



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

FEBRUARY 2012

Seekonk Human Services will be closed Monday, February 20th to observe President's Day



HAPPY NEW YEAR

On behalf of the Seekonk Council on Aging Board of Directors, our staff and myself, we wish you Happy & Healthy New Year. We look forward to a productive & exciting year as we continue to serve the needs of our senior population. If you have any suggestions please let us know and together we can make 2012 the best ever!

THANKS FOR YOUR HELP

The Community Food Basket Program was able to assist many Seekonk families in need this holiday season thanks to the countless individuals, businesses and organizations in our community who made such generous donations. We thank them all for their kindness. We would like to extend our sincere appreciation to the volunteers who worked so hard for this cause. A big thanks to Outback Steakhouse for donating meals to our shut-ins for Thanksgiving and to a volunteer family for their donations of hot meals for our elderly shut-ins on Christmas Day.

PASSING OF ONE OF



SEEKONK'S RESPECTED RESIDENTS

The passing of Mr. James McGregor will be a loss to Seekonk. He was a generous and respected man. All it took was a single call to Mr. McGregor and he was there to help. He had a great sense of humor and he was always a gentlemen. He will be greatly missed by Seekonk Human Services. Our thoughts and prayers are with his wife and family.

EXPLORATION WEDNESDAYS

- **Feb. 1st Stacy Hiltner** – Fashion Show Lunch: Portuguese Soup & Pulled Pork Sandwiches for \$2
- **Feb. 8th Valentine's Day Party:** Vic Solo as Entertainment! Lunch: French meat pie, mashed potatoes and veggies, no charge
- **Feb. 29th Wii Demo by Nancy Smutek** - Lunch: Pizza & Salad, no charge



ATLANTIC CITY RESORTS CASINO

"Spring Special April 10 -12"

129.00 pp/db

Resorts just completed a multimillion dollar renovation of its hotel rooms. Come visit! We have great early spring rates, Resorts is connected to the Taj and Showboat Casinos. Insurance is available for \$19. Enjoy early spring time in Atlantic City ~ Stop in to sign up for this great trip!

Your two night get-a-way includes:

- Roundtrip Motor coach
- 2 Nights Accommodations at Resorts Casino
- Casino Bonus: \$45.00 Slot Play, 2 Buffets and \$10.00 Food Credit

BOSTON FLOWER & GARDEN SHOW

Saturday, March 17, 2012

\$49 per Person



See lush and inspiring landscaped gardens created by professional landscape designers, nurseries and historic properties incorporating vivid color, stimulating scents, soothing sounds and tantalizing texture. All this will be served up with a side dish of tips and techniques regarding the hottest trends in gardening today! Pick up: 9:30am @ Seekonk Human Services. Return will be at 6:00pm. Please stop in to book your trip!

CHICKEN & SLOT THURSDAY

Thursday, May 17, 2012

Wright's Farm & Twin River Casino

\$48 per person

Everyone's A Winner! We will begin our day at Wright's Farm Restaurant where their fabulous dinners are served family-style. Dinner begins with rolls made daily in their own bakery served along with crisp, fresh salad topped with Wright's Farm Classic Italian Dressing. These are followed by family-sized portions of shell macaroni, truly unique French fries and their famous chicken. The macaroni is served with Italian sauce made from their recipe. Our next stop will be to Twin River Casino – New England's place to play. While at Twin River we will be treated to their bonus package which includes \$10 bonus play and \$7 food credit. Pick up and departure time to be determined. Please call 508-336-8772 to book your trip!!

FASHION FUN AND STYLE TIPS FOR SENIORS

Wednesday, February 1, 2012 @ 10am
Seekonk Human Services

Stacey Hiltner will be presenting Fashion Fun and Style Tips for Seniors. "When you look good, you feel good." Who says fashion has to be boring as we age? This is a fun and interactive workshop which supplies fashion tips and advice. Learn how to wear clothes that flatter you and the things that can damage your look. Lunch will be Portuguese soup and pulled pork sandwiches for \$2.



VALENTINE'S DAY PARTY

Wednesday, February 8, 2012 @ 10am
Seekonk Human Services

Vic Solo will be performing his new Elvis program. Please bring in photos of your wedding and we will try and guess who you are! Lunch will be French meat pie, mashed potatoes and veggies, no charge. Please call 508-336-8772 to sign up!

TRIAD WITH TOWN ADMINISTRATOR

Wednesday, February 22, 2012 @ 10am
Seekonk Human Services

We are happy to announce that we have a great opportunity to meet and talk with our Town Administrator, Pam Nolan. Her knowledge in building senior centers will give you the opportunity to ask the questions you want answers to. Lunch will be chowder and tuna sandwiches for \$2. Please call 508-336-8772 to sign up.

WII DEMO

Wednesday, February 29, 2012 @ 10am
Seekonk Human Services

Come see an entertaining fun demo on the Wii presented by Nancy Smutek. The Wii is an excellent way to get in shape and keep active! **FREE** lunch for all who attend the Wii program! Lunch will be pizza and salad. Please call 508-336-8772 to sign up!

SCAM ALERT – DIABETES

Seniors have reported receiving phone calls allegedly from the Diabetes Association. The caller informs the senior that they are eligible for a new glucose testing machine free of charge. The call asks the senior to provide them with their "Medicare Validation Number" to process the order. In most cases, this number would be the same as their Social Security Number. These calls are **NOT** being made by the Diabetes Association and you are reminded **NOT** to give out personal information to anyone.

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 filed, 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.

CHEF ON A SHOE STRING

Tuesday @ 2:00 – 3:30

Seekonk Human Services



Student chefs from Johnson & Wales University 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. ***Note: Our chef's class is looking for pint containers (2 cup), if you have any that you are not using, please donate them to Seekonk Human Services Chef on a Shoe String class***



MEN'S BREAKFAST

Thursday, February 9, 2012

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. Ashley Pimental, Senior Secretary, will be the guest speaker!

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MASSACHUSETTS TAX RELIEF FOR SENIORS

Tax Return Appointments – Every Thursday Beginning February 2nd @ Town Hall

The Circuit Breaker tax credit is a state income tax credit for 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 2011 is \$980.

What are the income limits?

*Your total income cannot be greater than these limits for the 2011 tax year.

\$52,000 single

\$65,000 head of household

\$78,000 married filing jointly

The 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 starting February 2nd 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 beginning February 2nd. 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 charges paid to the Town of Seekonk
- Form W-2
- Wages
- 4 Real estate tax bills PAID in 2011
- Any 1099 Forms you may have
- Any abatements or adjustments
- Any 2011 Public Assistance i.e.; fuel assistance or food stamps
- Stimulus payments
- Purchase of a car – tax credit

ATTENTION VETERANS

The Veterans Service Officer 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

Wednesday, February 15, 2012

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

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.

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

Mondays @ 10am

Come join us for some Wii exercise fun. The Wii is a great way to stay in shape without the high costs of joining a gym! It's great for people 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

Mondays @ 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



FEBRUARY 2012



	<p>1</p> <p>Fashion Show by Stacey Hiltner @ 10am Lunch: Portuguese Soup & Pulled Pork Sandwiches for \$2 Stop & Shop 8:30 - 9:30</p>	<p>2</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Bridge Club 12:30 - 2:30</p>	<p>3</p> <p>Arthritis Water Exercise 9 - 9:45 am Game Day 9:00 - 11:00</p>	
<p>6</p> <p>Wii Exercise 10am Knitting 12:30 - 2:30</p>	<p>7</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Swansea Mall 9am - 1pm</p>	<p>8</p> <p>Valentine's Party @ 10am Lunch: French meat pie, mashed potatoes & veggies, no charge YMCA Gentle Yoga 10-11am Pitch 12:30 - 2:30 Stop & Shop 8:30 - 9:30</p>	<p>9</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Bridge Club 12:30 - 2:30 Price Rite 9-10:30</p>	<p>10</p> <p>Arthritis Water Exercise 9 - 9:45 am Game Day 9:00 - 11:00</p>
<p>13</p> <p>Wii Exercise 10am Knitting 12:30 - 2:30</p>	<p>14</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Wal*Mart/Target 9-10:30</p>	<p>15</p> <p>YMCA Gentle Yoga 10-11am Cardiac Care 9am - 12pm Pitch 12:30 - 2:30 Stop & Shop 8:30 - 9:30</p>	<p>16</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Bridge Club 12:30 - 2:30</p>	<p>17</p> <p>Arthritis Water Exercise 9 - 9:45 am Game Day 9:00 - 11:00</p>
<p>20</p>  <p>Closed for Presidents Day</p>	<p>21</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30-11:15</p>	<p>22</p> <p>YMCA Gentle Yoga 10-11am TRIAD: Town Administrator Pam Nolan @ 10am Pitch 12:30 - 2:30 Stop & Shop 8:30 - 9:30</p>	<p>23</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Bridge Club 12:30 - 2:30 Veterans Service Officer 0am - 11am At Supreme Donuts</p>	<p>24</p> <p>Arthritis Water Exercise 9 - 9:45 am Game Day 9:00 - 11:00</p>
<p>27</p> <p>Wii Exercise 10am Knitting 12:30 - 2:30</p>	<p>28</p> <p>Veterans Service Officer 7pm - 8pm At Seekonk Public Library</p>	<p>29</p> <p>YMCA Gentle Yoga 10-11am Wii Demo by Nancy Smutek @ 10am Lunch: Pizza & Salad, no charge Stop & Shop 8:30 - 9:30</p>		



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YMCA

No Charge to Seekonk COA – Just show your card for the following:

- Chair Yoga (Slow Flow) – Wednesdays 10-11:00am
 - Balance Class – Fridays 11:45am – 12:15pm
- \$3 fee per class for the following Aquatic classes:
- AquaAerobics – Wednesdays 8:15 – 9:00am OR 9:45 – 10:30am
 - Arthritis Foundation Certified Aqua Class – Fridays 9:00 – 9:45am

SEEKONK TOTAL FITNESS

Seekonk Total Fitness is offering **FREE** Senior Fitness Group Exercise Classes on Tuesday and Thursdays 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 4th Wednesday of every month. The next “Brown Bag” is February 22, 2011. Please call 508-336-8772 for more information.

**THE MONTHLY NEWSLETTER
IS NOW ON LINE**

- * The Town Crier website link is www.seekonk-ma.gov
- Click on Departments
- Click on Human Services

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.

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**
Wednesdays 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**

GATRA Photo ID'S can be done at Seekonk Human Services. No appointment is necessary. Just an application and a picture and the ID will be mailed within 2 weeks. Please contact Ashley Pimental @ 508-336-8772.

* **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

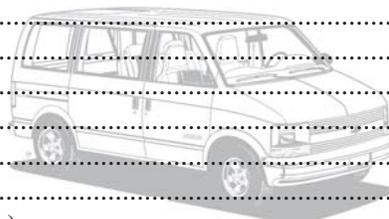
1-800-483-2500 DIAL-A-RIDE • CASH FARES EACH WAY:

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.



SEEKONK HUMAN SERVICES STAFF

EXECUTIVE DIRECTOR

Bernadette Huck Ext. 15

SENIOR SECRETARY

Ashley Pimental ext. 12

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 LSWA ext. 17

(Monday, Wednesday, Fridays)

OUTREACH ASSISTANT

Nancy Rodrigues ext. 18

SENIOR AIDES

Loretta Ferreira, Elaine Miranda ext 19

CENTER HOURS

***Monday - Thursday**

8:30am - 4:30pm

Wednesdays

at Town Hall

5:00pm – 7:00pm

by appointment only

***Friday**

8:30 am - 12:30 pm

TELEPHONE:

(508) 336-8772

FAX:

(508) 336-2239

SEEKONK HUMAN SERVICES EXECUTIVE BOARD MEMBERS

Victoria Kinniburgh, Chairperson

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