



SEEKONK HUMAN SERVICES



Town Center

320 Pleasant Street ~ Seekonk, MA ~ 508-336-8772

Seekonk Human Services

Monday through Thursday 8:30am-4:30pm • Wednesdays at Town Hall (11am-7pm) • Friday 8:30-12:30

OCTOBER 2010

TIME TO CHANGE YOUR SMOKE DETECTOR BATTERIES

Daylight Saving Time Ends on November 7th. This is the perfect time to change your smoke detector and carbon monoxide batteries. If you need assistance changing the batteries, please call Seekonk Human Services at 508-336-8772.

HALLOWEEN PARTY

October 27, 2010 @ 10:00 AM

Speakers: Michelle Hines, Seekonk Police Dept. & Marty Ulak, Seekonk Fire Dept. will be speaking on "Fall Safety". Our Halloween Party will feature a delicious lunch of baked chicken, scalloped potatoes, & vegetables. **Lunch will be available for \$3.** Wear a costume if you like. Prizes will be awarded for best costumes. **Please sign up at 508-336-8772 for lunch and pay in advance so that we can accommodate you. Entertainment will be by our own karaoke king Barney Mallon**



MEN'S BREAKFAST

Brothers Seafood Restaurant @ 8:30 AM

"OPEN FORUM FOR SEEKONK CANDIDATES"

October 14, 2010

Men! You are invited to come out and enjoy breakfast with a great group of men who have been meeting together each month for several years. Bring a friend if you like. All ages are welcome. You can order off the menu and the cost is up to you. **November 11th Men's Breakfast will be held but there will not be any speaker.**

BELTONE NEW ENGLAND

"FREE Hearing Screenings" @ Human Services

October 20, 2010 • 9:00 AM – 12:00 Noon

A trained Beltone Community Outreach Specialist will be available to provide FREE hearing screenings. This is a wonderful opportunity for anyone who suspects they may have some hearing loss. You will find out your results immediately. Appointments may be made by calling 508-336-8772. Limited times are available.

CARDIAC PREVENTION CLINIC

October 20, 2010 • 9:00 am – 12:00 Noon

Seekonk Human Services

Why not take advantage of a FREE health clinic which is held once a month at Seekonk Human Services. Nurses from South Coast Hospital will be here to check cholesterol, glucose and blood pressure. A complete break down of your cholesterol CHDL, LDZ and triglycerides will be available within 5 minutes. While you are waiting you can ask the nurse about any concerns you may have or any medications you are taking. No appointment is necessary, it is first come first served. This clinic enables you to monitor your health each month.

WOMEN'S BREAKFAST**October 6, 2010 @ 8:30 AM**

Mary Beth DeLeo's Restaurant in Seekonk is the place to meet for breakfast on the first Wednesday of every month. All ages are invited to meet for breakfast. No sign up is required and you are welcome to bring a friend with you.

GEOHERMAL PROGRAM AT SEEKONK PUBLIC LIBRARY**October 21st 6:30 PM – 8:30 PM**

The Senior Center Building Committee is exploring geothermal for heating and cooling in the new building. Mel Hensch will give a presentation on the latest in geothermal technology. This event is free and open to the public. For more info. Call 508-336-3594.

EXPLORATION WEDNESDAYS**October 6, 2010 @ 10:00 am****Seekonk Human Services**

OMR "Online Medical Registries" representatives will be giving a presentation @ Seekonk Human Services. OMR is a digital medical information company providing safe, secure, private, and affordable storage of vital personal medical information, with the ability to share that information with authenticated health care providers in an emergency. During medical emergencies, essential information is frequently not available, resulting in misdiagnoses and delayed, unwanted, unnecessary or improper treatment costing insurance companies, employers and consumers hundreds of millions of dollars each year.

A FREE lunch will be provided by OMR for all those who attend the presentation. Please sign up at 508-336-8772 in order for us to accommodate you.

PITCH – HI-LO-JACK**October 6 & October 20****12:30 – 2:30 @ Seekonk Human Services**

Everyone is welcome. No sign up is required. There is a great group of people who play cards on the first and third Wednesday of every month. Come join the fun.

EXPLORATION WEDNESDAY**October 13, 2010 @ 10:00 am****Seekonk Human Services**

Sarah Brayton & Somerset Ridge Nursing Homes will be at Human Services.

Topic: "What You Are Entitled to After Surgery" Anyone who has been released from a hospital knows how much help is needed when you get home. Come and learn what you are entitled to after surgery.

Lunch: \$3 Meatloaf, mashed potatoes, vegetables & dessert. Sign up in advance at 508-336-8772.

EXPLORATION WEDNESDAY**November 3, 2010 @ 10:00 AM****"Dr. Ronald Rapoport, Rheumatologist"**

Dr. Ronald Rapoport, will be the featured speaker on "Arthritis, A Joint Effort". He will give an Overview of both the Rheumatoid Arthritis and Osteoarthritis diseases. What are the symptoms, Who does it affect, What questions should you ask your primary care physician about these symptoms, treatment options, etc. He will then take Questions from the audience.

Please call 508-336-8772 to sign up for a delicious lunch of American Chop Suey, Italian bread and fruit cocktail for \$3. Sign up and payment should be received one week in advance so that we will be able to accommodate you.

VETERAN'S DAY CELEBRATION**November 10, 2010 @ 10:00 AM****Seekonk Human Services**

Vocalist Gary Leanus, will entertain with patriotic songs as well as those you will remember from years ago. A delicious **turkey dinner** will be served with all the trimmings. Cost for lunch will be \$3. We request that you sign up and pay at least a week in advance so that we can accommodate you for lunch. Everyone is welcome to attend this celebration. Please call 508-336-8772 to sign up.

PLEASE CALL 617-254-4545 TO SPONSOR THIS NEWSLETTER

*All the seniors in town are
reading this newsletter.*

Do they know who YOU are?

*Call Senior Citizen
Publishing to place an ad today*

617-254-4545

www.seniorpublishing.com

SPONSOR THIS NEWSLETTER!!!

It makes sense to concentrate your advertising where it does most good - **right in your neighborhood!** You pay only the advertising cost. Public relations and good will values are free. This newsletter is kept at home a full month. It is regularly referred to for important dates, times, events and meetings.

CONVENIENT BUDGET PAYMENT TERMS!!!!

Write Today! Or call 617-254-4545.

Visit us at seniorpubs.com



FUEL ASSISTANCE

If you had fuel assistance last year, be on the lookout for your application which should have arrived in September. File the application as soon as you get it. If you have never had fuel assistance and would like to apply, please call Seekonk Human Services at 508-336-8772 and make an appointment with the Outreach Department.

Maximum income for 1 person in 2010 is \$29,126 and for 2 people is \$38,087. Income includes your social security, pensions and any interest income. If you need help filling out your application, please contact the outreach department at Human Services for an appointment. If you are homebound or unable to climb the stairs to our offices and need assistance, please call 508-336-8772.

MEDICARE D PRESENTATION

Monday, November 8, 2010 @ 10:00 AM

Regional SHINE Director Lisa Sarkis will be giving a presentation at Seekonk Human Services on Medicare D and Medicare Advantage Plans. Annual Open Enrollment for Medicare Part D and the Medicare Advantage Plan is November 15 to December 31.

Each year at this time, beneficiaries can make changes in their Part D coverage. Any change made during this open enrollment will be effective on January 1.

Part D is an insurance program that provides help with prescription cost and protection from catastrophic costs. **This is a very important presentation for anyone who wants to know more about Medicare Part D or who needs assistance to enroll or change their plans.** Appointments can be made at that time with the Outreach Dept. at Human Services. If you have any questions, please call 508-336-8772.



BOOK CLUB

@ Seekonk Human Services

9:30 AM – 11:00 AM

January 10, 2011

A new group is being formed at Human Services and will meet on the 2nd Monday of every month beginning in January to discuss the book of the month. You are welcome to join us. Coffee and pastries will be available.

The book list is as follows:

January 10, 2011 “**The Help**” by Kathryn Stockett
 February 14, 2011 “**Sarah’s Key**” by Tatiana de Rosnay
 March 14, 2011 “**The Book Thief**” by Markus Zusak

If you have any questions you may call Karen Stutz at 508-336-8772.

AEROBICS

Tuesday & Thursday 11:30 – 12:30

Cost: \$3

Seekonk Human Services Gymnasium

Come join us for an enthusiastic class led by Lee McCaffrey, senior fitness instructor. All ages are welcome to attend this class. Bring a friend or make some new ones. We have a wonderful group who have been working out together for many years. If you have never been and would like to, the **first class is FREE**. Classes meet every

Tuesday and Thursday from September to June. No sign up is required – just come when you can. Please bring hand held weights with you if you have them.



TOWN OF SEEKONK

“Elderly & Disabled Taxation Aid fund”

Applications are available at Seekonk Human Services and at the Assessor’s office at the Town Hall. All applications must be returned to the Assessor’s office by October 1, 2010.

Income: There are criteria that must be met to be eligible. An applicant must demonstrate low income as defined by an annual combined household income of \$43,710 or less. Each applicant will be required to complete a financial and income and expense statement as part of the application process. Credits applied to real estate taxes if eligible.

Elderly: To qualify as elderly, the applicant must be 60 years of age or older as of July 1, 2010.

Disabled: Every applicant applying on the basis of a disability shall provide the committee with as much information as possible supporting that disability. Each disability case will be evaluated on its own merits and on a case by case basis. Determination of disability eligibility is at the sole discretion of the committee.

Residency: Applicant must have owned and occupied the real estate in Seekonk as his or her primary domicile for at least five years prior to application deadline. Applicant must be the titled owner of the property or hold a life estate in the property. If title is held by a trust, the applicant must be both a trustee and a 50% beneficiary of the trust in order to qualify.

William M. Tripp Funeral Home
 1008 NEWPORT AVENUE, PAWTUCKET
 Preplanning
(401) 722-2140
 Daniel A. Laneres & Michael S. Sladen
 Directors

KEEP YOUR BUSINESS ON TARGET!

 Call SENIOR CITIZEN PUBLISHING
 Today to Advertise!
617-254-4545

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



OCTOBER 2010



				<p>1 YMCA Programs 9-10:30 Arthritis Water Exercise 9-9:45 am Aqua Aerobics 9:45-10:30 Bingo 1:00 (Commons)</p>
<p>4 Arthritis Water Exercise 9-9:45 AM Aqua Aerobics 9:45-10:30 AM "Sit to be Fit" 11-11:45 Knitting 12:30 - 2:30 YMCA Aqua Aerobics 6:45-7:30 PM</p>	<p>5 "Water Walking" 8:30-9:30 am (YMCA) Chef on a ShoeString 1:45-3:15 Swansea Mall 9:00 - 1:00</p>	<p>6 Women's Breakfast 8:30 am Exploration Wednesday 10:00 am FREE Lunch Pitch 12:30 - 2:30 YMCA programs 9:45 - 11:00 Evening Aqua Aerobics 6:45-7:30 PM Stop & Shop 8:30 - 9:30</p>	<p>7 Intergenerational Art Class 9:30 YMCA Water Walking 8:30-9:30 am Aerobics 11:30 - 12:30 Bridge Club 12:30 - 2:30</p>	<p>8 YMCA Programs 9-10:30 "Arthritis Water Exercise" 9-9:45am "Aqua Aerobics" 9:45-10:30 am Blood Pressure Clinic (Commons) Bingo 1:00 (Commons)</p>
<p>11 Arthritis Water Exercise 9-9:45 AM Aqua Aerobics 9:45-10:30 AM "Sit to be Fit" 11-11:45 Knitting 12:30 - 2:30 YMCA Aqua Aerobics 6:45-7:30 PM</p>	<p>12 "Water Walking" 8:30-9:30 am (YMCA) Aerobics 11:30 - 12:30 Chef on a ShoeString 1:45-3:15</p>	<p>13 Exploration Wednesday 10:00 am Lunch \$3 Meatloaf, veg. & dessert Pitch 12:30 - 2:30 YMCA programs 9:45 - 11:00 Evening Aqua Aerobics 6:45-7:30 PM Stop & Shop 8:30 - 9:30</p>	<p>14 Men's Breakfast 8:30am YMCA Water Walking 8:30-9:30 am Intergenerational Art Class 9:30 Aerobics 11:30 - 12:30 Bridge Club 12:30 - 2:30 Price Rite 9-10:30</p>	<p>15 YMCA Programs 9-10:30 "Arthritis Water Exercise" 9-9:45am "Aqua Aerobics" 9:45-10:30 am Bingo 1:00 (Commons)</p>
<p>18 Arthritis Water Exercise 9-9:45 Aqua Aerobics 9:45-10:30 "Sit To Be Fit" 11-11:45 Knitting 12:30 - 2:30 YMCA Aqua Aerobics 6:45-7:30 PM</p>	<p>19 "Water Walking" 8:30-9:30 am (YMCA) Aerobics 11:30 - 12:30 Chef on a ShoeString 1:45-3:15 Wal*Mart/Target Plaza 9-11</p>	<p>20 Beltone -FREE Hearing Test 9-12 Cardiac Prevention Clinic 9-12 Pitch 12:30 - 2:30 YMCA programs 9:45 - 11:00 Evening Aqua Aerobics 6:45-7:30 PM Stop & Shop 8:30 - 9:30</p>	<p>21 YMCA Water Walking 8:30-9:30 am Intergenerational Art Class 9:30 Aerobics 11:30 - 12:30 Bridge Club 12:30 - 2:30</p>	<p>22 YMCA Programs 9-10:30 "Arthritis Water Exercise" 9-9:45am "Aqua Aerobics" 9:45-10:30 am Bingo 1:00 (Commons)</p>
<p>25 Arthritis Water Exercise 9-9:45 Aqua Aerobics 9:45-10:30 "Sit To Be Fit" 11-11:45 Knitting 12:30 - 2:30 YMCA Aqua Aerobics 6:45-7:30 PM</p>	<p>26 "Water Walking" 8:30-9:30 am (YMCA) Art Therapy 9:30 - 11:30 Aerobics 11:30 - 12:30 Chef on a ShoeString 1:45-3:15</p>	<p>27 Halloween Party 10:00 AM Lunch \$3 Baked Chicken YMCA programs 9:45 - 11:00 Evening Aqua Aerobics 6:45-7:30 PM Stop & Shop 8:30 - 9:30</p>	<p>28 YMCA Water Walking 8:30-9:30 am Intergenerational Art Class 9:30 Aerobics 11:30 - 12:30 Bridge Club 12:30 - 2:30</p>	<p>29 YMCA Programs 9-10:30 "Arthritis Water Exercise" 9-9:45am "Aqua Aerobics" 9:45-10:30 am Bingo 1:00 (Commons)</p>

SEEKONK, MA

HURRY!!!
 SPONSOR THIS NEWSLETTER!
 Call 617-254-4545
 www.seniorpubs.com



Thank You
 to our SPONSORS
 for their support





GATRA TRANSPORTATION
1-800-483-2500 DIAL-A-RIDE
CASH FARES EACH WAY:



Seekonk to Attleboro.....	\$1.25
Seekonk to East Providence	\$1.25
Seekonk to Rehoboth	\$1.25
Seekonk.....	\$1.25
Seekonk to Providence.....	\$2.50
Seekonk to Pawtucket.....	\$2.50
Seekonk to Barrington (upon availability).....	\$2.50
Any towns outside of these areas will be upon availability.	

Passes:

10 – Ride Ticket	\$10.00
------------------------	---------

You can purchase a GATRA ticket at Seekonk Human Services or you can pay cash on the van. Tickets cannot be purchased on the van. If you are homebound and need a ticket please call Human Services @ (508) 336-8772.

SENIOR CENTER UPDATE

The seniors who gathered at the Council on Aging to prepare the last issue of this newsletter for mailing had a sneak preview of a rough design for the new senior center. They liked what they saw. Three activity rooms – arts and crafts, exercise, and dining-that can be turned into an assembly room for 150 people. Office space with private rooms for three outreach workers. A safe area for children to play while their parents or grandparents get help with “grown-up matters.” A nurse’s station and small exam room. Space for computers to check e-mail or acquire computer skills. A café area with booths for coffee and chat, coffee and newspaper, or coffee and checkers or chess. Tea and pastries will also be available! A gift shop rack for items seniors have made. Small outside patio areas. Plenty of natural light. A sense of openness. Fully accessible. A portico at the main entrance to protect those who are being dropped off from the rain, snow, and ice. “Very nice,” the seniors said.

A rough plan has gone to Tri-County Vocational Technical School for students to do computer assisted design (CAD) drawings. A floor plan and foundation plan should be ready by mid-September.

Meanwhile, the Building Committee met with a representative of a modular

company at the beginning of September to explore options for some or all of the building to be manufactured off-site, a construction method that prevents exposure to moisture that can result in water damage or mold problems.

October will be a month to focus on site issues, including soil tests.

The Building Committee has met several times since it first convened July 14. It is making good progress. Meetings are posted at least two days in advance but are televised only when the Selectmen’s meeting room is available. All meetings are open to the public. If you are interested in attending, let Carol or Bernie know at Seekonk Human Services and we can keep you apprised of scheduled meetings.

PRESCRIPTION ADVANTAGE

“Having trouble affording the premiums, co-payments, or “donut-hole” costs for your prescription drugs?”

Massachusetts has a state prescription assistance program called Prescription Advantage to help limited income seniors and low income disabled persons under 65 cover their prescription drugs. Membership in Prescription Advantage also entitles you to change your prescription drug plan once a year at any time of the year. To determine whether you are eligible for Prescription Advantage, call Seekonk Human Services to make an appointment at 508-336-8772.

GATRA PHOTO ID'S

Anyone needing a photo ID should make arrangements with Stacey at GATRA to have your picture taken at Seekonk Human Services. GATRA telephone # is 508-226-1102 ext. 273.



SEEKONK HUMAN SERVICES STAFF

CENTER HOURS

***Monday - Thursday**
8:30am - 4:30pm

Wednesdays
at Town Hall
11:00am – 7:00pm
(Outreach only)

***Friday**
8:30 am - 12:30 pm

TELEPHONE:
(508) 336-8772

FAX:
(508) 336-2239

EXECUTIVE DIRECTOR

Bernadette Huck Ext. 15

ADMINISTRATIVE ASSISTANT

Phyllis Corbitt ext. 12
Editor: Town Crier, Art Therapist

CLERICAL ASSISTANT

Kimberly Mallon ext. 10

EDUCATIONAL & SOCIAL PROGRAMS

Karen Stutz ext. 14
(Monday - Wednesday mornings)

OUTREACH CASE MANAGERS

Jan Tabor, LPN ext. 11
Veronica Brickley, LPN BA/SOC ext. 17
(Monday, Wednesday, Fridays)

OUTREACH ASSISTANT

Nancy Rodrigues

SENIOR AIDES

Carol Bragg, Nancy Vine,
Loretta Ferreira, Elaine Miranda

SEEKONK HUMAN SERVICES EXECUTIVE BOARD MEMBERS

Christine Allen

Rene Andrews

Anita Gendron

Victoria Kinniburgh

Anne Libby

Lynne Neves

Josephine Veader

SEEKONK, MASS.
PERMIT NO. 50
PAID
U.S. POSTAGE
BULK

Seekonk Human Services
320 Pleasant Street
Seekonk, MA 02771