

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

September 2014



Congratulations to all the seniors of Seekonk. Soon we will finally have a center of our own! On August 6th, the Board of Selectmen approved the purchase of American Pools on Arcade Avenue to be renovated to meet our needs. We would like once again to thank the Building Committee for their commitment to the seniors. We extend our appreciation to the residents, elected officials and our Town Administrator, Shawn Cadime, for the continuous support and dedication.

FADS IN NUTRITION

Wednesday, Sept. 10, 2014 @ 10am

How can we incorporate the newest fads in nutrition in our diet? What is on the abundant food list? What are “good” proteins, carbohydrates, and fats? What are bad carbohydrates, proteins and fats? Tips for “shifting the flab.” Lunch will be American Chop Suey for \$3. Please sign up in advanced for lunch and the activity at 508-336-8772.

TRIAD: SCAMS

Wednesday, Sept. 24, 2014 @ 10am

Michelle Hines will be updating you on the most current scams that are happening. Anyone can become a victim of a scam. Learn the signs and what to do to protect yourself from scams. Lunch will be Chicken Pot Pies for \$3. Please sign up in advanced for lunch and the activity at 508-336-8772.

BE ON THE LOOKOUT!
Coming this October the 7th
Annual Food for Fuel Pasta
Fest!



SCAM, BE ON THE LOOKOUT!

Seniors are being scammed out of their hard earned money. Know where your money is going. Look at the checks you are writing and if you do not personally know the people you are sending your money to, you could be getting scammed. Speak to your children or to the police and see if your money is going to a legitimate place.

Scams out there now:

- ◆ You owe money to the IRS, the IRS doesn’t want pre-paid gift cards: NO
- ◆ You won the Publishers Clearing House sweepstakes, and you have to give them money and/or your account numbers: NO.
- ◆ Someone calls you on the phone and tells you a relative is in jail and needs you to pay his bail money: NO.
- ◆ People calling you on the phone and they want your money: HANG UP.

Don’t be embarrassed to speak to someone you already trust to find out if the money you are sending out is going to a legitimate place. Too many of you are being scammed and the Police department wants you to feel secure enough with us to allow us to help you. Speak to an officer about questionable money transactions.

EXPLORATION WEDNESDAYS

- ◆ October 1: TBD
- ◆ October 8: John Quintas, Diabetes Cooking Class
Lunch: Meatball Subs for \$3
- ◆ October 22: Fall Safety
Lunch: Pizza and Salad for \$3
- ◆ October 29: Halloween Party
Lunch: Meatloaf Dinner for \$3

**SEEKONK HUMAN SERVICES
EXECUTIVE BOARD MEMBERS**

CHAIRPERSON
Victoria Kinniburgh

VICE CHAIRPERSON
Rene Andrews

SECRETARY
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**

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, September 11, 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.

ELDER DENTAL PROGRAM

If you or a loved one is seeking oral health care at rates that are more affordable, the Elder Dental Program may be able to help. We are a community-based, non-profit program dedicated to helping low-income, area adults, age 60 and older, to access quality dental care at greatly reduced costs

The Elder Dental Program relies on a network of local dentists who volunteer to treat low-income older adults at significantly reduced fees.

The Elder Dental Program advocates for greater access to quality, affordable oral health care for individuals of all ages. The Community VNA sponsors Free Dental Screening Clinics for anyone age 60 or over (regardless of financial status), and host these screening events throughout the Elder Dental Program service area.

For more information about the Elder Dental Program and to learn whether you qualify financially, based on income and savings, contact us at 781-769-3710 or elderdental@verizon.net

Who qualifies for the program?

- ◆ Are age 60 or older
- ◆ Do not have dental insurance
- ◆ Live in the program service area*
- ◆ Have an annual income less than \$28,725 (\$38,775 for a couple)
- ◆ Have savings less than \$22,693 (\$45,041 for a couple)

*Current service area includes the Massachusetts communities Attleboro, Canton, Dedham, Foxboro, Mansfield, Medfield, Millis, Norfolk, North Attleboro, Norton, Norwood, Plainville, Rehoboth, Seekonk, Sharon, Walpole, Westwood, Wrentham and others upon request.

WOMEN'S BRUNCH

Thursday, September 18, 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.

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

MONTHLY NEWSLETTER ONLINE

*The Town Crier website link is

www.seekonk-ma.gov

Click on Departments

Click on Human Services

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 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.**