



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

November 2016

HOLIDAY DECORATIONS & TRIVIA

Wednesday, November 2, 2016 @ 10am

Stacey from the VNA will be going over simple ways to decorate for the holiday's. She will discuss inexpensive ways to make your home look fabulous! Also, during this meeting holiday trivia. Lets see if you know the answer! Lunch will be American Chop Suey for \$3. Please sign up in advance for lunch and the activity!



VETERANS DAY CELEBRATION

Wednesday, November 9, 2016 @ 10am

What is Veterans Day? A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. Let us always be thankful for those who served.

Our Veterans Agent, Jim LaFlame will be our speaker at this event

A delicious turkey dinner will be served with all the fixings for \$3.

Seating is limited, Please pay and sign up advance by calling 508-336-8772



FOOD FOR THOUGHT

Thursday, November 10, 2016 @ 11am

Registered Dietician, Meghan Tiernan from Evergreen will be facilitating the Food for Thought workshop on the second Thursday of the month. There will be a different topic each month to discuss.

TECH TIME

Thursday, November 10 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.

DIABETES COOKING

Wednesday, November 16, 2016 @ 10am

John Quintas will cooking up a healthy Turkey Chili a perfect recipe for the upcoming winter months. **Lunch is open to those participating in the cooking class.** Lunch will be the Turkey Chili for \$3. Please sign up in advance for this activity.



Seekonk Human Services partnering with Seekonk Non-Profit Coalition would like to take this opportunity to thank all those who helped with the Food for Fuel Pasta Event. A special thanks to Country Kitchen, Mt. Carmel St. Vincent de Paul, Our Lady Queen Martyrs St. Vincent de Paul, Post Office, Greggs, Scialo's Bakery, Davenport's, among others who donated time and pastries. Without the help of the volunteers this event would not be as successful as it was. Over 225 tickets were sold! There were many great raffles from paintings, coloring books, baskets, among other amazing items. This even benefits the Fuel Account for the residents in need during the winter season. Again, thank you for all those who volunteered and those who bought tickets and help support this cause!

EXPLORATION WEDNESDAYS

- **December 7** - Christmas Party
Lunch: Tickets Available at Seekonk Human Services
- **December 14**— Nutritional Label Reading
Lunch: Shepherd's Pie for \$3

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.

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—1099 for 2015
 - Interest Dividends—1099 for 2015
 - Bonds—1099 for 2015
- Homeowner's must include:
 - Mortgage statement
 - Real estate tax bill
 - Insurance bill
 - Electric bill
 - Gas/Oil bill
- Renters Include:
 - Rent receipt
 - Electric bill
 - Gas/Oil bills
- Food Stamps—copy of verification
- List of all members in the household with ID and social security cards
- Copy of birth certificate for all members under 18
- If a member is over 18 and in school, must provide proof of school schedule and must sign a no-income statement
- If a student works they must provide 4 consecutive pay stubs

KNITTING GROUP

Mondays 12:30pm—2:30pm

Knitting and crocheting are great activities year round. Crocheted and knitted items are donated to many different entities. Enjoy yourself while contributing to the Seekonk Community and more.

MAHJONG

Starts Monday, November 7th @ 1pm

American mahjong utilizes racks, jokers, "Hands and Rules" score cards and has several distinct game play mechanics.

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.

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.

BINGO

Wednesdays 1pm—3pm

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

SCRABBLE

Thursdays @ 1pm

Come enjoy an afternoon playing scrabble and testing your word skills.

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.

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



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 **Monday, November 14th** 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.

CHRISTMAS BASKETS AND MEALS

Anyone who receives food from Doorways Food Pantry is eligible to receive a Christmas Basket 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 Friday, December 18th for a Christmas Basket. Anyone who is homebound and would like to have a hot meal delivered on Christmas should sign up at Seekonk Human Services by **Friday, December 16th**. Please call 508-336-8772 to sign up.



CHRISTMAS IS FOR KIDS



Seekonk Human Services will be participating in Christmas is For Kids again. Applications are available at Seekonk Human Services. Please contact Seekonk Human Services at 508-336-8772 for an application. *The program is intended for children age 0-13 years old. Application deadline is **Friday, December 9**. NOTE: Anyone interested in adopting a family for Christmas please contact Bernadette Huck, Director of Human Services @ 508-336-8772.

GATRA TRANSPORTATION SERVICE 1-800-483-2500

Riding Dial-A-Ride is Easy: To be considered for Dial-A-Ride service, customers must completed 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.)

BLOOD PRESSURE CLINIC
Wednesday, November 16, 2016
9:00am—10:30am

Community VNA will be performing our blood pressure clinic! This is a first come, first serve basis. Come on down and get your blood pressure checked.

MEN'S BREAKFAST
Thursday, November 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, November 17, 2016 @ 10:00am
Seekonk Human Services

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

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.**



Join us for a
FREE
HEARING
SCREENING

Paul Barry, HIS
Hearing Instrument Specialist

Call today to schedule your
FREE, no-obligation hearing screening.

(888) 903-2243

Mass. Audiology 425 E. Washington Street
Suite 3
North Attleboro, MA 02760

Most Credit Cards Accepted.

Financing available

Michael Fellman, Au.D., Doctor of Audiology, Lic. #495 massaudiology.com

###CFDC

Get Back In The Game!



Hands-On Care Gets Results!

Physical Therapists have a unique knowledge of how the human body works. This enables them to recognize the symptoms, progression of impairments, functional limitations and disabilities that result from injuries, disorder and disease. Healy Physical Therapy will get you back to your normal activities as quickly and safely as possible.

- ✓ **Decrease your pain**
- ✓ **Increase your strength**
- ✓ **Increase your activity level**
- ✓ **Increase your flexibility**
- ✓ **Improve your health**
- ✓ **Get you back in the game**

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



HEALY
PHYSICAL THERAPY
& SPORTS MEDICINE, INC.
KEEPING YOU IN THE GAME OF LIFE

www.healyphysicaltherapy.com

SIMPLE STUFFING

Ingredients:

2 loaves Italian bread (about 10 ounces each), torn into bite-size pieces
4 tablespoons butter, room temperature, plus more for baking dish
4 celery stalks, thinly sliced
4 shallots, minced
2 garlic cloves, minced
Coarse salt and ground pepper
1/2 cup dry white wine
1/2 cup parsley leaves, chopped
3 large eggs, lightly beaten
2 cans (14 1/2 ounces each) reduced-sodium chicken broth

Directions:

Preheat oven to 400 degrees. Arrange bread in a single layer on two rimmed baking sheets. Bake until crisp but not browned, about 10 minutes, rotating sheets halfway through.

In a large saucepan, melt butter over medium heat. Add celery, shallots, and garlic; season with salt and pepper. Cook, stirring occasionally, until vegetables are softened, 5 to 7 minutes. Add wine, and cook until evaporated, 3 to 5 minutes. Transfer to a large bowl.

To vegetables in bowl, add bread, parsley, and eggs. Season with 1 1/2 teaspoons salt and 1/4 teaspoon pepper; stir to combine. Mix in half of broth. Continue to add in more broth just until stuffing is moistened but not wet (there should not be any liquid in the bottom of the bowl).

Just before roasting turkey, stuff it with 4 cups stuffing. Spoon remaining stuffing into a buttered 8-inch square baking dish. Cover with buttered aluminum foil, and refrigerate. When turkey is removed from oven to rest, place covered baking dish in oven, and bake until warmed through, 25 to 30 minutes. Uncover and bake until golden, about 15 minutes more.



Law Office of Luke P. Travis
Estate Planning

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

P.O. BOX 3288
10 NORTH MAIN ST.
FALL RIVER, MA 02722-3288

BayCoast
BANK.

(508)678-7641
www.BayCoastBank.com

Member FDIC
Member DIF



ORCHARD VIEW MANOR

We offer a wide range of services such as:
24-Hour Skilled Nursing Care
Physical, Occupational & Speech Therapy
Medically Complex Care
Pain & Wound Management
IV Therapy



CALL US TODAY
401-438-2250

Managed by Athena Health Care Systems

135 Tripps Lane • East Providence, RI 02915
Tel: 401-438-2250 Fax: 401-438-0635
athenanh.com/orchardviewmanor



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



Community VNA.
800-220-0110

Home & Hospice Care
Private Care
Lifeline Emergency Services



www.communityvna.com

BROOKDALE
EAST BAY
SENIOR LIVING SOLUTIONS

1440 Wampanoag Trail,
East Providence, RI 02915
Main (401) 433-5000
Fax (401) 433-4541
www.brookdale.com

Scialo's County Bakery
Open 7 Days a Week
Cakes - Cookies - Pies - Pastries
Breads - Pizza - Calzones
508 336-8312
12 Olney St. (Briarwood Plaza)
Seekonk, MA 02771
Fresh Brewed Coffee
Our Famous Hermits!

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

Complimentary Investment Review



Linda M Ferreira, AAMS®
Financial Advisor

492 Winthrop St Unit 1
Rehoboth, MA 02769
508-336-4606
www.edwardjones.com

Edward Jones®
MAKING SENSE OF INVESTING

Member SIPC



Country Gardens

Health & Rehabilitation Center
A NOT FOR PROFIT FACILITY

Short Term Rehabilitation with successful outcomes

Respite Stay availability up to 30 days with 24 hour care

Permanent Placement in a caring and comfortable environment

Secured Memory Care Neighborhood

Engaging recreational programming daily

For more information or to schedule a personal tour,
please contact us:


Country Gardens Health & Rehabilitation Center
2045 G A R Hwy • Swansea, MA
Phone: 508-379-9700
www.countrygardens-health.com



**To be a sponsor
in the next
Seekonk Town Crier
Newsletter!
Please contact Tom Reily
508-336-6633 x 337**

SEEKONK COUNCIL ON AGING

November 2016

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
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	7	Silver Sneakers 10am - 10:45am Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500	1	Holiday Decorations & Trivia Lunch: American Chop Suey, \$3 BINGO from 1pm to 3pm Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	2	Silver Sneakers 10am - 10:45am Game Day 10:30am - 12:30pm Scrabble 1pm	3	Advanced Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	4
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	7	Silver Sneakers 10am - 10:45am Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500	8	Veterans Celebration Lunch: Turkey Dinner for \$3 BINGO from 1pm to 3pm Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	9	Silver Sneakers 10am - 10:45am Game Day 10:30am - 12:30pm Scrabble 1pm Tech Time 2pm to 4pm Mens Breakfast @ 8:30am Toti's Restaurant	10	Advanced Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	11
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	14	Silver Sneakers 10am - 10:45am Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500	15	Diabetes Cooking Lunch: Chili for \$3 Brown Bags BINGO from 1pm to 3pm Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	16	Silver Sneakers 10am - 10:45am Game Day 10:30am - 12:30pm Scrabble 1pm Womens Brunch @ 10am Seekonk Human Services	17	Advanced Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	18
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	21	Silver Sneakers 10am - 10:45am Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500	22	Seekonk Human Services will be closing at 12:30pm for the Holiday NO BINGO Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	23	Silver Sneakers 10am - 10:45am Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500	24	Advanced Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	25
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	28	Silver Sneakers 10am - 10:45am Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500	29	BINGO from 1pm to 3pm Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	30				

Seekonk Human Services
540 Arcade Avenue
Seekonk, MA 02771

PRSR STANDARD
US POSTAGE PAID
PROVIDENCE, RI
PERMIT NO: 1159

SEEKONK HUMAN SERVICES STAFF
508-336-8772
EXECUTIVE DIRECTOR
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

SEEKONK HUMAN SERVICES
EXECUTIVE BOARD MEMBERS
CHAIRPERSON
Victoria Kinniburgh
VICE CHAIRPERSON
Rene Andrews
SECRETARY
Anne Libby
TREASURER
Anita Gendron
Christine Allen
Guy Boulay
Beverly Della Grota
Board Meets fourth Monday of the month
@ 3:30pm in the
Board of Selectmen Meeting Room