

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

**May 2013**



### SILVER TEA

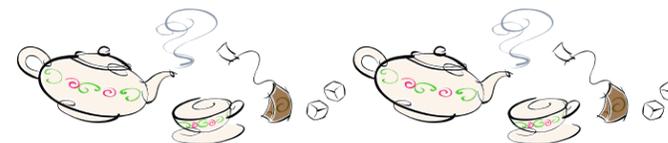
You are cordially invited  
To attend a  
Silver Tea  
Honoring women in Seekonk  
Age 75 and older

The Tea will be held at  
Johnson & Wales Inn  
Wednesday, May 8, 2013  
@ 12:00 noon

Entertainment by:  
Jay Ferguson  
Singer/Entertainer

Hosted by Seekonk Human Services  
And  
Funded by Friends of Friends  
Community Services

R.S.V.P. (508) 336-8772 by May 3  
Transportation is Available



**\*Please note if Johnson & Wales Inn is sold prior to the Silver Tea, the Tea will not be held there and other arrangements will be made. We will contact everyone who is registered for the Tea if there are any changes.**



### TRIAD: NEW SENIOR CENTER Wednesday, May 22, 2013

The architect, George Cruz, and Operation Project Manager, Taylor McDonald, will be discussing the plans for the NEW Senior Center. Become familiar with the info they provide. This is a great opportunity to come in with your questions, concerns and comments. Lunch will be Pizza and Salad for \$2. Please sign up for lunch so we can have an accurate number of guests to order for by calling 508-336-8772.



### MEMORIAL DAY CELEBRATION Wednesday, May 29 @ 10am

Come join Seekonk Human Services as we celebrate Memorial Day. This is a day of remembering the men and women who died while serving in the United States Armed Forces. Memorial Day was originally known as Decoration Day. It originated after the American Civil War to commemorate the Union and Confederate soldiers who died in that War. We continue to celebrate this day for those who gave their lives for our country. Lunch will be a Pot Roast Dinner for \$2. Please call 508-336-8772 to sign up for this activity and lunch.

**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. 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

### Exploration Wednesday

- June 5th @ 10am “Arthritis and You” with emphasis on knees  
Lunch: Willow Tree
- June 26th @ 10am “TRIAD’s 15th Birthday Party)  
Lunch: Brunch for \$2

### MEN’S BREAKFAST Thursday, May 9 @ 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. Guest speaker is architect, George Cruz, and Operation Project Manager, Taylor McDonald, to discuss the new Senior Center.

### WOMEN’S MONTHLY BRUNCH Thursday, May 16 @ 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!

### 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.

### 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.\*

### SEEKONK COMMUNITY GARDEN

Its time to start gardening again. As you may know The Commons will not supply the water this year. We will have to carry our own water and/or use the rain barrels and mother nature. The Committee will be exploring other sites for the garden for 2014, but in the meantime we hope at least some of you will want to have a garden this year. Please let us know if you want a garden plot (you may have the same one you had last time if you want) by filling out the registration form and release form, available at Seekonk Human Services and sending them to the Seekonk Community Garden with the \$10 (per plot) fee at 156 County Street, Seekonk, MA. Seekonk Community Garden Committee: Priscilla Dunn, Lee (Phoebe) Dunn, Galina Kouptsova, Ed and Barbara Malloy.

### CARDIAC PREVENTION CLINIC Wednesday, May 15, 2013 9am—12pm

Seekonk Human Services holds a FREE clinic on the 3<sup>rd</sup> 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.

### 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.

### 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](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.**