

# 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](http://www.coventryri.org)

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

## The Coventry Resource and Senior Center

will be closed until further notice.

The Project FRIENDS Program will be closed until further notice.

## APRIL 2020



- All Senior Day Activities, Cancelled until further notice
- No Meals in meal site
- No Classes
- Residents can contact our main number (401) 822-9175 to request assistance or to report a senior at risk as staff is at work.
- Residents can contact 211 if they have any other needs after business hours. This is the state contact number for referrals for services. They are available 24/7 to help residents access the best local resources and services to address any need.
- We **will continue** to Deliver Meals on Wheels for our most at risk seniors.
- **Contact Meals on Wheels if you or your family member is a frail, homebound senior and cannot prepare meals.**  
**To sign up for Meals on Wheels & Meals on Wheels Guidelines:**
- The person must be 60 years of age or older. If under the age of 60, an approved waiver is required through eligible waiver programs (DHS, PACE, NHPRI).
- The person must be unable to prepare nutritious meals due to physical and/or psychological limitations.
- The person cannot participate in an adult day care, or dining program on a day they are scheduled to receive meals.
- The person must be homebound and unable to leave their home independently and/or have limited assistance leaving the home. There may be circumstances that allow us to serve those people who need services but do not meet all of the eligibility requirements. In each case, a referral is required.

**The referral may be submitted on-line at [www.rimeals.org](http://www.rimeals.org) or by calling the main office at (401) 351-6700.**

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- **STAY SAFE, STAY HEALTHY, STAY HOME !**

# MONTHLY HAPPENINGS... APRIL

**ALL ACTIVITIES  
ARE SUSPENDED  
AT THIS TIME  
until further notice.**

**Staff is still available  
by phone.**

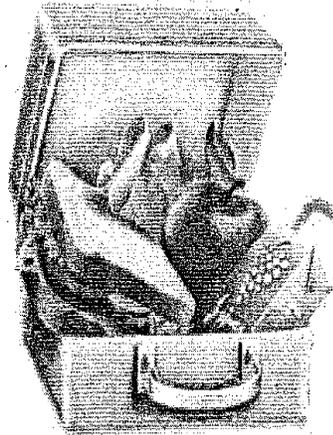
**Call the main number at  
822-9175 with any questions  
you may have.**

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**See pages 3, 4 and 5 for  
local and state resources  
to assist during this time.**

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**Meals on Wheels  
are still being delivered**



## Grab-n-Go Meals

Beginning Friday, March 20, 2020

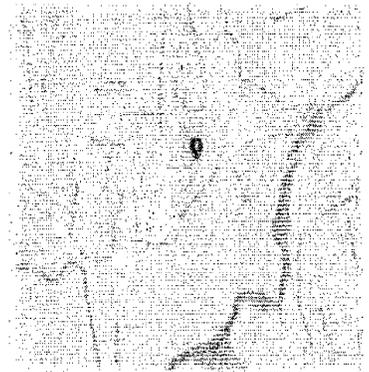
**FREE MEALS (Breakfast and Lunch) FOR ALL CHILDREN  
AGE 18 AND UNDER**

**MEAL SERVICE LOCATION:**

**RICE FIELD  
7 Knotty Oak Road  
Coventry, Rhode Island**

**MEAL SERVICE TIME:**

**Monday through Friday  
11:00 a.m. - 1:00 p.m.**



**DRIVE-THRU:**

- No proof of residency or ID required
- Child must be present in the car
- No limit to the number of kids in the car - each child will get a meal



Meals provided by the USDA & Coventry Public Schools  
This institution is an equal opportunity provider

# RESOURCES

## Rhode Island Resource numbers and websites....

### RI MENTAL HEALTH SUPPORT (BH LINK)

(401) 414-5465      24 hours 7 days per week.

**The Rhode Island Office of Healthy Aging (OHA)** is working closely with the Rhode Island Department of Health and Rhode Island Emergency Management Agency to coordinate the state's response to coronavirus disease 2019 (COVID-19).

Older Rhode Islanders and individuals with underlying conditions are at higher risk of severe COVID-19 illness. Governor Raimondo and the Rhode Island Department of Health are encouraging our higher-risk populations to practice social distancing during this time and use technology, whenever possible, to remain in touch with family and friends.

**Healthy Aging Helpdesk: Call POINT (401) 462-4444**  
with questions or to learn about resources available to you 24/7.

### **Rhode Island Department of Health**

For COVID-19 information and the latest guidance,

**call (401) 222-8022      or visit [www.health.ri.gov/covid](http://www.health.ri.gov/covid)**

### **After Hours call 211**

**Rhode Island Office of Healthy Aging   [www.oha.ri.gov/resources](http://www.oha.ri.gov/resources)**

**Attorney General Consumer Protection Unit   (401) 274-4400**

## FOOD & SUPPLIES RESOURCES

### Home Delivered Meals (for elders with high need)

Meals on Wheels is continuing to serve its current clients across the state and is working with OHA and local communities to increase services during this time. If you are age 65 and older, homebound and need assistance making meals, call Meals on Wheels at **(401) 351-6700**.

### Emergency Meals/Supplies: (open to all people in need)

Visit [www.rifoodbank.org](http://www.rifoodbank.org) for a complete list of food pantries across Rhode Island.

### “Grab and Go” FREE meals (Breakfast & Lunch)

for school aged children aged 18 or under.

There are no ID or residency requirements, but the child must be present; school cannot give a meal to an adult on behalf of a child.

Meal Service location in Coventry is at RICE FIELD, 7 Knotty Oak Road, Coventry.

Monday through Friday 11am—1pm. DRIVE THRU: No proof of residency or ID required, Child must be present in the car, No limit to the number of kids in the car—each child will get a meal. Updated list of all locations throughout the state can be found at **DOH website at [health.ri.gov](http://health.ri.gov)**

**Coventry location is at Rice Field, 7 Knotty Oak Road. Monday -Friday 11 –1pm.**

**Boxed Lunch Programs (limited quantities available)** OHA is continuing its lunch program across senior centers and community agencies during this time. For more info about participating locations and hours, **call the Point at (401) 462-4444**.

### Early Morning local Grocery Market Hours (limited to high-risk populations)

for latest list of participating markets visit [www.oha.ri.gov/markethours](http://www.oha.ri.gov/markethours)

**Dave’s Marketplace**, Coventry 7-8am

**Stop & Shop** 6-7:30am

**Tom’s Market** 8-9am M-F

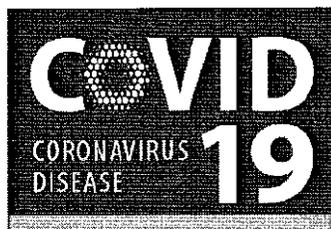
**Walmart** Tuesdays only 6-7am

**Jerry’s Market** 7-8am

**Roch’s Fresh Foods**—Free delivery

**Local Restaurants:** Restaurants throughout the state are offering take-out and/or delivery options. Visit [www.eatdrinkri.com](http://www.eatdrinkri.com) for a complete list of restaurants statewide with online or take-out ordering or call your favorite local restaurant for information.

[Above taken from RI Office of Healthy Aging resource document]



# Workplace Fact Sheet

## FOR RHODE ISLAND EMPLOYEES

If you have been impacted by Coronavirus disease 2019 (COVID-19) and are quarantined and unable to work, or your workplace has been temporarily closed, please review the following information about assistance available through State programs. The Department of Labor and Training (DLT) will do all that we can to ensure impacted Rhode Islanders receive the benefits for which they are eligible.

### If you are unable to work, but your place of business remains open, you may be eligible for Temporary Disability Insurance (TDI).

- To apply for TDI, please visit <https://dltweb.dlt.ri.gov/TDIReserve/Home>.
- Be sure to clearly indicate on your application that you have been impacted by COVID-19.
- Benefits may be available for you to care for yourself or a family member that has been impacted through Temporary Caregiver Insurance (TCI).
- For more information about TDI please visit <http://www.dlt.ri.gov/tdi/tdifags.htm>.
- For COVID-19 related claims, DLT will waive the seven-day minimum amount of time that claimants must be out of work to qualify for TDI/TCI benefits.
- For individuals under quarantine, DLT will waive the required medical certification, and instead will allow them to temporary qualify via self-attestation that they were under quarantine due to COVID-19.

### If you are out of work and are not being compensated, you may be eligible for Unemployment Insurance (UI).

- If your place of business closes, or you are directed by your employer to remain home, you may be eligible for unemployment insurance (UI).
- To apply for UI, please visit <http://www.dlt.ri.gov/ui/fileclaim2.htm>.
- Please be sure to indicate that your claim is a result of COVID-19.
- DLT will waive the seven-day waiting period for UI claims related to COVID-19.

### Additional Resources:

- Most Rhode Island private sector workers are eligible for earned sick and safe leave. The benefits provided by this leave enable employees to take time off from work to care for themselves or family members that have been affected by COVID-19.

- Based on the size of your employer, earned leave may be paid or unpaid. For information about earned sick leave please visit <http://www.dlt.ri.gov/ls/pdfs/HFSWFactsheet.pdf>.
- Please check with your employer regarding their sick leave policies, the amount of time that you may have earned and may be available for use, and details about how to use this benefit.
- Some Rhode Island workers are covered by the Rhode Island Parental and Family Medical Leave Act and/or the Federal Family and Medical Leave Act (FMLA). Eligible employees may be able to take job-protected leave under this act to care for themselves or a family member that has been impacted by COVID-19. For information about FMLA please visit: <https://www.dol.gov/agencies/whd/fmla>.

If you have questions about any of these resources, please contact us by email at [dlt.covid19@dlt.ri.gov](mailto:dlt.covid19@dlt.ri.gov) or by phone at (401) 462-2020. Please be sure to provide your name, telephone number and email address. A DLT team member will respond to inquiries in the order they are received.

## FOR RHODE ISLAND EMPLOYERS

If you are temporarily ceasing or limiting operations as a result of COVID-19, please contact the DLT to discuss how we can provide assistance.

- DLT stands ready to assist with questions about Unemployment Insurance, Paid Sick and Safe Leave or other programs and resources available.
- Requests for assistance can be made by emailing [dlt.covid19@dlt.ri.gov](mailto:dlt.covid19@dlt.ri.gov) or calling (401) 462-2020.
- Please be sure to provide your business' name, a point of contact, telephone number and email address. A DLT team member will respond to inquiries in the order they are received.

For answers to frequently asked questions about COVID-19, please consult the Rhode Island Department of Health/Center for Disease Control fact sheet.



[dlt.covid19@dlt.ri.gov](mailto:dlt.covid19@dlt.ri.gov) • (401) 462-2020

# 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](http://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 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 Lisa Cote at 822-9144.

### ‘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 !

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**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 !***

\*\*\*\*\*

## 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](http://www.tobaccofree-ri.org)

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## TCSRI Tobacco Cessation Services of RI **(401) 789-0934**

[www.codacinc.org/tobaccotreatment](http://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.



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 –12noon

can go weekly (For WW and Coventry residents only)

\*Please bring proof of address

### **Project Hand Up** [www.btcsundaymeal.com](http://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](http://www.rimeals.org)

**MONTHLY MENU**

**Coventry Mealsite  
is temporarily  
closed**

## Some things you can do to support yourself:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind and chill. Try other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.
- Sharing the facts about COVID-19 and understanding the actual risks can make an outbreak less stressful for all.
- When you share accurate information about COVID-19 you can help make people feel less stressed.
- Learn more about taking care of your emotional health from the CDC or check out SAMHSA's *Taking Care of Your Behavioral Health During an Infectious Disease Outbreak*

[Above taken from Raising Healthy Teens Special Edition Creative Connecting During COVID]

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](http://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](http://www.eatbettertoday.com)

**Office of Child Support Services**  
For an application visit [www.cse.ri.gov](http://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](http://WWW.PSNRI.ORG) (401) 467-6855  
**RI PARENT INFORMATION NETWORK**  
[WWW.RIPIN.ORG](http://WWW.RIPIN.ORG) (401) 270-0101

**Rhode Island Family Guide**  
[www.rifamilyguide.com](http://www.rifamilyguide.com)

## HOUSING RESOURCES

### **\*HOUSING CHOICE VOUCHER PROGRAM**

Section 8 applications will only be accepted online accessible at [www.waitlistcentralri.com](http://www.waitlistcentralri.com)

**\*For a statewide list of rental properties:**  
Go to [www.rihousing.com](http://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](http://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](http://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](http://www.healthyrhode.ri.gov) or call 1-855-840-4774

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**Family Health Services of Coventry (CCAP), 191 MacArthur Blvd.** [www.comcap.org](http://www.comcap.org) 401-828-5335 affordable health and dental  
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](http://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](http://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](http://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](http://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* 2<sup>nd</sup> 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](http://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](http://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)

\*\*\*\*\*  
**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](http://www.oscil.org)

**The Alzheimer’s Association’s 24/7 Helpline service**  
understanding memory loss, Alzheimer’s & other dementias  
Visit [alz.org/ri](http://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](http://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](http://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](http://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](http://www.ripta.com)

**PET OWNERS** Need help with vet expenses?  
**FRIENDS of ANIMALS in NEED 489-3645**  
North Kingstown, [www.animalsinneedri.com](http://www.animalsinneedri.com)  
**CAWS 615-2200** West Warwick  
**RI Community Spay / Neuter Clinic 369-7297**  
Warwick, [osac.org](http://osac.org)  
**RI Veterinary Medical Association 751-0944**  
Providence, [rivma.org](http://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](http://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](http://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](mailto: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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.samaritansri.org)  
**(401) 272-4044**

UNITED WAY 211 LINE **Just dial 211** [www.211ri.org](http://www.211ri.org)

NATIONAL SUICIDE PREVENTION LIFELINE  
**1-800-273-8255** [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Mental Health Association of RI \*For treatment options [www.mhari.org](http://www.mhari.org) **(401) 726-2285**

Alcoholics Anonymous **(401) 438-8860**  
[www.rhodeisland-aa.org](http://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](mailto:ddeverna@comcap.org) / or Katelyn [kbianco@comcap.org](mailto:kbianco@comcap.org) or by phone at 562-2277

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### **Kent County Regional Coalition**

**Visit [riprevention.org](http://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](http://noperi.org))** Program of the RI Disaster Med Assist Team and Medical Reserve Corps.

## HOPE AND RECOVERY

**For Parents:** Children and teens react on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

### **There are many ways you can support your child:**

- Take time to talk with your child or teen about the outbreak. Answer questions and share facts in a way that your child or teen can understand. Also, check out *Talking with Children: Tips for Caregivers, Parents and Teachers During Infectious Disease Outbreaks from SAMHSA*.
- Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family's exposure to news coverage, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning, just relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

### **Activity Ideas:**

**Start with Meditation.** Headspace is a good app that has kid-friendly content and is the ideal mindful way to start the day.

**Learn a language together.** Yes, there will be school lessons, but why not take on a family fun project. The *Duolingo* app is one to try. *Babbel* is offering students three months free access.

Do something crafty each day. Could be just 10 minutes of coloring or something more ambitious. You can also get craft boxes mailed to you. There are a lot out there, here are just a few: *Ann Williams* *Cratejoy* *SmartArt*

**Recipe challenge.** Let your kids search online and pick a recipe each day. You might be limited on ingredients so start your search with what you have on hand.

Check out *Taste of Home*.

**Keep in Touch.** Since it's unlikely you will be making trips to see the grandparents, aunts, uncles, cousins or close friends, have your kids start writing letters. Be creative, stay in touch !

## Staff Directory



**You can view our monthly newsletter online at  
[www.coventryri.org](http://www.coventryri.org)  
 Click on Departments;  
 Human Services; Attachments.**

**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** Lisa Cote 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](http://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 !**

#### 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

#### Coventry Friends of Human Services Advisory Board:

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

#### INCLEMENT WEATHER POLICY

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