

Seekonk Human Services
320 Pleasant Street
Seekonk, MA 02771

PRSR 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 2015

THE POWER OF RESILIENCE IN THE PROMOTION OF HEALTHY AGING

Wednesday, May 6, 2015 @ 10am

We all know that our bodies change with age. There are things which we can do to feel better about getting older. Researchers discuss the importance of being resilient in facing the many challenges of aging and disease management. Why is it that some individuals with chronic diseases can still be positive, happy and fulfilled? Their disease or age doesn't manage them, they are in control. Join us for this discussion of the power of resilience along with some suggestions that may help you enjoy a fuller life. Lunch will be Pizza and Salad for \$3. Please sign up in advanced as seating is limited by calling 508-336-8772

5 THINGS TO KNOW ABOUT HEARING AIDS

Wednesday, May 13, 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.

THE SEEKONK COMMUNITY GARDEN AT THE SEEKONK COMMONS

The Seekonk Community Garden at The Commons is seeking new gardeners for 2015. There are plots available for a fee of \$10 per season. You must supply your own water. Please contact Priscilla Dunn, 156 County Street, Seekonk, 508-336 7995.

TRIAD: RITE AID PHARMACY

Wednesday, May 27, 2015 @ 10am



Melissa Luti, Wellness Ambassador, from Rite Aid Pharmacy will be making a presentation on programs that Rite Aid offers to their seniors. Recently, Rite Aid has made it a point to make more outreach by offering advice for everyday life. Lunch will be Shepherd's Pie and dessert for \$3. Seating is limited so please call to sign up for the event and lunch at 508-336-8772.

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.

EXPLORATION WEDNESDAYS

- ◆ **June 3**— New Building Update
Lunch: Roasted Chicken, Potatoes, and Veggies for \$3
- ◆ **June 10**— TBD
Lunch:
- ◆ **June 24**—TRIAD 16th Birthday Party
Lunch: Hamburgers, Hotdogs, Potato Salad, Coleslaw, Pickles, Chips & Cake for \$3

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

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Adriana Dossantos BA. ext. 11
Veronica Brickley ext. 17
LPN BA SOC LSWA

SENIOR AIDES
Sharon Bettencourt ext. 16

MEN'S BREAKFAST

Thursday, May 14, 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, May 21, 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.

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 an outpatient, affects how much you pay for hospital services (like X-rays, 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, outpatients surgery, lab tests, or X-rays, or any other hospital services, and the doctor hasn't written an order to ADMITTED 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.



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 a reservation?

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. Come join us! Call Seekonk Human Services @ 508-336-8772 for more information. No sign up is necessary just come in!

BLOOD PRESSURE & GLUCOSE CLINIC

Wednesday, May 20, 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.

DEPARTMENT OF VETERAN AFFAIRS



The Department of Veteran Services is interested in tallying how many Purple Heart recipients we have as residents. This can be both living and deceased. We would like an approximation by June. Also, The Department of Veteran Services will be airing a monthly Veterans Update on T.V. 9. For more information contact Seth Bai at 508-336-1484 or sbai@seekonk-ma.gov

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**
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

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.**