



SEEKONK HUMAN SERVICES

Town Courier



540 Arcade Avenue ~ Seekonk, MA ~ 508-336-8772

Monday through Thursday 8:30am—4:30pm ~ Fridays 8:30am—12:30pm

*Evening appointments available upon request

October 2016

THE ROAD WE ARE ALL ON HEALTHY PLANNING FOR THE FUTURE

Wednesday, October 5, 2016 @ 10am

We plan for all kinds of major events in our lives, but how many of us plan for the challenges of coping with serious illness? An overview of resources everyone should know about before there is a crisis—we'll talk about issues to consider and solutions to be found. You may be surprised to learn about the wide range of services available that can provide expert care delivered wherever you are, covered by Medicare and all private insurance. Come get answers to your questions—it's healthy planning for the future. Presented by Melissa Weidman, Director of Community Relations at HopeHealth. Lunch will be a chicken casserole for \$3. Please sign up in advanced.

FOOD FOR THOUGHT

Wednesday, October 12, 2016 @ 10am

Registered Dietician, Meghan Tiernan from Evergreen will be facilitating the Food for Thought workshop on the second Wednesday of the month from 10am—11am. There will be a different topic each month to discuss. Come on over! Lunch will be Portuguese soup and pulled pork sandwiches for \$3.

BASIC BEGINNER SIGN LANGUAGE CLASS



This is a signed English class. You will learn words, sentences and choruses. Class will meet every Tuesday through November 29th from 10am to 12pm.

Please contact Nancy Smutek to sign up for class or if you have any questions, 508-336-9547

RADIO'S GREATEST MOMENTS

Wednesday, October 19, 2016 @ 10am

Return with Richard King, Radio Historian, to the thrilling days and sounds of yesteryear with Old Time Radio's greatest moments. Richard will share his radio knowledge about the history and little known stories of performers and programs. Programs from the 1930's, 40's, and 50's will be featured and images of radio's actors, actresses, and historical events will be shown. Don't miss this opportunity to take a trip to the past and relive some great memories of "Radio: the theatre of the mind." Lunch will be roasted pork, potatoes and veggies for \$3.



HALLOWEEN PARTY

Wednesday, October 26, 2016 @ 10am

Come one, come all!
Come join the Halloween Party!

Wear your most creative costume,
Prizes will be awarded for the best costumes!

Entertainment by our very own,
Barney Mallon, Karaoke King

A delicious lunch of meatloaf, mashed potatoes
and veggies with dessert for \$3 will be served.

Please sign up and pay advanced
By calling 508-336-8772



EXPLORATION WEDNESDAYS

- **November 2**— Holiday Decorations & Trivia
Lunch: TBD
- **November 9**— Veteran's Day Celebration
Lunch: Turkey Dinner for \$3
- **November 16**—Diabetes Cooking Class
Lunch: Turkey Chili for \$3
- **November 30**—TRIAD
Lunch: TBD

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.**

Income Guidelines:

Maximum income for 1 person is \$34,001, for 2 people is \$44,463, for 3 people is \$54,925, and for 4 people is \$65,387. 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

TECH TIME

Thursday, October 13 from 2pm to 4pm

Students from MTTI in Seekonk will be coming to Seekonk Human Services on the second Thursday of the month from 2pm to 4pm to help individuals out with their electronics. Bring your laptop, tablet, or cell phone and learn what they all have to offer or clean out the hard drive of your computer.

KNITTING GROUP

Mondays 12:30pm—2:30pm

Knitting and crocheting are great activities year round. Even if you have never held knitting needles before, you can learn the basics and get started. Crocheted and knitted items are donated to many different entities. Enjoy yourself while contributing to the Seekonk Community and more.

CHAIR YOGA

Mondays 10am—10:50am

It has been shown to help alleviate or reduce many health challenges. The many benefits of Yoga have even been said to slow down the physical ailments associated with the aging process. Health benefits have included improvements in Sleep; Strength/Arthritis; Diabetes; Hypertension; Excess Weight; Mood/Anxiety; Depression; Chronic Pain as well as Breathing.

SILVER SNEAKERS

Tuesday & Thursday 10am—10:45am

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Resistance training and activities is achieved with the use of hand weights and tubing. A chair is used for seating and standing support.

BINGO

Wednesdays 1pm—3pm

Come one come all and enjoy an afternoon of BINGO. Lets see if you're the next winner!

MOVIES

Thursdays @ 1pm

Come join us on Thursday afternoons for a movie and popcorn, avoid that summer heat! Bring your friends to enjoy an afternoon out!

ADVANCED FLOOR YOGA

Fridays 9am—9:50am

This class is a Vinyasa practice that is taught at a slower pace to help students find beneficial alignment and nourishment in each pose. This a truly a practice for all and will leave you feeling energized and centered.

TAI CHI

Fridays 10:15am – 11am

This ancient but effective form of exercise helps reduce stress and anxiety. It also helps increase flexibility and balance. Its benefits can help reduce back pain and pain from knee osteoarthritis, and improve quality of life. We hope you'll join us!

HOLIDAY BASKETS & MEALS



Anyone who receives food from Doorways Food Pantry is eligible to receive a Thanksgiving turkey from Doorways. If you are not currently participating in Doorways, you may call the Outreach Department at Seekonk Human Services for an appointment to receive a holiday basket. You will need to fill out an intake form. Please call 508-336-8772 by **Wednesday, October 19th** if you or anyone you know needs a basket. Anyone who is homebound and would like to have a hot meal delivered on Thanksgiving should sign up at Seekonk Human Services by **Monday, November 14th**. Please call 508-336-8772 to have your name put on the list.

GATRA TRANSPORTATION SERVICE 1-800-483-2500

Riding Dial-A-Ride is Easy: To be considered for Dial-A-Ride service, customers must complete GATRA's Statewide Access Pass and ADA Paratransit Eligibility Application form and/or a Senior Application. **BEFORE CALLING, HAVE YOUR TRIP INFORMATION READY.** Exact address and requested travel times are required. The day before your travel date, please call the office to check your pick up times. We ask that you call the office between 4:30pm and 6:00pm Monday through Friday, and between 9am and 6pm on Saturday.

Making a Reservation: Make your reservation Monday through Friday from 8:30am to 4:30pm.

Dial-A-Ride Service Area: The Seekonk Dial-A-Ride service takes riders to the following towns ONLY:

- ⇒ **Rehoboth**
- ⇒ **Plainville** (Thursday 10am to 2pm ONLY)
- ⇒ **Attleboro** (Thursday 10am to 2pm ONLY)
- ⇒ **North Attleboro** (Thursday 10am to 2pm ONLY)
- ⇒ **East Providence, North Providence, Pawtucket, Providence** (Mon., Wed., & Fri. 10am – 2pm ONLY)

2016 TRIPS

Hu Ke Lau

Tuesday, December 6, 2016

Depart: 9:45am Return: 4:30pm

Cost: \$73 per person (driver's gratuity included)

The *Hu Ke Lau* is one of the area's premier full-service facilities, a restaurant * dinner theatre offering award-winning Polynesian dining and great shows. In addition to a great show you will enjoy a wonderful lunch. Your choice of Prime Rib or fresh baked Boston Scrod, complete with salad, rolls & butter, dessert and tea or coffee. What a better way to spend the afternoon!?

Newport Playhouse

"Nana's Naughty Knickers"

Thursday, December 8, 2016

Depart: 10am Return: 5pm

Cost: \$54 per person (driver's gratuity included)

Bridget and her Grandmother are about to become roommates. However, what Bridget saw as a unique opportunity to stay with her favorite Nana in New York for the summer quickly turns into an experience she'll never forget. It seems her sweet Grandma is running an illegal boutique from her apartment, selling hand-made naughty knickers to every senior citizen in the five borough area!

***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.**

BLOOD PRESSURE & GLUCOSE CLINIC

Wednesday, October 19, 2016

9:00am—10:30am

This is a perfect opportunity to get your blood pressure & glucose tested.

MEN'S BREAKFAST

Thursday, October 13, 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, October 20 2016 @ 10:00am

Broadway Diner, North Broadway, E.P.

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.

Do Not Ignore Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. *This information is important because it explains changes in your plan for 2017.* During Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment! **Do Not Wait Until It's Too Late!** Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and Medicare-related health insurance programs. Call Seekonk Human Services at 508-336-8772.

DAYLIGHTS SAVINGS TIME ENDS



It's almost that time of the year! Daylights savings time will be ending on **Sunday, November 6, 2016.** This is a perfect time to change your smoke detector and carbon monoxide batteries. Remember

fall back — gain an hour of sleep! If you need assistance changing your batteries, please call Seekonk Human Services at 508-336-8772.



BALANCE -- MEMORY -- WEIGHT

Three of the biggest problems for senior citizens are poor balance, memory loss and the inability to loose excess weight. Using the Wii Fit Plus program on a regular basis can help you with all three of these things. Exercise is not always easy and sometimes it hurts. This is a painless and fun way to exercise. I would love to show you how this program could help you. Contact the Senior Center at 508 336-8772 and ask them to set up an appointment with Nancy.

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

◆ **Aqua Aerobics**

Monday, Wednesday Friday @ 9:45am

*Must be a Seekonk Resident

SEEKONK SENIOR SHOPPING DAY

By GATRA (800) 483-2500

Tuesdays from 10:15am to 11:30am. GATRA will go to WalMart, Stop & Shop and Pricerite in Seekonk. Please call GATRA to schedule your shopping day.

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.

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.

* 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.



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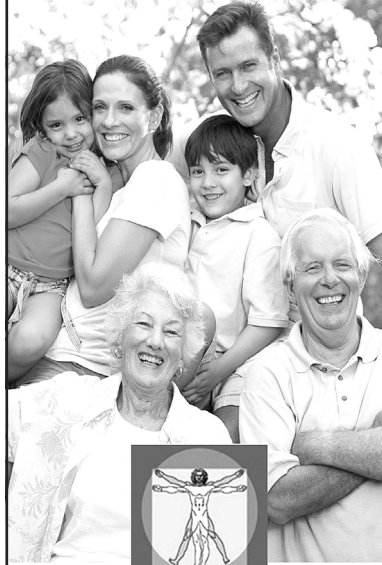


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Monday - Friday: 6:00 AM - 7:00 PM
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Saturday: 7:00 AM - 12 PM

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

Pumpkin Spice Halloween Punch Recipe

*Pumpkin pie spice and apple cider lend autumnal flavor to this Halloween take on classic sangria.
Serve in a hollowed-out pumpkin for a dramatic presentation.*



Ingredients

- 2 honeycrisp apples
- 2 pears
- 1 orange
- 1 tablespoon lemon juice
- 1/4 cup honey
- 1/4 cup brown sugar, or more to taste
- 1 cup bourbon
- 3 cups apple cider
- 1/2 teaspoon pumpkin pie spice
- 2 bottles pinot grigio, chilled
- 1 pumpkin, for serving (optional)

Directions

Thinly slice apples, pears and oranges lengthwise, then place in a large bowl. Coat with lemon juice to prevent browning. Add honey, brown sugar, bourbon, apple cider and pumpkin pie spice, stirring gently to combine. Cover and refrigerate for 2-4 hours, or overnight. Top with chilled pinot grigio and serve.

For Serving

Serve in a pitcher or punch bowl, or give the punch extra Halloween flavor by serving inside a Jack O' Lantern. Cut a circle in the top of a large pumpkin, then completely remove seeds and pulp. Fill with fruit and punch, then enjoy!

Tip: Decorate the exterior of pumpkin using a silver paint marker. Here, the cocktail name lets guests know what's inside.



Law Office of Luke P. Travis
Estate Planning

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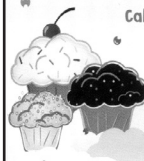
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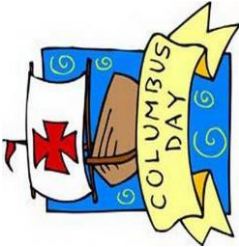


**To be a sponsor
in the next
Seekonk Town Crier
Newsletter!**

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

SEEKONK COUNCIL ON AGING

October 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chair Yoga 10am - 10:50am Knitting Club 12:30pm-2:30pm Adult Coloring 12:30pm - 2:30pm Cards (Bridge) 1pm Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	4 Silver Sneakers 10am - 10:45am Cards (Pitch) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500	5 The Road We Are All On Lunch: Chicken Casserole, \$3 BINGO from 1pm to 3pm Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	6 Silver Sneakers 10am - 10:45am Game Day 10:30am - 12:30pm Movies at 1pm "Game Plan"	7 Advanced Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm
10  COLUMBUS DAY	11 Silver Sneakers 10am - 10:45am Cards (Pitch) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500	12 Food For Thought Lunch: Portuguese Soup & Pulled Pork Sandwiches, \$3 BINGO from 1pm to 3pm Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	13 Silver Sneakers 10am - 10:45am Game Day 10:30am - 12:30pm Movies at 1pm "The Bounty Hunter" Mens Breakfast @ 8:30am Toti's Restaurant	14 Advanced Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm
17 Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm Adult Coloring 12:30pm - 2:30pm Cards (Bridge) 1pm Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	18 Silver Sneakers 10am - 10:45am Cards (Pitch) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500	19 Radio's Greatest Moments Lunch: Roasted Pork, Potatoes, & Veggies, \$3 BINGO from 1pm to 3pm Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	20 Silver Sneakers 10am - 10:45am Game Day 10:30am - 12:30pm Movies at 1pm "Crazy Stupid Love" Womens Brunch @ 10am Broadwayway Dinner, East Prov.	21 Advanced Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm
24 Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm Adult Coloring 12:30pm - 2:30pm Cards (Bridge) 1pm Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	25 Silver Sneakers 10am - 10:45am Cards (Pitch) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500	26 Halloween Party Lunch: Meatloaf, Potatoes, & Veggies, \$3 BINGO from 1pm to 3pm Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	27 Silver Sneakers 10am - 10:45am Game Day 10:30am - 12:30pm Movies at 1pm "Limitless"	28 Advanced Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm
31 Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm Adult Coloring 12:30pm - 2:30pm Cards (Bridge) 1pm Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm				

Seekonk Human Services
540 Arcade Avenue
Seekonk, MA 02771

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