

**SEEKONK HUMAN SERVICES STAFF**  
508-336-8772

**EXECUTIVE DIRECTOR**  
Bernadette Huck ext. 15

**SENIOR SECRETARY**  
Ashley Pimental ext. 12

**CLERICAL ASSISTANT**  
Kimberly Mallon ext. 10

**EDUCATIONAL & SOCIAL PROGRAMS**  
Karen Stutz ext. 14

**OUTREACH MANAGERS**  
Adriana Dossantos ext. 11

Veronica Brickley ext. 17  
LPN BA SOC LSWA

**OUTREACH ASSISTANT**  
Nancy Rodrigues ext. 18

**SENIOR AIDES**  
Loretta Ferreira & Elaine Miranda ext. 19

**SEEKONK HUMAN SERVICES  
EXECUTIVE BOARD MEMBERS**

**CHAIRPERSON**  
Victoria Kinniburgh

**VICE CHAIRPERSON**  
Lynn Neves

Christine Allen

Rene Andrews

Beverly Della Grotta

Anita Gendron

Anne Libby

**Board Meets fourth Monday of the month  
@ 3:30pm in the  
Board of Selectmen Meeting Room**



320 Pleasant Street ~ Seekonk, MA ~ 508-336-8772

\*Monday through Thursday 8:30am—4:30pm

\*Wednesdays 5pm—7pm at Town Hall By Appointment Only

\*Fridays 8:30am—12:30pm

**June 2012**

**THE FUTURE OF SENIORS**

Brothers Restaurant

Thursday, June 14, 2012 @ 8:30am

Men, age 65 and older,  
Please join us for a free breakfast  
Sponsored by Friends of Friends

Discuss the future of seniors in Seekonk

Please call for a reservation  
Seating is limited  
508-336-8772

**THANK YOU  
Martin School**

Seekonk Human Services would like to take the opportunity to thank the students of Martin School and their Principal for their donation of a kindle to the seniors. The students were given the option of choosing which group they wanted to raise money for. They voted to donate to the Seniors of Seekonk. The students came up with the fund raising activities on their own and implemented them with great enthusiasm. They raised \$75 dollars and used the money to purchase Amazon gift cards for the books. Seekonk Human Services is grateful and proud of the student's initiative and commitment to the elders and their community.

**INTERGENERATIONAL PROGRAM**

**Wednesday, June 6 @ 10am**

Van Egmond's program, "Young Fogies & Old Whippersnappers" will celebrate the wit, wisdom, and spirit of seniors and their special connection with youngsters. His tales, songs, riddles and poems will range from the rib-tickling to the spine-tingling to the heart-warming. Come hear "The Old Woman and the Red Pumpkin," a tale from India about an elderly woman who braves the dangers of the jungle to visit her granddaughter's family, and they help her with a way to outsmart the fierce creatures waiting to eat her on her return journey. This program is supported in part by a grant from the Seekonk Arts Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. Lunch will be a cookout for \$2. Call 508-336-8772 to sign up.

**Come help us celebrate  
The 4th of July**

**At our  
TRIAD 14th Birthday Party  
Wednesday, June 27 @ 10am**

Seekonk TRIAD is a three-way commitment among the Seekonk Police/Fire Department, Bristol County Sheriff's Office, & Seekonk Senior Community To work together by creating programs beneficial to enhancing the quality of life of Seekonk's senior residents.

A brunch will be served for \$2

Seating is limited, please call to sign up  
508-336-8772

BULK  
U.S. POSTAGE  
PAID  
PERMIT NO. 50  
SEEKONK, MASS.

Seekonk Human Services  
320 Pleasant Street  
Seekonk, MA 02771



**NEW UPCOMING ACTIVITIES  
COMING THIS SUMMER**

**Thursdays**

- Different movies every Thursday, call to find out movie
- Movie showing from 1pm to 3pm
- Free refreshments
- Air conditioned afternoons
- Children are welcomed with adult supervision

**Fridays**

- Game day
- Mexican Train (Dominos)
- 10am to 12pm
- Pastry and coffee will be available

**LAKE WINNIPESAUKEE CRUISE  
Thursday, June 21st  
\$69 Per Person**

*Featuring narrated cruise, buffet luncheon & scenic sights!* Depart on your luxury Silver Fox Motor Coach. In the summer time, there's no better way to enjoy the beautiful, warm seasonal, climate than a trip to New Hampshire's beautiful Lake Winnepesaukee. Departing from Weirs Beach, you'll delight in the beautiful vistas of the White Mountains from the decks of the 230-foot M/S Mount Washington as you cruise the famous lake. You'll enjoy a relaxing, splendid day as your Captain sails from port to port. Your narrated cruise of this immense Lake also includes a delicious buffet luncheon. After your delightful cruise, you'll have time to enjoy some local attractions before leaving for home. Departure time will be 8am and return time will be 6:30pm. Please call 508-336-772 to reserve your spot!

**NEWPORT PLAYHOUSE PRESENTS:  
The Kitchen Witches and Lobsterfest!  
Monday, July 9, 2012**

The Kitchen Witches is about two cooking show hostesses who have hated each other for 30 years – Dolly and Isobel – end up together on a TV cooking show. Before long, the insults are flung harder than the food, and the show becomes a rating smash as Dolly and Isobel top both Martha Stewart and Jerry Springer. Departure time will be at 10am from Human Services and return time will be approximately 5pm.

**SHINE NEWS  
Medicare Fraud and Abuse**

While most Medicare payment errors are simple billing mistakes, Medicare Fraud and Abuse does exist. Last year, a record amount of nearly \$4.1 billion in taxpayer dollars was recovered from individuals and companies who attempted to defraud seniors and taxpayers or who sought payments to which they were not entitled.

*Fraud* occurs when someone *intentionally* falsifies information or deceives the Medicare Program. A common example of fraud is knowingly billing Medicare for services or equipment that were never provided or received. *Abuse* occurs when doctors or suppliers do not follow good medical practices. These practices may result in unnecessary costs to the Medicare Program for services that are not medically necessary.

You can help stop fraud by reviewing your Medicare statement (Medicare Summary Notice – MSN) to make sure Medicare is not charged for items or services you did not receive. The MSN shows what Medicare was billed, what Medicare paid and what you may owe. If you have a question or concern regarding a Medicare claim, you should discuss it directly with your physician, provider, or supplier that provided the service.

For further assistance with this matter, call your senior center at 508-336-8772 and make an appointment with a SHINE (Serving Health Information Needs of Elders) counselor.

Assistance is also available through the Massachusetts Senior Medicare Patrol (SMP), which is a group of trained volunteers who help Medicare and MassHealth beneficiaries avoid, detect, and prevent health care fraud. SMP volunteers teach Medicare beneficiaries how to protect their personal information, identify and report errors on their health care statements, recognize scams—such as illegal marketing, providing unnecessary services, and charging for services that were not provided—and report fraud and abuse to the proper authorities. You can contact the Massachusetts SMP program at Elder Services of the Merrimack Valley, 1-800-892-0890.

**CARDIAC PREVENTION CLINIC  
Wednesday, June 13, 2012  
9:00 am – 12:00 Noon**

Seekonk Human Services holds a FREE clinic on the 3<sup>rd</sup> Wednesday of every month. This clinic is staffed by the same two exceptional nurses from South Coast Hospital who have been doing this clinic for several years. Why not take advantage of a FREE opportunity to check your cholesterol, glucose and blood pressure. While you are waiting you may ask the nurse about any concerns you may have or any medications you are taking. No appointment is necessary, it is first come, first served. This clinic is a perfect way to monitor your health each month.

**Wii Exercise Class  
Mondays @ 10am**

Come join us for some Wii exercise fun. The Wii is a great way to stay in shape without the high costs of joining a gym. It's great for people of any age. Come and try it to see how much fun keeping in shape can be! Call 508-336-8772 for more information.

**KNITTING AND CROCHETING  
Mondays @ 12:30 – 2:30**

Ladies! You are welcome to join our group on any Monday afternoon. Please bring your own knitting needles if you have them, yarn is provided. The knitters are busy creating hats, sweaters & mittens for infants in our town and seniors who need lap robes. Need help finishing a project such as knitting, crocheting or needle point, come in and we will help you tackle it.

**PITCH (HI-LO-JACK)  
Wednesdays @ 12:30 – 2:30**

Pitch will be the 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays. Come join the fun. Why not enjoy an afternoon playing cards with a great group of people. No sign up is required. Call 508-336-8772 for more information.

**MONTHLY NEWSLETTER ONLINE**

\*The Town Crier website link is

[www.seekonk-ma.gov](http://www.seekonk-ma.gov)

Click on Departments

Click on Human Services

**YMCA\*  
472 Taunton Avenue  
Seekonk, MA 02771  
508.336.7103**

**\$3 fee per class for the following classes:**

- Chair Yoga (Slow Flow) – Wednesdays 10:00 – 11:00am
- Balance Class – Fridays 11:45am – 12:15pm
- Aqua Aerobics – Wednesdays 8:15 – 9:00am OR 9:45 – 10:30am
- Arthritis Foundation Certified Aqua Class – Fridays 9:00 – 9:45am

**\*Must be a Seekonk senior and have a scan card, please call 508-336-8772 for further information**

**SEEKONK TOTAL FITNESS  
1301 Fall River Avenue  
Seekonk, MA 02771  
508.336.4545**

Seekonk Total Fitness is offering Senior Fitness Group Exercise Classes on Mondays 11:30-12:15 and Thursdays from 10:30am – 11:15am. The 45-min fitness class is designed specifically for older adults and taught by a certified senior fitness instructor. This easy to follow workout is safe, heart-healthy and gentle on the joints. Energize your inactive lifestyle by increasing muscular strength, range of movement & balance. **The cost per class is \$1.**

**GATRA PHOTO ID'S**

GATRA Photo ID'S can be done at Seekonk Human Services. No appointment is necessary. Just fill out an application and a picture and the ID will be mailed within 2 weeks. Please contact Ashley Pimental @ 508-336-8772.

**\* 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.**