



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

MARCH 2011

ST. PATRICK'S DAY PARTY

@ Seekonk Human Services on
Thursday, March 17, 2011 • 10:00 AM



Come join us as we celebrate St. Patrick's Day with Barney Mallon, who will serenade you with Irish songs and a sing a long. A delicious lunch of corned beef, cabbage, potatoes, carrots & dessert will be served for \$3 following the entertainment. Please sign up for lunch by March 10th so that we will be able to accommodate you. A prize will be given to the three people that show the most "St. Patrick's Day" spirit.

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.

NEW ENGLAND SPRING FLOWER SHOW BOSTON, MA



Wednesday, March 16, 2011

\$60 per person

Departure time: 10:00 AM from Seekonk Human Services,
320 Pleasant St.

Return: 5:00 -5:15 pm

Full payment & meal choice are due upon reservation!

Lunch included at

Venezia – On – The – Waterfront Restaurant

Luncheon choices: Baked haddock topped with Venezia's
seasoned crumbs,

Steak Tips sautéed with vegetables, served over rice

Chicken Parmigiana & Pasta

Afternoon visit to the Boston Flower Show
at the World Trade Center

Each Spring Boston hosts the region's largest indoor
flower show. Escape the gray days of winter and rejoice
in the colors of the coming Spring where over
30 gardens provide "A Feast for the Senses"!

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

DAYLIGHT SAVING TIME BEGINS

**DON'T FORGET TO TURN BACK
YOUR CLOCK(S)**

March 13, 2011

ALSO, Don't forget to change your smoke detector and carbon monoxide batteries!!!
If you have any problems changing your smoke detector batteries, please give us a call at 508-336-8772, and we will make arrangements for them to be changed.

GOLDEN PASS HOLDERS

Seekonk High School Auditorium
presents

“FIDDLER ON THE ROOF”

March 4 and March 5 at 7:00 PM

March 6th @ 2 PM

General Admission is \$8 \$6 Seniors
with a Golden Pass Students \$6

GOLDEN PASS

Any senior citizen who resides in Seekonk is eligible to obtain a Golden Pass from Seekonk Human Services. This will allow you to attend all Seekonk School functions such as plays, sporting events and concerts at reduced rates. You may get your pass at Seekonk Human Services, 320 Pleasant Street, 2nd floor.

EXPLORATION WEDNESDAY'S

10:00 AM @ Seekonk Human Services

- **March 2, 2011** “Walk-In Baths” FREE Lunch Must attend the presentation
- **March 9, 2011** “Osteoporosis – Strengthening Bones” Luca (YMCA)
Lunch \$3 Venus DeMilo Soup, bread & fruit
- **March 30, 2011** “Senior Scam Awareness”
Lunch \$3 Chowder, tuna sandwiches
- **April 6, 2011** “Sleep Program” Stacey & Bonnie Lunch \$3 Pizza & Salad

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

MASSACHUSETTS TAX RELIEF FOR SENIORS

Tax Return Appointments –

Every Thursday @ Town Hall until April 3, 2011

The Circuit Breaker tax credit is a state income tax credit for certain Mass. Residents age 65 or older who paid rent or real estate taxes during the tax year. The credit is for senior homeowners and renters who meet income limits and eligibility requirements. The maximum credit for tax year 2010 is \$960. What are the income limits?

*Your total income cannot be greater than these limits for the 2010 tax year.

\$51,000 single

\$64,000 head of household

\$77,000 married filing jointly

The assessed value of the home cannot exceed \$764,000

Total income includes some types of non-taxable income, such as social security, retirement, pensions and annuities, cash public assistance, tax-exempt interest and dividends, and certain other income.

How do I apply?

You must file a Massachusetts state income tax return to claim the Circuit Breaker Credit, whether or not you normally file a state tax return. You must include Schedule CB, Circuit Breaker Credit, with Form 1.

A tax representative will be at the Town Hall to help you file the circuit breaker tax credit along with your Massachusetts income tax return. Appointments will be held every Thursday at the Town Hall between 9:00 – 11:00.

Please call Seekonk Human Services at 508-336-8772 to make an appointment. Please bring the following with you to your appointment:

- A copy of last year's tax return
- Water & sewer charges paid to the Town of Seekonk Form W-2 Wages
- 4 Real estate tax bills PAID in 2010
- Any 1099 Forms you may have
- Any abatements or adjustments
- Any 2010 Public assistance ie: fuel assistance or food stamps
- Stimulus payments
- Purchase of a car – tax credit

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CONVENIENT BUDGET PAYMENT TERMS!!!

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WOMEN'S BREAKFAST

March 2, 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

March 10, 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.

A WATER DEPARTMENT TOUR HAS BEEN SCHEDULED FOLLOWING THE MEN'S BREAKFAST. YOU ARE RESPONSIBLE FOR YOUR OWN TRANSPORTATION TO THE WATER DEPARTMENT.

CARDIAC PREVENTION CLINIC

March 16, 2011

9:00 am – 12:00 Noon



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.

TRIAD

March 23, 2011 @ 10:00 am

Seekonk Human Services

Attorney Michelle Beneski will be at Human Services to speak on Elder Law.

Come and learn what you need to know regarding Medicaid, Nursing Homes and anything that is relevant to senior citizens and their families. After her presentation, there will be time for you to ask questions.

Lunch is \$3 and includes pasta with meat sauce and salad. Coffee and pastry is also available before her presentation. Please pay for your lunch in advance. You will need to sign up at 508-336-8772 for lunch.

APRIL 27TH TRIAD Bob Grinham will speak on Reverse Mortgages



BOOK CLUB

@ Seekonk Human Services

March 14, 2011

“Sarah’s Key” by Tatiana de Rosnay

9:30 am – 11:00 am

Everyone is welcome to join our new book club which will be held on the 2nd Monday of every month. Coffee and pastries will be available.

If you have any questions, you may call Karen Stutz at 508-336-8772.

PITCH (HI-LO-JACK)

March 9th, 16th & March 30th

Wednesday @ 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 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.



MARCH 2011

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>1 "Water Walking" 8:30-9:30 am (YMCA) Art Therapy 9:30 - 11:30 Swansea Mall 9-1</p>	<p>2 Women's Breakfast 8:30 am Exploration Wednesday 10:00 am "Walk-In Baths" - Lunch Free YMCA programs 9:45 - 11:00 Evening Aqua Aerobics 6:45-7:30 pm Stop & Shop 8:30 - 9:30</p>	<p>3 YMCA Water Walking 8:30-9:30 am Intergenerational Art Class 9:30 Aerobics 11:30 - 12:30 Bridge Club 12:30 - 2:30</p>	<p>4 YMCA Programs 9-10:30 Arthritis Water Exercise 9 - 9:45 am Aqua Aerobics 9:45-10:30 Bingo 1:00 (Commons)</p>
<p>7 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</p>	<p>8 "Water Walking" 8:30-9:30 am (YMCA) Art Therapy 9:30 - 11:30 Aerobics 11:30 - 12:30</p>	<p>9 Exploration Wednesday 10:00 am "Osteoporosis" Luca (YMCA) Lunch \$3 - Venus DeMilo Soup YMCA programs 9:45 - 11:00 Pitch 12:30 - 2:30 Evening Aqua Aerobics 6:45-7:30 PM Stop & Shop 8:30 - 9:30</p>	<p>10 Men's Breakfast 8:30 am (Brothers Seafood Restaurant) Intergenerational Art Class 9:30 Aerobics 11:30 - 12:30 Bridge Club 12:30 - 2:30 Price Rite 9-10:30</p>	<p>11 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) Daylight Savings 3/12 @ 2 AM Bingo 1:00 (Commons)</p>
<p>14 BOOK CLUB 9:30 - 11:00 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</p>	<p>15 "Water Walking" 8:30-9:30 am (YMCA) Art Therapy 9:30 - 11:30 Aerobics 11:30 - 12:30 Wal*Mart/Target 9-10:30</p>	<p>16 Cardiac Prevention Clinic 9-12 New England Spring Flower Show 10:00 am - Approx. 5:15 pm YMCA programs 9:45 - 11:00 Evening Aqua Aerobics 6:45-7:30 pm Stop & Shop 8:30 - 9:30</p>	<p>17 St. Patrick's Day Party 10:00 am Lunch \$3 Corned Beef & Cabbage Meal YMCA Water Walking 8:30-9:30 am Aerobics 11:30 - 12:30</p>	<p>18 YMCA Programs 9-10:30 "Arthritis Water Exercise" 9-9:45am "Aqua Aerobics" 9:45-10:30 am Bingo 1:00 (Commons)</p>
<p>21 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</p>	<p>22 "Water Walking" 8:30-9:30 am (YMCA) Aerobics 11:30 - 12:30</p>	<p>23 TRIAD 10:00 am Lunch \$3 YMCA programs 9:45 - 11:00 Pitch 12:30 - 2:30 Evening Aqua Aerobics 6:45-7:30 pm Stop & Shop 8:30 - 9:30</p>	<p>24 YMCA Water Walking 8:30-9:30 am Intergenerational Art Class 9:30 Aerobics 11:30 - 12:30 Bridge Club 12:30 - 2:30</p>	<p>25 YMCA Programs 9-10:30 "Arthritis Water Exercise" 9-9:45am "Aqua Aerobics" 9:45-10:30 am Bingo 1:00 (Commons)</p>
<p>28 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</p>	<p>29 "Water Walking" 8:30-9:30 am (YMCA) Aerobics 11:30 - 12:30</p>	<p>30 Exploration Wednesday 10:00 am "Senior Scam Awareness" Lunch \$3 Chowder & Tuna Sandwich Pitch 12:30 - 2:30 Evening Aqua Aerobics 6:45-7:30 pm Stop & Shop 8:30 - 9:30</p>	<p>31 YMCA Water Walking 8:30-9:30 am Intergenerational Art Class 9:30 Aerobics 11:30 - 12:30 Bridge Club 12:30 - 2:30</p>	

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“BROWN BAG SENIOR PROGRAM”

The dates for “Brown Bags” are on the 4th Wednesday of every month. The next “Brown Bag” date is March 23, 2011.

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.

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.

ART THERAPY

Started February 8 thru March 15

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 Phyllis Corbitt at 508-336-8772 Tuesday's & Thursday's 9:30 am – 11:00 am.

* 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

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.

THE MONTHLY NEWSLETTER IS NOW ON LINE

* **The Town Crier website link is www.seekonk-ma.gov**

☛ **Click on Departments** ☛ **Click on Human Services**

SEEKONK HUMAN SERVICES STAFF

EXECUTIVE DIRECTOR

Bernadette Huck Ext. 15

ADMINISTRATIVE ASSISTANT

Phyllis Corbitt ext. 12
Art Therapist

EDITOR OF TOWN CRIER

Phyllis Corbitt & 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

Carol Bragg, Loretta Ferreira, Elaine Miranda

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

Christine Allen

Rene Andrews

Anita Gendron

Victoria Kinniburgh

Anne Libby

Lynne Neves

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