

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

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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. 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

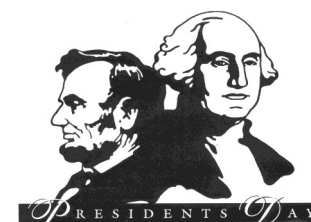
*Monday through Thursday 8:30am—4:30pm

*Wednesdays 5pm—7pm at Town Hall By Appointment Only

* Fridays 8:30am—12:30pm

February 2013

**Seekonk Human Services will be closed Monday,
February 18th to observe President's Day**



**MAINTAINING A SHARPER MIND
Wednesday, February 5th @ 10am**

Bonnie Ryvicker from the Community Visiting Nurse Association will be presenting tips on staying mentally sharp — middle age and beyond. This will be an informational program for everyone. Bonnie has been to Seekonk Human Services several times in the past and we are excited to see what this new program will bring! Lunch will be beef stew for \$2. Please call 508-336-8772 to sign up for this activity and lunch.



**VALETINE DAY PARTY
Wednesday, February 13 @ 10am**

A delicious lunch of Shrimp Alfredo for \$2

Please bring in photos of your wedding and we will try to guess who is who!

Please sign up for the party & lunch at 508-336-8772

Entertainment by Barney Mallon Karaoke King



TRIAD:

Wednesday, February 27 @ 10am

There will be a presentation but the speaker is to be determined. Lunch will be Portuguese Soup & Pulled Pork Sandwiches for \$2.

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. Our 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.

GATRA SURVEY

A survey was inserted into the January newsletter. (The survey can also be found on the human services section of the town website and completed online) Seekonk Human Services asks that everyone please fill out the survey and mail it back to us at:

320 Pleasant Street
Seekonk, MA 02771

BROWN BAGS

**Wednesday, February 27
Between 12pm—1:30pm for pick up**

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

Seekonk Human Services
320 Pleasant Street
Seekonk, MA 02771

EXPLORATION WEDNESDAYS

- March 6: Gentiva—Osteoarthritis
Lunch: Chicken Divan
- March 13: St. Patrick's Day Party
Lunch: Corned Beef, Cabbage, Potatoes & Carrots for \$2
- March 27: Easter Party
Lunch: Ham, Scalloped Potatoes & Veggies for \$2



WOMENS MONTHLY BRUNCH Thursday, February 21 @ 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!

MENS BREAKFAST Thursday, February 14 @ 8:30am Alex's Family 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—the cost is up to you.

CANCELLED ACTIVITIES! WHY IS THIS HAPPENING?

Seekonk Human Services offers wonderful program but some become cancelled. So we ask ourselves why was the program cancelled? Sometimes wonderful programs are cancelled because we all tend to wait until the last minute to register. Please register early to avoid disappointment that the program you wanted was cancelled, perhaps unnecessarily. Also, remember that out of town residents can attend programs as well. If you have a friend or a family member that is interested have them sign up. The more people that sign up for programs the more Seekonk Human Services can have in the future.

FREE TAX PREPERATION

AARP Foundation Tax-Aide, will be preparing taxes at the Seekonk Town Hall on Thursdays from February 7—April 11 with appointments at 9, 10, & 11am. Appointments can be made by calling Seekonk Human Services at 508-336-8772.

CIRCUIT BREAKER

What is the Circuit Breaker Tax Credit?

The Circuit Breaker Tax Credit is a state income tax credit for eligible Massachusetts residents age 65 or older who paid rent or real estate taxes during the tax year. The credit is for senior homeowners and renters who meet income limits and other eligibility requirements. Homeowners may claim the credit if they paid more than 10% of their total income for real estate taxes, including water charges. Renter can count 25% of their rent as real estate tax payments.

You must file a state income tax return to claim the Circuit Breaker Credit, whether or not you have to file otherwise. If your credit is greater than the amount of income taxes you owe, the state will give you a refund for the difference. That maximum credit for tax year 2012 is \$1000.

Am I eligible?

The Circuit Breaker Tax Credit is for low and moderate income seniors whose real estate tax payments are greater than 10% of their income. Homeowners and renters can claim the credit.

Income Guidelines:

- \$53,000 single
- \$67,000 head of household
- \$80,000 married filing jointly

*Total income includes some types of non-taxable income, such as social security, retirement, pensions and annuities, cash public assistance, tax-exempt interest and dividends, and certain other income.

To Qualify:

- You or your spouse must be 65 or older by the end of the year
- If married, you must file jointly
- You must rent/own a home in MA that is your primary residence
- Your property's assessed value can't exceed \$750,000 by January 1, 2012
- If you're a renter you can't be getting federal/state rent subsidy and your landlord must pay property taxes

CARDIAC PREVENTION CLINIC

Wednesday, February 20, 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 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.

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.

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 began on November 1st.**

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

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.**