



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

February 2017



Seekonk Human Services
Will be closed on
Monday, February 20, 2017
For
President's Day

A Positive Attitude To Promote a Healthy Life Wednesday, February 1, 2017 @ 10am

Having a positive outlook can make a huge difference in your life, others you come in contact with and your health. This program covers tips for healthy living; it includes nutrition, sleep/aromatherapy, exercise, hydration, memory preservation, the importance of socializing and engaging in activities which promote happiness. Lunch will be meatball subs for \$3. Please sign up and pay in advance.



VALENTINE'S DAY PARTY Wednesday, February 8, 2017 @ 10am

Please join us for our annual Valentine's Day Party.

Please bring in photos of your wedding and we will try to guess who is who!

Lunch will be French meat pie for \$3.00

Entertainment By Barney Mallon

Please sign up and pay in advance for the party and lunch



DIABETES COOKING

Wednesday, February 15, 2017 @ 10am

John Quintas from the Diabetes Association will be making homemade hummus. Hummus is the perfect snack to have with vegetables or pita chips. Come learn how to make this simple snack! Lunch will be Venus de Milo Soup for \$3. Please sign up and pay in advance.

TRIAD: RUOK? PROGRAM

Wednesday, February 22, 2017 @ 10am

The "R.U.O.K.?" Program is a free telephone calling service provided by the Bristol County Sheriff's Office, in cooperation with your local Police Department and Council on Aging. The program is designed for senior citizens, disabled persons, and shut-ins living in Bristol County. It provides reliable, daily phone assurance, and the comfort and security you need to maintain your independence. "R.U.O.K.?" provides peace of mind for both you and those who care about you. Best of all, it's as close as your telephone! Lunch will be American Chop Suey for \$3. Please sign up and pay in advance.

IMPORTANT! REGISTRATION IS REQUIRED FOR ALL UPCOMING PROGRAMS Most activities are free and all are open to the public. The only cost is lunch if you choose to have lunch. **SOME PROGRAMS REQUIRE MINIMUM ATTENDANCE. YOU WILL BE CALLED IF A PROGRAM IS CANCELLED OR POSTPONED DUE TO LOW ENROLLMENT.**



OH NO!...Why was the program cancelled? Sometimes wonderful programs are cancelled because we all tend to wait until the last minute to register. Please register early to avoid disappointment that the program you wanted was cancelled, perhaps unnecessarily.

EXPLORATION WEDNESDAYS

- **March 8** — Eating Well
Lunch: Turkey Chili for \$3
- **March 15** — St. Patrick's Day Party
Lunch: Corned Beef Dinner for \$3
- **March 22** — TRIAD:
Lunch: Meatloaf for \$3
- **March 29** — Nutritional BINGO
Lunch: TBD

FOOD FOR THOUGHT

Thursday, February 9, 2017 @ 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, February 9, 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.

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.

MAHJONG

Wednesdays @ 1pm

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

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!

FREE TAX PREPERATION

AARP Foundation Tax-Aide, will be preparing taxes at Human Services on Thursdays from February 2—April 13 from 9:00am - 11:00 am. Appointments can be made by calling Seekonk Human Services at 508-336-8772.

CIRCUIT BREAKER

What is the Circuit Breaker Tax Credit?

The Circuit Breaker Tax Credit is a state income tax credit for eligible Massachusetts residents age 65 or older who paid rent or real estate taxes during the tax year. The credit is for senior homeowners and renters who meet income limits and other eligibility requirements. Homeowners may claim the credit if they paid more than 10% of their total income for real estate taxes, including water charges. Renter can count 25% of their rent as real estate tax payments.

You must file a state income tax return to claim the Circuit Breaker Credit, whether or not you have to file other-wise. If your credit is greater than the amount of income taxes you owe, the state will give you a refund for the different. That maximum credit for tax year 2016 is \$1070.

Am I eligible?

The Circuit Breaker Tax Credit is for low and moderate income seniors whose real estate tax payments are greater than 10% of their income. Homeowners and renters can claim the credit.

Income Guidelines:

- \$57,000 single
- \$71,000 head of household
- \$85,000 married filing jointly

*Total income includes some types of non-taxable income, such as social security, retirement, pensions and annuities, cash public assistance, tax-exempt interest and dividends, and certain other income.

To Qualify:

- You or your spouse must be 65 or older by the end of the year
- If married, you must file jointly
- You must rent/own a home in MA that is your primary residence
- Your property's assessed value can't exceed \$693,000
- If you're a renter you can't be getting federal/state rent subsidy and your landlord must pay property taxes



George R. Martin School 4th Graders

Mrs. Balasco from Martin School in Seekonk gathers gifts for the residents in Town. Presents include gift cards (pharmacies, grocery stores or big box retailers), toothpaste and tooth brushes, Kleenex, shampoo and conditioner, soaps, among other items that seniors could use. Seekonk Human Services is grateful for their gift giving to the residents in Town!

OUTREACH INFORMATION & REFERRAL

We provide home visits and assistance for frail, homebound elders. Trained staff is available to consult with elders, family members and caregivers to give information on available services and discuss resources designed to improve quality of life. Our staff can answer your questions about community services and available resources.

MONTHLY BREAKFAST

Tuesday, February 21st

SENIOR BREAKFAST 3rd Tuesday of the month from 9am – 10:30am
Menu and Prices Available at the Senior Center

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)

MEN'S BREAKFAST
Thursday, February 9, 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: John Aubin, Planning Department**

WOMEN'S BRUNCH
Thursday, February 16, 2017 @ 10:00am
Ihop, East Providence, RI 02914

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

BLOOD PRESSURE & GLUCOSE CLINIC
Thursday, February 23, 2017
9:30am—11:00am

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.

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.

*** 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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Fax: (401) 438-0903
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Friday: 6:00 AM - 7:00 PM
Saturday: 7:00 AM - 12 PM

CUMBERLAND OFFICE
2295 Diamond Hill Road
Cumberland, RI 02864
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Fridays 7:30 AM - 4 PM

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CLASSIC BEEF STEW

Ingredients

- 1 tablespoon vegetable oil or shortening
- 1 lb boneless beef chuck, tip or round roast, cut into 1-inch cubes
- 3 cups water
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 medium carrots, cut into 1-inch pieces
- 1 large unpeeled potato, cut into 1 1/2-inch pieces
- 1 medium green bell pepper, cut into 1-inch pieces
- 1 medium stalk celery, cut into 1-inch pieces
- 1 small onion, chopped (1/4 cup)
- 1 teaspoon salt
- 1 dried bay leaf
- 1/2 cup cold water
- 2 tablespoons Gold Medal™ all-purpose flour



Directions

1. In 12-inch skillet or 4-quart Dutch oven, heat oil over medium heat 1 to 2 minutes. Add beef; cook about 15 minutes, stirring occasionally, until brown on all sides.
2. Add water, 1/2 teaspoon salt and the pepper. Heat to boiling. Reduce heat to low. Cover; simmer 2 hours to 2 hours 30 minutes or until beef is almost tender.
3. Stir in remaining ingredients except cold water and flour. Cover; cook about 30 minutes or until vegetables are tender. Remove bay leaf.
4. In tightly covered jar or container, shake cold water and flour; gradually stir into beef mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute until thickened.

Expert Tips

To save time, use a 1-pound bag of frozen mixed vegetables instead of the carrots, potato, bell pepper, celery and onion. There's no need to thaw the vegetables; just stir them into the beef mixture in step 4. Browning the beef first helps develop the flavor of the stew.

Source: www.bettycrocker.com

Law Office of Luke P. Travis
Estate Planning

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

SEEKONK COUNCIL ON AGING

February 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 A Positive Attitude to Promote a Healthy Life @ 10am Lunch: Meatball Subs for \$3 Mahjong 1pm - 3pm Scrabble 1pm	2 Silver Sneakers 10am - 10:45am BINGO 1pm - 3pm	3 Advanced Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am
6 Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm Cards (Bridge) 1pm Mahjong 1pm	7 Silver Sneakers 10am - 10:45am Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500	8 Valentine's Day Party @ 10am Lunch: French Meat Pie, Potatoe, Veggies for \$3 Mahjong 1pm - 3pm Scrabble 1pm	9 Silver Sneakers 10am - 10:45am Food For Thought @ 11am BINGO 1pm - 3pm Tech Time 2pm to 4pm Mens Breakfast @ 8:30am Toti's Restaurant	10 Advanced Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am
13 Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm Cards (Bridge) 1pm	14 Silver Sneakers 10am - 10:45am Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500	15 Diabetes Cooking @ 10am Lunch: Venus de Milo Soup for \$3 Mahjong 1pm - 3pm Scrabble 1pm	16 Breakfast @ Seekonk Human Services 9am - 11am Silver Sneakers 10am - 10:45am BINGO 1pm - 3pm Womens Brunch @ 10am	17 Advanced Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am
20 	21 Silver Sneakers 10am - 10:45am Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500	22 TRIAD: R.U.O.K? @ 10am Lunch: American Chop Suey for \$3 Mahjong 1pm - 3pm Scrabble 1pm	23 Silver Sneakers 10am - 10:45am BINGO 1pm - 3pm	24 Advanced Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am
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Seekonk Human Services
540 Arcade Avenue
Seekonk, MA 02771

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