



# 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

### November 2017



Seekonk Human Services will be closed  
Friday, November 10 to Honor our Veterans  
Wednesday, November 22 @ 12:00pm  
Thursday & Friday November 23—24 for Thanksgiving



#### STEP ON IT WRAP UP

Wednesday, November 1, 2017 @ 11am

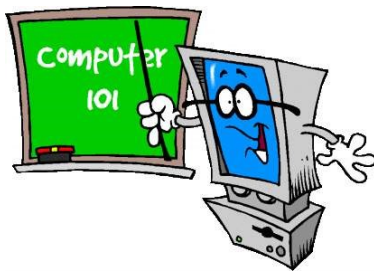
As some of you might have participated this past summer, the Seekonk Senior Center initiated Kindred at Home's program "Step On It". Step On It is a program designed to keep on moving, keep you healthy and keep you living the independent life you love. Why is moving so important? Moving helps us maintain good heart and lung function. It helps us reduce our fall risk significantly. Our bodies are designed to move. As we get older, making regular exercise a habit protects our balance and our independence. Exercise helps us stay healthy and reduces our risk for falls. Lunch will be Wraps, Chips and Dessert for \$3. **Advance sign up is required for lunch and activity, you must participate in activity for FREE lunch.**

#### SAFE STRIDES

Wednesday, November 15, 2017 @ 11am

STOP what you're doing!! Do you know a senior who is at risk for a fall?? Did you know Kindred at Home can provide them with services that will help them? Our Safe Strides specialty is customized to seniors' individual needs and provide them with vestibular therapy that will identify their unique balance concerns. Lunch will be French Meat Pie, Veggies and Dessert for \$3. **Advance sign up and payment required for lunch. Activity is free of charge.**

#### Let's Learn Together! Computers 101 Wednesday, November 15, 2 PM



If you have a tablet or laptop and want to learn the basics, this is the program for you! Bring your laptop or tablet so you can practice the things that SHOULD be in a manual - computer

lingo such as "the cloud," using the keyboard, finding a webpage, and more. Librarian Michelle Gario will lead this 90 minute class to get you answers you need to use the computer confidently on your own; No question is too small! Please make sure your laptop is fully charged or bring your cable and charger with your device. For more information, contact Michelle Gario at the Seekonk Public Library, 508-336-8230. Contact the Senior Center to register.



#### VETERAN'S DAY CELEBRATION Wednesday, November 8, 2017 @ 11am

What is Veterans Day? A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. Let us always be thankful for those who served.

Entertainment by Bombshell Betty  
USO Musical Review

Veterans Agent, Jim LaFlame will be present to answer any questions

Lunch will be a delicious turkey dinner with all the fixings for \$3, **VETERANS EAT FOR FREE**

**Advance sign up and payment required for lunch. Activity is free of charge.**



### EXPLORATION WEDNESDAYS

- **Dec. 6**— Holiday Trivia @ 11am  
**Lunch:** Lasagna for \$3
- **Dec. 13**— Christmas Party @ 11am  
**Lunch:** Roast Beef Dinner for \$3

### FUEL ASSISTANCE

If you had fuel assistance last year, be on the look-out 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. **Fuel Assistance begins November 1st.**

#### 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. **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 (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

### 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

### HOLIDAY BASKETS & MEALS



Thanksgiving Food Baskets

For those in need during the holidays, Seekonk Human Services offers Thanksgiving Baskets to families in need as well as home delivered meals to the homebound. If you or anyone you know is in need, please call Seekonk Human Services at 508-336-8772. Please have all requests in by Wednesday, November 15, 2017. If you are new to receiving a basket or holiday meal you be required to fill out an intake form with our Outreach Department.

### STRESS

**Wednesday, November 29, 2017 @ 11am**

Stress!! A fact of nature, it has always been there and always will be and we need to learn how to deal with it. In this informational session on "Stress" you will learn the good, the bad, and the ugly facts. How does stress affects us? What we can do about it? Presented by John Rogers from Catholic Memorial Home. Lunch will be Pasta with Meatballs and Dessert for \$3. **Advance sign up and payment required for lunch. Activity is free of charge.**

### Don't Ignore Your Medicare Mail!

**Need Help**  
with your Medicare  
**Plan Comparisons**  
for Open Enrollment?



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.**

## 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/](http://www.aarp.org/money/taxes/aarp_taxaide/)

And click on "Sign Up"

Or call AARP at 1-888-687-2277

## TECH TIME

**Wednesday, November 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.

## DAYLIGHTS SAVINGS TIME ENDS



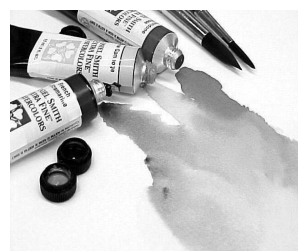
It's almost that time of the year! Daylights savings time will be ending on **Sunday, November 5, 2017**. This is a perfect time to change your smoke detector and carbon monoxide batteries. Remember **fall back** — gain an hour of sleep! If you need

assistance changing your batteries, please call Seekonk Human Services at 508-336-8772.

## 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, November 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.

## 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

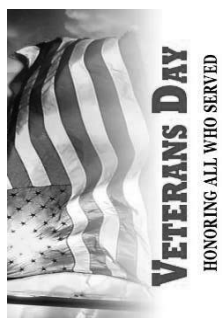



Three of the biggest problems for senior citizens are poor balance, memory loss and the inability to loose excess weight. Using the Wii Fit Plus program on a regular basis can help you with all three of these things. Exercise is not always easy and sometimes it hurts. This is a painless and fun way to 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

## November 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Chair Yoga 10am - 10:50am Knitting Club 12:30 - 2:30pm ZUMBA 1pm Cards (Bridge) 1pm	7 Sign Language 10am - 12pm Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Pesto Cream Chicken Cards (Hi-Lo Jack) 1pm	8 Chair Yoga 10am - 10:50am Veterans Celebration @ 11am Lunch: Turkey Dinner for \$3 VETERANS EAT FOR FREE Mahjong 1pm AND Scrabble 1pm Tech Time 2pm - 4pm	9 Mens Breakfast 8:30am Totis Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Mini Ravioli BINGO 1pm - 3pm Cribbage 1pm - 3pm	10  Advanced Yoga 9am - 10am Cost \$5 Tai Chi 10:15am - 11:00am
13 Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm Cards (Bridge) 1pm	14 Sign Language 10am - 12pm Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Chicken White Bean Chili Cards (Hi-Lo Jack) 1pm	15 Chair Yoga 10am - 10:50am Safe Strides @ 11am Lunch: French Meat Pie & Veggies for \$3 Mahjong 1pm AND Scrabble 1pm	16 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Soup of the day & Chicken BINGO 1pm - 3pm / Cribbage 1pm	17 Advanced Yoga 9am - 10am Cost \$5 Tai Chi 10:15am - 11:00am
20 Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm Cards (Bridge) 1pm	21 Sign Language 10am - 12pm Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Macaroni and Cheese Cards (Hi-Lo Jack) 1pm	22 Chair Yoga 10am - 10:50am CLOSED AT NOON Mahjong 1pm AND Scrabble 1pm	23 BINGO 1pm - 3pm / Cribbage 1pm	24 
27 Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm Cards (Bridge) 1pm	28 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Shepherd's Pie Cards (Hi-Lo Jack) 1pm	29 Chair Yoga 10am - 10:50am Stress by Catholic Memorial Homes @ 11am Lunch: Pasta and Meatballs for \$3 Mahjong 1pm AND Scrabble 1pm	30 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Chicken L' Orange BINGO 1pm - 3pm Cribbage 1pm	



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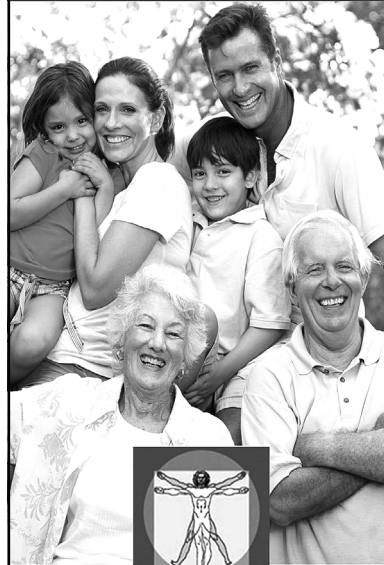


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927B Warren Avenue  
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Fax: (401) 438-0903

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

# SIMPLE STUFFING

**Ingredients:**

- 2 loaves Italian bread (about 10 ounces each), torn into bite-size pieces
- 4 tablespoons butter, room temperature, plus more for baking dish
- 4 celery stalks, thinly sliced
- 4 shallots, minced
- 2 garlic cloves, minced
- Coarse salt and ground pepper
- 1/2 cup dry white wine
- 1/2 cup parsley leaves, chopped
- 3 large eggs, lightly beaten
- 2 cans (14 1/2 ounces each) reduced-sodium chicken broth

**Directions:**

Preheat oven to 400 degrees. Arrange bread in a single layer on two rimmed baking sheets. Bake until crisp but not browned, about 10 minutes, rotating sheets halfway through.

In a large saucepan, melt butter over medium heat. Add celery, shallots, and garlic; season with salt and pepper. Cook, stirring occasionally, until vegetables are softened, 5 to 7 minutes. Add wine, and cook until evaporated, 3 to 5 minutes. Transfer to a large bowl.

To vegetables in bowl, add bread, parsley, and eggs. Season with 1 1/2 teaspoons salt and 1/4 teaspoon pepper; stir to combine. Mix in half of broth. Continue to add in more broth just until stuffing is moistened but not wet (there should not be any liquid in the bottom of the bowl).

Just before roasting turkey, stuff it with 4 cups stuffing. Spoon remaining stuffing into a buttered 8-inch square baking dish. Cover with buttered aluminum foil, and refrigerate. When turkey is removed from oven to rest, place covered baking dish in oven, and bake until warmed through, 25 to 30 minutes. Uncover and bake until golden, about 15 minutes more.



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Estate Planning

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

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