



# 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

### March 2017



Daylight Saving Time begins!  
Don't Forget To Turn Your  
Clock  
Spring Forward  
Sunday, March 12, 2017

#### EATING WELL & STAYING HEALTHY Wednesday, March 8, 2017 @ 10am



What should you have on your plate? Learn some great tips for Eating Well & We will make a healthy snack together! Take away some great recipes! Sponsored by Catholic Memorial Home in Fall River, MA. Lunch will be turkey chili for \$3. Please sign up and pay in advance.

#### TRIAD: BURN SAFETY AWARENESS Wednesday, March 22, 2017 @ 10am

According to the National Safety Council fire and burns in the elderly are the third leading cause of accidental deaths next to falls and motor vehicle accidents. Join Seekonk's Fire Captain Michael Bourque to learn common causes and safety tips to avoid burns. A limited number of free smoke detectors will be given to those who attend and have not previously received them. Lunch will be Beef Stew for \$3. Please sign up and pay in advance.

#### NUTRITIONAL BINGO Wednesday, March 29, 2017 @ 10am

John Quintas is back at it again from the Diabetes Association! He will be coming to Seekonk Human Services to do a Nutritional BINGO which is full of ideas on what foods to eat, what to avoid and how to become healthier. This presentation is not just for Diabetics but for anyone looking to have a healthier life! Lunch will be Shephard's Pie for \$3. Please sign up and pay in advance for this activity and lunch.



#### ST. PATRICK'S DAY CELEBRATION

Wednesday, March 15, 2017 @ 10am

Come join us as we celebrate St. Patrick's Day with a favorite traditional meal of corned beef, cabbage, potatoes, carrots, coffee and dessert for \$3 and singing some traditional Irish music!

Please sign up and pay in advance for the lunch.

Entertainment By Seekonk's very own  
Barney O'Mallon Karoke King



#### HEARING CLINIC Thursday, March 23, 2017 1:30pm—3:00pm

Chris Brissette from MASS Audiology will be at Seekonk Human Services to perform a hearing clinic. Appointments are approximately 10-15 minutes and are on a first come first serve basis. Please call Seekonk Human Services at 508-336-8772 to schedule your exam!

#### MONTHLY BREAKFAST Tuesday, March 28

MONTHLY BREAKFAST 4th Tuesday of the month from 9:30am - 11:00am Menu and Prices Available at the Senior Center

### EXPLORATION WEDNESDAYS

- **April 5** — Benefits of Chocolate  
**Lunch:** Sandwiches, Chips & Dessert  
**FREE**
- **April 12** — Easter Party  
**Lunch:** Ham, Potatoes & Veggies for \$3
- **March 22** — TRIAD:  
**Lunch:** TBD
- **March 29** — TBD  
**Lunch:** TBD

### FOOD FOR THOUGHT

**Thursday, March 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, March 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

## 2017 TRIPS

**A Day In Ogunquit**  
**Thursday, May 24, 2017**  
**Departs: 9:15am Return: 7:30pm**

**Cost: \$151 per person (Drivers Gratuity Included)**

Join us as we head to Ogunquit for lunch and show! We will start the day at Jonathan's Restaurant where you will enjoy a delicious meal. Choose from either their *Seafarer's Cache*, which includes a delightful sea-food mix baked in white wine & lemon, finished with breadcrumbs or a Broccoli and Cheese Stuffed Chicken Breast. Coffee and dessert to follow! We are then off to the Ogunquit Playhouse for their performance of MA-MA MIA! This tale full of sun and fun unfolds on a Greek island paradise when, on the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years before. A fun filled day in-deed - sign up today!

**Essex Steam Train & Riverboat**  
**Wednesday, June 21, 2017**

**Depart: 9:30am Return: 5:00pm**

**Cost: \$97 per person (driver gratuity included)**

ALL ABOARD! Join Bloom Tours & Seekonk Human Services for a special Rail & Sail in Essex, Connecticut. Upon arrival, we will stop and board at the Essex Station where we will enjoy lunch on board a dining car while you take a scenic train excursion traveling by beautiful countryside as you pass by meadows and farms. The train travels along the Connecticut River to Deep River. Upon arrival at the Deep River Station, you will board the Riverboat for a relaxing ride along the Connecticut River. Admire the picturesque views that surround the river!! Book Today!! Meal Choice: Beef or Chicken.

**Newport Playhouse Lobsterfest**  
**Tuesday, July 18, 2017**

**Depart: 10am Return 5:00pm**

**Cost: \$62 per person (driver gratuity included)**

Baggage: Two difficult, single people, Phyllis and Bradley, both trying to heal from their respective disappointing relationships, get their luggage mixed up at the airport. After a very disagreeable first encounter, the two decide to help each other get over their heartaches by forcing a friendship that eventually leads to the two discovering that while they may be too difficult for everyone else in the world, they are perfect for each other. Enjoy the full buffet as well as lobster if you choose!

**\*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.**

## **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)

**MEN'S BREAKFAST**  
**Thursday, March 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, March 16, 2017 @ 10:00am**  
**Percy's Place, Newport Avenue, EP, 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 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, March 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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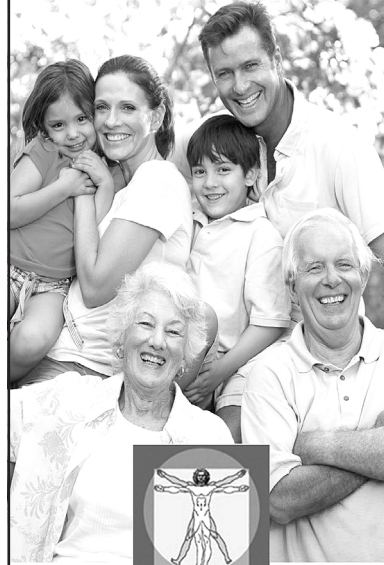


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**EAST PROVIDENCE OFFICE**

927B Warren Avenue  
East Providence, RI 02914  
Phone: (401) 438-0905  
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

# SHRIMP SCAMPI

## Ingredients

- 1 (8 ounce) package angel hair pasta
- 1/2 cup butter
- 4 cloves minced garlic
- 1 pound shrimp, peeled and deveined
- 1 cup dry white wine
- 1/4 teaspoon ground black pepper
- 3/4 cup grated Parmesan cheese
- 1 tablespoon chopped fresh parsley



## Directions

Bring a large pot of salted water to a boil. Stir in pasta and return pot to boil. Cook until al dente. Drain well.

Melt butter in a large saucepan over medium heat. Stir in garlic and shrimp. Cook, stirring constantly, for 3 to 5 minutes.

Stir in wine and pepper. Bring to a boil and cook for 30 seconds while stirring constantly.

Mix shrimp with drained pasta in a serving bowl. Sprinkle with cheese and parsley.

Serve immediately.

Source: [www.allrecipes.com](http://www.allrecipes.com)

*"A simple but elegant shrimp dish. Combine it with garlic bread and a salad for a delicious dinner."*

Law Office of Luke P. Travis  
Estate Planning

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

P.O. BOX 3288  
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Local #215



Lodge #5

### SEEKONK POLICE

MASS C.O.P. Local #215 F.O.P. Lodge #5  
Taunton Avenue P.O. Box 353  
Seekonk, Massachusetts 02771



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## Complimentary Investment Review



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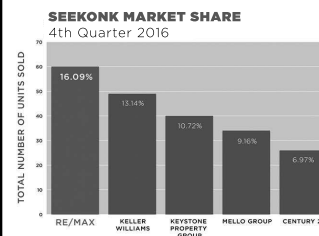
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# SEEKONK COUNCIL ON AGING

## March 2017

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|--|--|---|---|
|   |  | 1  | 2   | 3   |
|   |  | Mahjong 1pm - 3pm<br>Scrabble 1pm  | Silver Sneakers 10am - 10:45am<br><br>BINGO 1pm - 3pm<br><br>Cribbage 1pm - 3pm   | Advanced Yoga 9am - 9:50am<br><br>Tai Chi 10:15am - 11:00am |
| 6   | 7  | 8  | 9   | 10  |
| Chair Yoga 10am - 10:50am<br><br>Knitting Club 12:30pm - 2:30pm<br><br>Cards (Bridge) 1pm | Silver Sneakers 10am - 10:45am<br>Sign Language 10am - 12pm<br>Cards (Hi-Lo Jack) 1pm<br><br>GATRA Shopping Day<br>10:15am - 11:30am (800-483-2500)                      | Eating Well @ 10am<br>Lunch: Turkey Chili for \$3<br><br>Mahjong 1pm - 3pm<br>Scrabble 1pm   | Mens Breakfast @ 8:30am<br>Silver Sneakers 10am - 10:45am<br>Food For Thought @ 11am<br>BINGO 1pm - 3pm<br>Cribbage 1pm - 3pm<br>Tech Time 2pm to 4pm | Advanced Yoga 9am - 9:50am<br><br>Tai Chi 10:15am - 11:00am |
| 13  | 14   | 15   | 16  | 17  |
| Chair Yoga 10am - 10:50am<br><br>Knitting Club 12:30pm - 2:30pm<br><br>Cards (Bridge) 1pm | Silver Sneakers 10am - 10:45am<br>Sign Language 10am - 12pm<br>Cards (Hi-Lo Jack) 1pm<br><br>GATRA Shopping Day<br>10:15am - 11:30am (800-483-2500)                      | St. Patrick's Day Party 10am<br>Lunch: Corned Beef Dinner<br>for \$3<br><br>Mahjong 1pm - 3pm<br>Scrabble 1pm                                    | Silver Sneakers 10am - 10:45am<br>Womens Brunch @ 10am<br>Percy's Place, Newport Ave, EP<br><br>BINGO 1pm - 3pm<br>Cribbage 1pm - 3pm                 | Advanced Yoga 9am - 9:50am<br><br>Tai Chi 10:15am - 11:00am |
| 20  | 21   | 22   | 23  | 24  |
| Chair Yoga 10am - 10:50am<br><br>Knitting Club 12:30pm - 2:30pm<br><br>Cards (Bridge) 1pm | Silver Sneakers 10am - 10:45am<br>Sign Language 10am - 12pm<br>Cards (Hi-Lo Jack) 1pm<br><br>GATRA Shopping Day<br>10:15am - 11:30am (800-483-2500)                      | TRIAD: Burn Safety @ 10am<br>Lunch: Beef Stew for \$3<br>Brown Bags: Delivery 9-11am<br>Pick up 11am - 12pm<br>Mahjong 1pm - 3pm<br>Scrabble 1pm | Silver Sneakers 10am - 10:45am<br><br>BINGO 1pm - 3pm<br>Cribbage 1pm - 3pm<br>Hearing Clinic 1:30pm - 3pm  | Advanced Yoga 9am - 9:50am<br><br>Tai Chi 10:15am - 11:00am |
| 27  | 28   | 29   | 30  | 31  |
| Chair Yoga 10am - 10:50am<br><br>Knitting Club 12:30pm - 2:30pm<br><br>Cards (Bridge) 1pm | BREAKFAST 9:30 - 11am<br>Silver Sneakers 10am - 10:45am<br>Sign Language 10am - 12pm<br>Cards (Hi-Lo Jack) 1pm<br>GATRA Shopping Day<br>10:15am - 11:30am (800-483-2500) | Nutritional Bingo w/ John Quintas<br>at 10am.<br>Lunch: Shephards Pie for \$3<br><br>Mahjong 1pm - 3pm<br>Scrabble 1pm                           | Silver Sneakers 10am - 10:45a,<br><br>BINGO 1pm - 3pm<br><br>Cribbage 1pm   |   |

Seekonk Human Services  
540 Arcade Avenue  
Seekonk, MA 02771

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**SEEKONK HUMAN SERVICES STAFF**  
**508-336-8772**  
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**SEEKONK HUMAN SERVICES**  
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Victoria Kinniburgh  
**Board Meets fourth Monday of the month**  
**@ 3:30pm at the**  
**Seekonk Human Services**  
**Conference Room**