

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: **Happy 2020~!** We have had another successful holiday drive with Tis the Season. I would like to thank our community first responders, Coventry Police, Hopkins Hill, Anthony and Western Coventry Fire Districts and West Greenwich Firefighters. The firefighters assisted us with the annual boot day in November which helps us gather funds to purchase toys, clothing and food for families in need here in Coventry and West Greenwich. Our police officers assisted in donations and fill a cruiser in early December which also supported our Tis the Season Program. Thank you to our local businesses, Coventry School District, local churches and families who adopted families during the holidays to make sure they had an enjoyable Christmas.

2020 is the Year of Healthy Aging

It is an exciting time here at the Resource and Senior Center as we offer programs that focus on your health.

This year the Coventry Resource and Senior Center will be focusing on physical, social and emotional wellness programs. Yoga, Zumba, Tai Chi, Arthritis Exercise classes, chronic pain self-management and of course many social activities to keep people connected.

In the spring we will resume our walking programs, bocce league (on our new court) and even croquet. We are excited to be offering horticultural therapy when we build the new greenhouse so we all can develop our green thumbs.

Please join us for our first Breakfast of 2020 here at

Wood Street Our dining room will be open on Friday January 17, 2020 from 8:00am-9:30am for our monthly breakfast provided by the Coventry High School Culinary Program.

Our staff would like to wish you all Happy Healthy New Year and we look forward to serving you in 2020! Until next time: Enjoy your Family, Friends and Stay Well !

All My Best, -Bob Robillard Jr., LMHC-Director

JANUARY 2020



Table of Contents

Monthly Happenings.....	Page 2
Monthly Happenings.....	Page 3
Monthly Happenings.....	Page 4
Monthly Happenings.....	Page 5
General Services.....	Page 6
General Services.....	Page 7
Activities.....	Page 8
Health & Wellness.....	Page 9
Nutrition.....	Page 10
Café Monthly Menu.....	Page 11
Live Healthier.....	Page 12
Resources.....	Page 13
Resources.....	Page 14
Resources.....	Page 15
Hope & Recovery.....	Page 16
Hope & Recovery.....	Page 17
Staff Directory.....	Page 18

MONTHLY HAPPENINGS... JANUARY

We will be closed on Wednesday, January 1st, in celebration of the New Year
We will also be closed on January 20th in observance of Martin Luther King Day

**Our monthly BREAKFAST is back at our new facility on 50 Wood Street
Friday, January 17th, 2020 8:00—9:30am
Weather Permitting !**

We are honored to have the students from the Culinary Arts Program at the Coventry High School prepare our monthly breakfast.
We will offer scrambled eggs, pancakes, hash browns, choice of bacon or sausage, orange juice, coffee & tea.
The cost is \$3.00

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 would like to take this opportunity to Thank everyone who helped us out with a toy donation for our 'Tis tree.
You certainly made a lot of children smile in our community.
We appreciate your generosity!

Oak Street Health Presentation

A representative from Oak Street Health will be here on **Friday, Jan 10th at 11:00** to go over some amazing new services in our community. Oak Street Health is available to Medicare participants and provides services such as transportation, community room with activities and classes. They have a 24 hour call center with same day doctor's visits available.
Stop by the presentation for more information.

JANUARY BIRTHDAYS...

This month we celebrate the following birthdays:

- Manny Prudencio**
- Tony D'Abrosca**
- Germaine Moore**
- Gerry Calci**
- Corey Cullen**
- Mike Nelson**
- Chris Madison**
- Joanne Newton**

RHODE ISLAND LEGAL SERVICES

will be at 50 Wood Street on **Friday, January 24th**
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.

National Grid Consumer Advocate

Wednesday, February 5th 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 !
The advocate will not be here in January due to the holiday. If you need assistance before he comes in February you may call Carlos Andrade at 784-7222.

Are you living with Pain ?

CHRONIC PAIN SELF-MANAGEMENT PROGRAM
Coffee hour and info session Monday, Feb 10th 1-2pm.
Workshops will meet every Monday Feb 24—March 30
See flyer on page 5

HELP WANTED

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

MONTHLY HAPPENINGS....



Breakfast is back at our New Facility !!!

Coventry Resource & Senior Center

50 Wood Street

January 17th 8:00 - 9:30 am WEATHER PERMITTING

We are honored to have the students from the Culinary Arts Program at the Coventry High School prepare our monthly breakfast.

We will offer scrambled eggs, pancakes, hash browns, choice of bacon or sausage, orange juice, coffee & tea.

The cost is \$3.00.

Won't you join us for the best breakfast in town ?

Participant Information Forms (PIF)

People who participate in the mealsite lunch program should have a PIF form on file. If any of your information has changed such as address, phone number or emergency contact person please ask Betty or Pat for a new form so we can update your information for 2020. **Thank You !**

MONTHLY HAPPENINGS....

Tai Ji Quan: Moving for Better Balance® (TJQMBB) An exercise and fall prevention training



General Information:

Tai Ji Quan: Moving for Better Balance® (TJQMBB) is an evidence-based fall prevention program derived from a contemporary routine known as Simplified 24-Form Tai Ji Quan. TJQMBB is an enhancement of traditional Tai Ji Quan training and performance as it transforms martial arts movements into a therapeutic regimen aimed at improving postural stability, awareness and mindful control of body positioning in space, functional walking, movement symmetry and coordination, range of motion around the ankle and hip joints, and lower-extremity muscle strength.

Program Objective:

To improve strength, balance, mobility and daily functioning, and prevent falls in older adults and individuals with balance disorders.

Intended Target Population

The primary focus is on community-dwelling older adults and people with a history of falls, balance disorders, leg muscle weakness, abnormal gait or ...

If you enjoy physical activity and want to share the gift of well-being with your peers in the community, please consider participating in a

Tai-Ji Quan: Moving for Better Balance Program

No prior exercise or Tai-Ji Quan required, all you need is the desire to increase your activity level and improve your balance

Contact us today for more information or to register for the class!

*Starting Monday, February 24th through July
*Every Monday and Wednesday from 10-11am

**Coventry Resource and Senior Center
50 Wood Street | Coventry, RI | 02816
401.822.9175**

Benefits of TJQMBB

- Designed to improve balance and reduce the likelihood of falling
- Research shows that TJQMBB is an effective way for older adults to reduce their risk of falling and to maintain their independence
- Reduces older adult's risk of falling
- According to the National Council on Aging (NCOA)¹ 1 in 3 adults over 65 fall each year
- NCOA also reports that 20 – 30% of falls result in moderate to severe injuries i.e. bruises, hip fractures and head traumas.

Workshops are offered for free

By the OWN Your Health Collaborative in partnership with Federal Hill House, Rhode Island Parent Information Network, RI Department of Health and The RI Geriatric Education Center at URI.

MONTHLY HAPPENINGS....



Are You Living With Pain?

Chronic Pain Self-Management Program

Coffee hour and information session:

Monday, February 10th, 1:00 pm - 2:00 pm

Workshop details:

Where: Coventry Resource & Senior Center, 50 Wood St., Coventry

When: Every Monday, February 24 - March 30

Time: 1:00 pm - 3:30 pm (includes break)

Cost: No cost to you

For more information and registration contact:

Patricia Fleming, Program Coordinator, 401-822-9474, pfleming@coventryri.org

Own Your Health

Empowering **YOU** to take charge of your own health by joining a program proven to work.

- Manage symptoms.
- Improve your sleep.
- Manage your medications.
- Eat healthier.
- Improve communications with family and doctors.
- Be more active.
- Use action plans and problem-solving for more confident decision-making.



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 every morning 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:

Mon 8:30—12:30 Tues 8:30—12:30 Wed 8:30—12:30 Thurs 8:30-12:30 Fri 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—Nurse available
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 Cheryl our receptionist 822-9175 to reserve your spot.

TAI CHI Program

Reserve your spot with our receptionist at 822-9175.

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

January 2020

822-9180

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Salad of the Month Tuna-Olives CROUTONS-Tomato Lettuce Italian Dressing Begins Monday January 6</p>	<p>Funded in part by the US administration on aging and state funds by the Rhode Island Department of Elderly Affairs. <i>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens.</i></p>	<p>1 CLOSED New Year's Day</p>	<p>2 Lentil Soup Italian Sausage Tortellini Peppers and Onions Garlic Roll Mandarin Oranges <i>(Grilled Chicken on Roll)</i></p>	<p>3 Minestrone Soup Shepherd's Pie Roasted Brussels Sprouts Wheat Roll Jello <i>(Seafood Salad on Wheat)</i></p>
<p>6 Barley Soup Veal w/Mushroom Gravy Mashed Potatoes Spinach Multi Grain Ice Cream <i>(Chicken Salad on Multi Grain)</i></p>	<p>7 Chicken Vegetable Soup Pork Loin w/Applesauce Brown Rice Winter Blend Veg. Rye Bread Sliced Peaches <i>(Egg Salad on Rye)</i></p>	<p>8 Italian Wedding Soup Meatballs w/Sauce Pesto Pasta Italian Blend Vegetables Italian Bread Fresh Fruit <i>(Turkey Salad on Italian)</i></p>	<p>9 Tomato Basil Soup Roast Turkey w/Gravy Corn Bread Stuffing California Blend Vegetables Marble Bread Fruit Bar <i>(Pastrami & Swiss on Marble)</i></p>	<p>10 Onion Soup Hot Dog Mac and Cheese Green Beans Multi Grain Apricots <i>(Meatball Sub)</i></p>
<p>13 Split Pea Soup Sweet and Sour Pork Rice Asian Blend Vegetables Rye Bread Cookie <i>(Tuna on Rye)</i></p>	<p>14 100% Cranberry Juice Beef Stroganoff Whole Grain Noodles Sliced Carrots Marble Bread Fresh Fruit <i>(Turkey & Cheese on Marble)</i></p>	<p>15 Tomato & Brown Rice Soup Chicken w/ Lemon Sauce Oven Roasted Potatoes Mixed Vegetables Whole Wheat Bread Pudding <i>(Meatloaf on Whole Wheat Bread)</i></p>	<p>16 HAPPY BIRTHDAY Chicken Escarole Soup French Meat Pie w/ Ketchup & Pasta Asparagus Cuts Pumpkin Bread Frosted Cupcakes <i>(Ham Salad on Pumpkinickel)</i></p>	<p>17 Clear Chowder Potato Crunch Fish w/Tartar Sauce Au Gratin Potatoes 3-Bean Salad Wheat Bread Sliced Pears <i>(Roast Beef & Cheese on Wheat)</i></p>
<p>20 CLOSED Martin Luther King, Jr. Day</p>	<p>21 Vegetable Soup Chicken Cordon Bleu Lyonnaise Potatoes Roasted Zucchini Rye Bread Fruit Cocktail <i>(Corned Beef & Swiss on a Rye)</i></p>	<p>22 Pasta & Bean Soup Salisbury Steak w/ Gravy Brown Rice Baby Carrots Wheat Bread Pudding <i>(Turkey & Cheese on Wheat)</i></p>	<p>23 Lentil Soup Eggplant w/Marinara Sauce Seasoned Whole Grain Ziti Italian Blend Vegetables Italian Bread Yogurt <i>(Salami w/Provologne on Italian)</i></p>	<p>24 Red Chowder Seafood Salad Chic Pea Salad Cole Slaw Multi Grain Bread Fresh Fruit <i>(Chicken Salad on Multi Grain)</i></p>
<p>27 Vegetable Soup Traillan Style Chicken Cutlet Wild Rice Stewed Tomatoes Oatmeal Bread Diced Peaches <i>(Seafood Salad on Oatmeal)</i></p>	<p>28 Kale & Bean Soup American Chop Suey Whole Wheat Elbow Pasta Broccoli Cuts Rye Bread Pudding <i>(Ham Salad on Rye)</i></p>	<p>29 Beef Noodle Soup Herb Roasted Grilled Chicken Rice Pilaf Brussel Sprouts Oatmeal Bread Ice Cream <i>(Seafood Salad on Oatmeal)</i></p>	<p>30 Chicken Escarole Soup Meatloaf w/ Gravy Whipped Potatoes Baby Whole Carrots Rye Bread Applesauce <i>(Tuna on Rye)</i></p>	<p>31 Lemonade Turkey Chili Corn Bread Carrot Slaw Wheat Bread Coffee Cake <i>(Hot Dog on Bun)</i></p>

5 Alternatives to Traditional New Year's Resolutions

These alternatives could help you crush your goals.

(Posted Dec 27, 2017 www.psychologytoday.com, Amy Morin)

1. Establish a New Goal Each Month Rather than establish a huge resolution to tackle for the next 365 days, set monthly goals for yourself. Perhaps January will be the month you go to the gym before work three times a week, and February will be the month you tackle packing your lunches instead of eating out every day. You might decide to create a 12-month calendar that outlines each month's goal ahead of time, or you may decide to choose your goals month-by-month. The key to success is to pick measurable goals. So rather than saying, "I'll manage my money better this month," commit to a goal like, "I'll save \$500 this month." Short-term, realistic, and achievable goals can help you stay motivated.

2. Keep Track of Your Healthy Habits Stay flexible and leave room for spontaneity by tracking your healthy habits every day. So instead of setting out to accomplish specific things each week or month, you might simply track the healthy choices you make each day. At the end of the day, write down three healthy things you did that day on a calendar. Having a visual display of your accomplishments — even small ones like ordering the salad instead of the burger, or taking the stairs instead of the elevator — will motivate you to keep up the good work. You might also pick a healthy habit that you want to track — like going to the gym. Rather than set out to go to the gym five times a week, simply decide that each time you go, you'll put a marble inside a jar. When the jar gets full, treat yourself to something nice (just not something that will sabotage your progress).

3. Develop a Mantra Rather than decide that this is going to be the year that you "save more money," create a mantra that says, "I only buy what I need." Then commit to following that mantra, without any strict rules or rigid guidelines. When you're shopping, remind yourself of your mantra. Such a mantra can feel more positive and empowering than a resolution — after all, with a resolution, you either fail or succeed, but a mantra becomes *a way of life*. Of course, that doesn't mean you won't tune out your mantra and throw caution to the wind sometimes; you will. But if you keep repeating it in your head, the message will sink in, and over time, your behavior will change.

4. Conduct Weekly Experiments Rather than making yourself engage in grueling habits or depriving yourself of anything fun, decide to make it a year of *curiosity*: Establish weekly experiments that test out various habits or that challenge you to do new things. One week, you might decide to talk to five strangers every day just to see what happens. If you approach it with an open mind, you might discover that your mood improves, or that you make new friends. Or you might set out to go for a brisk morning walk before you start your work day. You might discover that it gives you more energy throughout the whole day. You can do anything for a week. And you just might discover new strategies that you'll want to turn into regular habits — but you won't know unless you try.

5. Make a Bucket List Choose a whole bunch of things you'd like to do over the course of the year, whether it's taking a Chinese cooking class or flying in a helicopter over Las Vegas. If you pick small things, you might put 52 items on your list and check one off each week. If you're hoping to do some big things, maybe pick 12, and tackle one each month. Having things to look forward to can boost your mood — and when you feel better, you're likely to *do* better. When you're enjoying your bucket list items, you might find that you naturally *want* to get healthy, save money, or be kinder to others.

Change Your Life One Small Step at a Time These resolution alternatives will remind you to live life to its fullest as you create a healthier, happier life and become your best self one small step at a time.

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.

ANXIETY

Anxiety can make your teen's life miserable.

The teenage years are a stressful time as our children must deal with changes at school, in their relationships, and in their own bodies. Anxiety begins to set in as teens become overwhelmed with fear and worry. If your teen or preteen suffers from anxiety attacks, don't encourage them to avoid or resist whatever it is that triggers the attacks. Rather, encourage them to invite a panic attack then write through it in a journal. Over time, they can change how their mind processes information. The goal here is NOT to rescue them but to empower them with "coping skills" and help reduce symptoms without medication.

TIPS AND ADVICE TO CONSIDER

Here are things you can do at home to help your teenager manage his or her anxiety:

- Reduce chaos at home (add structure, work on your marriage, establish routines)
- Turn technology off at night (take their cell phone, no computers in bedrooms, etc.)
- Early to bed at night (most crucial time to get "good" sleep is 12:00 midnight— 2:00 am)
- Help them eat healthier... less soda and junk food
- Don't load them up with too many activities. Slow your schedule down.
- Stay calm when your child becomes anxious about a situation or event
- Recognize and praise small accomplishments
- Don't punish mistakes or lack of progress
- Be flexible and try to maintain a normal routine

Validate their feelings, so that they can understand that it's okay to feel the way they do.

TRENDS



- Of all the mental disorders, teen anxiety disorders are the most common.
- Anxiety disorders affect one in eight children.
- Anxiety disorders often co-occur with other disorders such as depression, eating disorders, and ADHD, ADD, and OCD.
- If children and teenagers do not receive treatment, excessive anxiety can lead to more complex mental health conditions and may lead to adolescent or adult depression and suicide.



Staff Directory

Director Robert Robillard 822-9127
rrobillard@coventryri.org

Supervisor Catherine Pendola 822-9178
cpendola@coventryri.org

Bookkeeper Jomarie Fabian 822-9177
jfabian@coventryri.org

Receptionist Cheryl Seltzer 822-9175

Social Workers

Susan Pajak 822-9176
spajak@coventryri.org

Lynn Pendola 822-9125
lpendola@coventryri.org

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

Food Bank 822-9199

Mealsite/Café 822-9180

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

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

Project Friends Coordinator 822-6229 / 822-9144

Maintenance Al Jordan 822-9175

Coventry Town Council Members

Ann Dickson, EdD

District #1
District1@coventryri.org

Gregory Laboissonniere, Council Vice-President

District #2
District2@coventryri.org
401-474-9954

Kerry L. McGee, Council President

District #3
District3@coventryri.org
401-821-1228

Gary Cote

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

Debra Bacon

District #5
dbaon1@cox.net
401-258-8073

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

Coventry Friends of Human Services Advisory Board:

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

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