



# 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

### August 2017

#### SOCIAL MEDIA CLASS

Wednesdays August 2, 9, 16, & 23

Time: 2pm to 3pm



Join students from Seekonk High School as they show you all about social media. There will be a PowerPoint presentation that explains the different types of social media available. Bring in your laptop, tablet or cell phone. Even if your unsure of what Social Media is but want to learn more come join us! It is an excellent way to stay in touch with long distance family members and friends. We are here to help you!

#### PHONES FOR SENIORS

Wednesday, August 2, 2017 @ 10am

Jonathan from AT&T will hosting a question and answer session on cell phone usage. Types of cell phone usage varies from GPS, text messages, photos, memory on the phone, videos, among other types of usage. **Activity is free of charge.**

#### THINK FASTER, FOCUS BETTER & REMEMBER MORE: BRAINHQ DEMO

Wednesday, August 9, 2017 @ 2pm

Studies have shown that with training you can gain up to 10 years of improvement in brain function. BrainHQ is an online suite of exercises organized around Attention, Brain Speed, Memory, People Skills, Intelligence and Navigation.



Come learn more at our BrainHQ demo at **Seekonk Human Services by Seekonk Library**. “Every week I help patrons locate books on brain health, caring for someone with dementia or Alzheimer’s,” says Librarian Michelle Gario. “Completing BrainHQ’s two minute or less exercises provide a productive way to combat one of our growing health concerns.” Please register for this event by calling Seekonk Human Services at 508-336-8772.

#### DIABETES EDUCATION

Wednesday, August 9, 2017 @ 10am

Diabetes is a complex disease that requires daily self-management - making healthy food choices, staying physically active, monitoring your blood sugar and taking medications as prescribed. It is also important to talk regularly with your diabetes care team to problem solve, reduce risks for complications and cope with lifestyle changes. Presented by **Kindred Health**. Lunch will be turkey chili for \$3. **Advance sign up and payment is required for luncheon in person. Activity is free of charge.**

#### WHOOOPS I LOST MY KEYS

Wednesday, August 16, 2017 @ 10am

It happens to all of us! Find out how you can improve your memory at this informational presentation by John Rogers, Licensed Social Worker, Assistant Administrator and Alzheimer’s Program Director for Catholic Memorial Home. John has over 25 years’ experience caring for individuals with Alzheimer’s or related Dementia. John will talk about simple ways we can improve our memories, food we can eat, how we can stimulate our brains and different ways to fix memory loss. John adds a bit of humor to this presentation so be prepared to laugh! Lunch will be spare ribs for \$3. **Advance sign up and payment is required for luncheon in person. Activity is free of charge.**

### Farmers' Market

Farmer’s Market Coupons will be available beginning **August 1st**. **NOTE:** If you’re a Brown Bag participant fresh produce will be in your bag each month. You will **NOT** be eligible to receive farmers’ market coupons. **Please call 508-336-8772 to confirm coupons are available.**

### EXPLORATION WEDNESDAYS

- Sept 13—Organizing & Decluttering  
Lunch: Chicken Alfredo for \$3
- Sept. 20 — Southcoast Health Van 9-12
- Sept. 20 — Medicare and Medicaid Law  
Lunch: Meatball Subs for \$3
- Sept. 27— TR Aid: Emergency Preparedness  
Lunch: Stuffed Shells for \$3

### TRIAD: IDENTITY THEFT

Wednesday, August 23, 2017 @ 10am

Elders today are at risk for many forms of financial abuse. One in particular is identity theft. When criminals gain access to your personal information they can use both immediate and long-term harm. For example, they may run up bills in your name. They may unlawfully use your social security or Medicare number, your credit cards or your medical insurance. You may receive bills from items you didn't buy, or your bank account may show withdrawals that you did not make. Fortunately, there are ways you can prevent this from happening to you by protecting your personal information, be cautious online and be vigilant. Detective Keith Perry will be helping you prevent identity theft. Lunch will be pasta and meatballs for \$3. **Advance sign up and payment is required for luncheon in person. Activity is free of charge.**



### LABOR DAY CELEBRATION

Wednesday, August 30 @ 10am

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

Lunch will be roasted chicken, potatoes, and veggies for \$3. **Advance sign up and payment is required before attending this activity/luncheon in person.**

Entertainment by Barney Mallon

### CRIBBAGE

Thursday's 1pm to 3pm

Cribbage players wanted! Come drop in on a Thursday afternoon and play cribbage.

### MONTHLY BREAKFAST

Tuesday, August 22, 2017

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. Menu items include eggs, pancakes, toast, bacon, sausage, French toast, and egg sandwiches!

### CALLING ALL CRAFTY SENIORS

Coming this July and August we will be offering craft classes!

These classes will be every Monday afternoon from 1pm to 3pm

Come alone or bring your grandchild (ages 10+) to share in the creativity!

Just a few of the projects offered will be:

- Topiary Tree
- Flip Flop Welcome Hanger
- No Sew Pillows
- Tea Cup Arrangement
- Card Making

### 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

\*Must be a Seekonk Resident

### BINGO UPDATE

BINGO cards will be sold from 12pm until 12:45pm on Thursdays. BINGO will start promptly at 1pm. No tickets will be sold after 12:45pm. Thank you!

# 2017 TRIPS

## 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 Barbra Streisand, Judy Garland, Rosemary Clooney and more. You will receive a casino pack-age at Foxwoods to use before the show. What a joyful way to spend the day! Casino Package: Full Buffet Lunch or \$10 Food Credit & \$10 Bonus Slot. No refunds if you cancel after July 20, 2017. **Trip sign up and 50% deposit is due at time of sign up in person, no phone call sign ups.**

## 2017 Bourne Scallop Festival & JFK Museum—Cape Cod

Friday, September 22, 2017

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

Cost: \$70 per person (driver gratuity included)

Come along today on one of our tastiest adventures — a day filled with great food and attractions, all located on Cape Cod. The Bourne Scallop Festival has something for everyone, from crafts to exciting entertainment. You'll enjoy a delicious Scallop Dinner or Herb Roasted Chicken. You'll also have time at the Festival itself to enjoy the music and displays. Now you'll travel to nearby Hyannis and visit the John F. Kennedy's Memorial and Museum. Cape Cod was JFK's favorite vacation destination and he and his family are remembered at the Museum's exhibitions, where JFK's 100th Birthday is being specially remembered. **Trip sign up and 50% deposit is due at time of sign up in person, no phone call sign ups.**

## Castle in the Clouds—New Hampshire

Wednesday, October 18, 2017

Depart:

Cost : \$81 per person (driver gratuity included)

We will begin our day with a tour at Castle in the Clouds, located in the heart of the Ossipee Mountains! This former country estate took many years, thousands of workmen, and millions of dollars to build. The Castle is built in one of the most beautiful settings in the world. Situated on the highest hill in the vicinity, the castle itself commands a panoramic view. One can see for a radius of 75 miles! After our visit, we will stop at a regional landmark, Hart's Turkey Farm. Enjoy a scrumptious lunch. Before heading home, we'll make a stop at Kellerhaus, New Hampshire's oldest candy and ice cream makers. **Trip sign up and 50% deposit is due at time of sign up in person, no phone call sign ups.**

## Kennebunkport, Maine Christmas—2 day

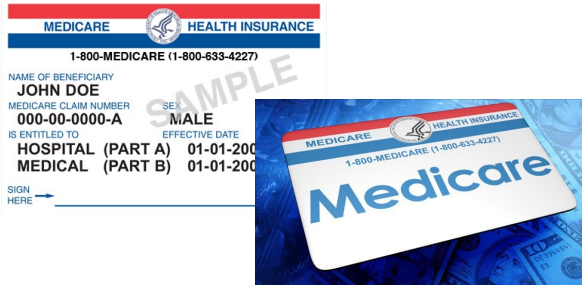
December 4—December 5

Depart: 12/4 at 9:30am

\$201 per double, \$287 per single and \$191 per triple

This celebration first began in 1982 and has since transformed into a must visit event in New England. The whole town transforms into a Winter Wonderland. See why HGTV voted Kennebunkport the #2 Christmas town in America. Indulge in hot chocolate & stroll the breathtaking streets decorated for the season. We will first stop for lunch at Warren's Lobster House in Kittery. We will then head to the hotel to check in and freshen up before we head out for some shopping and time on your own to enjoy the prelude. **Meal choices: Chicken Parmesan, Seafood Newburg, Ritz Haddock Filet, Crab Crusted Salmon, Top Sirloin Steak or Fried Baby Shrimp.** *\*Price includes round trip transportation, 1 lunch, 1 breakfast, overnight accommodations at The Nonatum Resort and driver gratuity.* **Trip sign up and 50% deposit is due at time of sign up in person, no phone call sign ups.**

**\*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.**



**New Medicare Cards are on the Way** to help protect your medical and financial information

Changes are coming to your Medicare card. By April 2019, your card will be replaced with one that no longer shows your Social Security number. Instead, your card will have a new Medicare Beneficiary Identifier (MBI) that will be used for billing and for checking your eligibility and claim status. And it will all happen automatically—you won't have to pay anyone or give anyone information, no matter what someone might tell you.

Having your Social Security number removed from your Medicare card helps fight medical identity theft and protects your medical and financial information. But even with these changes, scammers will still look for ways to take what doesn't belong to them.

**Here are some ways to avoid Medicare scams:**

*Is someone calling, claiming to be from Medicare, and asking for your Social Security Information? Hang up. **That's a scam.*** First, Medicare won't call you. Second, Medicare will never ask for your Social Security number or bank information

*Is someone asking you to pay for a new card? **That's a scam.*** Your new Medicare card is free.

*Is someone threatening to cancel your benefits if you don't give up information or money? **Also a scam.*** New Medicare cards will be mailed out to you automatically. There won't be any changes to your benefits.

For more information on the new changes to your Medicare card, visit Centers for Medicare & Medicaid Services on the web at: [www.medicare.gov](http://www.medicare.gov) and report scans to the FTC at: [www.ftc.gov](http://www.ftc.gov)

**MEN'S BREAKFAST**  
**Thursday, August 10, 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. **Speaker will be:**

**WOMEN'S BRUNCH**  
**Thursday, August 17, 2017 @ 10am**  
**IHOP, East Providence**

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.

**NUTRITIONAL MEALS**  
**Tuesdays & Thursdays at 11:30am**

Seekonk Human Services will be offering nutritional meals on Tuesdays and Thursdays at 11:30am for \$2 each. The menu will be available at Seekonk Human Services. Sign up is required for this as the meals are brought in from an outside agency.

**TWO SAFETY MEASURE**  
**ONE PRIORITY**



The Bristol County Sherriff, Thomas Hodgson is offering the **"R.U.O.K?" program.** Calls are placed to seniors, disabled persons, and shut-ins at the same time each day to check on the well being of the individual. After a second call if no one answer, Emergency responders will be dispatched to check in on the person. Applications are available at Seekonk Human Services, or by calling 774-628-0030.

**FREE File of Life Folders** are available at Seekonk Human Services. These folders are designed to be kept on your refrigerator as an alert to emergency medical personnel of your medical information during an emergency situation. These files could save your life or the life of a loved one. Pick up yours today!

**\* 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.**





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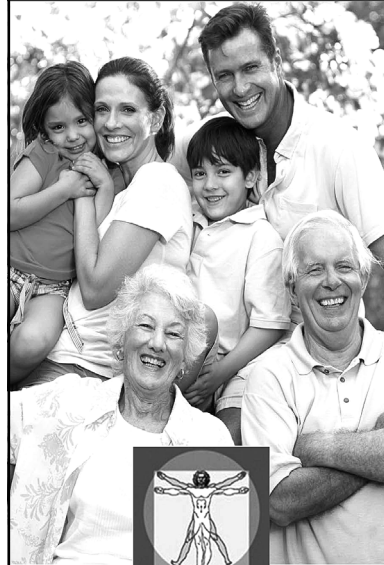


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Fax: (401) 438-0903

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

**The National Parks and Federal Recreational Lands Pass Series**

A pass is your ticket to more than 2,000 federal recreation sites. Each pass covers entrance fees at national parks and national wildlife refuges as well as standard amenity fees at national forests and grasslands, and at lands managed by the Bureau of Land Management and Bureau of Reclamation. A pass covers entrance and standard amenity fees for a driver and all passengers in a personal vehicle at per vehicle fee areas (or up to four adults at sites that charge per person). Children age 15 or under are admitted free.

Beaches, wooded parks, parkways, and reservoirs - All of these places make up the Massachusetts State Parks. You can find a place to go in all regions of the Commonwealth from Pittsfield to Boston and Gloucester to Provincetown. Each one offers activities and amenities.

**Senior Pass**

- \$10 Lifetime pass
- For U.S. citizens or permanent residents age 62 or over.
- May be obtained in person at a federal recreation site or through the mail using this application form. The cost of obtaining a Senior Pass through the mail is twenty dollars (\$20). Ten (\$10) for the Senior Pass and ten (\$10) for processing the application. Applicants must provide documentation of age and residency or citizenship.
- May provide a 50 percent discount on some amenity fees charged for facilities and services such as camping, swimming, boat launch, and specialized interpretive services.

Law Office of Luke P. Travis  
Estate Planning

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

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Lodge #5

### SEEKONK POLICE

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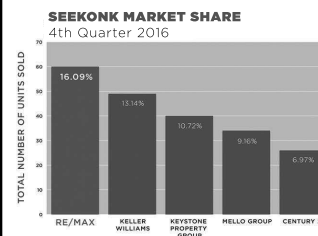
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**508-336-6633 x 337**

# SEEKONK COUNCIL ON AGING

## August 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Honey Mustard Chicken Cards (Hi-Lo Jack) 1pm	2 Phones for Seniors @ 10am Mahjong 1pm - 3pm Scrabble 1pm Social Media @ 2pm	3 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Roasted Pork BINGO 1pm - 3pm Cribbage 1pm - 3pm	4 Advanced Yoga 9am - 10:00am Cost \$3 Tai Chi 10:15am - 11:00am
7 Chair Yoga 10am - 10:50am Sign Language 10am - 12pm Knitting Club 12:30pm - 2:30pm ZUMBA 1pm - 3pm Cards (Bridge) 1pm Arts & Crafts 1pm	8 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Grilled Chicken Cards (Hi-Lo Jack) 1pm	9 Diabetes Education @ 10am Turkey Chili & Cornbread for \$3 Payment due when Signing-Up Mahjong 1pm & Scrabble 1pm BrainHQ 2pm Social Media @ 2pm	10 Mens Breakfast 8:30am Totis Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Penne Pasta with Meat Sauce Bingo & Cribbage @ 1pm Tech Time 2pm - 4pm	11 Advanced Yoga 9am - 10:00am Cost \$3 Tai Chi 10:15am - 11:00am
14 Chair Yoga 10am - 10:50am Sign Language 10am - 12pm Knitting Club 12:30pm - 2:30pm ZUMBA 1pm - 3pm Cards (Bridge) 1pm Arts & Crafts 1pm	15 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Hot Dogs & Beans Cards (Hi-Lo Jack) 1pm	16 Whoops I lost my keys @ 10am Spare ribs for \$3 Payment due when Signing-Up Mahjong 1pm - 3pm Scrabble 1pm Social Media @ 2pm	17 Womens Brunch 10am - 1hop Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Macaroni & Cheese BINGO 1pm - 3pm Cribbage 1pm - 3pm	18 Advanced Yoga 9am - 10:00am Cost \$3 Tai Chi 10:15am - 11:00am
21 Chair Yoga 10am - 10:50am Sign Language 10am - 12pm Knitting Club 12:30pm - 2:30pm ZUMBA 1pm - 3pm Cards (Bridge) 1pm Arts & Crafts 1pm	22 Breakfast 9:30am - 11:00am Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Chicken Salad Cards (Hi-Lo Jack) 1pm	23 TRIAD: Identity Theft @ 10am Pasta & Meatballs for \$3 Payment due when Signing-Up <small>Brown Bags: Delivery 9-11/Pick up 11am</small> Mahjong 1pm & Scrabble 1pm Social Media @ 2pm	24 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Grilled Chicken BINGO 1pm - 3pm Cribbage 1pm - 3pm	25 Advanced Yoga 9am - 10:00am Cost \$3 Tai Chi 10:15am - 11:00am
28 Chair Yoga 10am - 10:50am Sign Language 10am - 12pm Knitting Club 12:30pm - 2:30pm ZUMBA 1pm - 3pm Cards (Bridge) 1pm Arts & Crafts 1pm	29 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Omelet with broccoli Cards (Hi-Lo Jack) 1pm	30 Labor Day Celebration @ 10am Roasted Chicken, Potatoes & Veggies for \$3 Payment due when Signing-Up Mahjong 1pm - 3pm Scrabble 1pm	31 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Shepherds Pie BINGO 1pm - 3pm Cribbage 1pm - 3pm	

Seekonk Human Services  
540 Arcade Avenue  
Seekonk, MA 02771

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**SEEKONK HUMAN SERVICES STAFF**  
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**CLERICAL ASSISTANT** Kimberly Mallon  
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**OUTREACH CASE WORKER** Veronica Brickley, LPN BA SOC LSWA  
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**SECRETARY** Anne Libby  
Anita Gendron  
Christine Allen  
Guy Boulay  
Josephine Veader  
**Board Meets fourth Monday of the month**  
**@ 3:30pm at the**  
**Seekonk Human Services**  
**Conference Room**