

# 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

## SEPTEMBER 2020



From The Director's Desk September 2020

Hello Everyone:

I am writing today as our building remains closed at this time. Due to the step back by the Governor of Phase 3, we are airing on the side of caution and can serve you remotely. We will keep you posted when a decision has been made to reopen our doors. You will be the first to know.

We continue to outreach to those in need in our community and are averaging about 115 households each week for emergency food. We have served several thousands of Coventry households during the pandemic. Our staff has been active in meeting our community's basic human needs and connecting them to health, mental health and a variety of other needed services.

I would like to thank our incredible Meals on Wheels volunteers as they continue to go into our community and feed and connect with our community members who need it the most. Their work has made a tremendous difference to the elders they serve and has brought peace of mind to their families, knowing their loved ones are eating properly.

Our volunteers at the Coventry Community Garden continue to grow an abundance of organic fruits and vegetables that we give to families in need each and every week. Their work has been tireless and important in showing what a great group of caring people can do for their neighbors in need. Our Greenhouse is completed with new growing benches and will be fully functional for next year's growing season to help keep our community garden meet their mission.

We work collaboratively with our municipal partners and our school district in moving forward our C-TIC Program (Coventry-Trauma informed Community). Please keep a look out for some more opportunities for our steering committee to bring educational materials to everyone in Coventry. This three-year grant will include trainings for all our school and municipal employees as well as our youth coaches and families in trauma-informed practices which are so important during COVID-19. The goal is to support those who support our children to provide protective factors during this time of crisis.

Please feel free to contact us if you are interested in volunteering or are in need of any services.

Thank You and Please know we miss you and wish that you remain well.

Bob Robillard Jr., LMHC / Director



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# MONTHLY HAPPENINGS...

## ALL IN PERSON ACTIVITIES

### ARE SUSPENDED

### AT THIS TIME

until further notice.

*All Staff is available  
by phone & email.*

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

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

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### REOPENING RI

Visit [www.reopeningri.com](http://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, social distance  
and limit gatherings !!!*

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 will 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 wear your mask; do not exit your vehicle;  
please clear a space in your trunk; 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 !**

### 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](http://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. Last pick up at the

Middle School will be September 4.

**Meals will resume on Sept. 14 and will be at  
Coventry High School. More details to follow**

### 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

## Coronavirus 2019 (COVID-19) local and statewide resources and supports

### 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 wear your mask; do not exit your vehicle; clear a space in your trunk; open your trunk and we will place the food in your trunk. Remember to wear your mask for everyone's safety!**

**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.

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

Last pick up at the Middle School will be September 4.

Meals will resume on Sept. 14 and will be at Coventry High School. More details to follow

**Rhode Island Community Food Bank** (401) 942-6325 or [www.rifoodbank.org](http://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](http://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](http://www.oha.ri.gov/markethours)

**Food & other Delivery Options:** For the latest list of food & other delivery services go to [RIDELIVERS.com](http://RIDELIVERS.com) or at [www.oha.ri.gov/deliveryoptions](http://www.oha.ri.gov/deliveryoptions) to help those living in quarantine/isolation

**For restaurant take out & delivery options:** go to [www.eatdrinkri.com](http://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

Visit [WWW.REOPENINGRI.COM](http://WWW.REOPENINGRI.COM)

to view the Governor's phased plan & all the guidelines for reopening

**RI Department of Health COVID-19 HOTLINE (401) 222-8022**or email questions to [RIDOH.COVID19Questions@health.ri.gov](mailto:RIDOH.COVID19Questions@health.ri.gov)**Visit [www.health.ri.gov/covid](http://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](http://www.health.ri.gov/covid)****RI Office of Healthy Aging** (formerly RI Dept of Elderly Affairs) [www.oha.ri.gov/resources](http://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](http://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](http://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](http://health.ri.gov/covid/healthandsupport)****The Governor announced CRUSH COVID RI** which is a COVID-19 pandemic response app.It 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. **DOWNLOAD TODAY and take an active role in slowing the spread of COVID-19 in RI** for links to download go to: **[health.ri.gov/covid/crush](http://health.ri.gov/covid/crush)**

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, limit gatherings &amp; social distance !

**PLEASE** keep your daily **CONTACT TRACING** notebook.When someone tests positive, the Dept. of Health will call and ask about your close contacts within the last 2 weeks. **CONTACT TRACING is vital to limit or stop the spread !!**Visit **[WWW.BACK2SCHOOLRI.COM](http://WWW.BACK2SCHOOLRI.COM)** - for info on going back with links to your school's plan**EMPLOYMENT RELATED ISSUES:**Department of Labor & Training (401) 462-2020  
To file for unemployment or TDI go to [www.dlt.ri.gov](http://www.dlt.ri.gov)**SMALL BUSINESS SUPPORTS / free tech help:**[commerceri.com](http://commerceri.com) or call (401)521—HELP(4357)**DEPT OF BUSINESS REGULATION:**

Call 889-5550 to report a business in non-compliance with proper safety and health procedures.

**HEALTH INSURANCE INFO:** [HealthsourceRI.com](http://HealthsourceRI.com) or call **1-855-840-4774** without health insurance due to job loss or loss of health coverage—see if you qualify**TESTING:** If you have symptoms and need to be tested call your healthcare provider or urgent care to make an appt. \*Or go online to [health.ri.gov/covid/testing](http://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](http://Portal.ri.gov). **Asymptomatic testing also available.****RIDELIVERS** is your connection to help those living in quarantine or isolation due to COVID-19. Go to **[www.oha.ri.gov/deliveryoptions](http://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****EMERGENCY RENTAL ASSISTANCE:** visit **[HousingHelpRI.com](http://HousingHelpRI.com)** to see if you qualify.**TAKEITOUTSIDERI.COM** is the Governor's new initiative to safely take advantage of the beautiful weather outside for the next couple months. Visit this site to reserve space for free at one of the state's properties/parks to hold safely distanced meetings; teach exercise classes etc. Some locations will also have free wifi ...



**September 1<sup>st</sup> thru  
September 30<sup>th</sup>**

Welcome to the **Steppin' Out: Virtual Fitness Challenge** sponsored by Blue Cross & Blue Shield of Rhode Island. Get moving and keep connected. Explore your neighborhoods, communities and state; most importantly – let's walk!

Share your pictures, short videos, or stories about your favorite places to walk.



#### **What to do:**

- Join our [BCBSRI Steppin' Out: Virtual Fitness Challenge Facebook Group](#)
- Starting September 1<sup>st</sup> begin walking and posting your pictures or stories. Whether it's in your neighborhood, by the beach, or anywhere else, post about your walk. Post as often as you can – the more the merrier!



#### **Added incentive:**

- **Weekly raffles\*:** We will raffle off five-\$25 gift cards to a local market
- **Grand Prize raffle\*:** September 30. We will raffle off five-\$100 gift cards to a local market

\* See official raffle rules at [bcbsri.com/raffle](http://bcbsri.com/raffle)

# 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.

\*\*\*\*\*

**WALK WITH EASE** a program for better living Arthritis Foundation Certified. Doctor Recommended The Arthritis Foundation Walk With Ease Program is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.

Classes are one-hour each. 3x per wk for 6 weeks.

Cost is free.

Call Pat Fleming at 822-9474  
to be added to waiting list

\*\*\*\*\*

## ARTHRITIS EXERCISE CLASS

**Tuesdays and Fridays 10:30 – 11:30.**

This is an eight week program for \$40.00.

We include chair exercises as part of the program.

***Stop in for a class to see if this is what you are looking for !***

\*\*\*\*\*

## CHRONIC PAIN SELF-MANAGEMENT WORKSHOPS

Will provide participants with the tools to manage medications including signs of addiction and other side effects, fatigue, frustration, proper nutrition, communication skills to address family, friends, and healthcare professionals, Facilitated by two certified peer leaders in group sessions.

It does include a gentle exercise program.

2 1/2 hours per week for six weeks.

This is for anyone 18 years of age or older and it is FREE. Provided by RI DOH & Community Health Network at the RI Parent Information Network.

Call Cheryl our receptionist 822-9175 to reserve your spot.

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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/organiccoventry www.organiccoventry.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  
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](http://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

## 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)

*(In person dining is not available at this time)*

## Emergency Kit Checklist



3 Days of nonperishable / no cook food  
water (1gal. per day per person), medication



Flash light, battery operated radio, extra batteries



First aid kit with supplies, cash, cell phone and charger



Identification, Information, (Dr., Meds, Allergies, family / friends  
contacts, toothbrush / toothpaste, blanket and washcloth



Clothes and baby or pet supplies if you need them

DISASTER PREPAREDNESS: The likelihood that you will recover from an emergency tomorrow often depends on the planning and preparation done today. This list may help you get through the first 3 days, after a disaster.

**It is a starting point, as individual needs vary depending upon circumstances.**

For additional information, visit: [www.Ready.gov](http://www.Ready.gov). & [www.mass.gov/mema/ready](http://www.mass.gov/mema/ready)



FEMA

Region 1, SOS Secrets of Survivors



## 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 CAP \*Please note their NEW ADDRESS:**  
**Westbay Community Action** on 487 Jefferson Blvd. 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  
National Grid Consumer Advocate Carlos Andrade 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

\*\*\*\*\*  
**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)

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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](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.oha.ri.gov](http://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](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.

## DEPRESSION

### **Teen Depression is REAL, PAINFUL, AND CAN LEAD TO SUBSTANCE ABUSE.**

It can be difficult to differentiate between a depressed teen and one who is just sad, overwhelmed, or stressed. Teens are experts at masking their thoughts and feelings, which leaves most of them to deal with depression on their own. This can easily lead to tragedy. The best thing you can do is to be involved in your teen's life and let your child know that they can always talk to you about anything. Tell them that they are never alone, that you are always there for them, and that you can work through anything together.

#### **TIPS AND ADVICE TO CONSIDER**

There can be a fine line when comparing sadness to depression. Persistent sadness is a symptom of depression in teens, but not the only sign of depression. Feelings of sadness can be normal in certain conditions, but are usually temporary, with the possibility of declining within a short period of time. If sadness continues longer than 2 weeks, it could be depression.

Do not take responsibility for your teen's current outlook on life. Be sure to take part in their recovery, but do not take on the burden of guilt. Their depression is more than just a mood or something they can snap out of, so your best help will be found in the hands of a therapist for your teen, yourself and sometimes your family.

Teen depression is a medical condition that can have serious consequences, but for most teens, symptoms ease with treatment such as medication and psychological counseling.

Major depression is defined as having five or more of the symptoms listed below nearly every day over a two week period (and at least one of the symptoms must be either a "depressed mood" or a "loss of interest or pleasure"). If you suspect that your teen is experiencing major depression, seek professional advice from your child's physician or a licensed mental health professional promptly.

#### **WARNING SIGNS OF A PROBLEM**

- Diminished interest or feeling no pleasure in activities
- Significant change in weight or appetite (also failure to gain weight as expected)
- Insomnia or increased sleepiness, fatigue or loss of energy
- Apparent or perceived thoughts of worthlessness or excessive guilt
- Trouble making decisions or trouble thinking and concentrating
- Withdrawing from others
- Lack of motivation

## **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

**Project Friends Coordinator** Lisa Cote 822-9144

**Maintenance** Al Jordan 822-9175



**You can view our monthly newsletter online at**  
**[www.coventryri.org](http://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](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