

Seekonk Human Services
320 Pleasant Street
Seekonk, MA 02771

PRSRT STANDARD
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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

May 2014



BENEFITS OF CHOCOLATE
AND COFFEE

Wednesday, May 7 @ 10 am

Guess what? Chocolate and coffee (in moderation) may be good for your health! Learn about the benefits that coffee and dark chocolate may have for you (yeah!!!) No overindulging, please! This is presented by Bonnie Ryvicker from the Community VNA. Lunch will be Venus de Milo Soup for \$3. Please sign up in advance for the presentation and lunch.

LYME DISEASE PREVENTION & CARE

Wednesday, May 14 @ 10 am

Presentation and hands-on demonstration about mosquitoes and information on avoiding mosquito bites will be presented. Information on ticks and Lyme disease will also be discussed. Fact sheets on vector-borne diseases such as EEE, WNV, and Lyme disease and preventing bites will be available. I will answer questions on the services provided by Bristol Co. Mosquito Control Project. Live mosquito larvae and samples of mosquito eggs and adults and adult ticks will be available to look at. Lunch will be Chicken Salad Sandwiches for \$3. Please sign up in advance for the presentation and lunch.

FREE HEARING SCREENING

Thursday, May 29 from 10am—12pm

The screening takes about 10 minutes and in that time we check their ear canal for wax buildup and screen them for hearing loss with an audiometer. Residents who already have hearing aids, we can check them and replace the batteries and answer any questions that they may have. Appointments start at 10am. Please call Seekonk Human Services at 508-336-8772 to schedule your free hearing screening!

APOLOGY TO THE SENIORS

Seekonk Human Services would like to apologize for its previous Town Crier joke in the April issue. The purpose of the joke was to enlighten the mood due to the gloomy winter we had endured. There was no intention to offend anyone or be disrespectful to the senior population of our Town. Please accept our sincerest apology.

TRIAD: First Aid

Wednesday, May 28 @ 10am

This month TRIAD will go over the important of first aid. Having a well stocked first aid kit ready at all times is important in all households. First aid kits should include bandages, instant cold packs, ointments, medications among other important items. It is important to check your first aid kit every three months. Lunch will be Pizza and Salad for \$3. Please sign up in advance by calling 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.

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 Bettencourt, Loretta Ferreira ext. 10

SEEKONK HUMAN SERVICES
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Anne Libby
TREASURER
Anita Gendron
Christine Allen
Guy Boulay
Beverly Della Grotta
Board Meets fourth Monday of the month
@ 3:30pm in the
Board of Selectmen Meeting Room

MEN'S BREAKFAST

Thursday, May 8, 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, May 15, 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.



Elder Dental Program

Free Dental Screening Clinic for Seniors!

Saturday, May 17, 2014

9:00 am—1:00 pm

Attleboro Council on Aging

Rev. Larsen Senior Center, 25 South Main Street

Dental professionals at the clinic will:

- ◆ Diagnose dental problems
- ◆ Check for oral cancer
- ◆ Talk one-on-one about taking care of teeth, gums, and dentures
- ◆ Discuss nutrition choices
- ◆ Clean dentures using a specialized machine
- ◆ Label dentures to prevent loss
- ◆ Sign up for eligible low-income seniors for a low-cost dental program

The clinic is open to all seniors, age 60+, residing in Greater Attleboro, Fall River, and Taunton areas. To schedule your FREE appointment at the screening, call the Attleboro Council on Aging at (774) 203-1906.

The Free Dental Screening clinic has been underwritten by a grant from the Attleboro Rotary Club and is funded in part by a grant from Bristol Elder Services, Inc. through contracts with the Massachusetts Executive Office of Elder Affairs and by a grant from United Way of Greater Attleboro/Taunton.

EXPLORATION WEDNESDAYS

- ⇒ June 4th—Diabetes Association, John Quintas
Lunch: Meatloaf, mashed potatoes and veggies for \$3
- ⇒ June 11th—Individual Living
Lunch: Meatball Subs for \$3
- ⇒ June 25th—TRIAD: 15th Birthday Party
Lunch: Baked French Toast, Bacon and Fruit Salad for \$3

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.

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.



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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.