

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

## July/August 2015

### Farmers' Market

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're a Brown Bag participant fresh produce will be in your bag each month. You will NOT be eligible to receive farmers' market coupons. Please call 508-336-8772 to confirm coupons are available.**

#### MEN'S BREAKFAST

Thursday, July 9, 2015 @ 8:30am  
Thursday, August 13, 2015 @ 8:30am  
Toti's Restaurant

All men 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, July 16, 2015 @ 10:00am  
Thursday, August 20, 2015 @ 10:00am  
Toti's Restaurant

All women 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.

#### 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.



#### MEDICARE NEWS-HOSPITAL STATUS AFFECTS WHAT YOU PAY

It's important to understand your Medicare benefits—know your rights. Your hospital status, whether you're inpatient or outpatient, affects how much you pay for hospital services (like X-rays, prescription drugs and lab tests). More importantly, it will affect whether Medicare will cover care you get in a skilled nursing facility (SNF) following your hospital stay, even for rehabilitation services. You're "inpatient" starting when you're formally admitted to the hospital with a doctor's order. You're "outpatient" if you're getting emergency department services, observation services, outpatient surgery, lab tests, or X-rays, or any other hospital services, and the doctor hasn't written an order to **ADMIT** you to a hospital as an inpatient. In these cases, you're an outpatient even if you spend the night in the hospital. **IMPORTANT:** Time you spend in a hospital as an OUTPATIENT before you're admitted does NOT count toward the 3-day inpatient days needed to qualify for a stay in a Skilled Nursing Facility (even for Rehab). You must also enter the SNF within a short time (generally 30 days) of leaving the hospital. Medicare regulations can be very complex. Whenever spending time at a hospital, be sure to ask if your admission status is INPATIENT or OUTPATIENT (which normally means for OBSERVATION). The answer could have a major impact on how you are billed.

#### 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 Cartwright ext. 12  
CLERICAL ASSISTANT  
Kimberly Mallon ext. 13  
EDUCATIONAL & SOCIAL PROGRAMS  
Karen Stutz ext. 14  
OUTREACH MANAGERS  
Adriana Dossantos LSW ext. 11  
Veronica Brickley ext. 17  
LPN BA SOC LSWA  
SENIOR AIDES  
Sharon Bettencourt ext. 16

## KEEP YOUR COOL IN THE HOT WEATHER BY THE CDC

### Learn about heat-related illness and how to stay cool and safe in hot weather.

Getting too hot can make you sick. You can become ill from the heat if your body can't compensate for it and properly cool you off. Heat exposure can even kill you: it caused 7,233 heat-related deaths in the United States from 1999 to 2009.

Main things affecting your body's ability to cool itself during extremely hot weather:

- ◆ **High humidity.** When the humidity is high, sweat won't evaporate as quickly, which keeps your body from releasing heat as fast as it may need to.
- ◆ **Personal factors.** Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use can play a role in whether a person can cool off enough in very hot weather

**People at greatest risk for heat-related illness** can take the following protective actions to prevent illness or death:

- ◆ People who are at highest risk are **the elderly, the very young, and people with chronic diseases or mental illness**
- ◆ **Even young and healthy people can get sick from the heat** if they participate in strenuous physical activities during hot weather.
- ◆ **Air-conditioning is the number one protective factor** against heat-related illness and death. If a home is not air-conditioned, people can reduce their risk for heat-related illness by spending time in public facilities that are air-conditioned.

**Take these steps** to prevent heat-related illnesses, injuries, and deaths during hot weather:

- ◆ Stay in an air-conditioned indoor location as much as possible.
- ◆ Drink plenty of fluids even if you don't feel thirsty.
- ◆ Schedule outdoor activities carefully.
- ◆ Wear loose, lightweight, light-colored clothing and sunscreen.
- ◆ Pace yourself.
- ◆ Take cool showers or baths to cool down.
- ◆ Check on a friend or neighbor and have someone do the same for you.
- ◆ Do not leave children or pets in cars.

## MEDWHEELS LONG DISTANCE MEDICAL TRANSPORTATION

### What is MedWheels?

MedWheels is a shared long distance transportation program funded through the United Way of Greater Attleboro/Taunton for seniors 60 years of age or older and people with disabilities who have exhausted all other transportation options. Eligible persons who live in Attleboro, Berkley, Dighton, Mansfield, North Attleboro, Norton, Plainville, Raynham, Rehoboth, Seekonk or Taunton. There is a limit to how often you can use this service each month. Call GATRA for additional information.

### How do I make MedWheels reservations?

Call 508-823-8828 Ext. 263 Monday through Friday from 8:00am until 4:00pm. 48 hours advance notice is required. When making reservation for MedWheels please tell the GATRA customer service representative that you are calling for the MedWheels Program. If you need to reschedule or cancel your trip, please contact MedWheels within 24 hours.

Please have the following information available:

- ◆ Where are you to be picked up
- ◆ The date, time and destination of your medical appointment
- ◆ A telephone number of the doctor's office or medical facility you be visiting.

### Additional Information

#### Escorts/Personal Care Attendants:

Our drivers cannot leave their vehicles unattended. If you require assistance to enter and exit a facility, you may bring an escort or personal care attendant as long as additional seating is available on the day of your appointment. Reservations for escorts or personal care attendants must be made at the same time you call for your reservation.

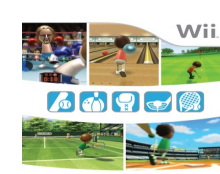
#### Return Trips:

Please call when your appointment is complete and we will schedule you on the appropriate return trip.



## Wii Fun

Fridays @ 10am

 Come join us for some Wii Fun! The Wii is an excellent way to have fun and be active. Call Seekonk Human Services @ 508-336-8772 for more information. No sign up is necessary just come in!

### BLOOD PRESSURE & GLUCOSE CLINIC

Wednesday, July 15 & August 19, 2015

Seekonk Human Services

9:00am—10:30am

Seekonk Human Services has partnered with the **Seekonk Fire Department** to provide a blood pressure & glucose screening on the 3rd Wednesday of the month from 9:00am to 10:30am. This is a perfect opportunity to get your blood pressure & glucose tested. This is a first come first serve clinic.

### SENIOR AID PROGRAM

This program enables us to help employ low-income individuals, age 55 and older, throughout the Commonwealth. Enrollees are placed in temporary training assignments where they gain valuable on-the-job work experience and training needed to gain employment in the private sector. Enrollees benefit from training, counseling, and community service assignments at non-profit organizations in their communities. Participants are placed at eligible training sites for which they are paid minimum wage for 20 hours per week. Interested participants can contact James Souza at 508-679-0041 to fill out an application.

#### 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.

\* 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.

## 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.**

### 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**  
Monday, Wednesday and Friday @ 11am

\*Must be a Seekonk Resident

### FREE MEDICAL EQUIPMENT

Our FREE Medical Loan Closet is available to Seekonk residents. We are in need of wheelchairs. Please call Seekonk Human Services to schedule pick up/drop off and/or donations at 508-336-8772.

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.