



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

June 2017

WHITE CROSS PHARMACY MED PACKS

Wednesday, June 7, 2017 @ 10am



Medication mismanagement and non-adherence is one of the leading causes of hospital readmissions. White Cross Pharmacy's med management program can guarantee that your patients will receive their medications in a timely manner. All of the patient's medications are organized into individual pouches that are labeled with the medication name and the time to be taken. Presentation by: Debra Demar Lunch will be Chicken Pot Pie, Veggies, Potatoes and Dessert for \$3. **Advance sign up and payment is required before attending this activity/luncheon in person.**

DIABETES COOKING WITH JOHN QUINTAS

Wednesday, June 14, 2017 @ 10am

Diabetic Cooking

John Quintas is coming back to do more diabetes cooking. His cooking is NOT only for diabetics, it's for those who want to eat healthier and reduce the risk of diabetes. Mr. Quintas will be making with you. Please sign up in advance as space is limited and/or the program may be cancelled if people don't sign up ahead of time for this class. Lunch will be Tuna Casserole for \$3. **Advance sign up and payment is required before attending this activity/luncheon in person.**

ZUMBA

Mondays @ 1pm



Melissa Nelson will be instructing a Zumba class on Monday afternoons at 1pm. Zumba is an aerobic fitness program featuring movements inspired by various styles of Latin American dance. This is fun way to burn calories and stay in shape.

"Whoops I Lost My Keys"

John Rogers

Wednesday, June 21, 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 Meatloaf for \$3. **Advance sign up and payment is required before attending this activity/luncheon in person.**



TRIAD: 19th Birthday Party and Senior Center 1st Anniversary

Wednesday, June 28 2017 @ 10am

Come celebrate with us!!
At Seekonk Human Services!

Entertainment by our very own
Barney Mallon!



Come enjoy a delicious lunch

Lunch will be Hamburger/
Hotdogs & dessert



Advance sign up is required before attending this activity, as space is limited.

EXPLORATION WEDNESDAYS

- **July 12** — Next Monitoring
Ice Cream Social
Lunch: Pizza \$3
- **July 19** — Dr. Couto, Understanding You
Lunch: Chicken Salad Sandwiches \$3
- **July 26** — TRAIID:
Lunch: American Chop Suey \$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, June 8, 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.

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!

MONTHLY BREAKFAST

Tuesday, June 27, 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

MEN'S BREAKFAST

**Thursday, June 8, 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: Jim LaFlame Veterans Agent.**

WOMEN'S BRUNCH

Thursday, June 15, 2017 @ 10am

Panera Bread Rte 6 Seekonk (Fall River Ave)

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.

BASIC BEGINNERS SIGN LANGUAGE

Starts Monday, June 5, 2017

10am—12pm

This is a signed English class. You will learn words, sentences and choruses. Class will start Monday, June 5, 2017 from 10am to 12pm and continue to be held on Mondays. Books will be available for purchase at the first class for \$6. Please contact Nancy Smutek to sign up for class or if you have any questions, 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.**

2017 TRIPS

FULL



Essex Steam Train & Riverboat
Wednesday, June 21, 2017
Depart: 9:30am Return: 5:00pm
Cost: \$95 per person (driver gratuity included)



FULL

FULL



Newport Playhouse Lobsterfest
Tuesday, July 18, 2017
Depart: 10am Return 5:00pm
Cost: \$62 per person (driver gratuity included)



FULL

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.**

Indian Princess Lake Cruise - Cruising out of Webster, MA
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. **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.**



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Lisa Sarkis,
SHINE Regional Director
508-222-1399



**THE FOLLOWING IS A MESSAGE
FROM
BRISTOL COUNTY
DISTRICT SCAMS AND FRAUD!**

When an issue starts to get headlines, it's almost a guarantee that a new scam will soon follow. With the Affordable Care Act in the news again, scammers are calling, mailing and e-mailing seniors at a relentless pace. Scammers know that people may have questions as to whether or not certain changes might occur but these crooks are all too willing to provide false information to confuse people. Their goal is to try and get your personal and financial information and then your money.

Scammers may call and pretend that they work for Medicare; they may say that they need you to verify your bank account number or Social Security number or Medicare number. However, if you provide this information to them you're giving them access to your money and their goal is to steal it. Those making these calls can be very persistent. They may say they need your information to "update your account," to send you news about Medicare, to deposit funds, to provide benefits or to provide you with a new Medicare or prescription card. They may tell you that it's urgent and your benefits will be cut if you don't respond or that you'll lose your Medicare coverage if you don't join their prescription plan. (The Medicare prescription drug plan, also known as Medicare Part D, is voluntary and does not affect your Medicare coverage.) Truthfully, these are all scams to try and steal your money.

Medicare will never call you and ask for your bank account information. Medicare representatives are not allowed to ask you for payment over the phone or online.

The next time you get a call like this remember these 5 tips:

- 1) Simply hang up the phone (or don't answer).
- 2) Don't give out your bank account number, Medicare number, or any part of your Social Security number.
- 3) If you have questions about your Medicare benefits call 1-800-633-4227 or go to medicare.gov.
- 4) Report your experience at 1-877-FTC-HELP or ftc.gov/complaint where you can click on "Scams and Rip-offs," and then "Imposter Scam."
- 5) If you gave out your personal information, call your banks, credit card providers, and health insurance company, and alert them. You may want to check on your credit report as well to make sure that accounts have not been opened in your name.

Medicare fraud is also another concern that seniors may have. Medicare fraud occurs when someone intentionally uses your Medicare number to bill Medicare for services or equipment you didn't get. What can you do? You can check your monthly statements and if you aren't sure about a charge you can contact the provider or call the customer service number on your statement.

If you need help on any aspect of your health insurance, SHINE offers free counseling at your senior center. Call your local COA and ask for a SHINE appointment. You can reach a SHINE volunteer by phone at 508-222-1399. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.





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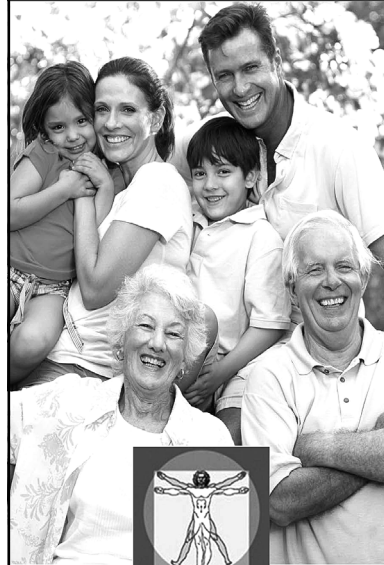


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Fax: (401) 438-0903

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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
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.

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Estate Planning

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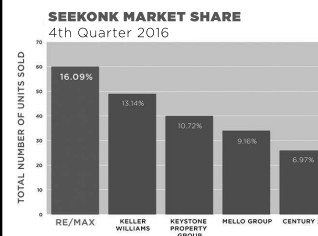
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Happy
Father's
Day

Thank you!

*On behalf of the Seekonk Town Crier
for your support of our newsletter*

SEEKONK COUNCIL ON AGING

JUNE 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| 5 Chair Yoga 10am - 10:50am Sign Language 10am - 12pm Knitting Club 12:30pm - 2:30pm ZUMBA 1pm - 3pm Cards (Bridge) 1pm | 6 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am (800-483-2500) | 7 White Cross Pharmacy @ 10am Lunch: Chicken Pot Pie for \$3 Payment due when Signing-Up Mahjong 1pm - 3pm Scrabble 1pm | 8 Mens Breakfast 8:30am Totis Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 BINGO 1pm - 3pm Cribbage 1pm - 3pm Tech Time 2pm - 4pm | 9 Advanced Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am |
| 12 Chair Yoga 10am - 10:50am Sign Language 10am - 12pm Knitting Club 12:30pm - 2:30pm ZUMBA 1pm - 3pm Cards (Bridge) 1pm | 13 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am (800-483-2500) | 14 John Quintas Cooking @ 10am Lunch: Tuna Casserole for \$3 Payment due when Signing-Up Mahjong 1pm - 3pm Scrabble 1pm | 15 Womens Brunch @ 10am Panera Bread Rte 6 (Fall River Ave) Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 BINGO 1pm - 3pm Cribbage 1pm - 3pm | 16 Advanced Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am |
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| 26 Chair Yoga 10am - 10:50am Sign Language 10am - 12pm Knitting Club 12:30pm - 2:30pm ZUMBA 1pm - 3pm Cards (Bridge) 1pm | 27 BREAKFAST 9:30 - 11am Silver Sneakers 10am - 10:45am Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am (800-483-2500) | 28 TRIAD:19th Birthday Party 10am Human Services 1st Anniversary Lunch: Hamburger/Hotdogs Mahjong 1pm - 3pm Scrabble 1pm | 29 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 BINGO 1pm - 3pm Cribbage 1pm - 3pm | 30 Advanced Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am |

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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