Services for Seniors & Adults with Disabilities

Resource Outreach Toolkit

January 2020
This Resources Outreach Toolkit has been developed by the Rhode Island Community Food Bank Agency Services Department for the convenience of our members.

It is our intention that this toolkit be used as a reference guide when directing seniors and/or adults with disabilities to community services and resources.

Most of these resources will have appeal to the general public, however, those marked with ♦ will be mostly useful to agency staff or helpers.

Rhode Island Community Food Bank
200 Niantic Ave
Providence, RI 02907
www.rifoodbank.org
(401) 942-6325

For information or corrections, contact:
Community Resource Coordinator
(401) 230-1701
INTRODUCTION & TABLE OF CONTENTS

We know that older residents (especially age 55 and older) have greater difficulty accessing the supports they need to live comfortably. Older adults, especially women, are at higher risk for food insecurity and living in poverty. Food insecurity also compromises the health and well-being of seniors, especially if they have medical crises or lack of mobility.

This Resource Outreach Toolkit provides you with some essential resources you can use to better support and serve the Seniors and Adults with Disabilities you meet regularly.

We certainly do not want to replicate the number of excellent resources already available to you from other agencies. Minimally, we recommend that you have the resources listed on page 3 close at hand. However, for those with limited time to search for information, this guide helps you easily find many additional resources for you visitors and ways to access them.

We’ve done our best to include important contact information on how to access these materials on your own. Most of the items are available to download from the Internet. Some brochures are available for free when you order directly from the organization. We have many samples in the Food Bank Agency Resource Room or you can contact the Community Resource Coordinator for copies.

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**How to Have More Effective Communication with the Elderly**

It is important to remember that while communication with the elderly may be more challenging, it’s worth the effort. By maintaining a loving connection with an elderly person, you honor your relationship, and help to improve that person’s quality of life.

**Want more effective communication with the elderly? Keep these tips in mind.**

**Physical changes can affect communication.**

Age-related decline in physical abilities can make communication more challenging, and some illnesses make communication more difficult. A hearing loss makes you harder to understand, so be patient and speak more clearly. Be sure you face the person when you talk, and avoid talking while you eat. Check to see if an assistive listening device could improve communication by phone.

Vision loss makes it harder for the elderly person to recognize you, so don’t take it personally.

Some elderly people experience changes in speaking ability, and their voices become weaker, or harder to understand. Be patient when listening, and be aware of when the elderly person gets tired and wants the visit to end.

Some age-related memory loss is normal as people grow older, although people experience different degrees of memory loss. Most often, short-term memory is affected, making it harder for an elderly person to remember recent events. Keep this in mind, and practice patience.

**Allow the elderly person to reminisce, and to grieve.**

When someone lives to be very old, it’s impossible not to experience some feelings of significant loss. The deaths of relatives and friends, losing the ability to work and be independent, changes in health and finances, and being unable to make simple decisions can all affect an elderly person’s self-esteem.

These losses can create sadness, and grieving. Common responses to grieving are depression, social withdrawal, and irritability, so look for these symptoms in the elderly person and seek medical advice or counseling.

**Respect the elderly person’s background, knowledge, and values.**

Because an elderly person’s life experience may be very different from yours, it’s important to let the person express those thoughts and feelings, and to respect them even if you disagree.

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**Additional resources:**

*Communicating With Impaired Elderly Persons*
www.ec-online.net/Knowledge/Articles/communication.html

*Communicating w/Seniors: Advice, Techniques & Tips*

*Improving Communication W/ Older Patients*
www.aafp.org/fpm/2006/0900/p73.html

*Communicating Effectively w/Elders & Their Families*
GENERAL DIRECTORIES

Compiled by Reliable Rhode Island Agencies

This is a list of essential directories and tools you will want to be sure to have on hand and readily available.

Pocket Manual — The Rhode Island Guide to Services for Seniors and Adults with Disabilities

*Developed annually by the RI Department of Elderly Affairs*


Versions may also available in Spanish, Braille, & Large Print. To receive a print copy of those specific versions, call (401) 462-3000.

United Way 211 & The POINT

50 Valley St, Providence, RI 02909

**Call by dialing 2-1-1**

2-1-1 is the fastest and easiest way to get information when you need it, 24 hours a day, 7 days a week for resources across the state & community.

Also search the website: [www.uwri.org/get-help-2-1-1/](http://www.uwri.org/get-help-2-1-1/)

**The POINT** – Rhode Island’s Aging & Disability Resource Center


(401) 462-4444

To get additional flyers & information, contact:

Cristina Amedeo: cristina.amedeo@uwri.org | (401) 519-0362

Seileak Huoth: seileak.Huoth@uwri.org | (401) 519-0377

AARP Foundation

**Your Guide to Public Benefits in Rhode Island**


*Check Annually for most updated version at:*


Economic Progress Institute Guide to Assistance Programs ♦

This web-based resource outlines various specific programs and the eligibility requirements.

In the following pages, we highlight other resources that may be of specific interest to your visitors. Most (not all) can be found listed in the directories on p. 3.

State Agencies

Office of Healthy Aging  
www.oha.ri.gov/
57 Howard Ave., Louis Pasteur Bldg.
2nd Floor, Cranston - (401) 462-3000

*Programs & Services*
www.oha.ri.gov/programs/

*Rhode Island Advisory Commission on Aging*  
www.oha.ri.gov/RIAFC-ADVOCATES/index.php

*Citizens Commission for the Safety & Care of the Elderly*  
www.oha.ri.gov/RIAFCADVOCATES/index.php

Senior Medicare Patrol (SMP)  
www.smpresource.org
Mary Ladd, SMP:  
(401) 462-0931  
mary.ladd@oha.ri.gov

The SMP programs help Medicare and Medicaid beneficiaries become better health care consumers. Trained SMP volunteers empower and assist Medicare beneficiaries and their caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education.

Dept. of Behavioral Healthcare, Developmental Disabilities and Hospitals (BHDDH)  
www.bhddh.ri.gov/  
(401) 462-3201

This department assures access to quality services and supports for Rhode Islanders with developmental disabilities, mental health and substance abuse issues, and chronic long term medical and psychiatric conditions.

Commission on Deaf & Heard of Hearing  
www.cdhh.ri.gov/  
cdhh@cdhh.ri.gov

Though there is nothing on their website directly for Seniors, there are 2 resources to know about:

*Communication Access*:  
http://www.cdhh.ri.gov/epcap/

*Resources Links to other Deaf organizations*:  
http://www.cdhh.ri.gov/information-referral/resource-directory.php

Rhode Island Relay  

This service allows TTY or VCO users to communicate with standard telephone users through specially trained relay operators.

RI Adaptive Telephone Equipment Loan Program  
www.atel.ri.gov

Senior Health Insurance Program (SHIP)  
http://www.oha.ri.gov/SHIP/  
See webpage for community phone numbers

SHIP volunteers and staff are trained to help older adults and adults with disabilities understand their health care options.

Get copies: Contact OHA (401) 462-3000
Food Assistance

*** Be sure to see the “Peer-to-Peer” section on page 6 for suggestions on ways your program can provide specific supports for seniors in your service area. ***

SNAP – Supplemental Nutrition Assistance Program
Low-income seniors may be eligible for nutrition assistance through SNAP (formerly the Food Stamp program). Eligibility guidelines are slightly different for seniors and adults with disabilities.

2016 RI-DEA Complete List of Senior Nutrition Meal Sites in Rhode Island
This complete listing is revised at the beginning of each year. It is available in the Pocket Manual of Elder Services (see Toolkit pg. 3)

Senior Café & Kosher Meals
www.jewishalliancerci.org/jewish-life/senior-cafe/
- Dwares JCC Kosher Senior Café, 401 Elmgrove Avenue, Providence
- Kosher Senior Café at Temple Sinai, 30 Hagen Avenue, Cranston
- Kosher Meals on Wheels in Providence, Pawtucket, Cranston, & Warwick
For more info, contact Neal Drobnis: (401) 421-4111 ext. 107, neal@jfsri.org

Meals on Wheels – Rhode Island
http://rimeals.org/
70 Bath Street, Providence RI 02908 | (401) 351-6700
Heather Amaral (Executive Director): hamaral@rimeals.org
Dianne Brissette (Program Director): dbrissette@rimeals.org
Meals on Wheels of Rhode Island is an organization dedicated primarily to meeting the nutritional and other special needs of the elderly in order to help them maintain their independent life-style.
Complete List of Meal Sites in Providence
http://www.rimeals.org/programs/capital-city-cafes

Meals on the Run Program (Meals on Wheels)
(401) 351-6700 ext.102
Meals on Wheels of RI offers frozen entrees available for pick up. Call the number above to request this service. Pick up available 9am—3:30pm Monday thru Friday except holidays at the Meals on Wheels office. No minimum order required. $4 per meal, and payment must be made upon receipt of meals. Cash, check, VISA or Mastercard accepted.

Farm to Seniors – Farm Fresh RI
(401) 312-4250
Offered at RI Senior Centers and residences, this program pairs local food cooking and sampling with nutrition & food-system education. To learn more about Senior Farmer’s Market Coupons, contact Peter Susi: peter.susi@dem.ri.gov, (401) 222-2781 ext 4517.
PEER-TO-PEER BEST PRACTICES
AMONG RI COMMUNITY FOOD BANK MEMBER AGENCIES

Several RICFB member agencies have developed delivery programs to serve seniors or adults who are homebound.
* If your agency provides specific services for seniors or homebound neighbors, please let us know!*

Food 2 Friends, Dr. Martin Luther King Community Center
https://www.mlkccenter.org/hunger-services
20 Dr. Marcus F. Wheatland Blvd, Newport  |  (401) 846-4828  ext.119
Ed Crowley: ecrowley@mlkccenter.org
Groceries, produce, bread and household products are delivered monthly to anyone living in Newport County who does not have the means or mobility to come to a food pantry.

Jonnycake Center of Peace Dale
www.jonnycakecenter.org/
1231 Kingstown Road, Peace Dale | (401) 789-1559
info@jonnycakecenter.org
The Jonnycake Center of Peace Dale, with volunteer support from Southern Rhode Island Volunteers, delivers to over 40 elder and homebound members who are unable to coordinate a pick-up of their monthly groceries due to transportation barriers and/or physical limitations.

JSA Louis and Goldie Chester Full Plate Kosher Pantry
https://jcsri.org/our-services/kosher-food-pantry/
1165 North Main Street, Providence
Ken Schneider: (401) 621-5374
Chicken, produce, and non-perishable items available for distribution along with personal care items. Food may be delivered, if you are homebound or unable to visit the pantry, throughout the state via volunteers.

Westbay Community Action Program
https://www.westbaycap.org/programs/
224 Buttonwoods Ave, Warwick
Joshua-Michael Corrente: (401) 732-4660 ext. 140 | jcorrente@westbaycap.org
Food delivery service for those with limited mobility including seniors & adults with disabilities with no family or caregivers. A volunteer delivers boxes once a month.

East Bay Food Pantry
www.eastbayfoodpantry.org  | 150 Franklin St, Bristol
Vicki Hopper Koppelman: vicki@eastbayfoodpantry.org, (401) 396-9490
Mobile Food Pantry provides monthly deliveries of groceries, including milk, bread, meat/fish, and fresh produce. Currently serve Bristol, Warren, Barrington, and East Providence.

Let young legs do the running!
St. Robert’s Food Closet in Johnston has many youth volunteers. These younger folks help people take food packages to their vehicles. For programs located either up or down stairs, this would be especially useful to assist seniors or adults with health concerns or disabilities.

For more info
Bill Holtmann: (401) 231-4987
Independent Living

Ocean State Center for Independent Living (OSCIL)
www.oscil.org
1944 Warwick Ave., Warwick | (401) 738-1013 | 1-866-857-1161 (Toll Free) | (401) 244-7792 (VP)
Ocean State Center for Independent Living (OSCIL) is a non-residential consumer controlled, community based, nonprofit organization established to provide a range of independent living services to enhance, through self-direction, the quality of life of Rhode Islanders with significant disability and to promote integration into the community.

Volunteer Organizations – Seniors in Service to the Community

Retired Senior Volunteer Program (RSVP)
RSVP offers a full range of volunteer opportunities. There are several RSVP locations in Rhode Island. Check your local CAP agency or town website for offices or contacts. For example:

- Cranston: https://cranstonseniorcenter.com/rsvp-retired-senior-volunteer-program/
- East Bay: https://www.ebcap.org/programs/east-bay-retired-senior-volunteer-program/

Serve RI
655 Broad St, Suite 202 Providence | (401) 331-2298
www.serverhodeisland.org

Southern RI Volunteers
100 Park Lane, Charlestown, RI 02813 | (401) 552-7661 | info@southernrivol.org
www.southernrivol.org

Seniors Helping Seniors – Mystic, CT and Westerly, RI
(860) 536-4767 | shsmystic@gmail.com
https://seniorcaremystic.com/

Provides in-home services by matching seniors who need help with seniors who want to help.

Other Assistance for Elderly

National Grid – Shut-off Protection for Elderly
https://www.nationalgridus.com/RI-Home/Bill-Help/Shut-Off-Protections
If you and everyone who resides in your home are 62-years-old or older, and you have trouble paying your energy bills because of financial hardship, the Rhode Island Public Utilities Commission and National Grid have protections in place to help you. To apply, visit the page above and complete the elderly form.
Transportation Services in Rhode Island

These listings pertain specifically to transportation options for seniors (age 65+) and adults with disabilities

RI Public Transit Authority (RIPTA)

www.ripta.com
265 Melrose Street, Providence | (401) 781-9400 | TTY (800) 745-5555

Bus Pass Program for Seniors & People with Disabilities
Low-income persons with a disability or age 65 and above may ride free of charge with a RIPTA “No Fare ID Pass”. For more information on how to apply, please call (401) 784-9500 ext. 1197 or visit: https://www.ripta.com/seniors

The RIde Program provides transportation services to individuals who are 60 years of age and older and for adults with disabilities under 60 based on the eligibility requirements of several state programs. Certification for each program is required and is performed by the agency that funds the program. Escorts and Personal Care Assistants (PCA) may ride along (PCAs ride free).
To make a reservation, call (401) 461-9760 between 8:30 am and 4:30 pm from Monday through Friday. On Saturdays and Sundays, passengers may make reservations between 8:00 am and 4:00 pm. The RIde office is closed on RIPTA recognized holidays.

MTM (Medical Transport Management)

1-855-330-9131 | 711 (TTY)
Formerly serviced by Logisticare, MTM will provide Rhode Island’s Non-Emergency Medical Transportation (NEMT) services to eligible Rhode Islanders as follows:

- Medicaid recipients can receive rides to appointments with Medicaid-covered health care providers if you have no other way to get there
- Non-Medicaid enrollees who qualify for the Elderly Transportation Program (ETP) and who do not qualify for RIPTA services can receive rides to medical services
- Participants in the Temporary Assistance for Needy Families (TANF) Program/RI Works can receive monthly bus passes to pursue employment opportunities

Call 1-855-330-9131 (TTY: 711) to schedule transportation. Call at least 48 hours before an appointment unless the trip is urgent. Visit http://www.mtm-inc.net/rhode-island/ for details specific to the person’s needs.

Southern Rhode Island Volunteers / Seniors Helping Others

(401) 552-7661
www.southernrivol.org

Seniors Helping Others is a volunteer organization that provides transportation to medical, dental, and therapy appointments, among other services.
RI Cities & Towns - Transportation for Seniors & Adults with Disabilities

Several Rhode Island cities and towns offer transportation services for seniors and individuals with disabilities. Services vary from town to town. Some are free, others are low-cost. Transportation may include trip to medical caregivers, shopping, banking, and many other social or commercial services. This is a listing of websites and phone numbers for you to contact for more information. Many of these locations can also be reached through [http://www.ri.gov/towns/](http://www.ri.gov/towns/)

*Town with (*) clearly indicate transportation services for seniors.*

**Barrington (*)**
www.barrington.ri.gov/departments/seniorservices.php
Peck Center for Adult Enrichment: (401) 247-1926
seniorpt@barrington.ri.gov

**Bristol (*)**
https://www.bristolsrctr.com/transportation
Donna Wilson: (401) 253-8458, dwilsonbcsc@gmail.com

**Burrillville (*)**
https://www.burrillville.org/public-works/pages/senior-citizen-minibus
Allison: (401) 568-4440 ext 201

**Central Falls**
Use RIPTA or contact MTM: 1-855-330-9131

**Charlestown**
Southern Rhode Island Volunteers
(401) 552-7661, www.southernrivol.org

**Coventry**
Use RIPTA or contact MTM: 1-855-330-9131

**Cumberland (*)**
The senior van is available for many uses, including shopping and mall trips, etc. You must make a reservation in advance.
www.cumberlandri.org/senior-center
Brian Hart: (401) 334-2555 ext 104

**Cranston – Transvan (*)**
https://cranstonseniorcenter.com/transvan/
(401) 780-6220

**East Greenwich (*)**
www.eastgreenwichri.com/184/Senior-Services-Transportation
Maryjo Greig: (401) 886-8669 ext. 3, mgreig@eastgreenwichri.com

**East Providence**
www.eastprovindceri.net/content/9457/10216/default.aspx
(401) 435-7800

**Exeter**
Friends in Service to Humanity: (401) 295-1121

**Foster**
www.townoffoster.com/human-services
(401)392-9208 | cmauro@townoffoster.com

**Glocester**
www.glocesterri.org/seniorservices.htm
(401) 567-4557

**Hopkinton**
www.hopkintonri.org/SeniorServices.htm - refers people to use RIPTA
(401) 377-7795

**Johnston**
Use RIPTA or contact MTM: 1-855-330-9131

**Little Compton**
Director of Social Services : (401) 635–4400

**Lincoln (*)**
www.lincolnri.com/departments/list/seniorcenter.php
Lois Durkin: (401) 753-7000 | ldurkin@lincolnri.org

**Middletown**
https://senior-center.middletownri.com/
(401) 849-8823 | akaull@middletownri.org
Narragansett (*)
https://www.narragansettri.gov/454/Narragansett-Senior-Association
Barbara Wright: (401) 782-0675
narragansettseniors@gmail.com

New Shoreham (Block Island)
Gloria Redlich: (401) 466-5419 ext.2 | seniorcoordinator@new-shoreham.com

Newport
Edward King House: (401) 846-7426

North Kingstown (*)
http://www.northkingstown.org/391/Transportation
Melissa Smith: (401) 268-1590

North Providence (*)
https://mancinicenter.com/
Salvatore Mancini Resource & Activity Center: (401) 231-0742.
Transportation reservations must be made before 1:00 PM for the following day.

North Smithfield
Use RIPTA or contact MTM: 1-855-330-9131

Pawtucket (*)
www.pawtucketri.com/senior-center/transportation
(401) 725-8220

Portsmouth
Use RIPTA or contact MTM: 1-855-330-9131

Providence
Use RIPTA or contact MTM: 1-855-330-9131
Sue Robbio: (401) 421-2489
srobbio@providenceri.gov

Richmond
Use RIPTA or contact MTM: 1-855-330-9131

Scituate (*)
http://www.scituateri.org/departments/senior_services/index.php
Contact: (401) 647-2662

Smithfield (*)
www.smithfieldri.com/senior-center/
(401) 949-4592

South Kingstown (*)
www.southkingstownri.com/255/Transportation
(401) 789-0268

Tiverton
www.tiverton.ri.gov/departments/seniorcenter.php
(401) 625-6790 | seniorcenter@tiverton.ri.gov

Warren (*)
Call for appointment: (401) 255-3338 or (401) 247-1930.

Warwick (*)
https://www.warwickri.gov/transwick-senior-transportation
Pilgrim Senior Center: (401) 738-1276
senior-svc@warwickri.com

West Greenwich
Use RIPTA or contact Logisticare: 1-855-330-9131

Westerly (*)
www.westerlyseniorcenter.org/
Westerly Senior Citizens Center: (401) 596-7216

Woonsocket
Use RIPTA or contact Logisticare: 1-855-330-9131

West Warwick (*)
West Warwick Senior Center
Manny Murray: (401) 822-4450
m.murray@wwsc.necoxmail.com
Additional General Service Organizations in Rhode Island

AARP – RI
http://states.aarp.org/category/rhode-island/
10 Orms St. Suite 200, Providence (401) 248-2663 | 866-542-8170 (toll-free)
Fax: (401) 272-0596
John Martin: jmmartin@aarp.org

Diocese of Providence Elder Services
www.dioceseofprovidence.org/elder-services
One Cathedral Square, Providence (401) 278-4500
Luis Jusino: (401) 421-7833 ext. 214 ljusino@dioceseofprovidence.org
The Roman Catholic Diocese programs can assist the elderly and their families with everything from navigating the services available in the community to providing hands-on assistance.

Rhode Island Bar Association
41 Sharpe Dr, Cranston RI 02920 (401) 421-5740 | info@ribar.com
www.ribar.com/For%20the%20Public/elderlylawhandbook.aspx
This handbook was prepared as a public service by the RI Bar Association Committee on Legal Services. It contains general information in regard to legal issues that are of general interest to the public and often relate to the needs of the elderly.

Rhode Island Service Coordinator Collaborative
http://riscc.org/
P.O. Box 9012, Pawtucket (401) 726-1210
E-mail: info@riscc.org
John Goncalves, CRSC: jgoncalvesRSC@verizon.net
RISCC is a non-profit professional organization dedicated to promoting the resident service coordinator position as a significant member of the housing management team. RISCC works to enhance the professional development of RSCs by networking with other agencies and organizations.

SAGE-RI Chapter
Services and Advocacy for Gay, Lesbian, Bisexual & Transgender Elders
www.sage-ri.org
(401) 443-4451 | sageriinfo@gmail.com
SAGE/RI's mission is to advocate for RI's LGBTQ seniors at the policy level, educate service providers on issues unique to LGBTQ seniors and to foster a sense of community to address isolation and social issues facing LGBTQ seniors.

Senior Agenda Coalition of RI
www.senioragenda.org/
70 Bath St., Providence | (401) 351-6710
Bill Flynn: senioragenda@yahoo.com
The Senior Agenda Coalition is a diverse coalition of activists and groups that advocate for the elderly organized to develop a common agenda to improve the quality of life of older Rhode Islanders. They also mail a monthly print newsletter.
Senior Digest  
[www.seniordigestnews.com/](http://www.seniordigestnews.com/)  
Tom Reilly: (508) 336-6633  
tom@tcipress.com  
Senior Digest is a free monthly print and online newspaper packed with news, information and advertising for people age 50 and older. The paper is available at numerous locations, including senior citizens centers, libraries, city and town halls, housing complexes, restaurants, supermarkets and many other retail outlets throughout Rhode Island.

Senior Journal Cable Television Program  
[www.dea.ri.gov/CableTV/](http://www.dea.ri.gov/CableTV/)  
The Senior Journal cable television program is devoted to exploring the issues of growing older and the challenges faced by adults with disabilities in Rhode Island. The *Senior Journal* is produced by senior volunteers and adults with disabilities, and is sponsored by the Department of Human Services, Division of Elderly Affairs (DEA) with the support of Rhode Island Public, Education, and Government Access Television.

Broadcasts Sundays 5pm, Mondays 7pm, and Tuesdays 11:30am over statewide interconnect cable channel 13 and Verizon channel 32.

Senior Resource Guide of Rhode Island  
[www.seniorguideri.com/](http://www.seniorguideri.com/)  
25 South County Commons Way, Suite B5  
Wakefield, RI 02879  
(401) 398-8383  

Senior Resource Guide of Rhode Island is a valuable part of navigating the long-term care system in Rhode Island. The 5th edition was prepared by Laura M. Krohn, Attorney at Elder Law & Senior Resource Clinic.

Book copies can be purchased for $34 online.

**RI Elder Info**  
[https://rielderinfo.com/](https://rielderinfo.com/)  
This website provides seniors, caregivers, and professionals with up to date resources, events, and advice.
NATIONAL RESOURCES – GENERAL INFORMATION

AARP (American Association of Retired Persons)
www.aarp.org/
Toll-Free Nationwide: 888-OUR-AARP (888-687-2277)
Toll-Free TTY: 877-434-7598 | Toll-Free Spanish: 877-342-2277
This nonprofit, nonpartisan membership organization is dedicated to helping people age 50 and over deal with aging issues.

Administration for Community Living
https://acl.gov/ | (202) 619-0724 aclinfo@acl.hhs.gov
Regional Office in Boston: Phone: (617) 565-1158 | Jennifer.Throwe@acl.hhs.gov
This federal agency is responsible for advancing the concerns and interests of older people and providing information for their caregivers. There is also an Eldercare Locator: www.eldercare.gov
Link for accessing additional resources for older adults and their caregivers.

Aging & Disability Resource Center
http://www.oscil.org/adrc.html
This system should effectively assist consumers with identifying and accessing a range of home and community based resources that maintain individual independence.

American Society on Aging (ASA)
www.asaging.org/
(800) 537-9728
ASA offers professional education, outstanding publications and online information and training resources that are nationally recognized.

Assisted Senior Living
www.assistedseniorliving.net/
(800) 706-5260
This is one of the most comprehensive and unbiased directories of senior care options. Assisted Senior Living was created by caregivers, for caregivers.

For Rhode Island:
www.assistedseniorliving.net/services/rhode-island/

Centers for Medicare & Medicaid Services
www.cms.gov
800-MEDICARE (800-633-4227)
The Center for Medicare & Medicaid Services administers the Medicare, Medicaid, and Children’s Health Insurance programs. You can also access a variety of publications and a glossary of medical acronyms.

Senior Living
https://www.seniorliving.org/ (WEB ONLY)
Research site for professionals and family members looking for information on aging, eldercare, and long term care, including information on legal, financial, medical, and housing issues, policy, research, and statistics.

Medicare, U.S. Federal
www.medicare.gov
1-800-MEDICARE (1-800-633-4227) | TTY 1-877-486-2048

Medicare Rights Center
www.medicarerights.org/
(800) 333-4114
The Medicare Rights Center is a national, nonprofit consumer service organization that works to ensure access to affordable health care for older adults and people with disabilities through counseling and advocacy, educational programs and public policy initiatives.
National Association of Nutrition and Aging Services Programs (NANASP)
www.nanasp.org/
NANASP is a leading organization advocating for community-based senior nutrition programs and their staff.
202-682-6899
pcarlson@nanasp.org

Long-Term Care Information Pathfinder
https://longtermcare.acl.gov/
(202) 619-0724
The U.S. Department of Health and Human Services developed this website to provide information and resources to help families plan for future long-term care (LTC) needs. They want to help people understand what long-term care is, how and where you can get information and services you need - now or in the future, and how to pay for services.

National Coalition on Aging (NCOA)
www.ncoa.org/
(571) 527-3900
(NCOA) is a nonprofit service and advocacy organization headquartered in Washington, DC. That seeks to improve the lives of millions of older adults, especially those who are vulnerable and disadvantaged.

National Institute on Aging
www.nia.nih.gov/
The NIA – part of the NIH -- has been at the forefront of the Nation's research activities dedicated to understanding the nature of aging, supporting the health and well being of older adults, and extending healthy, active years of life for more people.

National Resource Center on Nutrition and Aging (NRC)
http://nutritionandaging.org/
The National Resource Center on Nutrition and Aging (NRC) is designed to assist the national aging network, including local nutrition programs as well as national associations and state and regional agencies involved with aging, in the implementation of the nutrition portions of the Older Americans Act.

Social Security, U.S. Federal
http://ssa.gov/
1-800-772-1213 | 1-800-325-0778 TTY

How to Create An Online Account

What You Can Do Online
### NATIONAL RESOURCES – FOR DIVERSE / SPECIFIC POPULATIONS

**Deaf Seniors of America**  
[https://deafseniors.us/](https://deafseniors.us/)
DSA improves the quality of life for senior citizens who are deaf. For resource list: [www.nad.org/senior-resources](http://www.nad.org/senior-resources)

**Diverse Elders**  
[www.diverseelders.org/](http://www.diverseelders.org/)
(646) 653-5015  
The Diverse Elders Coalition advocates for policies and programs that improve aging in communities for racially and ethnically diverse people, American Indians and Alaska Natives, and LGBT people.

**National Asian Pacific Center on Aging (NAPCA)**  
NAPCA addresses the needs of AAPI elders. Website includes several languages, especially Chinese, Korean, and Vietnamese.

**National Caucus and Center on Black Aging**  
[www.ncba-aged.org/](http://www.ncba-aged.org/)
(202) 637-8400  | support@ncba-aged.org  
NCBA is dedicated to preserving the dignity and enhancing the lives of low income elderly African Americans. NCBA addresses the needs of its constituency in the areas of health, affordable housing and employment.

**National Hispanic Council on Aging**  
NHCOA is the leading national organization working to improve the lives of Hispanic older adults, their families and their caregivers.

**National Indian Council on Aging**  
NICOA serves as a central access point for information on employment, healthcare, conferences and more for American Indian and Alaska Native elders.

**National Resource Center on LGBT Aging**  
(212) 741-2247  
The National Resource Center on LGBT Aging is the country's first and only technical assistance resource center aimed at improving the quality of services and supports offered to lesbian, gay, bisexual and/or transgender older adults.

**SAGE (Services and Advocacy for Gay, Lesbian, Bisexual & Transgender Elders)**  
[www.sageusa.org/](http://www.sageusa.org/)  | (212) 741-2247  
Oldest & largest organization devoted to meeting the needs of aging GLBT persons; SAGE New York City provides many direct services and resources to GLBT seniors, education, training for health providers, and advocacy.
**ADDITIONAL BROCHURES & MATERIALS TO GET FOR YOUR WAITING AREA**

In addition to the resources listed in the previous pages, there are other items you may find useful to make available to your visitors. You may request electronic version from the Food Bank, but it may be easier for you to download or obtain them on your own. When possible, we have included them in the .pdf packet for your convenience.

**General**

**National Institute on Aging**
https://order.nia.nih.gov/
The NIA has a number of FREE publications that you can order. Many of the brochures can be downloaded and most are available in Spanish as well. The Age Pages are focused for seniors and cover a wide range of topics.

**Prepare for Emergencies Now: Information for Older Americans**
www.ready.gov/publications
There is also a version for people with disabilities. You can order the brochures for FREE or download them. Both are available in multiple languages.

**Senior Adults & Gambling**
RI Lottery Play Responsibility provides information for seniors about problem gambling.
To receive copies, contact Peg Rose: prose@rilot.ri.gov.

**Rhode Island Special Needs Emergency Register**
www.health.ri.gov/emergency/about/specialneedsregistry/index.php
This system is designed to identify individuals who may require special assistance during emergencies.

*Enrollment in the Registry does not guarantee assistance*, but allows first responders to appropriately plan for, prepare for, and respond to the needs of the community.

**Temporary Caregiver Insurance ♦**
www.dlt.state.ri.us/tdi/pdf/TCIFactSheet.pdf
The Temporary Caregiver Insurance program (TCI) is effective as of January 5, 2014. The TCI program provides up to four weeks of wage replacement benefits to workers who need to take time from work to care for a seriously ill child, spouse, domestic partner, parent, parent-in-law, or grandparent.
Health & Well-Being

6 Steps to Prevent a Fall

12 Things Anyone Can Do to Prevent Elder Abuse - Poster
National Center on Elder Abuse Download from: https://ncea.acl.gov/resources/docs/12-Things-Prevent-EA.pdf

Stop Prescription Drug Scams

Personal Health Care Journal
Created by US Administration on Aging. The print version of this resource is available from SMP, Aleatha Dickenson: (401) 462-0931 | aDickerson@dea.ri.gov.

SAMHSA Brochures
Visit http://store.samhsa.gov/ and search for “seniors”.

The Substance Abuse and Health Services Administration has several publications for the older adult audience. Examples include: Good Mental Health is Ageless and As You Age: A Guide to Aging, Medicines, and Alcohol.

Additional Nutrition Resources...
- Food Safety for Older Adults http://www.fda.gov/downloads/Food/FoodborneIlnessContaminants/UCM312790.pdf
**COMMODITY SUPPLEMENTAL FOOD PROGRAM (CFSP)**

**What is CFSP?**
The Commodity Supplemental Food program (CSFP) is the only USDA nutrition program that provides monthly food assistance specifically targeted at low income seniors. The CSFP is designated to meet the unique nutritional needs of seniors by supplementing diets with a monthly package of healthy, nutritious food provided by the USDA.

**Who qualifies?**
CSFP serves individuals age 60 and over with income at or less than 130% of the Federal Income Guidelines ($15,782 for seniors living alone in 2018).

**How can I apply for CFSP?**
If you or someone you know can benefit from CFSP, please contact Lindsay Sgambato, Federal Programs Manager at the Rhode Island Community Food Bank: (401) 230-1707, lsgambato@rifoodbank.org.

### CFSP Open Sites

<table>
<thead>
<tr>
<th>City</th>
<th>Agency Name</th>
<th>Address</th>
<th>Telephone</th>
<th>Agency Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bristol</td>
<td>East Bay Food Pantry</td>
<td>150 Franklin St.</td>
<td>401-396-9490</td>
<td>Karen Griffith Dietrich</td>
</tr>
<tr>
<td>Harrisville</td>
<td>St. Patrick’s Church</td>
<td>45 Main St.</td>
<td>401-568-5600</td>
<td>Lynn Rousseau</td>
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<tr>
<td>Providence</td>
<td>Olneyville Food Center</td>
<td>261 Manton Ave.</td>
<td>401-714-0057</td>
<td>Jackie Reyes</td>
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<tr>
<td>Providence</td>
<td>St. Raymond’s Church</td>
<td>1240 North Main St.</td>
<td>401-272-8273</td>
<td>Paul Kavanagh</td>
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<tr>
<td>Providence</td>
<td>Federal Hill House</td>
<td>35 Swiss St.</td>
<td>401-421-1095</td>
<td>Sharron Johnson</td>
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<tr>
<td>Providence</td>
<td>West End Community Center</td>
<td>109 Bucklin St.</td>
<td>401-781-4242</td>
<td>Olivia Martinez</td>
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<tr>
<td>Tiverton</td>
<td>Tiverton Housing for the Elderly</td>
<td>99 Hancock St</td>
<td>401-624-4748</td>
<td>Theresa King</td>
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<tr>
<td>Warren</td>
<td>St. Mary of the Bay</td>
<td>645 Main St.</td>
<td>401-742-8013</td>
<td>Tony Terry</td>
</tr>
<tr>
<td>Warwick</td>
<td>Pilgrim Senior Center</td>
<td>27 Pilgrim Parkway</td>
<td>401-468-4070</td>
<td>Kim Pastore</td>
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