Please join us in
BRINGING BREAKFAST BACK !!!
Starting October 27th.

Please note our new time serving 8am—9:30am. We will offer scrambled eggs, choice of bacon or sausage, French toast or English muffin, coffee, tea and orange juice. The cost is $3.00. All are welcome!

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

AARP Smart Driver Program
Refresh your driving skills by taking the Smart Driver Course!
You will learn:
Defensive driving techniques
Proven safety strategies
New traffic laws and rules of the road

Plus, there are no tests to pass. You simply sign up and learn. Upon completion you could be eligible for a multi-year discount on your automobile insurance. The amount of the discount will be determined by your insurance carrier, but it should be many times more than the fee paid to take this course.

Date & Time: Monday, October 16, 2017  1:00 PM—5:30 PM
Location: Coventry Community Resource Center, 50 Wood St.
To Register: Call 401-822-9175
Cost of Course: $15 for AARP members, $20 for non-members
MONTHLY HAPPENINGS....

OCTOBER

The Center will be closed on Monday, October 9th in observance of Columbus Day.

URI PHARMACY OUTREACH
The URI Pharmacy students will be here on Tuesday, October 10th at 11:00 for a presentation on “Flu 2017” Find out what is the up to date information on the 2017 projections of the flu virus, how the vaccine differs this year from previous vaccines and ways to treat the flu and to manage symptoms. Don’t forget Flu Clinic on Oct. 23rd.

URI Student Nurses are Back!
Thursday, October 5th and October 12th

DO YOU QUALIFY for a FREE Cell Phone?
If you are a participant of the Food Stamp program, getting Medicaid or have limited income you may qualify. *You must provide a copy of your 2017 Social Security Award letter, EBT card or Medicaid card along with a current ID. A representative will be at 50 Wood Street from 10:30 am—12:00pm on Wednesday, October 11th.

Take Control of Your JOINT PAIN
Join us for a Free Seminar with local orthopedic surgeon Dr. Thomas Barrett on Wednesday Oct. 11th 11:00 am at 50 Wood Street.
He will discuss Arthritis of the Hip and Knee and Non-Surgical & Surgical Alternatives. To register visit https://patients.stryker.com/seminars/648

CLEARCAPTIONS Can’t hear on the phone?
October 18th, 11:00am at 50 Wood Street.
Learn how you can qualify for a NO COST Caption Phone. Your local ClearCaptions representative will be here to explain this federal program.

2017 SEASONAL FLU VACCINE CLINIC
Monday, October 23rd 9:00am—11:00am
Location: 50 Wood Street, Coventry
Cost: No Charge—BCBS, Medicare Part B, UnitedHealthcare, Neighborhood Health, Tufts or Tufts/Carelink, Consolidated Different or no insurance—$25.00
YOU MUST BRING YOUR INSURANCE CARD WITH YOU
AGES 18 YEARS AND OLDER ONLY

FREE “One on One” LEGAL CLINIC
October 20, 2017 beginning at 10:00am
Rhode Island Legal Services will be here to resolve your Civil (not criminal) legal issues that have you stressed such as:
Concerned about your credit score?
Do you have a lot of creditors calling you?
Are you having problems with your public benefits (food stamps, childcare assistance, cash assistance?)
Have you been asked to change your will or power of attorney?
Have your received eviction notices from your landlord or is your home in danger of foreclosure?
Call 822-9175 for an appointment.

VETERANS
Are you aware of your benefits?
The Coventry Community Resource Center will have a representative from the RI Vet Corps here on Wednesday, October 25th.
Navigators connect military veterans and their families with veterans’ benefits and social services in Rhode Island. Please call Cheryl at 822-9175 for an appointment.

FALL HARVEST CELEBRATION
Bud Pistacchio will be here for our Fall Harvest Celebration on Tuesday, October 31st starting at 11:00. This wonderful program will require group participation. We will also have a few baskets to raffle and give out a few prizes for the best costume. Our menu will be Goblin Chicken Soup, Ravens Beef w/mushrooms & onions in wine sauce, Mummy’s noodles, Mixed vegetables, Dinner roll and Monster Mandarin Oranges.
The cost is your $3.00 donation for lunch.
You must make reservation by Friday Oct.27th at noon. Call 822-9180.
MONTHLY HAPPENINGS....

EDUCATIONAL INFORMATION

Can’t hear on the phone? Get your **FREE** CaptionPhone! Nothing to pay for... **EVER**

- Captioned phone conversations are displayed on the screen so you never miss what is being said
- Captions are provided free-of-charge to the user via ClearCaptions (FCC Certified)

**ClearCaptions**

**Call Today**

Fran Rose 401-644-2639

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**LEARN HOW YOU CAN QUALIFY FOR A **NO COST** CAPTION PHONE. YOUR LOCAL CLEARCAPTIONS REPRESENTATIVE, FRAN ROSE, WILL BE ON HAND TO EXPLAIN THIS FEDERAL PROGRAM THAT PROVIDES CAPTION PHONE SERVICE TO ANYONE WHO IS HARD OF HEARING AT NO COST.**

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**When:** OCTOBER 18th @ 11:00 AM

**Where:** Coventry Senior Center Meal Site

Look forward to being able to hear & see your calls and connect with people again!
LEGAL ISSUES GOT YOU STRESSED?

Are you having trouble finding work because of a criminal record, or because your driver’s license or professional license has been revoked?

Are you concerned about your credit score? Do you have a lot of creditors calling you?

Are you older than 60, and feeling alone, with no one willing to help?

Are you having problems with your public benefits (food stamps, childcare assistance, cash assistance)?

Have you been asked to change your will or power of attorney?

Have you received eviction notices from your landlord or is your home in danger of foreclosure?

ATTEND A FREE “One on One” LEGAL CLINIC

WHO: Rhode Island Legal Services: Civil (not criminal!) Legal Clinic
WHERE: Coventry Community Resource Center, 50 Wood Street, Coventry
WHEN: October 20, 2017, 10:00 AM
WHY: RESOLVE YOUR CIVIL LEGAL ISSUES
HOW: Call 822-9175 to book your appointment!
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.

Health & Wellness / Nurse
Our nurses are available four mornings per week to monitor your blood pressure, weight and diabetes as well as answering some of your basic health questions. Check in with Nurse Helen or Jane. 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 Community Resource Center we may be able to connect you with an opportunity that will enrich your life as well as the lives of others. If you have time, talent or a skill that you would like to share please give us a call.
Call 822-9175 for more information.

VOLUNTEER OPPORTUNITIES
- Mentoring / Tutoring
- Community Garden
- MOW Delivery
- Coffee Shop / Gift shop
- Dining Room servers / kitchen help
- Telephone reassurance
Call 822-9175 for more information.

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 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.
For further information call Lynn at 822-9125.
**GENERAL SERVICES**

**Coventry Community Resource 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 are available:**
- Monday 8:30—12:30
- Tuesday 8:30—12:30
- Wednesday 8:30—12:30
- Friday 8:30—12:30

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

[https://www.youtube.com/channel/UCnE8eE3pHL8XgOlSoZ-uaA](https://www.youtube.com/channel/UCnE8eE3pHL8XgOlSoZ-uaA)

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### OUR COFFEE SHOP

Open mornings daily 9:30 to 11:30 providing tea, coffee, hot chocolate, juices, snacks and muffins/pastries for a nominal cost

### OUR GIFT SHOP

Open mornings. Handmade crafts and gifts available. Wide assortment of greeting cards for any occasion and postage stamps for your convenience.

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**NOTARY PUBLIC - Free Service**

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

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**‘TIS THE SEASON**

‘Tis the Season is an all-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 such as penny collections, ice cream socials, pizza parties etc. Others prefer to donate money directly. These funds are used to purchase needed food and clothing. Local schools and churches hold food drives. Other clubs and organizations conduct toy, mitten/hat or coat drives all to benefit the cause. Still other families, businesses, schools and other local groups choose to “Adopt a Family” at the holidays. Call 822-9175 for more information, how to request assistance or how to donate.
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. The activities can include volunteer opportunities within the community such as delivery of Meals on Wheels or the Coventry Food Bank. Some individuals are able to engage in employment activities for which they receive a wage. Project Friends has also developed some opportunities such as our Thrift Shop “Treasure Chest”, a courier service and Pet Sitting/Walking for which each individual receives a stipend. If you would like more information about Project Friends, please feel free to call the coordinator MaryAnn Reynolds at 822-6229 or email mreynolds@coventryri.org

Please view their newsletter for additional events…..

**PROJECT FRIENDS SUNSET GAZZETTE**

Seasonal Clothing is out. We are located at 191 MacArthur Blvd. Coventry, 2nd floor. Summer Hours: Tuesday and Thursday 10:00 – 2:30  Wednesday  10:00 - 12:00.
Gently used clothing for children, teens, women 0-4x, and men’s clothing.
We also have toys, electronics, movies, CD’s etc.
Open to the public. For more information, call MaryAnn at 822-6229.

Need help with veterinary expenses? **CAWS Companion Animal Welfare Society of RI**
88 West Warwick Ave. West Warwick, RI  M-F 8am to 5pm  401-615-2200
Provides reduced cost care to those who qualify. For more information visit
[www.cawsri.org](http://www.cawsri.org)
**ACTIVITIES**

**PITCH / CARDS**
Tuesdays at 1:15 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**
Mondays at 6:00 pm. Wednesday Afternoons 1:30 – 3:30

**CRIBBAGE**
Thursdays at 1:00 pm. We meet in the activity room next to front office. 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 11:00 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 three 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!

**BOCCE**
Attention: BOCCE PLAYERS…. We will get together in the front of the building at the flag pole on Thursdays at 2:00pm – weather permitting. Call Cheryl in the main office at 822-9175.

**CREATIVE WRITING GROUP**
Thursdays at 11:00 in the activity room next to main office. 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.

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**FEEL LIKE TRAVELING?**
Come check out our travel board or visit Conway Tours website [http://conwaytours.com](http://conwaytours.com)
Daytrips as well as getaways
Limited trips leave from
50 Wood Street

<table>
<thead>
<tr>
<th>Weekly / Monthly Activities &amp; Programs</th>
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<tbody>
<tr>
<td><strong>Monday</strong></td>
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<tr>
<td>8:30am – Nurse available</td>
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<tr>
<td>8:30am – Pool Room</td>
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<tr>
<td>11:00am Scrabble</td>
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<tr>
<td>6:00pm Bingo</td>
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<tr>
<td><strong>Tuesday</strong></td>
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<tr>
<td>8:30am – Nurse available</td>
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<td>8:30am – Pool Room</td>
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<td>10:15am Sociables (1st Tuesday)</td>
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<td>10:30am Karaoke (3rd Tuesday)</td>
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<tr>
<td>10:30am Arthritis Exercise Class</td>
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<td>1:15pm Pitch</td>
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<td>4:30pm Yoga</td>
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<td><strong>Wednesday</strong></td>
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<tr>
<td>8:30am – Nurse available</td>
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<tr>
<td>8:30am – Pool Room</td>
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<tr>
<td>9:30am Zumba</td>
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<tr>
<td>9:30am Knitting</td>
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<td>10:30am TOPS</td>
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<tr>
<td>1:30pm Bingo</td>
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<tr>
<td><strong>Thursday</strong></td>
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<tr>
<td>8:30am – Pool Room</td>
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<tr>
<td>11:00am Adult Coloring &amp; Tea</td>
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<tr>
<td>11:00am Creative Writing</td>
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<tr>
<td>1:00pm Cribbage</td>
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<tr>
<td><strong>Friday</strong></td>
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<tr>
<td>8:30am – Nurse available</td>
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<tr>
<td>8:30am – Pool Room</td>
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<tr>
<td>10:30am Arthritis Exercise Class</td>
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<tr>
<td>1:00 pm Help with cribbage—call to sign up</td>
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THE SOCIABLES
On the first Tuesday of every month at 10:15am some interesting single seniors meet in the Arts & Crafts Room 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.

TOPS
Take Off Pounds Sensibly Wednesdays at 10:30. This is a great support group for all ages. There is a $32.00 yearly membership fee and a $1.00 weekly fee for this program. We meet in the Arts & Crafts room.

ZUMBA
Wednesdays from 9:30 – 10:30 Fun, easy to follow, low impact dance moves. A great cardio exercise. The cost is $3.00 per class. Fun for all ages!

YOGA
Tuesdays 4:30 – 5:30 All levels gentle yoga with Beverly, certified through the Pranotthan School of Yoga. Many modifications are offered including the use of a chair for sitting and/or support during balance postures. No experience necessary. $6.00 per class. Please bring a mat.

ARTHRTIS EXERCISE CLASS
We meet in the activity room next to the main office on 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!

MATTER OF BALANCE
Many older adults restrict their activities due to concerns about falling. A Matter of Balance is an 8 week award-winning program designed to manage falls and increase activity levels.

This program is free and sponsored by the Federal Hill House, the RI DOH, R I Parent Information Network & R I Geriatric Education Center

This program will benefit anyone who:
-Is concerned about falls
-Is interested in improving balance, flexibility and strength
-Has experienced falls in the past
-Has restricted activities due to concerns about falling

This program will teach you to:
-View falls as controllable
-Set goals for increasing your activity
-Make changes to reduce the risk of falls at home
-Use exercise to increase strength and balance

Call Pat Fleming at 822-9474 to be placed on the list.
Program will start Monday, July 10th 6:00—8:00 pm

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM
The Chronic Disease Self-Management Program is given 2 ½ hour sessions, once a week, for six weeks.

The workshops cover topics such as:
-ways to deal with problems such as frustration, fatigue, pain and isolation
-proper exercises to maintain and improve strength, flexibility, and endurance
-correct use of medications
-effective communication with family, friends, and health professionals
-wholesome nutrition / -how to evaluate new treatments

This program is free and sponsored by the Federal Hill House, the RI DOH, R I Parent Information Network & R I Geriatric Education Center. Currently we have a waiting list for this program with the hope of starting a class in the fall. Call Pat Fleming at 822-9474 to be placed on the list.
COVENTRY COMMUNITY FOOD BANK

The food bank is located at 191 MacArthur Blvd, Coventry. In order to determine eligibility to use the food bank, you must meet with a social worker at the Coventry Community Resource Center for a full assessment. Call 822-9175 for an appointment and a list of documentation to bring.

The Food Bank greatly appreciates any donations…
Currently in need of: canned pasta, cereal, school snacks, juice boxes
We always accept any non-perishable items such as personal care items, household cleaning supplies as well as dog / cat food.

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)
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.

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 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
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**Monday**
- Black Bean and Corn Soup
- 12 Turkey Chili

**Tuesday**
- Black Bean Soup
- 13 Turkey Chili

**Wednesday**
- Black Bean Soup
- 14 Turkey Chili

**Thursday**
- Black Bean Soup
- 15 Turkey Chili

**Friday**
- Black Bean Soup
- 16 Turkey Chili

**Suggested Donation: $3.00**
How to apply for SNAP (food stamps) benefits; RIW (cash assistance); 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)

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

Looking for information on other services? Here are a few links that may help...

The Rhode Island Family Guide is a complete resource for all your family’s needs…. for fun, for health, for education….View and download this guide at www.rifamilyguide.com.

Another useful resource is the Rhode Island Guide to Services for Seniors and Adults with Disabilities which can be found on the RI Department of Elderly Affairs website www.dea.ri.gov

Click on 2017 Pocket Manual


VETERANS SERVICES...

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

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

To receive readjustment, PTSD, marital & family counseling, outreach services, bereavement & substance abuse counseling etc. for the veteran and family members contact the VET CENTER at 2038 Warwick Avenue, Warwick RI 401-739-0167.

Services provided at no cost.

New in 2016

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.

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 you access available benefits and services.

They can be reached at 732-4660.

***

A representative from RI Vet Corps will be here in Coventry on the last Wednesday of the month beginning September by appt. only. Call 822-9175.

Transportation

Logisticare coordinates specialized transportation services for Rhode Islanders age 60 and older and adults with disabilities – general and special medical appointments, 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.

RIPTA can be contacted at 784-9500 ext. 604 or www.ripta.com

Americans with Disabilities Act (ADA)

Paratransit Services 461-9670 or www.ripta.com
Westbay Community Action - Buttonwoods Ave. in Warwick offers Coventry residents who are eligible: Heating Assistance, Good Neighbor Energy Fund, Weatherization Home Energy Programs etc. www.westbaycap.org or call 732-4660

FYI
Robert J. Allen
Medical Equipment Center
* Open to the public Fridays 9am to 12 noon
Pre-owned medical equipment
– loaned at no cost
Long Street in Warwick (across from St. Rose & Clement Church – Go through the iron gates “Masonic Shriners”)
Grand Lodge Charities warehouse is on the left. Contact 401-451-0184 if you have questions – otherwise just drive in.

Ocean State Center
for Independent Living
1944 Warwick Ave, Warwick, RI
Negging equipment such as wheelchairs, grab bars, walkers, transport chair, toilet risers, or need tub cuts, widen doorways, etc.
Or need a wheelchair ramp ? Call OSCIL at 401-738-1013 Ext. 13 to discuss eligibility for grant assistance. Visit their website at www.oscil.org

To safely discard expired, unused and unwanted prescription drugs go to www.riprc.org for a listing of permanent drug disposal sites

Drivers Education
We are proud to be a CCRI Drivers Education host site for the convenience of our Coventry residents.
Please visit the CCRI website www.ccri.edu/cwce.dred for the next schedule of classes and information how to register your teen.

Need Housing ?
For information on Public Housing for Elderly and Disabled, the Housing Choice Voucher Program and Affordable multifamily housing --- Contact the Coventry Housing Authority at 14 Manchester Circle 401-828-4367 or coventryhousing.org

YOUR LIBRARY CONNECTION
Come and browse our selection of books donated by the Coventry Library. Feel free to take and maybe donate a book as well. View the library newsletter at www.coventrylibrary.org.

Coventry Parks and Recreation
View their entire offering of programs at www.coventryri.org/parks-recreation.

SUPPORT GROUPS Here are just some of the support groups in RI…

Rhode Island Breast Cancer Coalition (RIBCC)
Call 1-800-216-1040 or email: ribcc@aol.com for resources and support groups.

Rhode Island Parent Information Network (RIPIN)
Visit their website at www.ripin.org for listing of support groups for: autism, Crohn’s disease & colitis, eating disorders, domestic violence, mental health etc.

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 April 821-2445 for more info.

American Parkinson Disease Association / APDA Parkinson’s Information & Referral Center at Kent Hospital
Call Mary Ellen Thibodeau, RN 401-736-1046 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

The Alzheimer’s Association’s 24/7 Helpline service provides assistance toll-free at any time to anyone seeking reliable guidance & information on understanding memory loss, Alzheimer’s and other dementias etc.
1-800-272-3900

To safely discard expired, unused and unwanted prescription drugs go to www.riprc.org for a listing of permanent drug disposal sites
**Staff Directory**

**Acting Director**  Catherine Pendola  822-9178  cpendola@coventryri.org

**Bookkeeper**  Jomarie Fabian  822-9177  jfabian@coventryri.org

**Receptionist / Clerical Aide**  Cheryl Seltzer  822-9175 / 822-9147

**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 Coordinator**  822-9199

**Social Worker Assistant**  Susan Leveillee  822-9152  sleveillee@coventryri.org

**Mealsite**  822-9180

**Program Coordinator**  Pat Fleming  822-9474  pfleming@coventryri.org

**Volunteer Coordinator**  822-9147

**Transportation**  Jean Salemi  822-9175

**Project Friends Coordinator**  Mary Ann Reynolds  822-6229 / 822-9144  mreynolds@coventryri.org

**Maintenance**  Al Jordan  822-9175

**Coventry Friends of Human Services Advisory Board:**  Charles Bowen, Lynn Andrews, Charles Goss, Lois Tallman, Marilyn Nagy, Jean Salemi, Ernest Rusack, Carol Allin, William Morein

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**INCLEMENT WEATHER POLICY**

Information regarding closings due to snow or ice will be posted on channel 10.

Announced on radio stations 93.3 FM and B101.

Online at [www.ribroadcasters.com](http://www.ribroadcasters.com) click **View Current Closings**.

In doubt - call the main number at 822-9175

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**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)