

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

April 2015



EASTER PARTY

Wednesday, April 1, 2015 @ 10am

Come celebrate Easter with us!
Wear your favorite bonnet, hat or tie!

Lunch will be ham, au gratin potatoes and veggies
with coffee and dessert for \$3

Please sign up for the party and lunch in advanced as
seating is limited by calling 508-336-8772



DIABETES BINGO WITH JOHN QUINTAS

Wednesday, April 8, 2015 @ 10am

John Quintas from the Diabetes Association is coming back to follow up on his last presentation. Mr. Quintas informs individuals who live with diabetes or may become diabetic correct ways of living a healthy lifestyle. This is very informative and fun way of learning about diabetes Lunch will be chicken pot pie with coffee and dessert for \$3. Please sign up in advance by calling 508-336-8772.



THE SEEKONK COMMUNITY GARDEN AT THE COMMONS

The Seekonk Community Garden at The Commons is seeking new gardeners for 2015. There are plots available for a fee of \$10 per season. You must supply your own water. Please contact Priscilla Dunn, 156 County Street, Seekonk, 508-336 7995 or Padunn47@gmail.com for more information.

TRIAD: FALLON HEALTH

Wednesday, April 22, 2015 @ 10am

Fallon Health was founded in 1977 which provides health care services to meet the unique and changing needs of seniors. Fallon Health is the only health plan in Massachusetts that is both an insurer and provider of care. They offer high quality cost effective health care plans to meet the needs of the seniors. This presentation will go over the benefits of Fallon Health and how it can help you with better health care options for your future. Lunch will be Venus de Milo Soup with coffee and dessert for \$3. Please sign up in advance by calling 5208-336-8772.

HOME INSTEAD

Wednesday, April 29, 2015 @ 10am

Home Instead's mission is to enhance the lives of aging adults and their families. Helping seniors stay in their homes with the services they need to provide comfort for themselves and family members. This is very informative presentation that is done by Mary Louise Champagne. Lunch will be meatball subs with coffee and dessert for \$3. Please sign up by in advance by calling 508-336-8772.



To us, it's personalsm

EXPLORATION WEDNESDAYS

- ◆ **May 6**—The Power of Resilience in the Promotion of Healthy Aging
Lunch: Pizza & Salad for \$3
- ◆ **May 13**—Five Things to Know About Hearing Aids
Lunch: American Chop Suey for \$3
- ◆ **May 27**—TRIAD: TBD
Lunch: TBD

SEEKONK HUMAN SERVICES STAFF
508-336-8772
EXECUTIVE DIRECTOR Bernadette Huck ext. 15
SENIOR SECRETARY Ashley Pimental ext. 12
CLERICAL ASSISTANT Kimberly Mallon ext. 13
EDUCATIONAL & SOCIAL PROGRAMS Karen Stutz ext. 14
OUTREACH MANAGERS Adriana Dossantos BA. ext. 11
Veronica Brickley ext. 17
LPN BA SOC LSWA
SENIOR AIDES Sharon Bettencourt ext. 16

SEEKONK HUMAN SERVICES EXECUTIVE BOARD MEMBERS
CHAIRPERSON Victoria Kinniburgh
VICE CHAIRPERSON Rene Andrews
SECRETARY Anne Libby
TREASURER Anita Gendron
Christine Allen
Guy Boulay
Beverly Della Grotta
Board Meets fourth Monday of the month @ 3:30pm in the Board of Selectmen Meeting Room

MEN'S BREAKFAST

Thursday, April 9, 2015 @ 8:30am

Toti's Restaurant

All men 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, April 16, 2015 @ 10:00am

Toti's Restaurant

All women 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 & GLUCOSE CLINIC

Wednesday, April 15, 2015

Seekonk Human Services

9:00am—10:30am

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



DEPARTMENT OF VETERAN AFFAIRS



The Department of Veteran Services is interested in tallying how many Purple Heart recipients we have as residents. This can be both living and deceased. We would like an approximation by June. Also, The Department of Veteran Services will be airing a monthly Veterans Update on T.V. 9. For more information contact Seth Bai at 508-336-1484 or sbai@seekonk-ma.gov

GAME DAY

Thursday's 10am—12pm

Come on in! Enjoy a morning of games, coffee and pastries! Test your word skills on scrabble, put your luck into monopoly to win properties and all the money! Bring in a game you enjoy or puzzle to do.



MEDWHEELS LONG DISTANCE

MEDICAL TRANSPORTATION

What is MedWheels?

MedWheels is a shared long distance transportation program funded through the United Way of Greater Attleboro/Taunton for seniors 60 years of age or older and people with disabilities who have exhausted all other transportation options.

How often can I use Medwheels?

Eligible persons who live in Attleboro, Berkley, Dighton, Mansfield, North Attleboro, Norton, Plainville, Raynham, Rehoboth, Seekonk or Taunton. There is a limit to how often you can use this service each month. Call GATRA for additional information.

How do I make a reservation?

Call 508-823-8828 Ext. 263 Monday through Friday from 8:00am until 4:00pm. 48 hours advance notice is required. When making reservation for MedWheels please tell the GATRA customer service representative that you are calling for the Med-Wheels Program. If you need to reschedule or cancel your trip, please contact MedWheels within 24 hours.

Please have the following information available:

- ◆ Where are you to be picked up
- ◆ The date, time and destination of your medical appointment
- ◆ A telephone number of the doctor's office or medical facility you be visiting.

Additional Information

Escorts/Personal Care Attendants:

Our drivers cannot leave their vehicles unattended. If you require assistance to enter and exit a facility, you may bring an escort or personal care attendant as long as additional seating is available on the day of your appointment. Reservations for escorts or personal care attendants must be made at the same time you call for your reservation.

Return Trips:

Please call when your appointment is complete and we will schedule you on the appropriate return trip.

SEEKONK TOTAL FITNESS

1301 Fall River Avenue

Seekonk, MA 02771

508.336.4545

Seekonk Total Fitness is offering Senior Fitness Group Exercise Classes on Monday, Wednesday, and Friday from 11am—12pm. The one hour 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 inactive lifestyle by increasing muscular strength, range of movement & balance. **The cost per class is \$1.**

R.U.O.K?

The Bristol County Sheriff, Thomas Hodgson, is offering the "R.U.O.K?" program. Telephone calls are placed to seniors, disabled persons, and shut-ins. Calls are made the same time each day to check on the well being of an individual. If there is no answer, a second call will be placed. If there is no answer after the second attempt, the Town's first responders will be dispatched to physically check in on the person. Applications are available at Seekonk Human Services or by calling 774-628-0030. For more information, please call Seekonk Human Services at 508-336-8772.

FREE MEDICAL EQUIPMENT

Our FREE Medical Loan Closet is available to Seekonk residents. We are in need of wheelchairs. Please call Seekonk Human Services to schedule pick up/drop off and/or donations at 508-336-8772.

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.**

*** 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.**

Wii Fun

Fridays @ 10am



Come join us for some Wii Fun! The Wii is an excellent way to have fun and be active. Come join us! Call Seekonk Human Services @ 508-336-8772 for more information. No sign up is necessary just on in!

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.**

MONTHLY NEWSLETTER ONLINE

*The Town Crier website link is

www.seekonk-ma.gov

Click on Departments

Click on Human Services

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.