

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

## June 2014

### DIABETES BINGO

Wednesday, June 4 @ 10 am



John Quintas from the Diabetes Association is coming back to follow up on his last presentation. Mr. Quintas informs individuals who live with diabetes or may become diabetic correct

ways of living a healthy lifestyle. This is very informative and fun way of learning about diabetes. Lunch will be Meatloaf, Mashed Potatoes, and Veggies for \$3. Please sign up in advance at 508-336-8772.



Come help us celebrate  
**TRIAD's 16th Birthday Party**  
Wednesday, June 25 @ 10 am

Seekonk TRIAD is a three-way commitment among the Seekonk Police/Fire Department, Bristol County Sheriff's Office & Seekonk Senior Community To work together by creating programs beneficial to enhancing the quality of life of Seekonk's senior residents

A delicious brunch of  
Baked French Toast, Eggs, Bacon and Fruit Salad  
For free

Seating is limited, please call to sign up  
508-336-8772



Elders receiving food stamps, supplementary security income (SSI), Medicaid, fuel assistance, housing assistance or are enrolled in similar programs are eligible. Coupons are available in limited amounts and will be distributed on a first come, first served basis. Elders must obtain coupons in person, if you are unable to come in person, a proxy form must be completed prior to distribution. **NOTE: If you have a Brown Bag delivered to your home/apartment, fresh produce will be in your bag each month. You will NOT be eligible to receive farmers' market coupons. Farmers' Market will begin in July, be on the look out in the July newsletter!**

### INDEPENDENT LIVING

Wednesday, June 11 @ 10am

Wendy Gonzales from Southcoast Center for Independent Living (SCIL) will be presenting programs that are offered through SCIL. SCIL helps people with disabilities helps them make decisions and choose services that would be beneficial for them. Lunch will be Meatball Subs for \$3. Please sign up in advance 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.

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

Beverly Della Grota

Guy Boulay

Christine Allen

Anita Gendron

**TREASURER**

Anne Libby

**SECRETARY**

Rene Andrews

**VICE CHAIRPERSON**

Victoria Kinniburgh

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**EXECUTIVE DIRECTOR**

508-336-8772

**SEEKONK HUMAN SERVICES STAFF**

### MEN'S BREAKFAST

Thursday, June 12, 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. Dave Miller will be the speaker this month.

### THE IMPORTANCE OF EXERCISE

EXERCISE is one of the best defenses against many problems that are associated with aging. Many people think that as we age, we tend to slow down and do less; that physical decline is an inevitable consequence of aging. For the most part that is not true. Much of the physical decline that we attribute to old age is actually due to inactivity. Being sedentary, not just the aging process, is a major contributor to the degeneration of bones and muscles. Incredible declines in functional abilities involving flexibility, strength and energy, invariably happen when we don't exercise. For older adults, this translates into difficulties with everyday activities such as climbing stairs, rising from a chair, and carrying groceries.

### A number of recent studies have demonstrated that:

- ◆ Weight training exercise, especially later in life, was found to reduce the risk of falls by 31%
- ◆ TAI CHAI, a Chinese martial art that emphasizes balance, was found to be the most helpful
- ◆ Low-intensity activities, done 30 minutes each day, can have some long-term health benefits

**But, what if it's been years since I have exercised? Can I still benefit?** Definitely! Even if you have health problems that limit your mobility or your endurance, you can still enjoy activities to help you get the results that will make a difference. Why not start with a walk? Walking can provide the same benefits for everyone. Did you know walking can provide the same benefits as more strenuous activities such as swimming, bicycling or jogging? It's a terrific form of exercise, and improves functions of your heart and lungs.

### 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

### WOMEN'S BRUNCH

Thursday, June 19, 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.

### MEDICARE AND MENTAL HEALTH BENEFITS

Since January 2014, Original Medicare increased its payment for **most outpatient mental health services** to the same 80% level as other Medicare Part B services: you or your supplemental insurance must pay the remaining 20 percent coinsurance.

**Medicare Advantage** plans must cover the same services as Original Medicare, but your plan will likely require an in-network mental health care provider. If you have a Medicare Advantage plan, contact your plan to find out about your copayments.

You can receive mental health services in an outpatient hospital program, at a doctor's or therapist's office or a clinic. Medicare will help pay for outpatient mental health services from general and nurse practitioners, physicians' assistants, psychiatrists, clinical psychologists, clinical social workers or clinical nurse specialists, as long as they are Medicare providers. Know that psychiatrists are less likely to **not** accept Medicare than other practitioners.

*Ask your provider if they take Medicare before you begin receiving services!*

Medicare covers yearly screenings to detect depression. (Part D) Medicare prescription drug plans must cover nearly all antidepressant, antipsychotic, and anticonvulsant prescription drugs used to treat mental health conditions.

Original Medicare and Medicare Advantage plans continue to provide coverage for inpatient mental health services.

To better understand and access Medicare benefits, call Seekonk Human Services at 508-336-8772 and ask for a free, confidential SHINE appointment to discuss Medicare health insurance.

### 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.

### COOLING CENTER

Seekonk Human Services is happy to announce that we are working with Seekonk Public Safety again to create a cooling center on those extreme humid and hot days where it can be unbearable. The cooling center will be Monday through Saturday on the days of extreme heat. Any of the Town buildings can be used as a cooling center such as the Library, Town Hall, and Seekonk Human Services. Please call Seekonk Human Services at 508-336-8772 if you have any questions regarding the cooling center.



### Seekonk Human Services

320 Pleasant Street  
Seekonk, MA

Phone: 508-336-8772

Fax: 508-336-2239

Email: [bhuck@seekonk-ma.gov](mailto: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.**