

SEEKONK HUMAN SERVICES STAFF
508-336-8772

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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

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

September 2012

**COOKING DEMONSTRATION BY ATRIA
September 5, 2012 @ 10am**

Atria Bay Spring Village will be hosting a cooking demonstration and presentation on the costs of assisted living and benefits that are available. Kevin Sutcliffe, Director of Culinary Services will be presenting how to make Bananas Foster and there will be samples of his creation available after the demonstration. Prizes will also be given out at this fun event. **Lunch will be Chicken Alfredo for \$2. Please call to sign up for this event and/or lunch at 508-336-8772.**

**COFFEE HOUR WITH
SENATOR JAMES TIMILTY AND
REPRESENTATIVE STEVEN HOWITT
Wednesday, September 12, 2012
@ 10am**

**TEN WARNING SIGNS OF ALZHEIMER'S
September 12, 2012 @ 10am**

The Alzheimer's Association presents: *Know the 10 Signs: Early Detection Matters* workshop provides attendees with an understanding of the difference between age-related memory loss and Alzheimer's and what to do if they or someone they know has signs of the disease. Attendees will view video footage of real people who are living with the early stages of dementia and their families addressing fears and myths of Alzheimer's disease. The workshop will cover: 10 warning signs, basic overview of Alzheimer's disease, risk factors, what is involved in getting a diagnosis and benefits of early detection. **Lunch will be: Spaghetti and Meatballs for \$2. Please call to sign up for this event and/or lunch at 508-336-8772.**

**TRIAD: STOP & SHOP PEAPOD
September 26, 2012 @ 10m**

Overview of Stop & Shop Peapod:
You order online. We shop. We deliver.

Shop Peapod by Stop & Shop and do your grocery shopping without leaving your home! And did we mention that you won't sacrifice quality either? You'll get the highest-quality products with every order, every time, guaranteed.

Use Peapod by Stop & Shop to fit your life style-

- Shop weekly
- Stock-up monthly
- Order heavy items

Lunch will be: Chicken Stir Fry for \$2. Please call to sign up for this event and/or lunch at 508-336-8772

EXPLORATION WEDNESDAYS

- Sept. 5: Cooking Demonstration by Atria
Lunch: Chicken Alfredo for \$2
- Sept. 12: Ten Warning Signs of Alzheimer's
Lunch: Spaghetti and Meatballs for \$2
- Sept. 26: TRIAD-Stop & Shop Pea Pod Presentation
Lunch: Chicken Stir Fry for \$2
- Oct. 3: Homestead Act
Lunch: Chicken Salad Sandwiches for \$2
- Oct. 10: NEXT Monitoring Inc.: Ways to Save on Utility Costs by Raymond Melanson
Lunch: Sausage, Peppers and Onions for \$2
- Oct. 24: TRIAD-Fall Safety
Lunch: Beef Stew for \$2
- Oct. 31: Halloween Party
Lunch: Chicken Parmesan for \$2

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

Seekonk Human Services
320 Pleasant Street
Seekonk, MA 02771

SPECIAL NEEDS ASSISTANCE REGISTRATION

Imagine being trapped in your home during a blizzard with no electricity, telephone service or heat. What would you do without power during a hurricane or in the days that follow? What if you're homebound, bed ridden, on oxygen or insulin dependent, what would you do? Who would know you are in need of help? For someone living alone or if you have a serious medical condition the consequences of being alone with no means of communication could be a matter of life or death. A "Special Needs Assistance" form is available through Seekonk Human Services. The process is easy — Fill out a simple form to tell us what your special needs are and return it to the COA. We will share that information with Emergency Responders in the event of such an emergency. Do we need to evacuate you? Should we contact a family member on your behalf? You give us direction on how best to keep you safe. For more information, please call 508-336-8772.

HURRICANE PREPAREDNESS

During a Hurricane Watch:

- Listen to radio/television for progress reports
- Check emergency supplies and fuel your vehicle
- Bring in outdoor objects such as lawn furniture
- Secure buildings by closing and boarding up windows
- Turn refrigerator and freezer to coldest setting and open only when necessary (Close quickly)
- Store drinking water in clean jugs, bottles etc.

During a Hurricane Warning:

- If evacuation is necessary, lock up your home and bring pillows, blankets, sleeping bags and other essentials to the nearest shelter
- Listen to radio/television for official instructions
- Store valuables and personal papers in a waterproof container on highest level of your home
- Stay inside, away from windows, skylights and glass doors
- Keep a supply of flashlights and extra batteries
- Avoid open flames from candles or lamps

ATTENTION: BRISTOL ELDER SERVICES, INC., CLIENTS

If you are receiving services through Bristol Elder Services you should know that privacy laws prevent your information from being shared with us. If you would like Seekonk Human Services to work with Bristol Elder Services to better serve you, your authorization is required. For more information, please contact us at 508-336-8772

EMERGENCY KIT

An emergency survival kit can be as basic or elaborate as you choose. Here are some of the basics:

- Water: one gallon per person per day for at least 3 days
- Food: 3-day supply of non-perishables
- Radio: Battery-powered (extra batteries) or hand crank
- Flashlights and extra batteries
- First Aid Kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Manual can opener for food
- Basic tool kit—wrench, pliers, hammer etc.
- Cell phone with chargers, inverter or solar charger
- Change of clothes/socks (keep dry in sealed bag)
- Prescription medications, glasses
- Cash, including change

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 seniors. If you need OR would like to make a donation of an item, please call 508-336-8772

We are especially in need of wheelchairs and shower chairs.

CARDIAC PREVENTION CLINIC

Wednesday, September 19
9am—12pm

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.

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.

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.**