



## Welcome February!

We are in the thick of our New England winter and may not be moving and getting out as much as we normally do. We also may be stuck in front of our TV/ devices more than usual. Even though we are New Englanders, we're not immune to the winter doldrums.

With this in mind, we encourage you to take care of yourself this month. Whether that means seeking out assistance, increasing your steps, calling a friend, or even taking time away from the T.V. and devices in order to participate in a social or volunteer activity. To help, we've included a few little tips and social activities in the following pages to help prioritize your wellbeing - You are worth it!

We are here to assist and hope to see you soon.

Let's All Take Care.

Kate Schimmel, RN  
Human Services Director



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### Human Services Department

Town of Richmond, RI  
(401) 491-9824

humanservices@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

## Create Boundaries For Your *Mental Health*

### Learn to Delegate

Delegate tasks when possible.

It's okay to ask for help and share responsibilities.

### Learn to Say No

It's okay to decline requests or invitations that exceed your capacity.

Saying no is a healthy way to protect your time and energy.

### Prioritize Self-Care

Make self-care a non-negotiable part of your routine.

Set aside time for activities that recharge and relax you.

**988** | SUICIDE & CRISIS LIFELINE

## Community Bingo with Community Pizza



Wednesday, February 12th  
10:00am - 1:00pm  
YMCA Community Room



Join us for Community Bingo with a Community Lunch afterward as an early Valentine's Day celebration of our community!

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 - Canceled for February. Back March 4th from 12-3pm @ Chariho Plaza



The 211-Van is a rolling RI 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.

**If you need assistance, Richmond Human Services is available with assistance information for local and state programs:**

**401-491-9824 or [humanservices@richmondri.com](mailto:humanservices@richmondri.com)**



### Richmond Warming Centers:



(Richmond has 2 daytime centers for those seeking temporary shelter during cold weather)

Clark Memorial Library: 7 Pinehurst Dr, Carolina  
Mon, Wed, Fri: 10 AM - 5 PM, Tues & Thurs: 1 PM - 7 PM, Sat: 10 AM - 1 PM

Richmond Community/Senior Center: 1168 Main St., Wyoming  
Mon - Fri: 8:30 AM - 12 PM

For hours outside the hours noted above: The WARM Center, 56 Spruce St. Westerly, RI or The Welcome House of South County, 8 North Rd, Peace Dale, RI are open 24hrs through the winter



## 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](mailto: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](http://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](mailto:cshedenberg@gmail.com) with questions. TY!



Wood River Health would like to also thank Dennis McGinity from the Richmond Senior Center for donating hats and gloves to our Mitten Tree!



## Richmond Housing Needs Survey

### ***Your input is valued and needed!***

The Town of Richmond's Affordable Housing Committee, and Planning Board and have collaborated to develop a **Housing Needs Survey**. By sharing your input in the survey, you will provide feedback and opinion about residential development throughout the community. This survey will take approximately 5-10 minutes to complete. Your response shall remain anonymous. Thank you for your interest in completing this survey.

VIEW AND COMPLETE THE SURVEY AT THIS LINK  
OR CONTACT TOWN HALL FOR A PAPER FORM  
[tinyurl.com/richmondhousingsurvey](https://tinyurl.com/richmondhousingsurvey)

SCAN HERE  
TO COMPLETE  
THE SURVEY



In December, the HSD participated in The RI Life Index Launch Event at Brown School of Public Health. Attached is a quick overview of the event: [RI Life Index Event](#)

At this event, the HSD learned that Richmond was one of 2 towns in the State that had no representation or voice in the data. If you would like to participate and provide 'lived experiences' from Richmond, please see below

### Help improve Rhode Island with Rhode Island Voices!

This project gathers insights from residents through short, confidential surveys on key topics like housing, food, jobs, education, and more. Results will guide community health initiatives statewide.

#### Who can join?

- ★ Age 18+
- ★ Live in Rhode Island
- ★ Read English or Spanish
- ★ Have a working email

#### What to expect:

- ★ 3-4 short surveys per year
- ★ Earn \$5-\$10 gift cards per survey (up to \$25 annually)
- ★ Gift cards are emailed after completion



Sign up using the link below. Please don't share the link on social media due to past issues with fraud. Instead, share it directly with friends, family, and coworkers, and ask them to mention you (e.g., "My friend, Jane Smith") when signing up.

Thank you for helping us make Rhode Island better!  
Rhode Island Voices Website: <https://rilifeindex.org/rivoices/>



# February



## Town of Richmond Events

**2/04**

### **United Way Van**

**Canceled this Month.**

Back on **March 4th** from  
**12:00pm - 3:00pm**

**Chariho Plaza Parking Lot**

If you are looking for assistance, feel free to contact Richmond Human Services for local and state-wide program information.

**2/19**

### **Kid's Birdhouse Building**

Ages 5-12yrs  
Come have fun building and decorating a birdhouse with Morgan, our Recreation Director! Parent/guardian must be present during this event.

Hosted by: Richmond Rec  
**10:30am - 12:00pm**

**Richmond Carolina Fire Station**

**Sign-up required:**  
<https://docs.google.com/.../1FAIpQLSfq.../viewform>



**Wednesdays**  
**2/5, 2/12, 2/19, 2/26**

### **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! 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**

On **2/12** we will be hosting Community Bingo with a free Community Lunch afterward.

Join us for an early Valentine's celebration of our community  
**12:00pm - 1:00pm**



**2/12**

### **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 their caregivers.

**11:00am - 2:00pm**

**By appointment**

**YMCA Community Room**

Contact Richmond Human Services to schedule an appointment.

**For More Information 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](mailto:humanservices@richmondri.com)

# 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**. 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.

## Wednesday, February 12th

(Note the change from Tuesday to Wednesday this month. Next month will be back to normal hours of the 2nd Tuesday of the month from 11am-2pm)

### 1:00pm - 4:00pm

By appointment



Arcadia Branch  
Community Room

1190 Main St. Wyoming, RI 02898

### *Valuable information and services such as:*

- 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).
- 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).

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



**RICHMOND REC'S FEBRUARY VACATION EVENT**

# *Birdhouse Building*

Richmond Carolina Fire Station

**WEDNESDAY, FEB. 19, 2025**

**10:30AM-12:00PM**

Ages 5-12

Please RSVP using the Google form QR Code or the following link.

Spots/Materials are limited!

Please note that parents/guardians should be staying with their child for this event. Once you RSVP, you can drop in to complete your birdhouse anytime between 10:30am and 12:00pm! The birdhouses are 4"x6".





Come for a Free Lunch and Learn about

# The Rhode Island Older & Wiser Driver

A safe driving presentation for mature drivers, delivered by AAA Northeast with support from the RI Department of Transportation Office on Highway Safety. This presentation will cover:

- The major causes of crashes for older drivers
  - Pedestrian & bicycle safety tips
  - Advice for extending safe driving years
- How to plan driving cessation (and resources for staying mobile!)

## Event Information:

**WHEN:** Thursday, March 6th

**TIME:** 12pm

**WHERE:** Richmond Senior Center  
1168 Main St. Wyoming, RI  
2nd floor of the Richmond  
Police Station (elevator in the  
rear)

To sign-up for free lunch via one of the following ways:



<https://forms.gle/4fjPruSnK2mHRbWC9>



Phone Number  
**401-491-9824**



E-mail  
[humanservices@richmondri.com](mailto:humanservices@richmondri.com)





# Lunch and Learn

## “Understanding Alzheimer’s & Dementia”

Presented by:  
Annie Murphy, Program Manager,  
Alzheimer’s Association of RI

&

## “Community Resources for Seniors & Caregivers”

Presented by:  
Deb Burton, Executive Director, RI Elder Info

### Event Information:

**WHEN:** Thursday, March 27th

**TIME:** 12pm

**WHERE:** Richmond Senior Center  
1168 Main St. Wyoming, RI  
2nd floor of the Richmond  
Police Station (elevator in the  
rear)

To sign-up for free lunch via one of the  
following ways:



<https://forms.gle/iJCoDM83AfE9JMrJA>



Phone Number  
**401-491-9824**



E-mail  
[humanservices@richmondri.com](mailto:humanservices@richmondri.com)



If you are a care-giver, please feel free to bring the person you care for to this event with you. We will have a volunteer/ licensed social worker on-site to watch your loved one during this event.



**Join us** as we grow our Gardening Club! We hope to cultivate a community of gardeners who enjoy growing both flowers and vegetables! The Garden Club has also adopted the new round-a-bout at the Richmond Town Hall. Members will be responsible for planting flowers and keeping this town focal point well maintained!

# ***RICHMOND SENIOR CENTER*** ***GARDEN CLUB***

*Meeting times and dates to be determined closer to Spring!*

*We hope to see you!*



**@ Richmond Senior/Community Center  
2nd Floor of Richmond Police Station  
1168 Main St. Wyoming, RI**

*Contact Richmond Senior Center for more information:  
401-491-4904*



## **HOPE VALLEY-WYOMING FIRE DISTRICT**

Senior Advocates – Ron Mowchan & Bill Day

February 2025

Baby, it's cold outside!

It appears that the bitter, cold winter weather has finally arrived. I would think most of us seniors are now thinking ahead to the warm spring weather. Unfortunately, we must grin and bear it for a bit longer, but we need to know how to keep safe while staying warm.

Sitting in front of a warm wood stove or fireplace is one way to keep nice and toasty. But be extra careful not to get too close! Small sparks and embers can easily catch clothing or blankets on fire. Even if the item is marked “fire retardant”. Some fabrics such as polyester will melt before catching on fire. Use caution as severe burns can occur.

The same precautions should also be taken around electric space heaters.

A few of us here like to enjoy some hot mulled cider. Sometimes even add some ginger or rum. If you plan to sit by the fire sipping on some mulled special ciders do not plan to go out driving after. Driving on slick, snowy icy roads can be hard enough. The message here is do not DRINK AND DRIVE!!

Always remember the safe driving rules...

1. Have a survival kit in your car.
2. Clear the entire vehicle of snow (even the roof)
3. Driving during icy or snowy conditions can take longer commute times. Plan ahead and drive slowly!
4. If you run off the road or find yourself stranded make sure to STAY with your vehicle and dial 911.
5. Let someone know if you are heading out, where you are going, and when you plan to return.

We don't normally talk about hazards in your home other than fires or electrical but there are other hazards throughout your home.

One room that often gets neglected when it comes to safety is the bathroom. Who would want to speak about bathrooms? There are numerous dangerous hazards in a bathroom. Bathroom mats should have rubber backings or be secured with rug tape.



## **HOPE VALLEY-WYOMING FIRE DISTRICT**

Senior Advocates – Ron Mowchan & Bill Day

February 2025 (Continued)

An electrical outlet near the sinks should be GFCI (ground fault circuit interrupter). A motion sensor light will help provide automatic lighting at night to prevent any falling. Grab bars should be installed in the tub/shower. They need to be secured to the wall with studs, so they won't get pulled out easily. You can get toilets and sinks at various heights. You should tailor these to your liking. If you use a wheelchair, make sure you have at least 5 feet of open space to move around. Don't forget to check your door widths. Wheelchairs require a very wide width of space to get in and out. Use caution when setting your water heater. The standard temperature is usually around 120 degrees. Use caution not to burn. If your home runs on a well, replace the filter frequently.

Continuing the subject of bathrooms, I felt it was important to talk about the safety of outhouses with the old-timers. First, be sure the foundation is secure and not rotted out. You don't want it to tip over while in use. Periodically check the inside corners for wasp nests. Make sure the seat is smooth and free of splinters. Finally, and most importantly do not throw away lit cigarettes down the hole. Sears catalogs can easily catch fire, we don't want a hot time in the old town tonight!

Important Days this Month:

February 2nd- Ground Hog Day

February 11th- Make a Friend Day

February 14th – Valentine's Day (If you have a valentine hug them and tell them how much you appreciate them. If you don't have a valentine, make a friend and show them some appreciation!)

February 17th – President's Day followed by the 18th

February 18th – Drink Wine Day (think about it)

**Have a Safe and Stress-free February!**





Tri-County  
Community Action Agency



## APPLY FOR LIHEAP TODAY!

- Help with home heating bills

CALL TODAY!

401-519-1913



WWW.TRICOUNTYRI.ORG

### FFY 2025 LIHEAP Income Eligibility 60% State Median Income (SMI)

Household Size	12 Month	3 Month	1 Month
1	\$39,101	\$9,775.25	\$3,258.42
2	\$51,133	\$12,783.25	\$4,261.08
3	\$63,164	\$15,791.00	\$5,263.67
4	\$75,196	\$18,799.00	\$6,266.33
5	\$87,227	\$21,806.75	\$7,268.92
6	\$99,258	\$24,814.50	\$8,271.50
7	\$101,514	\$25,378.50	\$8,459.50
8	\$103,770	\$25,942.50	\$8,647.50
9	\$106,026	\$26,506.50	\$8,835.50
10	\$108,282	\$27,070.50	\$9,023.50
11	\$110,538	\$27,634.50	\$9,211.50
12	\$112,794	\$28,198.50	\$9,399.50
13	\$115,049	\$28,762.25	\$9,587.42
14	\$117,305	\$29,326.25	\$9,775.42

Grants may be restricted based on available funding.

## Avoid Hours in the Emergency Room - Consider Wood River Health First!

*Please Call Ahead ~ 401.539.2461 ~ No Walk-Ins*

Our Express Care Clinic and Primary Care Providers are quicker and more convenient for non-emergency illnesses and injuries. Same day appointments available Monday through Friday. On-call providers 24/7. All ages welcome.

See the lists below to help you determine which care you need.



### Primary Care Provider

- Annual physicals
- Chronic conditions
- Vaccines and Flu Shots
- Prescriptions & refills
- Routine tests
- Referrals to specialists



### Express Care Clinic

- Cold or flu symptoms
- Allergies and rashes
- Earaches or eye infection
- Fever less than 104° F
- Sprains or strains
- Minor burns, cuts, scrapes
- Women's health, birth control
- Urinary Tract Infection (UTI)



### Emergency Room

- Abdominal Pain (severe)
- Bleeding (severe)
- Breathing or speaking issues
- Broken bones or dislocations
- Chest pain
- Coughing or vomiting blood
- Fainting or sudden weakness
- Heart failure

## 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](http://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. are- 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](http://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](mailto: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](http://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](http://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](http://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](http://www.tricounty.org)