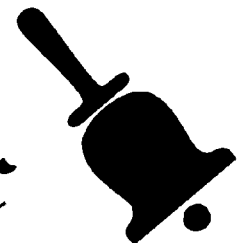


SEEKONK HUMAN SERVICES



Town Center

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

Seekonk Human Services

Monday through Thursday 8:30am-4:30pm • Wednesdays at Town Hall (5am-7pm) • Friday 8:30-12:30

NOVEMBER 2010

HAPPY THANKSGIVING
from SEEKONK HUMAN SERVICES
Seekonk Human Services will be closed for Veterans Day on November 11th And on November 25 & 26 for the Thanksgiving Day Holiday

CLAM BOIL

@ Seekonk Rod & Gun Club
61 Read Street, Rehoboth, MA 02769
November 20, 2010

Co-Sponsored by the Seekonk Non-Profit Coalition and the Seekonk Police Department. Open seating starts at 7:00 PM. Tickets are \$25 for adults and children under 12 years are \$5.00. Proceeds from this event will benefit the Fuel and Utility Fund as well as food and other necessities for those who are in need in our community. This fund is administered by the Human Services Department of the Town of Seekonk and will be used solely for these purposes. Tickets may be obtained at Seekonk Human Services, Town Hall or the Police Dept. Checks for tickets and/or donations should be made payable to Seekonk Human Services Fuel and Utility Fund and mailed to Seekonk Human Services, 320 Pleasant St., Seekonk, MA 02771. You may call 508-336-8772 if you have any questions.



EXPLORATION WEDNESDAY

@ Seekonk Human Services
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 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.

CARDIAC PREVENTION CLINIC

November 17, 2010 • 9:00 am – 12:00 Noon
Seekonk Human Services

Why not take advantage of a FREE health clinic held once a month at Seekonk Human Services. We have two exceptional nurses from South Coast Hospital who come every month to check your cholesterol, glucose and blood pressure. While you are waiting you may 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 is a perfect way to monitor your health.

CHRISTMAS IS FOR KIDS



Applications can be obtained at the library and Seekonk Human Services. Please fill it out and send it in to the address on the application. If you need help filling out your application, please call 508-336-8772.

MEN'S BREAKFAST

@ Brother's Seafood Restaurant,
Briarwood Plaza in Seekonk
November 11, 2010 is CANCELLED

MEN'S BREAKFAST

December 9, 2010 @ 8:30 AM
 Brother's Seafood Restaurant



After breakfast you are welcome to go on a tour of the Seekonk Water Department. For those of you who would like to go on the tour, you will need to meet at the Water Department at 10:00 AM. Transportation will be on your own or with a friend. You may order off the menu. The cost is up to you.

PITCH – HI-LO-JACK

November 3 & November 17

12:30 – 2:30 @ Seekonk Human Services

Everyone is welcome! No sign up is required. Come join the fun.

HOLIDAY HAPPENINGS

December 1, 2010 @ 10:00
 Seekonk Human Services

This program will be presented by the Community VNA and consists of sharing holiday traditions, offers suggestions on making the holidays as stress-free as possible and provides easy festive decorating ideas. Two beautiful wreaths will be designed during the interactive demonstration. This holiday program is a fun, social gathering and includes a raffle where two lucky winners get to take the wreaths home. Lunch: \$3 • Pizza & Salad • Call 508-336-8772 to sign up for lunch.

**CHRISTMAS PARTY**

December 8, 2010

10:00 AM @ Seekonk Human Services



Entertainer Vic Solo will be presenting a Christmas program at Seekonk Human Services. Vic has been here as Elvis and we are looking forward to another outstanding presentation. A delicious lunch of pot roast, potatoes & vegetables will be available for \$3. You must sign up and pay in advance for lunch in order for us to accommodate you. Please call 508-336-8772 to sign up.

**THANKSGIVING TURKEYS**

Anyone who receives food from Doorways food pantry is eligible to receive a Thanksgiving turkey from Doorways. If you are not currently participating in Doorways, you may call the Outreach Department at Seekonk Human Services for an appointment. You will need to fill out an intake form.

HOLIDAY MEALS

Anyone who is homebound and would like to have a hot meal delivered on Thanksgiving or Christmas should sign up Seekonk Human Services by November 19th. Please telephone 508-336-8772 to have your name put on the list.

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.

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MEDICARE D PRESENTATION

Monday, November 8, 2010 @ 10:00 AM

@ Seekonk Human Services

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.

ELDERLY & HARDSHIP EXEMPTION FORMS

These forms (41 C) are available at the Assessor's Office at Town Hall. They must be filled out with proof of eligibility and returned to the Assessor's office by April 1st.



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 January book has been changed. Please take note!!!! The book list is as follows:

January 10, 2011 "The Red Thread" by Ann Hood

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.



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.

BRISTOL ELDER SERVICES

BROWN BAGGERS

Bristol Elder Services, Inc. Nutrition Program in conjunction with the Greater Boston Food Bank, Inc. and the Executive Office of Elder Affairs is establishing a Senior Brown Bag Program. Participating elders will receive a free bag of groceries several times throughout the year. Recipients must reside in Seekonk and be at least 60 years of age or older. In addition, recipients must be low income, as measured by participation in at least one other program in which proof of income has been demonstrated. This includes Food Stamps, Supplementary SSI, or Medicaid, Fuel Assistance, Housing Assistance, or similar programs that establish that recipients are at or below 175% of Federal poverty levels. A typical "Brown Bag" will weigh approximately 10 – 15 pounds and will contain items from the four food groups. A bag may contain the following items: pasta sauce, apple juice, peanut butter, instant oatmeal, beef stew, tuna fish, spaghetti, raisins, parmalait or dry milk, chicken noodle soup and fresh produce. There is no cost involved. Limit of one bag per household. The "Brown Bag" Program distribution is limited. However, we will make arrangements to help as many people as possible.

**CALL SEEKONK HUMAN SERVICES AT
508-336-8772 FOR MORE INFORMATION.**

THIS PROGRAM BEGINS ON

WEDNESDAY, NOVEMBER 24, 2010.

**VOLUNTEERS HAVE AGREED TO HELP US
START THIS PROGRAM.**

Annual Income eligibility for 1 person is \$20,036.

For 2 persons is \$26,955.

NOVEMBER 2010



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 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>2 "Water Walking" 8:30-9:30 am (YMCA) Art Therapy 9:30 Aerobics 11:30 - 12:30 Swansea Mall 9:00 - 1:00</p>	<p>3 Women's Breakfast 8:30 am Exploration Wednesday 10:00 am (Dr. Rapoport, Rheumatologist) Lunch \$3 Pitch 12:30 - 2:30</p>	<p>4 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>5 YMCA Programs 9-10:30 Arthritis Water Exercise 9 - 9:45 am Aqua Aerobics 9:45-10:30 Bingo 1:00 (Commons)</p>
<p>8 Medicare D Presentation 10:00 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>9 "Water Walking" 8:30-9:30 am (YMCA) Art Therapy 9:30 Aerobics 11:30 - 12:30</p>	<p>10 Veteran's Day Celebration 10:00 am Lunch \$3 Turkey Dinner Entertainment YMCA programs 9:45 - 11:00 Evening Aqua Aerobics 6:45-7:30 PM Stop & Shop 8:30 - 9:30</p>	<p>11 Men's Breakfast CANCELLED  VETERANS DAY HOLIDAY (CLOSED)</p>	<p>12 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>15 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>16 "Water Walking" 8:30-9:30 am (YMCA) Art Therapy 9:30 Aerobics 11:30 - 12:30 Wal*Mart/Target Plaza 9-11</p>	<p>17 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>18 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>19 YMCA Programs 9-10:30 "Arthritis Water Exercise" 9-9:45am "Aqua Aerobics" 9:45-10:30 am Bingo 1:00 (Commons)</p>
<p>22 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>23 "Water Walking" 8:30-9:30 am (YMCA) Aerobics 11:30 - 12:30</p>	<p>24 Brown Bags Program Begins YMCA programs 9:45 - 11:00 Evening Aqua Aerobics 6:45-7:30 PM Stop & Shop 8:30 - 9:30</p>	<p>25  THANKSGIVING HOLIDAY</p>	<p>26 Human Services Closed YMCA Programs are still being held</p>
<p>29 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>30 "Water Walking" 8:30-9:30 am (YMCA) Aerobics 11:30 - 12:30</p>			

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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.

UPCOMING ACTIVITIES FOR JANUARY 2011
AT SEEKONK HUMAN SERVICES

EXPLORATION WEDNESDAY'S

January 5, 2011 @ 10:00 AM

“Home Instead” Senior Care

Seekonk Human Services will be the host for Home Instead Senior Care.

The game of Jeopardy will be played and prizes given out. Look forward to the New Year with a fun day and a Free lunch provided by Home Instead. Sign up for lunch at 508-336-8772.

EXPLORATION WEDNESDAY'S

January 12, 2011 @ 10:00 AM

The Seekonk YMCA will be giving a presentation on exercising and bone density.

Lunch will be available for \$3. Please call to sign up for lunch.

TRIAD

January 26, 2011 @ 10:00 AM

Seekonk Human Services

A class will be held by Michelle Hines on how to make a topiary arrangement. The cost is \$3 and must be paid in advance when you sign up for the class. Please bring a mug with you to the class to make the arrangement in. A lunch of Portuguese soup and pulled pork sandwiches will be available for \$3.

Please sign up for lunch and the class at 508-336-8772.

MEN'S BREAKFAST

January 13, 2011 @ 8:30 AM

Brothers Seafood Restaurant at Briarwood Plaza in Seekonk

“How to Generate Your Own Electricity and Other Cost Saving Measures”

No sign up is required and you are welcome to bring a friend.

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

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ADMINISTRATIVE ASSISTANT

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

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(Monday - Wednesday mornings)

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

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