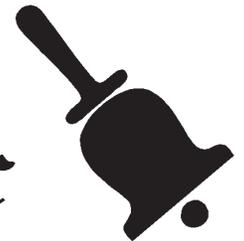


SEEKONK HUMAN SERVICES



Town Center

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

DECEMBER 2011

"Happy Holidays"

From Seekonk Human Services

Seekonk Human Services will be closed on Monday, December 26, 2011



Special Thanks

Seekonk Human Services would like to extend a special thanks to those who helped with the Food for Fuel Pasta event as well as those who attended! Over 200 tickets were sold with many great raffles!

Christmas Party!

Wednesday, December 7, 2011 @ 10am
Seekonk Human Services

Vini Ames will be presenting a Christmas program at Seekonk Human Services. We are looking forward to an outstanding performance from Vini! A delicious lunch of pot roast, potatoes & vegetables. You must sign up and pay in advance for lunch in order for us to accommodate you. Please call 508-336-8772 to sign up!

FREE PERIPHERAL ARTERY SCREENING

Wednesday, December 21, 2011
9am @ Seekonk Human Services

A FREE vascular screening will be offered for individuals who experience leg pain, heaviness or achiness in their legs while walking. If you are interested in this free screening to find out if you may have Peripheral Artery Disease, please sign up. The process: a nurse from Southcoast Hospitals Group will be on site and will take a brief history and blood pressures in both the arms and legs to see if you have peripheral artery disease. It is simple and easy. Time: It takes approximately 20 minutes but sign up is required. Please call Human Services at 508-336-8772. Walk-ins will be taken only if time allows.

EXPLORATION WEDNESDAYS

Dec. 7th Christmas Party Lunch will be pot roast, mashed potatoes, & veggies for free!

Dec. 21st FREE Peripheral Artery Screening
Jan. 4th Home Caregivers

HOLIDAY MEALS

If you are homebound or know of someone who is and would like to have a hot meal delivered on Christmas, please call Seekonk Human Services by December 22, 2011 at 508-336-8772. Meals are free and will be delivered to you regardless of your income.

CHRISTMAS IS FOR KIDS

Applications can be obtained at the library and Seekonk Human Services. Please fill it out and send it in to the address on the application. If you need help filling out the application, please call 508-336-8772.

FAMILIES IN NEED

Seekonk Families that will be needing help for Christmas should call Seekonk Human Services at 508-336-8772 before December 15th. Families will need to be income eligible in order to receive assistance with Christmas.

LASALETTE "CHRISTMAS LIGHTS" TOUR

Thursday, December 15, 2011

Seekonk Human Services will be hosting our annual bus tour to view the lights at LaSalette in Attleboro. Why not sit back, relax and leave the driving to us. Our bus will leave from Seekonk Commons at 4:30pm and from Seekonk Human Services at 4:45pm. Expected return time is about 8:00pm. After viewing the lights we will stop by Bliss Dairy for something to eat. You may order whatever you wish, the cost is up to you. There will not be a charge for the bus ride. Please make your reservations at 508-336-8772 for the bus.

FUEL ASSISTANCE

If you had fuel assistance last year, be on the lookout for your application which should have arrived in September. File the application as soon as you get it. New fuel applications can be filed between November 1, 2011 – April 30, 2012. If you have never had fuel assistance and would like to apply, please call Seekonk Human Services at 508-336-8772 to make an appointment with the Outreach Department.

MEDICARE OPEN ENROLLMENT IS CHANGING!

New Dates: October 15 – December 7

The annual Medicare Open Enrollment (**October 15 – December 7**) is the time to enroll in or CHANGE your Medicare coverage for next year. State-certified SHINE (Medicare)



Counselors can help you understand your plan, as well as other options you may have. Call now to schedule a SHINE appointment during the Open Enrollment. **After December 7th, changes will not be able to be made to your Medicare plans for next year.**

ELDERLY & HARDSHIP EXEMPTION FORMS

These forms (41 C) are available at the Assessor's Office at Town Hall. They must be filled out with proof of eligibility and returned to the Assessor's Office by April 1st.

FAMILY MEMBERS PAID AS CAREGIVERS

Caring for a family member is one of the most rewarding and difficult jobs with financial impact as well as emotional stress. An alternative to placing relatives in nursing home care in Massachusetts is a program called Enhanced Adult Foster Care. This program is funded through state and federal funds and pays a family caregiver a daily stipend to take care of an aging relative or disabled individual at home, or pays non-family caregivers to provide this care. Caregiver Homes, is a Massachusetts approved Enhanced Adult Foster care provider.

Eligibility Guidelines:

A Caregiver Homes' Client must be at least 16 years or older and need 24our supervision and daily assistance with physical care and must be on Mass Health standard or eligible for a Frail Elder Waiver under the Mass Health regulations.

Caregiver reimbursement is not taxed and is non-reportable to the IRS. Federal Medicaid law prohibits payment to a spouse or legal guardian.

The process begins with a home visit and the client and family meeting. A complete assessment of needs is then done by a Registered Nurse. Once in the program the client and family caregiver receive ongoing support from a team of professionals, including a Registered Nurse and a Care Manager. This team provides specific caregiver training, establishes a formal Plan of Care, and conducts regular home visits. Caregiver Homes staff also coordinates with other services such as Adult Day Health Programs, Hospice Care or Visiting Nurses, to help ensure that clients receive the range of service they need to stay comfortably at home and in their communities.

If you want more information about Caregiver Homes please call 1-866-797-2333 or visit www.caregiverhomes.com

PLEASE SUPPORT THESE ADVERTISERS, THEY MAKE OUR NEWSLETTER POSSIBLE

 *The Premier Skilled Nursing & Rehabilitation Facility*
(401) 438-3250

Chances are with just ONE AD, you'll get MORE THAN ONE new customer!
Advertise Here • 800-732-8070

SPONSOR THIS NEWSLETTER!!!

It makes sense to concentrate your advertising where it does most good - **right in your neighborhood!** You pay only the advertising cost. Public relations and good will values are free. This newsletter is kept at home a full month. It is regularly referred to for important dates, times, events and meetings.

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



CHEF ON A SHOE STRING

New Session Starting November 1st

2:00 – 3:30 @ Seekonk Human Services

Student chefs from Johnson & Wales University gives 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. ***Note: Our chef's class is looking for pint containers (2 cup), if you have any that you are not using, please donate them to Seekonk Human Services Chef on a Shoe String class***

MEN'S BREAKFAST

December 8, 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..

ATTENTION VETERANS

The Veterans Service Office will be available from 7pm – 8pm at the Library on the last Tuesday of the month. Also, the Veterans Service Officer will be available from 10am – 11am at Supreme Donuts on Route 6 across from the Speedway on the last Thursday of the month. This service will continue until it is no longer efficient.

CARDIAC PREVENTION CLINIC

December 21, 2011

9:00 am – 12:00 Noon @ Seekonk Human Services

Seekonk Human Services holds a FREE clinic on the 3rd 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.

SEEKONK HUMAN SERVICES

FOOD PANTRY

Seekonk Human Services is in great need of non-perishable items. Families also need items such as laundry detergent, toilet paper, paper towels, napkins, Seekonk trash bags and other household items. Our cupboards are bare and we have nothing to give when families come in. We know that we can count on the Seekonk residents to come through as they have before! Please drop off donations at 320 Pleasant Street, Seekonk, MA 02771.



PITCH (HI-LO-JACK)

Wednesdays @ Seekonk Human Services

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. If you have any questions you may call 508-336-8772.

Wii EXERCISE CLASS

Call Human Services for Date & Time

Come join us for some Wii exercise fun! The Wii is a great way to stay in shape without the high costs of a joining a gym! It's great for anyone 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 CLASS

Monday's @ Seekonk Human Services

12:30 – 2:30

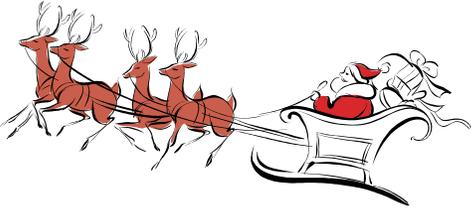
Ladies! You are welcome to join the knitting group on any Monday afternoon. Please bring your own knitting needles if you have them, yarn is provided. The knitters are busy creating hats, sweaters & mittens for infants in our town and seniors who need lap robes.

Seekonk Human Services is looking for a volunteer Arts & Craft Instructor, please contact 508-336-8772



December 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Bridge Club 12:30 - 2:30</p>	<p>2</p> <p>Arthritis Water Exercise 9 - 9:45 am Game Day 9:00 - 11:00</p>
<p>5</p> <p>Knitting 12:30 - 2:30</p>	<p>6</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Chef on a Shoe String 2pm - 3:30pm Swansea Mall 9am - 1pm</p>	<p>7</p> <p>Christmas Party @ 10am! Lunch: Pot Roast, Mashed Potatoes, & Veggies YMCA Gentle Yoga 10-11 am Pitch 12:30 - 2:30 Stop & Shop 8:30 - 9:30</p>	<p>8</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Bridge Club 12:30 - 2:30 Price Rite 9-10:30</p>	<p>9</p> <p>Arthritis Water Exercise 9 - 9:45 am Game Day 9:00 - 11:00</p>
<p>12</p> <p>Knitting 12:30 - 2:30</p>	<p>13</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Chef on a Shoe String 2pm - 3:30pm</p>	<p>14</p> <p>YMCA Gentle Yoga 10-11 am Newport Playhouse 10am Pitch 12:30 - 2:30 Stop & Shop 8:30 - 9:30</p>	<p>15</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Bridge Club 12:30 - 2:30</p>	<p>16</p> <p>Arthritis Water Exercise 9 - 9:45 am Game Day 9:00 - 11:00</p>
<p>19</p> <p>Knitting 12:30 - 2:30</p>	<p>20</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30-11:15 Wal*Mart/Target 9-10:30</p>	<p>21</p> <p>YMCA Gentle Yoga 10-11 am Cardiac Care 9am - 12pm Peripheral Artery Screening 9am Stop & Shop 8:30 - 9:30</p>	<p>22</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Bridge Club 12:30 - 2:30</p>	<p>23</p> <p>Arthritis Water Exercise 9 - 9:45 am ame Day 9:00 - 11:00</p>
<p>26</p> <p>Closed for the holiday </p>	<p>27</p> <p>Veterans Service Officer 7pm - 8pm At Seekonk Public Library</p>	<p>28</p> <p>YMCA Gentle Yoga 10 - 11am Stop & Shop 8:30 - 9:30</p>	<p>29</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Bridge Club 12:30 - 2:30</p>	<p>30</p> <p>Arthritis Water Exercise 9 - 9:45 am ame Day 9:00 - 11:00</p>

William W. Tripp Funeral Home
 1008 NEWPORT AVENUE, PAWTUCKET
 Preplanning
(401) 722-2140
 Daniel A. Laneres & Michael S. Sladen
 Directors

*Chances are with just ONE AD,
 you'll get MORE THAN
 ONE new customer! Place an ad today.
 Please call 800-732-8070*

AEROBICS

Seekonk Total Fitness

Seekonk Total Fitness is offering **FREE** Senior Fitness Group Exercise Classes on Tuesday and Thursday's 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 active lifestyle by increasing muscular strength, range of movement & balance! For more information contact **Seekonk Total Fitness @ 508-336-4545**

BROWN BAG PROGRAM

The dates for "Brown Bags" are on the 4th Wednesday of every month. The next "Brown Bag" is December 28, 2011. Please call 508-336-8772 for more information.

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.

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

1st Tuesday of every month 9:00 – 1:00

Wal*Mart/Target

3rd Tuesday of every month 9:00 – 10:30

Grocery Shopping

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

Grocery Shopping

Price Rite (2nd 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.

* 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.

SEEKONK HUMAN SERVICES STAFF

EXECUTIVE DIRECTOR

Bernadette Huck Ext. 15

SENIOR SECRETARY

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

Adriana DosSantos ext. 11
(Monday through Friday)
Veronica Brickley, LPN BA/SOC ext. 17
(Monday, Wednesday, Fridays)

OUTREACH ASSISTANT

Nancy Rodrigues

SENIOR AIDES

Loretta Ferreira, Elaine Miranda ext 19

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 EXECUTIVE BOARD MEMBERS

Victoria Kinniburgh, Chairperson

Lynne Neves, Vice Chairperson

Anita Gendron

Christine Allen

Rene Andrews

Beverly Della Grotta

Anita Gendron

Anne Libby

Seekonk Human Services
320 Pleasant Street
Seekonk, MA 02771

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