



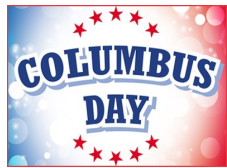
SEEKONK HUMAN SERVICES

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

October 2017



Seekonk Human Services
Will Be Closed
Monday, October 9, 2017

COMMUNITY WELLNESS

Dr. Rutkowski

Wednesday, October 4, 2017 @ 1pm

Dr. Ross Rutkowski is a local leading wellness expert, co-author of the #1 best-selling book *The World's Best Kept Health Secret Revealed* and weekly WSAR 1480AM radio show host for over 17 years. The 5 Essentials of Health will be discussed. Discover the power of a healthy lifestyle, learn what you can do to avoid the #1 cause of death, and the five things you must address to experience optimal health. **Activity is free of charge.**

LYNN KENT: MEDIUM

Wednesday, October 11, 2017 @ 11am

Rev. Lynn Kent is an Ordained Minister and Certified Medium with the National Spiritualist Association of Churches and is on the ministerial staff with the Healing Hands of Light in Chicopee Massachusetts, NSAC.

Lynn has provided mediumship at the "ISF" International Spiritualist Federation fraternal week in Rochester New York and at the "NSAC" National Spiritualist Association of Churches Conventions.

She has attended the world renowned "Arthur Finley College" in Stanstead England for advanced mediumship and trance. Her book, "My Pathway to Spirit Communication" can be found on Amazon.com

There will be a talk on Life in the Spirit World with a short question and answer period. Lynn will also give several messages to the group. Lunch will be chicken parm and salad and dessert for \$3. **Activity is free of charge. Advance sign up and pre-payment is required for lunch.**

FLU CLINIC

Tuesday, October 10, 2017

12pm to 3pm



Free Flu Shot Clinic! Please bring your health insurance card. Sign up is required, please call 508-336-8772. Sponsored by the Seekonk Board of Health.

DEPRESSION & THE ELDERLY

Wednesday, October 18, 2017 @ 11am

Inez from Kindred Health will be presenting an informational session on Depression and The Elderly. During this presentation she will help you identify the signs of depression and what to do. There are ways to help prevent depression. Lunch will be chicken pot pie and mashed potatoes for \$3. **Activity is free of charge. Please sign up and pay for lunch in advance.**



HALLOWEEN PARTY

Wednesday, October 25, 2017 @ 11am

Come one, come all!
Come join the Halloween Party!

Wear your most creative costume,
Prizes will be awarded for the best costumes!

Entertainment by our very own,
Barney Mallon Karaoke King

A delicious luncheon of Halloween Casserole (Shepherd's Pie) and salad with dessert for \$3 will be serviced.

Advance sign up & pre-payment is required for lunch



EXPLORATION WEDNESDAYS

- **Nov. 1**—Step On It Wrap Up @ 11am
Lunch: Wraps, Chips & Dessert
- **Nov. 8**—Veteran's Celebration @ 11am
Lunch: Turkey Dinner for \$3
- **Nov. 15**—Safe Strides @ 11am
Lunch: French Meat Pie & Veggies for \$3
- **Nov. 29**—Stress by Catholic Memorial Home @ 11am
Lunch: Pasta and Meatballs

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

MONTHLY BREAKFAST

Tuesday, October 24, 2017

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



KNITTING FOR THE NEEDY

Knitters Wanted!

Mondays at 12:30pm

In our Knitting Club, our exceptional volunteers give their time to knit for those in need. The items are donated to Citizens for Citizens Inc., who then distributes them to needy families in Seekonk and other surrounding communities. Free yarn is available at Seekonk Human Services to all club members. For more information call 508-336-8772

HOLIDAY BASKETS & MEALS

Anyone who receives food from Doorways Food Pantry is eligible to receive a Thanksgiving Basket from Doorways. If you are not currently participating in Doorways and in need of a Thanksgiving Basket, you may call the Outreach Department at Seekonk Human Services for an appointment to receive a basket. You will need to fill out an intake form, please call 508-336-8772. **All requests must be in by Tuesday, October 24, 2017**, if you or anyone you know needs a basket. Anyone who is homebound and would like a hot meal delivered on Thanksgiving should sign up at Seekonk Human Services by **Friday, November 10th**. Please call 508-336-8772 to have your name put on the list.

SOUTHCOAST WELLNESS VAN

Tuesday, October 24, 2017

9am to 12pm

Free Health Screenings

1. Cholesterol
2. Blood Pressure
3. Blood Sugar Testing
4. Tetanus Vaccines
5. Pneumonia Vaccines
6. Quit Smoking Educa-



The Homestead Act

Tuesday, October 31, 2017 @ 11:00 AM

Barry J. Amaral, Register of Deeds Bristol County N.D. and his Staff, will be hosting an informal discussion regarding the Homestead Act. The Massachusetts Homestead Act provides limited protection of the value of the home, up to \$500,000, against unsecured creditor claims.

For those interested in filing a homestead, the following is required:

1. Resident/owner name & address.
2. Photo I.D. (Driver's License, Mass. ID card, etc.)
3. \$36.00 cash or check payable to: Registry of Deeds BCND

2017 TRIPS

Castle in the Clouds—New Hampshire

Wednesday, October 18, 2017

Depart: 7:45am Return

Cost : \$81 per person (driver gratuity included)

We will begin our day with a tour at Castle in the Clouds, located in the heart of the Ossipee Mountains! This former country estate took many years, thousands of workmen, and millions of dollars to build. The Castle is built in one of the most beautiful settings in the world. Situated on the highest hill in the vicinity, the castle itself commands a panoramic view. One can see for a radius of 75 miles! After our visit, we will stop at a regional landmark, Hart's Turkey Farm. Enjoy a scrumptious lunch. Before heading home, we'll make a stop at Kellerhaus, New Hampshire's oldest candy and ice cream makers. **Trip sign up and 50% deposit is due at time of sign up in person, no phone call sign ups. **Please utilized the Knights of Columbus parking lot first****

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, Ritz 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/
And click on "Sign Up"
Or call AARP at 1-888-687-2277

Don't Ignore Your Medicare Mail!

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.*

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.

MEN'S BREAKFAST

Thursday, October 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. **Speaker will be: The Assessor's Office**

WOMEN'S BRUNCH

Thursday, October 19, 2017 @ 11am

Percy's Place, Newport Avenue

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.

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

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

October 2017

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Chair Yoga 10am - 10:30am Knitting Club 12:30pm - 2:30pm Zumba 1pm Cards (Bridge) 1pm	3	Sign Language 10am - 12pm Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Chicken Chili Cards (Hi-Lo Jack) 1pm	4	Chair Yoga 10am - 10:50am Phones for Seniors @ 10am Community Wellness @ 1pm	5	Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Chicken & Pineapple Rice BINGO 1pm - 3pm Cribbage 1pm	6	Advanced Yoga 9am - 10am Cost \$3 Tai Chi 10:15am - 11:00am
9	 Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm Cards (Bridge) 1pm	10	Sign Language 10am - 12pm Silver Sneakers 10am - 10:45am NO LUNCH FLU SHOTS 12pm - 3pm Cards (Hi-Lo Jack) 1pm	11	Chair Yoga 10am - 10:50am Lynn Kent the Median @ 11am Lunch: Chicken Parm for \$3 Mahjong 1pm AND Scrabble 1pm Tech Time 2pm - 4pm	12	Mens Breakfast 8:30am Totis Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Baked Meatloaf BINGO 1pm - 3pm Cribbage 1pm - 3pm	13	Advanced Yoga 9am - 10:00am Cost \$3 Tai Chi 10:15am - 11:00am
16	Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm Cards (Bridge) 1pm	17	Sign Language 10am - 12pm Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Beef & Pepper Casserole Cards (Hi-Lo Jack) 1pm	18	Chair Yoga 10am - 10:50am Depression and The Eldery @ 11am Lunch: Chicken Pot Pie and Mashed Potatoes for \$3 Mahjong 1pm AND Scrabble 1pm	19	Silver Sneakers - No Instructor Women's Brunch 10am Percy's Place, Newport Avenue LUNCH 11:30am \$2 Honey Mustard Chicken BINGO 1pm - 3pm / Cribbage 1pm	20	Advanced Yoga 9am - 10:00am Cost \$3 Tai Chi 10:15am - 11:00am
23	Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm Cards (Bridge) 1pm	24	Breakfast 9:30am - 11am Sign Language 10am - 12pm Silver Sneakers - No Instructor LUNCH 11:30am \$2 Chicken Picatta SouthCoast Wellness Van 9-12 Cards (Hi-Lo Jack) 1pm	25	Brown Bags 9-11 delivery/11 Pickup Chair Yoga 10am - 10:50am Halloween Party @ 11am Lunch: Shephard's Pie and Dessert for \$3 Mahjong 1pm AND Scrabble 1pm	26	Silver Sneakers - No Instructor LUNCH 11:30am \$2 Roasted Pork BINGO 1pm - 3pm Cribbage 1pm - 3pm	27	Advanced Yoga 9am - 10:00am Cost \$3 Tai Chi 10:15am - 11:00am
30	Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm Cards (Bridge) 1pm	31	Silver Sneakers - No Instructor LUNCH 11:30am \$2 Petrified Penne Homestead Act 11am Cards (Hi-Lo Jack) 1pm						



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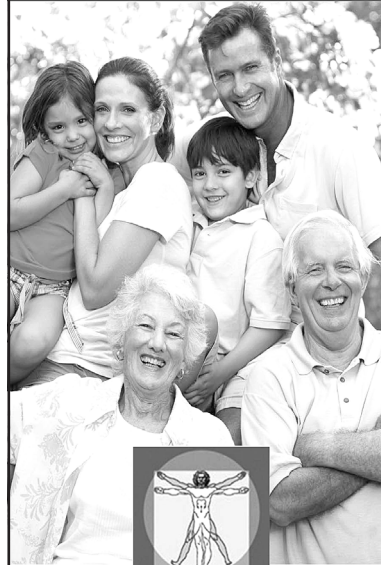


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Fax: (401) 438-0903

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

Pumpkin Spice Halloween Punch Recipe

*Pumpkin pie spice and apple cider lend autumnal flavor to this Halloween take on classic sangria.
Serve in a hollowed-out pumpkin for a dramatic presentation.*



Ingredients

- 2 honeycrisp apples
- 2 pears
- 1 orange
- 1 tablespoon lemon juice
- 1/4 cup honey
- 1/4 cup brown sugar, or more to taste
- 1 cup bourbon
- 3 cups apple cider
- 1/2 teaspoon pumpkin pie spice
- 2 bottles pinot grigio, chilled
- 1 pumpkin, for serving (optional)

Directions

Thinly slice apples, pears and oranges lengthwise, then place in a large bowl. Coat with lemon juice to prevent browning. Add honey, brown sugar, bourbon, apple cider and pumpkin pie spice, stirring gently to combine. Cover and refrigerate for 2-4 hours, or overnight. Top with chilled pinot grigio and serve.

For Serving

Serve in a pitcher or punch bowl, or give the punch extra Halloween flavor by serving inside a Jack O' Lantern. Cut a circle in the top of a large pumpkin, then completely remove seeds and pulp. Fill with fruit and punch, then enjoy!

Tip: Decorate the exterior of pumpkin using a silver paint marker. Here, the cocktail name lets guests know what's inside.



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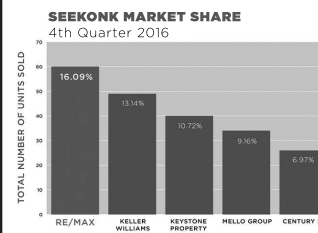
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@ 3:30pm at the
Seekonk Human Services
Conference Room