



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

SEPTEMBER 2011

EXPLORATION WEDNESDAYS

- Sept. 7th Community VNA: Keeping Identity Safe
Lunch: Pizza & Salad \$3
- Sept. 14th ...Home Instead Lunch: American Chop
Suey & Salad \$3
- Sept. 21st ...Cardiac Care
- Sept. 28th ...TRIAD Lunch: Meatloaf, mashed
potatoes, and veggies \$3
- Oct. 26thTRIAD Halloween Party Lunch will be \$3

MY LIFE MY HEALTH: A CHRONIC DISEASE SELF MANAGEMENT PROGRAM

Thursdays starting September 22 – October 27, 2011 • 1:00pm to 3:30pm

My Life My Health is a 6 week course for anyone with or living with someone who has a chronic medical program. Developed in 2006 at Stanford University as a collaborative research project between Stanford University Patient Education Research Center and the Northern California Kaiser Medical Care Program. Seekonk Human Services will be hosting this class on Thursdays starting September 22, 2011 through October 27, 2011 from 1pm to 3:30pm. Material fee is \$25, scholarships are available. Call Michelle Jussaume at 774-627-1325 or Barbara Wales at 774-627-1449 for more information or to register.

KEEPING YOUR IDENTITY SAFE

Wednesday, September 7, 2011 @ 10am

On Wednesday, September 7, 2011 at 10am Stacey Hitler from the VNA will be coming to Seekonk Human Services to talk about Keeping your Identity Safe. Stacey will go over ways to help keep your identify safe from theft and everyday life. Lunch will be served for \$3 which will include pizza and salad. Please call 508-336-8772 to sign up. **Come early and have coffee with our new Town Administrator Pam Nolan at 9:30am***

UPCOMING TRIPS

- Newport Playhouse** ‘Who Murdered Marsha’ Thursday, September 15 \$46 Departure 10am
- Foxwoods Casino** Thursday, October 13 \$20
Departure 8:30am
- Castle in the Clouds** Tuesday, October 18 \$66
Departure 8:15am
- New York City Shopping** Saturday, December 3 \$53
Departure 6:30am

*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!

HOME INSTEAD

Wednesday, September 14, 2011 @ 10am

The Home Instead Senior Care family network of locally owned franchise offices was developed with a passionate desire to be trusted in-home care agency, to help your family keep your aging mother, father, grandparents, or friends in their home as they grow older. Senior home care services may include assistance with trips to the doctors, reminders to take the right medication at the right time, meal preparation, light housekeeping, errands, shopping and even Alzheimer’s and dementia care. Lunch will be served for \$3 which includes American Chop Suey & Salad. Please call 508-336-8772 to sign up.

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.

In September, if you are a member of Medicare Prescription Drug Plan or a Medicare Advantage Plan, you will be getting information in the mail about changes to your current plan. Be sure to save this information and bring it, along with your prescription drug list and Medicare card, to your SHINE appointment.

HEARING CLINIC AND SCREENING

Tuesday, September 20, 2011 9:30am

On Tuesday, September 20, 2011 starting at 9:30am in 20 minute intervals Andrew Totman from AccuQuest will be conducting a hearing and screening clinic at Seekonk Human Services. Please call 508-336-8772 to book your appointment!

As part of the AccuQuest family of Hearing Centers, our goal is to become the premier hearing healthcare provider in the country. We combine exceptional practitioners with state-of-the-art facilities, and the best hearing technologies available. We have expanded our operations to reach from coast-to-coast in just a few short years. And while we are excited about the difference we've been able to make, our growth continues to be outpaced by the need for excellent hearing care: right now 34 million Americans are experiencing a reduction in quality of life because of hearing loss. Many of those seeking help are paying too much for technology and service that could be better. We've made it our mission to fix that. So in addition to excellent pricing, we've crafted a unique package of services that go with every hearing aid we fit. We offer:

- The most advanced hearing technologies on the market
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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

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TRIAD

Wednesday, September 29, 2011 @ 10am

Lucilia Prates will be discussing Massachusetts Senior Medicare Program (MA SMP). The MA SMP is a statewide program that empowers seniors to prevent healthcare errors, fraud and abuse. The SMP programs mission is to reach and educate Medicare and Medicaid beneficiaries, family members and caregivers on the importance of being engaged healthcare consumers and understanding their health benefits eligibility. The SMP Program promotes consumer awareness about how to protect, detect and report healthcare errors, fraud and abuse and other deceptive marketing tactics.

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

September 7, 2011 @ 8:30am

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

September 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. The speaker will be Luca from the YMCA to speak about Men's Health Care.

CARDIAC PREVENTION CLINIC

September 21, 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.

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, 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)

Wednesdays 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.



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**



September 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	6	7	8	9
	Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Swansea Mall 9:00 - 1:00	YMCA Gentle Yoga 10-11 am Women's Breakfast 8:30 am Keeping Your Identity Safe 10am Lunch \$3, Pizza & Salad Pitch 12:30 - 2:30 Stop & Shop 8:30 - 9:30	Men's Breakfast 8:30am Senior Exercise at Seekonk Total Fitness FREE 10:30-11:15 Bridge Club 12:30 - 2:30 Price Rite 9-10:30	Arthritis Water Exercise 9 - 9:45 am Game Day 9:00 - 11:00
12	13	14	15	16
Knitting 12:30 - 2:30	Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15	YMCA Gentle Yoga 10-11 am Home Instead 10am Lunch \$3 American Chop Suey & Salad Pitch 12:30 - 2:30 Stop & Shop 8:30 - 9:30	Newport Playhouse Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Bridge Club 12:30 - 2:30	Arthritis Water Exercise 9 - 9:45 am Game Day 9:00 - 11:00
19	20	21	22	23
Knitting 12:30 - 2:30	Hearing Clinic & Screening Starts 9:30, appointments every 20 minutes Senior Exercise at Seekonk Total Fitness FREE 10:30-11:15 Wal*Mart/Target 9-10:30	YMCA Gentle Yoga 10-11 am Cardiac Care 9 - 12pm Pitch 12:30 - 2:30 Stop & Shop 8:30 - 9:30	My Life My Health 1:00 - 3:30 Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Art Therapy 9:30 - 11:30 Bridge Club 12:30 - 2:30	Arthritis Water Exercise 9 - 9:45 am Game Day 9:00 - 11:00
26	27	28	29	30
Knitting 12:30 - 2:30	Senior Exercise at Seekonk Total Fitness FREE 10:30-11:15	YMCA Gentle Yoga 10-11 am TRIAD: 10am Lunch \$3 Meatloaf, Mashed Potatoes, Veggies Brown Bag Distribution Pitch 12:30 - 2:30 Stop & Shop 8:30 - 9:30	My Life My Health 1:00 - 3:30pm Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Art Therapy 9:30 - 11:30 Bridge Club 12:30 - 2:30	Arthritis Water Exercise 9 - 9:45 am Game Day 9:00 - 11:00

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BROWN BAG PROGRAM

The dates for "Brown Bags" are on the 4th Wednesday of every month. The next "Brown Bag" is September 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.

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

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.

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.

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 st Tuesday of every month.....	9:00 – 1:00
Wal*Mart/Target.....	3 rd Tuesday of every month	9:00 – 10:30
Grocery Shopping	Wednesday's at Stop & Shop.....	8:30 – 9:30
Grocery Shopping	Price Rite (2 nd Thursday of month).....	9:00 – 10:30

* Rides will be FREE until further notice.

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

OUTREACH CASE MANAGERS

Adriana DosSantos ext. 11

(Monday, Fridays)

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 – Co-Chairperson

Christine Allen

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