



Happy Holidays!

We are very excited about the upcoming Richmond Annual Tree Lighting to be held on **December 6th from 5-8pm** at the Richmond Town Hall!

We have been helping the volunteers from the Recreation Commission, along with many Richmond Town Departments in putting together the best Tree Lighting yet! It's sure to be filled with holiday cheer that will help light-up our community this season! We encourage all to join the fun of Santa's arrival via the Richmond-Carolina Fire Department, Food Trucks, Richmond/Chariho Chorus, Local Businesses, Local Non-profits & so much more as we celebrate the Holidays together!

People can also spread the cheer to those needing a little extra support this season by bringing an unwrapped toy to help Matthew's Wish fill a Fire Truck for RICAN! There will also be a donation Train to be filled with non-perishable food items for RICAN. If you donate a non-perishable food item, your name will be entered to win a local hand-crafted wreath!

While the Holiday Season can be a wonderful time of year for many, it can be equally difficult for many. If you are finding difficulty throughout this season, please feel free to reach out to us. We can help connect you to both local and statewide support. We've also included a few extra pages of resources in the coming pages. You are not alone.

Wishing you a peaceful Holiday Season!

Kate Schimmel, RN
Human Service Director

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Human Services Department

Town of Richmond, RI
(401) 491-9824

www.richmondri.com

Follow us on Facebook:

[Human Services of Richmond, RI](#)

Tues: 9:00am - 2:00pm

Wed: 9:00am - 2:00pm

Thur: 9:00am - 2:00pm

Richmond's Annual Tree Lighting

Friday, December 6, 2024

Timeline of Events

5:00pm FOOD TRUCKS & VENDORS OPEN

GINGERBREAD HOUSE SUBMISSIONS

5:15pm ELSA & ANNA

6:00pm SANTA ARRIVES

6:30-7:00pm RICHMOND SCHOOL CHORUS

7:00pm CONTEST & RAFFLE WINNERS ANNOUNCED

7:10-7:40pm CHARIHO HIGH CHORUS

As we head into the holiday season, the Richmond Human Services Department with volunteers from the Elder Affairs Commission, will be providing eligible Richmond residents with:

Older Adult Care Bags

Eligibility:

- ✓ Richmond Resident
- ✓ 60+ years old
- ✓ Annual income <\$40,000

If you or someone you know are interested in receiving a Care Bag or a little extra support this Holiday Season, please reach out to the Human Services Department for more information at

401-491-9824
or e-mail:
humanservices@richmondri.com



Happy Holidays



Bags will be given out on a first come, first serve basis.

Community Bingo & Lunch

Wednesday, December 18th
10am - 12pm

Lunch will be served with our
Community Bingo!

We welcome all ages and abilities to come and enjoy a few rounds of casual bingo, socialize with neighbors and then enjoy lunch on us!

Please see flyer on Page 5 to learn more about Community Bingo!

United Way 211-Van

TUESDAY, DECEMBER 3RD
12:00PM - 3:00PM
CHARIHO PLAZA
1190 MAIN ST
WYOMING, RI 02989
(YMCA PARKING LOT)

The 211-Van is a rolling office filled with a wealth of information and knowledgeable staff to answer questions about housing, SNAP, Medicare, Medicaid, job training and much more! They are a great resource to our community. Please stop by if you or someone you know could use assistance in any way.



December

Town of Richmond Events

12/03

United Way Van

All Welcome

The 211-Van is a rolling office filled with a wealth of information & knowledgeable staff to answer questions about housing, SNAP, Medicare, Medicaid, job training and much more! They are a great resource to our community. Please stop by if you or someone you know could use assistance in any way.

12:00pm - 3:00pm

Chariho Plaza Parking Lot

12/10

The Point in Richmond

All Adults Welcome

The Office of Healthy Aging - The Point to provide support and answer questions about insurance, home-based support, and other programs supporting older adults adults with disabilities or caregivers..

11:00am - 2:00pm

By appointment

Contact Richmond Human Services to schedule an appointment.

12/06

Richmond's Annual Tree Lighting!

All Welcome

Join us for Richmond's Annual Tree Lighting! It's sure to be filled Holiday cheer and big surprises that will help light-up our community for the Holiday Season! We encourage all to join the fun of Santa's arrival via the Richmond-Carolina Fire Trucks, Food Trucks, Local Businesses, Non-profits, Gingerbread contest and so much more!

Hosted by: Recreation Commission & Recreation Department

Richmond Town Hall

5:00pm - 8:00pm

5:00pm - Food Trucks, Vendors Open

5:15pm - Elsa and Anna arrive

6:00pm - Santa arrives

6:30pm - Richmond School Chorus

7pm - Contest Winners announced

7:10pm - Chariho High School Chorus

For more information on this:



https://www.facebook.com/event_s/1589061305023796

Wednesdays
12/04, 12/11, 12/18

Community Bingo

All Welcome!

We invite all ages and abilities to join us for this relaxed, welcoming, multigenerational fun. Come meet, chat and play bingo with fellow community members! On **12/18**, we'll be offering a free community lunch after Bingo!

This program is led by the adult students in the EWG Transitional Program. Hosted by: Richmond Human Services, Exeter Social Services, Wellbeing Collaborative and students from the EWG Transitional Program

10:00am - 11:30am

YMCA Community Room

For More Information
Please contact

Richmond Town Hall:

401-539-9000

<https://www.richmondri.com>

Richmond Senior Center:

401-491-9404

Human Services Department:

For more info on services, events or to be added to our e-mail list, contact us at: 401-491-9824 or humanservices@richmondri.com

happy holidays

Point In Richmond

ADRC (Aging and Disability Resource Center)

The RI Office of Healthy Aging - The Point is Rhode Island's ADRC and now assisting Rhode Islanders in-person. Trained counselors are able to help RI residents make informed decisions and streamline access to long term services and supports for older adults, adult with disabilities and their caregivers.

The Point has been helping local residents in **Richmond** the **2nd Tuesday of each month**. They are available for private meetings with community members to provide individual education and assistance on a variety of resources and programs that are tailored to meet individual needs and circumstances.

Tuesday, December 10th
11:00am - 2:00pm

By appointment



Arcadia Branch
Community Room
1190 Main St. Wyoming, RI 02898

Valuable information and services such as:

- Application assistance for long term services and home-based support services.
- Information and referral for publicly funded programs such as Medicaid, SNAP, subsidies to obtain low cost of medication, RIPAE (RI Pharmaceutical Assistance for Elders).
- Person centered options counseling
- Information and referral regarding SHIP (State Health Insurance Assistance Program), MIPPA (Medicare Improvements for Patients and Providers Act), and SMP (Senior Medicare Patrol).

All Welcome to book an appointment. Please contact: Richmond Human Services
401-491-9824 or humanservices@richmondri.com





Community Bingo

**Wednesdays
10:00 - 11:30 am**

**Play bingo & socialize
in a casual, welcoming environment**

**Games led by the young adult students in the
EWG Transition Program.**

**Arcadia Branch YMCA
1190 Main Street, Wyoming, RI**



Questions? Contact Amy Neilson, amy@wellbeingcollab.org, 401-212-2741

**Presented in partnership with
Exeter Dept of Social Services, Richmond Dept of Human Services,
Exeter-West Greenwich Transition Program & the Wellbeing Collaborative**

Volunteer Opportunities



The Village Common of Rhode Island

Aging Better Together

Have you heard of The Village Common? Our community is in the beginning stages of building a 'Village' and we'd love for you to be a part of it. The goal is to build a community of support for our older adults. We are looking to create a Richmond Village of at least 20 volunteers that helps build a network of support for our seniors. Whether it's assisting with grocery shopping, snow shoveling, or even providing some tech help, we welcome volunteers of all ages and abilities and availability! To sign up, contact humanservices@richmondri.com or call 401-491-9824. To read more about the Village Common concept click here - [The Village Common of RI](http://TheVillageCommonofRI.org) (villagecommonri.org)



Our neighborhood community health center, Wood River Health, is seeking donations of winter accessories to place on its "Mitten Tree" to help keep their patients warm during the cold New England winter. They would love to receive knitted, crocheted, sewn and purchased child and adult items at their Hope Valley facility at 823 Main Street.

Any help is appreciated! Do you make these items? Know someone who does, a group you're in do service projects? Could you keep your eye on sales to donate purchased things? They would love to receive new, washable acrylic/polyester items in all sizes and colors!

Please drop off items at the front desk during regular hours you'll find on their website. All donations are tax deductible. If you'd like to receive a receipt, please leave your name, address and value of your donated items at the front desk and one will be mailed to you.

Contact cshedenberg@gmail.com with questions. TY!





HOPE VALLEY-WYOMING FIRE DISTRICT

Senior Advocates – Ron Mowchan & Bill Day

December 2024

Merry Christmas and Happy New Year!

This is the time of year for all the uninitiated wood choppers of Hope Valley to go out and harvest their Christmas tree. Remember to be safe when cutting down and transporting your tree. Try to wait till it is closer to Christmas or make sure the tree is getting plenty of water. Always keep your tree away from any heat sources. Check the lights before placing them on the tree. Ensure there are no frayed wires. Use non-flammable ornaments and never block an exit with a tree. Turn off all Christmas lights before going to bed or leaving your home.

Sometimes people enjoy a fire in their fireplace. Ensure you have a screen in place and put the fire completely out before going to bed. If you need to use real candles, be aware of where you are placing them in your home. Keep them away from loose curtains, paper or Christmas Trees. Make sure you never leave any candles burning when you are asleep or leave your house.

If you plan to decorate the outside of your home, make sure to do it in a safe manner. Using ladders can be very dangerous, always check for power lines and have someone at the bottom of the ladder to ensure stability to the ladder. Use only approved outdoor lights and make sure you dress properly for the weather.

Speaking of the weather, now that hurricane season is behind us, we need to prepare for winter storms. Some things to keep in mind are to always have a shovel and salt ready. You want to keep your driveway, and all walkways clear from snow and ice. If there are any fire hydrants in front of your property you should clear them for the fire personnel in case of an emergency. If you are not able to clear your own snow you should always reach out to someone who is able to help.

During the winter season more appliances tend to be used. Dryer fires are more likely to occur due to the wet winter clothes. The vent pipe should be inspected and cleaned at least twice a year. Heaters should also be checked for any damage.

Driving during snowy and icy conditions demands more caution. Your speed should be reduced due to needing longer stopping time. Make sure your wiper blades are in good condition and keep a winter survival kit in your trunk, make sure your windows and roofs are clear from any snow or ice before leaving your driveway. Never warm your car up in a closed garage. Carbon Monoxide poisoning could resort. Do not park on the streets. This makes it difficult for a snowplow to complete their job.

Unfortunately, it seems that Christmas fires happen more often than we would like. Have a plan to get out, stay out and call 911! Make sure your address is visible from the street.

No problem is too big or complex that it can't be run away from.
If you are having Mental Health issues, call your local physician or dial 988.

Have a SAFE and STRESS-FREE holiday Season!





The Arcadia YMCA will be hosting their annual giving tree to help provide a little extra support families who may need it. If your family could use a little extra support this holiday season, please contact Karen Allen at 401- 539-2306



Nourishing Neighbors SENIOR DINNER

Enjoy good food and even better company!



THREE COURSES

\$9

SOUTH COUNTY HEALTH

Unidine healthcare

EVERY TUESDAY FROM 4-5 P.M.
AT SOUTH COUNTY HOSPITAL

South County Health is excited to announce the launch of Nourishing Neighbors: Senior Dinners, a revitalized community program designed to bring seniors together for a shared dining experience. Starting **November 26, every Tuesday from 4:00-5:00 p.m.**, The Kenyon Cafe will host an evening meal specifically for seniors in the community!

Enjoy a delicious three-course meal for only \$9!

Menu includes:

- Soup/Salad
- Entrée
- Two Sides
- Dessert

Read more: <https://vist.ly/3mmeis8>



Important Open Enrollment Dates

1

November 1st

Open Enrollment begins!

2

December 23rd

Complete your new enrollment or renewal and payment to make sure your coverage is active January 1, 2025.

3

December 31st

Complete your new enrollment and payment by this date to ensure coverage effective January 1. Note that your ID cards may arrive later.

4

January 31st

Open Enrollment ends. Complete your enrollment by this date for coverage starting in February 2025.

<https://healthsourceri.com/>

You're Not Alone Help is Available.

988 Suicide & Crisis Lifeline
988 or [988Lifeline.org](https://988lifeline.org)

Veterans Crisis Line
Dial 988 (press 1)

[FindSupport.gov](https://findsupport.gov)

SAMHSA's National Helpline
1-800-662-HELP (4357)

Disaster Distress Helpline
1-800-985-5990

[FindTreatment.gov](https://findtreatment.gov)

Take Care of Yourself as a Caregiver



Activities like these can lower your stress, boost your mood, and help make you a better caregiver, too.

Learn more about caregiving at www.nia.nih.gov/caregiving.



Caring for a loved one can be overwhelming, but remember – your health matters, too. Prioritizing self-care is key to staying strong and resilient. Make space for things that bring you joy, and don't be afraid to lean on others for support. Help is out there, whether from a community or professionals, so you don't have to face this alone.

Learn more: <https://go.nia.nih.gov/4hFDXuL> #NationalFamilyCaregiversMonth

All Assistance

211 - By dialing 211 from your Phone you can reach free, confidential resource information service. Your call is answered by a trained professional. One call connects you with the appropriate resources you need in your community. It is efficient, fast, and easy to use. 211 is available 24 hours a day, 7 days a week, 365 days a year. Translation services available in many languages.

Housing

RI Coordinated Entry System (CES): If you find yourself in need of "Emergency Housing", are you currently homeless or facing homelessness, the first step should be to contact CES at 401-277-4316. They will assist in finding an appropriate shelter and provide case management services for permanent housing.

WARM Center: WARM is the only provider of comprehensive shelter and social services to adult men and women in South County, RI & Southeastern, CT

401-596-9276

Web: <https://warmcenter.org>

Rhode Island Housing Phone: RI Housing works to ensure that all people who live in Rhode Island can afford a healthy home that meets their needs. They offer information on affordable housing, homebuyer education, rental and mortgage assistance programs.

401-457-1234

Web: www.rihousing.com

Food

RICAN - Offers programs year-round to give you the support and resources you need to get back on your feet. Guests can visit our food pantry once a week & may also have access to free clothing items. Pantry hours are as follows:

Wednesday

9:30am – 11:30am - Drive Thru Only

5:30pm – 6:30pm - Drive Thru Only

Thursday

9:30am – 11:30am - Drive Thru Only

Friday

2:00pm – 3:00pm - Drive Thru Only

For more information please contact:

401-364-9412

<https://www.rhodeislandcan.org/>

Pantry on the Lane - The Pantry on the Lane is a food assistance program serving anyone in need in the Southern R.I. area- no questions asked. They are located at 70 Bowling Lane, Bradford, RI and are open on Saturdays from 8am - 12pm. For more information call 401-465-7745.

The Jonnycake Center of Westerly - The Jonnycake Center of Westerly is proud to offer a client-choice service model for its Food Pantry. Every 30 days clients have the option to come to our Pantry and select food for themselves (with the optional assistance of a Pantry volunteer).

Qualified residents may receive a one-week supply of food for their household every thirty days. To sign-up contact 401-377-8069 option 1.

Web: <https://jonnycake.org>

Meals on Wheels - Our mission is to meet the nutritional and other special needs of older adults and other eligible populations in order to help them maintain their independent lifestyles. MOW offers home-delivered meals as the only nonprofit meal delivery program of its kind in Rhode Island, serving approximately 1,312 seniors daily. MOW phone number is 401-351-6700

Web: www.rimeals.org

CONNECTION



SUPPORT



COMMUNITY

For more information feel free to reach out to The Human Services Department:

401-491-9824

humanservices@richmondri.com

Older Adult Resources

Office of Healthy Aging (OHA): As Rhode Island's designated state unit on aging, OHA empowers older Rhode Islanders (age 55+) and adults living with disabilities to age strong. Along with many partners, OHA connect you to information and resources in the community to help.

401-462-4444

Web: <https://oha.ri.gov>

RI Elder Info: Rhode Island's central source for all information and resources regarding care for the elderly. 401-585-0509

Web: <https://rielderinfo.com>

RI Alzheimer's Association: Serving all of Rhode Island, the Alzheimer's Association Rhode Island Chapter is here to help. We provide education and support to all those facing Alzheimer's and other dementias throughout our community, including those living with the disease, caregivers, health care professionals and families.

800-272-3900

Web: www.alz.org/ri

Southern Rhode Island Volunteers'

(SRIV): SRIV's mission is to support older citizens by providing aging-in-place services for those in need, by providing meaningful volunteer engagement opportunities, and activities that promote and enhance independent living for mature individuals including seniors, disabled adults, and anyone interested in volunteer service opportunities in their community.

401-552-7661

Web: www.southernrivol.org



Crisis and Mental Health Support

Call or Text 988 - NATIONAL MENTAL HEALTH HOTLINE If you are in a crisis 24/7- you can call or text 988 on your phone and be connected with a trained counselor in Rhode Island.

988 is connected to BH LINK - BH Link is a behavioral health facility designed to provide immediate assistance to a person in crisis by providing innovative crisis intervention services, and connecting people to ongoing treatment and care.

www.bhlink.org

KidsLinkRI - a free, confidential, 24/7 phone line for parents and caregivers. An experienced clinician can help callers access children's services in Rhode Island and determine the best place for children's treatment and counseling.

24/7 Call: 1-855-543-5465

<https://www.brownhealth.org/centers-services/kids-link-ri>

Prevent Overdose RI - This website provides timely data to track progress toward ending Rhode Island's overdose crisis. It includes information and ways to get help.

<https://preventoverdoseri.org/>

Heating Assistance

Tri-County Community Action - LIHEAP and WAP programs work hand in hand to reduce the energy burden of low-income Rhode Islanders. The Low-Income Home Energy Assistance Program (LIHEAP), and the Weatherization Assistance Program (WAP) help to reduce home energy costs so that families have more money to spend on food, medicine, and other essentials.

To see if you qualify for assistance, contact 401-519-1913.

Web: www.tricounty.org