



Richmond Human Services NEWSLETTER

January 2026



Happy New Year!

We come into the New Year with a thankful heart for the support of our community and partners throughout last year. Without your support and volunteer hours we wouldn't be able to do what we do for our community - Thank You!

With each New Year also comes new opportunities to grow, connect and thrive together! As you will see in the coming pages there are new programs on the horizon. We look forward to growing these new programs and continuing to build connections that support the well-being of our community throughout the year ahead!

If you are interested volunteering or becoming involved, please don't hesitate to reach out. There are many opportunities to connect with neighbors and/or volunteer as little or as much as you'd like.

Wishing you all a Healthy 2026!

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

Exciting things are happening with the combination of volunteers and members from Exeter, Richmond and Hopkinton to form the Wood River Village!

If you're interested in learning more, volunteering or joining as a member of a neighbor-to-neighbor network of mutual support and friendship for aging adults don't hesitate to reach out to:

Woodriver@villagecommonri.org



The Human Services Department has received another \$20,000 in grant funds for the Town of Richmond via the Math Matters initiative.

We look forward to partnering with the Richmond Elementary School to offer afterschool programming for our younger community members this spring!

Stay tuned for more information....



A big Thank You to our Richmond community, volunteers and partners for participating in and bringing a little more joy to our community this past Holiday Season!

THANK YOU

Alaina's Food Truck
 Brian Tefft
 BSA Toop 1 Richmond
 Chariho FFA
 Chicked Out Nuggz
 Cub Scout Pack 1 Richmond
 Dan Madnick & Jim Palmisciano
 DVRC
 Face Painting 401
 Gary Parker and Ocean State Chamber
 Gingerbread House Participants
 Keystone Novelties
 Mathew's Wish
 Narragansett DPW & Joe Harvey
 Narragansett Parks & Recreation
 Richmond Carolina Fire Department
 Richmond DPW
 Richmond Elementary School 4th grade Chorus
 Richmond Historical Society
 Richmond Police
 Richmond Recreation Commission Volunteers
 Ron Sargent - Balloon Artist
 Sam's NY System of Warwick
 Scott Barber
 The Coffee Bar RI
 Town Clerk Staff
 Tri-County Community Action
 Two Fine Fellas
 Our special guest = Santa Claus & Mrs. Claus

Thank you to all who made the Richmond Tree Lighting a great event again this year!



Thank You to the students and staff of Meadowbrook Waldorf School String Orchestra for a wonderful performance! If you have the chance to watch them perform, you will not be disappointed! We appreciate the Richmond Senior Activities Committee for hosting this Music Holiday Luncheon and bringing our community together for this lovely event!



Thank You to our community and volunteers for your contributions to the Community Cares Pop-up pantry! We'd especially like to thank Jennifer Fournier, The Wellbeing Collaborative and the Ocean Community YMCA Arcadia Branch. With your help we were able to provide food for over 40 individuals during the event and an additional 15+ after the event spanning from young children to older adults within our community!



January

Town of Richmond Community Events



1/06

United Way

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 - 2:00pm
Chariho Plaza Parking Lot

1/15

Richmond Transportation Survey Closes

The purpose of this survey is to help identify transportation needs and explore potential solutions for our community. Your participation will provide valuable feedback and opinions regarding transportation in our community.

This is anonymous survey; however, you can provide your name and contact information to be entered into a drawing for a \$25 Stop N' Shop Card. We appreciate your feedback!

<https://forms.gle/XCe9tbAqCcfDvRN9>

Wednesdays:

1/7, 1/14, 1/21, 1/28

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. 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

1/24

Winter Celebration

All Adults Welcome!

The Richmond Senior Center invites you to celebrate with family and friends this winter season! Enjoy a hot meal, beverages and dessert while with fellow community members! you may even wish to participate in the 50/50 raffle. Tickets for the event are \$8.00 and seating is limited.

Hosted by: Richmond Senior Center
12:00pm

Richmond Senior Center

For more Information, please contact:

Dennis at 401-491-9404

1/13

Aging & Disability Resource Center

All Adults Welcome.

The Aging and Disability Resource Center (ARDC) 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

Appointment Required

To schedule an appointment with the ARDC:

401-491-9824

humanservices@richmondri.com

01/22

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

Richmond Senior Center

invites you to a

Winter Celebration

Celebrating with Family & Friends

Winter Hot meal, Coffee & cold drinks

& Dessert

Fun with Raffles & new 50/50 raffle

Seating is limited

Tickets are \$8.00 per person

Family & Friends are welcome

Saturday—January 24, 2026 at 12:00pm

To reserve your seats

Call 491-9404

Tickets are available at the Senior Center



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 focus on individual needs and circumstances.

Tuesday, January 13th

11:00am - 2:00pm

BY APPOINTMENT ONLY

All are welcome to make an appointment
Please contact: Richmond Human Services

401-491-9824

humanservices@richmondri.com



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



Community Bingo

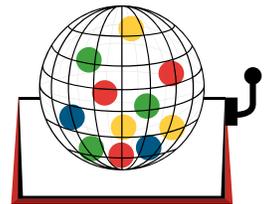
**Wednesdays
10:00 - 11:30 am**

**Play bingo & socialize
in a casual, welcoming environment**

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



**1190 Main St
Wyoming, RI**



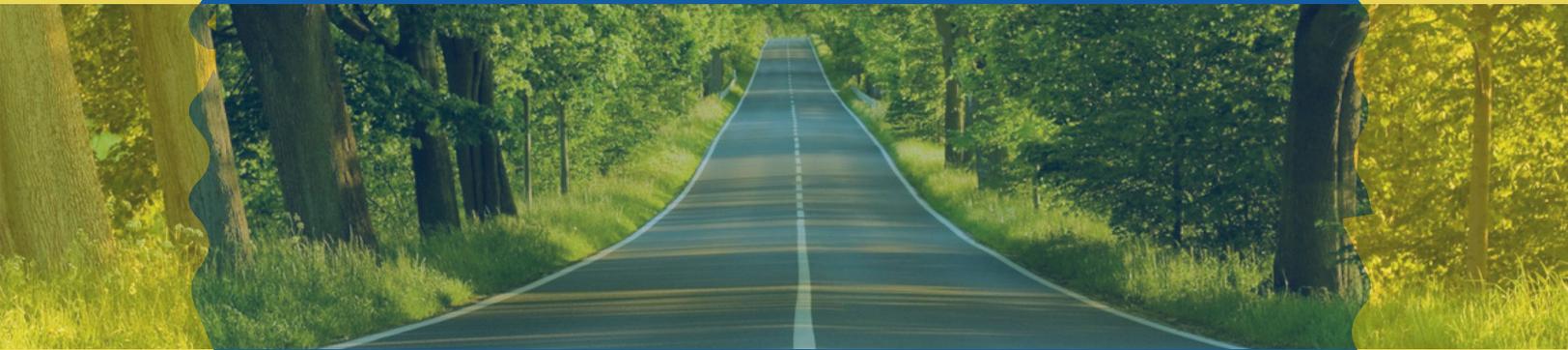
Questions? Contact Amy Neilson, amy@wellbeingcollab.org, 401-212-2741

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

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 5-10minutes 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!



HOPE VALLEY-WYOMING FIRE DISTRICT

Senior Advocates – Ron Mowchan & Bill Day

January 2026



Not many people like it, but the white stuff is finally here. Which brings us to winter safety. Safe driving, what does it mean to be safe? Ensure all of your windows are clear of ice and snow. Check wiper blades and windshield washer fluid. State law dictates that all of the snow is cleared from your vehicle. It is best to not let your gas tank get below half full. Remember to have your cellphone charged and with you. Always tell someone where you are going and when you will be returning. Driving too fast for conditions is the number one cause of winter accidents, safety begins with you.

You should have a winter survival kit in your car, it should include:

- A blanket
- Flashlight with spare batteries
- Charged cellphone
- First aid kit
- Snacks (crackers, cookies, etc.)
- Safety flares or markers

And remember, in the event of an accident stay with your vehicle to keep warm.

Winter brings falls. Not the kind where the leaves fall, the kind where people fall. Make sure your steps and sidewalks are clear of snow and ice. Use caution when walking. Dress in layers, rather than one heavy coat. Wear gloves, scarves, and boots to prevent hypothermia and frostbite. Younger seniors may want to go sledding with their children or grandchildren. Dress for the weather. Some hills end up along a pond or stream. Avoid these hills if possible. You may break through the ice. No ponds are tested for safety in Rhode Island. Minimum ice thickness should be 4 inches.

If you use snowmobiles, the state parks have designated snowmobile trails. Snowmobiles are designed to carry one or two people. Never carry more. Make sure someone knows where you are going and when you plan to return. Stay off frozen ponds and make sure to always carry your cellphone.

Fire never takes time off. Here are some tips to keep a family safe. Check your smoke alarms monthly. Do not store ashes inside in a metal bucket, in garages or on back porches, as this can cause carbon monoxide poisoning.

If you have a chimney fire call 911 to ensure the fire is out and not extended into surrounding walls. Ensure that someone will help older adults, people with disabilities, and children to get up and out.

Establish a meeting place and ensure everyone is aware of it. You may have only three or four minutes to get out. Call 911, never go back in to rescue people, pets, or valuables.

During the holiday season you may be approached by grifters, also known as scammers. They use tech support, credit cards, Facebook, AI (artificial intelligence), and banks. Scammers are responsible for stealing thousands of dollars each year.

The national alliance for mental health in Rhode Island is (401)331-3060. Mental Health Hotline is 988.

Dates to remember:

- January- National Blood Donation Month
- January 1st- Anniversary of the Emancipation Proclamation
- January 8th- Elvis Presley's Birthday
- January 9th- Law Enforcement Appreciation Day
- January 20th- Martin Luther King Jr. Day

Have a safe and stress-free January!

Community Information

The Richmond Human Service Department had the greatest participation this year since we began offering this program to our community with 35 cards distributed! This program runs May - November and offers a \$50 pre-paid card to be used at local farmer's markets for fresh produce and honey. We hope to continue to build awareness and participation each year.



2025 SENIOR FARMERS MARKET NUTRITION PROGRAM RHODE ISLAND DEPARTMENT OF ENVIRONMENTAL MANAGEMENT

The Senior Farmers Market Nutrition Program (SFMNP) helps eligible seniors access fresh, locally grown foods, like fruits, vegetables, and honey, while supporting Rhode Island farmers and strengthening our state's agricultural economy.

Each eligible senior receives a \$50 benefit card to spend with participating farmers or a produce box valued at \$50 filled with locally grown food. More: www.dem.ri.gov/sfmnp

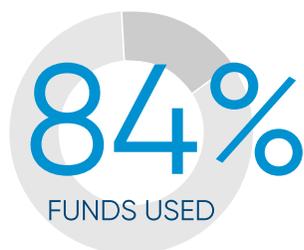
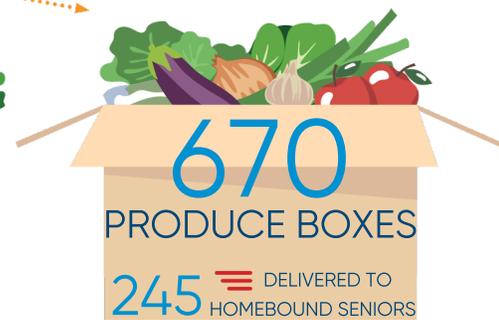


6,600
RI SENIORS
PARTICIPATED IN 2025



SIGN-UP PLACES

LOCAL RI FARMERS



\$209,801
TOTAL VALUE OF FOOD PROVIDED TO SENIORS FROM RI FARMERS

SFMNP BOOSTING RI FARMS IN 2025

\$16.47 AVG AMOUNT SPENT PER CARD TRANSACTION

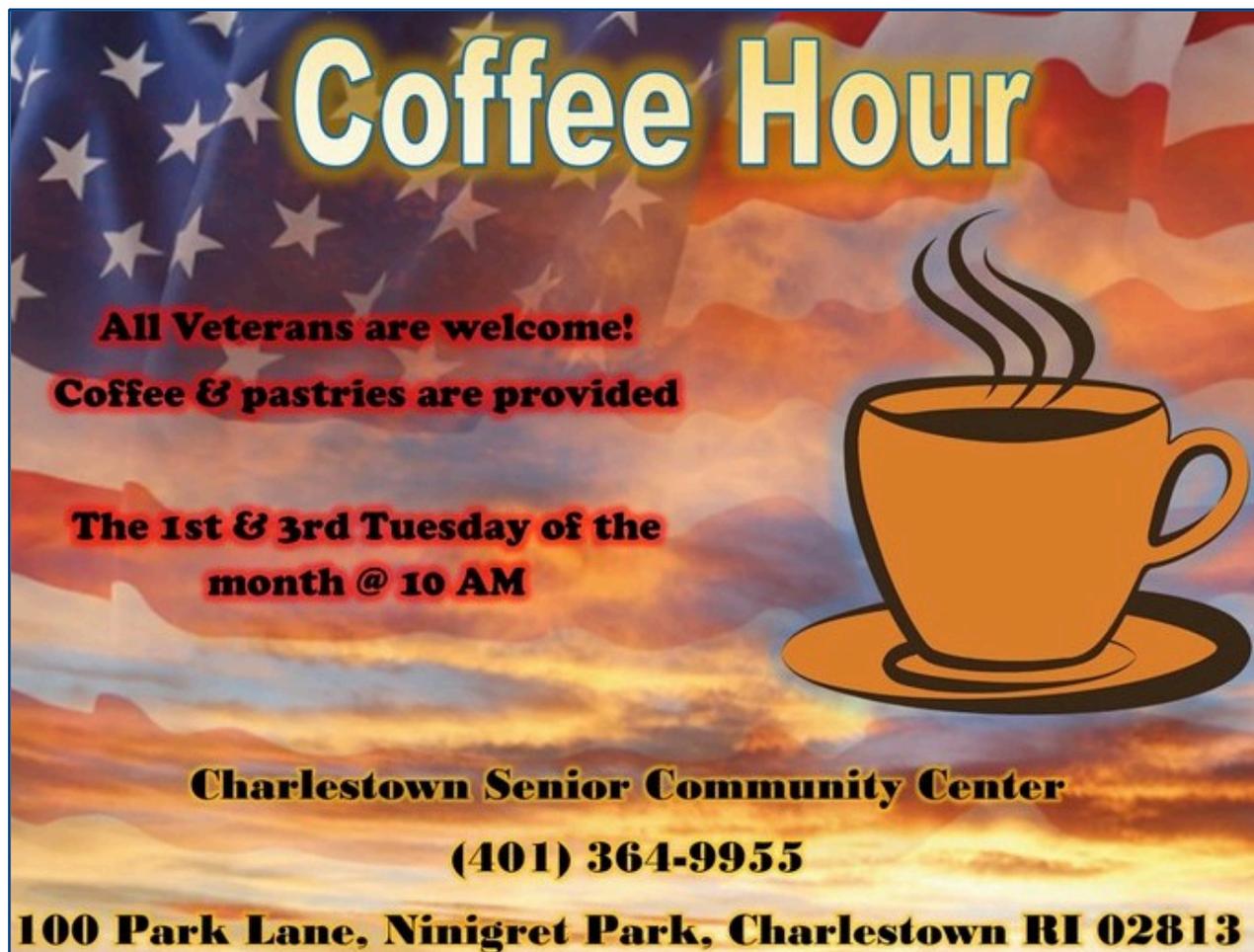


54%
OF PARTICIPATING FARMERS RECEIVED AT LEAST \$1,000

\$2,742 AVG FARMERS RECEIVED FOR THE SEASON

\$31,370 THE MOST RECEIVED BY A FARMER





Coffee Hour

All Veterans are welcome!
Coffee & pastries are provided

The 1st & 3rd Tuesday of the month @ 10 AM

Charlestown Senior Community Center
(401) 364-9955

100 Park Lane, Ninigret Park, Charlestown RI 02813

Rhode Island Energy Assistance Options:

For income eligible customers there is assistance with payment options. You can qualify for up to a 30% discount on your RI Energy electric and gas bills if you:

- Receive SNAP/food stamps
- Qualify for Fuel Assistance/LIHEAP
- Receive SSI (SSDI is not a qualifier).

*Or, qualify for a 30% discount on your RI Energy Bills if you receive: Medicaid, RI Works program or GPA.

Customer Advocate, Carlos Andrade is available by phone at: 378-5725

Now Available: The 2025–2026 Pocket Manual & Resource Guide

The Rhode Island Office of Healthy Aging is pleased to share the updated Pocket Manual & Resource Guide for Older Adults and Adults with Disabilities in Rhode Island.

This guide brings together trusted information and statewide resources to help you navigate the realities—and possibilities—of aging. Inside, you'll find support related to health and well-being, caregiving, legal rights, transportation, housing, community connection, and more.

At OHA, we partner with organizations across Rhode Island to connect people with what they need to age strong. We also advocate for laws, policies, and investments that protect your rights, dignity, and agency. This guide is one way we put that commitment into action.

Please share with family members, caregivers, colleagues, and community partners who may find this helpful.



Download or request a copy:
<https://oha.ri.gov/resources>

NAMI Family-to-Family

Free Virtual Program Now Enrolling for January!



NAMI Family-to-Family is a free 8-session educational program for family, significant others, and friends of people living with mental illness. It is a designated evidenced-based program. NAMI-trained family members with lived experience lead the course with presentations, discussions, and interactive exercises.

Classes will be held virtually on Wednesday's for 8 weeks starting January 21st from 6:00PM-8:30PM PM on ZOOM

- **January 21, 28**
- **February 4, 11, 18, 25**
- **March 4, 11**

Registration required. Scan QR code for more information. To Register email Beth@namirhodeisland.org



Rhode Island

Free Support Groups for Individuals

Mondays

10:00 a.m. NAMI Connection Group with co/host Oasis
6:00 p.m. NAMI Connection Recovery Support Group

Tuesdays

9:00 a.m. Hybrid NAMI Connection Group
East Bay Recovery Center - Newport
23 Marlborough St. Newport, RI 02840

Wednesdays (Bi-Weekly)

2:00 p.m. Oasis with Co-host NAMI-RI Hearing Voices Group Via Zoom
4:00 p.m. Successfully Surviving Support Group On Zoom

Thursdays

10:00 a.m. Women's NAMI Connection Group
5:00 p.m. NAMI Connection Group

Saturdays

1:00 p.m. - NAMI-RI and Oasis Wellness & Recovery Center Coffee Hour Support Group

Sundays

1:00 p.m. Hearing Voices Group. Oasis with Co-host NAMI-RI on Zoom
2:00 p.m. Sunday Social with Oasis and NAMI-RI Peers

For more info & Zoom links email Jeremiah@namirhodeisland.org or scan QR code -----



Rhode Island

Free Support Groups for Family Members

First Monday of the Month

6:00PM In-Person

St Paul's Episcopal Church Parish House, 76 Main Street, Wickford, RI

Second Tuesday of the Month

5:00PM In-Person

St Lucy's Church, 909 West Main Road, Middletown, RI 02842

Third Tuesday of the Month on Zoom

(call NAMI-RI office 401-331-3060 for zoom link)

Registration not required.

For more info & Zoom links email Jeremiah@namirhodeisland.org or scan QR code -----



Rhode Island

Free Support Groups for Family Members

First Thursday of the Month

6:00PM In-Person

Rochambeau Library, Hope St, Providence RI

Please note: This group will be relocated to Butler Hospital, Providence RI in January 2026 (Ray Hall, Back Hall in January)

Fourth Thursday of the Month

6:00PM In-Person

Rogers Free Library, Herreshoff Room, 525 Hope Street, Bristol

(PLEASE NOTE HOLIDAY SCHEDULE: December meeting:

Thursday, December 18 (same time - 6:00-7:30 pm)

Registration not required.

For more info & Zoom links email Jeremiah@namirhodeisland.org or scan QR code -----



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

