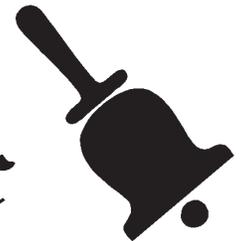


# SEEKONK HUMAN SERVICES



## 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

### OCTOBER 2011

#### 4<sup>th</sup> ANNUAL FOOD FOR FUEL PASTA FEST

Thursday, October 20, 2011

Seekonk High School @ 5:00pm – 8:00pm

Tickets: Adults \$8 & Children under 12 \$5

Pasta, Meatballs, Salad, Dessert,  
Coffee & Juice – Raffles!

Please help your neighbors have a safe winter! With rising costs of fuel, our neighbors are in need of help and the only way it can be done is with YOUR help! Sponsored by the Seekonk Non-Profit Coalition – Benefiting Fuel & Utility Fund of Seekonk Human Services. Tickets will be sold in advance and take outs will be available! Please call 508-336-8772 for tickets! \*Dessert donations will be greatly appreciated. Please bring them to the High School for the dessert table.\*

#### FLU SHOT CLINIC BY CVS

Seekonk Human Services will be having a flu shot clinic on Wednesday, October 19<sup>th</sup> from 9:00am – 12:00pm. Cost: Medicare B, Silver Script & Medicaid are **FREE!** Most other insurances are \$29.99, you can call CVS on Newman Avenue at 508-399-8801 to see if your insurance has a co-pay. No appointment necessary!

The Seekonk Commons will be having a flu clinic on Friday, October 21<sup>st</sup> from 10am – 12pm. CVS will be doing the same clinic that they are doing for Seekonk Human Services, no information changes, just two convenient locations!

#### EXPLORATION WEDNESDAYS

- Oct. 5<sup>th</sup> Declaration of Homestead Register of Deeds, Lunch will be chowder & tuna sandwiches for \$3
- Oct. 12<sup>th</sup> Cooking for One and Spicing up your Life, Lunch will be baked chicken, rice and veggies for \$3
- Oct. 19<sup>th</sup> Cardiac Care 9:00am to 12:00pm
- Oct. 19<sup>th</sup> Medicare D Presentation with Lisa Sarkis
- Oct. 26<sup>th</sup> TRIAD Fall Safety & Halloween Party Lunch will be lasagna & salad for \$3
- Nov. 2<sup>nd</sup> Adult Family Care
- Nov. 9<sup>th</sup> Veterans Day Celebration

#### UPCOMING TRIPS

Oct. 13<sup>th</sup> Foxwoods Casino \$20 per person Departure 8:30am Return 4:30pm

Oct. 18<sup>th</sup> Castle in the Clouds N.H. \$66 per person Departure 8:15am Return 7:15pm

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

**\*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!**

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

Daylight saving time ends on November 6<sup>th</sup>. 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.

#### MEDICARE D PRESENTATION

Wednesday, October 19<sup>th</sup> @ 10am

Regional SHINE Director Lisa Sarkis will be giving a presentation at Seekonk Human Services on Medicare D and Medicare Advantage Plans. Annual Open Enrollment for Medicare Part D and Medicare Advantage Plan is **October 15 – December 7.**

Each year at this time, beneficiaries can make changes in their Part D coverage. Any change made during this open enrollment will be effective on January 1<sup>st</sup>.

Part D is an insurance program that provides help with prescription cost and protection from catastrophic costs. **This is a very important presentation for anyone who wants to know more about Medicare Part D or who needs assistance to enroll or change their plans.** Appointments can be made at that time with the Outreach Department at Human Services. If you have any questions, 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. 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 7<sup>th</sup>, changes will not be able to be made to your Medicare plans for next year.**

## COOKING FOR ONE AND SPICING UP YOUR LIFE"

**Wednesday, October 12<sup>th</sup> @ 10am**

After years of cooking for a family, many seniors now find themselves cooking for just themselves. Some find it difficult to prepare a meal for one person. Join us for some "easy" recipe sharing and suggestions on how to plan so that you will be able to provide nutritious, easy meals in small servings. We will also discuss using spices and herbs that add flavor while reducing salt in your diet. This is a great way to "spice" up your life. Some recipes will be provided. Lunch will be baked chicken, rice and veggies for \$3. Please call Seekonk Human Services at 508-336-8772 to sign up!

## DECLARATION OF HOMESTEAD REGISTER OF DEEDS

**Wednesday, October 5<sup>th</sup> @ 10am**

The Bristol County Registry of Deeds from Taunton will be at the Seekonk Human Services to help you file a "Declaration of Homestead." The cost is \$36 which includes the filing fee. Please bring a copy of the deed to your home if you have it and your driver's license. Lunch will be \$3 which will include clam chowder & tuna sandwiches. Call 508-336-8772 if you plan to attend lunch.

## WHAT IS A DECLARATION OF HOMESTEAD?

An Estate of Homestead is a type of protection for a person's residence, in the form of a document called a "Declaration of Estate of Homestead." The form is filed at the Registry of Deeds in the county where the property is located, referencing the title/deed to the property. It allows the homeowners in Massachusetts to protect their property up to \$500,000 of the value of their primary residence, per family.

## TRIAD

**Wednesday, October 26<sup>th</sup> @ 10am**

### Fall Safety & Halloween Party

Speakers: Michelle Hines from the Seekonk Police Department and Marty Ulak from the Seekonk Fire Department will be presenting a 'Fall Safety Program' at Seekonk Human Services. Does your furnace or chimney need to be cleaned? Be ready for winter with some important safety tips. Lunch is \$3 and will be lasagna & salad. **Barney Mallon** will be our Halloween entertainer! Best costumes win a prize! Please call Seekonk Human Services at 508-336-8772

## 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.

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

### CHEF ON A SHOE STRING

**1:45 – 3:15 @ 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.

### WOMEN'S BREAKFAST

**October 5, 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. Adriana Dossantos from Seekonk Human Services will be the speaker!

### MEN'S BREAKFAST

**October 13, 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 Speed way on the last Thursday of the month. This service will be begin in October and continue until it is no long efficient.

### CARDIAC PREVENTION CLINIC

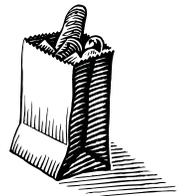
**October 19, 2011 • 9:00 am – 12:00 Noon**

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.

### 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 house hold 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)

**Wednesday's, 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

**Monday, October 24<sup>th</sup> @ 10am**

Come join us on October 24<sup>th</sup> 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.



# October 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Knitting 12:30-2:30	4 Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Art Class 9:30 - 11:30 Swansea Mall 9:00 - 1:00	5 YMCA Gentle Yoga 10-11 am Declaration of Homestead 10am Chowder & Tuna Sandwich \$3 Pitch 12:30 - 2:30 Stop & Shop 8:30 - 9:30	6 My Life My Health 1:00 - 3:30 Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Bridge Club 12:30 - 2:30	7 Arthritis Water Exercise 9 - 9:45 am Game Day 9:00 - 11:00
10 Closed for Columbus Day	11 Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Art Class 9:30 - 11:30	12 YMCA Gentle Yoga 10-11 am Cooking for One, VNA 10am Baked Chicken, Rice, & Veggies \$3 Pitch 12:30 - 2:30 Stop & Shop 8:30 - 9:30	13 My Life My Health 1:00 - 3:30 Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Bridge Club 12:30 - 2:30 Price Rite 9-10:30	14 Arthritis Water Exercise 9 - 9:45 am Game Day 9:00 - 11:00
17 Knitting 12:30 - 2:30	18 Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 At Seekonk Public Library Wal*Mart/Target 9-10:30	19 YMCA Gentle Yoga 10-11 am Cardiac Care 9am - 12pm Medicare D Presentation 10am Flu Shot Clinic 9am - 12pm Pitch 12:30 - 2:30 Stop & Shop 8:30 - 9:30	20 My Life My Health 1:00 - 3:30 Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Bridge Club 12:30 - 2:30	21 Arthritis Water Exercise 9 - 9:45 am Flu Shot Clinic @ The Commons From 10:00 - 12:00 Game Day 9:00 - 11:00
24 Knitting 12:30 - 2:30	25 Senior Exercise at Seekonk Total Fitness FREE 10:30-11:15 Art Class 9:30 - 11:30 Veterans Service Officer 7pm - 8pm At Seekonk Public Library	26 YMCA Gentle Yoga 10-11 am TRIAD Fall Safety & Halloween Party 10am Lasagna & Salad \$3 Stop & Shop 8:30 - 9:30	27 My Life My Health 1:00 - 3:30 Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Bridge Club 12:30 - 2:30 Veterans Service Agent 10am - 11am At Supreme Donuts on Route 6	28 Arthritis Water Exercise 9 - 9:45 am Game Day 9:00 - 11:00
31 Knitting 12:30 - 2:30				

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**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 October 26, 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.



**FOXFIELD TAXI**

Attention Seniors!!! Do you need transportation to medical appointments in Boston, Providence, Lahey Clinic, Norwood, Foxboro, Mansfield or Attleboro? The Wheels Program can help you! Call Foxfield Transportation @ 1-800-585-8294. This program is funded in part by a grant from Bristol Elders Services, Inc. through the Massachusetts Executive Office of Elder Affairs. Foxfield Transportation Inc. provides long distance medical transportation to elders 60 years of age and older.

**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
<u>Any towns outside of these areas will be upon availability.</u>	

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**

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

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## 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

## OUTREACH CASE MANAGERS

Adriana DosSantos ext. 11

(Monday – 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

**\*Friday**

8:30 am - 12:30 pm

**TELEPHONE:**

**(508) 336-8772**

**FAX:**

**(508) 336-2239**

## SEEKONK HUMAN SERVICES EXECUTIVE BOARD MEMBERS

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Lynne Neves, Co-Chairperson

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