



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

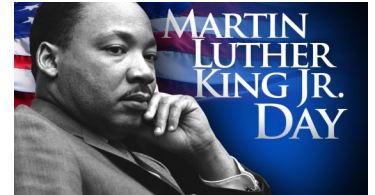
*Evening appointments available upon request

January 2017



Seekonk Human Services
Will be closed

Monday, January 2, 2017 for New Years Day
Monday, January 16, 2017 for Martin Luther King Day



During the Holiday season Seekonk Human Services had the opportunity to work with the Salvation Army to raise money by participating in the Kettle Bell Ringing. During this time volunteers from the Seekonk High School Key Club/National Honor Society completed

over 70 hours of community service. Money raised will be used to help the residents of Seekonk during difficult times. Seekonk Human Services would like to thank the Salvation Army for giving us the opportunity to participate in such an excellent fundraiser.

THE BENEFITS OF LIVING SIMPLY Wednesday, January 11, 2017 @ 10am

This program discusses ways to reduce the clutter and chaos in our lives. It provides insight into how to live more simply and have more clarity. The program addresses the areas of home, family/relationship, work, holidays, and clean eating. Sometimes “less is more.” Lunch will be pizza and salad for \$3. Please sign up and pay in advanced for lunch.

FALL PREVENTION AT HOME Wednesday, January 28, 2017 @ 10am

Did you know 60% of falls happen in or around the home? Join us for word *BINGO* & a presentation on preventing falls at home. Sponsored by Catholic Memorial Home of Fall River, MA. Learn some tips for making your home safe! There will be refreshments and BINGO prizes! Lunch will be chicken fricassee for \$3. Please sign up and pay in advanced for lunch.



Seekonk Human Services would like to take the opportunity to thank all those who helped out during the holiday season. Outback Steakhouse for Thanksgiving meals to be delivered to the

homebound and those who delivered meals on Thanksgiving Day. Personal Best Karate donated and delivered over 65 baskets to Seekonk residents. The anonymous family who cooks turkey and ham for Christmas meals and delivers them. We would like to thank those who donated food, gifts, adopting families for Christmas and items needed for the holiday season. Thank you Mt. Carmel St. Vincent de Paul, The Library, Wampanoag Rod & Gun Club, Bay State Street Machines, and Martin School.

TRIAD: 911 Phones

Wednesday, January 25, 2017 @ 10am

Through the Emergency 911 Cell Phone program the Bristol County Sheriff's office collects used cell phones at various locations throughout the county. The BCSO has partnered with RMS Communications, a Florida based communications group that specializes in the recycling and remarketing of old cell phones. The sheriff's office mails collected phones to the company's 911 Cell Phone Bank program. In turn, the company converts the donated phones for emergency 911 use. Lunch will be spaghetti with clam sauce for \$3. Please sign up and pay in advanced for lunch.

EXPLORATION WEDNESDAYS

- **February 4**— TBD
Lunch: Meat Ball Subs for \$3
- **February 11** — Valentine's Day Party
Lunch: Veggie Chow Mein for \$3
- **February 18**— TBD
Lunch: Venus de Milo Soup for \$3
- **February 25**— TRIAD
Lunch: American Chop Suey for \$3

FOOD FOR THOUGHT

Thursday, January 12, 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, January 12, 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

Mondays @ 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



SEEKONK HUMAN SERVICES CHRISTMAS PARTY PHOTOS DECEMBER 7, 2016



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. 10am – 2pm ONLY)

MEN'S BREAKFAST
Thursday, January 12, 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, January 19, 2017 @ 10:00am
"Our Place" East Providence, RI

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 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

BLOOD PRESSURE & GLUCOSE CLINIC
Wednesday, January 18, 2017
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.

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

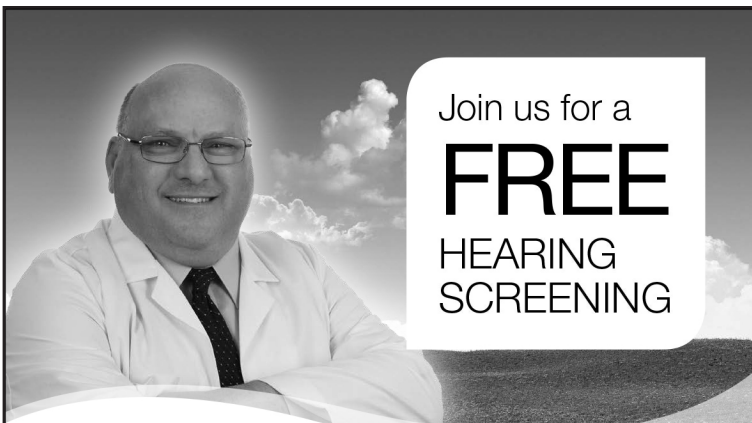
SEEKONK SENIOR SHOPPING DAY
By GATRA (800) 483-2500

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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Fax: (401) 305-3859
Monday - Thursday: 7:30 AM - 7:00 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
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Please contact Tom Reily
508-336-6633 x 337

SEEKONK COUNCIL ON AGING

January 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p>  <p>Closed for New Years</p>	<p>3</p> <p>Silver Sneakers 10am - 10:45am</p> <p>Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500</p>	<p>4</p> <p>Scrabble 1pm</p>	<p>5</p> <p>Silver Sneakers 10am - 10:45am</p> <p>BINGO 1pm - 3pm</p>	<p>6</p> <p>Advanced Yoga 9am - 9:50am</p> <p>Tai Chi 10:15am - 11:00am</p>
<p>9</p> <p>Chair Yoga 10am - 10:50am</p> <p>Knitting Club 12:30pm - 2:30pm</p> <p>Cards (Bridge) 1pm</p> <p>Mahjong 1pm</p>	<p>10</p> <p>Silver Sneakers 10am - 10:45am</p> <p>Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500</p>	<p>11</p> <p>The Benefits of Living Life Simply Lunch: Pizza & Salad for \$3</p> <p>Scrabble 1pm</p>	<p>12</p> <p>Silver Sneakers 10am - 10:45am</p> <p>Food For Thought @ 11am</p> <p>BINGO 1pm - 3pm</p> <p>Tech Time 2pm to 4pm</p> <p>Mens Breakfast @ 8:30am</p> <p>Toti's Restaurant</p>	<p>13</p> <p>Advanced Yoga 9am - 9:50am</p> <p>Tai Chi 10:15am - 11:00am</p>
<p>16</p>  <p>Milk Day</p>	<p>17</p> <p>Silver Sneakers 10am - 10:45am</p> <p>Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500</p>	<p>18</p> <p>Fall Preventions at Home Lunch: Hamburger Friscesee for \$3</p> <p>Scrabble 1pm</p>	<p>19</p> <p>Breakfast @ Seekonk Human Services 9am - 11am</p> <p>Silver Sneakers 10am - 10:45am</p> <p>BINGO 1pm - 3pm</p> <p>Womens Brunch @ 10am</p>	<p>20</p> <p>Advanced Yoga 9am - 9:50am</p> <p>Tai Chi 10:15am - 11:00am</p>
<p>23</p> <p>Chair Yoga 10am - 10:50am</p> <p>Knitting Club 12:30pm - 2:30pm</p> <p>Cards (Bridge) 1pm</p> <p>Mahjong 1pm</p>	<p>24</p> <p>Silver Sneakers 10am - 10:45am</p> <p>Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500</p>	<p>25</p> <p>TRIAD: 911 Phones Lunch: Spaghetti with Clam Sauce for \$3</p> <p>Scrabble 1pm</p>	<p>26</p> <p>Silver Sneakers 10am - 10:45am</p> <p>BINGO 1pm - 3pm</p>	<p>27</p> <p>Advanced Yoga 9am - 9:50am</p> <p>Tai Chi 10:15am - 11:00am</p>
<p>30</p> <p>Chair Yoga 10am - 10:50am</p> <p>Knitting Club 12:30pm - 2:30pm</p> <p>Cards (Bridge) 1pm</p> <p>Mahjong 1pm</p>	<p>31</p> <p>Silver Sneakers 10am - 10:45am</p> <p>Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500</p>			

Seekonk Human Services
540 Arcade Avenue
Seekonk, MA 02771

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Conference Room**