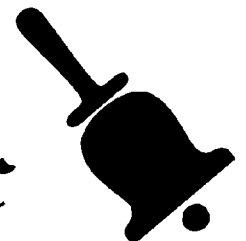




SEEKONK HUMAN SERVICES



Town Center

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

Seekonk Human Services

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

JANUARY 2011

HAPPY★NEW★YEAR



**SEEKONK HUMAN SERVICES WILL BE CLOSED
MONDAY, JANUARY 17, 2011 for Martin Luther King Holiday**



EXPLORATION WEDNESDAY'S

@ Seekonk Human Services

January 5, 2011 @ 10:00 am

“HOME INSTEAD SENIOR CARE” representative, Mary Lou Champagne, will start off the New Year with a game of Jeopardy and prizes. She will also give a presentation on the Personal Care Services offered by Home Instead, such as bathing, dressing, grooming and medication reminders. They also offer assistance with meal preparation, laundry, light housekeeping, shopping and errands and respite care. Home Instead will also be providing a FREE lunch for all those who attend the presentation. Please sign up at 508-336-8772.

EXPLORATION WEDNESDAY'S

@ Seekonk Human Services

January 12, 2011 @ 10:00 am

The SEEKONK YMCA will give a presentation on exercising and bone density. A lunch of meatloaf, mashed potatoes, & vegetables will be available after the presentation for \$3 by calling 508-336-8772.

MEN'S BREAKFAST

January 13, 2011

8:30 am @ Brothers Seafood Restaurant

Speaker: Cindy Saksena will give a presentation on “How to Generate Your Own Electricity”. Enjoy a delicious breakfast with a great group of guys. You are welcome to bring a friend with you and no registration is required. The cost is up to you. Order off the menu.

A WATER DEPARTMENT TOUR AFTER THE MEN'S BREAKFAST HAS BEEN SCHEDULED FOR MARCH 10, 2011.

3rd ANNUAL FOOD FOR FUEL

PASTA FEST

Wednesday, January 19, 2011

Seekonk High School

5:00 PM – 8:00 PM

Open Seating

Spaghetti Supper – Raffles

Adults: \$8; Children 12 & Under: \$5

TAKE OUTS WILL BE AVAILABLE

Sponsored by Seekonk Non-Profit Coalition Benefiting Fuel & Utility Fund of Seekonk Human Services. Please help your neighbors have a safe winter! For tickets call: 508-336-8772



WOMEN'S BREAKFAST

January 5, 2011 – 8:30 AM

Mary Beth DeLeo's Restaurant

All women of any age are invited to join us for a delicious breakfast on the first Wednesday of every month. No reservations are required – just come and enjoy. Order off the menu, the cost is up to you.

PITCH (HI-LO-JACK)

January 5th & January 19th • February 9th & February 23rd

@ Seekonk Human Services – 12:30 – 2:30

All are welcome to join in and to spend an afternoon playing cards with a great group of people. No sign up is required and pastry and coffee is available. If you have any questions you may call 508-336-8772.

CARDIAC PREVENTION CLINIC

January 19, 2011

9:00 am – 12:00 Noon

Seekonk Human Services holds a FREE clinic on the 3rd Wednesday of every month. This clinic is staffed by the same two exceptional nurses from South Coast Hospital who have been doing this clinic for several years. Why not take advantage of a FREE opportunity 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 each month.

BOOK CLUB

@ Seekonk Human Services

Monday, January 10, 2011 –

9:30 AM – 11:00 AM

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.

TRIAD

January 26, 2011

10:00 am @ Seekonk Human Services

A Flower Arranging class will be held and you are invited to attend. We will be making a topiary in a mug - please bring a mug with you and \$3 to cover the cost of the materials. A lunch of Portuguese soup and pulled pork sandwiches will be available for \$3. If you plan to stay for lunch, please sign up at 508-336-8772.

VALENTINE PARTY

February 2, 2011

10:00 AM @ Seekonk Human Services

A delicious lunch of beef stew, fresh bread & dessert will be available for \$3. We will also have entertainment. If you would like to stay for lunch, please sign up at 508-336-8772. Payment for lunch must be received one week in advance.

SENIOR CENTER UPDATE

At their 11/30 meeting, the building committee discussed the proposal for services to be completed at the building site, including geotechnical report, septic soil testing and perc rate, foundation borings and boundary and topography in the building area. These tests will begin around December 13, 2010. Building elevations and floor plans are near completion. The next Building Committee Meeting will be on Monday, January 10, 2011 @ 6:00 PM in the Town Hall Meeting Room. ALL ARE WELCOME TO ATTEND THESE MEETINGS

**THE MONTHLY NEWSLETTER IS NOW ON LINE*** The Town Crier website link is www.seekonk-ma.gov

Click on Departments. Click on Human Services



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CHEF ON A SHOESTRING

January 11, 2011 @ Seekonk Human Services

1:45 pm – 3:15pm

Student chefs from Johnson & Wales give a cooking demonstration of recipes that are both economical and nutritious for one or two people.

Classes will be held for six weeks and are \$3 for each class. You may sign up for one class or as many as you wish. Please speak to Karen Stutz at 508-336-8772 to register. Samples of everything that is cooked is available to bring home each week by class participants. This class is very popular, class size is limited.

EXPLORATION WEDNESDAY'S

February 9, 2011

10:00 am @ Seekonk Human Services

Khristen Haworth, Physical Therapist and master's candidate at UMASS Amherst will teach an exercise class geared toward balance. There are ways of preventing disease, disability and dysfunction. Khristen is the Rehab Director at Gentiva Health Services in Fall River. This sounds like an interesting and informative class. Lunch of pizza & salad will be available after the presentation. Please call 508-336-8772 to sign up for lunch. A payment of \$3 for lunch is due 1 week in advance.

TRIAD

February 23, 2011 – 10:00 AM
Seekonk Human Services

Marcie Pina-Christian from the Attorney General's Office will give a presentation on "Consumer Guide to Buying". All are welcome to attend and if you would like to stay for lunch we will be having French Meat Pie. The cost is \$3 and is payable one week in advance. Please call 508-336-8772 to sign up for lunch.

GOLDEN PASS

Any senior citizen who resides in Seekonk is eligible to obtain a Golden Pass from Seekonk Human Services. This will allow you to attend all Seekonk School functions such as plays, sporting events and concerts at reduced rates. You may get your pass at Seekonk Human Services, 320 Pleasant Street, 2nd floor.

GATRA PHOTO ID'S

A representative from GATRA will be available on Wednesday, March 17th at Seekonk Human Services to take your photo. YOU MUST FILL OUT AN APPLICATION AND MAKE AN APPOINTMENT by calling Stacey at GATRA at 1-508-222-6106 ext. 273. The representative will not be at Human Services if she doesn't have any appointments. This is a great opportunity for anyone who needs a photo ID to get one in town, rather than travel to Taunton. The cost is only \$3 and you will receive it in the mail within a couple of weeks.

WHY NO SOCIAL SECURITY INCREASE FOR 2011?

Congressional legislation enacted in 1973 provides for cost-of-living adjustments (COLAs) for Social Security and Supplemental Security Income (SSI) benefits so they keep pace with inflation. The Social Security Act has a formula for determining COLAs, tying them to the percent increase in the average third quarter Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) over the average third quarter CPI-W for the last year a cost-of-living increase became effective. That year was 2008. There has been no increase in the CPI-W from the third quarter of 2008 to the third quarter of 2010, so there will be no COLA for next year. This is not a decision made by the President, but is an act of Congress approved in 1973 that has been in effect through Republican and Democratic Administrations and Congresses. Seniors are understandably upset that their Social Security benefits will not increase to keep up with increases in food, medical costs, and other expenses.

To contact your representatives in Congress, write or call:

Senator John Kerry

222 Milliken Place, Suite 312
Fall River, MA 02721
Phone: (508) 677-0522
Fax: (508) 677-0275

Senator Scott Brown

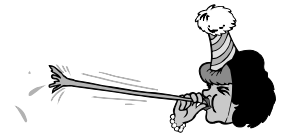
2400 JFK Federal Bldg
Boston, MA 02203
Phone: (617) 565-3170
Fax: (617) 723-7325

Congressman Jim McGovern

8 North Main St., Suite 200
Attleboro, MA 02703
Phone: (508) 431-8025
Fax: (508) 431-8017



JANUARY 2011




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>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>"Water Walking" 8:30-9:30 am (YMCA) Aerobics 11:30 - 12:30 Swansea Mall 9-1</p>	<p>Women's Breakfast 8:30 am Exploration Wednesday 10:00 am (Home Instead Senior Care) FREE Lunch Pitch 12:30 - 2:30 Stop & Shop 8:30 - 9:30</p>	<p>YMCA Water Walking 8:30-9:30 am Aerobics 11:30 - 12:30 Bridge Club 12:30 - 2:30</p>	<p>YMCA Programs 9-10:30 Arthritis Water Exercise 9 - 9:45 am Aqua Aerobics 9:45-10:30 Bingo 1:00 (Commons)</p>
<p>BOOK CLUB 9:30 - 11:00 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>"Water Walking" 8:30-9:30 am (YMCA) Aerobics 11:30 - 12:30 Chef on a Shoestring 1:45-3:15</p>	<p>Exploration Wednesday 10:00 am (YMCA - Bone Density) Lunch \$3 YMCA programs 9:45 - 11:00 Evening Aqua Aerobics 6:45-7:30 PM Stop & Shop 8:30 - 9:30</p>	<p>Men's Breakfast 8:30 am (Brothers Seafood Restaurant) Intergenerational Art Class 9:30 Aerobics 11:30 - 12:30 Bridge Club 12:30 - 2:30 Price Rite 9-10:30</p>	<p>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>MARTIN LUTHER KING HOLIDAY </p>	<p>"Water Walking" 8:30-9:30 am (YMCA) Aerobics 11:30 - 12:30 Chef on a Shoestring 1:45-3:15 Wal*Mart/Target 9-10:30</p>	<p>Cardiac Prevention Clinic 9-12 Pitch 12:30 - 2:30 YMCA programs 9:45 - 11:00 PASTA FEST 5:00 - 8:00 pm Evening Aqua Aerobics 6:45-7:30 PM Stop & Shop 8:30 - 9:30</p>	<p>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>YMCA Programs 9-10:30 "Arthritis Water Exercise" 9-9:45am "Aqua Aerobics" 9:45-10:30 am Bingo 1:00 (Commons)</p>
<p>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>"Water Walking" 8:30-9:30 am (YMCA) Aerobics 11:30 - 12:30 Chef on a Shoestring 1:45-3:15</p>	<p>TRIAD 10:00 am YMCA programs 9:45 - 11:00 Evening Aqua Aerobics 6:45-7:30 PM Stop & Shop 8:30 - 9:30</p>	<p>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>YMCA Programs 9-10:30 "Arthritis Water Exercise" 9-9:45am "Aqua Aerobics" 9:45-10:30 am Bingo 1:00 (Commons)</p>
<p>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>TOWN OF SEEKONK FLU CLINIC TO BE HELD AT SEEKONK HUMAN SERVICES 320 Pleasant Street on FEBRUARY 2, 2011 FROM 1:00 pm – 4:00 pm – FREE NO REGISTRATION IS REQUIRED</p>			

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MASSACHUSETTS TAX RELIEF FOR SENIORS

Tax Return Appointments – Every Thursday beginning February 3rd @ Town Hall

The Circuit Breaker tax credit is a state income tax credit for certain Mass. Residents age 65 or older who paid rent or real estate taxes during the tax year. The credit is for senior homeowners and renters who meet income limits and eligibility requirements. The maximum credit for tax year 2010 is \$960. What are the income limits?

*Your total income cannot be greater than these limits for the 2010 tax year.

- \$51,000 single
- \$64,000 head of household
- \$77,000 married filing jointly
- The assessed value of the home cannot exceed \$764,000

Total income includes some types of non-taxable income, such as social security, retirement, pensions and annuities, cash public assistance, tax-exempt interest and dividends, and certain other income.

How do I apply?

You must file a Massachusetts state income tax return to claim the Circuit Breaker Credit, whether or not you normally file a state tax return. You must include Schedule CB, Circuit Breaker Credit, with Form 1.

A tax representative will be at the Town Hall starting February 3rd to help you file the circuit breaker tax credit along with your Massachusetts income tax return. Appointments will be held every Thursday at the Town Hall between 9:00 – 11:00 beginning February 3rd. Please call Seekonk Human Services at 508-336-8772 to make an appointment. Please bring the following:

- A copy of last year’s tax return
- Water & sewer charges paid to the Town of Seekonk Form W-2
- Wages
- 4 Real estate tax bills PAID in 2010
- Any 1099 Forms you may have
- Any abatements or adjustments
- Any 2010 Public assistance ie: fuel assistance or food stamps
- Stimulus payments
- Purchase of a car – tax credit



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.

GO SHOPPING WITH GATRA

Shopping trips are being offered by GATRA for any senior citizen or disabled person who resides in Seekonk. The GATRA van will be picking you up at your home, but you must call 1-800-483-2500 to schedule your pick-up time.

Swansea Mall	1st Tuesday of every month	9:00 – 1:00
Wal*Mart/Target	3rd Tuesday of every month	9:00 – 10:30
Grocery Shopping.....	Wednesday’s at Stop & Shop	8:30 – 9:30
Grocery Shopping.....	Price Rite	9:00 – 10:30
	(2nd Thursday of month)	

* Rides will be FREE until further notice.

Any senior or disabled person who resides in Seekonk is eligible to ride on the van. Call GATRA at 1-800-483-2500 for an application if you have never taken the van before.

PRESCRIPTION ADVANTAGE

Are you 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 @ 508-336-8772 to make an appointment with a SHINE counselor.

* **NOTE:** Seekonk Human Services offers many legal, financial, recreational, medical screening and/or other activities and services by volunteers or nominal cost practitioner. Seniors participating in these services/activities do so with the understanding that Seekonk Human Services, the Town of Seekonk or its’ employees do not assume any legal or other responsibility for any advice or services rendered by such volunteers or nominal cost practitioners.

SEEKONK HUMAN SERVICES STAFF

CENTER HOURS

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

Wednesdays
at Town Hall
5:00pm - 7:00pm
at Town Hall

***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

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