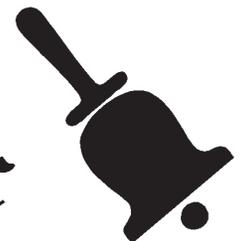


SEEKONK HUMAN SERVICES



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

JANUARY 2012



Seekonk Human Services will be closed on

January 2, 2012 to observe the New Year

And on January 16, 2012 for Martin Luther King's Day



SPECIAL THANKS

Seekonk Human Services would like to extend a special thanks to Shaw's, Department of Public Works, Briarwood Child Academy, Our Lady Queen of Martye, Mt. Carmel St. Vincent de Paul, Seekonk Total Fitness, Town Hall, Wampanoag Rod & Gun Club, Stop & Shop, Doorways Food Pantry, Personal Best Karate, Outback Steakhouse, Grace Community Chapel as well as the residents of the community for their donations to help make the holiday season enjoyable for everyone!

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. Enjoy early spring time in Atlantic City ~ Call 508-336-8772 to book your spring get away!

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 call 508-336-8772 to book your trip!



Seekonk Human Services would like to the opportunity to thank Outback Steakhouse for donating cooked Thanksgiving meals to shut-ins as well as having families over to eat in on Thanksgiving.

EXPLORATION WEDNESDAYS

Jan. 4th Home Caregivers Lunch: Pizza and Salad for \$2

Jan. 11th Boston Walk-In Tub & Chair Lift Lunch: Willow Tree for \$2

Jan. 25th TRIAD David Downs with Clutter Control Lunch: Spaghetti & Meatballs for \$2

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 for FREE

FAMILY MEMBERS PAID AS CAREGIVERS

January 4, 2012 @ 10am

Seekonk Human Services

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. Lunch will be pizza and salad for \$2. Please call 508-336-8772 to sign up for lunch and the presentation!

TRIAD

David Downs with Clutter Control
January 25, 2012 @ 10am
Seekonk Human Services

With all the things in your life, are you any happier than your dog? Do you know why our basements, garages and homes get filled with unused possessions – STUFF? Clutter Control is a lighthearted presentation that explores the ten big reasons why we have a tendency to hold on to our possessions. This entertaining and educational presentation introduces strategies for eliminating clutter from our lives. Participants will leave inspired and ready to act on the suggestions they learned at this popular presentation. Lunch will be spaghetti & meatballs for \$2. Please call 508-336-8772 to sign up for lunch and the presentation.

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 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.

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.

CHEF ON A SHOE STRING

2:00 – 3:30 @ Seekonk Human Services
New Session January 31, 2012

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. ***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

Wednesday, January 12, 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. Stacey Hiltner on ID Theft & Scams!

CARDIAC PREVENTION CLINIC

January 18, 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.

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MASSACHUSETTS TAX RELIEF FOR SENIORS

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

How do I apply?

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 & sewer 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

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

Monday’s @ 10am

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

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**

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 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

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.



January 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Closed for New Years</p> 	<p>3</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15</p> <p>Swansea Mall 9am - 1pm</p>	<p>4</p> <p>Care Giver Homes @ 10am Lunch: Pizza and Salad for \$2</p> <p>Stop & Shop 8:30 - 9:30</p>	<p>5</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15</p> <p>Bridge Club 12:30 - 2:30</p>	<p>6</p> <p>Arthritis Water Exercise 9 - 9:45 am</p> <p>Game Day 9:00 - 11:00</p>
<p>9</p> <p>Wii Exercise 10am Knitting 12:30 - 2:30</p>	<p>10</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15</p>	<p>11</p> <p>Boston Walk-In Tub & Chair Lift @ 10am Lunch: Willow Tree for \$2</p> <p>YMCA Gentle Yoga 10-11 am Pitch 12:30 - 2:30 Stop & Shop 8:30 - 9:30</p>	<p>12</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15</p> <p>Bridge Club 12:30 - 2:30 Price Rite 9-10:30</p>	<p>13</p> <p>Arthritis Water Exercise 9 - 9:45 am</p> <p>Game Day 9:00 - 11:00</p>
<p>16</p> <p>Closed for Martin Luther King Jr.</p> 	<p>17</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15</p> <p>Wal*Mart/Target 9-10:30</p>	<p>18</p> <p>YMCA Gentle Yoga 10-11 am</p> <p>Cardiac Care 9am - 12pm</p> <p>Pitch 12:30 - 2:30 Stop & Shop 8:30 - 9:30</p>	<p>19</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15</p> <p>Bridge Club 12:30 - 2:30</p>	<p>20</p> <p>Arthritis Water Exercise 9 - 9:45 am</p> <p>Game Day 9:00 - 11:00</p>
<p>23</p> <p>Wii Exercise 10am Knitting 12:30 - 2:30</p>	<p>24</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15</p>	<p>25</p> <p>YMCA Gentle Yoga 10-11 am</p> <p>TRIAD: David Downs Clutter Control @ 10am Lunch: Meatball Subs for \$2 Stop & Shop 8:30 - 9:30</p>	<p>26</p> <p>Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15</p> <p>Bridge Club 12:30 - 2:30 Veterans Service Officer 10am - 11am At Supreme Donuts</p>	<p>27</p> <p>Arthritis Water Exercise 9 - 9:45 am</p> <p>Game Day 9:00 - 11:00</p>
<p>30</p> <p>Wii Exercise 10am Knitting 12:30 - 2:30</p>	<p>31</p> <p>Veterans Service Officer 7pm - 8pm At Seekonk Public Library</p>	 <p>HAPPY NEW YEAR</p>		

William W. Tripp Funeral Home
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 Daniel A. Laneres & Michael S. Sladen
 Directors

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 you'll get MORE THAN
 ONE new customer! Place an ad today.
 Please call 800-732-8070*

YMCA

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

- Chair Yoga (Slow Flow) – Wednesdays 10:00 – 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

BROWN BAG PROGRAM

The dates for “Brown Bags” are on the 4th Wednesday of every month. The next “Brown Bag” is January 25, 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.

*** 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.



Thanksgiving Baskets



Director Bernadette Huck accepting gift from Bay State Street Machines



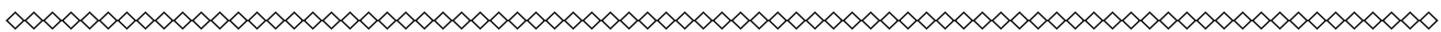
Thanksgiving Meals



Christmas Party



Christmas Party



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

Lynne Neves, Vice Chairperson

Anita Gendron

Christine Allen

Rene Andrews

Beverly Della Grotta

Anne Libby

Seekonk Human Services
320 Pleasant Street
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