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

MARCH 2020

From The Director's Desk

Hello Everyone:

March is here (In like a Lion Out like a Lamb). The days are getting longer and the weather will be up and down throughout the month as it usually is. I did hear that it is predicted that we have a warm March and winter is over….We Will See??!

We are now settled in here at our home here on Wood Street and look forward to bringing new programs and opportunities to you over the upcoming year.
Thank You to everyone who attended our Open House with our new neighbors the Coventry Police Department.

This month, we will be getting a new sound system in our dining area and will be planning to get our outdoor furniture out of hibernation as we can begin to use our patio during the warmer days. Expanding to the outdoors by the end of March is our goal!

As we focus on outdoor activities we can start getting our bocce teams together to break in our new bocce court. We also will be purchasing croquet sets to use our space to its fullest.

Keep an eye out for our greenhouse which should be built by the end of April 2020. We will begin to offer horticultural therapy classes where we can all work on our green thumbs.

Our wellness programs are beginning to ramp up with Tai Chi, Arthritis Exercise Class, Chronic Pain Management Classes as well as Yoga and other exercise programs. Please join us if you want to play cribbage or Hi-Lo-Jack and Canasta. We will be continuing with our tax program, so please make an appointment as we are filling up quickly.

Please let us know what other activities you would like to have us start here at the Coventry Resource and Senior Center. We always want to meet your needs.

Until next time:

Enjoy your Family, tell them you love them.

Spend time with your friends and stay well and take care!

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

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MONTHLY HAPPENINGS… MARCH

(DST) Daylight Saving Time is Sunday, March 8th — Get ready to "Spring Forward"
We will set our clocks one hour ahead...

Our monthly BREAKFAST
Friday, March 13th 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

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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.

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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.

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FREE YOGA CLASS on Tuesdays for the month of March at 1:00 sponsored by
Blue Cross Blue Shield of RI. See flyer on page 4

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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.

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

MARCH BIRTHDAYS…
Wishing the Happiest of Birthdays to:
Brian from Project Friends, John Silvia, Maria Ramos, Frank Rathbun, Florence Martinelli and Cecile Blais.

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SPRING CELEBRATION

Join us for our Spring Celebration on
Wednesday the 25th at 11:00 with Bud Pistachio.
Our menu will be pasta & bean soup, stuffed pepper with sauce, brown rice, baby carrots, wheat bread and mandarin oranges for dessert.
Bud has a fun and interactive program that all will enjoy !
Please make a reservation—we can't take walk-ins.
Call the mealsite at 822-9180.
Cost of this celebration is your $3.00 donation for lunch.
We will also be selling tickets for our raffle baskets.

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

If you have trouble paying your bill, a National Grid Consumer Advocate can go over your individual situation and assist with payment options that may be affordable. Also, the A-60 discount rate is available to income eligible customers which could save you up to 30% off your gas and electric bills ! If you need assistance before Carlos Andrade comes in you may call him directly at 784-7222.

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RHODE ISLAND LEGAL SERVICES

will be here **Friday, March 27th**
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.

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CANASTA is back !!!

We will be meeting on Wednesdays at 1:00 in the activity room just behind the mealsite.

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Still a few spots available…..
CHRONIC PAIN SELF-MANAGEMENT PROGRAM
Workshops will meet every Monday Feb 24—March 30
(more info on Page 9)

MONTHLY HAPPENINGS….

SAINT ELIZABETH HAVEN FOR ELDER JUSTICE

March 24, 2020 at 11:00

Saint Elizabeth Haven for Elder Justice provides direct services to elder victims of abuse, male and female, age 60 and older. Services include providing a safe, temporary shelter (based on bed availability) for victims of elder abuse age 60 and over.
While in a shelter, elders work with an Elder Justice Advocate for the safe return to the community and/or navigate their way through the criminal justice system.
Also have a community-based program which offers specialized case management, safety planning and legal advocacy for elder victims of abuse who remain at home or in the community

LUNCH CANCELLATIONS:

Please make sure you let us know as soon as you know you can't make it for lunch.
Our numbers are reflecting too much waste.
Thank you for your attention in this matter. Pat & Betty

TRIP BOARD

All trips for 2020 with Conway have been posted on the bulletin board next to Betty's desk in the mealsite.

TAI-JI QUAN PROGRAM

We've had an overwhelming response and are now taking names for the waiting list.
Please call the receptionist at 822-9175.

CHRONIC PAIN SELF MANAGEMENT PROGRAM (CPSM) -

Still a few spots available…
Please call the receptionist at 822-9175

CRIBBAGE—UPDATE…

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

MONTHLY HAPPENINGS....

FREE YOGA CLASS on TUESDAYS

Starting March 10th at 1:00 for

The month of March

Coventry Resource & Senior Center

Sponsored by Blue Cross & Blue Shield

Of Rhode Island

All are welcome! Please bring a mat.

This is an ideal starting place for those who are new to yoga. Slow and gentle, encompassing nearly all types of modern yoga. A basic and classical approach to breathing exercises and postures.

CONWAY TOURS

Here are some of their upcoming day trips…
For details come & view our travel board or go to
www.conwaytours.com

April 6	Foxwoods
May 9	72nd Albany Tulip Festival
June 22	Foster's Downeast Clambake
July 19	A Day in Ogunquit Maine
August 19	Gloucester Lobsterbake Cruise
September 21	The Pilgrims & Plymouth
October 7	Southern Vermont Foliage
December 10	Portland Symphony's "The Magic of Christmas"

For more information you can also contact:
Maureen Murphy (401) 828-5188 or
Madeline Leander (401) 821-8766

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. 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

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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 or Nurse Carolyn 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.

CANASTA

Every Wednesday at 1:00
We will be meeting in the activity room just behind the mealsite.

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
1:00pm Canasta
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.

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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

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ARTHRITIS EXERCISE CLASS

Tuesdays and Fridays 10:30 – 11:30.
This is an eight week program for $40.00.
We include chair exercises as part of the program.
Stop in for a class to see if this is what you are looking for !

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CHRONIC PAIN SELF-MANAGEMENT WORKSHOPS

Will provide participants with the tools to manage medications including signs of addiction and other side effects, fatigue, frustration, proper nutrition, communication skills to address family, friends, and healthcare professionals,
Facilitated by two certified peer leaders in group sessions.
It does include a gentle exercise program.
2 1/2 hours per week for six weeks.
This is for anyone 18 years of age or older and it is FREE.
Provided by RI DOH & Community Health Network at the RI Parent Information Network.
Call Cheryl our receptionist 822-9175 to reserve your spot.

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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

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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.

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

NUTRITION

COVENTRY COMMUNITY FOOD BANK

Located at 191 MacArthur Blvd. Coventry — 822-9199

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

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 !

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 2-6pm
$3 donation per bag. Bring own bags. 965-9050

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.

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

$3.00 Suggested Donation
Thank You for your donations

March 2020

822-9180-Coventry

MONTHLY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Butternut Squash Soup **Chicken Marsala** Seasoned Brown Rice Broccoli Cuts Diced Pears Multi Grain Bread *(Turkey & Cheese on Multi Grain)*	**3** 100% Orange Juice **Cheese Omelet w/Sliced Tomato** Turkey Sausage French Toast w/Low Sugar Syrup Greek Yogurt *(Ham Salad on Rye w/Side Salad)*	**4** Egg Drop Soup **Orange Glazed Chicken** Egg Roll Asian Blend Vegetables Applesauce Oatmeal Bread *(Tuna on Oatmeal)*	**5** Chicken Escarole Soup **French Meat Pie w/Ketchup** Green Beans Frosted Cupcake Pumpernickel Bread *(Chicken Salad on Pumpernickel)*	**6** Red Chowder **Seafood Casserole** Rice Pilaf Broccoli Cuts Fresh Fruit Wheat Bread *(Italian Grinder)*
9 Barley Soup **Veal w/Mushroom Gravy** Mashed Potatoes Spinach Ice Cream Wheat Bread *(Chicken Salad on Wheat)*	**10** Chicken Vegetable Soup **Pork Loin w/Applesauce** Brown Rice Green Beans Sliced Peaches Dinner Roll *(Egg Salad on Rye)*	**11** Italian Wedding Soup **Meatballs w/Sauce** Pesto Pasta Italian Blend Vegetables Tapioca Pudding Italian Bread *(Turkey Salad on Italian)*	**12** Onion Soup **Roast Turkey w/Gravy** Corn Bread Stuffing California Blend Vegetables Fruit Bar Marble Bread *(Pastrami & Swiss on Marble)*	13 Tossed Salad **Baked Fish w/Crumb Topping** Butternut Squash Prince Edward Blend Vegetables Pudding Multi Grain *(Low Sodium Hot Dog on Bun)*
16 Beef Barley Soup **Airline Chicken** Baked Sweet Potato Mixed Vegetable Diced Peaches Wheat Roll *(Meatball Sub)*	**17** **St. Patrick's Day** Split Pea Soup **Corned Beef w/Mustard** Boiled Potato Carrot & Cabbage Mix Lime Jello Irish Soda Bread *(Tuna on Rye)*	**18** Tomato & Brown Rice Soup **Chicken w/Artichoke, Roasted Red Peppers in Lemon Sauce** Oven Roasted Potatoes Mixed Vegetables Italian Ice Whole Wheat Bread *(Meatloaf on Whole Wheat Bread)*	**19** **St. Joseph's Day** Pasta & Bean Soup **Italian Sausage** Peppers & Onions Tortellini w/Marinara Sauce Italian Cookies Italian Bread *(Hamburger on Wheat Roll)*	**20** Clear Chowder **Potato Crunch Fish w/Tartar Sauce** Au Gratin Potatoes 3-Bean Salad Sliced Pears Wheat Bread *(Roast Beef & Cheese on Wheat)*
23 Turkey & Brown Rice Soup **Pot Roast w/Gravy** Mashed Potatoes Broccoli Pudding Wheat Dinner Roll *(Egg Salad on a Bulky Roll)*	**24** Vegetable Soup **Beef Wellington w/Ketchup** Lyonnaise Potatoes Roasted Zucchini Fruit Cocktail Rye Bread *(Corned Beef & Swiss on a Rye)*	**25** Pasta & Bean Soup **Stuffed Pepper w/Sauce** Brown Rice Baby Carrots Mandarin Oranges Wheat Bread *(Turkey & Cheese on Wheat)* **Entertainment**	**26** Lentil Soup **Veal Cutlet w/Marinara Sauce** Seasoned Whole Grain Ziti Italian Blend Vegetables Frosted Brownie Italian Bread *(Salami w/Provolone & Mustard on Italian)*	**27** Red Chowder **Seafood Salad** Chic Pea Salad Cole Slaw Fresh Fruit Multi-Grain Bread *(Chicken Salad on Multi Grain)*
30 Chicken Escarole Soup **Baked Ham w/ Pineapple** Sweet Potato Green Beans Pears Wheat Bread *(Buffalo Chicken Salad on Wheat)*	**31** Vegetable Soup **Italian Style Chicken Cutlet** Wild Rice Stewed Tomatoes Apricot Halves Oatmeal Bread *(Seafood Salad on Oatmeal)*	**Salad Option for the March** Tuna-Olives-Tomato-Cucumber-Lettuce Blend Light Italian Dressing **Starts Monday, March 2**	*All menu items may contain nuts, seeds, beans, wheat bran, and other allergens*	***Funded in part by the US Administration on Aging and state funds by the Rhode Island Department of Elderly Affairs***

SHAKE THE SALT HABIT

Salt 101: Sodium, the major mineral found is salt, is something we need for our bodies to work. It is commonly added to foods for flavoring and to help food last longer on the shelf.

How much salt should we be eating ?

90% of Americans eat more salt than recommended.

The average American eats 3,400 milligrams (mg) of sodium a day, which is much higher than recommended amounts.

But I do not add any salt to my foods !

Americans get 77% of the salt in their diet from packaged, processed foods.

Why should we be watching how much salt we eat ?

Too much salt in your diet can increase your blood pressure, and possibly lead to high blood pressure, stroke, kidney disease and some forms of cancer.

AVOID processed foods when possible. Fresh vegetables and fruits are always a good choice, as they are naturally low in sodium.

- Be a smart shopper. Read the Nutrition Facts label and always purchase "low-salt" or "no added salt" options.
- Always rinse canned beans and vegetables to get rid of extra salt.
- Keep salt shakers in the cupboard to avoid adding extra salt when cooking or eating.
- Use herbs and spices to add flavor to foods. Lemon and vinegar can also help brighten up a dish without adding more salt.
- Try a salt substitute, such as Mrs. Dash, or a salt-free seasoning.

TOP SOURCES OF SALT:

breads, pizza, sandwiches, deli meats, soups, burritos, savory snacks, chicken, cheese and egg dishes

Did you know?

Sea salt, table salt and pink Himalayan salt all have different textures and appearances, but have the same sodium content.

{Taken from The University of Rhode Island material funded by USDA's Supplemental Nutrition Assistance Program—SNAP}

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

RESOURCES

How to apply for SNAP (food stamps) benefits; RIW (cash assistance); (CCAP) child care assistance and other programs – Can apply online or you may opt to complete the printable application.
The application can be found at RI Department of Human Services website: www.dhs.ri.gov
DHS Call Center (1-855-697-4347) RI DHS now asking for all mailed applications be sent to:
RI Department of Human Services, PO Box 8709 Cranston, RI 02920 or applications can also be hand delivered to any State DHS location. Closest is Warwick DHS 195 Buttonwoods Ave. Warwick 02886

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

Rhode Island Family Guide
www.rifamilyguide.com

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

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

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

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**

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

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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

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

RESOURCES

SUPPORT GROUPS

Here are just some in R I…

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

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

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

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

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

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CYBER CRIME HOTLINE *** Dial 211
Support for people in RI who have been victims of crime including identity theft, fraud and cyberstalking.
Provides one-on-one counseling, a connection to community resources or help reporting crimes to law enforcement.

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IF A SENIOR (60 & older) IS NOT SAFE at home call:
Office of Healthy Aging—*formerly Department of Elderly Affairs*: 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)

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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

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

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

FYI

Robert J. Allen Masonic Medical Equipment Distribution Center
** Open to the public Fridays 9am to 12 noon*
Pre-owned – loaned at no cost
116 Long Street in Warwick (across from St. Rose & Clement Church – through the iron gates "Masonic Shriners" Warehouse on left 451-0184

Ocean State Center for Independent Living.
1944 Warwick Ave, Warwick, RI
Needing equipment such as wheelchairs, grab bars, walkers, transport chair, toilet,etc.
Or need a wheelchair ramp ? Call **OSCIL at 401-738-1013 Ext. 13** or www.oscil.org

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

Adult Day Programs—for a statewide list 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

RESOURCES

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

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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

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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.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 Dana by email ddeverna@comcap.org / or Katelyn kbianco@comcap.org or by phone at 562-2277

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

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

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Naloxone and Overdose Prevention Education Program of R I NOPE – RI (noperi.org) Program of the RI Disaster Med Assist Team and Medical Reserve Corps.

HOPE AND RECOVERY

BULLYING

SOME BRUISES ARE ON THE INSIDE… It is so critical to have open dialogue with your teen. Have you ever asked your child if they have been bullied ?

WARNING SIGNS:

Torn, damaged, missing pieces of clothes
Unexplained cuts, bruises, and scratches
Few, if any, friends
Seems afraid of going to school, riding the school bus, or taking part in activities
Suddenly begins to do poorly in school
Appears sad, moody, teary, or depressed
Trouble sleeping or has frequent bad dreams

TIPS AND ADVICE

Encourage your child to report bullying incidents to school

- Validate your child's feelings; it is normal to feel hurt, sad, scared, angry, etc.
- Help your child be specific in describing buying incidents: who/what/where/when.
- Let your child know that they have made the right choice by reporting the incident.

Coach your child in possible alternatives.

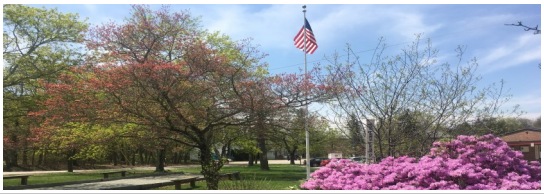
◊ For younger children, avoidance is often the best strategy—play in a different place, a different game, stay near an adult when bullying is likely to occur.

◊ Look for ways to find new friends—Encourage them to extend invitations for friends to hang out at your home or to attend activities. Involve your child in social activities outside of school.

TREAT THE SCHOOL AS YOUR ALLY.

- Emphasize that you want to work together
- Work with school staff to protect your child from possible retaliation.
- Establish a plan with the school and your child for dealing with future bullying incidents.
- Become an advocate for school wide bullying prevention programs and policies.
- Do not advise your child to physically fight back (bullying lasts longer and becomes more severe when children fight back).
- Do not confront the family of the child who bullies, this may make things worse.

{Taken from page 60—Middle/High School edition 7th edition The Parent Handbook A Resource for Parents of Teen & Preteens}



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
pfleming@coventryri.org

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

Project Friends Coordinator 822-6229 / 822-9144

Maintenance Al Jordan 822-9175

Coventry Town Council Members

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

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

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

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

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

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

Coventry Friends of Human Services Advisory Board:
Steve Glover Florence Martinelli Lois Tallman
Gail Tatangelo Judith Taylor Joan Tillinghast
Ernest Rusack, Chairman Mike Ziroli

You can view our monthly newsletter online at
www.coventryri.org
Click on Departments;
Human Services; Attachments.

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

TOWN OF COVENTRY
Additional town phone numbers…

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