

SEEKONK HUMAN SERVICES STAFF
508-336-8772

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SENIOR SECRETARY
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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

March 2013

GENTIVA—OSTEOARTHRITIS

Wednesday, March 6th @ 10am

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



ST. PATRICK'S DAY PARTY

Wednesday, March 13 @ 10am

Come join us as we celebrate St. Patrick's Day with Barney O'Mallon, who will serenade you with Irish songs and a sing along.

Lunch will be Corned Beef, Cabbage, Potatoes & Carrots for \$2

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



EASTER PARTY

Wednesday, March 27 @ 10am

Ladies, come decked out in your Easter Bonnet with all the frills upon it. Men, wear your most dramatic tie. Prizes will be given for best bonnets and ties. Lunch will be Ham, Scalloped Potatoes & Veggies for \$2. Please call 508-336-8772 to sign up in advance for this activity and lunch. **Also included during the Easter Party, we will Meet & Greet the Selectmen Candidates at 10am for the Town Election on April 1, 2013.**



IMPORTANT GATRA SURVEY

One of the greatest problems we have in Seekonk is the lack of transportation. We had a survey mailed out in the January Newsletter but very few were returned. We need your help with these surveys if you want things to change. It might not be a priority for you now but it could be in your future. The survey can also be found on the Human Services part of the Town website and completed online. Seekonk Human Services asks that everyone complete the survey and mail it back to Seekonk Human Services or drop it off at Town Hall, the Library or Human Services.

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.

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

Seekonk Human Services
320 Pleasant Street
Seekonk, MA 02771

MEN'S BREAKFAST

Thursday, March 14 @ 9:30am

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—the cost is up to you.

WOMEN'S MONTHLY BRUNCH

Thursday, March 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!

PREPARE NOW FOR THE NEXT BIG STORM

If you are not currently receiving emergency telephone messages from the Town of Seekonk, register for Reverse 911 by calling 508-336-8123, ext. 2208.

If you depend on electric-powered life support equipment, such as a respirator, call National Grid's Customer Service Center at 800-322-3223 to register as a life support customer.

If you are a Comcast customer, your backup battery is expected to last 8 hours during a power outage. After that, you may be without telephone service and not able to receive Reverse 911 calls or contact 911. Comcast recommends that you have a mobile phone that is fully charged and that you use it only for emergencies during a power outage in order not to drain the battery. If you receive certain federal or state benefits, you may qualify for a free cell phone from SafeLink 800-977-3768 or Assurance Wireless 888-898-4888. You are not eligible for a free cell phone if you receive the Lifeline discount on Verizon landline.

If you have a power outage, call National Grid at 800-465-1212 to report it. Some outages only affect one or a few customers, so don't assume that National Grid knows you don't have power.

Don't wait until it starts snowing or the wind is blowing to purchase batteries, wooden kitchen matches for your electronic start gas stove and non-perishable canned or dry foods. Don't forget some powdered milk!

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, March 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 and ends on April 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.**