

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 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

January 2013



Seekonk Human Services will be closed on

January 1, 2013 to observe the New Year

January 21, 2013 for Martin Luther King's Day



SPECIAL THANKS

Seekonk Human Services would like to extend a special thanks to Bay State Street Machines, American Legion Post 311, Department of Public Works, Briarwood Child Academy, Mt. Carmel St. Vincent de Paul, Seekonk Total Fitness, Town Hall, Wampanoag Rod & Gun Club, Doorways Food Pantry, Personal Best Karate, Seekonk School Department, Outback Steakhouse, those who delivered meals on Thanksgiving, as well as the residents of the community for their donations to help make the holiday season enjoyable for everyone!

Seekonk Human Services would like to take the opportunity to thank Outback Steakhouse for donating cooked Thanksgiving meals to shut-ins! Also, the anonymous family that makes and delivers Christmas meals to the homebound.



During the Holiday season Seekonk Human Services had the opportunity to work with the Salvation Army to raise money by participating in the Kettle Bell Ringing. During this time volunteers from the Seekonk High School Key Club/

National Honor Society completed almost 70 hours of community services and volunteers from Town Hall, Department of Public Works, Board of Selectmen and the Human Services Board Members contributed their time for this charity. The money raised will be used to help the residents of Seekonk during difficult times. Seekonk Human Services would like to thank the Salvation Army for giving us the opportunity to participate in such an excellent fundraiser.

50th Anniversary of "I had a dream"

Wednesday, January 9 @ 10am

Martin Luther King Jr. (January 15, 1929—April 4, 1968) was known for his 'I Had a Dream' speech that was delivered August 28, 1963. This speech called for an end to racism in the United States. It was delivered to over 200,000 civil rights supporters from the steps of the Lincoln Memorial during the March on Washington for Jobs and Freedom. This was a very defining moment for Martin Luther King Jr. during the American Civil Rights Movement. Lunch will be Chicken Parm for \$2. Please call 508-336-8772 to sign up.

TRIAD: Shifting Gears

Wednesday, January 23 @ 10am

Shifting Gears is a program that is done by the Registry of Motor Vehicles (RMV) to teach safe driving skills and road awareness. Michelle Ellicks will be presenting this informative program. Lunch will be Stuffed Peppers for \$2. Please call 508-336-8772 to sign up for this activity and lunch.

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

Seekonk Human Services
320 Pleasant Street
Seekonk, MA 02771

EXPLORATION WEDNESDAYS

- Feb. 6: Bonnie Ryvicker “Maintaining a Sharper Mind”
Lunch: Beef Stew for \$2
- Feb. 13: Valentine Day Party
Lunch: French Meatpie, Mashed Potatoes & Veggies for \$2
- Feb. 27: TRIAD
Lunch: Portuguese Soup & Pulled Pork Sandwiches for \$2
- 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

Lawyer, Lori O’Brien

Wednesday, January 30 @ 10am

Attorney Lori O’Brien Foeri from Rehoboth will be at Human Services to speak on Medicaid and Estate Planning. Now is the time to get your questions answered. Lunch will be American Chop Suey for \$2. Please call 508-336-8772 to sign up for this activity and lunch.

WOMENS BRUNCH

Wednesday, January 9 @ 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. Come one come all and enjoy a warm gathering!

MENS BREAKFAST

Thursday, January 10 @ 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. Bonnie Ryvicker will present “The World of Technology”

CHEF ON A SHOE STRING

Tuesdays @ 1:45—3:15

Student chefs from Johnson & Wales University gives a cooking demonstration of recipes that are both economical and nutritious for one or two people. Please call Karen Stutz at 508-336-8772 for information on the next class.

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, January 16, 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.**