



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

JUNE 2011

MEN'S ANNUAL LUNCHEON

You are cordially invited to attend a Luncheon Honoring men in Seekonk age 65 and older. The Lunch will be held at Johnson & Wales Inn on Wednesday, June 8, 2011

@ 12:00 Noon

Hosted by Seekonk Human Services and Funded by Friends of Friends Community Services R.S.V.P by June 2, 2011

Transportation is available through GATRA (Dial-A-Ride) @ 1-800-483-2500



FATHER'S DAY

Sunday, June 19, 2011

Father's day is not intended for just fathers, it is intended for all the men in the world. Seekonk Human Services would like to recognize all the men of Seekonk this month. With that being said, Happy Father's Day!

UPCOMING TRIPS

Foxwoods Casino Thursday, June 16th \$20 Per Person Departs: 9am – Returns: 6:30pm

Theater by the Sea Wednesday, July 13th \$59 Per Person Departs: 11am – Returns: 6pm

Spirit of Boston Tuesday, August 9th \$70 Per Person Departs: 9:30am – Returns: 5:30pm

Nantucket Spectacular Thursday, August 18th \$69 Per Person Departs: 7:30am – Returns: 7:30pm

Newport Playhouse Thursday, September 15th \$46 Per Person Departs: 10am – Returns: 5pm

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!**

FREE PERIPHERAL ARTERY SCREENING

Seekonk Council on Aging

June 22, 2011 *9:00am – 3:00pm

A free vascular screening will be offered for individuals who experience leg pain, heaviness or achiness in their legs while walking. If you are interested in this free screening to find out if you may have Peripheral Artery Disease, please sign up. The process: A nurse from Southcoast Hospitals Group will be on site and will take a brief history and blood pressures in both the arms and legs to see if you have peripheral artery disease. It is simple and easy. Time: It takes approximately 20 minutes but sign up is required. Please call Ashley at 508-336-8772. Walk-ins will be taken only if time allows.

EXPLORATION WEDNESDAYS

June 1, 2011 – 10am

@ 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 hot dogs, baked beans, and potato salad will be available after the presentation for \$3. Please call 508-336-8772 to sign up for lunch.

EXPLORATION WEDNESDAYS

10:00 AM @ Seekonk Human Services

June 1, 2011 "Class on Balance" Kristen Haworth 10am Lunch \$3 Hot dogs, baked beans, and potato salad

June 15, 2011 "Cardiac Care" 9am to 12pm

June 22, 2011 13th TRIAD Birthday Party Celebration Vic Solo-Entertain 10am Lunch \$3 Brunch

June 29, 2011 Jan Tabor "VNA Services" 10am Lunch \$3 Chicken dinner

Please call 508-336-8772 to sign up for any of the above lunches. Payment must be received in advance of the event.

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**June 1, 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**June 9, 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. Brian McKearney from LTC Consulting of New England LLC will be there to go over senior financial planning.

CARDIAC PREVENTION CLINIC**June 15, 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.

TRIAD**June 22, 2011 @ 10:00am****Seekonk Human Services**

Entertainer Vic Solo (a.k.a Elvis) returns to Seekonk Human Services performing Neil Diamond. Everyone is invited to attend the presentation and if you would like to stay for lunch, please sign up at 508-336-8772. A brunch will be served for \$3.00. Brunch includes vegetable frittata, fruit salad, rolls and pastry.

The Visiting Nurse Association**June 29, 2011 @ 10:00am****Seekonk Human Services**

Jan Tabor will go over what the VNA provides. The VNA assists patients in coping with a wide variety of health concerns in the comfort and privacy of their own homes. They provide a team of health care professionals including registered nurses, physical, occupational and speech therapists, medical social workers and home care aids. The VNA's professional staff provides compassionate care specially tailored to each individual needs. A chicken dinner will be served for \$3.00.

Special Thanks to Loretta Ferreira

Seekonk Human Services and the Board of Directors want to give a special thanks to Loretta Ferreira for her hard work on decorating for all party and activities that we host! Loretta always goes above and beyond to make each activity or party we have look excellent. Since Loretta has been at the Seekonk Human Services, she has brought so much spirit into the activities. She truly makes each activity special in her own way by all the love and dedication she puts into it. We always say thank you to her but this time we wanted to show her that we truly appreciate everything she has done for Seekonk Human Services and what she continues to do.

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CONVENIENT BUDGET PAYMENT TERMS!!!**800-732-8070**

EASTER PARTY BONNET WINNERS!



SEEKONK HUMAN SERVICES FOOD PANTRY

Seekonk Human Services is in great need of non-perishable 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.

PITCH (HI-LO-JACK)

12:30 – 2:30 • June 15th & June 29th

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 do 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

Aerobics class that is scheduled on Tuesday's and Thursday's at 11:30 will be coming to an end. Aerobics last class is June 17th. **BUT** 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 June 22nd. Please call 508-336-8772 for more information.

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.

June 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 Women's Breakfast 8:30am Khristen Haworth "Class on Balance" 10am Lunch \$3 hotdogs, baked beans & potato salad YMCA programs 9:45 - 11:00 Evening Aqua Aerobics 6:45-7:30 PM Stop & Shop 8:30 - 9:30</p>	<p>2 Aerobics 11:30 - 12:30 Bridge Club 12:30 - 2:30</p>	<p>3 YMCA Programs 9-10:30 Arthritis Water Exercise 9 - 9:45 am Aqua Aerobics 9:45-10:30 Bingo 1:00 (Commons)</p>
<p>6 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>7 "Water Walking" 8:30-9:30 am (YMCA) Aerobics 11:30 - 12:30 Swansea Mall 9am - 1pm</p>	<p>8 Mens Luncheon 12noon at Johnson & Wales Inn YMCA programs 9:45 - 11:00 Evening Aqua Aerobics 6:45-7:30 PM Stop & Shop 8:30 - 9:30</p>	<p>9 Men's Breakfast 8:30 am (Brothers Seafood Restaurant) Aerobics 11:30 - 12:30 Bridge Club 12:30 - 2:30 Price Rite 9-10:30</p>	<p>10 YMCA Programs 9-10:30 "Arthritis Water Exercise" 9-9:45am "Aqua Aerobics" 9:45-10:30 Blood Pressure Clinic (Commons) (11:30 - 1:00) Bingo 1:00 (Commons)</p>
<p>13 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>14 "Water Walking" 8:30-9:30 am (YMCA) Aerobics 11:30 - 12:30</p>	<p>15 "Cardiac Care" 9am - 12noon Pitch 12:39 - 2:30 YMCA programs 9:45 - 11:00 Evening Aqua Aerobics 6:45-7:30 pm Stop & Shop 8:30 - 9:30</p>	<p>16 YMCA Water Walking 8:30-9:30 am Aerobics 11:30 - 12:30 Bridge Club 12:30 - 2:30</p>	<p>17 YMCA Programs 9-10:30 "Arthritis Water Exercise" 9-9:45am "Aqua Aerobics" 9:45-10:30 Bingo 1:00 (Commons)</p>
<p>20 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>21 "Water Walking" 8:30-9:30 am (YMCA) Wal*Mart/Target 9am - 10:30am</p>	<p>22 13th TRIAD Birthday Party 10am Lunch \$3 Brunch Free Peripheral Artery Screening 9-3 YMCA programs 9:45 - 11:00 Evening Aqua Aerobics 6:45-7:30 pm Stop & Shop 8:30 - 9:30</p>	<p>23 YMCA Water Walking 8:30-9:30 am Bridge Club 12:30 - 2:30</p>	<p>24 YMCA Programs 9-10:30 "Arthritis Water Exercise" 9-9:45am "Aqua Aerobics" 9:45-10:30 Bingo 1:00 (Commons)</p>
<p>27 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>28 "Water Walking" 8:30-9:30 am (YMCA)</p>	<p>29 Jan Tabor from VNA 10am Lunch \$3 chicken dinner Pitch 12:30-2:30 Stop & Shop 8:30 - 9:30</p>	<p>30 YMCA Water Walking 8:30-9:30 am Bridge Club 12:30 - 2:30</p>	

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DOES MEDICARE COVER ROUTINE PHYSICALS?

Routine physicals with your primary care doctor are very important. They can be used to screen for many illnesses and conditions that, if caught early, can be treated and managed, and can result in fewer serious health issues.

Medicare covers an initial physical examination (also known as the Welcome to Medicare physical exam) during the first 12 months after you enroll in Part B, regardless of your age. Starting January 1, 2011, Medicare began covering yearly wellness visits. The **annual wellness visit** is different from the **one-time Welcome to Medicare physical**.

During the annual wellness visit, your doctor may update your medical history, make a list of your current doctors and medications, check your height, weight, blood pressure and body mass index, and screen for cognitive issues. You and your doctor may also create a preventive plan based on your needs. In addition to what is covered at no cost during the annual wellness visit, other preventive services are also free of charge under Medicare, including mammograms, colonoscopies and diabetes screenings.

Original Medicare pays 100 percent of the Medicare approved amount for the Welcome to Medicare physical exam and for yearly wellness visits. In Massachusetts, doctors accepting Medicare cannot charge you more than the Medicare approved amount. While the annual wellness visit is free of charge, you may still be required to pay something out of pocket if you receive other services from your doctor during the same visit. If you are in a Medicare Advantage Plan (HMO or PPO), you should call your plan to see what rules and costs apply.

You **cannot** receive Medicare annual wellness visit in the same year you have a Welcome to Medicare physical.

Trained SHINE (Serving Health Information Needs of Elders) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment.

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 Mall1st Tuesday of every month – 9:00 – 1:00

Wal*Mart/Target3rd 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
Veronica Brickley, LPN BA/SOC ext. 17
(Monday, Wednesday, Fridays)

OUTREACH ASSISTANT

Nancy Rodrigues

SENIOR AIDES

Loretta Ferreira, Elaine Miranda

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

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