

**SEEKONK HUMAN SERVICES STAFF**  
508-336-8772

**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 BA. ext. 11

Veronica Brickley ext. 17  
LPN BA SOC LSWA

**SENIOR AIDES**  
Sharon Bettencourt, Loretta Ferreira ext. 19

**SEEKONK HUMAN SERVICES  
EXECUTIVE BOARD MEMBERS**

**CHAIRPERSON**  
Victoria Kinniburgh

**VICE CHAIRPERSON**  
Rene Andrews

**SECRETARY**  
Anne Libby

**TREASURER**  
Anita Gendron

Christine Allen

Guy Boulay

Beverly Della Grotta

**Board Meets fourth Monday of the month  
@ 3:30pm in the  
Board of Selectmen Meeting Room**



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

**December 2012**

**Happy Holidays**

Seekonk Human Services  
Will be open until 12:30pm on  
Monday, December 24, 2012

And

Closed on Tuesday, December 25, 2012

**MEDICINE-ON-TIME**

**Wednesday, December 5 @ 10am**

Tom Pasternak from Walsh Pharmacy will be giving an informational presentation on Medicine-On-Time and the correct ways medication should be taken. Medicine-On-Time is a system that has a patients medications in ready to go packets for the day instead of pill bottles. Mr. Pasternak will also give information regarding timing of prescriptions and when they should be taken and how they should be taken. Please call 508-336-8772 to sign up. Lunch will be Venus de Milo Soup for \$2.

**CHRISTMAS PARTY**

**Wednesday, December 12 @ 10am**

Vic Solo will be presenting his Elvis Christmas program at Seekonk Human Services. We are looking forward to an outstanding performance from Vic. A delicious lunch of pot roast, potatoes & vegetables will be available for \$2. 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

**HOLIDAY MEALS**

Anyone who is homebound and would like to have a hot meal delivered on Christmas should sign up at Seekonk Human Services by December 17th. Please call 508-336-8772 to have your name put on the list.

**CHRISTMAS IS FOR KIDS**

Applications can be obtained at Seekonk Human Services. If you need help filling out your application please call 508-336-8772.



**HOLIDAY FOOD BASKETS**

Seekonk Human Services is coordinating the "Christmas Baskets" this holiday season. We are requesting monetary donations, gift cards, or non-perishable food items. This program is for Seekonk residents (who meet income eligibility guidelines) needing assistance in providing their families with traditional holiday meals. Food drop off locations include Seekonk Human Services, Seekonk Total Fitness, and Town Hall. Monetary donations should be made payable to "Town of Seekonk" with "Holiday Donation" as the notation on the check and should be mailed to Seekonk Human Services, 320 Pleasant Street, Seekonk, MA 02771. Gift certificates to grocery and department stores are also accepted. We also need volunteers to help put these baskets together. If you, or someone you know, is in need of a holiday basket, or if you are able to volunteer, please contact Seekonk Human Services at 508-336-8772. All information is confidential.



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

Seekonk Human Services  
320 Pleasant Street  
Seekonk, MA 02771

## EXPLORATION WEDNESDAYS

- January 9: Carol Bragg presenting Martin Luther King Jr. 50 Year Anniversary  
Lunch: Chicken Parmesan for \$2
- January 23: "Shifting Gears" Michelle Ellicks, DMV  
Lunch: American Chop Suey for \$2
- February 13: Valentine Day Party  
Lunch: Meatpie, Mashed Potatoes & Veggies for \$2

## MENS BREAKFAST

**Thursday, December 13 @ 8:30am**  
**Alex's Family 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. .

## FUEL ASSISTANCE

If you had fuel assistance last year, be on the lookout for your application. File the application as soon as you get it. If you have never had fuel assistance and would to apply, please call Seekonk Human Services at 508-336-8772 to make an appointment with the Outreach Department. **Fuel Assistance began on November 1st.**

## MEDICARE OPEN ENROLLMENT

**October 15—December 7**

The annual Medicare Open Enrollment (**October 15—December 7**) is the time to enroll in or CHANGE your Medicare coverage for next year. State-Certified SHINE (Medicare) Counselors can help you understand your plan, as well as other options you may have. It is IMPORTANT that you review your plan every year. Call now to schedule a SHINE appointment during the Open Enrollment. **After December 7th, changes will not be able to be made to your Medicare plans for next year unless you have a qualifying event.**

**Harmony Heritage Performs**  
**Holiday Concert at the Seekonk Public Library**  
**Monday, December 10 at 6:30 pm**

Take a break from the busy holiday rush and enjoy the music of the season at the Seekonk Public Library on Monday, December 10<sup>th</sup> at 6:30 pm. The women of Harmony Heritage take center stage this evening. This a capella group has been performing for more than a dozen years throughout Rhode Island and Southeastern Massachusetts. Seeing these women perform in their barbershop style is a treat in itself, but their holiday performance will be sure to knock your spirit into overdrive! Registration is required for this event. Space is limited. Call or visit the Events Calendar on the library's website to register. This program is free through a sponsorship from the Friends of the Seekonk Public Library.

## Prepare NOW for the Next Big Storm

If you are not currently receiving emergency telephone messages from the Town of Seekonk, register for CodeRed by calling 508-336-8123, Ext. 2208.

If you depend on electric-powered life support equipment, such as a respirator, call National Grid's Customer Service Center at 800-322-3223 to register as a life support customer.

If you are a Comcast customer, your backup battery is expected to last 8 hours during a power outage. After that, you may be without telephone service and not able to receive CodeRed calls or contact 911. Comcast recommends that you have a mobile phone that is fully charged and that you use it only for emergencies during a power outage in order not to drain the battery. If you receive certain federal or state benefits, you may qualify for a free cell phone from SafeLink (800-977-3768) or Assurance Wireless (888-898-4888). You are not eligible for a free cell phone if you receive the Lifeline discount on Verizon landline.

If you have a power outage, call National Grid at 800-465-1212 to report it. Some outages affect only one or a few customers, so don't assume that National Grid knows you don't have power.

If you receive Meals on Wheels through Bristol Elder Services, make sure Seekonk Human Services knows you are on this program. Local assistance MAY be available when the Meals on Wheels program is cancelled for more than a day or two because of bad weather. Call Loretta or Kim at 508-336-8772.

Don't wait until it starts snowing or the wind is blowing to purchase batteries, wooden kitchen matches for your electronic start gas stove, and non-perishable canned or dry foods. Don't forget some powdered milk!

## CARDIAC PREVENTION CLINIC

**Wednesday, December 19, 2012**  
**9am—12pm**

Seekonk Human Services holds a FREE clinic on the 3<sup>rd</sup> 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.

## Wii Bowling

**Mondays @ 10am**

Come join us for some Wii bowling fun. The Wii is an excellent way to have fun and be active. Come join us on Mondays at 10am. Call 508-336-8772 for more information.

## KNITTING AND CROCHETING

**Mondays @ 12:30 – 2:30**

Ladies! You are welcome to join our 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. Need help finishing a project such as knitting, crocheting or needle point, come in and we will help you tackle it.

## ARTS AND CRAFTS

**Mondays @ 1:00 - 3:00pm**

On Mondays from 1:00pm to 3:00pm Seekonk Human Services will be hosting an Arts & Crafts class. Come join us as we make home décor, flower arrangements, and other crafts. There is no cost for this class. For more information please call 508-336-8772. We look forward to seeing you there!

## PITCH (HI-LO-JACK)

**Wednesdays @ 12:30 - 2:30**

Come join the fun. Why not enjoy an afternoon playing cards with a great group of people? No sign up is required. Pitch is played on the 1st and 3rd Wednesday of the month. If you have any questions you may call 508-336-8772.

## MEDICAL LOAN CLOSET

**Our FREE Medical Loan Closet** provides temporary loan of medical equipment (such as wheelchairs, canes, walkers, commodes) and is available to Seekonk residents. If you need OR would like to make a donation of an item, please call 508-336-8772

## YMCA\*

**472 Taunton Avenue**  
**Seekonk, MA 02771**  
**508.336.7103**

## \$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

**\*Must be a Seekonk senior and have a scan card, please call 508-336-8772 for further information**

## SEEKONK TOTAL FITNESS

**1301 Fall River Avenue**  
**Seekonk, MA 02771**  
**508.336.4545**

Seekonk Total Fitness is offering 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 inactive lifestyle by increasing muscular strength, range of movement & balance. **The cost per class is \$1.**

## GATRA PHOTO ID'S

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

## MONTHLY NEWSLETTER ONLINE

\*The Town Crier website link is

[www.seekonk-ma.gov](http://www.seekonk-ma.gov)

Click on Departments

Click on Human Services

**\* NOTE: Seekonk Human Services offers many legal, financial, recreational, medical screening and/or other activities and services by volunteers or nominal cost practitioners. 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.**