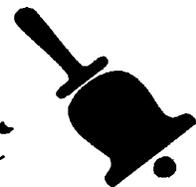




SEEKONK HUMAN SERVICES

Town Courier



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

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

*Fridays 8:30am—12:30pm

September 2015



**Seekonk Human Services
Will be closed
Monday, Sept. 7th
For
Labor Day**

**8th ANNUAL FOOD FOR FUEL PASTA FEST
Thursday, September 24, 2015
Seekonk High School
4:30 – 7:00pm, Open Seating
ADULTS: \$10: CHILDREN 12 & UNDER \$5**



Please help your neighbors have a safe winter! With rising costs of fuel, our neighbors are in need of assistance and the only way it can be done is with your help! Sponsored by the Seekonk Non - Profit Coalition —Benefiting

Fuel & Utility Fund of Seekonk Human Services. Tickets will be sold in advance and take out will be available. Please call 508-336-8772 for tickets. ***Dessert donations will be greatly appreciated. Please bring them to the Seekonk High School.**

**DIABETES COOKING WITH JOHN QUINTAS
Wednesday, September 9, 2015 @ 10am**

It's that time of year again! John Quintas is coming back to do more diabetes cooking. But his cooking is not only for diabetics, it's for those who want to eat healthier and reduce the risk of diabetes. Mr. Quintas will be making a Tuna Casserole with you today! Please sign up in advanced as space is limited for this class by calling 508-336-8772. Lunch will be the Tuna Casserole and dessert for \$3.

**TRIAD: PROJECT LIFESAVER
Wednesday, September 23, 2015 @ 10am**



Project Lifesaver is an innovative rapid response program designed especially for families with Alzheimer's Disease, Dementia, Down Syndrome, Autism, and related disorders. By using the most reliable technology available and specially

trained personnel, Project Lifesaver team can quickly locate and return wandering adults and children to their families or care givers. Participants of the Project Lifesaver program wear a personalized one-ounce battery operated wristband that emits a tracking signal every second, 24 hours a day. When someone in the program is reported missing, a search and rescue team responds to the area and starts search with the mobile locator tracking system. Search times have been reduced from hours and days to minutes. In over 1,500 searches, there have been no reported serious injuries or deaths. Recovery times average less than 30 minutes. Lunch will be American Chop Suey for \$3. Seating is limited, please sign up in advance by calling 508-336-8772.

ELDER ABUSE

Wednesday, September 30, 2015 @ 10am

Elder Abuse is an ongoing issue today with our seniors. Elder abuse ranges from physical and emotional abuse. There are ways to prevent and detect elder abuse. This presentation will help you recognize the signs and what to do in case you or someone you love is a victim of elder abuse. Lunch will be Chicken Pot Pie for \$3. Seating is limited, please sign up in advance by calling 508-336-8772

EXPLORATION WEDNESDAYS

- October 7th Melissa Luti from Rite Aid with games and prizes
Lunch: TBD
- October 14th: TBD
Lunch: TBD
- October 28th Halloween Party!
Lunch: TBD

MEN'S BREAKFAST

Thursday, September 10, 2015

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, September 17, 2015

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.

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 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. Learn more about how SHINE can help *you*: call Seekonk Human Services @ 508-336-8772 to make your appointment.

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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Fax: 401-438-0635
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 FALL RIVER, MA 02722-3288


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Seekonk Town Crier
Newsletter!**
Please contact
Tom Reily
508-336-6633
x 337


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Thank you!

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

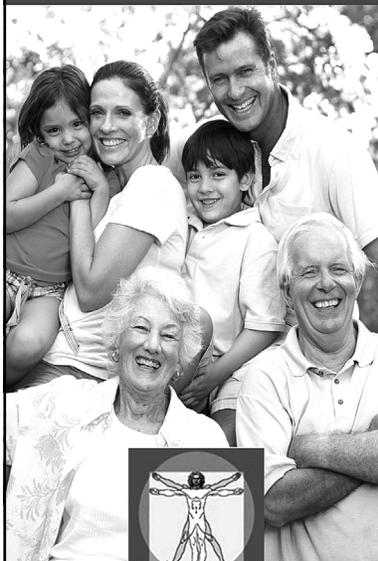
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*On behalf of the
Seekonk Town Crier
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**Get Back In
The Game!**

**Hands-On Care
Gets Results!**

Physical Therapists have a unique knowledge of how the human body works. This enables them to recognize the symptoms, progression of impairments, functional limitations and disabilities that result from injuries, disorder and disease. Healy Physical Therapy will get you back to your normal activities as quickly and safely as possible.



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- ✓ *Increase your strength*
- ✓ *Increase your activity level*
- ✓ *Increase your flexibility*
- ✓ *Improve your health*
- ✓ *Get you back in the game*

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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Changing the Lives of the Physically Challenged Everyday

NATIONAL EMERGENCY PREPAREDNESS MONTH “ARE YOU READY?” HELPS YOU BE PREPARED

Annually, the month of September is designed as “*National Emergency Preparedness Month*” and is set aside to raise awareness of the importance of emergency preparedness planning. According to the American Red Cross, the better people prepare for a disaster, the better they are able to survive it. To assist community elders to prepare not only for a major natural disaster such as a hurricane, but also for less dramatic incidents like a house fire or a prolonged power outage.

A DISASTER SUPPLY KIT SHOULD CONTAIN:

- ◆ A three-day supply of water (one gallon per person per day)
- ◆ Non-perishable food such as peanut butter, tuna fish, bread, remember a manual can opener
- ◆ One change of clothes and footwear per person and one blanket or sleeping bag per person (store them in an easy-to-carry container). Be sure your bags have ID Tags and any other equipment such as wheelchairs, canes or walkers are labeled as well
- ◆ Prescription medications and special items for the elderly or disabled family members
- ◆ A battery-powered radio and flashlight with extra batteries (candles are not recommended)
- ◆ An extra set of car keys
- ◆ A credit card or cash

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, September 23, 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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EDUCATIONAL & SOCIAL PROGRAMS
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Veronica Brickley ext. 17
LPN BA SOC LSWA

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Beverly Della Grotta

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