



Happy July!

Summer is here and we've already experienced some very warm days! As friendly reminder, we've included a hydration cheat sheet below along with a list of the Town's Cooling Centers in the Calendar attached.

The Human Services Department along with the RI Human Services ATEL program and Richmond Senior Center will offer Free Tech Time on July 31st from 9am-11am. Any resident 50+yrs old can sign-up to ask questions and learn how technology can be used to their benefit!

We only have a handful of Senior Farmer's Market Cards remaining. Each card is worth \$50. See below to learn more about this great program.

Also, we're excited to announce that with grant funds the Human Services Department secured for the Town, we'll be offering a day trip to the Newport Playhouse for show and buffet in September! Limited seats will be available. Please check back for more information and sign-ups coming in August!

Lastly, please mark your calendars for The Town of Richmond's Budget Referendum Vote on **Tuesday, July 8th from 8:00am - 8:00pm at Richmond Town Hall**. We encourage all residents to come out and exercise your right to vote. More information on page 2 and <https://richmondri.com/345/Elections>

Wishing everyone a Safe and Happy July,
Kate Schimmel, RN, Human Services Director



- ✓ \$50 card to purchase fresh, unprepared, locally grown fruits and vegetables, fresh-cut herbs, and honey from local Farmer's.
- ✓ Homebound residents may assign a proxy to purchase produce for them or may have a produce box delivered directly to their home.
- ✓ Click here to learn more about this program! <https://dem.ri.gov/natural-resources-bureau/agriculture-and-forest-environment/agriculture/senior-farmers-market-nutrition-program>

To sign-up for a card or more information, contact 401-491-9824 or humanservices@richmondri.com

Table of Contents

| | |
|---------------------------------|------------|
| HSD Happenings/Director Notes | Page 1 |
| Budget Referendum Information | Page 2 |
| Event Calendar and Event Flyers | Page 3-5 |
| Fire Safety | Page 6 |
| Community Partners/Resources | Page 7-9 |
| Resources | Page 10-11 |

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



IT'S GREAT TO HYDRATE.

Staying hydrated benefits your body.



What is hydration?
Your body needs water to function. Hydration is the process of replacing water within your body.



What are sources of hydration?
Water is best. Water-rich foods (like fruits and veggies) also work to hydrate you.



Why is hydration important?
Staying hydrated helps your heart pump blood through the body, and helps to rid the body of waste. It also helps to regulate body temperature.



Rethink what you drink.
Avoid sugary fruit juices and sodas. (Even many "sports drinks" are high in sugar and calories.) Caffeinated beverages cause you to lose fluids and become less hydrated.



Staying well-hydrated.
Each person is different. But, in general, experts recommend about 15 and a half cups (or 3.7 liters) of fluids per day for men, and about 11 and a half cups (or 2.7 liters) of fluids per day for women. (Note that's cups, not glasses. Drinking glasses and water bottles often hold more than one cup.)



Make hydration a habit.
Our "Habit Coach" videos unpack the science behind habits.

Make good hydration a daily routine.



STATE OF RHODE ISLAND
COUNTY OF WASHINGTON
TOWN OF RICHMOND

WARNING FOR BUDGET REFERENDUM

BY The Town Clerk of the Town of Richmond, Rhode Island
: The Town Sergeant of the Town of Richmond or any Constable of the Town
TO

GREETINGS:

Pursuant to Article 5, Section 3 of the Richmond Home Rule Charter, you are hereby required to post a written notification warning the qualified electors of the Town of Richmond that the Annual Budget Referendum will take place on Tuesday, July 8, 2025 between 8:00 A.M. and 8:00 P.M. at the Richmond Town Hall at 5 Richmond Townhouse Road for the purpose of voting on a budget for the 2025- 2026 fiscal year. You are required to post this warning at the Richmond Town Hall, at the Clark Memorial Library, and at the Richmond Police Station no later than June 27, 2025.

The following question will appear on the ballot:

EXPLANATION TO THE VOTER:

To approve the proposed budget, vote Yes.

To reject the proposed budget, vote No.

Shall the Richmond Municipal Budget for FY25/26, as revised and adopted by the Town Council, be approved?

- Yes
 No

The proposed budget is available for viewing on the Town of Richmond website, www.richmondri.com. The proposed budget may also be examined at the Office of the Town Clerk on weekdays between 9:00 A.M. and 4:00 P.M.

Given under my hand and seal this 18th day of June 2025.

Erin F. Liese, CMC
Richmond Town Clerk

Posted on Richmond.com June 18, 2025
Posted Physical Copies at Town Hall, Police Station, and Clarke Memorial Library on June 20, 2025
Published June 22, 2025 Westerly Sun



July

Town of Richmond Community Events

07/01

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

7/08

Richmond Budget Vote

The Town of Richmond's Budget Referendum will take place on Tuesday, July 8th, 2025 between 8:00 A.M. and 8:00 P.M. at the Richmond Town Hall at 5 Richmond Townhouse Road for the purpose of voting on a budget for the 2025-2026 fiscal year.

7/08

ARDC in Richmond

All Adults Welcome.
The Aging and Disability Resource Center will be in Richmond by appointment 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
YMCA Community Room
To schedule an appointment:
401-491-9824
humanservices@richmondri.com

07/31

Tech Time

Older Adults 55+
A FREE 30minute, one-on-one session with an ATEL representative to answer questions about and/or teach you how to use your technology devices to your advantage.

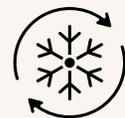
9:00am - 11:00am
Richmond Senior Center
Sign-up: 401-491-9824 or e-mail
humanservices@richmondri.com

Richmond Cooling Stations

Clark Memorial Library
Mon, Wed, Fri 10am - 5pm
Tues, Thurs 1pm - 7pm
Sat/Sun 10am - 2pm

Community/Senior Center
2nd floor of Police Station
Please see Police Dispatch first to utilize the Center.
7 days a week

Town Hall
Monday - Friday 9am - 4pm



Senior Farmers Market Nutrition Cards

SFMNP Cards are going fast!

Each SFMNP card has \$50 for eligible RI older adults age 60yrs+ to use at local Farmer's Market's this summer.

Click here to learn more about this great program!

<https://dem.ri.gov/natural-resources-bureau/agriculture-and-forest-environment/agriculture/senior-farmers-market-nutrition-program>

Contact us at 401-491-9824 to get one while available!





Are you age 55 or older, an adult living with a disability, or a caregiver? Do you have a question about opportunities available to you?

Trained counselors are able to help RI residents in-person make informed decisions and streamline access to services and supports for older adults, adult with disabilities and their caregivers.

ADRC comes to **Richmond** the **2nd Tuesday of each month**. They are available for private meetings to tailored individual needs and circumstances.

Tuesday, July 8th
11:00am - 2:00pm
By appointment


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

Valuable Info and More

- ✓ Person centered option counseling
- ✓ Information and referral on SHIP, MIPPA and SMP programs
- ✓ Long-term care information and application assistance
- ✓ Information on subsidies to obtain low cost medication (RIPAE), SNAP, Medicaid and other publicly funded programs



All Welcome to book an appointment.
Please contact: Richmond Human Services

 401-491-9824

 humanservices@richmondri.com



Free Technology Help

ATEL TECH TIME



All older adults who would like technology support are welcome!

A representative from ATEL will be available once a month for a FREE 30-minute one-on-one sessions to answer your questions and/or teach you how to use your devices to the fullest.

Thursday, July 31st

From: 9:00am - 11:00am

Richmond Senior Center

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

For more info or to sign-up:

 **401-491-9824**

 **humanservices@richmondri.com**



To borrow a device, or see if you may be eligible to receive a no cost smart device from the ATEL Program, please contact Denise Corson, at 401-486-3325 or email Denise.Corson@ors.ri.gov Page 5



HOPE VALLEY-WYOMING FIRE DISTRICT

Senior Advocates – Ron Mowchan & Bill Day

July 2025

Independence Day! Think about what it means to everyone. Think about what Americans went through to become independent. Then be proud to be an American!

The 4th of July can be a dangerous day. Fireworks used improperly cause serious injuries every year. Nationwide, 9,700 injuries were reported in the latest statistics. Rhode Island Hospitals reported 7 injuries in 2024. Most injuries were to the hands, face, and eyes. Children hold the highest rate of injuries from fireworks, and more than 36% of the victims were under 15 years of age. 8 Fireworks deaths were reported. Another thing to consider is that aerial fireworks play a big factor in starting structure fires. For any out-of-control fires, dial 911. If a structure is involved, everyone needs to get out and stay out!

The newest technology is moving to all-electric versus gas. Lithium batteries are a large source of concern. They are used in many smartphones, laptops, E-Bikes, e-cigars, toys, leaf blowers, grass trimmers, lawnmowers, and smart cars. Only purchase these devices from a certified lab. Only use the battery that is designed for the device. Only use the charging cord that comes with the device. Do not keep charging the battery after it has already been fully charged. Stop using the device or battery if you notice any discoloring, shape change, hot to the touch, odd noises, or leaking of any sort. If it is safe to do so, move the device from anything that can catch fire. Call 911, not your neighbor!

The beaches are officially open! Swim only at guarded beaches. Never swim alone. Be vigilant with young children; it only takes a second for a disaster to occur! Look for the warning signs for high surf, rip currents, and jaws. Use sunscreen to prevent sun poisoning, SPF 30 or higher. Bring cover-ups, hats, and sunglasses. If you are boating or using any watercraft, remember that the Rhode Island law states you must wear a floating jacket at all times.

Picnics and outdoor grilling are now in season! Keep grills 10 feet away from any structure. Do not grill on your deck! Have a 3-foot area around a grill or campfire. Make sure the grill cover is open before turning on and igniting it. Keep all children away.

During hot weather, some people like to go to air-conditioned places to cool off. Never sit in a non-running car. If it is 80 degrees out, it will be 99 degrees in the car in 10 minutes. RI State law prohibits pets and children from being left in a car. If you observe this activity, dial 911.

A new community resource guide is out by the Wellbeing Collaborative. Their website is wellbeingcollab.org. They have a lot of useful information.

Dates to remember:

July 14th – National Nude Day – Meet at the roundabout

July 15th – UV Safety Day – Wear your sunblock!

July 27th – Grandparents and elderly day!

July 30th – Father-in-Law Day!

July 31st – Lifeguard Appreciation Day!

Thought for the month:

The reason why I am old and wise is because God protected me when I was young and stupid.

Have a safe and stress-free July!



Jonnycake Center
For Hope

here to help

Summer Session!

FOOD IS MEDICINE

A 4 week adult education series designed for people living with, at risk of, or caring for someone with a chronic health condition.

- ✓ Cooking demonstrations and meal kits
- ✓ Education and Support
- ✓ Cookware and grocery gift card



FOUR FRIDAYS: 7/11, 7/18, 7/25 & 8/1

11:00 AM - 12:00 PM

JONNYCAKE CENTER FOR HOPE COMMUNITY ROOM

22 Kersey Road, Peace Dale, RI 02879

****Must be registered to participate****

For more information or to sign up call or email Kharissa

401-789-1559

kwilson@jonnycakecenter.org

Community Meeting: PFAS In Water



When: July 21, 2025 from 6 to 7:30 p.m.

Where: Chariho Regional Middle School Auditorium - 455B Switch Road, Wood River Junction, RI 02894

Join the Rhode Island Department of Health (RIDOH) and the Rhode Island Department of Environmental Management (RIDEM), for a meeting on PFAS in drinking water for residents of Southern Rhode Island.

PFAS (per- and polyfluoroalkyl substances) are a large group of manmade chemicals that repel oil and water. PFAS do not break down naturally in the environment, so they are sometimes called “forever chemicals.” PFAS can contaminate the environment and get into drinking water. Certain PFAS contribute to health problems.

Presentations will cover:

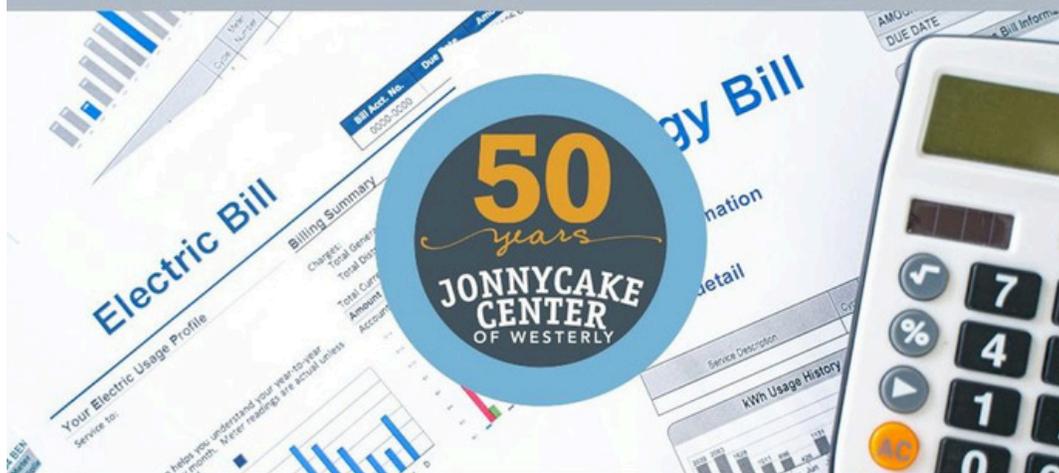
- How PFAS can get into water;
- RIDEM’s targeted PFAS testing program for private drinking water wells; and
- What public water systems are doing and resources for private well owners.

**No registration necessary | Q&A to follow
Richmond and nearby residents welcome**



Did you know?

The Jonnycake Center of Westerly can help pay energy and fuel bills in times of crisis.



Households in Westerly, Charlestown, Richmond, and Hopkinton, RI who are experiencing temporary hardship can contact the Community Resource Office at (401) 377-8069 x 101 or email communityresources@jonnycake.org.



More Summer Options,
More Summer Smiles



SUN Bucks is a grocery benefit program that helps combat childhood hunger in RI, providing \$120 for each eligible school-aged child during the summer for groceries. Starts June 2025. Learn more: <https://dhs.ri.gov/sun-bucks>

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

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

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/>

National Alliance on Mental Health RI - Rhode Island's chapter of the National Alliance on Mental Illness, is here to help. NAMI RI meets you where you are and helps you connect with others who understand, because they've been down a similar path themselves.

401-331-3060

Web: <https://namirhodeisland.org>