



PILGRIM SENIOR CENTER NEWS

FEBRUARY 2021



WARWICK SENIOR SERVICES
27 Pilgrim Parkway
Warwick, RI 02888



401-468-4070
401-468-4090



BLACK HISTORY MONTH FILM SERIES

Celebrate Black History Month with us through a series of thought inspiring films shared virtually. More information page 12.

ZENTANGLE

February 18th @ 1pm

Join us for this step by step virtual class to create a beautifully designed small abstract Zentangle. More information page 9.

CERAMIC EVENT

February 24th @ 10am

Join us virtually to create a ceramic piece—vase, mug, or another fun item. More information page 9.

AARP FOUNDATION TAX-AIDE PROGRAM

As of the printing of this newsletter, AARP is still arranging details for filings this year. It is our intent to provide a drop-off tax preparation program. This program will not begin until **after** February 15th, so please be in touch at that time for particulars.

MEAL PROGRAM

We are working hard to make sure our older adults have access to meals during these difficult times. Please contact Kevin at 468-4078 or 468-4076 for eligibility. Meals are “Grab ‘N Go” and every precaution is taken to keep you safe. Delivery is available for those without transportation.

CONTENTS	PAGE
DIRECTOR MEG UNDERWOOD’S MESSAGE	2
MAYOR FRANK PICOZZI’S MESSAGE	3
IN MEMORIAM	3
SOCIAL SERVICES	4, 5, 6 & 7
TRANSWICK	7
COMMODITY FOOD PROGRAM	7
VIRTUAL PROGRAMS, ACTIVITIES, PUZZLES	8 & 9
NURSE PAULA DUCHARME’S MESSAGE	10
BLACK HISTORY MONTH & IMPORTANT PHONE NUMBERS	12

City of Warwick Division of Senior Services

— MISSION STATEMENT —

The City of Warwick’s Division of Senior Services is a community focal point that addresses the needs of Warwick’s maturing population. The Division encourages adults 55 years of age and older and disabled to come together for programs and services, that encourage diverse concerns and interests, and are supported with sensitivity and dignity. The Division serves as a resource for the entire community and encompasses information on aging and supportive services.

DIRECTOR'S MESSAGE

Dear Friends,

In these difficult times, when we are isolating in order to protect our health, it's important to take care we don't inadvertently neglect other health concerns. Heart disease continues to be the leading cause of death in the United States. In 1964, President Lyndon B. Johnson declared February American Heart Month. The proclamation was issued 9 years after he himself suffered a heart attack. Focusing on your heart health has never been more important. People with poor cardiovascular health are also at increased risk of severe illness from COVID-19. It is so very important to adopt a healthy lifestyle to prevent heart disease.

There are simple things--big and small--you can do to improve heart health. Exercise—whether a short walk or joining one of the many virtual classes offered by the Pilgrim Senior Center and through a number of other sites—is very important.

Because we are all careful to social distance from others and are asked to stay home, we have become socially isolated. Even if it is virtual, social support and feeling connected to others helps your blood pressure, weight and overall health. If you are not comfortable with technology, please give us a call and we can connect you with our partners at Cyber-seniors who are wonderfully patient mentors. The staff at the Pilgrim Senior Center continues to make calls to many of our wonderful members—if you'd like a call, just let us know!

With so much anxiety these days, it's critical to take a moment to de-stress, prepare a healthy meal, and get quality sleep. And don't put off your appointments with your physicians. Many offer telehealth visits, and are being incredibly careful to keep you safe for in person visits.

As of this writing, I do not have information on the availability of the Covid-19 vaccine for older adults, but I know the State is working hard on getting folks vaccinated. While I know this is not easy, please try to be patient, as this is a monumental task for the cities and State and we are all doing everything possible to keep our residents safe! Still, it is comforting to know that the vaccine is coming, even if not as quickly as we would like.

Please stay safe, and know you are missed. Wishing you a very happy, heart healthy Valentine's Day!

Warmly,

*Meg Underwood
Director of Senior Services*



MAYOR'S MESSAGE

Dear Friends,

As we enter a new year, the battle against Covid-19 continues. In my first month as Mayor, I've been touring local businesses and landmarks across the city, seeing first-hand how they've been impacted by the pandemic. The Pilgrim Senior Center being one of them. Despite setbacks and major changes within the senior center, it's amazing to see how the staff has worked to bring programs and other activities virtually to you. That hard work continues in the month of February. In fact, there are some great programs and events lined up.

One of the most popular programs this time of year, AARP tax preparation. Trained volunteers from AARP will be preparing taxes for older adults and those who are low income at no cost once their process is established. If you're looking to get your creative juices flowing, the senior center is offering a virtual ceramic event. Pilgrim will provide your supplies for an hour of painting, with a choice of vase, mug, or other fun item. You have to register by February 19th by calling Kathleen Bohl at 468-4074.

If you're looking to get a little exercise from the comfort of your home, Pilgrim continues to offer several virtual programs like chair yoga on Wednesday's from 1:00 to 1:45, and low impact aerobics every Thursday 9:30am to 10:15am. Also, if you're still having a tough time getting a hang of the virtual world, we want to remind you about a program that connects URI students with older adults. The University of Rhode Island Engaging Generations Program is designed to help older adults navigate the world of technology. That includes everything from using your smartphone and laptop and even GPS devices. My grandchildren actually told me I could use some help in this department myself.

The goal of course is to get the Pilgrim Senior Center back open to you as quickly as possible, but your health is my top priority. Many of you have been asking about when a Covid-19 vaccine will be available. We are working with state and federal officials to get a clearer timeline. In the meantime, the best advice is to contact your primary care provider with any questions. We are almost one year into this pandemic, but there is light at the end of the tunnel. Continue to stay safe, and continue to stay connected with the wonderful staff at the Pilgrim Senior Center.

Sincerely,

Frank Picozzi
Mayor

In Memoriam | December & January

Eileen Ryan	William Roux	Linda Patnaude	Constance Vousin	Joseph Kernan
Rita Cervone	Shirley Washburn	Thomas Walason	Margaret Keenan	Lilwen Pezzelli
Margaret Perrault	Mary Barrow	Carole Dorr	James Monroe	<i>Loving Memory</i>

Educational workshops

Join us at Your Blue Store Studio LIVE on our Facebook page at [facebook.com/BCBSRI](https://www.facebook.com/BCBSRI).

SOCIAL SERVICES AT PILGRIM

Patricia Almonte (468-4084)

Patricia.a.almonte@warwickri.com

Krystle White (468-4079)

krystle.ducharme@warwickri.com

→ Thursday, February 4 at 11:30 a.m.

PRACTICAL GUIDE TO BUILDING EMOTIONAL HEALTH: Join the BCBSRI Behavioral Health team for useful tips on managing and maintaining your emotional wellbeing.

→ Tuesday, February 9 at 3:30 p.m.

BLOOD PRESSURE ON THE RISE: Even in uncertain times, you can control several contributors to high blood pressure. Join us to look at the roles that managing stress, maintaining healthy eating habits, and monitoring your blood pressure have on bringing your numbers down.

→ Thursday, February 18 at 11:30 a.m.

THE POWER OF POSITIVITY: Participants will discover some of the research that is known about positivity—what it is, what it isn't, the brain science behind positivity, and how you can cultivate more positivity in your life for greater health and well-being.

→ Tuesday, February 23 at 3:30 p.m.

CHOLESTEROL AWARENESS: There are a lot of descriptors when it comes to cholesterol such as LDL, HDL, triglycerides, good cholesterol, bad cholesterol, and cholesterol ratio. At the end of this session, participants will better understand what all these terms mean, the healthy values for each, and why healthy levels are so important to long-term health.

SHIP

(SENIOR HEALTHCARE INFORMATION PROGRAM)

Every year the federal guidelines change for the programs that couple with Medicare. Our staff can screen you to see if you are eligible for these programs based on your monthly income and sometimes your resources.

◆ Medicare Premium Payment Program

The premium (monthly payment) for Part A of Medicare is usually free but the premium for Part B of Medicare currently starts at \$148.50. You can apply for a program called "Medicare Premium Payment" or "MPP" if you are below the limits. This program pays for your Part B. If you move from one state to another, you have to re-apply. Guidelines for programs can vary by state. Below are the RI guidelines:

Income: < \$1469 (Single) and < \$1979 (Married)

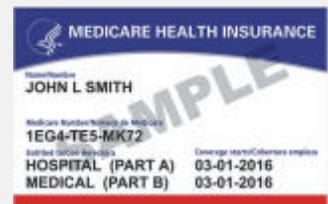
Resource limit: < \$7860 (S) and < \$11,800 (M)

◆ "Extra Help" for Prescriptions*

This federal program is administered through the Social Security Admin. If you are qualified by income and resource guidelines, it pays the monthly premium for your Part D or Advantage Plan and lowers the costs of your prescriptions. You can apply online at: <https://secure.ssa.gov/i1020/start>

Income: < \$1610 (Single) and < \$2177 (married). Resource limit: < \$13,290 (single) and \$26,520 (married)

Over the past 3 years we have saved our clients over \$463,000 in prescription costs!!!





Here's some resources that might be helpful to you during the Covid-19 crisis. Remember, please don't leave your home unless absolutely necessary. and if you do WEAR A MASK even at drive thru's! And check out our Facebook page!



Our staff at Pilgrim Senior Center is always happy to assist you. The building may be closed, but we are still working to help our seniors in any way we can. Until we are all together again, here's a list of resources that may be of help.

- **Pilgrim Senior Center** is offering **lunch** for older adults 60+ and adults with disabilities, Monday through Friday for pickup. Those eligible through the Title III C program can register for the program. Delivery may be available *for those without transportation*. Call 468-4078 or 468-4076
- **Pilgrim Senior Center** is making **wellness calls** to Warwick residents. Call 401-468-4073 to add someone to our list or if you'd like a call.
- **Meals on Wheels** is prioritizing applications for seniors and disabled residents.
- **SNAP Program 866-306-0270**



Thousands of Rhode Islanders do not receive nutrition assistance because they are unaware of their eligibility, or need additional assistance with applying. If you, or someone you know, is struggling to pay for food, let them know help is available.

Income eligibility for Seniors and Disabled:

1 Person under \$2128.00 per month
 Married Couple under \$2874.00 per month
 No resource limit if under income guidelines.
 Apply even if you are slightly over as there is a net income guideline also

URI SNAP Outreach Project Hotline 866-306-0270

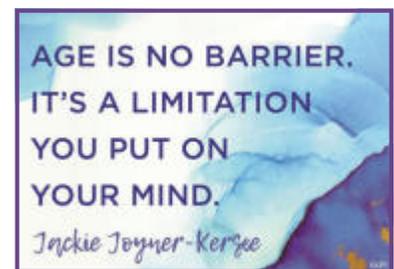
Apply online at:	HealthyRhody.ri.gov
SNAP problems or questions	866-306-0270
Lost SNAP Cards	888-979-9939
DHS Call Center	855-697-4347

Online Help and Instructional Ideas

- **Cyber Seniors, Cyber and phone help line — 844-217-3057**

Free Tech Webinars and One on One Help. Cyber Seniors has converted all of its programming to online and remote formats in order to continue delivering essential tech training to seniors. Make a one-on-one appointment by calling 468-4074.

- **Amazon Prime and YouTube** Watch "How to" videos, exercise classes, virtual tours, audio books, sport events, concerts, TV shows and movies. Check it out. You can use your smart phone as a "hot spot" if you don't have internet. Call Cyber Seniors or your phone carrier to find out how.



PILGRIM SENIOR CENTER WELLNESS CALLS

Pilgrim Senior Center is making wellness calls to Warwick residents. Call 401-468-4073 to add someone to our list or if you'd like a call.

WESTBAY MARKET NOW ALLOWS YOU TO GO ONCE PER WEEK!

**WESTBAY COMMUNITY ACTION,
487 JEFFERSON BLVD, WARWICK
CALL FOR CURBSIDE PICKUP.
732-4660**

PILGRIM FOOD PANTRY

Please contact staff if you are in need of food. We will try to help you with things from our pantry or help you find a larger pantry or program that may help you. Please call if you need assistance, and for info on programs. We accept donations of new/unopened non-perishables, like canned goods, pasta, rice, bottled juice, cereal, etc. We also accept donations of unopened pet food and toiletries. Donations can be left between 11:30 – 12:30 between the glass doors Monday thru Friday. Thank you!

ALZHEIMER ALERT PROGRAM

Warwick residents register your loved one if you are fearful they would get lost. Call Patricia for details

SENIOR HOUSING

Subsidized housing may offer reduced rent based on 30% of your income. Contact Betty for information.

**Local Food Pantries**

- **WestBay Community Action**, 487 Jefferson Blvd
401-732-4660 Call for curbside. Once per week
- **Project Hands Up**, \$3 per bag. Call for details
401-965-9050
- **St Rita's Church**, 722 Oakland Beach Ave., Warwick
401-738-1800 Mon and Wed 10 -11:30am. Once per month
- **East Greenwich Interfaith Food Cupboard**
401-884-4116 99 Pierce St., East Greenwich,, RI
Mon, Wed, Fri 10:30-12. Limit 2x per month
- **Comprehensive CAP Cranston**, 311 Doric Ave.,
Cranston **401-467-7013** Call for curbside pickup
- **Food Bank RI Community**, 200 Niantic Ave., Prov, RI
02907 **401-942-6325**
- **<https://www.foodpantries.org/ci/ri-warwick>**

Are You Homebound and In need of help?

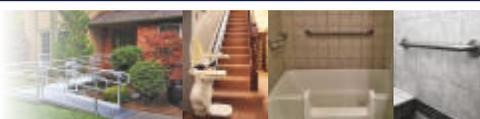
**Call The Point 462-4444 and ask about
The *Be Safe Plus* Program**

If you qualify, (depending on availability), you will get a box with: Fresh fruits, vegetables and proteins – as well as safety supplies like masks, & hand sanitizer, sani-wipes, thermometers, toilet paper, paper towels, and gloves. Call the Point for details.

LOSS OF SPOUSE AND GRIEF SUPPORT GROUPS

Please call (888) 528-9077 or go to <https://www.hopehealthco.org/services/hospice-care/grief-support/find-a-grief-support-group/#virtual-grief-support> OR

Visiting Nurses Grief Support: 260-435-3261.
After normal business hours,
please call 260-435-3222.

FALL PREVENTION • ACCESSIBILITY • AGING IN PLACE

**FREE HOME SAFETY ASSESSMENTS
GRAB BARS, STAIRLIFTS, RAMPS, & MORE**

Visit our showroom at: 322 South Pier Rd. | Narragansett
401.429.3882 | OakleyHomeAccess.com | RI reg 39572

➤ Reach the Senior Market

ADVERTISE HERE

CONTACT

**Christine Nicholls to place an ad today!
cnicholls@lpiseniors.com or (800) 950-9952 x5841**



TRANSWICK ON THE GO
ALL TRANSWICK SERVICES
ARE ON HOLD UNTIL
FURTHER NOTICE



Regular Transwick Service has been suspended until further notice. We hope everyone is safe, well and practicing social distancing. If you do go out don't forget your mask! All calls pertaining to Transwick should be made to 738-1276 or 468-4002.

MENTAL HEALTH HELP

People are having an extra hard time this year with the holidays and the covid crisis. These are resources for all ages.

- BH LINK: 401-414-LINK (5465)**
- 24 HR LISTENING LINE: 401-272-4044**
- SUICIDE HOTLINE: 800-273-TALK (8255)**
- UNITED HEALTH FREE EMOTIONAL SUPPORT:**
866-342-6892 ANYONE CAN CALL
- PAUSE RI: 401-519-2280**
- [HTTPS://NAMIRHODEISLAND.ORG/HELPFUL-RESOURCES/](https://namirhodeisland.org/helpful-resources/)**



VETERAN'S ASSISTANCE

Please call The RI Office of Veteran's Affairs, 560 Jefferson Blvd, Warwick, RI @ 921-1276.
 CRISIS HOTLINE: 800-273-8255 press 1



LEGAL ASSISTANCE
RI BAR ELDER REFERRAL PROGRAM
401-521-5040

COMMODITY SUPPLEMENTAL FOOD PROGRAM



aims to improve the health of elderly persons at least 60 years of age by supplementing their diets with nutritious USDA Foods. **Pick up day this month is:**

Wednesday Feb. 17, 12:30—1:00 pm

To ensure you receive your box, you must pick up on the designated day and have your application approved by the food bank. To apply you must be over 60 years old and your monthly income must be under be less than \$1287 for an individual and \$1736 for a couple. To apply, call our social service team.

Warwick Public Library

Mon, Wed, Thurs 9am - 5pm; Tues 9am - 7pm; Fri & Sat 9am - 5pm

Library Services: current regulations for opening to the public allows for up to 206 patrons in the designated space. Also, patrons can spend no more than 30 minutes in the building at a time.

Reserves: Items can be requested in advance of your visit for in library or curbside pickup: Call 401-739-5440 or Email reference@warwicklibrary.org

Stacks Open for Browsing: You may browse for books and DVDs in the stacks, one person per aisle.

Item Returns: You may return items at anytime in the outside bookdrop or the drive up bookdrop.

Late Fees: No fines are being accrued on items checked out.

Computers: Eight computers are available, limited to one hour per patron. Call 401-739-5440 x4 to make a reservation before arriving.

YOU CAN ALSO DOWNLOAD BOOKS AND AUDIO BOOKS ON YOUR SMARTPHONE or TABLET!!! Call the library for a pin to use your card online.



2021 Special: List your home with me and receive 10 FREE hours of home preparation services!

Kate DeSimone REALTOR®

Williams & Stuart Real Estate
WARWICK RESIDENT
 Seniors Real Estate Specialist® • Military Relocation Professional®

401-450-4881
kate@desimonerealty.com
 170 Mayfield Avenue, Cranston, RI 02920



PILGRIM'S VIRTUAL PROGRAMMING

Join us in programs to socialize and get some exercise from the comfort of our own homes!

Please visit our website to register at www.warwickri.gov/PilgrimVirtual.

You can join us via zoom or even by phone! Classes are free!

For questions, please contact Kathleen at 468-4074.

MONDAYS

POETRY READERS • 1:00pm - 2:00pm

Come share your favorite verse, and creativity with this relaxed group.



WEDNESDAYS

YARNIGANS • 11:30am - 12:30pm

This is a social group that donates their knitted creations to the Senior Center and local hospitals. Join us to share what you are working on and get tips on how to cast, backstitch and pearl!



CHAIR YOGA • 1:00pm - 1:45pm

Chair yoga concentrates on improving strength, balance and overall well being. All movements are performed using a chair or standing. Movements can also be modified to remain in the chair for the entirety of class.



THURSDAYS

Welcome back
Margaret Laurenza!

LOW IMPACT AEROBICS • 9:30am - 10:15am

This is a fun cardio class designed to be easy on the joints. Combined upper and lower body movement to improve overall cardiovascular health.



YOGA - GENTLE / VINYASA FLOW • 6:00pm - 7:00pm

Class is designed with traditional yoga flow, breath work, and mindfulness but adds a gentler, modified approach to standing work and mat work. Shri is sponsoring this class to help promote wellness during this challenging time. To register, please visit www.shriyoga.org



FRIDAYS

PILGRIM THEATER STARS • 10:30am - 11:30am

Join this acting group turned social club! We'll share movie recommendations, discuss our favorite Broadway shows and what we envision for our next play!



KNIT WITS • 1:00pm - 2:00pm

Come join this social group and get creative in knitting, sewing and the like! Connect with us and say 'hi,' we would love to have you!



Thank you to Blue Cross Blue Shield of RI who sponsored two of our classes from September through January. We appreciate your support! And thank you Christina and Ruth for your fabulous instruction that carried us through quarantine.



- | | | | |
|------------|-----------|------------|---------------|
| ADORE | AFFECTION | AMOROUS | ARROW |
| BELoved | BEMINE | BOUQUET | CANDLELIGHT |
| CANDY | CARDS | CHERISH | CHERUB |
| CHOCOLATE | CUPID | DARLING | DEAR |
| DESIRE | DEVOTION | EMBRACE | ENDEARMENT |
| FEBRUARY | FLOWERS | FOURTEENTH | FRIENDS |
| HEART | HONEY | HUGS | KISSES |
| LOVE | LOVEBIRDS | PINK | POEM |
| RED | ROMANCE | ROSES | SECRETADMIRER |
| SWEETHEART | SWEETS | TEDDYBEAR | TENDERNESS |



Visit Age-Friendly RI for resources, information and events. Click on their Events Calendar to participate in free programs like exercise, Memory Café, Mindfulness Sessions, card games, and much more!
<https://agefriendlyri.org/>

SAGE-RI



SAGE-RI is a non-profit, intergenerational, culturally diverse organization dedicated to improving the quality of life for LGBT elders in Rhode Island. New members and volunteers are always welcome. Visit their web-site at www.sage-ri.org and Facebook page at <http://www.facebook.com/SAGERhode-Island>.

ZENTANGLE



February 18th @ 1pm

Join Charlann Walker for this step by step virtual class to create a beautifully designed Zentangle. Zentangle is a small abstract work of art that is easy to learn, using just pen, pencil and paper it is a drawing method which enables people of all abilities to create intricate designs through the use of simple repetitive patterns. Register on the web-site at <https://www.warwickri.gov/PilgrimVirtual> to receive the zoom link.

PEN PALS



With the isolation increasing in these winter months due to weather, early sunsets and keeping one another protected from the spread of the virus, let's get connected through letter writing. If you are interested in become a pen pal with other older adults in the community, please contact Kathleen at 468-4074.

CERAMICS VIRTUAL EVENT

FEBRUARY 24TH @ 10AM

Put your creative hats on and join us for an hour of painting. Pilgrim will provide your supplies, with choices of a vase, mug, or other fun item. Contact Kathleen to register for this program at 468-4074. You must register by February 19th.



Paula Ducharme, RN



Hello everyone,

When I think of February, I generally think of chilly weather and Valentine’s Day. This year however my thoughts are different. Now, all I have been thinking about is “pandemic, virus and vaccine”. We are beginning to see a glimpse of light at the end of this long dark tunnel we have all been living in, so please continue to use all precautions to protect yourself, family and friends by following all social distancing guidelines. As always, wearing masks, keeping your distance and washing your hands is your best defense against this virus.

Besides fighting this virus, we all need to take care of ourselves. February is National heart month and being aware of and controlling risk factors for heart disease and stroke can help keep you healthy. Some of those risk factors are, high blood pressure, high cholesterol, diabetes, obesity and smoking. Being aware of the risk factors and making changes in diet and bad habits will help keep a healthier you. Finally, get moving! A sedentary lifestyle will put you at a much higher risk for heart disease, so bundle up and go for a nice brisk walk.

I miss you all!

Stay safe and healthy,

Paula Ducharme





Short-Term Rehabilitation • Subacute Nursing Services
Dementia Care • Long-Term Care for Chronic Conditions
109 West Shore Rd., Warwick
401-739-9440 • www.hcltdri.com

Exceptional Senior Living

Assisted Living
Renaissance Memory Care
Celebrations Adult Day Care
Respite Care



Day & Evening Tours
Call Susan: 401-732-0037
www.tamariskri.org

JCS
A Community of Jewish Collaborative Services

THE PHYLLIS SIPERSTEIN
TAMARISK
ASSISTED LIVING RESIDENCE
3 Shalom Drive, Warwick, RI 02886

Listening to you is where we start every visit.

Accepting new patients
401-286-9992



THIS SPACE IS AVAILABLE



OAK STREET HEALTH | Doctors for Adults on Medicare

**\$0 Rx
Co-Pays**



Neighborhood INTEGRITY
Medicare-Medicaid Plan



Neighborhood Health Plan of Rhode Island ©2020 H1576, P01442 Approved 10/3/16

**GREGORY P.
RAMEAKA**

ATTORNEY

Estate Planning

Elder Law - Wills & Trusts

All Probate Matters - Taxation

Medicaid Planning

873 Warwick Avenue
Warwick, RI 02888

**FREE
CONSULTATION
401-781-4448**

**ZAWADZKI
PLUMBING & HEATING**



401-739-9437

834 W Shore Rd
Warwick, RI 02889

**WARWICK
NECK**



401-737-9876

315 Warwick Neck Ave.
Warwick, RI



SELLING YOUR HOME?

Jim Silberman
401-486-0195
JimS@sellri.com

OVER 37 YEARS EXPERIENCE

FREE MARKET ANALYSIS!

RE/MAX PROFESSIONALS

Let Us Do the Work!

**WASH, DRY,
FOLD**

**THORPE'S
LAUNDROMAT & DRY CLEANING**



We Provide:



Wash, Dry, Fold



Dry Cleaning



Pickup & Delivery

**MONDAY
& TUESDAY**
Only 89¢*
lb.

Includes soap,
softener and bleach

560 Providence Street
West Warwick

401-826-7158

Mon.-Fri. 7:30am-9pm;
Sat. 6:30am-9pm; Sun. 6:30am-8pm



**SCANDINAVIAN
communities**

**REHABILITATION &
SKILLED NURSING**

1811 Broad Street, Cranston, RI
401-461-1433

ASSISTED LIVING

50 Warwick Ave, Cranston, RI
401-461-1444

www.scandinaviancommunities.org



*The Destination of
Choice for Wellness
& Elder Care*



QUINN FUNERAL HOME

Family Owned and Operated Since 1857

Traditional Funerals to Simple Cremation Services
Pre-Arrangements & Pre-Financing Available.

Directors

Michael F. Quinn, Patrick J. Quinn, Jerome D. Quinn,
Christopher P. Quinn, Paul A. Falso, Jr.

Intern

Michael J. Quinn

401-738-1977 • 2435 Warwick Avenue, Warwick, RI
www.QuinnFuneralHomes.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpi seniors.com

Pilgrim Senior Center, Warwick, RI

06-5247

**SENIOR CENTER
PHONE NUMBERS**
STAFF IS AVAILABLE
MON - FRI
8:30AM TO 4:30PM

**DIRECTOR OF
SENIOR SERVICES**
Meg Underwood
468-4073

Center Program Manager
Kathleen Bohl
468-4074

HEALTH SERVICES
Paula Ducharme, RN, BSN
468-4077

SOCIAL SERVICES

Resource Specialist
Patricia Almonte
468-4084

Eligibility Technician
Krystle White
468-4079

TRANSWICK

Transportation Planner
Bob Smith
468-4002

Transwick Dispatcher
Karen Neely
738-1276

Kitchen Manager
Kevin Boyes
468-4078

Dining Room Aide
Kevin Cabeceiras
468-4076

Community Aide
Steve Englert
Karleen Wrath
468-4070

**BUILDING
MAINTENANCE**
Alyson Jordan (AM)
Dee Lynch (PM)

**USEFUL
PHONE NUMBERS**
City of Warwick
Police and Fire.....911



- Fire Department.....468-4000
- Police Department.....468-4200
- Human Services.....468-4101
- Recreation Department.....738-2019
- Senior Citizen Advocate.....468-4325
- Sewer Department.....739-4949
- Warwick Public Library.....739-5440
- City Hall.....738-2000
- Board of Canvassers.....738-2010
- Mayor's Office.....738-2004
- Public Works.....738-2003
- Recycling/Sanitation.....732-9589
- Tax Department.....738-2002
- Water Department.....738-2008
- Warwick Public Housing.....732-8500

Transportation

- MTM (formerly Logisticare).....855-330-9131
- Transwick (Warwick Only).....738-1276

RI Office of Healthy Aging

(formerly the RI Dept. of Elderly Affairs)

- Main Number.....462-3000
- Westbay Community RSVP.....732-4666
- Cornerstone Alzheimer's Center..... 7392844
- Adult Day Center.....739-2847
- Insight.....941-3322
- Arthritis Foundation.....739-3773
- VNA Care of New England.....737-6050
- Thrive Behavioral Health.....732-5656



Mayor Frank Picozzi
(401) 738-2004

**Warwick
City Council Members**

Ward 1
William Foley
(401) 739-4207

Ward 2
Jeremy Rix
(401) 263-5559

Ward 3
Timothy Howe
(401) 215-0632

Ward 4
James McElroy
(401) 739-2288

Ward 5
Edgar Ladouceur
(401) 921-5253

Ward 6
Donna M. Travis
(401) 738-9774

Ward 7
Stephen P. McAllister
(401) 287-1813

Ward 8
Anthony Sinapi
(401) 474-2069

Ward 9
Vincent Gebhart
(401) 486-9777

If you don't know what ward
you live in, ask us!
We are happy to help.

BLACK HISTORY MONTH FILM SERIES

Celebrate Black History Month with us through a series of thought inspiring films shared virtually.



- February 5th @ 1pm—"Selma" | PG-13
- February 10th @ 10am—"Maya Angelou: And Still I Rise" | Not rated
- February 19th @ 1pm—"13th" | TV-MA
- February 25th @ 1pm—"Just Mercy" | PG-13

For descriptions and trailers, please contact Kathleen at
kathleen.m.bohl@warwickri.com

To register for zoom links, please visit www.warwickri.com/pilgrimvirtual