



Season's Greetings!

It's that time of year where we begin to embrace peace, togetherness, and joy that the holiday season can bring. But with the beauty of the season also comes the chill of colder weather, dark nights, and, for some, the feeling of social isolation.

If you're interested in celebrating and sharing the holiday spirit with neighbors and friends, we have a number of holiday activities for all ages to enjoy together. We look forward to having you join us to help share and spread holiday cheer within our community:

- Dec. 5th** Annual Richmond Tree Lighting Festival
- Dec. 10th** Holiday Music Luncheon
- Dec. 14th** Community Cares Pop-up Food Pantry/ Resource Event
(see event flyers in included pages)

Residents can also spread holiday cheer to those needing a little extra support this season by bringing an unwrapped toy donation to Matthew's Wish at the Richmond Tree Lighting! In addition, the Richmond Human Services Department will be collecting gift card donations to grocery stores/restaurants and non-perishable food items to help local families and older adults in our community this holiday season. By donating a gift card or non-perishable food item, your name will be entered to win a holiday raffle.

While the Holiday Season can be a wonderful time of year for many, it can be equally difficult for many. Please feel free to reach out to us. We can help connect you to both local and statewide support.
You are not alone.

Wishing everyone a healthy and peaceful holiday season!

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

The Richmond Recreation Commission presents

Tree Lighting Festival

2025

**12/5/25 • 5pm - 8pm • Town Hall
5 Richmond Townhouse Road**

FREE ENTRY & ACTIVITIES
GINGERBREAD HOUSE COMPETITION
PICTURES WITH SANTA
LIVE PERFORMANCES
and MORE!

SCAN HERE TO REGISTER FOR THE GINGERBREAD HOUSE COMPETITION

Follow the Richmond Recreation Commission on Facebook for all the latest!

United Way 211-Van is Back

TUESDAY, DECEMBER 2ND
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.

We'd love to hear from you!



RICHMOND Transportation SURVEY



SCAN HERE

**OR USE THE LINK BELOW TO VIEW AND
COMPLETE THIS SURVEY.**

[HTTPS://FORMS.GLE/P48HWLINQB9MPTAZ6](https://forms.gle/P48HWLINQB9MPTAZ6)

**(For a paper copy, please contact the Human
Services Department at 401-491-9824)**



The Richmond Human Services Department and the Richmond Wellness Committee have put together a Transportation Needs Survey. If you are a Richmond resident, we are asking you to complete a survey and provide your feedback and opinions on transportation needs in our community. This survey should only take 5-10 minutes of your time. It is an anonymous survey, however, upon completion you will have the option to be included in a drawing for a \$25 Stop N' Shop Gift Card. We appreciate your time and feedback on this important community topic!

December

Town of Richmond Community Events



12/02

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

Tuesdays:

12/2, 12/9

Ageless Grace

What is Ageless Grace®?

It's a fun and engaging brain-body fitness program that uses 21 simple tools to support your mind and body! This is a 4wk consecutive class.

1:00pm - 2:00pm

Richmond Senior Center

Registration required

To reserve a spot please contact

Dennis at

401-491-9404

Wednesdays:

12/3, 12/10, 12/17

Community Bingo

All Welcome!

We invite all ages & abilities to join us for this relaxed, welcoming, multigenerational fun. Meet, chat and play bingo with fellow neighbors. On **12/17 at 11:45am**, we'll also enjoy a free community lunch together.

This program is led by the adult students in the EWG Transitional Program.

Hosted by: Richmond Human

Services, Exeter Social

Services, Wellbeing

Collaborative and the EWG

Transitional Program

10:00am - 11:30am

YMCA

12/04

Free Technology Help

All Older Adults Welcome!

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

9:00am - 11:00am

By appointment

To schedule an appointment:

401-491-9824 or

humanservices@richmondri.com

12/05

Annual Tree Lighting Festival

All Welcome

Join us for the Annual Tree Lighting Festival! It's sure to be filled with Holiday cheer 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, Live Music, Food Trucks, Non-profits, crafts, Gingerbread contest and more!

Hosted by: Recreation

Commission

Richmond Town Hall

5:00pm - 8:00pm

For more info please visit the Recreation Commission's event page:

[2025 Tree Lighting Festival | Facebook](#)

12/10

Holiday Music Luncheon

All Older Adults Welcome!

The Richmond Senior Center invites you to join the community for a meal and holiday music performed by the Meadowbrook Waldorf String Orchestra.

Sandwiches, salad, fresh fruit and dessert will be served.

Hosted by: Richmond Senior Center

12:00pm - 2:00pm

Richmond Senior Center

For more Information, please contact:

Dennis at 401-491-9404

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, December 4th

From: 9:00am - 11:00am

Richmond Senior Center

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

To sign-up for a session:

 **401-491-9824**

 **humanservices@richmondri.gov**



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



Holiday Music Luncheon

Performance by: Meadowbrook
Waldorf String Orchestra

December 10

12:00pm Lunch Served
1:00pm Music Begins

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

We invite you to enjoy
community spirit with a
meal and holiday music

Free Admission.
50 seats available on first come, first serve basis

For More Information: 401-491-9404

Presented by: Richmond Senior Center and Richmond Human Services Dept.



Community Bingo

Wednesdays starting late Sept/early Oct.

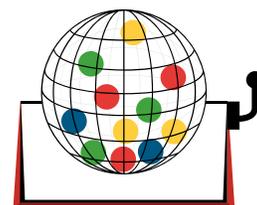
10:00 - 11:30 am

Play bingo & socialize
in a casual, welcoming environment

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



1190 Main St
Wyoming, RI



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

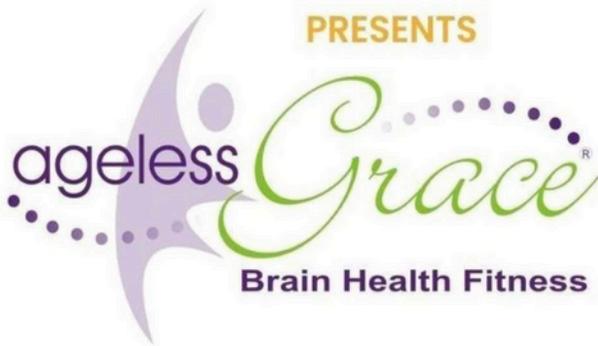
Presented in partnership with
Exeter Dept of Social Services, Richmond Dept of Human Services,
Exeter-West Greenwich Transition Program & the Wellbeing Collaborative

For more information visit:
agelessgrace.com



WOOD RIVER HEALTH
Caring for Our Community Since 1976

PRESENTS



It's never too late to begin. It's never too early to start.™

**November 18 & 25 and
December 2 & 9 at 1:00 pm**

Richmond Senior Center
1168 Main Street – 2nd Floor
Wyoming, RI 02898



ABOUT THE INSTRUCTOR

Kara Marziali has been a Certified Ageless Grace® Educator since 2017. She also teaches theatre, dramatic literature, and art to adult learners, and she serves as the artist in residence at Wood River Health. Kara is at her best when she's engaged in creative endeavors including performing, writing, painting, singing dancing, playing, and sharing joy with others.

**CONTACT CHRISTINE KING TO SIGN UP
FOR ONE OR ALL THE SESSIONS**

 401-539-2461

 christine.king@woodriverhealth.org

Community Cares

Food Donation Drive & Pop-up Pantry

Sunday, December 14

**Ocean Community YMCA, Arcadia Branch 1190 Main St.,
Wyoming (Chariho Plaza)**

Give

Now - 12:00pm 12/14

We are collecting food to help our neighbors of all ages keep their pantries stocked through the holiday season.

Ways to donate:

- Bring donations to YMCA Main Lobby during business hours between Now and 12pm on 12/14
- Bring a non-perishable donation to Richmond Annual Tree Lighting on Dec. 5th (name will be entered into a raffle)

What to donate:

- We ask that you donate new items you would be happy to receive
- If you are donating the day of the event, we will accept fresh and refrigerated items
- Helpful Foods: Tuna/mayo, Peanut butter/ jelly, Chili/boxed potatoes, Canned chicken, Beans, Rice, Soups, Canned Vegetables/Fruits, Pasta night, Lunchbox snacks, Afterschool snacks, etc.

Community Shop

Sunday, 12/14

12:00pm - 2:00pm

- Free and open to all who could benefit from a little extra food this holiday season. No sign-up required.
- Stop in and shop from what we have collected from friends and neighbors. First come, first served, while supplies last.
- If you have children, feel free to bring them. We will have activities for them to do while you choose your items.



Questions? Contact amy@wellbeingcollab.org
All remaining food items will be donated to RICAN after the event



HOPE VALLEY-WYOMING FIRE DISTRICT

Senior Advocates - Ron Mowchan & Bill Day

December 2025



Here comes Santa Claus, if you believe. Another thing to believe is how dangerous decorating your home and putting up a Christmas tree can be. Here are some things to think about: first and most important is getting a fresh tree home safely. When cutting down the tree, use caution if using an axe. Chainsaws work better but are dangerous. If you can, let a professional cut it. Make sure it is properly secured to your vehicle and drive off carefully. Use caution when decorating the outside and inside of your home. Place ladders safely away from overhead power lines. Do not overreach. Always check the strings of lights for frayed wires. Use non-flammable decorations. Run an extension cord safely if it must be used. Do not block exits with decorations or trees. Turn off Christmas lights before going to bed. Always call 911 for any emergency.

December and January are the months of the year when home fires are most common. The number one cause of home fires is unattended cooking. Saturdays and Sundays are peak days for fires. If you have a grease fire, turn off the heat and cover the pan. Never use water to extinguish, and the gas should be checked for proper operation and placed away from flammable items. If you use candles, ensure they are not placed near combustibles and are extinguished anytime you leave the premises or go to bed for the night. Make sure you have a fire exit plan and that everyone is aware of it. Have a meeting place. Never go back inside a burning structure. Always call 911 even if you think the fire is out. When exiting, stay low. Dangerous gases exist in the smoke. It is a fact that smoke kills more people than flames.

These winter months will mean more outdoor activities such as spectator sports, sledding, skiing, hiking, and hunting. Wind chill is often mentioned. A temperature of 30 degrees with a 15 MPH wind feels like 16 degrees to humans and animals. Frostbite and hypothermia are possible. Be aware of black ice when driving.

Make sure you put out cookies and milk for Santa and carrots for the reindeer on Christmas Eve.

The holidays seem to cause a lot of stress and depression. Wood River Health in Hope Valley has many resources to help. 401-539-2461. Also, you can always call 988 for help.

Dates to remember:

December 5th - International Volunteer Day

December 6th - Hope Valley Fire Truck Parade, check HVWFD.org for details

December 7th - Pearl Harbor Remembrance Day

December 13th - National Guard birthday - 1636

December 13th - Wreaths across America - laying wreaths at all veterans' grave sites

December 21st - First day of Winter

December 25th - Christmas Day

Have a safe and stress-free December!

Wood River Health Giving Tree

HELP

Do you knit, crochet or sew? Does your group take part in community projects? Scouts, Senior Centers? Knitting Groups? Can you pick up a few items from sale racks or online?

NEEDED

Mittens, Gloves, Hats, Socks & Scarves.
New Materials, Wash & Dryable.
Any Color, Any Size.
For Infants to Seniors.

Mittens

Hats

Socks

Scarves

Bring items to the reception counter at Wood River Health during business hours from October 1st - March 31st to benefit patients from ALL areas of the county through several locations. Wood River Health located at 823 Main St. Hope Valley, RI 02832

7 TIPS TO MANAGE STRESS & MENTAL HEALTH DURING THE HOLIDAYS



PLAN AHEAD

Have a plan in place for all your holiday tasks and activities.



BE REALISTIC

Don't stress yourself out by trying to create the perfect holiday.



STAY ACTIVE

Exercise is a great way to deal with holiday stress, and anxiety.



DON'T WORRY

Don't feel obligated to complete every small thing on your list.



JUST SAY NO

If you have too much on your plate, let your friends and family know.



SET ASIDE DIFFERENCES

Enjoy other's company and talk about topics that bring happiness.



ACKNOWLEDGE YOUR FEELINGS

Have a plan in place for all your holiday tasks and activities.



All Assistance

Wellbeing Collaborative - Click the link below for a downloadable resource guide for South County. From mental health to community resources this is a great guide for all local resources.

Website: [Community Resource Guide](#)

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 Regional Access Points (RAP): If you find yourself in need of “Emergency Housing”, are you currently homeless or facing homelessness, the first step should be to contact the nearest RAP . They will assist in finding an appropriate shelter and provide case management services for permanent housing.

Web: <https://rihomeless.org/ces/>

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 *Sign-up required*

9:30am – 12:00pm - 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. 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



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>

Wellbeing Collaborative - Provides information on substance use and mental health. It includes information and ways to get help.

Web: www.wellbeingcollab.org

