



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

JULY/AUGUST 2011

UPCOMING TRIPS

Spirit of Boston Tuesday, August 9th \$70 Per Person
Departs: 9:30am – Returns: 5:30pm
Payment should be received by July 9th in order to proceed with the trip



Nantucket Spectacular Thursday, August 18th \$69 Per Person
Departs: 7:30am – Returns: 7:30pm *Payment should be received by July 18th in order to proceed with the trip*

Newport Playhouse Thursday, September 15th \$46 Per Person
Departs: 10am – Returns: 5pm *Payment should be received by August 15th in order to proceed with the trip*

Patriots Place Monday, October 10th More information to follow!

***Note: All trips leave from Seekonk Human Services unless otherwise noted.**

***Note: All participants must be able to provide for their own personal needs. If assistance is needed you must arrange for your own personal attendee.**

***For more information regarding the trips contact Ashley @ 508.336.8772!**

FARMERS' MARKET COUPON AVAILABILITY

Elders receiving food stamps, supplementary security income (SSI), Medicaid, fuel assistance, housing assistance, or who are enrolled in similar programs are eligible. Coupons are available in limited amounts and will be distributed on a first come, first served basis. Elders must obtain coupons in person, if you are unable to come in person, a proxy form must be completed prior to distribution. **NOTE: If you have a Brown Bag delivered to your house/apartment complex, fresh produce will be in your bag each month. You will NOT be eligible to receive farmers' market coupons.** Distribution date is Monday, July 25th from 10am to 4pm until we run out.

FAN DONATIONS

Attention residents! Seekonk Human Services is seeking fan donations. The fan donations will be used to help seniors that are in need to help cool down on those hot summer days. All donations can be dropped off at Seekonk Human Services, 320 Pleasant Street. We thank you in advance for helping our seniors!

COOLING CENTER

Seekonk Human Services is happy to announce that we are working with Seekonk Public Safety this year! We are working with them to create a cooling center on those extreme humid and hot days where it can be unbearable. The cooling center will be Monday through Friday on the days of extreme heat. Please call The Public Safety Complex at 508-336-8123 or Seekonk Human Services at 508-336-8772 the day of the extreme heat to find out where the cooling center is for that day!

SUMMER MOVIES

Seekonk Human Services is looking to host summer movies once a week. We would love to hear movie suggestions! During the summer there are not many programs going on. During the summer seniors visit family, go on vacations; babysit their grandchildren, among other activities. But for those who are home and would like to continue to mingle, human services would like to host summer movies. Also, during the movie there will be refreshments and popcorn available. Plus on those hot summer days it will be nice and cool! Please call 508-336-8772 for more information regarding summer movies!



ZUMBA GOLD SEEKONK PUBLIC LIBRARY

Back by popular demand, instructor Sara Greene returns with a 3 week session, this time for Zumba Gold. Slower pace than regular Zumba, these classes include easy following moves with flexibility and bone strengthening segments. This class is perfect for beginners and seniors, or anyone wanting to enjoy this exhilarating dance fitness movement without exhausting themselves in the summer heat!

Registration is required, either online through our Calendar of Events or by calling Adult Services at 508-336-8230 x130. In order to allow as many as possible to participate, we ask that you only sign up for your preferred session, either July or August. Duplicates will be removed.

Please contact the Adult Services staff if you would like to be placed on a wait list for the second session.

MONTHLY NEWSLETTER

Seekonk Human Services asks that all Seekonk Residents 55+ with internet access please provide us with an e-mail address. We are trying to collect e-mail addresses to send out the newsletter electronically. The rising cost of postage is becoming rather expensive. Also, our newsletter can be found on www.seekonk-ma.gov; click on departments and go to Human Services; on the left hand side there will be a section for newsletters. If you receive the newsletters by the webpage, we ask that you notify us to be removed from the mailing list. You can e-mail SeekonkHumanServices@gmail.com to request the newsletter by e-mail or to be taken off the mailing list!

WOMEN'S BREAKFAST

July 6, 2011 – 8:30 AM

August 3, 2011 – 8:30 AM

Mary Beth DeLeo's Restaurant

Women – you are invited to join us for a delicious breakfast on the first Wednesday of every month. No reservations are required – just come and enjoy. There is no set amount for breakfast; the cost is up to you. You are also welcome to bring a friend with you.

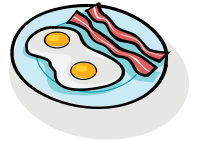
MEN'S BREAKFAST

July 14, 2011

August 11, 2011

8:30 am @ Brothers Seafood Restaurant

Men of all ages are welcome to attend and no sign up is required. Bring a friend with you to enjoy a delicious breakfast. There is no set price for breakfast – the cost is up to you.



CARDIAC PREVENTION CLINIC

July 27, 2011

August 17, 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. (Note: July is the 4th Wednesday)

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CONVENIENT BUDGET PAYMENT TERMS!!!

800-732-8070

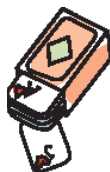


SEEKONK HUMAN SERVICES FOOD PANTRY

Seekonk Human Services is in great need of non-perishable items. Families also need items such as laundry detergent, toilet paper, paper towels, napkins, and other house hold items. Our cupboards are bare and we have nothing to give when families come in. We know that we can count on the Seekonk residents to come through for us! Please drop off donations at 320 Pleasant Street, Seekonk, MA 02771.

GAME DAY

Friday's 9:30 – 11:30



Seekonk Human Services is looking to have a game day on Friday's from 9:30 – 11:30am. This will give seniors another opportunity to get out and enjoy the summer time as well as keep cool. Games will include: checkers, bingo, dominos, Parcheesi, card games, among other games. Suggestions are encouraged and welcomed! Please contact Human Services at 508-336-8772 for more information.

PITCH (HI-LO-JACK)

12:30 – 2:30

Wednesday's (unless otherwise noted)

Come join the fun. Why not enjoy an afternoon playing cards with a great group of people. No sign up is required. If you have any questions you may call 508-336-8772. For those who want to continue to play pitch in July & August, Wednesday's 12:30 – 2:30 will be available unless otherwise specified.

CANCELLED PROGRAMS AND TRIPS! WHY IS THIS HAPPENING??

Seekonk Human Services offers wonderful programs and trips but they become cancelled. So we ask ourselves why was the program and/or trip cancelled? Sometimes wonderful programs and/or trips are cancelled because we all tend to wait until the last minute to register. Please register early to avoid disappointment that the program and/or trip you wanted were cancelled, perhaps unnecessarily. Also, remember that out of town residents can attend programs and trips as well. If you have a friend or a family member that is interested have them sign up. The more people that sign up for programs and trips the more Seekonk Human Services can have in the future.

KNITTING CLASS

**Monday's @ Seekonk Human Services
12:30 – 2:30**

Ladies! You are welcome to join the knitting group on any Monday afternoon. Please bring your own knitting needles if you have them, yarn is provided. The knitters are busy creating hats, sweaters & mittens for infants in our town and seniors who need lap robes.

If you are interested in "Knitting for the Needy" please feel free to drop in with your knitting needles or just to see what the group is all about.

YARN IS ALWAYS NEEDED!!! PLEASE DROP OFF AT SEEKONK HUMAN SERVICES OR CALL 508-336-8772 IF YOU NEED IT PICKED UP.

AEROBICS

Seekonk Total Fitness

Seekonk Total Fitness is offering **FREE** Senior Fitness Group Exercise Classes on Tuesday and Thursday's from 10:30am – 11:15am. The 45-min fitness class is designed specifically for older adults and taught by a certified senior fitness instructor. This easy to follow workout is safe, heart-healthy and gentle on the joints. Energize your active lifestyle by increasing muscular strength, range of movement & balance! For more information contact **Seekonk Total Fitness @ 508-336-4545**

BROWN BAG PROGRAM

The dates for "Brown Bags" are on the 4th Wednesday of every month. The next "Brown Bag" is July 27th & August 24th. Please call 508-336-8772 for more information.





Congress Man Jim McGovern



Silver Tea 2011



Easter Party 2011



St. Patrick's Day 2011



Silver Tea 2011



St. Patrick's Day 2011

William W. Tripp Funeral Home
 1008 NEWPORT AVENUE, PAWTUCKET
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 Daniel A. Laneres & Michael S. Sladen
 Directors

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PRESCRIPTION ADVANTAGE

Are you having trouble affording the “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.

FOXFIELD TAXI

Attention Seniors!!! Do you need transportation to medical appointments in Boston, Providence, Lahey Clinic, Norwood, Foxboro, Mansfield or Attleboro? The Wheels Program can help you! Call Foxfield Transportation @ 1-800-585-8294. This program is funded in part by a grant from Bristol Elders Services, Inc. through the Massachusetts Executive Office of Elder Affairs. Foxfield Transportation Inc. provides long distance medical transportation to elders 60 years of age and older.

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 who resides in Seekonk. The GATRA van will be picking you up at your home, but you must call 1-800-483-250-0 to schedule your pick-up time.

Swansea Mall

1st Tuesday of every month9:00 – 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

(2nd Thursday of month)9:00 – 10:30

* Rides will be FREE until further notice.

GATRA PHOTO ID’S

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.

* 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

EXECUTIVE DIRECTOR

Bernadette Huck ext. 15

ADMINISTRATIVE ASSISTANT

Ashley Pimental ext. 12

EDITOR OF TOWN CRIER

Ashley Pimental & Kimberly Mallon

CLERICAL ASSISTANT

Kimberly Mallon ext. 10

EDUCATIONAL & SOCIAL PROGRAMS

Karen Stutz ext. 14
(Monday - Wednesday mornings)

OUTREACH CASE MANAGERS

Adriana DosSantos ext. 11
(Monday - Friday)
Veronica Brickley, LPN BA/SOC ext. 17
(Monday, Wednesday, Fridays)

OUTREACH ASSISTANT

Nancy Rodrigues ext. 18

SENIOR AIDES

Loretta Ferreira, Elaine Miranda ext. 19

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

SEEKONK HUMAN SERVICES EXECUTIVE BOARD MEMBERS

Christine Allen

Rene Andrews

Anita Gendron

Victoria Kinniburgh

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Seekonk Human Services
320 Pleasant Street
Seekonk, MA 02771

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