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
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

**********************************************************
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.

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

**********************************************************
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.

**********************************************************
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.

**********************************************************
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.

**********************************************************
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.

**********************************************************
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.

**********************************************************
CANASTA is back !!!
We will be meeting on Wednesdays at 1:00 in the activity room just behind the mealsite.

**********************************************************
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.
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.
MONTHLY HAPPENINGS....

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
**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

**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.

**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.
**GENERAL SERVICES**
Coventry Resource and Senior Center

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### 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:

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*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/UCnE8eE3pHL8XgOlplZ7z-uaA](https://www.youtube.com/channel/UCnE8eE3pHL8XgOlplZ7z-uaA)

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### 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.

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### ‘TIS THE SEASON

‘Tis the Season is a volunteer organization serving families in the towns of Coventry and West Greenwich. It was established in 1992 with its main focus to provide a joyful holiday season for all, especially children. ‘Tis the Season operates through the generosity of the community. Some members of the community have small fundraisers. Others prefer to donate money directly. The Fire Departments graciously conduct an annual “Boot Day” to support ‘Tis the Season. These funds are used to purchase needed food and clothing. Local schools and churches hold food drives. Other clubs and organizations conduct toy drives all to benefit ‘Tis the Season. Still other families, businesses, schools and other local groups choose to “Adopt a Family” at the holidays. Call 822-9178 for more information, how to request assistance or how to donate.
PITCH / CARDS
Tuesdays at 1:00 we meet in the mealsite. The cost is $25.00 for seventeen weeks. For more information see Charlie or Wanda in person or call 822-9175.

BINGO
Please come & join the fun
**Wednesday Afternoons 1:30 – 4:00**

CRIBBAGE
Thursdays at 1:00 pm.
We meet in the 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
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.

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 2-6pm
$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
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<td>Monday</td>
<td><strong>Mama's</strong> Buffalo Chicken Salad on Wheat</td>
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<tr>
<td>Tuesday</td>
<td><strong>Mama's</strong> Chicken Escarole Soup</td>
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<tr>
<td>Wednesday</td>
<td><strong>Mama's</strong> Chicken and Beef Soup</td>
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<tr>
<td>Thursday</td>
<td><strong>Mama's</strong> Beef Wellington w/Ketchup</td>
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<td>Friday</td>
<td><strong>Mama's</strong> Chicken Vegetable Soup</td>
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<tr>
<td>Saturday</td>
<td><strong>Mama's</strong> Beef &amp; Bean Soup</td>
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<tr>
<td>Sunday</td>
<td><strong>Mama's</strong> Beef &amp; Bean Soup</td>
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</tbody>
</table>

**Monthly Menu**

- **Monday**
  - **Lunch**: Buffalo Chicken Salad on Wheat
  - **Dinner**: Chicken and Beef Soup

- **Tuesday**
  - **Lunch**: Chicken Escarole Soup
  - **Dinner**: Beef Wellington w/Ketchup

- **Wednesday**
  - **Lunch**: Chicken Vegetable Soup
  - **Dinner**: Beef & Bean Soup

- **Thursday**
  - **Lunch**: Beef & Bean Soup
  - **Dinner**: Chicken Vegetable Soup

- **Friday**
  - **Lunch**: Beef & Bean Soup
  - **Dinner**: Buffalo Chicken Salad on Wheat

- **Saturday**
  - **Lunch**: Beef & Bean Soup
  - **Dinner**: Beef & Bean Soup

- **Sunday**
  - **Lunch**: Beef & Bean Soup
  - **Dinner**: Beef & Bean Soup

**Suggested Donation**

Thank you for your donations.
**SHAKE THE SALT HABIT**

**Salt 101:** Sodium, the major mineral found in 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}
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.eatbetttoday.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

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

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

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.

Westminster Unitarian Church
119 Kenyon Avenue, East Greenwich, RI 02818
401-884-5933 www.westminsteruu.org
Items such as deodorant, tissues, laundry detergent, razors
SUPPORT GROUPS
Here are just some in R I…

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

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

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

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

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

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

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

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


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
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.pvd safestations.com for more info.*

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**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.

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**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.**

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**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

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**Coventry Substance Abuse Task Force**  
Facebook: Coventry Substance Abuse Task Force  
Twitter: @CoventryTask  
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 RI 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

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

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**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

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**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!

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**TOWN OF COVENTRY**

Additional town phone numbers…

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