



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

December 2017



Seekonk Human Services will be closed
Friday, December 22, 2017 for Christmas Eve
Monday, December 25, 2017 for Christmas
Friday, December 29, 2017 for News Years Eve



HOLIDAY FUN

Wednesday, December 6, 2017 @ 11am

Stacey from the VNA will be going over simple ways to decorate for the holidays. She will discuss inexpensive ways to make your home look fabulous! Also, during this meeting holiday trivia. Let's see if you know the answer! Lunch will be Lasagna for \$3 **Advance sign up and payment required for lunch. Activity is free of charge.**

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 8**. NOTE: Anyone interested in adopting a family for Christmas please contact Bernadette Huck or Ashley Cartwright @ 508-336-8772.



CHRISTMAS PARTY

Wednesday, December 13, 2017
@ 10am

Seekonk Human Services will be hosting their annual Christmas Party

A delicious Roast Beef Dinner will be served with all the fixings

Tickets must be purchased in advanced to attend.

Residents \$3
Non-Residents \$5

Entertainment by Barney Mallon
Come bring your Christmas Spirit!



CHRISTMAS BASKETS AND MEALS

Christmas Food Baskets



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 15th** 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 15th**. Please call 508-336-8772 to sign up.



EXPLORATION WEDNESDAYS

- **Jan. 10**— Essential Oils @ 1pm
- **Jan. 17**— Autism Disorder @ 11am
Lunch: TBD
- **Jan. 24**—Tax Exemptions
Lunch: TBD
- **Jan. 31**—TRIAD: TBD
Lunch: TBD

SOUTHCOAST WELLNESS VAN Tuesday, December 12, 2017 9am to 12pm

Free Health Screenings

1. Cholesterol
2. Blood Pressure
3. Blood Sugar Testing
4. Tetanus Vaccines
5. Pneumonia Vaccines
6. Quit Smoking Education



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, Scialo's Bakery, among others who donated time and pastries. Without the help of the volunteers this event would not be as successful as it was. Over 150 tickets were sold! There were many great raffles from paintings, coloring books, baskets, among other amazing items. This event 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!



FUEL ASSISTANCE

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 \$34,380, for 2 people is \$44,958, for 3 people is \$55,537, and for 4 people is \$66,115.

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
- ◆ Food Stamps—copy of verification

⇒ 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

Don't Ignore Your Medicare Mail!

It's that time of year! If you have a **Medicare Prescription Drug Plan** or a **Medicare Advantage Plan** (HMO, PPO), you will receive information from your plan by the end of September. Please **understand** and **save** this information regarding **changes** in your plan for 2018.

During Medicare Open Enrollment (**October 15 - December 7**), you may change your insurance plan for next year. SHINE counselors can help you understand your plan changes, as well as other options you may have. Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs.

*To schedule a SHINE appointment, call **Seekonk Human Services** at 508-336-8772 **Call early to make that appointment...** and bring your Medicare and insurance cards and complete list of your medications.*

2017 TRIPS

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, Ritzy 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.*

Newport Playhouse
Wednesday, December 20, 2017
Depart: 10am Return: 5pm

Cost: \$55 per person (driver gratuity included)

Dashing Through The Snow! It's four days before Christmas in the tiny town of Tinsel, Texas, and a colorful parade of eccentric guests arrive at the Snowflake Inn. Trina, the harried yet upbeat innkeeper, has more than she can handle coping with these nuttier-than-a-fruit-cake lodgers. Hoyt and his sister, Donna Jo, make the mistake of trying to end a 30 year feud between their curmudgeonly aunts, Ennis and Della, with sidesplitting results. Ainsley and Lenora, self-involved actors from a low-budget touring production of A Christmas Carol, descend on the Inn to fulfill a promise, leaving comedic chaos in their wake. Add to this Yuletide mayhem an ill-advised romantic rendezvous between Mrs. Claus and one of Santa's elves, a guest who refuses to leave, not to mention a tipsy housekeeper, and it's clear it will take more than a kiss under the mistletoe to keep Trina's spirits merry and bright! Enjoy the classic buffet and the cabaret after the play! **Trip sign up and 50% deposit is due at the time of sign up in person, no phone call sign ups. **Please utilized the Knights of Columbus parking lot first****

***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.**

VETERANS CELEBRATION 2017

On Wednesday, November 8th Seekonk Human Services hosted its Annual Veteran's Day Celebration. This celebration brought in more 70 people including 15 Veterans. The Veteran's enjoyed a presentation from Jim LaFlame, Veterans Agent, Town of Seekonk and a musical USO performance from Bombshell Betty. A delicious Turkey Dinner was served. A great time was had by all!



AARP TAX VOLUNTEERS

AARP is looking for compassionate and friendly individuals to join their team of local volunteers for the upcoming 2018 tax season. You'll receive training and continued support in a welcoming environment. With the help of people like you, AARP Foundation Tax-Aide offers free tax-filing help to those who need it most. And, as our current volunteers tell us, you'll not only learn new skills, but also get a great feeling from helping someone else.

Go to the AARP website

http://www.aarp.org/money/taxes/aarp_taxaide/

And click on "Sign Up"

Or call AARP at 1-888-687-2277

TECH TIME

Wednesday, December 13, 2017 @ 2pm—4pm

Students from MTTI in Seekonk will be coming to Seekonk Human Services on the second Wednesday 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.

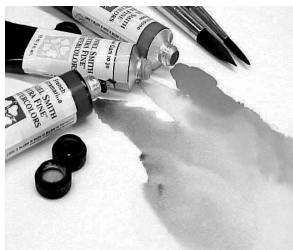
BASIC BEGINNER SIGN LANGUAGE CLASS

This is a signed English class. You will learn words, sentences and choruses. Classes will be held on Tuesdays from 10am to 12pm for 10 weeks starting January 23, 2018 through March 27, 2018.

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

WATERCOLORS

**Beginning Tuesday, November 7, 2017
1pm to 2:30pm**



David Saad will be teaching a water color class. There will be no charge for this class. There is a list of supplies that are needed. The list is available at the front desk. Those who are interested can sign up by calling 508-336-8772

MEN'S BREAKFAST

Thursday, December 14, 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.

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!

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

*** 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.**

SEEKONK COUNCIL ON AGING

December 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Advanced Yoga 9am - 10am Cost \$5 Tai Chi 10:15am - 11:00am
4 Chair Yoga 10am - 10:50am Knitting Club 12:30 - 2:30pm ZUMBA 1pm Arts & Crafts 2pm - 4pm	5 Sign Language 10am - 12pm Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Chicken Picatta Cards (Hi-Lo Jack) 1pm	6 Chair Yoga 10am - 10:50am Holiday Trivia @ 11am Lunch: Lasagna for \$3 Mahjong 1pm - 3pm	7 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Roasted Pork BINGO 1pm - 3pm Cribbage 1pm - 3pm	8 Advanced Yoga 9am - 10am Cost \$5 Tai Chi 10:15am - 11:00am
11 Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm Arts & Crafts 2pm - 4pm	12 Sign Language 10am - 12pm Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Broccoli Bake Southcoast Health Van 9am - 12pm Cards (Hi-Lo Jack) 1pm	13 Chair Yoga CANCELLED Christmas Party @ 10am Lunch: Roast Beef Dinner Seekonk Residents \$3 Non-Residents \$5 Mahjong 1pm/Tech-Time 2pm	14 Mens Breakfast 8:30am Totis Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Grilled Chicken BINGO 1pm - 3pm / Cribbage 1pm	15 Advanced Yoga 9am - 10am Cost \$5 Tai Chi 10:15am - 11:00am
18 Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm Arts & Crafts 2pm - 4pm	19 Sign Language 10am - 12pm Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Susage, Peppers & Onions Cards (Hi-Lo Jack) 1pm	20 Chair Yoga 10am - 10:50am Mahjong 1pm	21 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Sweet & Sour Meatballs BINGO 1pm - 3pm/Cribbage 1pm	22 SEE YOU SOON! WE'LL BE OPEN ON DECEMBER 26 
25 	26 Sign Language 10am - 12pm Silver Sneakers 10am - 10:45am NO LUNCH Cards (Hi-Lo Jack) 1pm	27 Chair Yoga 10am - 10:50am Mahjong 1pm Brown Bags 9am - 11am Drop Off 11am Pick up at the center	28 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Crunchy Lite Fish Filet BINGO 1pm - 3pm Cribbage 1pm	29  <small>www.seekonk.com - 4557668</small>



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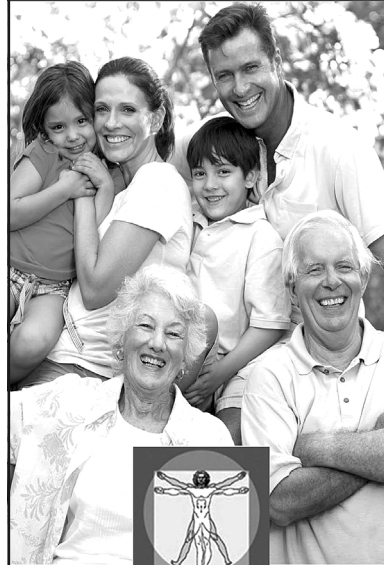


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Saturday: 7:00 AM - 12 PM

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

GLAZED BACON- WRAPPED TURKEY BREAST

Ingredients:

- 1 boneless turkey breast (4 to 5 lbs.), skin removed
- 1 1/2 bunches green onions, sliced
- 2 c. packed fresh parsley
- 1/2 c. olive oil
- 4 cloves garlic
- 12 oz. thick-cut bacon
- 1/2 c. packed dark brown sugar
- 1/4 c. balsamic vinegar
- 1/4 c. maple syrup

Directions:

Preheat oven to 375 degrees F. Place turkey breast, smooth side down, on cutting board. On left breast, cut along right side of tenderloin to separate from breast without cutting tenderloin off; fold tenderloin back. Repeat on right breast, cutting along left side of tenderloin and folding back. Cover surface of turkey with 3 large sheets plastic wrap. With flat side of meat mallet or heavy rolling pin, pound turkey until about 1 inch thick all over. Discard plastic wrap.

Sprinkle surface of turkey with 3/4 teaspoon salt. In food processor, pulse green onions, parsley, oil and garlic until finely chopped, stopping to stir occasionally. Spread herb mixture in even layer on breast. Starting with short side, roll breast tightly. Place seam side down. Drape bacon over turkey roll, overlapping slices slightly. Tuck ends of bacon under turkey roll. Using 16-inches pieces of kitchen string, tie turkey tightly at 11/2-inches intervals. (Turkey may be wrapped tightly in plastic and refrigerated up to overnight.) Transfer to rack fitted into roasting pan lined with foil. Add 4 cups water to bottom of pan. Roast 45 minutes.

Meanwhile, whisk together sugar, vinegar and syrup. Brush over turkey after it has roasted 45 minutes. Roast another 45 minutes. or until turkey is cooked (internal temperature reaches 160 degrees F), basting with sugar mixture every 15 minutes. Loosely cover with foil; let rest 20 minutes. Cut and discard strings before slicing and serving.



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