

**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 &  
Elaine Miranda 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

**November 2012**



**HAPPY THANKSGIVING  
FROM  
SEEKONK HUMAN SERVICES**

Seekonk Human Services will be closed for  
Veterans Day Observance on  
Monday, November 12th  
And

November 22 & 23 for the Thanksgiving Holiday



**VETERANS DAY CELEBRATION  
Wednesday, November 7 @ 10am**

Jason Ferreira the grandson of a WWII Veteran will share his grandfathers stories with you. A delicious turkey dinner will be served with all the trimmings for \$2.00. We request that you sign up at least a week in advance so that we can accommodate you for lunch. Everyone is welcome to attend this celebration. Veterans if you have any memorabilia, pictures, etc. bring them in to share with others.

**SEASONAL DECORATING IDEAS FOR THE  
HOME**

**Wednesday, November 14 @ 10am**

This program will be presented by the Community VNA and consists of sharing holiday traditions, offers suggestions on making the holidays as stress-free as possible and provides easy festive decorating ideas. This holiday program is fun and a great way to gather for a social event. Lunch will be sheppards pie for \$2. Please call in advance to sign up for this activity at 508-336-8772.

**THANKSGIVING TURKEYS**

Anyone who receives food from Doorways Food Pantry is eligible to receive a Thanksgiving turkey from Doorways. If you are not currently participating in Doorways, you may call the Outreach Department at Seekonk Human Services for an appointment. You will need to fill out an intake form. Please call by November 16 if you or anyone you know needs a basket at 508-336-8772.

**TRIAD: HOLIDAY SCAMS**

**Wednesday, November 28 @ 10am**

Mary Louise Champagne from the Home Instead will be presenting an informational session on Senior Scam Prevention. She will go over the warning signs to help prevent you from getting caught in a scam. Lunch will be meatloaf for \$2. Seekonk Human Services asks that you sign up in advance so we can accommodate you for lunch.

**TIME TO CHANGE YOUR  
SMOKE DETECTOR BATTERIES!**

Daylights saving ends on **Sunday, November 4th**. This is the perfect time to change your smoke detector and carbon monoxide batteries. Remember fall back—gain an hour of sleep! If you need assistance changing the batteries, please call Seekonk Human Services at 508-336-8772.

**SEEKONK TOWN MEETING  
@ SEEKONK HIGH SCHOOL  
NOVEMBER 13, 2012 @ 7:00 pm**

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

Seekonk Human Services  
320 Pleasant Street  
Seekonk, MA 02771

## EXPLORATION WEDNESDAYS

- December 5: Medicine-On-Time by Tom Pasternak from Walsh Pharmacy  
Lunch: Venus de Milo Soup for \$2
- December 12: TRIAD: Christmas Party with entertainment by Vic Solo  
Lunch: Pot roast, mashed potatoes, and veggies for \$2
- January 9: Carol Bragg presenting Martin Luther King Jr.

## HOLIDAY MEALS

Anyone who is homebound and would like to have a hot meal delivered on Thanksgiving or Christmas should sign up at Seekonk Human Services by November 18th. 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. Please fill it out and sent it to address on the application. If you need help filling out your application please call 508-336-8772.

## 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

## MENS BREAKFAST

**Thursday, November 8 @ 8:30am**

**Alex's Family Restaurant**

**1520 Fall River Avenue (RT. 6)**

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. The speakers will be Seth Bai, Veterans Agent.

## 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 begins November 1st.**

## VETERANS DAY OBSERVANCE

**Friday, November 16 @ 10:30am**

On Friday, November 16th there will be a Veterans Day Observance at the Town Hall with the Veterans Agent Seth Bai. The Wampanoag will be doing a ground breaking ceremony. The guest speaker will be General Rice. If you have any questions contact Seth Bai at 508-336-1481.

**\*Seekonk Human Services will have a Veterans Day Celebration on November 7th, we would like all the Veterans to attend.**

## Kennebunkport Christmas Prelude

**December 7<sup>th</sup> – 8<sup>th</sup>**

Get in the Christmas Spirit with *Bloom Tours* as we travel to Kennebunkport, Maine for the *Christmas Prelude!* This celebration first began in 1982 and has since transformed into a must visit event in New England. The whole town transforms into a Winter Wonderland. See why HGTV voted Kennebunkport the #2 Christmas town in America. Start your Christmas shopping at the Christmas and craft fairs located throughout the town. Indulge in hot chocolate & stroll the breathtaking streets decorated for the season. This picturesque town will leave you in the holiday spirit! There are so many activities & events scheduled throughout the day. We will stop for an included dinner at *Warren's* in Kittery following your spectacular day at the Christmas Prelude and then check in at the *Hampton Inn Portsmouth* for the night. The following morning you will enjoy a full, hot breakfast buffet at the Inn before departing for the *Christmas Tree Shop* in Portsmouth, NH. Arriving home approximately 1:30pm.

**\$169 Per Person (Double or Triple Occupancy)**

**\$225 Per Person for Single Occupancy**

## 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.**

## CARDIAC PREVENTION CLINIC

**CANCELLED FOR NOVEMBER**

**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.**