



SEEKONK HUMAN SERVICES



Town Courier

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

April 2016



Seekonk Human Services
Will be closed on
Monday, April 18th

JEWELRY SHOW Wednesday, April 6, 2016

Seekonk resident, Maria Cabral, will be making a jewelry presentation to help you maximize the use of your collection with different combination of existing pieces. Come see the fashionable necklaces, bracelets and earrings. Lunch will be Pizza and Salad for \$3. Please sign up in advance for this activity and lunch to avoid cancellations.

A NEW SENIOR CENTER!



Driving on Arcade Avenue you will be able to see to your right or left the contractors working on the new Senior Center.

Seekonk Human Services is looking for volunteers to help develop and run programs. Volunteers are needed for:

- ⇒ Water Colors
- ⇒ Arts & Crafts
- ⇒ Adult Coloring
- ⇒ Chair Yoga
- ⇒ Strength Training

If you or anyone you know would like to offer your services, please contact Seekonk Human Services at 508-336-8772.

SENIOR SPECTACULAR

All Seniors are invited to attend



Representative Betty Poirier's
4th Senior Spectacular—2016

Friday, April 22, 2016
9:00am—2:00pm

North Attleboro Middle School
564 Landry Avenue
North Attleboro, MA 02726

- ◇ Enjoy **free continental breakfast and lunch**
- ◇ Attend **informational workshops**
- ◇ Learn about great senior benefits and discounts
- ◇ Participate in **free health screenings**
- ◇ Visit the many booths and exhibits
- ◇ **Participate** in the raffle drawing and **watch a Fashion Show**

Informational Workshops

- ◇ Health Benefits/Health Insurance
 - ◇ Including Medicare, Medicare Part D,
- ◇ Five Essential Planning Documents for Seniors

**Pre-Registration is not Required to Attend
but Preferred**

Every senior is encouraged to pre-register

***Transportation may be available through
Seekonk Human Services with registration**

SEEKONK COUNCIL ON AGING

April 2016


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

						<p>1</p> <p>Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>
<p>4</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm</p>	<p>5</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p>	<p>6</p> <p>Jewelry Show @ 10am Lunch: Pizza & Salad for \$3</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>7</p> <p>Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm</p> <p>Mens Breakfast @ 8:30am Toti's Restaurant</p>	<p>8</p> <p>Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>		
<p>11</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm</p>	<p>12</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p>	<p>13</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>14</p> <p>Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm</p> <p>Womens Brunch @ 10:00am Newport Creamery, Seekonk</p>	<p>15</p> <p>Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>		
<p>18</p> 	<p>19</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p>	<p>20</p> <p>Blood Pressure Clinic 9:00am - 10:30am</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>21</p> <p>Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm</p>	<p>22</p> <p>Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>		
<p>25</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm</p>	<p>26</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p>	<p>27</p> <p>Brown Bags Delivery 9:00am - 11:00am Pickup 11:30am - 12:30pm</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>28</p> <p>Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm</p>	<p>29</p> <p>Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>		

MEN'S BREAKFAST
Thursday, April 14, 2016 @ 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, April 21, 2016 @ 10:00am
JC'S Corner (formally Lums)
717 Fall River Avenue
Seekonk, MA 02771

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.

POLICE WARNING OF IRS SCAM



Police in several area towns say residents have been receiving calls from people claiming to be from the IRS, demanding immediate payment for owed taxes and threatening people with arrest. IT'S A SCAM! Calls are being made throughout the country. If the callers leave messages, police warn residents not to call back and never give out personal information. The callers are aggressive and sophisticated phone scam artists who claim to be IRS employees. They can sound convincing and they use fake names and bogus IRS identification badge numbers. The callers may even know a lot about their targets, and they usually alter the caller ID to make it appear the IRS is calling. They usually demand prompt payment by a pre-loaded debit card or wire transfer. In addition to threatening people with arrest, they also threaten to deport people and suspend business or driver's licenses. In many cases, the caller becomes hostile and insulting, according to the IRS. Targets may also be told they have a refund due in order to trick people into sharing private information. The IRS says they never demand immediate payment or call about taxes owed without first having mailed a bill, police say anyone with any questions can call the police. If you know you don't owe taxes or have no reason to think that you owe any taxes, report the incident to the Treasury Inspector General for Tax Administration at 1-800-366-4484 and the Federal Trade Commission by using their "FTC Complaint Assistant" at FTC.gov. Add "IRS Telephone Scam" to the complaint.

STRENGTH TRAINING



Even small changes in overall muscle strength can have a huge impact on your daily activities. Carrying groceries, climbing stairs and even getting up out of a chair all require muscle. The Centers for Disease Control and Prevention (CDC) recommend people over 65 participate in strength-training workouts at least twice a week. Start with small weights like 1- and 2-pound dumbbells. Try to do 10 to 15 repetitions of a variety of exercises (such as bicep curls and triceps extensions). **Try these modified pushups:** Stand facing a wall, with your toes 12 to 18 inches from the wall. Lean forward slightly and place your palms flat on the wall at about shoulder height. Now bend your elbows. Lower your body toward the wall until your nose nearly touches the wall or get as close as you can without straining. Then push back to the starting position. Do this 10 times. This modified push-up builds chest, upper back and shoulder strength.

TWO SAFETY MEASURES, ONE PRIORITY

The Bristol County Sherriff, 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 the 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 508-336-8772.

FREE FILE OF LIFE FOLDERS



Free File of Life Folders are available at Human Services. They are designed to be kept on your refrigerator/wallet/car as an alert to emergency medical personnel of your medical information during an emergency. During those times of stress, it is difficult to remember medications and dosages. These files could save your life!

BROWN BAGS—Wednesday, April 27th



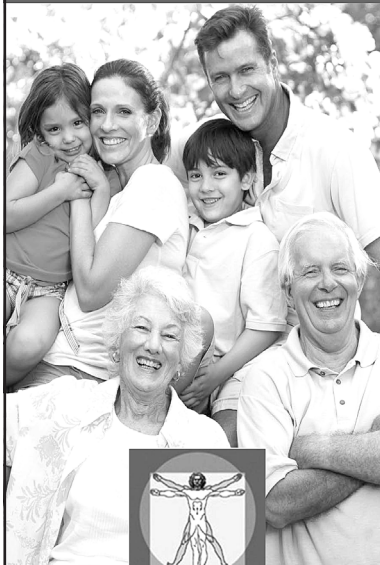
Delivery will be from 9am—11am and pick up is 11:30am—12:30pm. If you have any questions please contact Seekonk Human Services at 508-336-8772

Thank you!

On behalf of the
Seekonk Town Crier
for your support
of our newsletter



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EAST PROVIDENCE OFFICE

927B Warren Avenue
East Providence, RI 02914
Phone: (401) 438-0905
Fax: (401) 438-0903

Monday - Friday: 6:00 AM - 7:00 PM
Friday: 6:00 AM - 7:00 PM
Saturday: 7:00 AM - 12 PM

CUMBERLAND OFFICE

2295 Diamond Hill Road
Cumberland, RI 02864
Phone: (401) 305-3858
Fax: (401) 305-3859

Monday - Thursday: 7:30 AM - 7:00 PM
Fridays 7:30 AM - 4 PM



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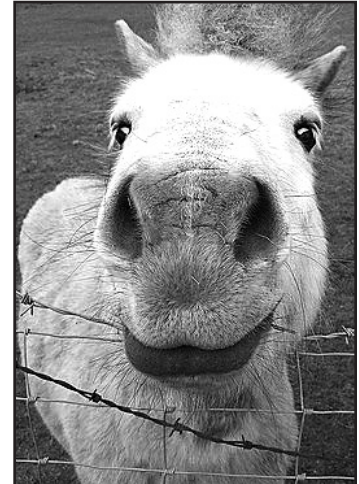
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MASS C.O.P. Local #215 F.O.P. Lodge #5
Taunton Avenue P.O. Box 353
Seekonk, Massachusetts 02771

**To be a sponsor in the next
Seekonk Town Crier
Newsletter!**

**Please contact
Tom Reily
508-336-6633
x 337**


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2016 TRIPS

CHICKEN & SLOTS

Thursday, April 28, 2016

\$54 per person (driver gratuity included)

11 am departure and 7:30pm return

Everyone's a winner! We will begin our day at *Wright's Farm Restaurant* where their fabulous dinners are served family-style. Dinner begins with rolls made daily in their own bakery served along with crisp, fresh salad topped with Wright's Farm Classic Italian dressing. These are followed by family-size portions of shell macaroni, truly unique French fries and their famous chicken. The macaroni is served with Italian sauce made from their recipe. Our next stop will be *Twin River Casino*—New England's place to play. While at Twin River, we will be treated to their bonus package which includes \$10 bonus play and \$7 food credit. Make your reservation today!

Sight & Sound Theatre— "Samson" & Penn Dutch Tour

3 Days

May 10 - 12

\$389 per person double occupancy

\$529 per person single occupancy

\$359 per person triple occupancy

Join Bloom Tours for a May tour you are sure to remember for years to come! Experience the simple life with a guided tour of Penn Dutch and a most memorable visit to the Sight and Sound Theatre for the production of "Samson" in Strasburg, Pennsylvania. This epic adventure of the "world's first superhero" is sure to be a sell out so don't delay and book early!

Includes: Roundtrip transportation, 2 Nights Accommodation at the Bird In Hand Hotel, 2 Breakfasts, 2 Dinners, Ticket to the Sight and Sound Theatre, and Tour of the Amish Countryside.

Newport Playhouse Lobsterfest

Featuring **Play It Again Sam**

Monday, June 20, 2016

10am—5pm

\$60 per person (driver gratuity included)

Join Seekonk Human Services for an exclusive trip to Newport Playhouse's Lobsterfest where you will enjoy a lunch buffet featuring a 1 1/4lb lobster with all the sides and desserts. From lunch you will enjoy **Play It Again Sam**. Allan Felix has this thing about Humphrey Bogart. If only he had some of Bogart's techniques.... Bookish and insecure with women, Allan's hero, Bogey comes with rescue, with a fantastic bevy of beauties played out in hilarious fantasy sequences. Fixed up by friends with gorgeous women, he's so awkward that even Bogey's patience is tried. Allan mostly resembles a disheveled, friendly dog and this is what ultimately charms his best friend's wife, Linda into bed. It's a tough life, making it in the world of beautiful people but if you can't be a hero it helps to have one.

***Please note: All trips leave from Seekonk Human Services unless otherwise noted. 50% deposit is required at sign up and final payment must be made two weeks prior to trip. Checks are to be made payable to the Town of Seekonk. To ensure trips are not cancelled please sign up one month prior to trip at the latest in order to give the tour company an accurate count. For any information regarding trips please contact Seekonk Human Services at 508-336-8772.**

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, April 20, 2016

Seekonk Human Services

9:00am—10:30am

Seekonk Human Services has partnered with the **Seekonk Fire Department** to provide 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.



Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!

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 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 would like to thank our residents for their donations to our Medical Loan Closet. Please call Seekonk Human Services at 508-336-8772 if you are in need of a medical loan.

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.**

Seekonk Human Services
320 Pleasant Street
Seekonk, MA 02771

PRSR STANDARD
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SEEKONK HUMAN SERVICES STAFF

508-336-8772

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Bernadette Huck, ext. 15

ASSISTANT DIRECTOR

Adriana Dossantos LSW, ext. 11

SENIOR SECRETARY

Ashley Cartwright MBA, ext. 12

CLERICAL ASSISTANT

Kimberly Mallon, ext. 13

EDUCATIONAL & SOCIAL PROGRAMS

Karen Stutz, ext. 14

OUTREACH MANAGERS

Veronica Brickley, ext. 17
LPN BA SOC LSWA

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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**