

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

## March 2014

### WJAR: MARK SEARLES

Wednesday, March 5 @ 10am

Join Seekonk Human Services as our guest speaker Mark Searles from WJAR. Mr. Searles will be presenting weather tracking information. Learn first hand what really happens when predicting the weather. Come and join us for this great presentation followed by lunch. Lunch will be tuna sandwiches and clam chowder for \$3. Please call in advance to sign up for lunch at 508-336-8772.



Seekonk Human  
Services Valentines Day  
Couple:  
Moe and Evelyn  
Trenteseaux

Moe and Evelyn have  
been married for 63  
years.



### ST. PATRICKS DAY PARTY

Wednesday, March 12 @ 10am

Come join us as we celebrate St. Patrick's Day with Barney O'Mallon, who will serenade you with Irish songs and a sing along.

A delicious lunch of Corned Beef, Cabbage, Potatoes and Carrots for \$3

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

### TRIAD: MICHELLE BENESKI

Wednesday, March 26 @ 10am

Michelle Beneski is an Elder Law Attorney out of New Bedford Massachusetts. Michelle is interested in protecting elders and their families in setting up future plans. She is one of two attorneys in Bristol County Mass that is a Certified Elder Law attorney. This presentation will go over how to be prepared, what to look out for, and to help protect your assets for the future. Lunch will be meatloaf, mashed potatoes, and veggies for \$3. Please call up to sign up for lunch and the activity at 508-336-8772.

### 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

### BROWN BAGS

Attention Brown Bag clients: Brown Bags will be on schedule for Wednesday, March 26, 2014. Delivery time will be 9:30am—11:00am. Pick up time will be 11:30am—1:00pm. If you have any questions please call Seekonk Human Services at 508-336-8772.

Daylight Saving Time Begins  
Don't Forget To Turn Your Clock(s)  
Spring Forward  
March 9, 2014

### 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

OUTREACH MANAGERS

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.

### EXPLORATION WEDNESDAYS

- ⇒ April 2— Virtual Dementia Tour  
Lunch: Meatball Subs for \$3
- ⇒ April 9— Easter Party  
Lunch: Ham, Au Gratin Potatoes, and Veggies for \$3
- ⇒ April 23— TRIAD: Safe Driving Class  
Lunch: Pot Roast, Mashed Potatoes, and Veggies for **FREE**  
(Must attend class for free lunch)
- ⇒ April 30— What are the Newest Fads in Nutrition?  
Lunch: **TBD**

### MEN'S BREAKFAST

**Thursday, March 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, March 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.

### 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.

### 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

### 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

### FREE MEDICAL EQUIPMENT

Our FREE Medical Loan Closet provides temporary loan of medical equipment 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.

#### 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.**