



## Happy Heart Month

February is American Heart Month and it's a good time to take a moment to think about our heart health. Heart disease is surprisingly still a leading cause of death in the United States. Being aware of the causes of heart disease and ways to improve our heart health can improve our overall quality of life. I added a quick tool below from the American Heart Association - Life's Essential 8 for you to check out if you wish!

February also kicks off our Lunch and Learn Series. This series will offer free healthy lunches while learning about important community focused topics. The current schedule is below. But be sure to keep a look out for future additions coming this spring!

Be Well.

Kate Schimmel, RN  
Human Services Director

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### Human Services Department

Town of Richmond, RI  
(401) 491-9824

[humanservices@richmondri.com](mailto:humanservices@richmondri.com)

Follow us on Facebook:

[Human Services of Richmond, RI](#)

Mon: 9:00am - 2:00pm

Tues: 9:00am - 2:00pm

Wed: 9:00am - 2:00pm

## RICHMOND LUNCH AND LEARN SERIES

<b>2/26</b>	<b>12-1PM</b>	<b>ESTATE PLANNING 101</b>
<b>3/5</b>	<b>12-1PM</b>	<b>LONG-TERM CARE PLANNING</b>
<b>4/23</b>	<b>12-1PM</b>	<b>OAKLEY HOME ACCESS</b>

For more info or to sign-up:  
401-491-9824 or  
[humanservices@richmondri.gov](mailto:humanservices@richmondri.gov)



### Life's Essential 8

are the key measures for improving and maintaining cardiovascular health, as defined by the American Heart Association. Better cardiovascular health helps lower the risk for heart disease, stroke and other major health problems. Life's Essential 8 are:

- Be More Active
- Get Healthy Sleep
- Quit Tobacco
- Control Cholesterol
- Manage Blood Sugar
- Manage Blood Pressure
- Manage Weight
- Eat Better

How healthy are you? Use the Life's Essential 8™ My Life Check Calculator to find out and get personalized tips to set your own health goals now.

[My Life Check](#) | [American Heart Association](#)

# Rural Communities Partner to Form Wood River Village

By Benjamin Donne

What began as an effort to establish a village in Exeter has blossomed into a larger regional vision: Wood River Village. Serving the communities of Exeter, Richmond, and Hopkinton, this nascent village is preparing for its official launch this month. By expanding its borders, the village has tapped into a wider network of volunteers and members dedicated to helping neighbors navigate the challenges of aging in a rural environment.

The transition was born out of both necessity and opportunity. While Exeter had a dedicated core of volunteers, the village needed a broader base to reach sustainable membership levels. By expanding to include Richmond and Hopkinton, the village now covers a wide, rural geography, bringing together residents who share a common goal of providing a caring, supportive community for older RIsers.

“It’s going to take a village to make this village,” observed Carl Smigielski, a Richmond resident and co-lead for the new village, alongside Exeter’s Ellen Tierney.

Unlike more densely populated areas in RI, the Wood River communities lack centralized senior housing. Most residents live in single-family, detached homes spread across a large geographic area. This makes the village’s mission even more critical.

The focus is on two things: providing practical support with things like transportation or occasional help with household tasks; and providing the social connections that are so necessary for combating the isolation that often accompanies rural living.

With the signing of a memo of understanding with TVCRI scheduled for January 30th, Wood River Village will become a reality. And with the steering committee of 25 continuing to do outreach to attract members and volunteers, the passion for their project is clear.

As Carl puts it, Wood River Village is all about creating a sense of community, where neighbors help neighbors as we all grow older.

(Via The Village Common of RI)

## Wood River Village

Learn about creating a village of support for older adults living in **Exeter, Hopkinton, and Richmond**



**Join a community of mutual support for older adults. We look forward to hearing from you!**  
The Village Common of Rhode Island is a volunteer-based nonprofit that provides a network of practical and social support to older adults so they can continue to live full lives at home.



**Become a Member, a Volunteer, or both!**

**Village membership benefits may include:**

- \* Rides to appointments and events
- \* Assistance with errands and shopping
- \* Friendly calls and visits
- \* Tech help with phones, tablets and computers
- \* Light household maintenance

**Volunteers** provide these services and assist with administrative help, social connection, and by serving on the steering committee.

**To learn more about The Village Common of Rhode Island, please visit our website:**  
[www.villagecommonri.org](http://www.villagecommonri.org)



A local group is collaborating with The Village Common of Rhode Island to form a village for seniors in Exeter, Hopkinton, and Richmond. Villages help older adults stay active, connected, and independent in their own homes and communities by providing support from a trusted network of volunteers. **Neighbors helping neighbors with support that matters!**

Get in touch to learn about becoming involved as a member or a volunteer. We offer affordable membership fees.

Call us at 401-218-0451

Email us at [woodriver@villagecommonri.org](mailto:woodriver@villagecommonri.org)  
[www.villagecommonri.org](http://www.villagecommonri.org)

The Village Common of Rhode Island  
245 waterman Street, Suite 406, Providence, RI 02906

# February

## Town of Richmond Community Events



**2/03**

### 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**

**Wednesdays:**

**2/4, 2/11, 2/18, 2/25**

### 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**

**2/10**

### 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**

**2/10**

### Community Cards

All Older Adults Welcome!

The Richmond Senior Center is starting to offer card games! We invite you to come enjoy a cup of coffee and a few rounds of cards with neighbors!

**10:00am - 12:00pm**

**Richmond Senior Center**

For questions, contact the Richmond Senior Center:

**401-491-9404 or**

**communitycenter@richmondri.gov**



**2/19**

### Coffee, Pastries and Tech

All Older Adults Welcome!

The ATEL program is providing a Group Tech Chat with Mike. Mike will review common Tech difficulties, address questions and provide quick tips for phones, iPads, & computer use.

Come enjoy free coffee/pastries and learn about tech.

**10:00am - 11:00am**

**Richmond Senior Center**

For a 1-on-1 session with Mike from

**9:00am - 10:00am**

**Please contact**

**401-491-9824 or**

**humanservices@richmondri.gov**

**02/25**

**Lunch and Learn Series:**

### Estate Planning 101

All Adults Welcome!

Come learn about the foundation of estate planning and why it matters at every stage of life from McCarthy Law and enjoy a free healthy lunch.

**12:00pm - 1:00pm**

**Richmond Senior Center**

**To register for either of these session, please contact:**

**401-491-9824 or**

**humanservices@richmondri.gov**



**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, February 10th**  
**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



## Attention All Card Players

The Richmond Senior Center is starting to offer card games! We invite you to come enjoy a cup of coffee and a few rounds of cards with neighbors!

***February 10<sup>th</sup>***

***10am – 12pm***

1168 Main St. 2nd Floor

Wyoming, RI 02898

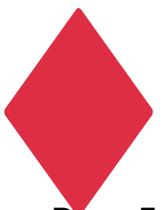
(2nd floor of the Police Station,  
elevator in the rear of building)

Possible games include: Pitch High, Low, Jack), Cribbage, Gin Rummy or suggest your favorite game.

If you have any questions, contact the Senior Center:

401-491-9404

[communitycenter@richmondri.gov](mailto:communitycenter@richmondri.gov)





# CHECK IT OUT! TECH TIME

One-on-One 'Tech Sessions'

## Richmond Senior Center

1168 Main St. Wyoming, RI 02898

(2nd floor of the Police Station, elevator in the rear of building)

Ask a question or just learn a new skill. Smartphones can be used to enhance virtually every aspect of your life!

How to adjust font size

Send a text message

Send a photo via text or email

Take a screenshot

Scan a QR code

Use your virtual assistant to make phone calls, video calls, send text messages, launch apps etc.



## MONTHLY TECH TIP

Let's Chat about ChatGPT!  
Chat is your go-to digital assistant—here to answer questions, spark ideas, help you write, plan and problemsolve, anytime you need it!



## February 19, 2026

**9-10AM:** One-on-one Tech Time

**10-11AM:** All Welcome to show up and enjoy coffee/pastries for a group Tech Chat with Mike

To register for a one-on-one tech time, please contact the Human Services Department:  
(401) 491-9824.  
(no registration needed for the group tech chat)



A TWO-PART SEMINAR

SERIES PRESENTED BY:



McCarthy Law, LLC

Medicaid Planning • Estate Planning • Elder Care Law

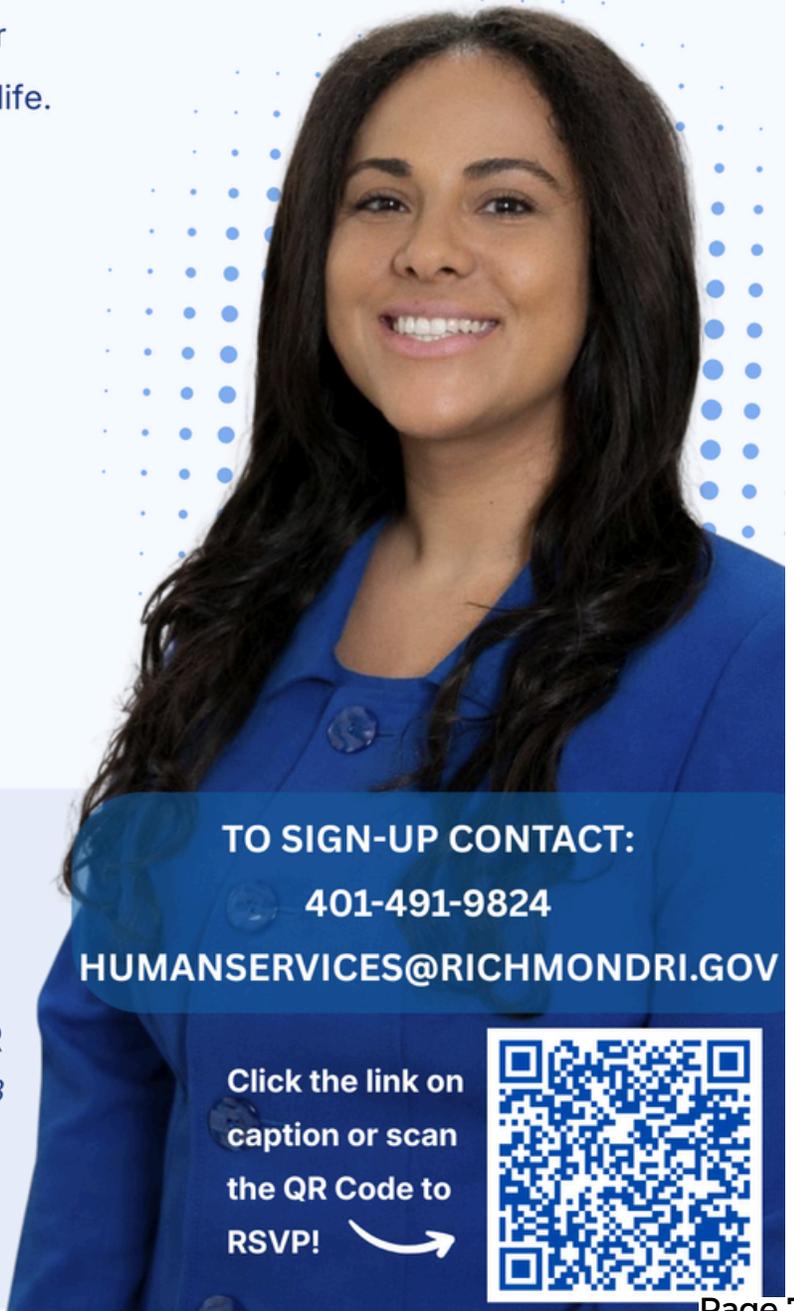
# ESTATE PLANNING 101

**JOIN US FOR A FREE LUNCH & LEARN SEMINAR!**

This introductory seminar covers the **foundation of estate planning and why it matters** for individuals and families at every stage of life.

**Topics include:**

- What estate planning really is and why it is important
- Wills, trusts, and how they work
- Powers of attorney and healthcare proxies
- Beneficiary designations and common mistakes
- How proper planning helps avoid confusion and family conflict



**FEBRUARY 26**

12:00 PM-1:00PM



**RICHMOND SENIOR CENTER**

1168 Main St. 2F Wyoming, RI 02898



*Attorney Whitney R. Anderson*  
Estate Planning Attorney

**TO SIGN-UP CONTACT:**

**401-491-9824**

**HUMANSERVICES@RICHMONDRI.GOV**

Click the link on  
caption or scan  
the QR Code to  
RSVP! →



A TWO-PART SEMINAR

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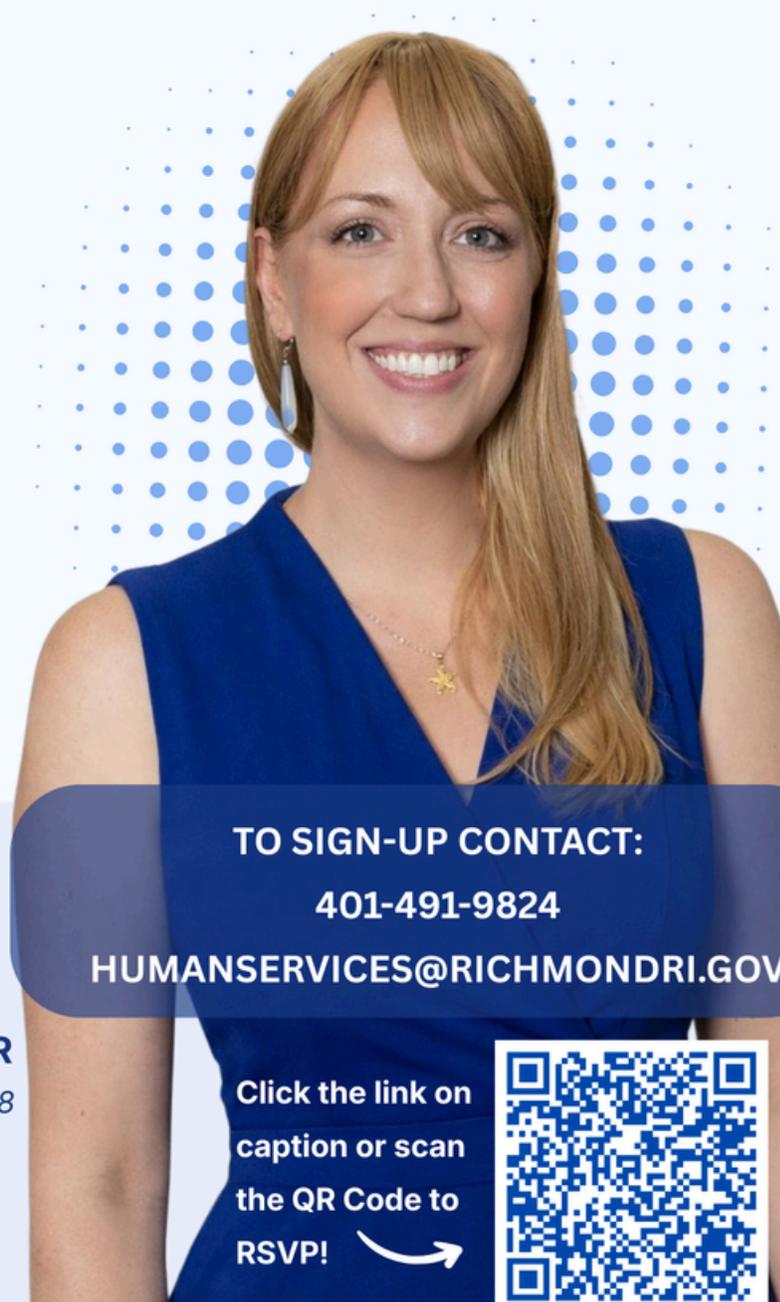
# LONG-TERM CARE PLANNING

## JOIN US FOR A FREE LUNCH & LEARN SEMINAR!

This follow-up seminar focuses on **planning for aging, care needs, and protecting assets** over time.

Topics include:

- Understanding long-term care options
- Planning ahead for assisted living or nursing home care
- Reducing crisis-driven decisions for families



**MARCH 5**

12:00 PM-1:00PM



**RICHMOND SENIOR CENTER**

1168 Main St. 2F Wyoming, RI 02898



*Elizabeth Taber*

Elder Care Coordinator

**TO SIGN-UP CONTACT:**

**401-491-9824**

**HUMANSERVICES@RICHMONDRI.GOV**

Click the link on caption or scan the QR Code to RSVP! 





# Community Bingo

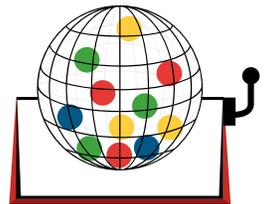
**Wednesdays  
10:00 - 11:30 am**

**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](mailto: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**



## **HOPE VALLEY-WYOMING FIRE DISTRICT**

Senior Advocates – Ron Mowchan & Bill Day

February 2026

Baby, it's cold outside! Watch out for ice and snow. Wet ice can easily cause slips and falls and ruin your love of winter. Wear proper footwear for the conditions. If you venture outside dress appropriately for the weather. Before driving in the snow make sure all your car windows are clear of ice and snow. Also clean your car roof. It is state law and you could receive a ticket. Use caution for children playing in snowbanks along the roads. If you have the occasion to see Punxsutawney Phil crossing the road, slow down, and allow him to cross, even if you don't like his predictions.

The first week of February is Burn Awareness Week. Here are some fire safety tips. Check your smoke alarms monthly. Never store woodstove ashes inside your home in a bucket. If they are not entirely out, CO poisoning can occur. If you have a chimney fire, call 911 to ensure the fire is out and not extended to the walls. For any fire, never hesitate to call 911. Better to be safe rather than sorry. For your family's safety, all homes should have an accessible fire extinguisher. Know where it is and know how to use it. If you need instructions call your local fire department.

February is usually one of the coldest months. Here are some cold weather tips. Wear appropriate clothing for the cold and snow, don't leave pets outside for extended time. Protect plants and pipes from freezing. Prepare for power outages and make any occasional wellness checks on elderly and other vulnerable people. If you clear your own snow avoid overexertion. Take occasional breaks and keep hydrated. Avoid pushing cars or walking in deep snow.

February has two month-long themes. One is Cancer Awareness Month, the second is American Heart Month.

It would be a good idea to make an appointment with a cardiologist if you have one, or because of ageing, get one. Do you know the signs of a stroke? "BEFAST."

B= Balance- Loss of Balance

E= Eyes- Blurred Vision

F= Face- One side of Face is Drooping

A= Arms- Arm or Leg Weakness

S= Speech- Stuttering or Difficulty Speaking

T= Time- Time to Call 911

Dates to Remember in February:

February 2nd- Groundhog Day

February 4th- Thank a Mail Carrier Day

February 14th- Valentines Day

February 17th- Presidents Day

February 19th- Coast Guard Reserve Day

Individuals experiencing stress, sadness, conflict, or substance abuse are encouraged to contact their primary care provider or call 988.

Thought for the Month:

"You know you are old when Happy Hour is a nap!"

Have a safe and stress-free February!

## 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](mailto:communityresources@jonnycake.org).

You can Email - [communityresources@jonnycake.org](mailto:communityresources@jonnycake.org) or call (401) 377-8069 x101 for more information.

**We are all connected!**

If you or a loved one are experiencing a mental health crisis the staff at BH Link RI can help.

Call or text 988  
or  
[988lifeline.org](https://www.988lifeline.org)

## What is BH LINK

### What are we?

A behavioral health facility that provides immediate assistance to people in crisis and connects people to ongoing treatment and care.



### BH Link Triage Center

A 24/7 community-based walk-in/drop-off facility where people are connected to immediate, stabilizing emergency behavioral health services, and long-term care and recovery supports.

### 988 Suicide & Crisis Lifeline

24/7 call, text, and chat access to trained crisis counselors who can help people experiencing any kind of emotional distress or mental health crisis.



### Why BH Link?

BH Link provides seamless transfer to ongoing care, and reduces unnecessary use of hospital-based services, while delivering more cost-effective behavioral healthcare in RI.

### For More Information or Assistance

Call or text 988 or chat [988lifeline.org](https://www.988lifeline.org)  
Or visit our 24-HOUR/7-DAY triage center located at:  
975 Waterman Avenue, East Providence, RI 02914



This is a prevention advocacy initiative for young adults to develop community engagement skills and connect with public health stakeholders. View form to learn more and sign up!  
<https://docs.google.com/.../1FAIpQLSfpKhKp0N1h8B.../viewform>

KENT AND SOUTH COUNTY



# YOUNG ADULT PREVENTION COALITION

A SUBSTANCE USE PREVENTION ADVOCACY  
INITIATIVE FOR YOUNG ADULTS (18-25)

## Benefits:

- Joining a supportive community and advocating for substance use prevention and youth well-being
- Networking with local public health stakeholders
- Gaining professional experience in health promotion
- Attending statewide or national prevention conferences



## Apply Here!



**Kent & South County  
Regional Coalitions**  
*Prevention and Health Promotion for Life.*

# 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?

Mittens

Hats

Socks

Scarves

## NEEDED

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

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

## 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](http://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](http://www.rimeals.org)



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

[humanservices@richmondri.com](mailto: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](http://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](http://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](http://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](http://www.wellbeingcollab.org)

One day at a time

