Services for Seniors & Adults with Disabilities

Resource Outreach Toolkit

January 2015
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 your 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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SYMBOL KEY

- This symbol indicates the information is available in hard copy. We’ve also indicated if the material is a book, brochure or other format.

- This symbol indicates the resource is only, or primarily, a web-based tool.

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

### Additional resources:

- **Communicating Effectively with Elders and Their Families**

- **Communicating With Impaired Elderly Persons**
  [http://www.ec-online.net/Knowledge/Articles/communication.html](http://www.ec-online.net/Knowledge/Articles/communication.html)

- **Communicating with Seniors: Advice, Techniques & Tips**

- **Improving Communication With Older Patients: Tips From the Literature**
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*
Available to Download: [http://www.dea.state.ri.us](http://www.dea.state.ri.us)
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: [http://www.211ri.org/](http://www.211ri.org/)

**The POINT** – Rhode Island’s Aging & Disability Resource Center
[http://www.211ri.org/services/aging-and-disability-services.aspx](http://www.211ri.org/services/aging-and-disability-services.aspx)
(401) 462-4444

*To get additional flyers & information, contact:*
Cristina Amedeo / [cristina.amedeo@uwri.org](mailto:cristina.amedeo@uwri.org) / (401) 519-0362
Seileak Huoth / [Seileak.Huoth@uwri.org](mailto:Seileak.Huoth@uwri.org) / (401) 519-0377 ext. 177

AARP Foundation
**Your Guide to Public Benefits in Rhode Island** – Last updated September 2013

*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.
SERVICES AND ORGANIZATIONS IN RHODE ISLAND

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

Division of Elderly Affairs
http://www.dea.ri.gov/
74 West Rd., Hazard Bldg, Cranston, RI
02920 / (401) 462-3000
Larry Grimaldi: lgrimaldi@dea.ri.gov

Programs & Services
http://www.dea.ri.gov/programs/

RI Advisory Commission on Aging
http://www.dea.ri.gov/RI%20Commission%20on%20Aging/index.php

Citizens Commission for the Safety & Care of the Elderly
http://www.dea.state.ri.us/RIAFC-ADVOCATES/index.php

Senior Medical Patrol (SMP)
http://www.smpresource.org
Aleatha Dickerson, SMP
Director: 401-462-0931, aDickerson@dea.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)
http://www.bhddh.ri.gov/
401-462-2339

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
http://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/communication/

Resources Links to other Deaf organizations:
http://www.cdhh.ri.gov/links/

Department of Human Services - ELDERS
Executive Offices of Health & Human Services
(401) 462-5274

Senior Health Insurance Program (SHIP)
http://www.dea.ri.gov/insurance/
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.

Download Guide:
Contact DEA for Electronic copy of 2015 manual: lgrimaldi@dea.ri.gov
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
Did you know that seniors can complete an abbreviated SNAP application form? Their income & resource test guidelines are slightly different as well. In Providence, seniors can also use their EBT cards for meals at selected Subway restaurants. This resource kit includes some useful documents for you to have available. The RICFB Community Resource Coordinator can guide you.

2014 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 from:
Larry Grimaldi: lgrimaldi@dea.ri.gov / (401) 462-3000

Senior Café & Kosher Meals
http://www.jewishallianceri.org/jewish-life/senior-cafe/
• Dwares JCC Kosher Senior Café, 401 Elmgrove Avenue, Providence
• Temple Am David Kosher Senior Café, 40 Gardiner Street, Warwick
• Kosher Meals on Wheels in Providence, Pawtucket, Cranston, & Warwick
For more information: Jewish Alliance, Neal Drobnis, ndrobnis@jewishallianceri.org, 401.421.4111 ext. 107.

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 Bissette (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 Meals on Wheels Senior Meal Sites in Providence/Pawtucket:
http://rimeals.org/our-programs/congregate-nutrition-program/

Healthy Servings for Seniors – Farm Fresh RI
http://www.farmfreshri.org/learn/healthyseniors.php
1005 Main St #1220, Pawtucket, RI 02860 / (401) 312-4250
Mikayla Anthes: mikayla@farmfreshri.org
Healthy Servings for Seniors provides nutrition education classes for low-income senior citizens in Rhode Island that build upon the Seniors Farmers Market coupon program.
Several RI Community Food Bank Member agencies have developed their own programs for providing services to seniors or adults who are homebound. We have briefly outlined those services here.

**If your agency provides specific programming for seniors or homebound neighbors, please let us know!**

**Food 2 Friends, Martin Luther King King Center**
http://www.mlkccenter.org/food-2-friends/
20 Dr. Marcus F. Wheatland Blvd., Newport / 401-846-4828 x103
   Nancy Harten: nharten@mlkccenter.org
   Marilyn Warren: mwarren@mlkccenter.org
Food 2 Friends is a collaboration of the MLK Community Center and other Newport County organizations and faith-based communities. Groceries, produce, bread and household products are delivered monthly to anyone who does not have the means or mobility to come to a food pantry.

**Jonnycake Center of Peace Dale**
http://www.jonnycakecenter.org/
1231 Kingstown Road, Peace Dale / (401) 789-1559 /
info@jonnycakecenter.org
They have a senior delivery program that serves 25 seniors. They make deliveries every Friday but 5 at a time (a different 5 each week). This is facilitated through Seniors Helping Seniors – the volunteers use their own cars.

**Westbay Community Action Program**
http://www.westbaycap.org/foodservicesover.asp
224 Buttonwoods Ave., Warwick
Joshua-Michael Corrente / 401-732-4660 ext. 140 /
jcorrente@westbaycap.org
They have been delivering food to shut-ins (mostly seniors & some adults with disabilities). These are services to people with no family or caregivers. A volunteer with a van delivers boxes once a month. Commodities are delivered to 14 Warwick seniors and 10 West Warwick seniors. This program could grow to serve 30 seniors total.
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SERVICES AND ORGANIZATIONS IN RHODE ISLAND (cont.)

Employment

SER Jobs for Progress - Senior Community Service Employment Program (SCSEP)
218 Buttonwoods Ave., Warwick / (401) 732.4666 ext. 122
SER SCSEP is funded by the U.S. Department of Labor and focuses on the needs of mature workers, the community and employers. SER SCSEP prepares eligible mature workers for unsubsidized jobs through training at community based organizations. The eligible worker will receive a stipend while he or she is in training with the goal of getting unsubsidized employment.

Independent Living

Ocean State Center for Independent Living (OSCIL)
http://oscil.org/index.htm
1944 Warwick Ave., Warwick | 738-1013 x 13 // 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:


Serve RI
http://serverhodeisland.org
655 Broad St., Providence / 401-331-2298

Southern RI Volunteers
http://www.southernrivol.org/
25 St. Dominic Road, Wakefield / 401-789-2362 / info@southernrivol.org

Seniors Helping Seniors – Washington County
http://www.seniorshelpingseniors.com/easternct/
401-596-0500 / 860-536-4767 / maria.shs@snet.net
Provides in-home services by matching seniors who need help with seniors who want to help.
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 784-9500, ext. 604 or visit:
http://www.ripta.com/bus-pass-program-for-seniors---people-with-disabilities-

❖ The Rlde 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).
For guides and information, visit: http://www.ripta.com/ride-1
For information on the RIde Program, call: (401) 461-9760 or 1-800-479-6902.

LogistiCare
LogistiCare provides transportation services to those 60 and older, and adults with disabilities under 60 who meet certain criteria. They also assist persons enrolled in Medicaid to arrange non-emergency medical transportation for a Medicaid-covered service to a Medicaid-approved provider when other types of transportation are not available. 1-855-330-9131 or 1-866-288-3133 (TTY)

Southern Rhode Island Volunteers / Seniors Helping Others
www.southernrivol.org
Seniors Helping Others is a volunteer organization that provides transportation to medical, dental, and therapy appointments, among other services. Call (401) 789-2362 ext. 107
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/)

_Towns with (*) clearly indicate transportation services for seniors._

### Barrington (*)
- [http://www.ci.barrington.ri.us/seniorservices.php](http://www.ci.barrington.ri.us/seniorservices.php)
- Barrington Senior Center / 401-247-1926 / barrseniorserv@hotmail.com

### Bristol (*)
- [http://www.bristolsrcr.org/transportation.html](http://www.bristolsrcr.org/transportation.html)
- Benjamin Church Senior Center / 401-253-8458 / Ursini@fullchannel.net

### Burrillville (*)
  - 568-4440, Ext. 10

### Central Falls
- Nothing on website – use RIPTA

### Charlestown
  - 401-364-9955

### Coventry
- [http://www.coventrydhs.org/Senior_Services.html](http://www.coventrydhs.org/Senior_Services.html)
  - 401-822-9175

### Cumberland
- [http://www.cumberlandri.org/Senior.htm](http://www.cumberlandri.org/Senior.htm)
  - 401-334-2555

### Cranston – Transvan (*)
  - (401) 943-3341

### East Greenwich (*)
  - 401-886-8669 Ext 3

### East Providence
- [http://www.eastprovidenceri.net/content/666/738/746/1791/default.aspx](http://www.eastprovidenceri.net/content/666/738/746/1791/default.aspx)
  - 401-435-7800

### Exeter
  - Friends in Service to Humanity (FISH – 401-295-1121)

### Foster
- [http://www.townoffoster.com/humanservices.htm](http://www.townoffoster.com/humanservices.htm)
  - 401-392-9208 / cmauro@townoffoster.com

### Glocester
- [http://www.glocesterri.org/ seniorservices.htm](http://www.glocesterri.org/ seniorservices.htm)
  - 401-710-9860

### Hopkinton
- [http://www.hopkintonri.org/SeniorServices.htm](http://www.hopkintonri.org/SeniorServices.htm) - refers people to use RIPTA RIde
  - 401-377-7795

### Johnston
- [http://www.johnstonsc.net/11.html](http://www.johnstonsc.net/11.html)
  - Johnston Senior Center / 401-944-3343

### Little Compton
- Director of Social Services / 401-635-4400

### Lincoln (*)
  - Lois Durkin / 401-753-7000 / ldurkin@lincolnri.org

### Middletown
- [http://www.middletownri.com/government/12/Senior-Center](http://www.middletownri.com/government/12/Senior-Center)
  - 401-849-8823
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<thead>
<tr>
<th>Location</th>
<th>Details</th>
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<tbody>
<tr>
<td></td>
<td>Seniors Program Coordinator / 401-782-0675 / <a href="mailto:narragansettseniors@gmail.com">narragansettseniors@gmail.com</a></td>
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<tr>
<td>New Shoreham (Block Island)</td>
<td><a href="http://www.new-shoreham.com/displayboards.cfm?id=25">http://www.new-shoreham.com/displayboards.cfm?id=25</a></td>
</tr>
<tr>
<td>Newport</td>
<td>Edward King House / 401-846-7426</td>
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<tr>
<td>North Kingstown (*)</td>
<td><a href="http://www.northkingstown.org/departments/senior-human-services/transportation">http://www.northkingstown.org/departments/senior-human-services/transportation</a></td>
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<td></td>
<td>Friends in Service to Humanity (FISH – 401-295-1121) or 401-268-1590</td>
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<tr>
<td>North Providence (*)</td>
<td><a href="http://smrac.com/transportation/">http://smrac.com/transportation/</a></td>
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<tr>
<td></td>
<td>Salvatore Mancini Resource &amp; Activity Center / 401-231-0742 / <a href="mailto:info@smrac.com">info@smrac.com</a></td>
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<td>North Smithfield (*)</td>
<td><a href="http://www.nsmithfieldri.org/residents/seniors/">http://www.nsmithfieldri.org/residents/seniors/</a></td>
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<tr>
<td></td>
<td>North Smithfield Mini Bus Service / 401-765-3535</td>
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<tr>
<td>Pawtucket (*)</td>
<td><a href="http://www.pawucketri.com/SeniorLiaison/">http://www.pawucketri.com/SeniorLiaison/</a></td>
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<tr>
<td></td>
<td>401-725-8220</td>
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<tr>
<td>Portsmouth</td>
<td><a href="http://frisite.com/?Domain=pmpsc">http://frisite.com/?Domain=pmpsc</a></td>
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<tr>
<td></td>
<td>Portsmouth Senior Center / 401-683-4106</td>
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<tr>
<td>Providence (*)</td>
<td>Transportation: <a href="http://www.providenceri.com/senior/transportation">http://www.providenceri.com/senior/transportation</a></td>
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<tr>
<td></td>
<td>Transportation to Senior Centers: <a href="http://www.providenceri.com/transit-providence?quicktabs_transit_providence=5#quicktabs-transit_providence">http://www.providenceri.com/transit-providence?quicktabs_transit_providence=5#quicktabs-transit_providence</a></td>
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<td></td>
<td>Uses RIPTA only</td>
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<tr>
<td>Scituate (*)</td>
<td><a href="http://www.scituateri.org/senior.htm">http://www.scituateri.org/senior.htm</a></td>
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<td></td>
<td>401-647-2662</td>
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<tr>
<td>Smithfield (*)</td>
<td><a href="http://smithfieldri.com/senior-center/">http://smithfieldri.com/senior-center/</a></td>
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<tr>
<td></td>
<td>Senior center / 401-949-4592</td>
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<tr>
<td>South Kingstown (*)</td>
<td><a href="http://www.southkingstownri.com/town-government/municipal-departments/senior-services/transportation">http://www.southkingstownri.com/town-government/municipal-departments/senior-services/transportation</a></td>
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<td></td>
<td>401-789-0268, x109</td>
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<tr>
<td>Tiverton</td>
<td><a href="http://www.tiverton.ri.gov/departments/seniorcenter.php">http://www.tiverton.ri.gov/departments/seniorcenter.php</a></td>
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<td></td>
<td>401-625-6790</td>
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<td>Warren (*)</td>
<td><a href="http://www.townofwarren-ri.gov/departmentsaz/seniorcenter.html">http://www.townofwarren-ri.gov/departmentsaz/seniorcenter.html</a></td>
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<td></td>
<td>Call for appointment: 401/245-8240 or 401-247-1930.</td>
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<td></td>
<td>Pilgrim Senior Center / 401-468-4090 / <a href="mailto:senior-svc@warwickri.com">senior-svc@warwickri.com</a></td>
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<tr>
<td>West Greenwich</td>
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<tr>
<td>Westerly (*)</td>
<td><a href="http://www.westerlyseniorcenter.org/">http://www.westerlyseniorcenter.org/</a></td>
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<tr>
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<td>Westerly Senior Citizens Center / 401-596-7216</td>
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<tr>
<td>Woonsocket</td>
<td><a href="http://seniorservicesri.org/">http://seniorservicesri.org/</a></td>
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<td></td>
<td>Senior Services, Inc. / 766-3734</td>
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<tr>
<td>West Warwick (*)</td>
<td><a href="http://westwarwickseniorcenter.org/">http://westwarwickseniorcenter.org/</a></td>
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<tr>
<td></td>
<td>West Warwick Senior Center / 401-822-4450 / <a href="mailto:m.murray@wwsc.necoxmail.com">m.murray@wwsc.necoxmail.com</a></td>
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Additional General Service Organizations in Rhode Island

**AARP – RI**  
[http://states.aarp.org/category/rhode-island/](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**  
[http://www.diocesepvd.org/charitableministries/elder-services/](http://www.diocesepvd.org/charitableministries/elder-services/)  
One Cathedral Square, Providence  
401.278.4500  
Luis Jusino: (401) 421-7833 x214  
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**  
115 Cedar Street, Providence,  
401-421-5740, [info@ribar.com](mailto:info@ribar.com)  
**A Guide For Getting Your Affairs In Order:** A Handbook for Seniors, Families and Friends  
[https://www.ribar.com/For%20the%20Public/elderlylawhandbook.aspx](https://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**  
P.O. Box 9012, Pawtucket  
401-726-1210  
E-mail: [info@riscc.org](mailto: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  
401-751-1487 / 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**  
70 Bath St., Providence/ 401-952-6527  
William Flynn, senioragendari@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

http://www.seniordigestnews.com/
Publisher Paul V. Palange, 508-269-0862
sdpublisher@gmail.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

Larry Grimaldi at 462-0509 | LGrimaldi@dea.ri.gov | 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.

Senior Resource Guide of Rhode Island

http://www.seniorguideri.com/

Senior Resource Guide of Rhode Island is a valuable part of navigating the long-term care system in Rhode Island. The 3rd edition was prepared by Laura M. Krohn, Attorney at Elder Law & Senior Resource Clinic. Book copies can be purchased for $15: 631 Main St., East Greenwich, RI 02818 / 401-398-8383
Links to Senior Services in RI can be found at: http://www.seniorguideri.com/links
### NATIONAL RESOURCES – GENERAL INFORMATION

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<tr>
<th>AARP (American Association of Retired Persons)</th>
<th>American Society on Aging (ASA)</th>
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<tbody>
<tr>
<td>Toll-Free Nationwide: 888-OUR-AARP (888-687-2277)</td>
<td>(800) 537-9728</td>
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<tr>
<td>Toll-Free TTY: 877-434-7598 / Toll-Free Spanish: 877-342-2277</td>
<td>ASA offers professional education, outstanding publications and online information and training resources that are nationally recognized.</td>
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<tr>
<td>This nonprofit, nonpartisan membership organization is dedicated to helping people age 50 and over deal with aging issues.</td>
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<tr>
<th>Administration on Aging</th>
<th>Assisted Senior Living</th>
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<tr>
<td><a href="http://www.aoa.gov">www.aoa.gov</a></td>
<td><a href="http://www.assistedseniorliving.net/">http://www.assistedseniorliving.net/</a></td>
</tr>
<tr>
<td>(202) 401-4634 / <a href="mailto:aoainfo@aoa.hhs.gov">aoainfo@aoa.hhs.gov</a></td>
<td>(800) 706-5260</td>
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<tr>
<td>Regional Office in Boston: Phone: 617-565-1158 / <a href="mailto:kathleen.otte@aoa.hhs.gov">kathleen.otte@aoa.hhs.gov</a></td>
<td>This is one of the most comprehensive and unbiased directories of senior care options. Assisted Senior Living was created by caregivers, for caregivers.</td>
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<tr>
<td>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 <a href="http://eldercare.gov/Eldercare.NET/Public/index.aspx">http://eldercare.gov/Eldercare.NET/Public/index.aspx</a> link for accessing additional resources for older adults and their caregivers.</td>
<td>For Rhode Island: <a href="http://www.assistedseniorliving.net/services/rhode-island/">http://www.assistedseniorliving.net/services/rhode-island/</a></td>
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<th>Aging &amp; Disability Resource Center</th>
<th>Centers for Medicare &amp; Medicaid Services</th>
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<tr>
<td>or email <a href="mailto:adrc-tae@lewin.com">adrc-tae@lewin.com</a></td>
<td>800-MEDICARE (800-633-4227)</td>
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<td>This system should effectively assist consumers with identifying and accessing a range of home and community based resources that maintain individual independence.</td>
<td>The Center for Medicare &amp; 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.</td>
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<th>Elder Web</th>
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<tr>
<td><a href="http://www.elderweb.com">http://www.elderweb.com</a> (WEB ONLY)</td>
<td>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.</td>
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Medicare, U.S. Federal
http://www.medicare.gov/
1-800-MEDICARE (1-800-633-4227) | TTY
1-877-486-2048

2015 Medicare Costs ♦
http://www.medicare.gov/Pubs/pdf/11579.pdf

Medicare Rights Center
http://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)
http://www.nanasp.org/
202-682-6899
NANASP is a leading organization advocating for community-based senior nutrition programs and their staff. They have useful Resource Publications:
http://www.nanasp.org/resource-publications

National Clearinghouse for Long-Term Care Information
http://www.longtermcare.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)
http://www.ncoa.org/
(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
http://www.nia.nih.gov/
The NIA -- one of the 27 Institutes and Centers 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.
They have many publications that can be ordered for FREE – or downloaded from the Internet:
http://newcart.niapublications.org/

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 //
TTY, 1-800-325-0778

How to Create An Online Account

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

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<tr>
<th>Organization</th>
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| **Asociación Nacional Pro Personas Mayores / National Association for Hispanic Elderly**  
The National Association for Hispanic Elderly serves the needs of Hispanic elderly. It has an increasingly significant role in the larger Hispanic community. |
| **Deaf Seniors of America**  
http://www.deafseniorsofamerica.org/dsa/  
DSA improves the quality of life for senior citizens who are deaf. For resource list: http://www.nad.org/senior-resources |
| **Diverse Elders**  
http://www.diverseelders.org/  
(212) 741-2247  
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)**  
http://napca.org/ | 800-336-2722  
NAPCA addresses the needs of AAPI elders. Website includes several languages, especially Chinese, Korean, and Vietnamese. |
| **National Caucus and Center on Black Aging**  
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**  
http://www.nhcoa.org/ | (202) 347-9733  
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**  
http://nicoa.org/ | (505) 292-2001  
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**  
http://lgbtagingcenter.org/  
(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)**  
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. |
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**
http://www.nia.nih.gov/health/publication

Order online from:
http://newcart.niapublications.org/shopdisplayproducts.aspx?id=45&cat=All+Age+Pages

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
http://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**
http://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 ♦**
http://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

Senior Distribution Box Nutrition Pages
These are 12 handouts developed by the RI Community Food Bank nutrition team to inform seniors about various health & nutrition concerns, such as: general dietary guidelines, special nutrition needs for older adults, food safety, immune-boosting, keeping hydrated, plant-based foods, type 2 diabetes, teeth and mouth, eyes, exercise, and osteoporosis.

6 Steps to Prevent a Fall
National Coalition on Aging - download from NCOA:

12 Things Anyone Can Do to Prevent Elder Abuse - Poster
National Center on Elder Abuse: download from:
http://www.ncea.aoa.gov/Resources/Publication/docs/NCEA_12things_508.pdf

Stop Prescription Drug Scams
Available from RI Dept. of Health

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.
It can also be downloaded from:

SAMHSA Brochures
http://store.samhsa.gov/pages/searchResult/Older+Adults+as+Audience
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
- What’s on Your Plate: Smart Food Choices for Healthy Aging

Elder Mental Health & Addiction Coalition
401-228-7990
Electronic version acquired from RI Council of Community Mental Health Organizations, Inc. (RICCMHO)