

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

FEBRUARY 2020

From The Director's Desk

GRAND OPENING CEREMONY!!

Celebration of the positive changes in our town will commence on

Friday, February 28, 2020 from 2pm-4pm.

We will be having a celebration for our new space and welcoming our new neighbors The Coventry Police Department.

This will be an opportunity to thank those who made this move happen, the residents of our town and our wonderful Building

Committee. We will have tours of both the brand new

Police Department and our beautiful Resource and Senior Center.

One of our seniors, **Gail Lake**, wrote this poem describing what our new center means to those we serve:

Welcome to Coventry's Elegant New Senior Center

Good conversation versus isolation.

Understanding not demanding.

Remove the pain.

You have much to gain.

Shake those blues.

You have nothing to lose.

Sometimes funny.

And you don't need much money.

Never ignored and you won't be bored.

Problem solving keeps us evolving.

Lots of trips and useful tips.

We can't make you thinner.

But you'll be a winner.

Please join us for Breakfast on Friday, February 7, 2020 here at Wood St

Our dining room will be open on Friday, February 7, 2020 from

8:00am-9:30am for our monthly breakfast provided by the

Coventry High School Culinary Program.



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... FEBRUARY

We will be closed on Monday, February 17, 2020 in observance of President's Day.

Our monthly BREAKFAST

Friday, February 7th 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

URI Pharmacy Outreach

The students will be back here in the mealsite on

Tuesday, February 11th at 11:00.

The topic is "Heart Healthy Moves".

They will discuss the beneficial impact of exercise to improve heart health.

Please welcome the students to our new facility.

VALENTINE'S DAY CELEBRATION

Deb Celletti will be here to entertain us for our

Valentine's celebration Friday Feb. 14th at 11:00.

Our menu will be Minestrone soup, Yankee pot roast with gravy, parslid potatoes, seasoned zucchini, oatmeal bread and fruit cocktail for dessert.

We will need your reservation by Tuesday the 11th.

The cost of this celebration is your \$3.00 donation for lunch. We will also be selling tickets for our popular party raffle baskets.

Open Office Hours with the Staff of

U.S. SENATOR WHITEHOUSE

Wednesday, February 19th, 11 am

at the Coventry Resource and Senior Center

Need assistance getting answers from

federal agencies like the VA, Social Security or the US Postal Service ? Join us and speak one on one.

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

FEBRUARY BIRTHDAYS...

This month we celebrate the following birthdays:
Katie * Sabrina * Janice R. * MaryAnn M.

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 ! If you need assistance before Carlos Andrade comes in you may call him directly at 784-7222.

RHODE ISLAND LEGAL SERVICES

will be here Friday, February 21

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.

Tai-Ji Quan: Moving for Better Balance

starting Monday Feb 24 (see flyer on Page 4)

CHRONIC PAIN SELF-MANAGEMENT PROGRAM

Coffee hour and info session Monday, Feb 10th 1-2pm.

Workshops will meet every Monday Feb 24—March 30

(more info on Page 9)

SAVE THE DATE

BELTONE OUTREACH

Free Hearing Tests March 5th 11—12:30

Mark Zarrella , Board Certified Hearing Practitioner will be here to give everyone a free hearing screening and clean your hearing aids. Call 822-9180 for appt.

Rhode Island School of Design Museum Presents

SNAPSHOTS Friday, March 6 at 11am

An armchair tour led by RISD Museum Docents will offer a visual presentation of some of the highlights of the museum's collection—sculpture, paintings, textiles, and includes contemporary, Asian, examples from 18th, 19th and 20th century and more. Approximately 40 minutes followed by questions and discussion offered at no cost.

MONTHLY HAPPENINGS....

AARP Volunteer Income Tax Program We are currently booking Income Tax appointments on Thursdays and Fridays. Call Cheryl our receptionist at 822-9175 to book your appointment and to get a list of what is needed to prepare your income tax.

Gift Shop news... Many participants have been asking about the gift shop. For your convenience, we have decided to sell cards and stamps at the coffee shop. We may sell small items but we will not be consigning items at this time. Thank you to all the past consignees and we have appreciated all your dedication !

CANASTA ??? We are looking to start a Canasta group here at the center. If you know how to play and are interested please call the senior center at 822-9175 and have Cheryl add your name to the Canasta list. If we get enough interest we will start a Canasta group.

Cribbage—update... We are looking for Cribbage players !
We meet in the activity room on the left just behind the mealsite on Thursdays at 1pm.

Open Office Hours with the
Staff of U.S. SENATOR
SHELDON WHITEHOUSE



Need assistance getting answers from federal agencies like the Department of Veterans Affairs (VA), the Social Security Administration (SSA), or the U.S. Postal Service? Senator Whitehouse's staff can help.

When: Wednesday, February 19th, 11:00 a.m.
Where: Coventry Resource & Senior Center
50 Wood Street, Coventry, RI 02816

Join us and speak one on one to a caseworker.

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....

2019 'TIS THE SEASON

SINCERE THANKS

to the following who assisted with the 2019 Coventry and West Greenwich 'Tis the Season Holiday Distribution Program and 'Tis the Season Adopt a Family Program

Linda Macomber, Ann Sartell, Sts. John and Paul Church clergy, staff and parishioners, Cayer Caccia LLP, Hometown America (Westwood Estates), Warwick Mall / Lisa Kahn, Bank RI (Coventry Shoppers Park) employees and customers, Ashley Williams, Hopkins Hill Elementary School, Coventry Housing Authority, University Family Medicine, Hopkins Hill Fire Department Ladies Auxiliary, Father John V. Doyle School staff, students and families, Alan Shawn Feinstein Middle School students, families and teachers, Special thanks to Brian Skalski for his dedication throughout the years, Mary Lou Bettez, Coventry Regional Career and Tech programs, Blackrock Elementary School, Coventry High School, Katherine Hebert, Coventry Public Library, Coventry Parks and Recreation, Atty. Linda Rekas-Sloan, Rebuilders Automotive Supply, Bev Littlejohn, Dr. Catherine McArdle / Chiropractic Wellness Center, Linda and Jim McArdle & family, Coventry Police Department, Paulette Furtado, Robillard Family, Summit Baptist Church, 4H / Kayla Gomes, Inman & Tourgee Law Firm, June Mulcahey, Phyllis Golden & family, Ali Matta, Courtney and Luke Tucker, Jess Roderick and Cameron, Don Roderick, Cynthia Saballa, Marge Gartelman & family, Jim Kuipers & family, Coventry and West Greenwich Fire Departments who donated their time for the annual 'Tis the Season "Boot Day", those individuals who donated on Boot Day in Coventry and West Greenwich, Coventry Town Hall employees, Michelle Plante, Hopkins Hill Nursery, Janikies-Morse Group / Keller Williams Realty, Coventry Public Works, Senior Center participants.

Lastly, we also want to thank those who helped behind the scenes and those who wish to remain anonymous.

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 to be substitute volunteers in the mealsite !!!**

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 activity room on the left just behind 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 the many wonderful trips

on our travel board

on the back wall in the mealsite

or visit Conway Tours website at

<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 Ji Quan: Moving for Better Balance program

Reserve your spot with our receptionist at 822-9175.

Tai Ji Quan: Moving for Better Balance (TJQMBB) is an evidenced based balance training regimen designed for older adults at risk of falling and people with balance disorders.

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

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 50 Wood 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 www.btcsundaymeal.com

15 Factory St. WW Tues 2:30-5:30 Thurs 2:30-6pm

\$3 donation per bag. Bring own bags. 965-9050

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

February 2020

822-9180

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Funded in part by the US Administration on aging and state funds by the RI Department of Elderly Affairs</i></p>	<p>February Salad Option Ham -Hard Boiled Egg Tomato-Cheese Lettuce-Ranch Dressing Begins Monday February 3</p>	<p>Thank you for your donations. Your donations help keep the Program going. All menu items may contain nuts, seeds, beans, wheat bran + other allergens.</p>		
<p>3 100% Juice Scrambled Eggs Sausage Patty Stuffed Pancake w/Syrup Tomato Slice Fruit Cocktail <i>(Fish Sand. on Roll)</i></p>	<p>4 Vegetable Soup Chicken Cordon Bleu w/Gravy O'Brien Potatoes Winter Blend Vegetables Wheat Bread Fresh Fruit <i>(Turkey and Cheese on Wheat)</i></p>	<p>5 Low Sodium V8 Beef Stroganoff Mashed Potatoes Mixed Vegetables Wheat Roll Lemon Pudding <i>(Pulled Pork on a Roll)</i></p>	<p>6 Chicken Escarole Soup Tuna Noodle Casserole Spinach Rye Bread Chocolate Chip Cookie <i>(Chicken Salad on Rye)</i></p>	<p>7 Tomato & Brown Rice Soup French Meat Pie w/Ketchup Brussel Sprouts Wheat Bread Diced Peaches <i>(Egg Salad on Wheat)</i></p>
<p>10 Split Pea Soup Baked Ham w/ Pineapple Sweet Potatoes Mixed Vegetables Rye Bread Butterscotch Pudding <i>(Italian Tuna on Rye)</i></p>	<p>11 Pasta and Bean Soup Baked Fish w/ crumb topping Oven Roasted Potato Green Beans Marble Bread Coffee Cake <i>(Chicken Salad with Cranberry and Walnuts on Marble)</i></p>	<p>12 Chicken & Brown Rice Soup Shepherd Pie Sautéed Spinach Wheat Fresh Fruit <i>(Seafood Salad on Wheat)</i></p>	<p>13 Barley Veg. Soup Roasted Chicken Quarter Seasoned Whole Wheat Pasta Capri Blend Vegetables Pudding Pumpernickel Bread <i>(Honey Ham & Cheese on Pumpernickel)</i></p>	<p>14 Minestrone Soup Yankee Pot Roast w/Gravy Parlsied Potatoes Seasoned Zucchini Fruit Cocktail Oatmeal Bread <i>(Eggplant Grinder)</i></p>
<p>17 CLOSED President's Day </p>	<p>18 Cream of Spinach Soup Chicken Marsala Roasted Herb Potato Mixed Vegetables Dinner Roll Sliced Peaches <i>(Meatball sub)</i></p>	<p>19 Moroccan Lentil Soup Low Sodium Hot Dog Baked Beans Cole Slaw Wheat Bread Jello <i>(Turkey and Swiss on Wheat)</i></p>	<p>20 Birthdays Celebration Venus de Milo Soup Sweetish Meatballs Buttered Noodles Sliced Carrots Multi Grain Bread Cupcake <i>(Tuna Salad on Multi Grain)</i></p>	<p>21 Red Chowder Seafood Casserole Rice Pilaf Broccoli Cuts Wheat Bread Fresh Fruit <i>(Italian Grinder)</i></p>
<p>24 Beef Barley Soup Meatloaf w/Gravy Baked Potato w/Sour Cream Mixed Vegetables Rye Bread Chocolate Pudding <i>(Honey Ham & Cheese on Rye)</i></p>	<p>25 Potato & Leek Soup Oven Roasted Turkey w/Gravy Stuffing Normandy Blend Vegetables Pumpernickel Bread Ice Cream <i>(Corned Beef on Pumpernickel)</i></p>	<p>26 Chicken Soup Meatballs w/Sauce Seasoned Wheat Ziti Broccoli Multi Grain Bread Pears <i>(Ham Salad on Multi-Grain)</i></p>	<p>27 Italian Wedding Soup Roasted Pork Loin Oven Roasted Potatoes California Blend Vegetables Wheat Bread Fresh Fruit <i>(Salmon Salad on Wheat)</i></p>	<p>28 Cream of Broccoli Soup Grilled Chicken Mashed Potatoes Winter Blend Vegetables Rye Bread Brownie <i>(Corned Beef & Swiss on Rye)</i></p>

Healthy No-Bake Chocolate Peanut Butter Cookies

With only 8 good-for-you ingredients, they're a delicious treat you can feel great about eating !

Gluten-free, dairy-free, refined sugar free, vegan friendly.

These cookies are a fantastic after school snack to make for your kids ! They're fast, easy, and taste like a treat (but are really healthy). Your kids will think they are having dessert before dinner, when in fact they are fueling their bodies with protein, fiber, and healthy fats !

If you don't have kids, they are the perfect treat to refuel and reenergize your body after a great workout !

Servings: 24 cookies

Ingredients

1/2 cup creamy peanut butter
1/4 cup honey (or maple syrup for vegan)
1/4 cup coconut oil measured in solid state
2 TBS unsweetened cocoa powder
1/4 tsp sea salt
1 tsp vanilla
1 cup quick cooking oats
1/4 cup shredded unsweetened coconut

Instructions

1. Line a cookie sheet with waxed paper, set aside
2. Combine peanut butter, honey, salt and coconut oil in a saucepan and heat, stirring continuously, until melted and well-combined.
3. Stir in vanilla and cocoa powder.
4. Add quick-cooking oats and mix well.
5. Add coconut and stir until completely combined.
6. Drop 1 TBS portions of mixture onto your prepared baking sheet. Continue until you've used all your cookie mixture.
7. Let cool in the refrigerator or freezer until hardened.
8. Serve cold or frozen
9. Store in an airtight container in the refrigerator

Notes: These cookies are best served cold. Coconut oil becomes soft at warm temperatures

Ingredient substitutions:

Peanut butter. Any nut or seed butter should work well in this recipe.

Coconut oil. Butter or ghee are great substitutes for coconut oil

Honey. Use maple syrup for a vegan version of this recipe

Shredded coconut. If you don't care for coconut, simply replace it with an extra 1/4 cup quick cooking oats. However, I think the coconut is one of the ingredients that makes this recipe extra special and delicious !

Nutrition Calories: 85Kcal / Carbohydrates: 6.8g / Protein: 2.2g / Fat: 5.7g / Sodium: 32.3mg /
Potassium: 8.9mg / Fiber: 1g / Sugar: 3.4g
{Recipe taken from: <https://joyfoodsunshine.com>}

Please note:

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

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

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

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 RESOURCES

***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**

***If you find yourself in need of “Emergency Housing”** contact 211 or **Coordinated Entry at Crossroads 277-4316.**

They will assist in finding an appropriate shelter and provide case management services for permanent housing.

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

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 Fax 739-2761

***Now you can also meet with a National Grid Consumer Advocate Carlos Andrade here or call him directly at 784-7222.**

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 affordable health and dental care.
Family Health Services also has a HealthSource RI navigator.
WIC at 191 MacArthur Blvd. 589-2610 Tuesdays and Thurs

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

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

Bright Stars—Rating system for RI Child Care www.brightstars.org Call 1-855-398-7605
Talk to experts to find a 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

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: Protective Services 401-462-0555

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 BHDDH

QUALITY ASSURANCE UNIT at 462-2629

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

YOUR COVENTRY PUBLIC LIBRARY CONNECTION Offers

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

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 go to:
www.oha.ri.gov/programs/adult_day.php

DHS Long Term Care office

to apply for nursing home care contact (401) 415-8455

**For a list of updated licensed Nursing Homes, Assisted
Living Facilities and Home Care providers** go to
RI Department of Health website at www.health.ri.gov

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

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 for Rhode Islanders with chronic conditions, disabilities, and special healthcare needs. 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.

Dorcas International Institute of Rhode Island

784-8600 diiri.org Services for immigrants and refugees

Having issues with Social Security or the VA ?

Offices are available to help 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.oa.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 Dana by email ddeverna@comcap.org / or Katelyn kbianco@comcap.org or by 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 Med Assist Team and Medical Reserve Corps.

HOPE AND RECOVERY

EATING DISORDERS & OBESITY

Tips and Advice to Consider:

Prevention is the key. Follow the tips below to help prevent eating disorders in your teen.

Ohio State University did a study on childhood obesity and discovered three things that were most correlated to protecting your child from obesity. They were: eating dinner together as a family; reducing the amount of time children spend watching TV; and making sure they get regular and adequate sleep.

- There should be no remarks, jokes, or any judgmental comment about a teen's body image.
- Parents need to set the example that they are comfortable with their body image and their relationship with food.
- Food should always be available, but limit junk food.
- Limit teens exposure to the media and the messages that convey body image.
- Teach balance and moderation with eating.
- Expose teens to a healthy lifestyle, and the result will never be dependence or hatred of food.
- Focus on getting healthy, and don't worry as much about hitting a target weight.

WARNING SIGNS OF AN EATING DISORDER:

Stashes food in the bedroom; Often backs out of dinner plans; Plays with their food to avoid eating; Has become a picky eater; Frequently makes excuses to skip meals; Makes trips to the bathroom during/after meals

TRENDS—

- Schools are seeing an increase in food bullying. Students are being pressured by their peers to eat less, or nothing at all, for lunch at school.
- Anorexia is the 3rd most common chronic illness among adolescents.
- 95% of those who have eating disorders are between the ages of 12 to 25.
- 50% of girls between the ages of 11 to 13 see themselves as overweight.

[Taken from *Parent Handbook A resource for Parents of Teen & Preteens –Middle/High School Edition -7th edition page 28]*



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

Nurse's Office 822-6208

Mealsite/Café 822-9180

Program Coordinator Pat Fleming 822-9474

pflaming@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