



SEEKONK HUMAN SERVICES

Town Center



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

December 2015

Seekonk Human Services
Will be closed

Thursday, December 24th at 12:30 for
Christmas Eve
Friday, December 25th for Christmas

HOLIDAY HAPPENINGS

Wednesday, December 2, 2015 @ 10am

This program includes a discussion on holiday traditions, along with some easy and festive decorating ideas. Join us for a social gathering which includes a free raffle of two beautiful wreaths which are designed during this interactive demonstration. This is presented by Stacey Hiltner from Community VNA. Lunch will be Pasta and Meatballs, with coffee and dessert for \$3. Please sign up in advance as seating is limited by calling 508-336-8772.

Thank You!

Seekonk Human Services would like to thank Outback Steakhouse for donating cooked Thanksgiving meals to shut-ins. We would also like to thank Personal Best Karate for donating and delivering over 75 baskets to Seekonk residents. Wampanoag Rod & Gun Club for donating gift certificates to help Seekonk Human Services put together additional Thanksgiving Baskets to help those in need this holiday season. Without the help of our local businesses, organizations and individual contributors it would be impossible to make the holiday season cheerful. Thank you for all that you do!



TRIAD CHRISTMAS PARTY
Wednesday, December 9, 2015 @ 10am

Bring your Christmas spirit and let's have a party!

Prizes will given for the best festive sweater, shirt, tie, or hat!!

Lunch will be a delicious
Pot Roast Dinner with coffee and dessert
For \$3

Please sign up in advance as seating is limited



HOLIDAY FOOD BASKETS

Seekonk Human Services is coordinating the "Christmas Baskets" this holiday season. We are requesting monetary donations, gift cards, or non-perishable food items. This program is for Seekonk residents (who meet income eligibility guidelines) needing assistance in providing their families with traditional holiday meals. Food drop off locations include Seekonk Human Services, Town Hall and Seekonk Public Library. Monetary donations should be made payable to "Town of Seekonk" with "Holiday Donation" as the notation on the check and should be mailed to Seekonk Human Services, 320 Pleasant Street, Seekonk, MA 02771.

SEEKONK COUNCIL ON AGING

December 2015

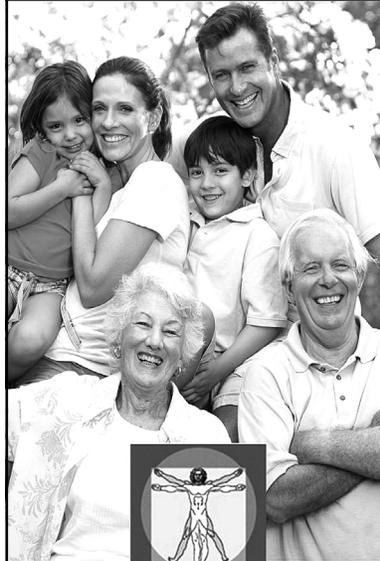
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	4
	Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By: GATRA GATRA: 1-800-483-2500	Holiday Happenings at 10 by Stacey from the VNA Lunch: Pasta and Meatballs for \$3 Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm	Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!	Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!
	7	8	9	10	11
	Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By: GATRA GATRA: 1-800-483-2500	Christmas Party @ 10am Lunch: Pot Roast Dinner with all the fixings for \$3 Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm Mens Breakfast @ 8:30am Toti's Restaurant	Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!	Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm
Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	14	15	16	17	18
	Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By: GATRA GATRA: 1-800-483-2500	FREE Blood Pressure and Glucose Clinic 9:00am - 10:30am *Brown Bags Delivery/Pick Up* Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm Womens Brunch @ 10:00am Toti's Restaurant	Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!	Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm
Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	21	22	23	24	25
	Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By: GATRA GATRA: 1-800-483-2500	Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	Seekonk Human Services will be closing at 12:30pm today for Christmas		
Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	28	29	30	31	
	Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By: GATRA GATRA: 1-800-483-2500	Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm			
Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm					

Thank you!

On behalf of the
Seekonk Town Crier
for your support
of our newsletter



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Fax: (401) 438-0903

Monday - Friday: 6:00 AM - 7:00 PM

Friday: 6:00 AM - 7:00 PM

Saturday: 7:00 AM - 12 PM

CUMBERLAND OFFICE

2295 Diamond Hill Road
Cumberland, RI 02864

Phone: (401) 305-3858

Fax: (401) 305-3859

Monday - Thursday: 7:30 AM - 7:00 PM

Fridays 7:30 AM - 4 PM



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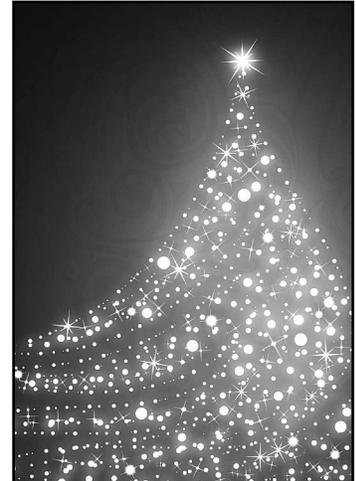
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Seekonk, Massachusetts 02771

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Newsletter!**

**Please contact
Tom Reily
508-336-6633
x 337**



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www.countrygardens-health.com



**To be a sponsor
in the next
Seekonk Town Crier
Newsletter!**

**Please contact Tom Reily
508-336-6633 x 337**

MEN'S BREAKFAST

Thursday, December 10, 2015 @ 8am

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.

CHRISTMAS BASKETS



Anyone who receives food from Doorways Food Pantry is eligible to receive a Christmas Basket 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, December 18th** for a **Christmas Basket**.

CHRISTMAS MEALS



Christmas meals are available to those who are homebound and would like to have a hot meal delivered on Christmas Day. Those in need of a Christmas Meal should call 508-336-8772 and sign up by **Wednesday, December 16, 2015**.

BROWN BAGS

Brown Bags delivery/pickup for the month of December will be the 2nd Wednesday, which is **December 9th** instead of the 4th Wednesday due to the holiday. Those who receive Brown Bags will still receive the reminder phone call.

WOMEN'S BRUNCH

Thursday, December 17, 2015 @ 10am

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.

CHRISTMAS IS FOR KIDS



Christmas For Kids

Seekonk Human Services will be participating in Christmas is For Kids again. Applications are available at Seekonk Human Services. Please contact Seekonk Human Services at 508-336-8772 for an application. *The

program is intended for children age 0-13 years old. Application deadline is **December 11, 2015**. **NOTE: Anyone interested in adopting a family for Christmas please contact Bernadette Huck, Director of Human Services @ 508-336-8772.**

TWO SAFETY MEASURES, ONE PRIORITY

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 the individual. If there is a 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 on the person. Applications are available at Seekonk Human Services. For more information, please call Seekonk Human Services at 508-336-8772.

IS YOUR HOME READY FOR WINTER



For any household, staying prepared is the key to safely weathering a winter storm. A good way to start is by keeping Massachusetts Electric's Power outage number **(800-465-1212)** by your non-cordless phone. Have at least one phone that is not cordless, because cordless phones won't work when the power is out. **REMEMBER:** Police and local Fire Departments are usually not the best contact for strictly reporting power outages, and often times do not have firsthand information on when the power will be restored. Your best contact is the number provided above.

WAMPANOAG ROD & GUN CLUB

Seekonk Human Services Director, Bernadette Huck, with Richard Howe, member of the Wampanoag Rod & Gun Club. Mr. Howe presented Seekonk Human Services with gift cards to be used towards holiday baskets from the Wampanoag Rod & Gun Club.



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 \$33,126, for 2 people is \$43,319, for 3 people is \$53,511, and for 4 people is \$63,704. 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



Wii Fun

Fridays @ 10am



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

BLOOD PRESSURE & GLUCOSE CLINIC

Wednesday, December 16, 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 a first come first serve clinic.

KNITTERS AND CROCHET

Yarn Donation Needed!

The knitters are busy creating hats, sweaters & mittens for infants in our town and seniors who need lap robes. Our knitters are in need of yarn to keep up with demand. Donations can be made by dropping off yarn at Seekonk Human Services, 320 Pleasant Street or by calling 508-336-8772. Thank you in advance for your donation.



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.

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**
Monday, Wednesday and Friday @ 11am

***Must be a Seekonk Resident**

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.**

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.**

Seekonk Human Services
320 Pleasant Street
Seekonk, MA 02771

PRSR STANDARD
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SEEKONK HUMAN SERVICES STAFF
508-336-8772
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Bernadette Huck ext. 15
SENIOR SECRETARY
Ashley Cartwright ext. 12
CLERICAL ASSISTANT
Kimberly Mallon ext. 13
EDUCATIONAL & SOCIAL PROGRAMS
Karen Stutz ext. 14
OUTREACH MANAGERS
Adriana Dossantos LSW ext. 11
Veronica Brickley ext. 17
LPN BA SOC LSWA

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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