

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 2015



**Daylights Saving Time Begins
Don't Forget To Turn Your Clock
Spring Forward
March 9, 2015**

5 THINGS TO KNOW ABOUT HEARING AIDS Wednesday, March 4, 2015 @ 10am

Paul Barry, a Board Certified Hearing Instrument Specialist from Mass Audiology, will be speaking about "The Five Things You Must Know About Hearing Aids." If you wear hearing aids now, know someone who wears hearing aids, or are you thinking about hearing aids for you or a loved one, come for an interactive learning experience where all questions are fair game. Lunch will be American Chop Suey for \$3. Please sign up in advance as seating is limited by calling 508-336-8772.



ST. PATRICK'S DAY PARTY Tuesday, March 17, 2015 @ 10am

Come join us as we celebrate St. Patrick's Day with a favorite traditional meal of corned beef, cabbage, potatoes, carrots, coffee and desert for \$3 and singing some traditional Irish music!

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

**Entertainment by
Barney O'Mallon Karaoke King**



TRIAD: HOW TO BE MORE RESILIENT Wednesday, March 25, 2015 @ 10am

All of us have times of stress, worry, loss, and even limitations in our lives. How we respond to these can truly impact our well-being. We all can take steps to increase and improve our resilience which is wonderful. Learn quick tips and skills to help make you better prepared to "bounce back" and move forward in a positive direction, healthier and happier. This is presented by Stacey Hiltner from the Community VNA. Lunch will be a meatloaf dinner for \$3. Please sign up in advance as seating is limited by calling 508-336-8772.



EASTER PARTY Wednesday, April 1, 2015 @ 10am

Come celebrate Easter with us!
Wear your favorite bonnet, hat or tie!

Lunch will be ham, au gratin potatoes and veggies for \$3

Please sign up for the party and lunch in advanced as seating is limited by calling 508-336-8772



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.

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. 16

EXPLORATION WEDNESDAYS

- ◆ April 1—Easter Party
Lunch: Ham, Au Gratin Potatoes, & Veggies for \$3
- ◆ April 8 – Diabetes BINGO with John Quintas
Lunch: Chicken Pot Pie, Mashed Potatoes, & Veggies for \$3
- ◆ April 22– TBD
Lunch: TBD
- ◆ April 29– Home Instead
Lunch: TBD

MEN'S BREAKFAST

Thursday, March 12, 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. **Dave Bowden will be giving a Senior Center update.**

WOMEN'S BRUNCH

Thursday, March 19, 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.

BLOOD PRESSURE & GLUCOSE CLINIC

Wednesday, March 18, 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 first come first serve clinic.

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.

FREE TAX PREPARATION

AARP Foundation Tax-Aide, will be preparing taxes at the Seekonk Town Hall on Thursdays from February 5 until April 9 with appointments at 9am, 10am and 11am. Appointments can be made by calling Seekonk Human Services at 508-336-8772.

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.**

A new program offered by Seekonk Total Fitness is 6 Weeks to Wellness!

Who may benefit from the 6 Weeks to Wellness program? Anyone who has experienced:

- ◆ Joint Replacement
- ◆ Arthritis
- ◆ Low Back Pain
- ◆ Osteoporosis
- ◆ Diabetes
- ◆ Obesity
- ◆ Hypertension
- ◆ Neuromuscular Disorder
- ◆ Fibromyalgia
- ◆ Other (as determined by physician)

What will I receive with this program?

- ◆ Six 30-minute Personal Training sessions (one each week)
- ◆ Full Access to all classes
- ◆ Full Membership privileges

What is the cost?

Your investment is **\$60** for 6 weeks

How do I get started?

Have your physician complete a referral form that is available at our gym or at Seekonk Human Services and fax it to 508-336-4722 or call Seekonk Total Fitness at 508-336-4545 for more information.

FUEL ASSISTANCE

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.

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



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.**

Wii Fun

Fridays @ 10am



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

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.**

MONTHLY NEWSLETTER ONLINE

*The Town Crier website link is

www.seekonk-ma.gov

Click on Departments

Click on Human Services