

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

February 2014

Seekonk Human Services will be closed
 Monday, February 17th to observe
 President's Day



**ROUND TABLE WITH THE DIRECTOR
 Wednesday, February 5 @ 10am**

Come on in for the round table with the director!
 Today will be a relaxed activity with the director
 where you can ask questions and make suggestions
 about upcoming activities. Lunch will be Pizza and
 Salad for \$3. Please call ahead to reserve your spot!



**SPECIAL ELECTION REGARDING
 THE SENIOR CENTER
 MONDAY, FEBRUARY 10, 2014**

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**SPECIAL TOWN MEETING  
 TUESDAY, FEBRUARY 18, 2014  
 AT SEEKONK HIGH SCHOOL @ 7PM**

**\*Special Election and Town Meeting:** In regards  
 to the Senior Center, should the voters approve  
 the move of the funds from building a center to  
 the purchase of center located at 442 Taunton  
 Avenue. The same amount of monies previously  
 voted will be used towards the remodeling and  
 furnishing of the center. By doing this we will be  
 able to remain within our allotted budget and  
 meet all our needs.



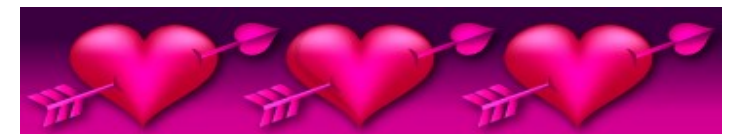
**VALENTINE DAY PARTY  
 Wednesday, February 12 @ 10am**

A delicious lunch of French Meat Pie for \$3

Please bring in photos of your wedding and we will  
 try to guess who is who!

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

**Entertainment by  
 Barney Mallon Karaoke King**



**TRIAD: DIABETES BINGO  
 Wednesday, February 26 @ 10am**

John Quintas from the American Diabetes  
 Association of Fall River will be coming to Seekonk  
 Human Services for Diabetes Bingo. Diabetes is a  
 disease in which the blood glucose (blood sugar)  
 levels are too high. Glucose comes from the foods  
 we consume and the insulin is a hormone that gets  
 the glucose into the cells for energy. This program  
 puts a twist on traditional learning of diabetes and  
 turns it into a learning game. Nutritional facts  
 geared toward assisting diabetics in making smart  
 food choices. Lunch will be American Chop Suey  
 for \$3. Please call ahead to reserve your spot for the  
 activity and lunch.

**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

## EXPLORATION WEDNESDAYS

- March 5—Mystery Guest  
Lunch: Tuna Sandwich and Chowder for \$3
- March 12—St. Patrick's Day Party  
Lunch: Corned beef, cabbage, potatoes, and carrots for \$3
- March 26—TRIAD: TBD  
Lunch: TBD

## MEN'S BREAKFAST

Thursday, February 13, 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, February 20, 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.

## FREE MEDICAL EQUIPMENT

Our FREE Medical Loan Closet provides temporary loan of medical equipment (such as wheelchairs, canes, walkers, commodes, bath & shower chairs, etc.) to Seekonk seniors or individuals in need. **We are in need of wheelchairs and shower chairs.** Please call Seekonk Human Services at 508-336-8772 if you are in need or would like to make a donation.

## 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.

## FREE TAX PREPERATION

AARP Foundation Tax-Aide will be preparing taxes at the Seekonk Town Hall on Thursdays from February 6—April 10 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 other-wise. If your credit is greater than the amount of income taxes you owe, the state will give you a refund for the different. That maximum credit for tax year 2013 is **\$1030**.

### 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:

- \$55,000 single
- \$69,000 head of household
- \$82,000 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, 2013

## FUEL ASSISTANCE

If you had fuel assistance last year, be on the lookout for your application. 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.

### 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

### IS YOUR HOME READY FOR WINTER

For any household, staying prepared is the key to safely weathering a winter storm. A good way to start is by keeping Massachusetts Electric's Power outage number (**800-465-1212**) by your non-cordless phone. Have at least one phone that is not cordless, because cordless phones won't work when the power is out. **REMEMBER:** Police and local Fire Departments are usually not the best contact for strictly reporting power outages, and often times do not have firsthand information on when the power will be restored. Your best contact is the number provided above.

### 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



### 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.**

### 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.**

### 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.

**\* 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.**