



Welcome April!

We are thrilled to see our community members participating in Richmond’s social and informative events this Spring! We appreciate the support and interest from our residents and all partnering organizations/businesses. Also, a big thank you to our volunteers who help make these activities possible.

We have a number of events coming up this Spring. Please check out the monthly Event Calendar on the next page to see what activities Richmond has planned for April.

We hope to see you!

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

United Way 211-Van

TUESDAY, APRIL 1ST
12:00PM - 3:00PM
CHARIHO PLAZA
1190 MAIN ST
WYOMING, RI 02989



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.

The Human Service Department was recently awarded a **\$40,000** grant to bring play-based Math programming to our Richmond Rec Summer Camp! We are extremely excited about this initiative and look forward to sharing more about this program in the coming months!

Richmond Summer Camp Registration is Open! If you or someone you know are interested in Camp, please click here for the details and instructions for how to enroll your child(ren):

[Richmond Camp Registration](#)





April

Town of Richmond Events

4/01

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

4/08

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

4/2, 4/9, 4/16, 4/23, 4/30

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

4/08

Lunch & Learn Series: Action Steps

All Older Adults Welcome. Join Amy from the Wellbeing Collaborative to talk about how to safely take and store prescription medications. Hosted by: Human Services Dept.

12:00pm - 1:00pm

Richmond Senior Center
Sign-up: 401-491-9824

humanservices@richmondri.com



4/06

Easter Egg Hunt

Kids of all ages Join the Easter Bunny and Alaina's Food Truck for a fun morning of meeting the Easter Bunny and an Easter Egg Hunt!

Hosted by: Richmond Recreation Commission
9:30am

Richmond Town Hall

Please see flyer on next page for more details.



4/26, 4/27

Earth Day Community Clean-up

All Welcome to Join! We need your help to keep Richmond clean and green! Clean-up kits and instructions will be available at Richmond Town Hall

Hosted by: Richmond Conservation Commission
<https://richmondconservationcommission.wordpress.com/>



RAIN OR SHINE

JOIN OUR ANNUAL

EASTER EGG HUNT

SUNDAY, APRIL 6
9:30AM

RICHMOND
TOWN HALL

Alaina's Food Truck - 9:30am

Easter Egg Hunt - 10:30am

Pictures with the Easter Bunny

Bring your Own Basket!



- Parking will be at the lot on 4 Richmond Townhouse Road
- Ages under 5 will be hunt on front field
- Ages 5+ will hunt around the Town Hall premises

Free Lunch and Learn

Action Steps

Medication Safety

Amy, a Certified Health Worker, will talk about:

- How to maintain health as an older adult.
- How to safely take and store prescription medication to prevent unwanted injury to you, a member of your household and/or the community
- How prescription medications can lead to injury and/or overdose by a member of a household or community.

Event Information:

WHEN: Tuesday, April 8th

TIME: 12:00pm - 1:00pm

WHERE: Richmond Senior/
Community 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/VxNPNERGMnCG56G67>



Phone Number
401-491-9824



E-mail
humanservices@richmondri.com

Presented by



In collaboration with



Page 4

Earth Day

TOWN OF RICHMOND 2025 COMMUNITY CLEAN-UP

**WE NEED YOUR HELP TO KEEP
RICHMOND CLEAN AND GREEN!**

**SAT., APRIL 26
& SUN., APRIL 27**

**CLEAN-UP KITS AND INSTRUCTIONS
WILL BE AVAILABLE AT TOWN HALL**

**Sponsored by the Richmond Conservation Commission
<https://richmondconservationcommission.wordpress.com>**





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***

STARTING APRIL 10TH

We hope to see you!

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



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



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**

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, April 8th

11:00am - 2:00pm

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**



Meals on Wheels is looking for people in our Community to help deliver meals to our Richmond and Hopkinton neighbors. The Human Services Department is looking forward to having a representative from Meals on Wheels come to Richmond to talk more about the program next month!



Meals on Wheels

OF RHODE ISLAND

**MORE THAN
A MEAL**
Become a
Volunteer
delivery
driver!



APPLY ONLINE

Visit: rimeals.org/volunteer
or scan the QR code to fill
out the Volunteer
Application.

ATTEND TRAINING

A one-time Volunteer
Training session along with
digital materials will give
you all the information
needed to successfully
deliver meals!

MAKE AN IMPACT

When you are ready to go,
you'll be assigned a weekly
route and you'll be on your
way to making a meaningful
difference to those you
serve!



WWW.RIMEALS.ORG
(401) 351-6700

Caregiver Survey

Are you a parent, guardian, daughter or son, grandchild grandparent, spouse, friend who helps someone with day to day activities or providing care for someone with a chronic illness or disability?

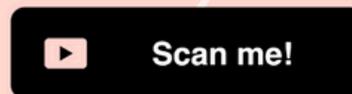
Are you feeling stressed, overwhelmed? **YOU ARE NOT ALONE**

The Family Caregiver Alliance of RI is gathering information through a survey and focus group that will be used to improve statewide services and supports.

Survey takes 15 mins
Focus groups will take 1 hour
All information is confidential

Survey participants will be entered in raffle for 3 gift cards.

Focus group participants will receive \$25 gift card



Scan the QRC code to take the survey
Questions? Want to join the focus group? Contact denise.meza@unitedwayri.org or call 401-648-4397

The Human Services Department learned that Richmond was one of 2 towns in the State that had no voice in valuable data that helps shape community health initiatives within the state. 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 e-mail

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/>





HOPE VALLEY-WYOMING FIRE DISTRICT



Senior Advocates - Ron Mowchan & Bill Day

April 2025

Hopefully everyone turned their clocks ahead back in March. If you didn't, now would be a good time to do so, since you've been late to everything. Also, hopefully, everyone has changed the batteries in their smoke alarms and CO detectors.

The weather is beginning to warm up a bit. If this makes you eager to head outside and spruce up the yard, here are some things you should take care of inside before heading out. Preventing slips and falls is a major concern for all of us more mature citizens. Things that can help are

1. Exercise regularly - this helps with strength and balance
2. Take your time - get out of chairs slowly and get your balance before walking
3. Keep your stairways clear!
4. Improve lighting where needed.
5. Wear only well-fitted shoes - no stocking or slippers!
6. Use a cane or a walker if needed.

Time to clean up the outdoors! If you are cleaning up branches and brush to burn, always get a permit. However, there will be a statewide burn ban from March 15th till May 15th. If you choose to burn after that, always make sure there is a source of water nearby.

Often rain gutters get full of debris during the winter. If you need to use a ladder to clean them, always ensure someone "foots" the ladder. Use caution for power lines. If you do not think you can clean your gutters, hire someone!

Moving on to power tools, if you are in need to use them, make sure to inspect them properly before using them, watch out for the winter rodents, they may have gotten into them! If you are using gas powered tools, wear the proper outerwear.

The temperatures will vary throughout the month, so make sure you are also still dressing for the right weather. Do not forget to keep hydrated.

For the sportsmen, trout season begins on April 12th, at sunrise. If you are in the water in a boat or a canoe, make sure to wear a life preserver, it is the law! In the event of a water emergency call 911!

A big day for the kids and maybe some adults is April 20th, also known as Easter Sunday! If you are hosting an easter egg hunt, use caution when hiding the eggs. Look out for poison ivy, sharp drop offs or water hazards. Strange things happen when the easter egg frenzy takes over.

Things not often discussed are mental health. Emergency services in the state have seen a sharp increase in mental health illnesses. Drug overdoses, suicide, shootings, and depression, to name just a few. There are numerous organizations that can help:

1. Suicide hotline - 988
2. RI Division of elderly affairs - 462-3000
3. RI aging and disability resource center for essential timely information 24/7 - 462-4444
4. RI 211 United Way of RI

Important days in April:

- April 1st - Be careful you may be someone's fool!
- April 2nd - Autism Awareness Day
- April 15th - Palm Sunday and Tax Day
- April 20th - Easter
- April 22nd - Earth Day

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



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



For more information feel free to reach out to The Human Services Department:
401-491-9824

humanservices@richmondri.com

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