

Seekonk Human Services
320 Pleasant Street
Seekonk, MA 02771

PRSR STANDARD
US POSTAGE PAID
PROVIDENCE, RI
PERMIT NO: 1159



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 2013



SILVER TEA

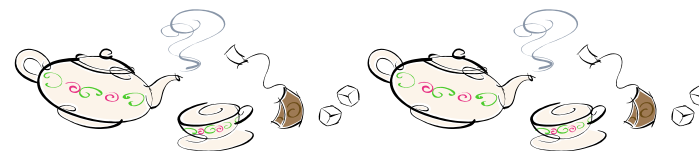
You are cordially invited
To attend a
Silver Tea
Honoring women in Seekonk
Age 75 and older

The Tea will be held at
Johnson & Wales Inn
Wednesday, May 8, 2013
@ 12:00 noon

Entertainment by:
Jay Ferguson
Singer/Entertainer

Hosted by Seekonk Human Services
And
Funded by Friends of Friends
Community Services

R.S.V.P. (508) 336-8772 by April 25
Transportation is Available



***Please note if Johnson & Wales Inn is sold prior to the Silver Tea, the Tea will not be held there and other arrangements will be made. We will contact everyone who is registered for the Tea if there are any changes.**



IMPORTANT GATRA SURVEY

One of the greatest problems we have in Seekonk is the lack of transportation. A survey was mailed out in the January newsletter but very few were returned. We need your help with these surveys if we want things to change. It might not be a priority for you now but it could be in your future. The survey can also be found on the Human Services part of the Town website and completed online. Seekonk Human Services asks that everyone complete the survey and mail it back to Seekonk Human Services or drop it off at Town Hall, the Library or Human Services.

IMPORTANT UPDATE

March 1, 2013, the Treasury Department is requiring all Social Security, VA, SSI and other federal beneficiaries to receive their benefits by ELECTRONIC PAYMENT. Senior citizens and anyone else may choose either direct deposit or the Treasury-recommended Direct Expressed Debit MasterCard. This new payment method is NOT optional. It is the law. Besides saving taxpayers money, switching to electronic payment provides a safer, more convenient and cost-effective way for people to get their federal benefits instead of paper checks. Individuals who need assistance in switching to electronic payment can call the Treasury's secure Go Direct Call Center at 800-333-1795. The agents are specially trained to answer questions and complete the switch-over process in less than 10 minutes. We urge people not to wait until the last minute to make this important change.

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 Betencourt, 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

MEN'S BREAKFAST

Thursday, April 11 @ 8:30am

Toti's 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, order what you want, pay for what you order.

WOMEN'S MONTHLY BRUNCH

Thursday, April 18 @ 10am

Toti's Restaurant

Women of all ages are welcome to attend and no sign up is required. Bring a friend with you to enjoy a delicious brunch. There is no set price for brunch, order what you want, pay for what you order. Come one come all and enjoy a warm gathering!

FREE PERIPHERAL ARTERY DISEASE (PAD) SCREENING

Wednesday, April 17 from 9am—3pm

According to the National Heart, Lung and Blood Institute, one in every 20 Americans over the age of 50 has PAD. It develops when arteries in your legs become clogged with plaque and fatty deposits that limit blood flow to your legs. Just like clogged arteries in the heart, clogged arteries in the legs mean you are at risk for having a heart attack or stroke. Timely detection and treatment of PAD can improve the quality of your life; help your independence and mobility; and reduce your risk of heart attack, stroke, leg amputation, and even death. PAD is detected with regular vascular screenings. The non-invasive screenings are performed by a trained nurse from Southcoast Hospitals Group and will take approximately 20 minutes. Please call Seekonk Human Services at 508-336-8772 to schedule an appointment for your P.A.D. screening



TRIAD: SENIOR MEDICARE PATROL

Wednesday, April 24 @ 10am

Mass Senior Medicare Patrol will present a program on what to do if you have been a victim of a Medicare error, fraud or abuse. They will also explain how to protect your information and how to recognize a scam. Lunch will be Chicken Divan for \$2. Please call 508-336-8772 to sign up for this activity and lunch.

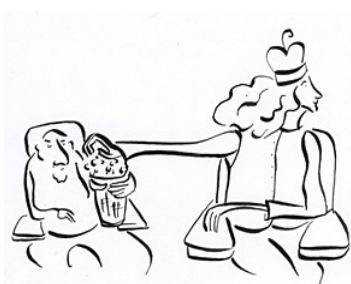
FREE SHINE COUNSELING

SHINE Counselors help Medicare beneficiaries understand their rights and benefits under Medicare and other health insurance coverage. Counselors may assist you by reviewing present coverage, do a comparison of plans, protect Medicare beneficiaries from paying for bills they should not pay, and prevent paying for unnecessary duplicate coverage. Counselors also help with claim forms and applications. If you are a Medicare beneficiary, are turning 65 or if you're over 65 but are now retiring, please call Seekonk Human Services at 508-336-8772 for a free SHINE appointment.



Sarah Jane Lapp Animation Workshop

What makes life worth living in Seekonk?



Seekonk based artist Sarah Jane Lapp seeks senior citizens (55+) who want to share their answers to this question! In tandem with the Massachusetts Cultural Council and the Seekonk Arts Council Sarah Jane

Lapp will offer free animation workshop for seniors! Learn how to make your own hand-drawn animations for TV9 that promote a life worth living! Keep your eyes peeled for time and dates...we're hoping to begin in May 2013 Please call 612-396-8461 or email cinemagoat@yahoo.com to sign up!

ARISTOCRATS—Swing jazz band will entertain us with standards from the 20s-40s

Wednesday, April 17

6:30 - 7:30 pm

Seekonk Public Library

Contact the Adult Services department at 508-336-8230 ext 130 for details

Want help with your new iPad or other technology gadgets?

Want to know about downloading books or audio books to your devices for FREE? Contact the Adult Services department at the Seekonk Library at 508-336-8230 ext 130 for information about classes or a one-on-one appointment today!

CARDIAC PREVENTION CLINIC

Wednesday, April 17, 2013

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.

Wii Fun

Mondays @ 10am



Come join us for some Wii 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 or crocheting 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.

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 10:45am – 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 take 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

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.