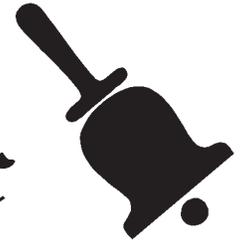


# SEEKONK HUMAN SERVICES



## Town Courier

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

Seekonk Human Services

Monday through Thursday 8:30am-4:30pm • Wednesdays at Town Hall (5pm-7pm) • Friday 8:30-12:30

### APRIL 2011



#### 2011 Fenway Park Tour

May 17, 2011 (Tuesday)

Including Luncheon at the No Name Restaurant and Visits to the U.S.S. Constitution & Quincy Market.

Cost: \$60.00 Per Person

8:30 AM Depart this morning from Seekonk Human Services, 320 Pleasant St, for a great day in Boston. Our group will have a special, guided tour of Fenway Park beginning at 10:30 AM and your guide will provide a wonderful narrative of Fenway's history and present day amenities. After you will enjoy a delicious luncheon at the No Name Restaurant, where a variety of fresh fish, beef and chicken is available off the menu. You'll also tour the U.S.S. Constitution, "Old Ironsides" and Quincy Market Place. You will return home early this evening at 5:30 PM after a great day in Boston.

For reservations, please contact Seekonk Human Services @ 508-336-8772.

#### EASTER PARTY

April 20, 2011

Seekonk Human Services – 10AM



Barney Mallon will be here to entertain you. A wonderful program is planned, so please sign up early as space is limited. LADIES!! Wear your Easter bonnets and you could win a prize.

A delicious lunch of ham, au gratin potatoes, vegetable & desert will be served for \$3. Please sign up at 508-336-8772 for both the party and lunch.



#### SILVER TEA

Wednesday, May 11, 2011

Seekonk ladies age 75 and older are cordially invited to attend a Luncheon at Johnson & Wales Inn. Hosted by Seekonk Human Services and Funded by Friends of Friends Community Services. Transportation is available through GATRA. Please R.S.V.P by May 6<sup>th</sup>.

More information to follow in the upcoming May newsletter or contact Seekonk Human Services at 508-336-8772 for more information.

#### EXPLORATION WEDNESDAY'S

10:00 AM @ Seekonk Human Services

April 6, 2011 "Sleep Program" Stacey & Bonnie Lunch \$3 Pizza & Salad

April 13, 2011 "Cardiac Care"

April 20, 2011 "Easter Party" Barney Mallon Lunch \$3 Ham, au gratin potatoes, & vegetables

April 27, 2011 "TRIAD" John Gibbons FREE LUNCH Pulled Pork & Portuguese Soup

May 4, 2011 "Estate Planning" David McGuire Lunch \$3 Stew, Italian bread, & fruit

May 11, 2011 "Silver Tea" Greg Curtis Johnson & Wales Inn.

Please call 508-336-8772 to sign up for any of the above lunches. Payment must be received in advance of the event.

#### WOMEN'S BREAKFAST

April 6, 2011 – 8:30 AM

Mary Beth DeLeo's Restaurant

Women – you are invited to join us for a delicious breakfast on the first Wednesday of every month. No reservations are required – just come and enjoy. There is no set amount for breakfast; the cost is up to you. You are also welcome to bring a friend with you.

**MEN'S BREAKFAST**

April 14, 2011

8:30 am @ Brothers Seafood Restaurant

Men of all ages 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 – the cost is up to you.

“Getting your affairs in order” – Bonnie Ryvicker.

**CARDIAC PREVENTION CLINIC**

April 13, 2011\*

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. \*Changed to 2<sup>nd</sup> week just for April\*

**TRIAD**

April 27, 2011 @ 10:00 am  
Seekonk Human Services



John Gibbons will be discussing Reverse Mortgages. A reverse mortgage is a loan against the equity in your home that provides you tax-free cash that can be used for any reason. You are not required to make mortgage payments during the life of the loan. John Gibbons will go over eligibility requirements. Lunch FREE and includes pulled pork and Portuguese soup. Coffee and pastry is also available before her presentation. You will need to sign up at 508-336-8772 for lunch.

**PITCH (HI-LO-JACK)**April 13<sup>th</sup> & 27<sup>th</sup>

12:30 – 2:30

Come join the fun. Why not enjoy an afternoon playing cards with a great group of people. No sign up is required and pastry and coffee is available. If you have any questions you may call 508-336-8772.

**CHEF ON A SHOESTRING**

1:45 – 3:15 @ Seekonk Human Services

Student chefs from Johnson & Wales give a cooking demonstration of recipes that are both economical and nutritious for one or two people.

Please speak to Karen Stutz at 508-336-8772 for the date of the next class.

This class is very popular, class size is limited.

**KNITTING CLASS**

Monday's @ Seekonk Human Services

12:30 – 2:30

Ladies! You are welcome to join the knitting 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. If you are interested in “Knitting for the Needy” please feel free to drop in with your knitting needles or just to see what the group is all about.

**YARN IS ALWAYS NEEDED!!! PLEASE DROP OFF AT SEEKONK HUMAN SERVICES OR CALL 508-336-8772 IF YOU NEED IT PICKED UP.**

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**CONVENIENT BUDGET PAYMENT TERMS!!!****800-732-8070**

## BRISTOL ELDER SERVICES BROWN BAGGERS

Bristol Elder Services, Inc. Nutrition Program in conjunction with the Greater Boston Food Bank, Inc. and the Executive Office of Elder Affairs is establishing a Senior Brown Bag Program. Participating elders will receive a free bag of groceries several times throughout the year. Recipients must reside in Seekonk and be at least 60 years of age or older. In addition, recipients must be low income, as measured by participation in at least one other program in which proof of income has been demonstrated. This includes Food Stamps, Supplementary SSI, or Medicaid, Fuel Assistance, Housing Assistance, or similar programs that established that recipients are at or below 175% of Federal poverty levels. A typical "Brown Bag" will weigh approximately 10 – 15 pounds and will contain items from the four food groups. A bag may contain the following items: pasta sauce, apple juice, peanut butter, instant oatmeal, beef stew, tuna fish, spaghetti, raisins, parmalait or dry milk, chicken noodle soup and fresh produce. There is no cost involved. Limit one bag per household. The "Brown Bag" Program distribution is limited. However, we will make arrangements to help as many people as possible.

Call Seekonk Human Services at 508-336-8772 for more information. Annual Income eligibility for 1 person is \$20,036. For 2 persons is \$26,955.

### "BROWN BAG SENIOR PROGRAM"

The dates for "Brown Bags" are on the 4<sup>th</sup> Wednesday of every month.  
The next "Brown Bag" date is April 27.

## PRESCRIPTION ADVANTAGE

Are you having trouble affording the "donut hole" costs for your prescription drugs? Massachusetts has a state prescription assistance program called Prescription Advantage to help limited income seniors and low income disabled persons under 65 cover their prescription drugs. Membership in Prescription Advantage also entitles you to change your prescription drug plan once a year at any time of the year. To determine whether you are eligible for Prescription Advantage, call Seekonk Human Services @ 508-336-8772 to make an appointment with a SHINE counselor.



## SHINE TRAINING TO BEGIN MAY 2011

Volunteers are being recruited for the Serving Health Information Needs of Elders Program, known as SHINE. Those who have 4 to 8 hours a week and would like to help senior citizens understand health insurance coverage are sought. The SHINE program is looking for dedicated people willing to make a commitment (some traveling may be required.) The SHINE program is seeking counselors in the greater Attleboro, Taunton and Fall River areas. For more information, upcoming dates, or to sign up for training, please call Lisa Sarkis, Regional SHINE Director, at (508) 222-1399.

## UNITED STATES CENUS 2011

Every year, the federal government can allocate more than \$300 billion to states and communities based, in part, on census data. Census information guides funding decisions for important community facilities, such as schools, hospitals, child-care centers, and more. Census data can be used to write proposals for grants that benefit your organization/institution. Census data affects your voice in Congress as well as the redistricting of state legislatures, county and city councils and voting districts. The 2011 census is important. The U.S. Constitution requires a national census once every 10 years. The census will show state population counts and determine representation in the U.S. House of Representatives. Don't forget to fill out your census questionnaire when it arrives at your household. Census works also will visit households that do not return questionnaires.



## REGISTRY OF MOTOR VEHICLES

The Registry of Motor vehicles will no longer mail out the following materials to customers:

- License renewal notices, Mass ID renewal notices

The express branch of the Registry of Motor Vehicles is open in Downtown Attleboro in the former Post Office building on Park Street. The office will be open Monday through Friday from 9 to 5 for license and registration renewals. The hope is that an Attleboro facility will reduce the long lines at the Taunton & Fall River offices.

Check your license each year near your birthday to see if this is the year it expires. Renewal can also be done online at [www.mass.gov/rmv](http://www.mass.gov/rmv). You may call 1-800-858-3926 for more information.



# APRIL 2011

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Notes:				
				
April Fools Day <sup>1</sup> YMCA Programs 9-10:30 Arthritis Water Exercise 9 - 9:45 am Aqua Aerobics 9:45-10:30  Bingo 1:00 (Commons)				
4	5	6	7	8
Arthritis Water Exercise 9-9:45 AM Aqua Aerobics 9:45-10:30 AM "Sit to be Fit" 11-11:45 Knitting 12:30 - 2:30 YMCA Aqua Aerobics 6:45-7:30 PM	"Water Walking" 8:30-9:30 am (YMCA) Art Therapy 9:30 - 11:30 Aerobics 11:30 - 12:30	Women's Breakfast 8:30am Exploration Wednesday 10:00 am "Sleep Program with Stacey & Bonnie" Lunch \$3 - Pizza & Salad YMCA programs 9:45 - 11:00 Evening Aqua Aerobics 6:45-7:30 PM Stop & Shop 8:30 - 9:30	Intergenerational Art Class 9:30 Aerobics 11:30 - 12:30 Bridge Club 12:30 - 2:30  Price Rite 9-10:30	YMCA Programs 9-10:30 "Arthritis Water Exercise" 9-9:45am "Aqua Aerobics" 9:45-10:30 am Blood Pressure Clinic (Commons) (11:30 - 1:00) Bingo 1:00 (Commons)
11	12	13	14	15
Arthritis Water Exercise 9-9:45 AM Aqua Aerobics 9:45-10:30 AM "Sit to be Fit" 11-11:45 Knitting 12:30 - 2:30 YMCA Aqua Aerobics 6:45-7:30 PM	"Water Walking" 8:30-9:30 am (YMCA) Art Therapy 9:30 - 11:31 Aerobics 11:30 - 12:31 Wal*Mart/Target 9-10:30	Cardiac Prevention Clinic 9-Noon YMCA programs 9:45 - 11:00 Evening Aqua Aerobics 6:45-7:30 pm Pitch 12:30 - 2:30 Stop & Shop 8:30 - 9:30	Men's Breakfast 8:30 am (Brothers Seafood Restaurant) YMCA Water Walking 8:30-9:30 am Aerobics 11:30 - 12:30	YMCA Programs 9-10:30 "Arthritis Water Exercise" 9-9:45am "Aqua Aerobics" 9:45-10:30 am  Bingo 1:00 (Commons)
18	19	20	21	22
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25	26	27	28	29
Arthritis Water Exercise 9-9:45 Aqua Aerobics 9:45-10:30 "Sit To Be Fit" 11-11:45 Knitting 12:30 - 2:30 YMCA Aqua Aerobics 6:45- 7:30 PM	"Water Walking" 8:30-9:30 am (YMCA) Aerobics 11:30 - 12:30	TRIAD 10am John Gibbons- "Reverse Mortgages" Lunch \$3 Pulled Pork & Portuguese Soup Pitch 12:30 - 2:30 Evening Aqua Aerobics 6:45-7:30 pm Stop & Shop 8:30 - 9:30	YMCA Water Walking 8:30-9:30 am Intergenerational Art Class 9:30 Aerobics 11:30 - 12:30 Bridge Club 12:30 - 2:30	YMCA Programs 9-10:30 "Arthritis Water Exercise" 9-9:45am "Aqua Aerobics" 9:45-10:30 am  Bingo 1:00 (Commons)

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**INTRODUCTION  
OF SENIOR SECRETARY**

**Ashley Pimental**

Recently, Phyllis Corbitt, Senior Secretary has retired from Seekonk Human Services. Phyllis has worked for Seekonk Human Services for a decade and a half, though she will be greatly missed in the office, this is a well deserved retirement. Even though Phyllis is retiring from the office she will still be doing Art Therapy twice a week. The office staff will look forward to seeing Phyllis.

Ashley Pimental, has recently been hired as the Senior Secretary in place of Phyllis. Ashley is a Seekonk High School graduate of 2004 and life long resident of the town. She went to Johnson & Wales University, graduated in 2008 with a Bachelor of Science in Management and Human Resources.

**ART THERAPY**

**With Phyllis Corbitt**

**Tuesday & Thursday 9:30 – 11:00am**

Oil paint is used as a medium and you are responsible to bring your own supplies with you to class. There is very limited space in this class. For more information please call Ashley Pimental at 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 practitioner. 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.*

**GATRA TRANSPORTATION  
1-800-483-2500 DIAL-A-RIDE**



CASH FARES EACH WAY:

- Seekonk to Attleboro .....\$1.25
- Seekonk to East Providence .....\$1.25
- Seekonk to Rehoboth.....\$1.25
- Seekonk.....\$1.25
- Seekonk to Providence .....\$2.50
- Seekonk to Pawtucket.....\$2.50
- Seekonk to Barrington (upon availability ...\$2.50

Any towns outside of these areas  
will be upon availability.

Passes:

- 10-Ride Ticket .....\$10.00

You can purchase a GATRA ticket at Seekonk Human Services or you can pay cash on the van. Tickets cannot be purchased on the van. If you are homebound and need a ticket please call Human Services @ (508) 336-8772.

**GO SHOPPING WITH GATRA**

Shopping trips are being offered by GATRA for any senior citizen who resides in Seekonk. The GATRA van will be picking you up at your home, but you must call 1-800-483-250-0 to schedule your pick-up time.

**Swansea Mall**

1<sup>st</sup> Tuesday of every month 9:00 – 1:00

**Wal\*Mart/Target**

3<sup>rd</sup> Tuesday of every month 9:00 – 10:30

**Grocery Shopping**

Wednesday's at Stop & Shop 8:30 – 9:30

**Grocery Shopping Price Rite**

(2<sup>nd</sup> Thursday of month) 9:00 – 10:30

\* Rides will be FREE until further notice.



**GATRA PHOTO ID'S**

YOU MUST FILL OUT AN APPLICATION AND MAKE AN APPOINTMENT by calling Stacey at GATRA at 1-508-222-6106 ext. 273. The representative will not be at Human Services if she doesn't have any appointments. This is a great opportunity for anyone who needs a photo ID to get one in town, rather than travel to Taunton. The cost is only \$3 and you will receive it in the mail within a couple of weeks.

**THE MONTHLY NEWSLETTER  
IS NOW ON LINE**

\* The Town Crier website link is

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

☛ Click on Departments

☛ Click on Human Services

# SEEKONK HUMAN SERVICES STAFF

## EXECUTIVE DIRECTOR

Bernadette Huck Ext. 15

## ADMINISTRATIVE ASSISTANT

Ashley Pimental ext. 12

## EDITOR OF TOWN CRIER

Ashley Pimental & Kimberly Mallon

## CLERICAL ASSISTANT

Kimberly Mallon ext. 10

## EDUCATIONAL & SOCIAL PROGRAMS

Karen Stutz ext. 14  
(Monday - Wednesday mornings)

## OUTREACH CASE MANAGERS

Veronica Brickley, LPN BA/SOC ext. 17  
(Monday, Wednesday, Fridays)

## OUTREACH ASSISTANT

Nancy Rodrigues

## SENIOR AIDES

Loretta Ferreira, Elaine Miranda

## SEEKONK HUMAN SERVICES EXECUTIVE BOARD MEMBERS

Christine Allen

Rene Andrews

Anita Gendron

Victoria Kinniburgh

Anne Libby

Lynne Neves

## CENTER HOURS

**\*Monday - Thursday**

8:30am - 4:30pm

**Wednesdays**

at Town Hall  
5:00pm – 7:00pm  
at Town Hall

**\*Friday**

8:30 am - 12:30 pm

## TELEPHONE:

**(508) 336-8772**

## FAX:

**(508) 336-2239**

Seekonk Human Services  
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