

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 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

**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

July/August 2012

Thank You!

It is with great pleasure that we announce that Seekonk will finally be having a new Senior Center. Thank you Seekonk voters for making this dream a reality. At last, we will have an environment that will provide us with confidentiality and handicap accessibility to better meet the needs of not only Seekonk elders but all the residents alike. We would like to thank all three building committees who have for years worked tirelessly to bring this building design to fruition. The volunteers included architects, designers, builders and social workers who provided invaluable expertise and their own time for this project. Thank you Friends of Friends for funding the public relations expenses. Last but not least, we would like to recognize those elders that came out to the Town Meeting and stayed late into the night until the vote was taken. Your efforts paid off. THANK YOU.



POST 4th of JULY CELEBRATION

Wednesday, July 11 @ 10am

Come celebrate the 4th of July!

Barney Mallon will be entertaining
with Patriotic songs

Lunch will be pasta and meatballs for \$2

Please sign up at 508-336-8772



COOLING CENTER

Seekonk Human Services is happy to announce that we are working with Seekonk Public Safety again 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.

FARMERS MARKET

Elders receiving food stamps, supplementary security income (SSI), Medicaid, fuel assistance, housing assistance or 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 famers' market coupons.** Distribution begins is Monday, July 9

SUMMER ACTIVITIES

Thursdays Movie Day*

- Different movies every Thursday
- Movie showing from 1pm to 3pm
- Children are welcomed with adult supervision

Fridays Game Day*

- Mexican Train (Dominos)
- 10am to 12pm

***Pastry, popcorn and refreshments will be available**

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

Seekonk Human Services
320 Pleasant Street
Seekonk, MA 02771

OUTREACH INFORMATION

Did you know that Seekonk Human Services Outreach Department provides assistance with the following:

- Home Visits
- Application Assistance
- Information and Referrals
- Medical Equipment Loans
- Fuel Assistance (Nov. 1—April 30)
- Vision Impaired Support
- Caregiver Support
- Food Stamps Assistances

Please call our Outreach Department for information on our programs to the network of services available to Seekonk residents. Our hours are Monday through Thursday 8:30am to 4:30pm, Wednesdays from 5:00pm to 7:00pm by appointment only at Town Hall and Friday 8:30am to 12:30pm. Ask for Adriana or Veronica at 508-336-8772

S.N.A.P (Supplemental Nutrition Assistance Program) helps low income individuals and families buy healthy, nutritious food.

ATTENTION VETERANS & SPOUSES/WINDOWS OF VETERANS!

You may be eligible for financial assistance and/or medical premium: co-pay reimbursement. There are income guidelines for the program but the Seekonk Veterans Service Agent in Seekonk encourages all veterans to apply for assistance. Please call Seth Bai (Veterans Service Agent) at 508-336-1481 for more information on services you may be eligible for!

NEWPORT PLAYHOUSE

Monday, July 9, 2012

\$52 Per Person

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 Seekonk Human Services and return time will be approximately 5pm.

THEATRE BY THE SEA

Thursday, August 30, 2012

\$59 Per Person

Theatre by the Sea presents: How to Succeed in Business without Really Trying. Currently enjoying a successful revival on Broadway, this delightful irreverent Tony Award-winning musical follows J. Pierrepont Finch's meteoric climb up to the corporate ladder from lowly window washer to high-powered executive. Lunch will be included at Bistro by the Sea, upon signing up lunch options will be available. Departure time is 11am from Seekonk Human Services and arrive home by 6pm.

PLYMOUTH HARBOR CRUISE

Thursday, September 13, 2012

\$69 Per person

Cruise Plymouth Harbor in style and comfort aboard the *Pilgrim Belle*, a Mississippi style paddlewheeler. Get a narrated account of this historic town and seaport and a mariners view of Plymouth Rock, Mayflower II, Plymouth Beach, Clarks Island and Gurnet Lighthouse. Pilgrim history, maritime lore and fascinating information about commercial fishing & lobstering await you on this 75-minute cruise. Lunch included at Isaac's Restaurant in Plymouth after your cruise. LUNCHEON CHOICES: BROILED SCROD or CHICKEN CORDON BLEU. Afternoon visit to the Village Landing Marketplace. Enjoy a spectacular view of Plymouth Harbor while shopping in this quaint shopping village, complete with cobblestone paths, a winery, and a unique collection of specialty shops. You can also enjoy candy, ice cream, great food and shopping for many items including: New England crafts, t-shirts, collectibles, fine gifts, and clothing. Departure time will be 9:15am from Seekonk Human Services and return time will be approximately 5pm.

CARDIAC PREVENTION CLINIC Cancelled for July but scheduled August 15 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.

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.

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.

BROWN BAGS 4th Wednesday of the Month

Brown bags will be distributed the 4th Wednesday of every month. Those who pick up their bags, the time is 12:30—1:30. If you do not pick up your bag for 2 months and fail to notify Human Services, your name will be removed from the list.

MONTHLY NEWSLETTER ONLINE

*The Town Crier website link is

www.seekonk-ma.gov

Click on Departments

Click on Human Services

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.

* **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.**