

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

October 2013

HOMESTEAD ACT IS POSTPONED UNTIL SPRING 2014

TIPS ON TALKING WITH YOUR DOCTOR Wednesday, October 2, 2013 @ 10am

Bonnie Ryvicker from the VNA will be giving an educational talk on how to talk to your doctor. Do you feel in control when you visit your doctor? When you leave the office do you understand your diagnosis and what additional tests you may need? What happens if you need to go to the hospital, will your doctor see you there or will you be seen by a hospitalist? How can you be informed so that you may better participate in your own care? Lunch will be American Chop Suey \$2. Please sign up in advance for this activity and lunch as seating is limited, call 508-336-8772

SERVICE DOGS:

FOR DEAF AND DISABLED ADULTS Wednesday, October 9, 2013 @ 10am

National Education for Assistance Dog Services (NEADS) is a non-profit organization that provides canine assistance. NEADS provides assistance to veterans, children with a disability, deaf or hard of hearing, people with physical disabilities, and children with autism. Lunch will be Chicken Pot Pie for \$2. Please sign up in advance for this activity and lunch as seating is limited, call 508-336-8772.

TRIAD: FALL SAFETY

Wednesday, October 23, 2013 @ 10am

Speakers: Michelle Hines from the Seekonk Police Department will be presenting a 'Fall Safety Program' at Seekonk Human Services. Does your furnace or chimney need to be cleaned? Be ready for winter with some important safety tips. Lunch will be Venus de Milo Soup. Please call 508-336-8772 to sign up.

6th ANNUAL FOOD FOR FUEL PASTA FEST Thursday, October 24, 2013 Seekonk High School 4:30 – 7:30pm, Open Seating ADULTS: \$10: CHILDREN 12 & UNDER \$5



Please help your neighbors have a safe winter! With rising costs of fuel, our neighbors are in need of assistance and the only way it can be done is with your help! Sponsored by the Seekonk Non-Profit Coalition—Benefiting Fuel

& Utility Fund of Seekonk Human Services. Tickets will be sold in advance and take out will be available. Please call 502-336-8772 for tickets. *Dessert donations will be greatly appreciated. Please bring them to the Seekonk High School



HALLOWEEN PARTY Wednesday, October 30 @ 10am

Our Halloween Party will feature a delicious lunch of Meatloaf for \$2

Wear a costume if you like.
Prizes will be awarded for best costumes.

Please sign up at 508-336-8772
for lunch and pay in advance so that we can
accommodate you

Entertainment:
'SHOW TIME'

Board Meets fourth Monday of the month @ 3:30pm in the Board of Selectmen Meeting Room

Beverly Della Grotta

Guy Boulay

Christine Allen

Anita Gendron

TREASURER

Anne Libby

SECRETARY

Rene Andrews

VICE CHAIRPERSON

Victoria Kinniburgh

CHAIRPERSON

SEEKONK HUMAN SERVICES EXECUTIVE BOARD MEMBERS

Sharon Betencourt, Loretta Ferreira ext. 10

SENIOR AIDES

Veronica Brickley ext. 17
LPN BA SOC LSWA

Adriana Dossantos BA. ext. 11

OUTREACH MANAGERS

Karen Stutz ext. 14

EDUCATIONAL & SOCIAL PROGRAMS

Kimberly Mallon ext. 13
CLERICAL ASSISTANT

Ashley Pimental ext. 12
SENIOR SECRETARY

Bernadette Huck ext. 15
EXECUTIVE DIRECTOR

508-336-8772

SEEKONK HUMAN SERVICES STAFF

EXPLORATION WEDNESDAYS

- Nov. 6: Veteran's Celebration
Lunch: Turkey Dinner for \$2
- Nov. 13: Bristol County District Attorney's Office
Lunch: Chicken Salad, Macaroni Salad, Pickles, & Chips for \$2
- Dec. 4: Right at Home Virtual Dementia Tour
Lunch: Roasted Chicken for \$2
- Dec. 11: Christmas Party
Lunch: Roast Beef Dinner for \$2

MEN'S BREAKFAST

Thursday, October 10, 2013 @ 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 BRUNCH

Thursday, October 17, 2013 @ 10:00am
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 breakfast, order what you want, pay for what you order.

HOLIDAY BASKETS & MEALS



Anyone who receives food from Doorways Food Pantry is eligible to receive a Thanksgiving turkey from Doorways. If you are not currently participating in Doorways, you may call the Outreach Department at Seekonk Human Services for an appointment to receive a holiday basket. You will need to fill out an intake form. Please call by **Wednesday, October 23rd**, if you or anyone you know needs a basket at 508-336-8772.

Anyone who is homebound and would like to have a hot meal delivered on Thanksgiving should sign up at Seekonk Human Services by **Friday, November 15th**. Please call 508-336-8772 to have your name put on the list.

BRISTOL COUNTY DISTRICT ATTORNEY'S

Wednesday, November 13, 2013 @ 10am

Bristol County District Attorney Sam Sutter is committed to providing elders with prevention information to combat elder abuse. Second Assistant District Attorney Paul J. Machado will bring this important message. The many different forms of elder abuse will be discussed — from physical to financial. Second Assistant District Attorney Machado will speak about identity fraud, financial exploitation, and scams. He will also speak about physical, sexual, and psychological abuse. Elders will learn how to recognize warning signs of abuse, how to report abuse, how cases are prosecuted, tips to prevent abuse and victim rights.

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 like to apply or if you need help filing your application, please call Seekonk Human Services at 508-336-8772 to make an appointment with the Outreach Department. **Fuel Assistance begins November 1st.**

Income Guidelines:

Maximum income for 1 person is \$32,065, for 2 people is \$41,932, for 3 people is \$51,798 and for 4 people is \$61,664. Income includes your social security, pensions and any interest income.

Needed Documents:

- Proof of income
 - 4 consecutive pay stubs
 - Social Security Award Letter or 1099
 - Pension (Current 1099)
 - Interest Dividends (1099)
- List of everyone in household plus their income
- Homeowner's must include:
 - Mortgage statement
 - Real estate tax bill
 - Insurance bill
 - Recent copy of electric bill and gas/oil bill
- Renters include:
 - Rent receipt
 - Recent copy of electric bill and gas/oil bills
- Food Stamps—copy of verification

CARDIAC PREVENTION CLINIC

Wednesday, October 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.

TIME TO CHANGE YOUR SMOKE DETECTOR BATTERIES!

Daylight savings time ends on Sunday, November 3rd. This is the perfect time to change your smoke detector and carbon monoxide batteries. Remember **fall back**—gain an hour of sleep! If you need assistance changing the batteries, please call Seekonk Human Services at 508-336-8772.

MEDICARE OPEN ENROLLMENT

October 15—December 7

The annual Medicare Open Enrollment (**October 15—December 7**) is the time to enroll in or CHANGE your Medicare coverage for next year. State-Certified SHINE (Medicare) Counselors can help you understand your plan, as well as other options you may have. Call now to schedule a SHINE appointment during the Open Enrollment. This is a good time for **everyone** who is on Medicare to review their prescription drug plan to ensure they are getting the best coverage possible. **After December 7th, changes will not be able to be made to your Medicare plans for next year unless you have a qualifying event.**

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.

Wii Fun

Fridays @ 10am

Come join us for some Wii Fun. The Wii is an excellent way to have fun and be active. Come join us on our new day, Fridays at 10am! Call Seekonk Human Services @ 508-336-8772 for more information. No sign up is necessary just come on in!

YMCA*

472 Taunton Avenue

Seekonk, MA 02771

508.336.7103

\$3 fee per class for the following classes:

- Balance Class – Fridays 11:45am – 12:15pm
- Aqua Aerobics – Wednesdays 8:15 – 9:00am OR 9:45 – 10:30am

***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.**