



# 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

### February 2016



Seekonk Human Services  
Will be closed



Monday, February 15th for Presidents' Day

#### DIABETES COOKING WITH JOHN QUINTAS

Wednesday, February 3, 2016 @ 10:00am

John Quintas is coming back to do more diabetes cooking. His cooking is NOT only for diabetics, it's for those who want to eat healthier and reduce the risk of diabetes. Mr. Quintas will be making with you. Please sign up in advance as space is limited and the program may be cancelled if people don't sign up ahead of time for this class. Please sign up by calling 508-336-8772. Lunch will be Venue de Milo soup and dessert for \$3. At Seekonk Human Services located at 320 Pleasant Street in Seekonk.

#### ORGANIZING AND DE-CLUTTERING

Wednesday, February 24, 2016 @ 10am

Can organizing and de-cluttering your environment improve the quality of your life? Discover the benefits of organizing your home. Making a few small changes can simplify. When you feel more organized, you experience less stress. Come and learn quick tricks and easy solutions for letting go of items and de-cluttering. Be free to focus on the important and meaningful things in your Life. Presented by Stacey Hiltner. Lunch will be Portuguese soup and pulled pork sandwiches and dessert for \$. Please call 508-336-8772 to sign up.



**VALENTINE'S DAY PARTY!!**  
Wednesday, February 10, 2016

Please join us for our annual Valentine's Day Party.

Please bring in photos of your wedding and we will try to guess who is who!

Lunch will be a choice of: Vegetable Chow Mein or French meat pie for \$3.00

Please call by: Monday, February 8, 2016 with your food choice.

Entertainment By Barney Mallon

#### THANK YOU

Seekonk Human Services would like to thank the students at Martin School for their donations during the holiday season for the seniors in town. It is greatly appreciated.





## EXPLORATION WEDNESDAYS

- **March 9th** —TBD  
Lunch: TBD for \$3
- **March 16th** —St. Patrick's Day Party  
Lunch: French meat pie, mashed potatoes, veggies and dessert for \$3
- **March 23rd** — TRIAD and Easter Party  
Lunch: Ham, Scalloped Potatoes, Veggie and dessert for \$3
- **March 30th** — Steve Nevaga, Attorney  
Lunch: TBD for \$3

## MEN'S BREAKFAST

**Thursday, February 11, 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, February 18, 2016 @ 10:00am**  
**Pazi's Place**  
**380 Taunton Ave.**

All women 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.

## IS YOUR HOME READY FOR WINTER

For any household, staying prepared is the key to safely weathering a winter storm. A good way to start is by keeping Massachusetts Electric's Power outage number **(800-465-1212)** by your non-cordless phone. Have at least one phone that is not cordless, because cordless phones won't work when the power is out. **REMEMBER:** Police and local Fire Departments are usually not the best contact for strictly reporting power outages, and often times do not have firsthand information on when the power will be restored. Your best contact is the number provided above.

## ELDERLY & HARDSHIP EXEMPTION FORMS

These forms (41 C) are available at the Assessor's Office at The Town Hall. They must be filled out with proof of eligibility and returned to the Assessor's Office by **April 1st**.

## FREE TAX PREPERATION

AARP Foundation Tax-Aide, will be preparing taxes at the Seekonk Town Hall on Thursdays from February 4—April 7 from 9:00am - 11:00 am. Appointments can be made by calling Seekonk Human Services at 508-336-8772.

## CIRCUIT BREAKER

### What is the Circuit Breaker Tax Credit?

The Circuit Breaker Tax Credit is a state income tax credit for eligible Massachusetts residents age 65 or older who paid rent or real estate taxes during the tax year. The credit is for senior homeowners and renters who meet income limits and other eligibility requirements. Homeowners may claim the credit if they paid more than 10% of their total income for real estate taxes, including water charges. Renter can count 25% of their rent as real estate tax payments.

You must file a state income tax return to claim the Circuit Breaker Credit, whether or not you have to file other-wise. If your credit is greater than the amount of income taxes you owe, the state will give you a refund for the different. That maximum credit for tax year 2015 is \$1050. **Call 508-336-8772 to see if you are eligible.**

## 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 and ends April 30th.**

### Income Guidelines:

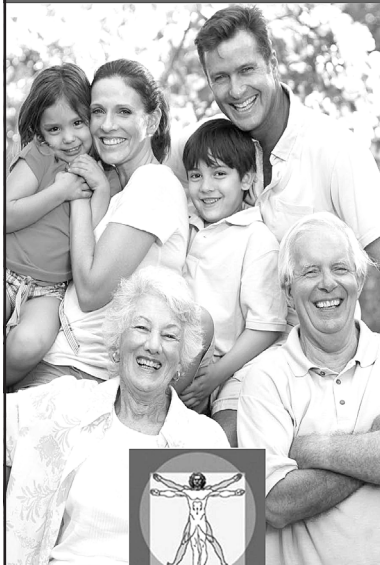
Maximum income for 1 person is \$33,126, for 2 people is \$43,319, for 3 people is \$53,511, and for 4 people is \$63,704. Income includes your social security, pensions and any interest income. For more information please call 508-336-8772

# Thank you!

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



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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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[athenanh.com/orchardviewmanor](http://athenanh.com/orchardviewmanor)

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FAX: (508) 678-1698  
[luke@bristollegal.com](mailto:luke@bristollegal.com)

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Fresh Brewed Coffee

Our Famous Hermits!

**I GOT YOU A BOUQUET OF FLOWERS FOR  
VALENTINE'S DAY**



**AND THEN I ATE IT**

Local #215 Lodge #5

**SEEKONK POLICE**

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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[www.countrygardens-health.com](http://www.countrygardens-health.com)

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**Happy Valentine's Day!**

## 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, 2015**

**10am—5pm**

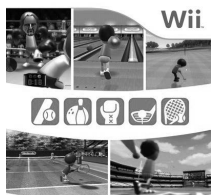
**\$60 per person (driver gratuity included)**

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, February 17, 2016**

**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.

## KNITTERS AND CROCHET

**Yarn Donation Needed!**

The knitters are busy creating hats, sweaters & mittens for infants in our town and seniors who need lap robes. Our knitters are in need of yarn to keep up with demand. Donations can be made by dropping off yarn at Seekonk Human Services, 320 Pleasant Street or by calling 508-336-8772. Thank you in advance for your donation.



## 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  
320 Pleasant Street  
Seekonk, MA

Phone: 508-336-8772

Fax: 508-336-2239

Email: [bhuck@seekonk-ma.gov](mailto: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.**

Seekonk Human Services  
320 Pleasant Street  
Seekonk, MA 02771

PRSR STANDARD  
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**Board Meets fourth Monday of the month  
@ 3:30pm in the  
Board of Selectmen Meeting Room**

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Christine Allen

Anita Gendron

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Anne Libby

**SECRETARY**

Rene Andrews

**VICE CHAIRPERSON**

Victoria Kinniburgh

**CHAIRPERSON**

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EXECUTIVE BOARD MEMBERS**

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508-336-8772**

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