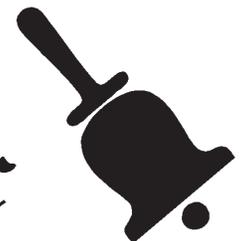


SEEKONK HUMAN SERVICES



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

MARCH 2011



MOTHER'S DAY

Sunday, May 8, 2011

Many of us don't understand the actual meaning of Mother's Day. Mother's Day has a broad definition. Mother's Day isn't only for "mothers" but also for all the women in the world. It is not always about the gifts but more about remembering our mother's or wives and appreciating them for what they do. So, on Sunday, May 8 Seekonk Human Services would like to say Happy Mother's Day to all the women!

SILVER TEA



You are cordially invited
To attend a
Silver Tea

Honoring women in Seekonk
Age 75 and older
The Tea will be held at
The Johnson & Wales Inn
Wednesday, May 11, 2011
12:00 noon

Hosted by Seekonk Human Services
And Funded by Friends of Friends
Community Services

R.S.V.P (508) 336-8772 by May 6, 2011
Transportation available

MEMORIAL DAY

Monday, May 30, 2011

Memorial Day is a United States Federal holiday observed on the last Monday of May. Memorial Day was formally known as Decoration Day. It commemorated U.S. soldiers who have died while serving our nation.

Upcoming Trips

Be on the look out for upcoming trips this summer! Seekonk Human Services has some great trip ideas at an affordable price. Trips are open to everyone, so spread the word, bring friends and family, and enjoy a great day!

EXPLORATION WEDNESDAY'S

10:00 AM @ Seekonk Human Services

May 4, 2011 "Estate Planning" David McGuire Lunch \$3 Meatball Subs 10am

May 11, 2011 "Silver Tea" Greg Curtis Johnson & Wales Inn. 12pm

May 18, 2011 "Cardiac Care" 9-12

May 25, 2011 "Topiary Arrangements" Michelle Hines Lunch \$3 Pot roast, mashed potatoes, veggies 10am

June 1, 2011 "Class on Balance" Kristen Haworth Lunch \$3 Hot dogs, baked beans, and potato salad

June 22, 2011 13th TRIAD Birthday Party Celebration Vic Solo-Entertain 10am

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

May 4, 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

May 12, 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.

Bruce Alexander from Town Hall Finance Department will be the guest speaker.



CARDIAC PREVENTION CLINIC

May 18, 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.

MEN'S ANNUAL LUNCHEON

You are cordially invited to attend a Luncheon honoring men in Seekonk Age 65 and older

The Lunch will be held at Johnson & Wales Inn in Seekonk on Wednesday, June 8, 2011 @ 12:00 Noon. Hosted by Seekonk Human Services and Funded by Friends of Friends Community Services.

R.S.V.P by June 2nd. Transportation is through GATRA (Dial-A-Ride) @ 1-800-483-2500

TRIAD

May 25, 2011 @ 10:00 am

Seekonk Human Services

This month we are pleased to have Michelle Hines present a flower arranging class. You will need to bring a mug and scissors with you to arrange your flowers in. If you are planning to attend, you must call 508-336-8772 so that we will have enough flowers for all the arrangements. A delicious lunch of pot roast, mashed potatoes, and veggies will be served following the presentation. Because we would like to be able to accommodate all of you who would like to stay for lunch, we ask that you sign up and pay \$3 for lunch and \$3 for the topiary at least one week in advance.



TRIAD

June 22, 2011

Seekonk Human Services

Entertainer Vic Solo (a.k.a Elvis) returns to Seekonk Human Services performing Neil Diamond. Everyone is invited to attend the presentation and if you would like to stay for lunch, please sign up at 508-336-8772. A lunch will be served for \$3.00.

VOLUNTEERS NEEDED

Town of Seekonk Animal Shelter

The Animal Shelter is in need of volunteers to help feed, walk, play, etc., the cats and dogs among other animals. If you're an animal lover this may be just the right place for you. Please contact Sharon Hall at 508-336-6663.

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BOARD OF DIRECTORS JOSEPHINE VEADERS DEPARTURE

Recently, Josephine Veader has resigned as a member of the Board of Directors for the Seekonk Human Services. On behalf of Seekonk Human Services Department and Board of Directors would like to thank Josephine Veader for her years of service. Josephine has served the community as a member of the Board of Directors for over 30 years. She has volunteered countless hours in the Seekonk Human Services Department whether it be assisting with phone calls or going on trips to help chaperone. In her years as a Board of Director member Josephine has always put the seniors first and done what's best for them. Although, her departure saddens the Seekonk Human Services Department and the Board of Directors, she has done her time and will be greatly missed.

SEEKONK HUMAN SERVICES FOOD PANTRY

Seekonk Human Services is in great need of non-perishable 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 for us! Please drop off donations at 320 Pleasant Street, Seekonk, MA 02771.



PITCH (HI-LO-JACK)

12:30 – 2:30

May 4th and May 18th

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.

CANCELLED PROGRAMS AND TRIPS!

WHY IS THIS HAPPENING??

Seekonk Human Services offers wonderful programs and trips but they become cancelled. So we ask ourselves why was the program and/or trip cancelled? Sometimes wonderful programs and/or trips are cancelled because we all tend to wait until the last minute to register. Please register early to avoid disappointment that the program and/or trip you wanted was cancelled, perhaps unnecessarily. Also, remember that out of town residents can attend programs and trips as well. If you have a friend or a family member that is interested have them sign up. The more people that sign up for programs and trips the more Seekonk Human Services can have in the future.



CHEF ON A SHOESTRING

1:45 – 3:15 @ Seekonk Human Services
Students from Johnson & Wales University culinary arts program will be demonstrating economical and nutritious meals for one or two people during this class. They will go over different recipes and ways to cook them. Contact Karen at 508-336-8772 for more information regarding classes.

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.



AEROBICS

Aerobics class that is scheduled on Tuesday's and Thursday's at 11:30 will be coming to an end. Aerobics last class is June 17th. Don't be alarmed though, aerobics will be starting back up in the fall! Be on the look out for upcoming newsletters with more information on when the next session starts up!

Brown Bag Program

The dates for "Brown Bags" are on the 4th Wednesday of every month. The next "Brown Bag" is May 25th. Please call 508-336-8772 for more information.



May 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Arthritis Water Exercise ² 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>"Water Walking" ³ 8:30-9:30 am (YMCA) Aerobics 11:30 - 12:30 Swansea Mall 9:00 - 1:00</p>	<p>Women's Breakfast 8:30am ⁴ Estate Planning - David McGuire Meatball Subs \$3 - 10am 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</p>	<p>Aerobics 11:30 - 12:30 ⁵ Bridge Club 12:30 - 2:30</p>	<p>YMCA Programs 9-10:30 ⁶ Arthritis Water Exercise 9 - 9:45 am Aqua Aerobics 9:45-10:30 Bingo 1:00 (Commons)</p>
<p>Arthritis Water Exercise ⁹ 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>"Water Walking" ¹⁰ 8:30-9:30 am (YMCA) Aerobics 11:30 - 12:30</p>	<p>Silver Tea - Johnson ¹¹ & Wales Inn 12pm YMCA programs 9:45 - 11:00 Evening Aqua Aerobics 6:45-7:30 PM Stop & Shop 8:30 - 9:30</p>	<p>Men's Breakfast 8:30 am ¹² (Brothers Seafood Restaurant) Aerobics 11:30 - 12:30 Bridge Club 12:30 - 2:30 Price Rite 9-10:30</p>	<p>YMCA Programs 9-10:30 ¹³ "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)</p>
<p>Arthritis Water Exercise ¹⁶ 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>"Water Walking" ¹⁷ 8:30-9:30 am (YMCA) Aerobics 11:30 - 12:30 Wal*Mart/Target 9-10:30</p>	<p>Cardiac Prevention Clinic ¹⁸ 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</p>	<p>YMCA Water Walking ¹⁹ 8:30-9:30 am Aerobics 11:30 - 12:30 Bridge Club 12:30 - 2:30</p>	<p>YMCA Programs 9-10:30 ²⁰ "Arthritis Water Exercise" 9-9:45am "Aqua Aerobics" 9:45-10:30 am Bingo 1:00 (Commons)</p>
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<p> ³⁰</p>	<p>"Water Walking" ³¹ 8:30-9:30 am (YMCA) Aerobics 11:30 - 12:30</p>	<p> <i>Happy</i> <i>Mother's Days</i> </p>		

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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.

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. You may call 1-800-858-3926 for more information.

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
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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.



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.

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

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