

Seekonk Human Services
320 Pleasant Street
Seekonk, MA 02771

PRSR STANDARD
US POSTAGE PAID
PROVIDENCE, RI
PERMIT NO: 1159



320 Pleasant Street ~ Seekonk, MA ~ 508-336-8772

*Monday through Thursday 8:30am—4:30pm

*Fridays 8:30am—12:30pm

*Evening appointments available upon request

November 2014

**DAYLIGHTS SAVING TIME END
SUNDAY, NOVEMBER 2, 2014**



It's almost that time of the year! Daylights savings time will be ending on Sunday, November 2, 2014. This is a perfect time to change your smoke detector and carbon

monoxide batteries. Remember **fall back** — gain an hour of sleep! If you need assistance changing you're the batteries, please call Seekonk Human Services at 508-336-8772.

VETERANS DAY CELEBRATION Wednesday, November 5, 2014 @ 10am

We will enjoy a turkey dinner for lunch for \$3

Bring pictures, memorabilia, stories of your time

Please sign up in advance for the party and lunch by calling 508-336-8772

ATRIA BAY COOKING CLASS

Wednesday, November 12, 2014 @ 10am

The chef from Atria Bay will be doing a cooking class on healthy eating. This is a great opportunity to get some recipe ideas. Lunch will be Pasta and Meatballs for \$3. Please sign up in advance for the activity and lunch by calling 508-336-8772.

WHEN SHOULD I RETIRE

Wednesday, December 3, 2014 @ 10am

Catherine LeBlanc from the Social Security Administration will be presenting important topics regarding your retirement. Also, this is the perfect time to inquire about Social Security Benefits and

Cost of Living Raises. Lunch will be a Chicken Dinner for \$3. Please call Seekonk Human Services at 508-336-8772 to sign up for this activity and lunch.



HOLIDAY BASKETS & MEALS



Thanksgiving
Food Baskets

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 to receive a holiday basket. You will need to fill out an intake form. Please call 508-336-8772 by **Friday, November 21st** if you or anyone you know needs a basket. Anyone who is homebound and would like to have a hot meal delivered on Thanksgiving should sign up at Seekonk Human Services by **Friday, November 21st**. Please call 508-336-8772 to have your name put on the list.

Board Meets Fourth Monday of the month @ 3:30pm in the Board of Selectmen Meeting Room

Beverly Della Grota

Guy Boulay

Christine Allen

Anita Gendron

TREASURER

Anne Libby

SECRETARY

Rene Andrews

VICE CHAIRPERSON

Victoria Kinniburgh

CHAIRPERSON

SEEKONK HUMAN SERVICES EXECUTIVE BOARD MEMBERS

Sharon Bettencourt ext. 10

SENIOR AIDES

LPN BA SOC LSWA

Veronica Brickley ext. 17

Adriana Dossantos BA. ext. 11

OUTREACH MANAGERS

Karen Stutz ext. 14

EDUCATIONAL & SOCIAL PROGRAMS

Kimberly Mallon ext. 13

CLERICAL ASSISTANT

Ashley Pimental ext. 12

SENIOR SECRETARY

Bernadette Huck ext. 15

EXECUTIVE DIRECTOR

508-336-8772

SEEKONK HUMAN SERVICES STAFF

EXPLORATION WEDNESDAYS

- ◆ December 3: Social Security
- ◆ December 10: Christmas Party
Lunch: Pot Roast Dinner for \$3

MEN'S BREAKFAST

Thursday, November 13, 2014 @ 8:30am
Toti's 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, order what you want, pay for what you order.

WOMEN'S BRUNCH

Thursday, November 20, 2014 @ 10:00am
Toti's Restaurant

Women of all ages are welcome to attend and no sign up is required. Bring a friend with you to enjoy a delicious brunch. There is no set price for brunch, order what you want, pay for what you order.

BLOOD PRESSURE CLINIC

Wednesday, November 19, 2014
Seekonk Human Services
9:00am—10:30am

Seekonk Human Services has partnered with the **Seekonk Fire Department** to provide a blood pressure clinic on the 3rd Wednesday of the month from 9:00am to 10:30am. This is a perfect opportunity to get your blood pressure screening. This is first come first serve clinic.



HOMESTEAD ACT

The **homestead** estate is designed to protect home ownership from execution and forced sale, so long as the owner or covered family member occupies or intends to occupy the property as his or her principal place of residence. The homestead act only has to be done once per property. For those who are interested in having the homestead act done please call Seekonk Human Services at 508-336-8772 to put your name on the list.

FUEL ASSISTANCE

If you had fuel assistance last year, be on the lookout for your application. File the application as soon as you get it. If you have never had fuel assistance and would like to apply or if you need help filing your application, please call Seekonk Human Services at 508-336-8772 to make an appointment with the Outreach Department. **Fuel Assistance begins November 1st.**



Income Guidelines:

Maximum income for 1 person is \$32,618, for 2 people is \$42,654, for 3 people is \$52,691, and for 4 people is \$62,727. Income includes your social security, pensions and any interest income.

Needed Documents:

- ◆ Proof of income
 - ◆ 4 consecutive pay stubs
 - ◆ Social Security Award Letter or 1099
 - ◆ Pension (Current 1099)
 - ◆ Interest Dividends (1099)
- ◆ List of everyone in household plus their income
- ◆ **Homeowner's must include:**
 - ◆ Mortgage statement
 - ◆ Real estate tax bill
 - ◆ Insurance bill
 - ◆ Recent copy of electric bill and gas/oil bill
- ◆ Renters include:
 - ◆ Rent receipt
 - ◆ Recent copy of electric bill and gas/oil bills
- ◆ Food Stamps—copy of verification

MONTHLY NEWSLETTER ONLINE

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

YMCA*

472 Taunton Avenue
Seekonk, MA 02771
508.336.7103

\$3 fee per class for the following classes:

- **Arthritis Foundation Aquatic Exercise**
Monday, Wednesday, Friday @ 9am
- **Aquaerobics**
Monday, Wednesday Friday @ 9:45am
- **Silver Sneaker Classic**
Wednesday and Friday @ 11am

*Must be a Seekonk senior and have a scan card, please call 508-336-8772 for further information.

GATRA PHOTO ID'S

GATRA Photo ID'S can be done at Seekonk Human Services. Just fill out an application and take a picture and the ID will be mailed within 2 weeks. Please contact Ashley Pimental @ 508-336-8772.

OPEN ENROLLMENT FOR MEDICARE

October 15th—December 7th

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2015: *it is important to review, understand and save this information.*

During **Medicare Open Enrollment, from October 15th to December 7th**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. To make an appointment with a SHINE counselor, call your local senior center **now!**



Seekonk Human Services
320 Pleasant Street
Seekonk, MA

Phone: 508-336-8772
Fax: 508-336-2239

Email: bhuck@seekonk-ma.gov

We're committed to Seekonk's Seniors.
Help us, help you.

Seekonk Human Services is primarily an informational and referral agency. We try to help you directly or by introducing you to a network of federal, state, or local support services. Human Services is opened for appointments and drop-ins Monday through Thursday 9:00 am to 3:00 pm and Fridays 9:00 am to 11:00 am. We have evening appointments available upon request. All Seekonk residents are invited to enjoy the activities at the center.

* NOTE: Seekonk Human Services offers many legal, financial, recreational, medical screening and/or other activities and services by volunteers or nominal cost practitioners. 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. The Town Crier is partially funded by the Executive Office of Elder Affairs. We thank them for their support.