



Hello March!

Finally, spring is around the corner and with this we are thrilled to kick-off the start of our Richmond Lunch and Learn series in conjunction with the Richmond Community/Senior Center!

From now through June, we will be offering one to two Free Lunches along with hosting an educational topic to “Learn” about. Please see our Event Calendar and Event Flyers starting on page 2 for what topics will be offered in March. We’d love for you to join us!

We also had the opportunity to join the 2025 RI Caregivers Summit Event held at CCRI on February 21st. It was a great way to meet and speak with people from different organizations and agencies that help assist and advocate for caregivers and the people they care for. If you are a caregiver and would like more information, feel free to reach out to us.

Cheers to longer and warmer days ahead!

Kate Schimmel, RN
Human Services Director

Customer advocates are available at RI Energy to help identify the best assistance solutions. Connect with a local advocate at consumeradvocatesRI@rienergy.com

<https://www.rienergy.com/site/ways-to-save/assistance-programs>

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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

United Way 211-Van

TUESDAY, MARCH 4TH

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.



March



Town of Richmond Events

3/04

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

3/11

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.

Wednesdays
3/5, 3/12, 3/19, 3/26

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

3/15

St. Paddy's Day Luncheon

All Welcome.

Join the Richmond Senior Center to celebrate St. Patrick's Day with Corned Beef Sandwiches and fun! \$5/ticket

RSVP before March 10th

Hosted by: Richmond Senior Center

12:00pm - 3:00pm

Richmond Senior Center

Call Dennis at 401-491-9404



3/06

Lunch & Learn: The Older & Wiser Driver

All Older Adults Welcome. Join David Reposa to learn about safe driving on our roads.

Hosted by: Human Services Dept.

12:00pm

Richmond Senior Center

Sign-up: 401-491-9824

humanservices@richmondri.com

3/27

Lunch & Learn: Alzheimer's, Dementia & RI Caregiver Resources

All Adults Welcome.

Join us for lunch and this highly informative presentation. We are thrilled to be hosting Annie Murphy from the Alzheimer's Association Rhode Island Chapter and Deb Burton from RI Elder Info who share a wealth of information for older adults and caregivers in Rhode Island. Lunch will be provided for all those who sign-up before March 21st. We hope to see you there!

Hosted by: Human Services Dept.

12:00pm

Richmond Senior Center

Sign-up:

401-491-9824

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**



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)

Sign-up via:



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



Phone Number
401-491-9824



E-mail
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.

Tuesday, March 11th

10:00am - 1:00pm

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**





Please join us at our annual
St Paddy's Day Luncheon

Saturday March 15, 2025 Noon-3:00 pm

Corned Beef Sandwiches

Potato Salad, soft drinks & dessert

Tickets \$5.00 per person

Family & Friends are welcome

RSVP no later than Monday March 10, 2025

Please call Dennis at 491-9404 to reserve your seats or

stop by any time M-F 9:00am – 12:30pm

All tickets must be purchased in advance.

Need to purchase food.





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



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

March 2025

Beware of the Ides of March! Also beware of two days later, March 17th, St. Patrick's Day. Occasionally, the Irish imbibe a bit too much with a drink or two or three. And it seems almost everyone becomes Irish for the day! Unfortunately, this can lead to impaired driving or walking. If you plan to drink, have a friend who is not drinking assist you with a ride. Be safe and enjoy St. Patrick's Day.

In the February newsletter, we talked about bathroom safety. Inadvertently, we left out an important safety concern. Drugs! If you have any old unused drugs that are no longer needed, they can be dropped off at the Richmond Police Department. No questions asked! Never dispose of them in the trash or down the toilet.

This month we want to discuss basement safety. Even if you do not have a basement these measures also pertain to attics or closets.

The first hazard is the steps. There should be a sturdy handrail, preferably on both sides of the stairwell. Make sure any stair pads are firmly secured to the steps. Be sure to have adequate lighting in the stairwell, as well as in the rest of your basement. Most basements were not designed to live in and have very poor lighting.

Try to have shelving and containers for storage use. Keep the floors clear to avoid tripping. Basements are known as where everyone hoards stuff before they go out for a yard sale, donation, or dump. If it doesn't need to be stored get rid of it! How many hazards can there be?

Next up are the washers and dryers. Make sure your washing machine is wired with a GFI. Clean the dryer vent out at least twice a year and the lint trap every time you go to use it. Do not use extension cords on either appliance or any large appliance for that matter.

Have your heating system and air conditioning system cleaned and tested annually. Never store any ashes from a wood stove in your basement along with any flammable liquids.

On September 20, 2025, the Richmond transfer station will have an "ECO Deco" Day. On that day you can get rid of all hazmat materials such as paints, oil, spray cans, etc.

Make sure there are operating smoke and CO detectors installed.

If possible, have an alternative exit out of the basement. In case of a fire or a hazardous materials leak call 911!



HOPE VALLEY-WYOMING FIRE DISTRICT

Senior Advocates – Ron Mowchan & Bill Day

March 2025 (Continued)

Speaking of smoke detectors and CO alarms. March 9th, we Spring forward with the clocks. Don't forget to change your batteries and check all your detectors at that time. Call your local fire department for any assistance if you physically are not able to do so.

The weather in March is starting to become less predictable. At least now the local weathermen have an excuse for guessing wrong. We may have ICE, snow, freezing rain, or a sunny 60-degree day. Now we must be prepared for everything. Keep your winter survival kit in your car up to date! Remember wet ice is extremely dangerous to use caution driving.

Make sure your windshield washer is full. Use ice clear on the walkways and steps.

Being cooped up in the winter can be stressful. If you need to talk to someone due to stress call 988 for help.

Important dates in March:

March 4th – Fat Tuesday (Last day of the Mardi Gras Celebration)

March 5th – Ash Wednesday

March 8th – International Women's Day – They deserve it!

March 9th – Daylights Savings – Change your clocks and batteries

March 15th – Ides of March – Poor Julius Ceasar

March 17th – St. Patrick's Day

March 20th – First day of Spring!

Leaving you with an Irish Blessing:

May the road ride up to meet you

May the wind be always at your back

May the sun shine warmly upon your face

May the rain fall softly upon your fields

And until we meet again may God hold you in the palm of his hand.



Congratulations to RICAN on their Re-opening!

Did you know that by using the RICAN Food Pantry, not only can you save up to \$150/grocery shop, but you may also qualify for their Kindness Program (financial assistance)

RICAN Kindness Program Do you qualify? See below.

1. To be eligible for services you must be a registered customer of the RICAN Food Pantry and have shopped the pantry at least 4-8 times, depending on the size of your household. Non-pantry customers are not eligible for the Kindness Program.
2. Once you have met the requirements on pantry usage you may ask for a Kindness application during food distribution hours.

Fill out the Kindness Application and the Kindness Coordinator will get back to you within 3 business days.

Not eligible at this time?

Start the process by registering and using RICAN FOOD PANTRY to assist in helping you attain your financial goals. Please see the back of this flyer to see how you can save by using the food pantry once a week!



RICAN FOOD PANTRY HOURS OF OPERATION

Wednesday Drive-Thru Shopping 9:30-AM- 11:30 AM	Wednesday Drive Thru Shopping 5:30 PM- 6:30 PM	Thursday In-Store Shopping 9:30 AM- 11:30 AM	Friday Drive-Thru Shopping 2:00 PM - 3:00 PM
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Located at
805 Alton Carolina Road, Charlestown, RI 02813



RICAN SUPPLEMENTAL RECEIPT Single Shopper

QTY	DESCRIPTION	LINE TOTAL
1	1 Dozen Eggs	\$2.79
1	1 Half Gallon Milk	\$2.82
2-3	Meats-Regular (<i>Chicken, Fish, Beef, Pork</i>)	\$24.99
2-3	Any Frozen Not Listed Above (<i>Pizza, Chicken, Lunch Meat, Packed Meals</i>)	\$12.69
3	Breads (<i>Bagels, Bread, Muffins</i>)	\$9.95
2-3	Sweets (<i>Cake, Cookies, Ice Cream</i>)	\$7.46
1	Cereal Box or Oatmeal	\$4.95
4	Canned Fruits/Vegetables	\$3.86
1	Fresh Fruit/Vegetables (<i>Approx. 1 Lb</i>)	\$13.97
1-2	Pastas (<i>1-2 Lbs.</i>)	\$1.89
2	Condiments/Spices	\$7.26
1	Rice (<i>1-2 Lbs.</i>)	\$3.34
2-3	Toiletries (<i>Adult Diapers, Toilet Paper, Shampoo, Conditioner, Body Wash</i>)	\$12.02
2-3	Beverages (<i>Water, Shelf Milk, Juice, Tea, Coffee</i>)	\$5.36
1	Dog or Cat Food (<i>2 Wet Foods, 1 Treat Bag When Available</i>)	\$4.32
2	Canned Meats (<i>Tuna, Chicken, Sardines</i>)	\$5.52
5	Snacks (<i>Chips, Cookies, General Sweets</i>)	\$15.18
4	Canned or Dry Beans	\$4.63
2	Tomato Sauce	\$2.96
2	Instant Meals (<i>Ramen Noodles, Mac & Cheese, Stuffing</i>)	\$4.28
2	Soups/Broth	\$2.62
TOTAL:		\$159.35

For more information, contact the Kindness Coordinator:
401.364.9412 ext. 4 | kindnessrican@gmail.com

**Westerly
Community
Credit Union**
Together we are community



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 - In-Store Shopping 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



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

Kids RI - From the Executive Office of Health and Human Services, this site provides a variety of healthy developmental resources and behavioral health services for children & youth.

<https://kids.ri.gov/>

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