian Blend Vegetables Fresh Fruit Italian Bread <i>(Bologna & Cheese Italian)</i></p>	<p>12 Onion Soup w/CROUTONS Turkey Chili Corn Bread Broccoli Mandarin Oranges Multi Grain Bread <i>(Meatloaf on Multi Grain)</i></p>	<p>13 Christmas Dinner Pasta Fagioli Roasted Chicken Quarter Red Bliss Mashed Potatoes Green Beans Almondine Coffee Cake Wheat Bread <i>(Seafood Salad on Wheat)</i></p>
<p>16 Chicken Vegetable Soup Beef Tips w/Mushroom Gravy Seasoned Noodles Asparagus Cuts Apricots Rye Bread <i>(Chicken Loaf & Cheese on Rye)</i></p>	<p>17 Lentil Soup Low Sodium Hot Dog <small>w/Meatloaf</small> Baked Beans Cole Slaw Fresh Fruit Multi Grain Bread <i>(Turkey & Cheese on Multi Grain)</i></p>	<p>18 Beef Noodle Soup Stuffed Chicken w/ Broccoli & Cheese w/Gravy Seasoned Sliced Potatoes Mixed Vegetables Pudding Wheat Bread <i>(Shrimp Salad on Wheat)</i></p>	<p>19 Happy Birthday Chicken Soup w/Ancho de Pepe French Meat Pie w/Ketchup Seasoned Spinach Frosted Cupcake Oatmeal Bread <i>(Egg Salad on Oatmeal)</i></p>	<p>20 100% Orange Juice Broccoli and Cheese Quiche Turkey Sausage Tomato Half Fruit Cocktail Dinner Roll <i>(Ham Salad on a Roll)</i></p>
<p>23 100% Apple Juice Seafood Salad Italian Style Pasta Salad 3 Bean Salad Dinner Roll Sliced Peaches <i>(Corned Beef/Swiss on Roll)</i></p>	<p>24 CLOSED Merry Christmas</p>		<p>26 Beef Barley Soup Roasted Airline Chicken Oven Roasted Potatoes Green Beans Diced Pears Wheat Bread <i>(Tuna on Wheat)</i></p>	<p>27 White Chowder Baked Fish w/Crumb Topping Butternut Squash Sliced Carrots Fresh Fruit Rye Bread <i>(Chicken Salad on Rye)</i></p>
<p>30 Split Pea Soup Baked Ham w/Pineapple Sweet Potatoes Winter Blend Vegetables Pudding Wheat Bread <i>(Tuna on Wheat)</i></p>	<p>31 Onion Soup Pub Burger Mashed Potatoes Mixed Vegetables Cookies 9-Grain Bread <i>(Sliced Chicken on 9-Grain)</i></p>	<p>All Menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p>	<p>Funded in Part by the US Administration on Aging and the Rhode Island Division of Elderly Affairs</p>	<p>SALAD OF THE MONTH Starts Monday December 2nd Grilled Chicken Mandarin Oranges Crunchy Noodles Tomato, Bed of Lettuce Asian Dressing</p>

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.

[August/September 2019 Tasteofhome.com]

Please note:

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

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.

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

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

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

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

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

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

Rhode Island Family Guide
www.rifamilyguide.com

HOUSING CHOICE VOUCHER PROGRAM

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

For a statewide list of rental properties:

Go to www.rihousing.com

Click on **RENTAL RESOURCE GUIDE**

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

COVENTRY PARKS AND RECREATION

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

FREE AND REDUCED PRICE SCHOOL MEALS

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

Or go to your school website for the application

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

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

Low - Cost Home Internet

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

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

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

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

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

Bright Stars—Rating system for RI Child Care

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

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

Mandated Reporting of Child Abuse and/or Neglect

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

RI Coalition Against Domestic Violence

The Helpline: 24-Hour Support 1-800-494-8100

visit www.ricadv.org & HelplineRI.com

Dorcas International Institute of Rhode Island

(401) 784-8600 diiri.org

Services for immigrants and refugees

CHURCH OF CHRIST Giving Closet

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

the SHARING locker

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

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

Items such as deodorant, tissues, laundry detergent, razors

Here are just some in R I...

The Breast Health Center at Kent Hospital

Breast Cancer Support Group 2nd Thursday of the month
6:30pm- 8pm. Please use the Imaging Center entrance.

Alzheimer's – Dementia Support Group

Brookdale Centre of New England, Coventry. 3rd Thurs
5:30—7:00pm. Contact Hannah 821-2445 Ext. 4126

American Parkinson Disease Association / APDA

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

Hope Hospice & Palliative Care Rhode Island

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

TGI Network of Rhode Island

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

CYBER CRIME HOTLINE * Dial 211**

Support for people in RI who have been victims of crime
including identity theft, fraud and cyberstalking.
Provides one-on-one counseling, a connection to community
resources or help reporting crimes to law enforcement.

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

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

FOR NEGLECT OR ABUSE IN A FACILITY call:

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

Report concerns about an adult with disabilities aged 18—59

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

QUALITY ASSURANCE UNIT at 462-2629

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

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

FYI

Robert J. Allen Masonic

Medical Equipment Distribution Center

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

Pre-owned – loaned at no cost

116 Long Street in Warwick (across from St.
Rose & Clement Church – 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.animalsinneedri.com

CAWS 615-2200 West Warwick

RI Community Spay / Neuter Clinic 369-7297

Warwick, osac.org

RI Veterinary Medical Association 751-0944

Providence, rivma.org



VETERANS SERVICES...

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

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

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

Rhode Island Veterans Resource Center

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

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

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

OPERATION STAND DOWN

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

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 for further details

RHODE ISLAND SPECIAL NEEDS REGISTRY

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

Having issues with Social Security or the VA ?

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

Great resource information: Rhode Island Guide to Services for Seniors and Adults with Disabilities can be found at www.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

HOPE AND RECOVERY

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

Call the RI Hope and Recovery Helpline:

401-942-STOP / 401-942-7867

Rhode Island's recovery helpline connects individuals in crisis with treatment and recovery support. English – and Spanish-speaking counselors licensed in chemical-dependency are available 24 hours a day, 7 days a week.

Or anyone can visit any Providence or Newport fire station to connect to recovery services.

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

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

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

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

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

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

Rhode Island Department of Behavioral Healthcare, Developmental Disabilities & Hospitals (BHDDH) - BH LINK **YOU ARE NOT ALONE**

If you are going through a mental health or substance use crisis, there is information, there is compassion. There is help. Services and referrals provided by a professional team of registered nurses, counselors, psychiatrists, peer specialists, etc.

24-hours-a-day, seven days-a-week.

Call 401-414- LINK (5465) or visit BHLINK.ORG or walk into our location at 975 Waterman Avenue in East Providence.

Other Important resources in a crisis

911 (police, fire and rescue)

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

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

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

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

Alcoholics Anonymous **(401) 438-8860**
www.rhodeisland-aa.org

Coventry Substance Abuse Task Force

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

Kent County Regional Coalition
Visit 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

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
Mike Ziroli	

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

Click on Departments; Human Services; Attachments.

INCLEMENT WEATHER POLICY

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

TOWN OF COVENTRY

Additional town phone numbers...

Police and Fire.....	911
Police Department.....	826-1100
Fire Department.....	821-3456
Town Clerk.....	822-9173
Town Manager.....	822-9186
Tax Assessor.....	822-9162
Tax Collector.....	822-9167
Library.....	822-9101
Parks & Recreation.....	822-9107
Planning Department....	822-6246
Building Inspector.....	822-9156
Animal Control.....	822-9106
Public Works.....	822-9110
Board of Canvassers.....	822-9150
Coventry School Administration.....	822-9400