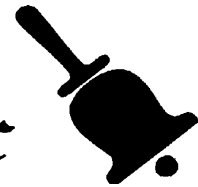




# SEEKONK HUMAN SERVICES

## 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

### April 2017



Seekonk Human Services  
Will be closed on  
**Monday, April 17, 2017**  
To observe  
Patriots Day

#### BENEFITS OF EATING CHOCOLATE

**Wednesday, April 5, 2017 @ 10am**

Optimal Home Health will be presenting the *Benefits of eating chocolate*. We will speak about the reasons that eating chocolate is good for you and even pass out samples of chocolate! Give you some helpful information about Optimal Home Health Care, how we can make your life easier and increase your quality of life. Enjoy a lunch on us! We will serve, sandwiches chips, and dessert.



#### AGING IN PLACE

**Wednesday, April 19, 2017 @ 10am**



Aging is a vast topic. It has limitless boundaries. It involves other people, their children and grandchildren and friends; doctors and hospitals and pharmaceutical companies and caregivers; homes and mortgages and

safety and accessibility; benefits and savings and investments and on and on. The Center for Disease Control defines aging in place as "the ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level." Sponsored by Home Health Smith. Lunch will be Italian Wedding Soup for \$3. Please sign up and pay advance.

#### TRIAD: BENEFITS OF ASSISTED LIVING

**Wednesday, April 26, 2017 @ 10am**

Benefits of Assisted Living range from (1) assistance with daily living activities like bathing, dressing and eating; (2) adapts to changing needs; (3) no need to maintain a home; (4) greater privacy and home-like setting; (5) opportunity to socialize with scheduled activities; and (6) lower cost than a nursing home. This presentation is sponsored by Brookdale Senior Living Solutions and presented by Ellen Scotto. Lunch will be Chicken Salad sandwiches, chips and pickles for \$3. Please sign up and pay in advance.

#### EASTER PARTY

**Wednesday, April 12, 2017 @ 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

Entertainment by Barney Mallon

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

#### MONTHLY BREAKFAST

**Tuesday, April 25**

**RISE AND SHINE!  
IT'S TIME FOR  
BREAKFAST!**



MONTHLY BREAKFAST 4th Tuesday of the month from 9:30am – 11:00am Menu and Prices Available at the Senior Center

### EXPLORATION WEDNESDAYS

- **May 3**— Vic Solo the Elvis Experience  
**Lunch:** Lasagna, Bread & Salad for \$3
- **May 10**— TBD  
**Lunch:** TBD
- **May 17**— Step on It by Kindred Health  
**Lunch:** Chicken Chili & Salad for \$3
- **May 24**— Memorial Day Celebration  
**Lunch:** Meatloaf, Veggies, Potatoes for \$3

### A HEALTHY YOU Tuesday's at 11am

Registered Nurse and Seekonk Resident, Rhonda Menard, will be providing a program called **A Healthy You**. This program will cover diabetes health, weight management, healthy recipes, and other healthy ideas. There is no sign up required for this class. This is great opportunity to speak with a Registered Nurse about being healthier!

### TECH TIME

**Thursday, April 13, 2017 @ 2pm—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.

### 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:

- ⇒ **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)

### STEP ON IT By Kindred Health

How the **STEP ON IT!** Program works:

First, group everyone into teams. The buddy system within teams has been very successful in our programs. Some communities have staff teams competing with resident teams.

The programs choose a destination to walk to. For example, your teams could walk to New Orleans and celebrate reaching their destination with a New Orleans-themed party.

Poster-sized U.S. maps are used to track team progress. Teams are competing to reach their destinations or for the greatest number of steps. Some teams virtually tour cities when they reach their destination.

Celebrate! Most communities have regularly scheduled celebrations to recognize and reward those who have improved or reached a person goal.

**Results We Are Seeing: Step On It!** Has had incredible impact on helping diabetic patients manage their sugar levels. It's helped patients suffering from dementia, including Alzheimer's, reach a higher quality of life. It's helped reduce falls. And we're just getting started.



## 2017 TRIPS

**A Day In Ogunquit**  
**Thursday, May 25, 2017**  
**Departs: 9:15am Return: 7:30pm**

**Cost: \$151 per person (Drivers Gratuity Included)**

Join us as we head to Ogunquit for lunch and show! We will start the day at Jonathan's Restaurant where you will enjoy a delicious meal. Choose from either their *Seafarer's Cache*, which includes a delightful sea-food mix baked in white wine & lemon, finished with breadcrumbs or a Broccoli and Cheese Stuffed Chicken Breast. Coffee and dessert to follow! We are then off to the Ogunquit Playhouse for their performance of MA-MA MIA! This tale full of sun and fun unfolds on a Greek island paradise when, on the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years before.

**Essex Steam Train & Riverboat**  
**Wednesday, June 21, 2017**

**Depart: 9:30am Return: 5:00pm**

**Cost: \$95 per person (driver gratuity included)**

ALL ABOARD! Join Bloom Tours & Seekonk Human Services for a special Rail & Sail in Essex, Connecticut. Upon arrival, we will stop and board at the Essex Station where we will enjoy lunch on board a dining car while you take a scenic train excursion traveling by beautiful countryside as you pass by meadows and farms. The train travels along the Connecticut River to Deep River. Upon arrival at the Deep River Station, you will board the Riverboat for a relaxing ride along the Connecticut River. Admire the picturesque views that surround the river!! Meal Choice: Beef or Chicken.

**FULL**



**Newport Playhouse Lobsterfest**  
**Tuesday, July 18, 2017**

**Depart: 10am Return 5:00pm**

**Cost: \$62 per person (driver gratuity included)**



**FULL**

Baggage: Two difficult, single people, Phyllis and Bradley, both trying to heal from their respective disappointing relationships, get their luggage mixed up at the airport. After a very disagreeable first encounter, the two decide to help each other get over their heartaches by forcing a friendship that eventually leads to the two discovering that while they may be too difficult for everyone else in the world, they are perfect for each other. Enjoy the full buffet as well as lobster if you choose!

**Happy Days are Here Again & Foxwoods**  
**Thursday, August 3, 2017**

**Depart: 8:15am Return: 6pm**

**Cost: \$74 per person (driver gratuity included)**

Test your luck with Seekonk Human Services at Foxwoods before a show at the Pequot Theater. Cabaret LuLu presents Happy Days Are Here Again. This show is a tribute to the Great American Song Book and features the music of Barbara Streisand, Judy Garland, Rosemary Clooney and more. You will receive a casino package at Foxwoods to use before the show. What a joyful way to spend the day! No refunds if you cancel after July 20, 2017.

**Indian Princess Lake Cruise**  
**Tuesday, August 22, 2017**

**Depart: 8:30am Return: 3:30pm**

**Cost: \$82 per person (driver gratuity included)**

Join us on The Indian Princess, a modern day replica of the grand riverboats that plied the Mississippi River in the late 19th century. Cruising out of Webster, Massachusetts, she is one of the few authentic paddle wheel riverboats still in operation in the United States today. In keeping with early traditions she was built with stern wheels that are her only means of propulsion. The Indian Princess has a split stern wheel and each is run by a twin diesel engine that powers hydraulic motors which turn the paddles. This is in contrast to most Mississippi River paddle wheelers in operation today that have a "freewheeling" paddle wheel at the stern of the boat for the visual effect, but have traditional screw type engines hidden for their real means of propulsion.

**\*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.**

**MEN'S BREAKFAST**  
**Thursday, April 13, 2017 @ 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 20, 2017 @ 10:00am**  
**Newport Creamery, Seekonk**

All women are invited to attend, there is no sign up necessary. Bring a friend and enjoy good food and good conversation. All meals are dutch treat.

**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 2016
  - Interest Dividends—1099 for 2016
  - Bonds—1099 for 2016
- 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

**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 Nancy at 508-336-9547

**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

**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 DENTAL SCREENING CLINIC  
FOR SENIORS**

**Saturday, May 6, 2017 8:45am—1:00pm**  
**Community VNA, 10 Emory Street,**  
**Attleboro MA**

**Dental Professionals Will:**

- ♦ Diagnose dental problems
- ♦ Check for oral cancer
- ♦ Talk, one-on-one, about taking care of teeth, gums, and dentures
- ♦ Discuss nutrition choices
- ♦ Provide Specialized denture cleanings
- ♦ Offer signups for low-cost dental programs (for low-income seniors)

**This clinic is open to anyone aged 60 years and older, living in Massachusetts**

**To schedule your free appointment please call:  
774.203.1906**

*The free dental screening is organized by Elder Dental Program, a project of Community VNA in partnership with the Attleboro COA. The Elder Dental Program is funded in part by a grant from Bristol Elder Services, Inc. through contracts with the Massachusetts Executive Office of Elder Affairs, and from the United Way of Greater Attleboro/Taunton.*





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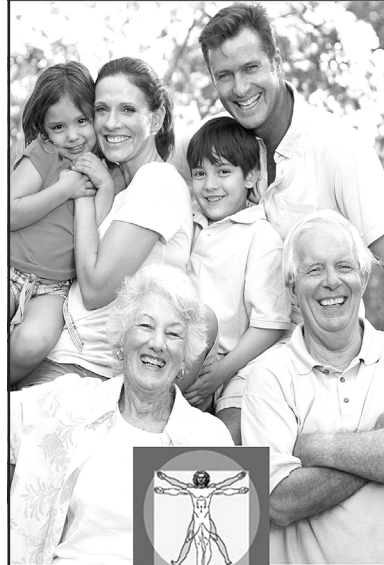


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Fax: (401) 438-0903

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



**April Fool's Day  
Dirt Cake!**

*"An irresistible dessert with a chocolate cookie crust and a light creamy filling.  
Perfect for parties. This can also be prepared in a flower pot with gummy worms added.  
Great for children's parties."*

**INGREDIENTS**

- 1 (20 ounce) package chocolate sandwich cookies
- 1/2 cup butter, melted
- 2 (3.5 ounce) packages instant vanilla pudding mix
- 3 cups milk
- 1 (8 ounce) package cream cheese
- 1 (8 ounce) container frozen whipped topping, thawed

**DIRECTIONS**

Using a blender or food processor, crush 2/3 of the cookies. Stir in the melted butter, then press into a 9x13 inch baking pan.

In a medium bowl, stir together instant pudding and milk. Chill in freezer until thickened. Using an electric mixer, beat the cream cheese into the pudding. Fold the dessert topping into the pudding mixture by hand.

Spread over the prepared crust. Crush the remaining cookies in the blender, and sprinkle over the top of the pudding layer. Chill for at least 4 hours or until serving time.

Source: [www.allrecipes.com](http://www.allrecipes.com)

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Estate Planning

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luke@bristollegal.com

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for your support of our newsletter

# SEEKONK COUNCIL ON AGING

## April 2017


**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p>3</p> <p>Chair Yoga 10am - 10:50am</p> <p>Knitting Club 12:30pm - 2:30pm</p> <p>Cards (Bridge) 1pm</p>	<p>4</p> <p>Silver Sneakers 10am - 10:45am</p> <p>Sign Language 10am - 12pm</p> <p>Cards (Hi-Lo Jack) 1pm</p> <p>GATRA Shopping Day</p> <p>10:15am - 11:30am (800-483-2500)</p>	<p>5</p> <p>Benefits of Chocolate @ 10am</p> <p>Lunch: Sandwiches, Chips, &amp; Dessert for FREE</p> <p>Mahjong 1pm - 3pm</p> <p>Scrabble 1pm</p>	<p>6</p> <p>Silver Sneakers 10am - 10:45am</p> <p>BINGO 1pm - 3pm</p> <p>Cribbage 1pm - 3pm</p>	<p>7</p> <p>Advanced Yoga 9am - 9:50am</p> <p>Tai Chi CANCELLED</p>
<p>10</p> <p>Chair Yoga 10am - 10:50am</p> <p>Knitting Club 12:30pm - 2:30pm</p> <p>Cards (Bridge) 1pm</p>	<p>11</p> <p>Silver Sneakers 10am - 10:45am</p> <p>Sign Language 10am - 12pm</p> <p>Cards (Hi-Lo Jack) 1pm</p> <p>GATRA Shopping Day</p> <p>10:15am - 11:30am (800-483-2500)</p>	<p>12</p> <p>Easter Party @ 10am</p> <p>Lunch: Ham, Potatoes &amp; Veggies for \$3</p> <p>Mahjong 1pm - 3pm</p> <p>Scrabble 1pm</p>	<p>13</p> <p>Mens Breakfast @ 8:30am</p> <p>Silver Sneakers 10am - 10:45am</p> <p>BINGO 1pm - 3pm</p> <p>Cribbage 1pm - 3pm</p> <p>Tech Time 2pm to 4pm</p>	<p>14</p> <p>Advanced Yoga 9am - 9:50am</p> <p>Tai Chi 10:15am - 11:00am</p>
<p>17</p> <p> Patriot Day</p>	<p>18</p> <p>Silver Sneakers 10am - 10:45am</p> <p>Sign Language 10am - 12pm</p> <p>Cards (Hi-Lo Jack) 1pm</p> <p>GATRA Shopping Day</p> <p>10:15am - 11:30am (800-483-2500)</p>	<p>19</p> <p>Aging in Place @ 10am</p> <p>Lunch: Italian Wedding Soup for \$3</p> <p>Mahjong 1pm - 3pm</p> <p>Scrabble 1pm</p>	<p>20</p> <p>Silver Sneakers 10am - 10:45am</p> <p>Womens Brunch @ 10am</p> <p>Newport Creamery, RT 6</p> <p>BINGO 1pm - 3pm</p> <p>Cribbage 1pm - 3pm</p>	<p>21</p> <p>Advanced Yoga 9am - 9:50am</p> <p>Tai Chi 10:15am - 11:00am</p>
<p>24</p> <p>Chair Yoga 10am - 10:50am</p> <p>Knitting Club 12:30pm - 2:30pm</p> <p>Cards (Bridge) 1pm</p>	<p>25</p> <p>BREAKFAST 9:30 - 11am</p> <p>Silver Sneakers 10am - 10:45am</p> <p>Sign Language 10am - 12pm</p> <p>Cards (Hi-Lo Jack) 1pm</p> <p>GATRA Shopping Day</p> <p>10:15am - 11:30am (800-483-2500)</p>	<p>26</p> <p>TRIAD: Benefits of Assisted Living at 10am</p> <p>Lunch: Willow Tree for \$3</p> <p>Brown Bags: Delivery 9-11/Pickup 11am</p> <p>Mahjong 1pm - 3pm</p> <p>Scrabble 1pm</p>	<p>27</p> <p>Silver Sneakers 10am - 10:45am</p> <p>BINGO 1pm - 3pm</p> <p>Cribbage 1pm</p>	<p>28</p> <p>Advanced Yoga 9am - 9:50am</p> <p>Tai Chi 10:15am - 11:00am</p>

Seekonk Human Services  
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**Board Meets fourth Monday of the month**  
**@ 3:30pm at the**  
**Seekonk Human Services**  
**Conference Room**