



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

March 2016



Daylights Saving Times begins!
Don't Forget To Turn Your Clock
Spring Forward

Sunday, March 13, 2016



EASTER PARTY

Wednesday, March 23, 2016 @ 10am

Come celebrate Easter with us!

Wear your favorite bonnet, hat or tie!

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

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

RECYCLING

Wednesday, March 9, 2016 @ 10am

Dave Miller from DPW will be coming to do a presentation on recycling. Learn what is recyclable and what isn't. Recycling helps the community out, learn more about how recycling helps Seekonk. Lunch will be shepherds pie with dessert for \$3. Sign up in advance to avoid cancellation.



ST. PATRICK'S DAY PARTY

Wednesday, March 16, 20156 @ 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**



ATTORNEY STEPHEN NAVEGA

Wednesday, March 30, 2016 @ 10am



Local Attorney Stephen Navega will be coming to our center to do a presentation. This will include estate planning, power of attorney, medical care proxy, trusts, living trust, wills, guardianship, among other important aspects of planning. Planning for the future is inevitable, so take the opportunity to learn more about planning the future. Lunch will be American Chop Suey and dessert for \$3. Please sign up in advance to avoid cancellation.

SEEKONK COUNCIL ON AGING

March 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	2 Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	3 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm	4 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!
7 Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	8 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	9 DPW Recycling @ 10am Lunch: Shephards Pie & Dessert for \$3 Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	10 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm Mens Breakfast @ 8:30am Toti's Restaurant	11 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!
14 Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	15 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	16 St. Patrick's Day Party @ 10am Lunch: Corned beef dinner & dessert for \$3 Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	17 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm Womens Brunch @ 10:00am Newport Creamery, Seekonk	18 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!
21 Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	22 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	23 Easter Party @ 10am Lunch: Ham, potatoes, veggies & dessert for \$3 Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	24 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm	25 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!
28 Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	29 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	30 Attorney Stephen Navega @ 10am Lunch: American Chop Suey & dessert for \$3 Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	31 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm	Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm

EXPLORATION WEDNESDAYS

- April 6—TBD
Lunch:
- April 13—TBD
Lunch:
- April 27—District Attorney's Office—Scams
Lunch: TBD

MEN'S BREAKFAST

Thursday, March 10, 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, March 17, 2016 @ 10:00am
Newport Creamery
701 Fall River Avenue, Seekonk, MA

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.

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 began November 1, 2015 and ends April 30, 2016.**

Income Guidelines:

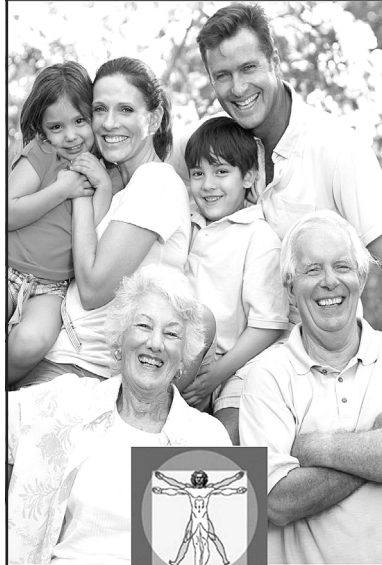
Maximum income for 1 person is \$33,126, for 2 people is \$43,319, for 3 people is \$53,511, and for 4 people is \$63,704. Income includes your social security, pensions and any interest income. For more information please call 508-336-8772

Thank you!

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



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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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Estate Planning

TEL: (508) 676-3333
FAX: (508) 678-1698
luke@bristollegal.com

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Local #215

 Lodge #5

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, March 16, 2016

Seekonk Human Services

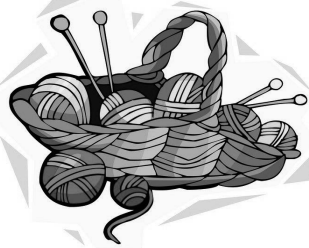
9:00am—10:30am

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

**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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SEEKONK HUMAN SERVICES STAFF

508-336-8772

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Ashley Cartwright ext. 12

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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

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Beverly Della Grotta

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