

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

September 2013

Thank You!

It is with great pleasure that we announce that Seekonk will be granted the additional funds needed to complete our Senior Center. Once again we would like to thank the residents of Seekonk for making this dream a reality. This money will provide an additional 1,000 square feet of space and a generator to provide shelter in emergencies. The new Senior Center will provide our residents with handicap accessibility, privacy, health screening and a commercial kitchen to be used in conjunction with Meals on Wheels. We would like to thank all three building committees who have for years worked tirelessly to bring this building design to fruition. The volunteers included architects, designers, builders and social workers who provided invaluable expertise and their own time for this project. Thank you Friends of Seekonk Senior Center for funding the public relations expenses. Last but not least, we would like to recognize the voters who came out to vote.

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

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

GENTIVA OSTEOARTHRITIS OF KNEES AND HIPS

Wednesday, September 11, 2013 @ 10am
 Dr. Worthington an Orthopedic will be discussing Osteoarthritis with emphasis of the knees and hips. Osteoarthritis is one of the most common joint disorders which is generally due to aging with wear and tear on a joint. Lunch will be French meat pie. The cost is \$2. Please call 508-336-8772 to sign up for this activity and/or lunch in advance.

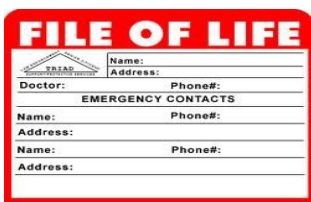
6th ANNUAL FOOD FOR FUEL PASTA FEST
Thursday, October 24, 2013
Seekonk High School
4:30 – 7:30pm, Open Seating
ADULTS: \$10: CHILDREN 12 & UNDER \$5

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

TRAIAD POLICE CHIEF CRAIG MACE

Wednesday, September 25, 2013 @ 10am
 Chief Craig Mace will be our special guest for TRIAD. Chief Mace became Chief of Police earlier this year after Chief Charron retired. Chief Mace is a 28-year veteran of the police department. Let's take the opportunity to ask the Chief any questions you may have (i.e., winter shelter, emergency contact). Lunch will be pizza and salad. The cost is \$2. Please call Seekonk Human Services at 508-336-8772 to sign up for the activity and/or lunch.

FILE OF LIFE



The "File of Life" is a miniature medical history that is kept in a red plastic sleeve. Once the card is filled out it should be placed in the red sleeve and carried on your person at all times. Fill out and keep on your refrigerator as well. This card will enable emergency personnel to obtain a quick medical history when a patient is unable to give one. Free File of Life folders are available at Seekonk Human Services. It could save your life!

MEN'S BREAKFAST

Thursday, September 12, 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, September 19, 2013 @ 8:30am
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.

NATIONAL EMERGENCY PREPAREDNESS MONTH "ARE YOU READY?" HELPS YOU BE PREPARED

Annually, the month of September is designated as "*National Emergency Preparedness Month*" and is set aside to raise awareness of the importance of emergency preparedness planning. Take a few simple steps to prepare for a sudden emergency:

- Bottled Water (1 gallon per person/per day for 3 days)
- Canned goods and nonperishable foods, particularly those that do not need cooking
 - Canned Meats and Fish
 - Canned Fruits and Vegetables
 - Canned soup and puddings
 - Canned fruit juices
 - Dried fruits and nuts
 - Bread, cookies and crackers
 - Peanut butter and jelly
 - Coffee and tea
- Manual can opener
- Radio (battery operated or hand crank), NOAA Weather Radio and extra batteries
- Flashlight or lantern, with extra batteries
- First aid kit
- Diapers, wipes, baby food, formula, if needed
- Pet food, supplies, tag, crates, if needed
- Prescription medications (2-week supply)
- Extra eyeglasses, contact lenses, and dentures
- Extra batteries for hearing aids, wheelchairs, or other medical equipment
- Medical oxygen tanks
- Whistle to signal for help
- Watch or battery operated clock
- Copies of important documents and IDs
- Cell phone and charger (also an auto, solar, or crank charger in case power is out)
- Cash
- Water purification tablets and household chlorine bleach
- Camp stove or grill (outdoor use only) with fuel or Sterno and waterproof matches or lighter
- Change of clothes and sturdy shoes
- Sleeping bags or blankets
- Disposable plates, cups, and utensils
- Seasonal items such as warm clothes, hat and gloves for winter and sunscreen for summer
- Books, games, puzzles and other comfort items
- Duct tape
- Plastic sheeting or tarp



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

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:

- 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.**