COVENTRY RESOURCE AND SENIOR CENTER

50 Wood Street, Coventry RI 02816

Phone 401.822.9175 Fax 401.822.9128

Like us on Facebook—Coventry Resource and Senior Center
www.coventryri.org

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

From The Director's Desk

JULY 2020

Hello Everyone:

Over the past couple months, we have been busy working on our plan for reopening. At this point we do not have a firm date, but are submitting our reopening plan to the state for approval. We have been working on meeting our community's needs around food insecurity and social service needs. We will keep you all in loop regarding our plan as it is finalized. It will be a slow and gradual process as we focus on health and safety for those we serve, our staff and our community.

We appreciate your Patience with the process and we miss you all very much.

I truly appreciate the support of our Friends of Human Services Advisory Board who have been a resource to me throughout our COVID-19 experience.

Our Community Food Bank has been relocated for some time back here at Wood Street. We are serving hundreds of our neighbors in need each week. We are working closely with our housing authority to team together to help our seniors and check on them throughout this pandemic..

We are happy to announce our greenhouse has been built and we cannot wait to start programs in horticultural therapy when you all return.

Thank you to Al, Pat and Dino for making this happen!

Until Next Month-Enjoy the weather, and stay in close (socially distant) contact with your friends and your families!

BE WELL

-Bob Robillard Jr., LMHC-Director

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MONTHLY HAPPENINGS… JULY

ALL IN PERSON ACTIVITIES ARE SUSPENDED AT THIS TIME

until further notice.

All Staff is 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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REOPENING RI

Visit www.reopeningri.com to view RI's phased plan and all the guidelines for reopening the state

Please remember to wear your face mask, wash your hands and social distance !!!

Please also remember **CONTACT TRACING**

*to keep a daily log of where you go if you have to leave your home & who you might come in contact with.

We all share this responsibility & we'll get through this together !

COVENTRY FOOD BANK

will be temporarily located at 50 Wood Street

Coventry Residents in need:

DRIVE THRU EMERGENCY FOOD will be available every Thursday 10 –12 in the parking lot of the Coventry Resource & Senior Center.

Please do not roll down your vehicle windows; do not exit your vehicle; please open your trunk and we will place the food in your trunk.

PLEASE WEAR YOUR MASK OR FACE COVERING while in your car for everyone's safety !

PLEASE NOTE: THE DRIVE THRU FOOD BANK WILL NOT BE ON JULY 16 BUT ON FRIDAY, JULY 17 FOR THAT WEEK ONLY.

BOXED LUNCH PROGRAM

Office of Healthy Aging is continuing its lunch program across senior centers. For more information please call the Coventry Resource and Senior Center at 822-9175.

MEALS ON WHEELS

Meals on Wheels are being delivered.

Contact Meals on Wheels if you or your family member is a frail, homebound senior and cannot prepare meals.

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)

Please call Meals on Wheels to see if you are eligible. The referral may be submitted on-line at www.rimeals.org or by calling the main office at (401) 351-6700

GRAB & GO free meals (breakfast and lunch)

for school aged children 18 and younger.

Coventry Location: Alan Shawn Feinstein Middle School—Monday through Friday 11 –1 pm.

DRIVE THRU: No proof of residency or ID required; Child must be present in 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.

Statewide list is available at health.ri.gov

OTHER LOCAL PANTRIES for Coventry Residents:

Faith Fellowship Food Pantry

260 Victory Highway, West Greenwich 397-3383

Open every Wednesday 4-6pm

Emanuel Lutheran Church

9 New London Ave. West Warwick 821-8888

Open every Tuesday 10-12.

*Available to West Warwick & Coventry residents only

(Both Faith Fellowship & Emanuel Lutheran are network agencies of the RI Community Food Bank.)

RESOURCES

FOOD & DELIVERY OPTIONS:

Coventry Food Bank will be temporarily located at 50 Wood Street
Coventry Residents in need: DRIVE-THRU emergency food will be available every **Thursday 10—12** in the parking lot of the Coventry Resource & Senior Center.
Please do not roll down your vehicle windows; do not exit your vehicle; please open your trunk and we will place the food in your trunk. **Remember to wear your mask while in your car for everyone's safety while picking up food !**
PLEASE NOTE: THE DRIVE THRU FOOD BANK WILL NOT BE ON JULY 16 BUT WILL BE ON FRIDAY, JULY 17 FOR THAT WEEK ONLY. (DUE TO VOTING)

Boxed Lunch Programs (limited quantities available) OHA is continuing its lunch program across senior centers. For more information please call the Coventry Resource & Senior Center at 822-9175.

"**Grab and Go" Free meals** (breakfast and lunch) for school aged children 18 and younger.
Coventry location: Alan Shawn Feinstein Middle School - Monday through Friday 11—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.
Meals provided by the USDA & Coventry Public Schools. Statewide list is available at health.ri.gov

Rhode Island Community Food Bank (401) 942-6325 or www.rifoodbank.org for a complete list of open pantries statewide.

Other Local pantries are available for Coventry residents:
-Faith Fellowship Food Pantry, 260 Victory Highway, West Greenwich 397-3383
Open every Wednesday from 4-6pm for anyone.

-Emanuel Lutheran Church, 9 New London Ave. West Warwick 821-8888
Open every Tuesday 10-12noon. *Available to West Warwick and Coventry residents only
(Both the Faith Fellowship Pantry and the Emanuel Lutheran Church Pantry are network agencies of the RI Community Food Bank)

-Be the Change / Project Hand Up, 15 Factory St. West Warwick *located behind the American Legion.
Open every Tuesday 1-5:30 pm for people with last names beginning with A-K only !
Open every Thursday 1-5:30pm for people with last names beginning with L-Z only !
Must bring poof of ID and address. Cost is $6 for three prefilled bags, accept debit and credit cards; bags will be placed in your trunk, please have your ID ready. 965-9050 Please check their facebook page (Project Hand Up) for any changes before going...

Meals on Wheels Call (401) 351-6700 or www.rimeals.org to see if you qualify.

Early Morning Shopping hours at various grocery stores for the elderly and high risk populations: Go to **www.oha.ri.gov/markethours**

Food & other Delivery Options: For the latest list of food & other delivery services go to **RIDELIVERS.com or at www.oha.ri.gov/deliveryoptions**

For restaurant take out & delivery options: go to www.eatdrinkri.com

Rent Sons is a RI-based start up that "rents young people to do the work you wish your kids would do". They were already doing local errand and grocery / prescription runs during snow storms or for people who were injured, and now are doing more of these jobs for donation-only.
Go to https://rentsons.com/coronavirus or call Manny Cumplido at (401) 484-7213

RI Department of Health COVID-19 HOTLINE (401) 222-8022
or email questions to RIDOH.COVID19Questions@health.ri.gov
Visit www.health.ri.gov/covid or after hours call 211 for the latest info & guidance.

COVID-19 resources listed on this page are just a partial list. These and more resources & links are on the **Department of Health website at www.health.ri.gov/covid**

R I Office of Healthy Aging (formerly RI Dept of Elderly Affairs) www.oha.ri.gov/resources
or call the Healthy Aging Helpdesk at the POINT (401) 462-4444 or 211 after hours
Please wear your face covering, wash your hands & social distance !
United Way of Rhode Island www.uwri.org/2-1-1 Call 211 for help 24/7 (Call, text or chat)

MENTAL HEALTH SUPPORT: 24/7

*For adults seeking information call **BH LINK (401) 414-5465**
*For parents seeking information about urgent behavioral health issues their kids are experiencing should call **KidsLink at 855-543-5465** —a separate service administered by Bradley Hospital/Lifespan
***RI Coalition Against Domestic Violence 1-800-494-8100 or** www.ricadv.org to access 24/7 Chat Helpline
*For help **quitting Smoking and Vaping** call the state's **FREE Rhode Island Nicotine Helpline 1-800-784-8669**
For more info on the above and other supportive services go to **health.ri.gov/covid/healthandsupport**

EMPLOYMENT RELATED ISSUES:
Department of Labor & Training (401) 462-2020 or email questions to dlt.covid19@dlt.ri.gov.
To file for unemployment or TDI go to the DLT website at www.dlt.ri.gov

SMALL BUSINESS SUPPORTS:
For applications for loans go to commerceri.com or call (401) 521—HELP (4357) for any business related questions and free tech help.

Visit **WWW.REOPENINGRI.COM** to view the Governor's phased plan & all the guidelines for reopening Rhode Island.

HEALTH INSURANCE INFORMATION:
HealthsourceRI.com or call 1-855-840-4774
See if you qualify to apply during a special enrollment period for Rhode Islanders without health insurance or who are uninsured due to job loss or loss of health coverage.

TESTING: If you have symptoms and need to be tested call your healthcare provider or urgent care to discuss and make an appt. *Or go online to health.ri.gov/covid/testing to be prescreened and to set up an appointment. You can also call 222-8022 or go to Portal.ri.gov. **Asymptomatic testing also available.**

EMERGENCY RENTAL ASSISTANCE: For the very low income renters who have been impacted by the COVID-19 emergency and are at immediate risk of homelessness visit **HousingHelpRI.com** to see if you qualify.

RIDELIVERS is your connection to help those living in quarantine or isolation due to COVID-19. Go to **www.oha.ri.gov/deliveryoptions**

TRANSPORTATION: MTM is still transporting Medicaid individuals and individuals 60 years of age and older for medical appts. **Call 1-855-330-9131**

The Governor announced CRUSH COVID RI
It is a COVID-19 pandemic response app which provides Rhode Islanders easy access to all of the resources required during the public health crisis, including a location diary that helps users identify the people and places they are in contact with and a symptom checking survey along with other information.
Please DOWNLOAD TODAY and take an active role in slowing the spread of COVID-19 in RI
You can make a difference in the health of your loved ones and your community by helping to track the virus in RI. Remember to wear your face mask, wash your hands & social distance !

THANK YOU TO ALL OUR MEDICAL PROFESSIONALS AND FIRST RESPONDERS !!!

Grief counseling resources

Anchor Counseling Center

- Tel: 401-475-9979
- Office locations in Cranston, East Greenwich, East Providence, and Lincoln

Community Connections

- Tel: 401-619-2877
- Web: https://communityconnectionsri.com/

Compassionate Friends of Greater Providence

- *For individuals who have lost a child of any age, from any cause*
- Tel: 401-231-9229
- Web: http://www.tcfprovidence.com/

Family Bereavement Group

- *For individuals who have lost a Veteran during the pandemic. This service will run through June, with the possibility of extensions dependent on demand.*
- Reserve a spot by calling Bill San Antonio 401-273-7100, ext. 13605

Friend's Way

- *For children ages 3-19*
- Tel: 401-921-0980, Ext. 1 or 2
- Web: https://www.friendsway.org/

HopeHealth

- Tel: 1-888-528-9077
- Web (COVID-19 page): https://www.hopehealthco.org/hopehealth-coronavirus-covid-19-updates/

Grief Recovery RI

- *For adults*
- Tel: 401-287-8146
- Location: Jamestown, RI 02835

Red Cross – Virtual Family Assistance Center

- *Free and confidential support network for families who have lost a loved one to COVID-19 (mental and behavioral health resources, grief support, support for virtual memorial services, legal help for estate/custody, etc.)*
- Language services for non-English speaking callers will be provided.
- Tel: 833-492-0094
- Web: https://www.redcross.org/virtual-family-assistance-center.html

A Time to Heal

- Tel: 401-788-9110 or 401-537-1126
- Location: Beachwood Center for Wellbeing, Saunderstown, RI

GENERAL SERVICES

Coventry Resource and Senior Center

Case Management

Our social workers provide case management services to all Coventry residents of any age.
They will confidentially assess the individual or family circumstances and either assist directly or provide information and referrals on local, state and federal programs.
Please call the main office at 822-9175 for more information or to schedule an appointment.

Medicare Information

Our Social Worker Assistant Stefani assists those individuals in providing information and assistance with understanding Medicare programs, health insurance options and prescription plans etc.
Please call 822-9175 for more information or to schedule an appointment with Stefani.

Health & Wellness / Nurse

Our nurses are available every morning to monitor your blood pressure, weight and diabetes as well as to answer some of your basic health questions. In addition, the center offers health & wellness education seminars and presentations on many subjects. We also collaborate with Department of Health and other agencies to make available important workshops and fitness programs.

Nutrition

The Coventry Cafe provides a nutritional meal to approximately 80 individuals per day. Our volunteers deliver Meals on Wheels to Coventry residents. The Coventry Community Food Bank and Community Garden also assists our residents. Please call 822-9175 for more information on any of the above.

Educational Programs

Monthly workshops on topics such as social, financial, preventative care and legal/estate planning etc.
We always welcome any suggestions you may have on informational presentations.
Call Pat Fleming with your ideas at 822-9474.

COVENTRY CARES VOLUNTEERS

If you would like to volunteer at the Coventry Resource and Senior Center we may be able to connect you with an opportunity that will enrich your life as well as the lives of others.

VOLUNTEER OPPORTUNITIES

Community Garden / MOW Delivery / Coffee Shop / Dining Room servers / Kitchen help
Call 822-9175 for more info

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

NOTARY PUBLIC - Free Service

This service is available at no charge. Three staff members are RI Registered Notaries. Please call 822-9175 to ensure a notary is available for you.

SENIOR COMPANION PROGRAM

The Senior Companion Program trains volunteers to serve isolated older adults in their own homes, adult day centers, and other community sites. Senior Companions must be 55 or older and must meet specified income limits. They receive a tax-free stipend and other benefits while serving clients an average of 20 hours weekly.

Contact Office of Healthy Aging at 462-0569 to apply to become a Senior Companion. www.oha.ri.gov

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Senior Companions are matched with a resident in need of socialization and companionship and will serve four hours one day per week at no cost to the participant.

Call Lynn at 822-9125 to be placed on the waiting list and for any updates as to openings.

GENERAL SERVICES

Coventry Resource and Senior Center

COVENTRY CARES COMMUNITY CLINIC

Our nurses are at your service to monitor blood pressure, weight, diabetes and medication management. People are welcome from the community to take advantage of this free service. Our nurses are ready for any basic nursing questions you might have. *Join Nurse Helen - last Wednesday of month 11:45am for trivia !*

Nurse Helen, Nurse Jane or Nurse Carolyn are available:

Mon 8:30—12:30 Tues 8:30—12:30 Wed 8:30—12:30 Thurs 8:30-12:30 Fri 8:30—12:30

View our informative video series featuring local community members discussing important topics such as: ***the Opioid Epidemic; how to keep our children safe; substance abuse signs; Narcan; Good Samaritan Law; recovery resources etc****.*

https://www.youtube.com/channel/UCnE8eE3pHL8XgOlpZ7z-uaA

OUR COFFEE SHOP

Open mornings daily 9:30 to 11:30 providing tea, coffee, hot chocolate, juices, and snacks

OUR LENDING LIBRARY

Come browse our Lending Library and pick up some interesting reading… or you might have some books to share...

PROJECT FRIENDS

Project Friends is a State of RI licensed community based day service program developed in 1992 for adults with developmental disabilities. Each individual has a plan that offers choices of activities which build independence, adult daily living skills, socialization, self-esteem and confidence. Participants are supported by case aides. If you would like more information about Project Friends, please feel free to call the coordinator 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 !

Want to learn how to play cribbage ? We have someone who will teach you on Fridays @ 1:00. Simply call us at 822-9175 and we will make sure she is available for you !

SCRABBLE

Mondays at 1:00 am. All skill levels are invited to join this group

KNITTING

Wednesdays 9:30 – 11:30 . If you knit or crochet we would love to have you join us in the mealsite. If you need any help with your projects, we would be happy to help.

POOL ROOM

Did you know that we have two billiard tables?
The tables are open for play Monday - Friday 8:30 – 4:30pm.
Cheapest rates in town only $4.00 for the month.
Come join us!

CREATIVE WRITING GROUP

Thursdays at 11:00. Cynthia Anne Bowen, a published fiction writer and poet, has a B.A. in English Literature from Brown University. No experience necessary. All you need is a desire to put your words on paper. She will show you how. $5.00 per class.

CANASTA

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

FEEL LIKE TRAVELING ?

Come check out the many wonderful trips
on our travel board
on the back wall in the mealsite
or visit Conway Tours website at
http://conwaytours.com

Weekly / Monthly Activities & Programs

Monday
8:30am – Nurse available
8:30am – Pool Room
1:00am Scrabble

Tuesday
8:30am – Nurse available
8:30am – Pool Room
10:15am Sociables (1st Tuesday)
10:30am Karaoke (3rd Tuesday)
10:30am Arthritis Exercise Class
1:15pm Pitch

Wednesday
8:30am – Nurse available
8:30am – Pool Room
9:30am Knitting
1:00pm Canasta
1:30pm Bingo

Thursday
8:30am—Nurse available
8:30am – Pool Room
11:00am Adult Coloring
11:00am Creative Writing
1:00pm Cribbage

Friday
8:30am – Nurse available
8:30am – Pool Room
10:30am Arthritis Exercise Class
1:00 pm Help with cribbage—call to sign up

HEALTH & WELLNESS

THE SOCIABLES

On the first Tuesday of every month at 10:15am some interesting single seniors meet and plan day trips for the upcoming month. If you're not busy every Sunday and enjoy plays etc. we would love to have you join our group.

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WALK WITH EASE a program for better living
Arthritis Foundation Certified. Doctor Recommended
The Arthritis Foundation Walk With Ease Program is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.
Classes are one-hour each. 3x per wk for 6 weeks.
Cost is free.
Call Pat Fleming at 822-9474
to be added to waiting list

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ARTHRITIS EXERCISE CLASS

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

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CHRONIC PAIN SELF-MANAGEMENT WORKSHOPS

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

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Tai Ji Quan: Moving for Better Balance program

Reserve your spot with our receptionist at 822-9175.

Tai Ji Quan: Moving for Better Balance (TJQMBB) is an evidenced based balance training regimen designed for older adults at risk of falling and people with balance disorders.
No prior exercise or Tai-Ji Quan required,
all you need is the desire to increase your activity level and improve your balance.

RHODE ISLAND SMOKER'S HELPLINE
1-(800) - QUIT NOW (784-8669)
It's Free, It's Personalized, It's up to you.
Tobacco Free RI www.tobaccofree-ri.org

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TCSRI Tobacco Cessation Services of RI
(401) 789-0934
www.codacinc.org/tobaccotreatment
TCSRI will help you determine exactly what your insurance plan covers and will work with your insurer to help you maximize your benefits. For individuals who are under or uninsured, TCSRI may be able to provide services at no cost through funding available from the Rhode Island Department of Health's Tobacco Control Division.

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

NUTRITION

COVENTRY COMMUNITY FOOD BANK

Located at 191 MacArthur Blvd. Coventry — 822-9199

In order to determine eligibility to use the food bank, you must meet with a social worker at the Coventry Resource and Senior Center at 50 Wood Street for a full assessment.
Call 822-9175 for an appointment to be assessed and a list of documentation to bring.

The Food Bank greatly appreciates any donations…

Currently in need of: canned pasta, cereal, snacks, juice boxes, peanut butter.
We always accept any non-perishable items such as personal care items & household cleaning supplies.

COVENTRY COMMUNITY GARDEN

Our garden, which is located in front of the Town Hall Annex was started with the gracious assistance of the URI Master Gardeners. (Come check out the Bee Hive too!)

All of the produce grown at our community garden goes directly to the Coventry Food Bank.

Please help us feed our community! If you have a few hours per week available or maybe you have community service hours for school or college this would be a great opportunity.
For more information, please call 822-9175.Visit the *Coventry Community Garden* on Facebook.

COVENTRY CAFÉ

Come have lunch at the Café for those 60 and over or individuals with disabilities. Each Café offers at least two of the three meal choices daily. The "spa option" for the health conscious, features lighter fare such as a main course salad. The "pub option" offers a sandwich for those who want a traditional lunch. The "hearty option" provides a full, hot lunch for those who prefer their main meal at midday. Please call 822-9180 for your lunch reservation at least one day in advance. Salad option requires one week notice. If you cannot make it in, please call us to cancel.
The suggested donation is $3.00.
You may bring a guest under 60 for $4.00.

Celebrate Birthdays the third Thursday of the month !

Additional food pantry options…

Faith Fellowship Food Pantry

260 Victory Highway, West Greenwich 397-3383
Wed 4-6 *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

15 Factory St. WW located behind American Legion
$6 for 3 prefilled bags. 965-9050 Check their facebook page (Project Hand Up) for any changes prior to going

PARTICIPANT INFORMATION FORM (PIF)

All those who participate in our mealsite/Café must fill out a PIF for this congregate meal program.
You must be 60 or older or a person with disabilities to participate.

Meals on Wheels of Rhode Island

Provides home delivered meals to frail, homebound seniors and qualified disabled persons, five days per week. Seniors must be 60 years or older, live alone, have no one to help them, and be unable to shop, cook, or drive. Donations accepted but not mandatory.
To apply and view menu - Call 351-6700 or www.rimeals.org

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.

RESOURCES

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

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

Rhode Island Family Guide
www.rifamilyguide.com

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

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

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

RIPIN Healthcare Advocate: assists those covered by both Medicare and Medicaid with denials, appeals, benefits & billing and the Neighborhood Integrity plan. **Call 1-855-747-3224**

HOUSING RESOURCES

***HOUSING CHOICE VOUCHER PROGRAM**
Section 8 applications will only be accepted online accessible at **www.waitlistcentralri.com**

***For a statewide list of rental properties:**
Go to www.rihousing.com
Click on RENTAL RESOURCE GUIDE

*If you find yourself in need of **"Emergency Housing"** contact 211 or **Coordinated Entry at Crossroads 277-4316.** They will assist in finding an appropriate shelter and provide case management services for permanent housing.

For information on Public Housing for Elderly and Disabled, and Affordable multi-family housing in Coventry --- Contact the ***Coventry Housing Authority*** at 401-828-4367, 14 Manchester Circle or visit coventryhousing.org

Westbay Community Action on 205 Buttonwoods Ave. in Warwick, 02886 offers Coventry residents who are eligible: **Heating Assistance, Good Neighbor Energy Fund, Weatherization Home Energy Programs** etc. www.westbaycap.org or call 732-4660 Fax 739-2761
*Now you can also meet with a National Grid Consumer Advocate Carlos Andrade here or call him directly at 784-7222.

Low - Cost Home Internet
Essential for Every Child's Education **CONNECT2COMPETE**
Visit https://www.cox.com/aboutus/Connect2compete.html

Need HealthSource RI? Can apply online at www.healthyrhode.ri.gov or call 1-855-840-4774

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Family Health Services of Coventry (CCAP), 191 MacArthur Blvd.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

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

***Bright Stars*—Rating system for RI Child Care**
www.brightstars.org Call 1-855-398-7605
Talk to experts to find a quality care program
Child care center/Preschool, Family child care home, School age program (before or after school, school vacation & summer camps)...

Mandated Reporting of Child Abuse and/or Neglect
ALL persons in RI are required by law (RIGL 40-11-3) to report known or suspected cases of child abuse and/or neglect to DCYF within 24 hours of becoming aware of such abuse/ neglect. Call the Hotline at **1-800-RI-CHILD (1-800-742-4453)**

RI Coalition Against Domestic Violence
The Helpline: 24-Hour Support 1-800-494-8100
visit www.ricadv.org & HelplineRI.com

CHURCH OF CHRIST Giving Closet
42 Nooseneck Hill Road, West Greenwich
(Lower Level Coventry-West Greenwich Elks Lodge)
Open every Wednesday from 1—5pm. **FREE** 397-9700

the SHARING locker
Open the third Saturday of each month, from 10—12pm.
Westminster Unitarian Church—Smith Hall
119 Kenyon Avenue, East Greenwich, RI 02818
401-884-5933 www.westminsteruu.org
Items such as deodorant, tissues, laundry detergent, razors

RESOURCES

SUPPORT GROUPS

Here are just some in R I…

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

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

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

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

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

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

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IF A SENIOR (60 & older) IS NOT SAFE at home call:
Office of Healthy Aging—*formerly Department of Elderly Affairs*: Protective Services 401-462-0555
FOR NEGLECT OR ABUSE IN A FACILITY call:
Department of Health Facilities Regulation: 401-222-5200
RI Attorney General Patient Abuse or Neglect, Medicaid Fraud & Drug Diversion Unit: 401-222-2566 or 274-4400 x2269
Alliance for Better Long Term Care: 401-785-3340
(advocates for those in nursing homes, assisted living, or those receiving home care or hospice services)

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Report concerns about an adult with disabilities aged 18—59
by contacting: RI BHDDH
QUALITY ASSURANCE UNIT at 462-2629
24 hour hotline, seven days per week, 365 days per year

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

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

FYI

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

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

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

Adult Day Programs—for a statewide list go to: **www.oha.ri.gov/programs/adult_day.php**

DHS Long Term Care office
to apply for nursing home care contact (401) 415-8455

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

Transportation

MTM coordinates transportation services for Rhode Islanders age 60 and older & Under 60 Adults with disabilities on Medicaid only – General and special medical appts., adult day services, senior meals program and INSIGHT. There is a $2 fee per ride. **1-855-330-9131**. It also coordinates non-emergency transportation for Medicaid recipients who have no other means of medical transportation.

Americans with Disabilities Act (ADA) Paratransit Services 461-9760 or www.ripta.com for application. *Pick up & drop off must be within 3/4 mile of a regular fixed bus route. $4.00 one way fare.

RIPTA 784-9500 ext. 604 or www.ripta.com

PET OWNERS Need help with vet expenses?
FRIENDS of ANIMALS in NEED 489-3645
North Kingstown, www.animalsinneedri.com
CAWS 615-2200 West Warwick
RI Community Spay / Neuter Clinic 369-7297
Warwick, osac.org
RI Veterinary Medical Association 751-0944
Providence, rivma.org

RESOURCES

VETERANS SERVICES…

To apply for pensions, compensation, vocational rehabilitation, education, home loans etc. Contact the Providence Regional Office of the **Veterans Benefits Administration**, 380 Westminster St. Providence RI at 1-800-827-1000 or www.va.gov

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To apply for healthcare, hospital & prescription benefits contact the Providence **Veterans Administration Medical Center** at 830 Chalkstone Avenue in Providence at 273-7100 / 1-866-363-4486 or www.providence.va.gov

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To receive readjustment, PTSD, marital & family counseling, outreach services, bereavement & substance abuse counseling etc. for the veteran and family members contact the **VET CENTER** at 2038 Warwick Avenue, Warwick RI 401-739-0167. Services provided at no cost.

Rhode Island Veterans Resource Center
560 Jefferson Blvd. Suite 206 Warwick, 401-921-2119
Offers two computer workstations with internet access, printers, telephones. Staff available to assist with job searches, resume development, and research.

Veterans Crisis Line
1-800-273-8255 Press 1

RI VET CORPS is an AmeriCorps program at Westbay Community Action in Warwick.
A representative will provide information and referrals to veterans and their families and will help access available benefits and services. They can be reached at 921-5350.

OPERATION STAND DOWN
An independent non-profit agency to assist veterans who are eligible in securing stable housing and employment. Also assist with basic needs (food & clothing), education and training services etc. 1010 Hartford Ave. Johnston **osdri.org 1-800-861-8387 / 383-4730**

NEW ENGLANDERS HELPING OUR VETERANS
www.nehov.org 401-649-2548 Follow on facebook @NewEnglandersHelpingOurVeterans

NOTICE FOR LOW / MODERATE INCOME COVENTRY HOMEOWNERS
Grant / loan funds available through the **Community Development Block Grant (CDBG)** program to assist qualified homeowners with only the following home repairs:
***replacement of old inadequate furnaces; *windows; *leaking or inadequate roofs; *failed septic systems.**
Please call Gail Hardink in Planning at 822-6246 or email ghardink@coventryri.org for further details

RHODE ISLAND SPECIAL NEEDS REGISTRY
The R I Department of Health and RI EMA have this for Rhode Islanders with chronic conditions, disabilities, and special healthcare needs. Enroll online at www.health.ri.gov/emregistry or print form and mail to Dept. of Health or call 401-222-5960.
Please remember to update any changes and once per year. RI Dept. of Health will send update letters as well.

Dorcas International Institute of Rhode Island
784-8600 diiri.org Services for immigrants and refugees

Having issues with Social Security or the VA ?
Offices are available to help navigate the federal government and get you answers in a timely manner... Residents can contact:
Senator Jack Reed, Cranston office 943-3100
Congressman Jim Langevin, Warwick office 732-9400

Great resource information: Rhode Island Guide to Services for Seniors and Adults with Disabilities can be found at www.oha.ri.gov Click on 2017 Pocket Manual

Rhode Island Resource Guide entitled Intellectual Disability and Dementia: A Caregiver's Resource Guide for Rhode Islanders is available at http://www.sevenhills.org/intellectual-disability-and-dementia

SOCIAL SECURITY OFFICE
30 Quaker Lane, Warwick RI 02886 (first floor)
1-866-964-2038 or TTY 1-800-325-0778
www.ssa.gov Can also apply online
for retirement benefits, SSI, Medicare and disability benefits; request replacement ss card; print proof of benefits; check on status of application or appeal etc.

CODE RED
To sign up for automated calls or text messages alerting you of weather / storm emergencies, sex offender notification etc. please register online at the *Coventry Police Department* www.coventrypd.org

HOPE AND RECOVERY

There is **HOPE AND RECOVERY**…
Addiction is a Disease. Recovery is Possible.
Treatment is Available.

Call the RI Hope and Recovery Helpline:

401-942-STOP / 401-942-7867

Rhode Island's recovery helpline connects individuals in crisis with treatment and recovery support. English – and Spanish-speaking counselors licensed in chemical-dependency are available 24 hours a day, 7 days a week.

Or anyone can visit any Providence or Newport fire station to connect to recovery services.

When you're ready --- All 12 Providence fire stations and now all 3 Newport fire stations are open 24/7 for walk-**ins.** No referrals needed and it is free.
Fire/EMS & recovery professionals will connect you to help.
Go to www.pvdsafestations.com for more info.

Get rid of medicines safely by locating a safe disposal site near you at

http://preventoverdoseri.org/get-rid-of-medicines/

NALOXONE (Narcan): A medicine that can reverse an opioid overdose.
*Get life-saving **NALOXONE** at Rhode Island pharmacies without a prescription from a doctor. Learn how to properly use naloxone by asking your pharmacist.
Find naloxone at http://preventoverdoseri.org/get-naloxone/

THE GOOD SAMARITAN ACT OF 2016 provides certain immunity against arrest to any individual who calls for medical assistance when someone is experiencing an overdose.
DON'T BE AFRAID TO CALL 9-1-1
Callers to 911 and overdose victims are protected from prosecution if drugs are found at the scene.

Rhode Island Department of Behavioral Healthcare, Developmental Disabilities & Hospitals (BHDDH) - BH LINK

YOU ARE NOT ALONE

If you are going through a mental health or substance use crisis, there is information, there is compassion. There is help. Services and referrals provided by a professional team of registered nurses, counselors, psychiatrists, peer specialists, etc.
24-hours-a-day, seven days-a-week.
Call 401-414– LINK (5465) or visit BHLINK.ORG **or walk into our location at 975 Waterman Avenue in East Providence.**

Other Important resources in a crisis

911 (police, fire and rescue)

THE SAMARITANS RI www.samaritansri.org
(401) 272-4044

UNITED WAY 211 LINE **Just dial 211** www.211ri.org

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-8255 www.suicidepreventionlifeline.org

Mental Health Association of RI *For treatment options www.mhari.org **(401) 726-2285**

Alcoholics Anonymous **(401) 438-8860**
www.rhodeisland-aa.org

Coventry Substance Abuse Task Force
Facebook: Coventry Substance Abuse Task Force
Twitter: @CoventryTask Instagram:@Coventry_SATF
Contact Dana by email ddeverna@comcap.org / or Katelyn kbianco@comcap.org or by phone at 562-2277

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

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

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

HOPE AND RECOVERY

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 !

[Taken from Raising Healthy Teens, Promoting the Health & Safety of Kent & South County Teens Special Edition Creative Connecting During Covid]

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

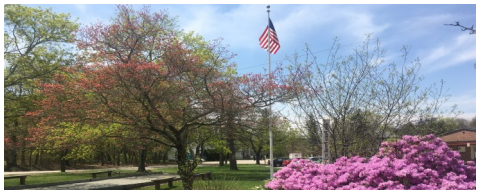
Program Assistant Betty Denise 822-9180
bdenise@coventryri.org

Project Friends Coordinator Lisa Cote 822-9144

Maintenance Al Jordan 822-9175

TOWN OF COVENTRY

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



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

Coventry Town Council Members

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

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

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

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

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

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

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

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