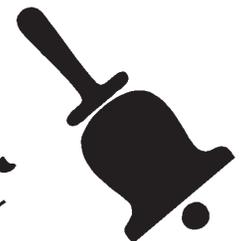


# SEEKONK HUMAN SERVICES



## 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

### NOVEMBER 2011

#### TIME TO CHANGE YOUR SMOKE DETECTOR BATTERIES!

Daylight saving time ends on November 6<sup>th</sup>. Make sure to turn your clocks **back**. This is the perfect time to change your smoke detector and carbon monoxide batteries. If you need assistance changing the batteries, please call Seekonk Human Services at 508-336-8772.



#### HAPPY THANKSGIVING FROM SEEKONK HUMAN SERVICES

Seekonk Human Services will be closed for  
Veterans Day on November 11<sup>th</sup>

And on November 24 & 25 for the Thanksgiving  
Day Holiday



#### EXPLORATION WEDNESDAYS

November 2<sup>nd</sup> Adult Family Care @ 10am – Lunch will be pasta with meat sauce and salad for **FREE**  
November 9<sup>th</sup> Declaration of Homestead @ 9am  
November 9<sup>th</sup> Veterans Day Celebration @ 10am – Lunch will be a turkey dinner for **FREE**  
November 30<sup>th</sup> Local Consumer Fraud @ 10am – Lunch will be Venus de Milo Soup, bread & salad for **FREE**

#### ADULT FAMILY CARE

Wednesday, November 2, 2011 @ 10am  
Seekonk Human Services

Suzanne Silva, R.N., will be presenting Adult Family Care. This program provides family living for adults who, because of illness, frailty or advanced age, can no longer safely live alone. It is designed for people who do not need the continuous 24-hour skilled care of a nursing home or other institution. It is for those who rather reside with another individual or family members. Lunch will be pasta with meat sauce and salad for **FREE**. Please call 508-336-8772 to sign up!

#### DECLARATION OF HOMESTEAD REGISTER OF DEEDS

Wednesday, November 9, 2011 @ 9am  
Seekonk Human Services

An informal discussion on “The Homestead Act” as per Massachusetts General Laws, (revised 03/16/2011), followed by a question and answer period. Assistance will be available to individuals on preparation and filing of a Declaration of Homestead. **Requirements:** Deed book & page, (if not available, name & address), Photo ID for Notary (license, Mass. ID card, Passport), Filing Fee \$36.00, checks to Registry of Deeds BCND. Following the Homestead Act there will be the Veterans Day Celebration, if interested in lunch, please call 508-336-8772 to sign up!

#### VETERANS DAY CELEBRATION

Wednesday, November 9, 2011 @ 10:00am  
Seekonk Human Services

Jason Ferreira the grandson of a WWII Veteran will share his grandfathers stories with you. A delicious turkey dinner will be served with all the trimmings for **FREE**. We request that you sign up at least a week in advances so that we can accommodate you for lunch. Everyone is welcome to attend this celebration. Veterans if you have any memorabilia, pictures, etc. bring them in to share with others.

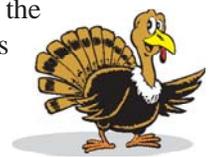
#### LOCAL CONSUMER FRAUD

Wednesday, November 30, 2011 @ 10am  
Seekonk Human Services

Catherine Verdadeiro will be coming in to speak about Local Consumer Fraud Program associated with the Attorney General’s Office. Catherine will go over different kinds of fraud that is going on and ways to help protect individuals from being caught in it. Lunch will be Venus de Milo Soup, bread & salad for **FREE**. Please call 508-336-8772 to sign up!

#### THANKSGIVING TURKEYS

Anyone who receives food from Doorways Food Pantry is eligible to receive a Thanksgiving turkey from Doorways. If you are not currently participating in Doorways, you may call the Outreach Department at Seekonk Human Services for an appointment. You will need to fill out an intake form. If you know of anyone that may need a basket please call 508-336-8772.



## HOLIDAY MEALS

Anyone who is homebound and would like to have a hot meal delivered on Thanksgiving or Christmas should sign up at Seekonk Human Services by November 18<sup>th</sup>. Please call 508-336-8772 to have your name put on the list.

## UPCOMING TRIPS

Dec. 3<sup>rd</sup> – New York City Shopping \$53 per person  
Departure 6:30am Return 10:30pm

Dec. 14<sup>th</sup> – Newport Playhouse 'Never Get Smart with an Angel' \$46 per person Departure 10am Return 5pm

## NEW YORK CITY DAY TRIP

Saturday ~ December 3, 2011 • \$53 per person  
Spend an exciting day in the heart of Manhattan. Enroute to NYC, we'll make a quick coffee/rest stop in Connecticut. You'll arrive in New York City late morning. Motorcoach will drop passengers off at Rockefeller Center area, near St. Patrick's Cathedral/5<sup>th</sup> Avenue Shopping & downtown near Macy's Department Store, Herald Square. Spend the rest of the day exploring the city at your leisure. You'll have ample time to enjoy Manhattan on your own. Perhaps you may choose to visit St. Patrick's Cathedral, Times Square, Rockefeller Center, Museums or even get tickets to a Broadway Show. Treat yourself to a meal in some of the wonderful cafes, diners and restaurants from around the world. Whatever your pleasure, you are sure to find it in THE BIG APPLE!!

**\*Note: All trips leave from Seekonk Human Services unless otherwise noted.**

**\*Note: All participants must be able to provide for their own personal needs. If assistance is needed you must arrange for your own personal attendee.**

**\*For more information regarding the trips contact Ashley @ 508.336.8772!**

## 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 your application, please call 508-336-8772.

## 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 filled 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.



## CHRISTMAS PARTY!

Wednesday, December 14, 2011 @ 10am

Seekonk Human Services



Vini Ames will be presenting a Christmas program at Seekonk Human Services. We are looking forward for an outstanding performance from Vini! A delicious lunch of pot roast, potatoes & vegetables will be available for \$3. 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!

## SERVING HEALTH INFORMATION NEEDS OF ELDERS

Lisa Sarkis, SHINE Regional Director 508-222-1399

SHINE Training to begin November 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 cover 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

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## 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 7<sup>th</sup>, changes will not be able to be made to your Medicare plans for next year.**

## 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 24hour 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](http://www.caregiverhomes.com)

## CHEF ON A SHOE STRING

**New Session Starting November 1<sup>st</sup>**

**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.

## MEN'S BREAKFAST

**November 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. The speaker will be Adriana Dossantos from Seekonk Human Services.

## 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

**November 16, 2011**

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

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.

## 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.



# November 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Art Class 9:30 - 11:30 Chef on a Shoe String 2pm - 3:30pm Swansea Mall 9:00 - 1:00</p>	<p>2</p> <p>Adult Family Care 10am Lunch: Pasta w/ Meat Sauce and salad for FREE YMCA Gentle Yoga 10-11 am Pitch 12:30 - 2:30 Stop &amp; Shop 8:30 - 9:30</p>	<p>3</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Intergenerational Art 10-11:15 Bridge Club 12:30 - 2:30</p>	<p>4</p> <p>Arthritis Water Exercise 9 - 9:45 am Game Day 9:00 - 11:00</p>
<p>7</p> <p>Knitting 12:30 - 2:30</p>	<p>8</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Art Class 9:30 - 11:30 Chef on a Shoe String 2pm - 3:30pm</p>	<p>9</p> <p>Homestead Act Register of Deeds 9am Veteran's Day Celebration 10am Lunch: Turkey Dinner for FREE YMCA Gentle Yoga 10-11 am Pitch 12:30 - 2:30 Stop &amp; Shop 8:30 - 9:30</p>	<p>10</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Intergenerational Art 10-11:15 Bridge Club 12:30 - 2:30 Price Rite 9-10:30</p>	<p>11</p> <p><b>Veteran's Day Closed</b></p>
<p>14</p> <p>Knitting 12:30 - 2:30</p>	<p>15</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Chef on a Shoe String 2pm - 3:30pm Wal*Mart/Target 9-10:30</p>	<p>16</p> <p>Cardiac Care 9am - 12pm YMCA Gentle Yoga 10-11 am Pitch 12:30 - 2:30 Stop &amp; Shop 8:30 - 9:30</p>	<p>17</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Bridge Club 12:30 - 2:30</p>	<p>18</p> <p>Arthritis Water Exercise 9 - 9:45 am Flu Shot Clinic @ The Commons From 10:00 - 12:00 Game Day 9:00 - 11:00</p>
<p>21</p> <p>Knitting 12:30 - 2:30</p>	<p>22</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30-11:15 Chef on a Shoe String 2pm - 3:30pm</p>	<p>23</p> <p>YMCA Gentle Yoga 10-11 am Stop &amp; Shop 8:30 - 9:30</p>	<p>24</p> <p><b>Closed for Thanksgiving Holiday</b></p>	<p>25</p> <p><b>Closed for Thanksgiving Holiday</b></p>
<p>28</p> <p>Knitting 12:30 - 2:30</p>	<p>29</p> <p>Veterans Service Officer 7pm - 8pm At Seekonk Public Library Chef on a Shoe String 2pm - 3:30pm</p>	<p>30</p> <p>Local Consumer Fraud 10am Lunch: Venus de Milo Soup, bread, &amp; salad for FREE Stop &amp; Shop 8:30 - 9:30</p>		

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**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\***

**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 4<sup>th</sup> Wednesday of every month. The next "Brown Bag" is November 23, 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.



**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.

**\* 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

## 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

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