

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

January 2014



HAPPY NEW YEARS

Seekonk Human Service
Will be closed on
Wednesday, January 1, 2014

MASS MEDICAL ORDERS FOR LIFE SUSTAINING TREATMENT (MOLST)

Wednesday, January 8, 2014 @ 10am

Southcoast VNA Jan Tabor will be discussing MOLST. MOLST's vision is persons with advanced illness will have their decisions regarding life-sustaining treatments, known and communicated throughout all of Massachusetts health care. Lunch will be Beef Stew for \$3. Please sign up and pay at least one week prior to the activity.

SENIOR WHOLE HEALTH

Wednesday, January 22, 2014 @ 10am

Senior Whole Health is a free health care that will manage your insurance needs, transportation needs, and help secure your independence. Senior Whole Health will manage the services that are needed for the seniors. Lunch will be Pizza and Salad for \$3. Please sign up and pay at least one week prior to the activity.

TRIAD: WHAT TO DO IN AN EMERGENCY

Wednesday, January 29, 2014 @ 10am

Michelle Hines will be going over what to do in an emergency. Emergencies tend to make people panic, this program will help reduce panic and give you excellent advice on what to do. Lunch will be Shepherd's Pie for \$3. Please sign up and pay at least one week prior to the activity.

ANNOUNCEMENT

Starting in January, Seekonk Human Services will be charging \$3 for lunches instead of \$2. We have noticed that the cost of food has risen and to ensure that we can continue with our lunch program, we must raise the price. We also request that lunches be paid one week prior to event in order to order accurately.



Seekonk Human Services would like to take the opportunity to thank all those who helped out during the holiday season. Mark Chanley from Country Kitchen cooked Thanksgiving meals to be delivered to the homebound. Personal Best Karate donated and delivered over 40 baskets to Seekonk. The anonymous family who cooks turkey and ham for Christmas meals and delivers them.

We would like to thank those who donated food, gifts, adopting families for Christmas and items needed for the holiday season. Thank you Planet Fitness, Seekonk Total Fitness, Mt. Carmel St. Vincent de Paul, Department of Public Works, Town Hall, The Library, Wamponoag Rod & Gun Club, Bay State Street Machines, and Martin School.

Thank you to the Seekonk High School Key Club & National Honor Society Students for volunteering their time to ring the bell for the Salvation Army. For the 2013 Bell Ringing, we raised over \$3,000!

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, Loreta Ferreira ext. 10

SEEKONK HUMAN SERVICES
EXECUTIVE BOARD MEMBERS

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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

- Jan. 8: Mass Medical Orders for Life Sustaining Treatment (MOLST) by Jan Tabor
Lunch: Beef Stew for \$3
- Jan 22: Senior Whole Health
Lunch: Pizza and Salad for \$3
- Jan. 29: TRIAD: What to do in an emergency?
Lunch: Shepherd's Pie for \$3

MEN'S BREAKFAST

Thursday, January 9, 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.

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.

WOMEN'S BRUNCH

Thursday, January 16, 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.

SHINE NEWS

Can You Change Your Medicare Plan Now?

Yes, if you were a member of a Medicare plan that ended on December 31, 2013 and you did not pick another plan for 2014 Between January 1 and January 31, 2014, you have a **Special Enrollment Period** to choose a Medicare plan, which will begin on **February 1**. After January 31, most people will not be able to make any changes until the next Medicare Open Enrollment Period, which in 2014 will be October 15 - December 7.

Yes, if you are unhappy with your Medicare Advantage Plan

Between **January 1 and February 14, 2014**, you can drop your Medicare Advantage plan, return to Original Medicare and enroll in a Part D drug plan, which will begin the first of the following month. If you wish, you may also enroll in a Medicare Supplement (a Medigap) plan. Coverage will begin on the first of the following month.

Yes, if you are a member of Prescription Advantage, the state pharmaceutical assistance program, or are eligible to join Prescription Advantage

At **any time during 2014**, you have **one additional chance** to change your Part D drug plan or Medicare Advantage plan or to add a Part D drug plan, if you have none (a penalty may apply). In 2014, Prescription Advantage will continue to help most members with the cost of drugs in the "donut hole."

Yes, if you have MassHealth or if you qualify for "Extra Help" (LIS)

Every month, you can change your Part D drug plan or Medicare Advantage plan.

Yes, if you are first becoming eligible for Medicare, or if you lose your current health insurance

Special rules will apply.

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call Seekonk Human Services at 508-336-8772.



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

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 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.

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.**