

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

October 2014

IN SEARCH OF HAPPINESS

Wednesday, October 1, 2014 @ 10am

Did you know that our founding fathers' felt that happiness is one of our inalienable rights? So, what is it and where do we find it? Join us for a discussion on how to improve your own ability to be happy. *Presented by Bonnie Ryvicker.* Lunch will be American Chop Suey for \$3. Please sign up in advance for the activity and lunch by calling 508-336-8772.

JOHN QUINTAS

DIABETES COOKING CLASS

Wednesday, October 8, 2014 @ 10am

John Quintas from the Diabetes Association is coming back to do a cooking class! During this cooking class you will learn the essentials to cooking for diabetes by making healthier choices. Lunch will be meatball subs for \$3. Please sign up in advance for the activity and lunch by calling 508-336-8772.

TRIAD: FALL SAFETY

Wednesday, October 22, 2014 @ 10am

Are you ready for the fall and winter months ahead? It's time to prepare your house for the months to come. Does your furnace or chimney need to be cleaned? Be ready for those winter months with some important safety tips! Lunch will be a Chicken Dinner for \$3. Please sign up in advance for the activity and lunch by calling 508-336-8772.

EXPLORATION WEDNESDAYS

- ◆ November 5: Veterans Day Celebration
Lunch: Turkey Dinner for \$3
- ◆ November 12: Atria Bay Spring Cooking Class
Lunch: Pasta and Meatballs for \$3
- ◆ December 3: TBD
- ◆ December 10: Christmas Party
Lunch: Pot Roast Dinner for \$3

7th ANNUAL FOOD FOR FUEL PASTA FEST

Wednesday, October 22, 2014

Seekonk High School

4:30 – 7:00pm, Open Seating

ADULTS: \$10: CHILDREN 12 & UNDER \$5



Please help your neighbors have a safe winter! With rising costs of fuel, our neighbors are in need of assistance and the only way it can be done is with your help! Sponsored by the Seekonk Non-Profit Coalition—Benefiting Fuel & Utility Fund

of Seekonk Human Services. Tickets will be sold in advance and take out will be available. Please call 502-336-8772 for tickets. ***Dessert donations will be greatly appreciated. Please bring them to the Seekonk High School.**



HALLOWEEN PARTY

Wednesday, October 29, 2014 @ 10am

Our Halloween Party will feature a delicious lunch of Meatloaf for \$3

Wear a costume if you like,
Prizes will be award for the best costumes

Please sign up in advance for the part and lunch by calling 508-336-8772

Entertainment by: **Barney Mallon**



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

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 ext. 10

MEN'S BREAKFAST

Thursday, October 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.

HOLIDAY BASKETS & MEALS



Thanksgiving Food Baskets

Anyone who receives food from Doorways Food Pantry is eligible to receive a Thanksgiving turkey from Doorways. If you are not currently participating in Doorways, you may call the Outreach Department at Seekonk Human Services

for an appointment to receive a holiday basket. You will need to fill out an intake form. Please call 508-336-8772 by **Thursday, October 23rd** if you or anyone you know needs a basket. Anyone who is homebound and would like to have a hot meal delivered on Thanksgiving should sign up at Seekonk Human Services by **Friday, November 14th**. Please call 508-336-8772 to have your name put on the list.

DAYLIGHTS SAVING TIME END

SUNDAY, NOVEMBER 2, 2014



It's almost that time of the year! Daylights savings time will be ending on Sunday, November 2, 2014. This is a perfect time to change your smoke detector and carbon monoxide batteries. Remember

fall back — gain an hour of sleep! If you need assistance changing you're the batteries, please call Seekonk Human Services at 508-336-8772.



MONTHLY NEWSLETTER ONLINE

*The Town Crier website link is

www.seekonk-ma.gov

Click on Departments

Click on Human Services

WOMEN'S BRUNCH

Thursday, October 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 brunch, order what you want, pay for what you order.

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 \$32,618, for 2 people is \$42,654, for 3 people is \$52,691, and for 4 people is \$62,727. 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

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.

OPEN ENROLLMENT FOR MEDICARE

October 15th—December 7th

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2015: *it is important to review, understand and save this information.*

During **Medicare Open Enrollment, from October 15th to December 7th**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer **FREE** and **CONFIDENTIAL** counseling on all Medicare and related health insurance programs. To make an appointment with a SHINE counselor, call your local senior center **now!**



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 9:00 am to 3:00 pm and Fridays 9:00 am to 11:00 am. 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.**