



# SEEKONK HUMAN SERVICES



## Town Courier

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

### October 2015



**Seekonk Human Services  
Will be closed  
Monday, October 12th  
For  
Columbus Day**

**MELISSA LUITI FROM  
RITE AID OUTREACH**

**Wednesday, October 7, 2015 @ 10am**

Melissa Luiti will be returning to Seekonk Human Services to discuss upcoming programs being offered by Rite Aid. She will also be playing games with prizes. Lunch will be Venus de Milo soup and dessert for \$3. Please sign up in advance by calling 508-336-8772

#### **JOHN QUINTAS COOKING CLASS**

**Wednesday, October 14, 2015 @ 10am**

The famous, John Quintas, from the American Diabetes Association is coming this month for another cooking class. John helps make simple, nutritious, meals and desserts. The best part of these meals and/or desserts they are diabetic friendly! This month John will be making Key Lime pie. Lunch will be Meatball Subs and Key Lime Pie for \$3. Please sign up in advance by calling 508-336-8772.

#### **EXPLORATION WEDNESDAYS**

- November 4th: Veteran's Celebration  
Lunch: Turkey Dinner for \$3
- December 2nd: Holiday Happenings  
Lunch: Pasta and Meatballs for \$3
- December 9th: TRIAD: Christmas Party  
Lunch: Pot Roast for \$3



**HALLOWEEN PARTY  
Wednesday, October 28, 2015 @ 10am**

Come one, come all!  
Come join the Halloween Party.

Wear your most creative costume,  
Prizes will be awarded for the best costumes!

Entertainment by our very own  
Barney Mallon, Karaoke King

A delicious lunch of meatloaf, veggies and mashed potatoes with dessert for \$3 will be served

Please pay and sign up advance  
by calling 508-336-8772



#### **PASTA FEST—THANK YOU**

Seekonk Human Services and Seekonk Non-Profit Coalition would like to extend a sincere thank you to all that help make the Pasta Fest possible. We wouldn't be able to host such an event without our faithful volunteers and donors, Mark Channley from Country Kitchen, Saint Vincent de Paul at Mount Carmel, Saint Vincent de Paul at Our Queen Martyrs, Grace Community Chapel, Human Service Board, Friends of Friends, Village Green Preschool, Scialo's Bakery, Young's Catering, Seekonk Post Office, R & R Farms, and individuals who contribute their time and offer raffle baskets for this event.

# SEEKONK COUNCIL ON AGING

## October 2015

**MONDAY**

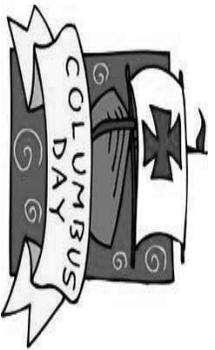
**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

					1 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm	2 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	
5	Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA	6	Rite Aid's Melissa Luiti @ 10am Lunch: Venus de Milo Soup for \$3	7	Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm	8 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!
Seekonk Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	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	Mens Breakfast @ 8:30am Tofu's Restaurant	Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	9 Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm
12	Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA	13	Diabetes Cooking @ 10am Lunch: Meatball Subs for \$	14	Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm	15 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!
Seekonk Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	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	Womens Brunch @ 10:00am Tofu's Restaurant	Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	16 Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm
					22 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm	23 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!
19	Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA	20	FREE Blood Pressure and Glucose Clinic 9:00am - 10:30am	21	Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm	Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm
Seekonk Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	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			
26	Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA	27	Halloween Party @ 10am Lunch: Meatloaf Dinner for \$3	28	Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm	29 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	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			30 Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm



## DAYLIGHTS SAVINGS TIME ENDS



It's almost that time of the year! Daylights savings time will be ending on **Sunday, November 1, 2015**. 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.

**CHANGE YOUR CLOCK**



## MEN'S BREAKFAST

**Thursday, October 8, 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.

## WOMEN'S BRUNCH

**Thursday, October 15, 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.

## HOLIDAY BASKETS AND MEALS



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 **Thursday, October 23rd** 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 14th**. Please call 508-336-8772 to have your name put 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 \$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

### 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.

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 [www.communityvna.com](http://www.communityvna.com)



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[athenanh.com/orchardviewmanor](http://athenanh.com/orchardviewmanor)

Law Office of Luke P. Travis  
Estate Planning

TEL: (508) 676-3333      PO. BOX 3288  
FAX: (508) 678-1698      10 NORTH MAIN ST.  
[luke@bristollegal.com](mailto:luke@bristollegal.com)      FALL RIVER, MA 02722-3288



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**To be a sponsor in the next  
Seekonk Town Crier  
Newsletter!**  
Please contact  
**Tom Reily**  
**508-336-6633**  
x 337

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Please contact  
**Tom Reily**  
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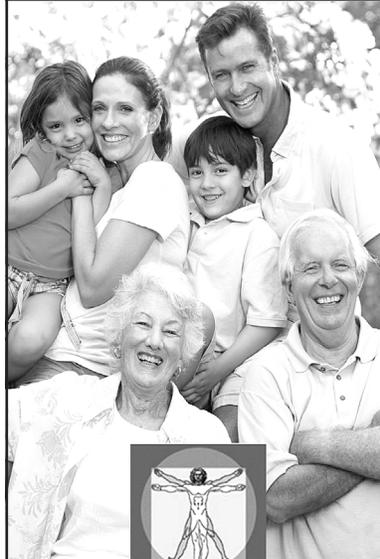


**Have a safe and Happy Halloween!**

*Thank you!*

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

**Get Back In  
The Game!**



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**EAST PROVIDENCE OFFICE**

927B Warren Avenue  
East Providence, RI 02914

Phone: (401) 438-0905

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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## MEDICARE OPEN ENROLLMENT

October 15—December 7



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 2016: *it is important to review, understand and save this information!*

During **Medicare Open Enrollment, from October 15<sup>th</sup> to December 7<sup>th</sup>**, 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. Learn more about how SHINE can help *you*: call Seekonk Human Services @ 508-336-8772 to make your appointment. **\*Have your pharmacist give you a print out of your current prescriptions for your appointment**

### FROM THE DESK OF DISTRICT ATTORNEY THOMAS M. QUINN III

**Please Report Health Care Scams** by calling the  
Federal Trade Commission (FTC) at:

**1-877-FTC-HELP (1-877-382-4357) or  
TTY 1-866-653-4261  
Go Online: [ftc.gov/complaint](http://ftc.gov/complaint)**



**YOUR COMPLAINT CAN HELP PROTECT OTHER PEOPLE**

## 2015 TRIPS

### NEWPORT PLAYHOUSE FEATURING ALWAYS A BRIDESMAID

Thursday, December 17, 2015

**\$ 54 per person (gratuity included)**

**Departure: 10:00am Return: Approximately 5:00pm**

In this hilarious comedic romp, four friends have sworn to keep the promise they made on the night of their Senior Prom: to be in each other's weddings...no matter what. More than thirty years later, these Southern friends-for-life are still making "the long walk" for each other, determined to honor that vow. ALWAYS A BRIDESMAID is the rollicking tale of four loyal and determined women who definitively answer the question, "Just how far are you willing to go to keep a promise to a friend?" If you've ever elbowed a stranger out of the way to catch a bride's bouquet, seriously questioned the mental stability of the duo saying "I do" or been forced to wear the world's ugliest bridesmaid dress, this deliriously funny JONES HOPE WOOTEN COMEDY is definitely for you...and your dearly beloved!

**\*Please note: All trips leave from Seekonk Human Services unless otherwise noted. 50% deposit is required at sign up and final payment must be made two weeks prior to trip. Checks are to be made payable to the Town of Seekonk. To ensure trips are not cancelled please sign up one month prior to trip at the latest in order to give the tour company an accurate count. For any information regarding trips please contact Ashley Cartwright at 508-336-8772.**

**\*All trips are based on a minimum number of people. Please reserve as early as possible. Some trips are planned in conjunction with other groups and they have stricter requirements which we must adhere to.**

## 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, October 21, 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](mailto: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  
US POSTAGE PAID  
PROVIDENCE, RI  
PERMIT NO: 1159

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

Beverly Della Grotta

Guy Boulay

Christine Allen

Anita Gendron

**TREASURER**

Anne Libby

**SECRETARY**

Rene Andrews

**VICE CHAIRPERSON**

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**SEEKONK HUMAN SERVICES  
EXECUTIVE BOARD MEMBERS**

**SEEKONK HUMAN SERVICES STAFF  
508-336-8772**

**EXECUTIVE DIRECTOR**  
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**  
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Veronica Brickley ext. 17  
LPN BA SOC LSWA