

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

## December 2013

### HAPPY HOLIDAYS

Seekonk Human Services  
Will be open until 12:30pm on  
Tuesday, December 24  
And  
Closed on Wednesday, December 25

### VIRTUAL DEMENTIA TOUR Wednesday, December 4 @ 10am

The Virtual Dementia Tour is designed to help those who care for someone affected by dementia or Alzheimer's. This is perfect for those who care for someone or for those who are interested in learning more about what others are facing. Lunch is roasted chicken for \$2. Please call in advance to sign up for this activity at 508-336-8772.

### ANNOUNCEMENT

Starting in January, Seekonk Human Services will be charging \$3 for lunches instead of \$2. We have noticed that the cost of food has risen and to ensure that we can continue with our lunch program, we must raise the price.

### CHRISTMAS PARTY

Wednesday, December 11, 2013 @ 10am

The famous 'Barney Mallon' will be entertaining you for a Christmas Celebration.

A delicious Roast Beef Dinner  
Will be served for \$2

Please sign up early as seating is limited  
By calling 508-336-8772

### HOLIDAY MEALS

Anyone who is homebound and would like to have a hot meal delivered on Christmas should sign up at Seekonk Human Services by **Wednesday, December 18**. Please call 508-336-8772 to have your name put on the list.

### HOLIDAY FOOD BASKETS

Seekonk Human Services is coordinating the "Christmas Baskets" this holiday season. We are requesting monetary donations, gift cards, or non-perishable food items. This program is for Seekonk residents (who meet income eligibility guidelines) needing assistance in providing their families with traditional holiday meals. Food drop off locations include Seekonk Human Services, Seekonk Total Fitness, and Town Hall. Monetary donations should be made payable to "Town of Seekonk" with "Holiday Donation" as the notation on the check and should be mailed to Seekonk Human Services, 320 Pleasant Street, Seekonk, MA 02771. Gift certificates to grocery and department stores are also accepted. We also need volunteers to help put these baskets together. If you, or someone you know, is in need of a holiday basket, or if you are able to volunteer, please contact Seekonk Human Services at 508-336-8772. All information is confidential.

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

Beverly Della Grotta

Guy Boulay

Christine Allen

Anita Gendron

TREASURER

Anne Libby

SECRETARY

Rene Andrews

VICE CHAIRPERSON

Victoria Kinniburgh

CHAIRPERSON

### SEEKONK HUMAN SERVICES EXECUTIVE BOARD MEMBERS

Sharon Betencourt, Loreta Ferreira ext. 10

SENIOR AIDES

Veronica Brickley ext. 17  
LPN BA SOC LSWA

Adriana Dossantos BA. ext. 11

OUTREACH MANAGERS

Karen Stutz ext. 14

EDUCATIONAL & SOCIAL PROGRAMS

Kimberly Mallon ext. 13  
CLERICAL ASSISTANT

Ashley Pimental ext. 12

SENIOR SECRETARY

Bernadette Huck ext. 15

EXECUTIVE DIRECTOR

508-336-8772

SEEKONK HUMAN SERVICES STAFF

## EXPLORATION WEDNESDAYS

- Dec. 4: Right at Home Virtual Dementia Tour  
Lunch: Roasted Chicken for \$2
- Dec. 11: Christmas Party  
Lunch: Roast Beef Dinner for \$2
- Jan. 8: Mass Medical Orders for Life Sustaining Treatment (MOLST) by Jan Tabor  
Lunch: Beef Stew for \$3
- Jan 22: Senior Whole Health  
Lunch: Pizza and Salad for \$3
- Jan. 29: TRIAD: Modified CPR—What to do in an emergency?  
Lunch: Sheppard's Pie for \$3

## IS YOUR HOME READY FOR WINTER

For any household, staying prepared is the key to safely weathering a winter storm. A good way to start is by keeping Massachusetts Electric's Power outage number (800-465-1212) by your non-cordless phone. Have at least one phone that is not cordless, because cordless phones won't work when the power is out. **REMEMBER:** Police and local Fire Departments are usually not the best contact for strictly reporting power outages, and often times do not have firsthand information on when will the power will be restored. Your best contact is the number provided above.

## HOLIDAY BASKETS



Anyone who receives food from Doorways Food Pantry is eligible to receive a Christmas baskets from Doorways. If you are not currently participating in Doorways, you may call the Outreach Department at Seekonk Human Services for an appointment to receive a holiday basket. You will need to fill out an intake form. Please call by **Friday, December 13th** if you or anyone you know needs a basket at 508-336-8772.

## CHRISTMAS IS FOR KIDS

To obtain an application for Christmas Is For Kids please contact Seekonk Human Services at 508-336-8772. \*The program is intended for children age 0-13 years. Application deadline is **December 6, 2013**

## MEN'S BREAKFAST

**Thursday, December 12, 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. Adriana Dossantos will be the speaker!

## WOMEN'S BRUNCH

**Thursday, December 19, 2013 @ 10:00am**  
**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 breakfast, order what you want, pay for what you order.

## 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 like to apply or if you need help filing your application, please call Seekonk Human Services at 508-336-8772 to make an appointment with the Outreach Department. **Fuel Assistance begins November 1st.**

## Income Guidelines:

Maximum income for 1 person is \$32,065, for 2 people is \$41,932, for 3 people is \$51,798 and for 4 people is \$61,664. Income includes your social security, pensions and any interest income.

## Needed Documents:

- Proof of income
  - 4 consecutive pay stubs
  - Social Security Award Letter or 1099
  - Pension (Current 1099)
  - Interest Dividends (1099)
- List of everyone in household plus their income
- Homeowner's must include:
  - Mortgage statement
  - Real estate tax bill
  - Insurance bill
  - Recent copy of electric bill and gas/oil bill
- Renters include:
  - Rent receipt
  - Recent copy of electric bill and gas/oil bills
- Food Stamps—copy of verification



Seekonk Human Services partnering with Seekonk Non-Profit Coalition would like to take this opportunity to thank all those who helped with the Food for Fuel Pasta Event. A special thanks to Country Kitchen, Mt. Carmel St. Vincent de Paul, Our Lady Queen Martyrs St. Vincent de Paul, Post Office, Greggs, Scialo's Bakery, among others who donated time and pastries. Without the help of the volunteers this event would not be as successful as it was. Over 200 tickets were sold! There were many great raffles from paintings, quilts, baskets, among other amazing items. This event benefits the Fuel Account for the residents in need during the winter season. Again, thank you for all those who volunteered and those who bought tickets and help support this cause!

## 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. Call now to schedule a SHINE appointment during the Open Enrollment. This is a good time for **everyone** who is on Medicare to review their prescription drug plan to ensure they are getting the best coverage possible. **After December 7th, changes will not be able to be made to your Medicare plans for next year unless you have a qualifying event.**

## BROWN BAGS

Brown Bags delivery for December will still be the 2nd Wednesday, which is **December 11th** instead of the 4th Wednesday due to the holiday. Those who receive Brown Bags will still receive the reminder phone call.

## Wii Fun

**Fridays @ 10am**

Come join us for some Wii Fun. The Wii is an excellent way to have fun and be active. Come join us on our new day, Fridays at 10am! Call Seekonk Human Services @ 508-336-8772 for more information. No sign up is necessary just come on in!

## YMCA\*

472 Taunton Avenue  
Seekonk, MA 02771  
508.336.7103

## \$3 fee per class for the following classes:

- Balance Class – Fridays 11:45am – 12:15pm
- Aqua Aerobics – Wednesdays 8:15 – 9:00am OR 9:45 – 10:30am

**\*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 Monday, Wednesday, and Friday from 11am—12pm. The one hour 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](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.**