

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

August 2013

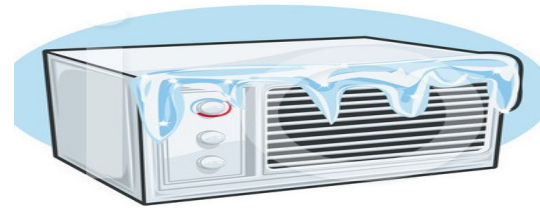


Farmers Market Coupons

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. **Farmers Market began on July 25. NOTE: If you have a Brown Bag delivered to your home/apartment, fresh produce will be in your bag each month. You will NOT be eligible to receive farmers' market coupons.**

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 Saturday on the days of extreme heat. Any of the Town buildings can be used as a cooling center such as the Library, Town Hall, and Seekonk Human Services. Please call Seekonk Human Services at 508-336-8772 if you have any questions regarding the cooling center.



SILVER TEA

Seekonk Human Services would like to thank Friends of Friends for sponsoring the Silver Tea that honors women aged 75 and older. We would also like to thank the amazing women that graced us with their presence at the Silver Tea this past May. It is always a pleasure to have you in our company. We hope that you will be able to join us again next year.



GENTIVA

OSTEOARTHRITIS OF KNEES AND HIPS

Wednesday, September 11, 2013 @ 10am

Dr. Worthington an Orthopedic will be discussing Osteoarthritis with emphasis of the knees and hips. Osteoarthritis is one of the most common joint disorders which is generally due to aging with wear and tear on a joint. Lunch is to be determined. The cost is \$2. Please call 508-336-8772 to sign up for this activity and/or lunch in advance.

TRAIAD

POLICE CHIEF CRAIG MACE

Wednesday, September 25, 2013 @ 10am

Chief Craig Mace will be our special guest for TRIAD. Chief Mace became Chief of Police earlier this year after Chief Charron retired. Chief Mace is a 28-year veteran of the police department. Let's take the opportunity to ask the Chief any questions you may have (i.e., winter shelter, emergency contact). Lunch is to be determined. The cost is \$2. Please call Seekonk Human Services at 508-336-8772 to sign up for the activity and/or lunch.

SEEKONK HUMAN SERVICES STAFF
 508-336-8772
EXECUTIVE DIRECTOR
 Bernadette Huck ext. 15
SENIOR SECRETARY
 Ashley Pimental ext. 12
CLERICAL ASSISTANT
 Kimberly Mallon ext. 13
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. 10

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

MEN'S BREAKFAST

Thursday, August 8, 2013 @ 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.

2013 Trips!

Thursday, September 12, 2013

AUTHENTIC MAINE LOBSTERBAKE

\$67.00 Per Person (Includes Driver Gratuity)

Departure: 8:00am Return: 6:30pm

Tour Includes: - Lobster Bake at Foster's

Entrée Choices: Lobster/Chicken

Entertainment (Music & Song) at Bill Foster's

Sightseeing in York, Maine & Hampton Beach, NH



Fostering a Maine Tradition Since 1951

Thursday, October 3, 2013

CHICKEN & SLOTS

\$50 Per Person (Includes Driver Gratuity)

Departure: 10:45am Return: Approx. 7:45pm

We will begin our day at *Wright's Farm Restaurant* where their fabulous dinners are served family-style.

Our next step will be *Twin River Casino* – New England's place to play. While at Twin River, we will be treated to their bonus package which includes \$10 bonus play and \$7 food credit.



***Please note: All trips leave from Seekonk Human Services unless otherwise noted. 50% deposit is required at sign up and final payment must be made two weeks prior to trip. Checks are to be made payable to the Town of Seekonk. To ensure trips are not cancelled please sign up one month prior to trip at the latest in order to give the tour company an accurate count. For any information regarding trips please contact Ashley Pimental at 508-336-8772.**

DO YOU NEED LONG-DISTANCE TRANSPORTATION TO MEDICAL FACILITIES?

If you are in need of long-distance transportation to medical facilities, then the Wheels Program is here for you! Foxfield Transportation, Inc, provides door-to-door, non-emergency, long-distance transportation to medical facilities in the Boston, Providence and Norwood/Southwood areas, as well as to Lahey Clinic, for elders 60 years-of-age and older who live in Bristol County.

This program is funded in part by a grant from Bristol Elder Services, Inc. through the MA Executive Office of Elder Affairs. A voluntary and confidential contribution is requested, preferably by check, payable to Foxfield Transportation, Inc. The suggested amount per round-trip is as follows:

Boston Area.....	\$25.00
Providence Area.....	\$25.00
Lahey Clinic.....	\$25.00
Norwood/Southwood.....	\$10.00

Transportation is provided as follows:

BOSTON: On Mondays, for appointments between 1 and 3 p.m., and on Thursdays and Fridays, for appointments between 9 a.m. and 12 noon.

PROVIDENCE: On Tuesdays, for appointments between 9 a.m. and 12 noon, and on Thursdays, for appointments between 1 and 3 p.m.

NORWOOD/SOUTHWOOD: On Tuesdays, for appointments between 1 and 3 p.m., and on Thursdays, for appointments between 9 a.m. and 12 noon.

LAHEY CLINIC: Please call for days and times.

For more information, or to reserve a ride, please call: 800-585-8294



CARDIAC PREVENTION CLINIC

Wednesday, August, 21, 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.

BROWN BAG PROGRAM

4th Wednesday of the Month

The Brown Bag times have changed for drop off and pick up. The new drop off time will be between 9:30am—11:00am. The new pick up time will be between 11:00am—12:30pm. If you are unavailable at these times, please contact Human Services @ 508-336-8772 to make other arrangements.



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.

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. *We are in need of wheelchairs for our Medical Loan Closet



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.**