

SEEKONK HUMAN SERVICES STAFF

EXECUTIVE DIRECTOR

Bernadette Huck ext. 15

SENIOR SECRETARY

Ashley Pimental ext. 12

CLERICAL ASSISTANT

Kimberly Mallon ext. 10

EDUCATIONAL & SOCIAL PROGRAMS

Karen Stutz ext. 14

OUTREACH MANAGERS

Adriana Dossantos ext. 11

Veronica Brickley ext. 17

LPN BA SOC LSWA

OUTREACH ASSISTANT

Nancy Rodrigues ext. 18

SENIOR AIDES

Loretta Ferreira & Elaine Miranda ext. 19

**SEEKONK HUMAN SERVICES
EXECUTIVE BOARD MEMBERS**

CHAIRPERSON

Victoria Kinniburgh

VICE CHAIRPERSON

Lynn Neves

Christine Allen

Rene Andrews

Beverly Della Grotta

Anita Gendron

Anne Libby

Seekonk Human Services

Town Crier

320 Pleasant Street Seekonk, MA 508-336-8772

*Monday through Thursday 8:30am—4:30pm
*Wednesdays 5pm—7pm at Town Hall By Appointment Only
* Fridays 8:30am—12:30pm

April 2012

SILVER TEA

**You are cordially invited
To attend a
Silver Tea
Honoring women in Seekonk
Age 75 and older**

**The Tea will be held at
The Johnson & Wales Inn
Wednesday, May 9, 2012
12:00 noon**

**Hosted by Seekonk Human Services
And
Funded by Friends of Friends Community Ser-
vices
R.S.V.P. (508) 336-8772 by April 25
Transportation Available**

EXPLORATION WEDNESDAYS

April 4: Easter Party Lunch will be ham, scalloped potatoes and veggies for \$2
April 11: Family Care Givers, Lunch will be American Chop Suey for \$2
April 25: TRIAD-Diabetes Program, Lunch will be meatball subs for \$2
May 2: Diabetes Cooking & Dining Out, Lunch will be pot roast, mashed potatoes and veggies for \$2
May 23: TRIAD-David Downs Clutter Control II, Lunch will be chicken stir fry with brown rice
May 30: Shopping for One, Lunch will be barbeque chicken, potato salad and coleslaw for \$2

National Volunteer Week

April 15—21, is observed as National Volunteer Week. Seekonk Human Services would like to recognize the outstanding volunteers that have so unselfishly donated their time to the center. Because of their efforts we would like to express our appreciation for the accomplishments they have achieved throughout 2011. So thank you each and every one of you!

Easter Party Wednesday, April 4

Barney Mallon will be here to entertain you. A wonderful program is planned, so please sign up early as space is limited. LADIES! Wear your Easter bonnets and you could win a prize. A delicious lunch of ham, scalloped potatoes, vegetables and desert will be served for \$2. Please sign up at 508-336-8772 for both the party and lunch.

SENIOR SPRING FLING

Please come and join the Seekonk COA for an afternoon of dinner and dance April 29, 2012 from 2:00 to 5:00 PM at the East Providence Senior Center, 610 Waterman Ave in East Providence. Barney Mallon will lead us to various kinds of step dancing including square dancing. Even if you don't dance come and enjoy the music. The cost for this event is \$5.00 dollars which includes a light dinner. Scholarships will be provided to those with limited funds. Seating is limited. Tickets on sale at Human Services!

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

Seekonk Human Services
320 Pleasant Street
Seekonk, MA 02771

CHICKEN & SLOTS THURSDAY
Thursday, May 17, 2012
Wright's Farm & Twin River Casino
\$48 Per Person

Everyone's A Winner! We will begin our day at Wright's Farm Restaurant where their fabulous dinners are served family-style. Dinner begins with rolls made daily in their own bakery served along with crisp, fresh salad topped with Wright's Farm Classic Italian Dressing. These are followed by family-sized portions of shell macaroni, truly unique French fries and their famous chicken. The macaroni is served with Italian sauce made from their recipe. Our next stop will be to Twin River Casino – New England's place to play. While at Twin River we will be treated to their bonus package which includes \$10 bonus play and \$7 food credit. Pick up and departure time to be determined. Please call 508-336-8772 to

NEWPORT PLAYHOUSE PRESENTS:
The Kitchen Witches and Lobsterfest!
Monday, July 9, 2012

The Kitchen Witches is about two cooking show hostesses who have hated each other for 30 years – Dolly and Isobel – end up together on a TV cooking show. Before long, the insults are flung harder than the food, and the show becomes a rating smash as Dolly and Isobel top both Martha Stewart and Jerry Springer! Departure time will be at 10am from Human Services and return time will be approximately 5pm.

FAMILY MEMBERS PAID AS CAREGIVERS
Wednesday, April 11 @ 10am

Caring for a family member is one of the most rewarding and difficult jobs with financial impact as well as emotional stress. An alternative to placing relatives in nursing home care in Massachusetts is a program called Enhanced Adult Foster Care. This program is funded through state and federal funds and pays a family care giver a daily stipend to take care of an aging relative or disabled individual at home, or pays non-family caregivers to provide this care. Lunch will be American chop suey for \$2, please sign up for both the program and lunch.

TRIAD-Diabetes Program
Wednesday, April 25 @ 10am

Diabetes is a lifelong disease where there are high levels of sugar in the blood. Individuals with diabetes must be very careful in their food consumption. There are two types of diabetes everyone should be aware of, type 1 and type 2. A nurse will go over the symptoms of diabetes and ways to take care of yourself, while living with the disease. Lunch will be meatball subs for \$2, please sign up for both the program and lunch.

Representative Betty Poirier
Announces
2nd Senior Spectacular – 2012
Friday, April 20, 2012 – 10am – 2pm

Live Well, Stay Informed. Presentations throughout the day and many other activities! Enjoy free continental breakfast and lunch, attend informational workshops, learn about great senior benefits and discounts, participate in free health screenings and visit the many booths and exhibits. There will be two workshops which are Health Benefits/Health Insurance including Medicare, Medicare Part D, etc. and Five Essential Planning Documents for Seniors. The Senior Spectacular will take place at **North Attleboro Middle School – 564 Laundry Avenue, North Attleboro, MA 02760**. Transportation will be available, please call Seekonk Human Services at 508-336-8772 for the forms.

CARDIAC PREVENTION CLINIC
Wednesday, April 18, 2012
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.

CHEF ON A SHOE STRING
Tuesday @ 2:00 – 3:30
New Session Begins March 27

Student chefs from Johnson & Wales University give a cooking demonstration of recipes that are both economical and nutritious for one or two people. This class is very popular, class size is limited.

MEN'S BREAKFAST
Thursday, April 12, 2012
8:30 am @ Brothers Seafood

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.

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)
Wednesdays @ 12:30 – 2:30

Pitch will be the 1st & 3rd Wednesdays. 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.

Wii Exercise Class
Mondays @ 10am

Come join us for some Wii exercise fun. The Wii is a great way to stay in shape without the high costs of joining a gym! It's great for people of any age! Come and try it to see how much fun keeping in shape can be! Call 508-336-8772 for more information.

MONTHLY NEWSLETTER ONLINE

*The Town Crier website link is

www.seekonk-ma.gov

Click on Departments
Click on Human Services

KNITTING CLASS
Mondays @ 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.

YMCA

\$3 fee per class for the following classes:

- Chair Yoga (Slow Flow) – Wednesdays 10:00 – 11:00am
- Balance Class – Fridays 11:45am – 12:15pm
- Aqua Aerobics – Wednesdays 8:15 – 9:00am OR 9:45 – 10:30am
- Arthritis Foundation Certified Aqua Class – Fridays 9:00 – 9:45am

SEEKONK TOTAL FITNESS

Seekonk Total Fitness is offering **FREE** Senior Fitness Group Exercise Classes on Mondays 11:30-12:15 and Thursdays 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**

GATRA PHOTO ID'S

GATRA Photo ID'S can be done at Seekonk Human Services. No appointment is necessary. Just an application and a picture and the ID will be mailed within 2 weeks. Please contact Ashley Pimental @ 508-336-8772.

*** 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.**