

## **Thundermist Community Resources Sheet**

### **Transportation Resources**

**MTM** is the Rhode Island Non-Emergency Medical Transportation manager. They arrange rides for eligible Rhode Island residents as follows:

- Medicaid recipients can get rides to appointments with Medicaid-covered healthcare providers.
- Non-Medicaid enrollees who qualify for the Elderly Transportation Program (ETP) can get rides to medical appointments but must call **(855) 330-9131** to initiate their accounts prior to receiving rides.
- Participants in the Temporary Assistance for Needy Families (TANF) Program/RI Works can receive monthly bus passes to pursue employment opportunities.
- Urgent trips may be set for the same day. MTM schedules routine trips Monday through Friday from 7 a.m. to 6 p.m. You can schedule urgent trips 24 hours a day, seven days a week.
- How to schedule transportation with **MTM**:
  - **NOTE: All rides must be scheduled at least 72 hours in advance.**
  - Call MTM at **(855) 330-9131**
  - Press “2” to schedule a ride
  - Verify your phone number and date of birth
  - When speaking to an MTM representative, first give them the date and time of your appointment
  - Next tell them the kind of doctor you are seeing, as well as the address and phone number for the office
  - Provide them with your home/pick-up address
  - Notify the MTM representative if you are on oxygen, use a wheelchair, walker, or cane, or if you need any type of assistance getting in and out of the vehicle
  - Call again the day before your appointment and confirm your ride has been assigned to pick you up

### **Scheduling rides through your health insurance company:**

- United Healthcare and Neighborhood Health Plan of Rhode Island members may have the ability to schedule rides through their health insurance company.
- Call the phone number on the back of your insurance card (Member Services) and follow the prompts to determine if your health insurance will provide transportation to your medical appointments.

## Housing and Shelter Resources

If you are currently unhoused or may be unhoused soon, please contact the **Rhode Island Coordinated Entry System (CES)** so you can connect with shelter and services at **(401) 277-4316**. Hours of operation are Monday through Friday 9 a.m. to 7 p.m. and weekends and holidays from 2 p.m. to 7 p.m.

Thundermist has a housing clinic run by housing support specialists on Wednesdays from 9 a.m. to 11 a.m. Please call **Thundermist at (401) 767-4100** to learn more.

## Assistance With Utilities

**Low Income Home Energy Assistance Program (LIHEAP)** – LIHEAP primary grants are based on income, family size, fuel type, and minimum delivery requirements. Households must meet 60% of Rhode Island’s median income levels, which are set each program year. LIHEAP helps eligible low-income households pay their heating bills through federal grants to the household.

- **Heating Assistance** – a grant to assist a household in meeting heating costs.
- **Crisis Assistance** – a grant to help resolve a home heating crisis caused by a heat shut-off because of failure to pay a regulated energy bill, the inability to pay for deliverable fuel, or the failure of a heating system that is not repairable.
- You do not need to be on public assistance, you do not need to have an unpaid heating bill, and you can either rent or own your home.

**Application process:** The Rhode Island Department of Human Services administers the program, but applications are taken at local Community Action Program (CAP) agencies. Your local CAP agency will walk you through the application process, but below are some important points:

- In most cases, applications are taken from September through May each year.
- New applicants should apply in person.
- CAP agencies provide convenient, safe intake locations and will arrange for older adults or disabled individuals to apply at an intake site.
- Applicants who receive heating assistance benefits the prior year will usually be mailed the application renewal forms by the CAP agency. Please be sure to update your address with your CAP agency if necessary.

### Community Action Program contact information for Thundermist Communities:

- **Woonsocket** – Community Care Alliance: (401) 235-7000 | [www.communitycareri.org](http://www.communitycareri.org)
- **Woonsocket** – Blackstone Valley Community Action Program: (401) 723-4520 | [www.bvcap.org](http://www.bvcap.org)
- **West Warwick** – Westbay Community Action: (401) 732-4660 | [www.westbaycap.org](http://www.westbaycap.org)
- **South County** – Tri-County Community Action Agency: (401) 351-2750 | [www.tricounty.org](http://www.tricounty.org)

## Child Care Assistance

### Rhode Island Child-Care Assistance Program (CCAP)

Families with incomes at or below 200% of the federal poverty level who meet the requirements for CCAP are eligible to receive full or partial payment for child-care expenses when delivered by a CCAP-approved child-care provider. You may qualify for CCAP if you:

- Have a child who is a U.S. citizen or legal resident, and is under age 13 AND
- Work at least 20 hours each week and meet annual income guidelines OR
- You meet income requirements and are enrolled in an associate or bachelor's degree program at:
  - Community College of Rhode Island
  - Rhode Island College
  - University of Rhode Island
- You may also be eligible if you take part in certain State of Rhode Island work training or apprenticeship programs.
- Families eligible for CCAP must not exceed these annual household income limits:
  - Up to \$40,880 for a single parent with one child
  - Up to \$51,640 for a family of three
  - Up to \$62,400 for a family of four
- Depending on your household income, you may pay a family share, or co-pay.

To get started with CCAP call the Rhode Island Department of Human Services at **(855) 697-4347**.

## Domestic Violence Assistance

RI Domestic Violence State-Wide Helpline (24 hours a day/7 days a week) at **(800) 494-8100**.

## Health Insurance

Thundermist Social Services Department has Health Insurance Navigators available to help Rhode Island residents in completing applications for health insurance through **HealthSource RI**.

- For uninsured or lapse in insurance: Call **HealthSource RI** at **(855) 840-4774**
- For insurance issues with current insurance provider, please call number on the back of your insurance card.

## Behavioral Health Emergencies:

**BH Link** - BH Link's mission is to ensure that all Rhode Islanders age 18 or older who are experiencing mental health and substance use crises receive the appropriate services they need as quickly as possible in an environment that supports them.

You can visit the BH Link Triage Center at 975 Waterman Avenue, East Providence, RI, 24 hours a day/7 days a week, or **you can call or text "988" to get connected to care**.

## Food Resources

### Rhode Island Community Food Bank

If you need food assistance, the Rhode Island Community Food Bank will help all Rhode Islanders regardless of income, background, or immigration status find a food pantry close to you. Some basic household information for new guests may be required. For more information, **call (401) 942-6325**.

### Meals on Wheels

For people age 60+ and/or people with disabilities who are unable to prepare meals. Meals are delivered directly to your home for a \$3 donation. You must be referred by a family member and/or practice member (for example: physician, social worker, etc.) **Please call (401) 351-6700 for more information.**

### Supplemental Nutrition Assistance Program (SNAP)

RI Department of Human Services: **(855) MY-RIDHS (855-697-4347)**

The following organizations can answer questions about SNAP, determine your eligibility, and provide support with the application process.

Center for Southeast Asians (401) 274-8811	Foster Forward (401) 438-3900	Genesis Center (401) 781-6110	One Neighborhood Builders (401) 351-8719	URI SNAP Outreach Project (866) 306-0270
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**URI SNAP-Ed Program Hotline: (877) FOOD-URI (877-366-3874).** Healthy low-cost recipes; tips for meal planning and food shopping on a limited budget; general healthy eating information.

## Woonsocket Community Food Resources

### Meal Sites (no voucher required)

Help the Homeless	Sundays	11:30 a.m. – 12:30 p.m.	<b>Bouley Field</b> (Behind Laguna's)
New Beginnings	Monday – Thursday	11:30 a.m. – 12:45 p.m.	<b>St James Episcopal Church</b> 24 Hamlet Ave.

### Senior Meals

Monday-Friday @ 11:20 a.m. 48-hour notice and \$3 donation required. Menu available online Call to register: <b>(401) 766-3734</b>	<u>SITE 1</u> Woonsocket Senior Center 84 Social St.	<u>SITE 2</u> Crepeau Court 100 Front St.	<u>SITE 3</u> Kennedy Manor 547 Clinton St.	<u>SITE 4</u> Parkview Manor 218 Pond St.
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## WIC (Women, Infants, and Children)

Thundermist, 25 John A. Cummings Way (Bank of America Building) - (401) 767-4109

For children up to age 5 and people who are pregnant, breastfeeding, and postpartum. WIC provides free nutrition education, breastfeeding support, and referrals. In addition, they provide vouchers for free, healthy foods.

## Food Pantries

(May be requested to bring the following documents: Photo ID, Proof of Address, Proof of Income)

<b>CCF</b> Must call first: (401) 895-9526	Monday: 9 a.m.-1 p.m. Tuesdays & Thursdays: 1 p.m.-5 p.m. Friday: 9:30 a.m. - 4:30 p.m.	46 Hope St. Woonsocket, RI
<b>CCA Food Pantry</b> Must first complete an in-person registration form for monthly services: (401) 235-7000	Monday, Wednesday, Friday 9 a.m.-11:30 a.m. & 1 p.m. - 5 p.m.  Thursdays: 1 p.m.-4 p.m.	245 Main St. Woonsocket, RI
<b>Holy Trinity Parish</b> <i>Requires referral from CCA</i>	Tuesday & Thursday 1:30 p.m. - 2:30 p.m.	1409 Park Ave. Woonsocket, RI
<b>Saint James Episcopal Church</b> Requires referral from CCA: (401) 762-2222	Monday & Wednesday 1:30 p.m.-2:30 p.m.	24 Hamlet Ave. Woonsocket, RI
<b>St. Joseph's Cupboard</b> Requires referral from CCA	Friday 5:30 p.m.-6 p.m.	1200 Mendon Rd. Woonsocket, RI
<b>211 – United Way</b>	Monday-Friday 8:30 a.m.-4:30 p.m.	Dial <b>211</b> for more information and other resources
<b>St. Agatha's Church</b> (401) 767-2950 No voucher required	1 <sup>st</sup> and 3 <sup>rd</sup> Friday of each month 9:30 a.m.-11 a.m.	34 Joffre Ave. Woonsocket, RI
<b>Holy Trinity Church Food Pantry</b> (401) 762-5117	Tuesdays & Thursdays 1:30 p.m.-2:30 p.m.	1371 Park Ave. Woonsocket, RI
<b>Lime Rock Baptist Church</b> (401) 334-2999 No voucher required	Every other Saturday 9 a.m.-10 a.m. Calendar available online	1075 Great Rd. Lincoln, RI
<b>Northern RI Food Pantry</b> (401) 347-5714	1 <sup>st</sup> and 3 <sup>rd</sup> Saturday of each month 7 a.m.-10 a.m.	1 Angel Road Cumberland, RI

<b>Lighthouse Food Pantry</b> (401) 725-0335	Mondays 3:30 p.m.-7 p.m.	30 Meeting St. Cumberland, RI
<b>Ocean State Baptist Church</b> Jericho Road Food Resource Center (401) 231-1980	Tuesdays 3 p.m.-5 p.m.	600 Douglas Pike Smithfield, RI
<b>The Genesis Project</b> (401) 757-0605	2 <sup>nd</sup> and 4 <sup>th</sup> Saturday of each month 9 a.m.-11 a.m.	11 Winter St. Manville, RI

### Other Woonsocket Food Resources

<b>Milagros Project</b> (401) 309-5220	383 Arnold St. Woonsocket, RI
<b>Manville Share Shack</b>	Across from 15 Gousy St. Manville, RI
<b>New Life Worship Center</b> (401) 949-1500	915 Douglas Pike Smithfield, RI
<b>SVDP St. Phillips Food Pantry</b> (401) 949-2949	692 Putnam Pike Greenville, RI
<b>St. Theresa's Church Food Pantry</b> (401) 568-8280	35 Dion Dr. Harrisville, RI
<b>St. Alban's Church</b> (401) 231-4016	1964 Smith St. Centerville, RI
<b>Cumberland Blessing Box</b>	1460 Diamond Hill Rd. Cumberland, RI

### West Warwick Community Food Resources

#### Meal Sites (no voucher required)

<b>Help the Homeless RI</b>	Saturday & Sunday 12:30 p.m.-1:30 p.m.	1229 Main St. West Warwick, RI
<b>St. Anthony's Church Soup Kitchen</b> (401) 821-8342	Monday 12 p.m.-1 p.m.	1 Sunset Ave. West Warwick, RI
<b>RI Dream Center Food Truck</b>	Wednesday 5 p.m.-6 p.m.	10 Brookside Ave. West Warwick, RI
<b>Reaching the Harvest</b> A recovery-focused ministry	2 <sup>nd</sup> and 4 <sup>th</sup> Thursdays of the month Starts at 5 p.m.	1229 Main St. West Warwick, RI

## Senior Meals

<b>West Warwick Senior Center</b>	Monday - Friday Starts at 12 p.m.	145 Washington St. West Warwick, RI
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## WIC (Women, Infants, and Children)

145 Washington Street, West Warwick (401) 826-3230

For children up to age 5 and people who are pregnant, breastfeeding, and postpartum. WIC provides free nutrition education, breastfeeding support, and referrals. In addition, they provide vouchers for free, healthy foods.

## Food Pantries:

(May be requested to bring the following documents: Photo ID, Proof of Address, & Proof of Income)

<b>Westbay CAP Marketplace</b> (401) 732-4660	<u>Monday, Wednesday, Thursday</u> 9 a.m.-11:30 a.m. & 1 p.m.-3 p.m.  <u>Tuesday &amp; Friday</u> 10 a.m.-11:30 a.m. & 1 p.m.-3 p.m.	487 Jefferson Blvd. Warwick, RI
<b>West Warwick Assistance Agency</b> (401) 828-0310	Monday, Wednesday, Friday 10 a.m.-2 p.m. <i>Frequency of visits based on SNAP benefits</i>	1293 Main St. West Warwick, RI
<b>Emanuel Lutheran Church</b> (401) 821-8888	Tuesdays 10 a.m.-12 p.m.	9 New London Ave. West Warwick, RI
<b>West Warwick Senior Center Food Pantry</b> (401) 822-4450	Monday – Friday 8:30 a.m.-3 p.m.	145 Washington St. West Warwick, RI
<b>First Baptist Church of West Warwick</b> (401) 262-6848	1 <sup>st</sup> Saturday of the month 11 a.m.-2 p.m.	1613 Main St. West Warwick, RI
<b>Project Hand Up</b> (401) 965-9050	Tuesdays – Last names A-K 3 p.m.-5 p.m. Thursdays – Last names L-Z 3 p.m.-5 p.m.	15 Factory St. West Warwick, RI
<b>Child, Inc. Food Cupboard</b>	Serves Child, Inc. students and their families during normal hours	28 Payan St. West Warwick, RI

<b>West Warwick Public Library Food Cupboard</b> (401) 828-3750	Open during regular library hours	1043 Main St. West Warwick, RI
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## South County Community Food Resources

### Free Meals

<b>Peace Dale Congregational Church</b>	<b>Peace Dale Dinner Table</b> - Delivers well-balanced meals twice a week to local community residents.	Meals are prepared and distributed on Wednesday and Friday between 4:30 p.m.-6 p.m.	<b>You must sign up for meals in advance. Call (401) 594-3031 before 12 p.m. on Tuesday</b>
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### Food Pantries:

(May be requested to bring the following documents: Photo ID, Proof of Address, Proof of Income)

<b>Johnnycake Center for Hope</b> (401) 789-1559	Monday 10 a.m.-3 p.m. Tuesday – closed Wednesday – 12 p.m.-6 p.m. Thursday – closed Friday – 10 a.m.-3 p.m. 2 <sup>nd</sup> and 4 <sup>th</sup> Saturdays of the month: 10 a.m.-12 p.m.	22 Kersey Rd. Peace Dale, RI
<b>St. Peter's By-The-Sea Episcopal Church</b> Community Market (401) 783-4623	Friday 3 p.m.-5 p.m.	72 Central St. Narragansett, RI
<b>Rhode Island Center Assisting Those in Need</b> (401) 364-9412	Drive Thru Food Pantry Wednesday: 9:30 a.m.-11:30 a.m. Wednesday: 6:30 p.m.- 7:30 p.m. Thursday: 9:30 a.m.-11:30 a.m. Friday: 2 p.m.-3 p.m.	805 Alton Carolina Rd. Charlestown, RI
<b>Tri-County Community Action Agency</b> (401) 515-2432	1 <sup>st</sup> and 3 <sup>rd</sup> Thursday of the month 1 p.m.-3 p.m.	415 Tower Hill Rd. North Kingstown
<b>North Kingstown Food Pantry</b> (401) 885-3663	Monday – Friday 10 a.m.-2 p.m. Last Tuesday of the month 10 a.m.-6 p.m. Last Saturday of the month 10 a.m.-12 p.m.	Little Red School House 445 School St. North Kingstown, RI
<b>New Life Assembly Food Pantry</b> (401) 783-8378	Every 2 <sup>nd</sup> Wednesday 1 p.m.-2 p.m.	251 Post Road South Kingstown, RI



