

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

JUNE/JULY 2013

ARTHRITIS AND YOU

Wednesday, June 5 @ 10am

Bonnie Ryvicker will be coming to Seekonk Human Services to discuss arthritis and you with emphasis on the knees. Arthritis is a joint disorder that involves inflammation of one or more joints. There are three types of arthritis that affect the knees known as osteoarthritis, rheumatoid arthritis, and post-traumatic arthritis. Lunch will be willow tree sandwiches for \$2. Please call to sign up as seating is limited at 508-336-8772.



**Come help us celebrate
TRIAD's 15th Birthday Party
Wednesday, June 26 @ 10am**

Seekonk TRIAD is a three-way commitment among the Seekonk Police/Fire Department, Bristol County Sheriff's Office, & Seekonk Senior Community To work together by creating programs beneficial to enhancing the quality of life of Seekonk's senior residents

A brunch will be served for \$2

Seating is limited, please call to sign up
508-336-8772



ATTENTION SENIORS: The Parents' Advisory Committee from the Seekonk High School would like to extend a thank you to the many seniors who registered their Stop & Shop card for the A+ program. The high school has earned more than \$7,000 which will be used to fund 8 scholarships for graduating seniors.

**4th of JULY PARTY
Wednesday, July 3 @ 10am**

Come celebrate the 4th of July
With Seekonk Human Services
We will celebrate Independence day with
Music and food!

Lunch will be:
Chicken, Macaroni Salad and Potato Salad

Seating is limited, so sign up early!
Call 508-336-8772

**MEN'S BREAKFAST
Thursday, June 13 @ 8:30am
Thursday, July 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, June 20 @ 10am
Thursday, July 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!

**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**

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 Betencourt, Loretta Ferreira ext. 10

**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 suggest 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



**Seekonk Human Services
Minor Home Repair Program Facts**



The Minor Home Repair Program offers minor home repairs including carpentry, electrical, and plumbing to Seekonk senior homeowners (60 years of age and older) who are the primary occupant of the home. Seniors who are owners of multi-family dwellings are not eligible for the program. The senior homeowner will be responsible for the cost of materials.

Jobs that will be considered for this program include:

- Indoor or outdoor repairs such as railing, stair treads, leaky faucets, or safety issues around the home;
- Minor plumbing;
- Minor electrical work.

How to apply

Seekonk senior homeowners, 60 years of age or older and the primary occupant of a single family home, can contact Ashley Pimental at Seekonk Human Services Office at (508) 336-8772.

Please Note: The Minor Home Repair Program cannot meet the requests for emergency repairs.

*This program is funded in part by a grant from Bristol Elder Services, Inc. through contracts with the Massachusetts Executive Office of Elder Affairs. Donations are accepted and checks can be made payable to the **Town of Seekonk.***

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.

CARDIAC PREVENTION CLINIC

Wednesday, June 12, 2013

Wednesday, July 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.

**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 unable to do these times, please contact Human Services @ 508-336-8772 to make other arrangements.



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.**