

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

*Fridays 8:30am—12:30pm

*Evening appointments available upon request

April 2014

PREVENTING & MANAGING CHALLENGING BEHAVIOR WHEN CARING FOR SOMEONE WITH ALZHEIMER'S OR DEMENTIA

Wednesday, April 2 @ 10am

Practical information and guidance are offered to help make day-to-day care and personal interactions more productive by addressing unexpected behaviors, as well as the physical, mental and emotional changes that are part of the disease progression. Lunch will be meatball subs for \$3. Please call ahead to sign up for this event and lunch at 508-336-8772

FADS IN NUTRITION

Wednesday, April 30 @ 10am

How can we incorporate the newest fads in nutrition in our diet? What is on the abundant food list? What are “good” proteins, carbohydrates, and fats? What are bad carbohydrates, proteins and fats? Tips for “shifting the flab.” Presented by Bonnie Ryvicker from Community VNA. Lunch will be Portuguese soup and pulled pork sandwiches for \$3. Please sign up in advanced for lunch and the activity at 508-336-8772.

R.U.O.K?

The Bristol County Sheriff, Thomas Hodgson, is offering the “R.U.O.K?” program. Telephone calls are placed to seniors, disabled persons, and shut-ins. Calls are made the same time each day to check on the well being of an individual. If there is no answer, a second call will be placed. If there is no answer after the second attempt, the Town’s first responders will be dispatched to physically check in on the person. Applications are available at Seekonk Human Services or by calling 774-628-0030. For more information, please call Seekonk Human Services at 508-336-8772.



EASTER PARTY Wednesday, April 9 @ 10am

Come join us as we celebrate Easter with our very own Karaoke King **Barney Mallon**

A delicious lunch of Ham, Au Gratin Potatoes, and Veggies for \$3

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



BROWN BAGS

Attention Brown Bag clients: Brown Bags will be on schedule for Wednesday, April 23, 2014. Delivery time will be 9:00am—11:00am. Pick up time will be 11:00am—12:30pm. If you have any questions please call Seekonk Human Services at 508-336-8772.

EXPLORATION WEDNESDAYS

- ⇒ May 7th—Benefits of Chocolate
Lunch: Venus de Milo Soup for \$3
- ⇒ May 14th— Lyme Disease Prevention & Care
Lunch: Chicken Salad Sandwiches for \$3
- ⇒ May 28th— TRIAD: First AID
Lunch: Pizza & Salad for \$3

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 Bettencourt, Loretta Ferreira ext. 10

SENIOR AIDES

Veronica Brickley ext. 17
LPN BA SOC LSWA

Adriana Dossantos BA. ext. 11

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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



**Should You Take the AARP Smart Drive Course?
Wednesday, April 23 @ 10am—3pm**

Cars have changed. So have traffic rules, driving conditions, and the roads you travel every day. Even the most experienced drivers can benefit from brushing up on their driving skills.

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's largest driver safety course and is designed especially for drivers age 50 and older. By taking the AARP Smart Driver Course you'll learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. In addition, you'll learn:

- ◆ How to minimize the effects of dangerous blind spots
- ◆ How to maintain the proper following distance behind another car
- ◆ The safest ways to change lanes and make turns at busy intersections
- ◆ Proper use of safety belts, air bags, anti-lock brakes, and new technology found in cars
- ◆ Ways to monitor your own and others' driving skills and capabilities
- ◆ The effects of medications on driving
- ◆ The importance of eliminating distractions, such as eating, smoking and using a cell phone

You may be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). AARP membership is not required to take the course and there are no tests to pass.

Take the AARP Smart Driver Course at the Seekonk Human Services and COA, Wednesday, April 23, 2014. The classroom course will run from 10:00 am to 3:00 pm and lunch will be provided, please try to arrive before 9:45 am to fill out paperwork. The classroom course costs \$5 for Seekonk Residents and \$10 for out of town residents. Please bring in your AARP card if you are a member already. Space is limited, so register now by calling (508) 336-8772.

**MEN'S BREAKFAST
Thursday, April 10, 2014 @ 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, April 17, 2014 @ 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.

Life as a Senior

Yesterday my daughter again asked why I didn't do something useful with my time, talking about me doing something useful seemed to be her favorite topic of conversation. She was only thinking of me and suggested I go down to the Senior Center and hang out with the girls. I did this and when I got home last night I decided to teach her a lesson about staying out of my business. I told her that I joined a parachute club. She said "are you nuts? You're almost 71 years old and you're going to start jumping out of airplanes?" I proudly showed her that I even got a membership card. She said to me, "Good grief, where are your glasses! This is a membership to a Prostitute Club, not a Parachute Club." "I'm in trouble again, I don't know what to do...I signed up for five jumps a week," I told her. She fainted.



Life as a Senior Citizen is not getting any easier but sometimes it can be fun.

**Seekonk Human Services
Will be closed on
Monday, April 21, 2015
To observe Patriots Day**

MONTHLY NEWSLETTER ONLINE

*The Town Crier website link is

www.seekonk-ma.gov

Click on Departments

Click on Human Services

YMCA*

472 Taunton Avenue
Seekonk, MA 02771
508.336.7103

\$3 fee per class for the following classes:

- **Arthritis Foundation Aquatic Exercise**
Monday, Wednesday, Friday @ 9am
- **Aquaerobics**
Monday, Wednesday Friday @ 9:45am
- **Silver Sneaker Classic**
Wednesday and Friday @ 11am

***Must be a Seekonk senior and have a scan card, please call 508-336-8772 for further information.**

GATRA PHOTO ID'S

GATRA Photo ID'S can be done at Seekonk Human Services. 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.

SEEKONK TOTAL FITNESS

1301 Fall River Avenue
Seekonk, MA 02771
508.336.4545

Seekonk Total Fitness is offering Senior Fitness Group Exercise Classes on Monday, Wednesday, and Friday from 11am—12pm. The one hour 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.**

FREE MEDICAL EQUIPMENT

Our FREE Medical Loan Closet provides temporary loan of medical equipment to Seekonk seniors or individuals in need. Please call Seekonk Human Services at 508-336-8772 if you are in need or would like to make a donation.



On March 5th, Seekonk Human Services was pleased to have Mark Searles from WJAR 10, making a presentation on how the weather is determined and what they look for.



Seekonk Human Services
320 Pleasant Street
Seekonk, MA

Phone: 508-336-8772

Fax: 508-336-2239

Email: bhuck@seekonk-ma.gov

**We're committed to Seekonk's Seniors.
Help us, help you.**

Seekonk Human Services is primarily an informational and referral agency. We try to help you directly or by introducing you to a network of federal, state, or local support services. Human Services is opened for appointments and drop-ins Monday through Thursday 8:30 am to 4:30 pm and Fridays 8:30 am to 12:30pm. We have evening appointments available upon request. All Seekonk residents are invited to enjoy the activities at the center.

*** 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. The Town Crier is partially funded by the Executive Office of Elder Affairs. We thank them for their support.**