



SEEKONK HUMAN SERVICES

Ann Crrier



540 Arcade Avenue ~ Seekonk, MA ~ 508-336-8772

Monday through Thursday 8:30am—4:30pm ~ Fridays 8:30am—12:30pm

*Evening appointments available upon request

March 2018



Daylight Saving Time begins!
Don't Forget To Turn Your Clock
Spring Forward
Sunday, March 11, 2018

IRIS SCANNING

Wednesday, March 21, 2018 @ 11am

The Bristol County Sheriff's Office will be at Seekonk Human Services with a very special program. This Iris scanning program was implemented as a child safety program that uses technology, accessed through a high-resolution digital camera. This valuable tool is now also benefiting older adults. It is used to positively identify children and vulnerable adults in seconds by digitally encoding the unique characteristics of people's irises and making the information available in seconds on a national database. To register for your scan, please call the Seekonk Human Services at 508-336-8772. Lunch will be French meat pie, veggies and mashed potatoes and dessert for \$2. **Please sign up and pay in advance for the lunch.**



ST. PATRICK'S DAY CELEBRATION

Wednesday, March 14, 2018 @ 10am

Come join us as we celebrate St. Patrick's Day with a favorite traditional meal of corned beef, cabbage, potatoes, carrots, coffee and dessert for \$2 and singing some traditional Irish music!

Please sign up and pay in advance for the lunch.

Entertainment By Seekonk's very own
Barney O'Mallon Karaoke King

HEARING CLINIC

Monday, March 19, 2018
1:30pm—3:00pm

Chris Brissette from MASS Audiology will be at Seekonk Human Services to perform a hearing clinic. Appointments are approximately 10-15 minutes and are on a first come first serve basis. Please call Seekonk Human Services at 508-336-8772 to schedule your exam!

BROWN BAGS—March 21, 2018

Brown Bag drop off will be from 9:00am—11:00am and pick up at the center will be 11:15am to 12pm.



EASTER PARTY

Wednesday, March 28, 2018 @ 10am

Come celebrate Easter with us!

Wear your favorite bonnet, hat or tie!

Lunch will be ham, au gratin potatoes, and
veggies with dessert for \$2

Entertainment will be provided



PHONES FOR SENIORS

Wednesday, March 7, 2018 @ 10am

A representative from AT&T will be hosting a question and answer session on cell phone usage. Types of cell phone usage varies from GPS, text messages, photos, memory on the phone, videos, among other types of usage. **Activity is free of charge.**

TECH TIME

Wednesday, March 14, 2018 @ 2pm—4pm

Students from MTTI in Seekonk will be coming to Seekonk Human Services on the second Wednesday of the month from 2pm to 4pm to help individuals out with their electronics. Bring your laptop, tablet, or cell phone and learn what they all have to offer or clean out the hard drive of your computer.

LET'S LEARN TOGETHER!

ONLINE FORMS AND WHAT'S A PDF?

Wednesday, March 28, 2018 @ 2pm



More and more organizations are replacing paper forms with forms YOU have to print or fill-out online. If you have a tablet or laptop and want to learn how to handle these

mysterious and frustrating PDF files, this class is for you! Bring your laptop or tablet so we can review common questions about dealing with online forms. Librarian Michelle Gario will lead this 90 minute class. Please make sure your laptop is fully charged or bring your cable and charger with your device. Contact the Senior Center to register by calling 508-336-8772

GROCERY SHOPPING ASSISTANCE "BAGS"

(A PROGRAM OFFERED BY
HUMAN SERVICES)

**Do you need assistance with shopping?*

WE CAN HELP

BAGS (Bringing Assistance with Groceries to Seniors) provides a personal shopper for frail Seekonk residents, 60 years of age or older, who are unable to shop for themselves. Human Services personnel assess the needs of the elder, review their grocery list, shop at local stores, bring home and unpack the groceries, if necessary. Elders who may be in crisis and in need of food immediately are served by the program on a priority basis. For more information, please call Seekonk Human Services at 508-336-8772.

CIRCUIT BREAKER

What is the Circuit Breaker Tax Credit?

The Circuit Breaker Tax Credit is a state income tax credit for eligible Massachusetts residents age 65 or older who paid rent or real estate taxes during the tax year. The credit is for senior homeowners and renters who meet income limits and other eligibility requirements. Homeowners may claim the credit if they paid more than 10% of their total income for real estate taxes, including water charges. Renter can count 25% of their rent as real estate tax payments. You must file a state income tax return to claim the Circuit Breaker Credit, whether or not you have to file other-wise. If your credit is greater than the amount of income taxes you owe, the state will give you a refund for the different. That maximum credit for tax year 2016 is \$1070.

Am I eligible?

The Circuit Breaker Tax Credit is for low and moderate income seniors whose real estate tax payments are greater than 10% of their income. Homeowners and renters can claim the credit.

Income Guidelines:

- ◆ \$57,000 single
- ◆ \$71,000 head of household
- ◆ \$86,000 married filing jointly

*Total income includes some types of non-taxable income, such as social security, retirement, pensions and annuities, cash public assistance, tax-exempt interest and dividends, and certain other income.

To Qualify:

- ◆ You or your spouse must be 65 or older by the end of the year
- ◆ If married, you must file jointly
- ◆ You must rent/own a home in MA that is your primary residence
- ◆ Your property's assessed value can't exceed \$691,000 by January 1, 2012
- ◆ If you're a renter you can't be getting federal/state rent subsidy and your landlord must pay property taxes



SEEKONK HOUSEHOLD HAZARDOUS WASTE DAY

Saturday, March 24, 2018

9:00 am—12:00 pm

Seekonk Town Hall

Contact: Board of Health 508-336-2950

2018 TRIPS

Newport Playhouse
Wednesday, April 4, 2018
Depart: 10am Return: 5pm
Cost: \$60 per person (driver gratuity included)

Newport Playhouse, "Remember Me." Written by Sam Bobrick. Directed by Daniel Lee White. A couple in the mid-forties to early fifties, who have a happy but tired marriage, find themselves examining their relationship after woman's college boyfriend shows up... or doesn't. Enjoy the delicious lunch buffet which includes dessert. After the play enjoy the cabaret. You are in for a laugh! **Trip sign up and 50% deposit is due at the time of sign up in person, no phone call sign ups.**

Niagara Falls
Sunday, June 3—Wednesday, June 6
Departure: TBD Return: TBD

Cost: \$535 per double, \$505 per triple, and \$735 per single

Trip includes: round trip transportation, 3 nights lodging at the Double Tree Niagara Falls, 2 dinners, 3 breakfasts, 1 discover pass for admission to (Maid of the Mist, Cave of the Winds, Adventure Theatre, Niagara Aquarium, Discovery Center and Trolley Ride). **Trip sign up and 50% deposit is due at the time of sign up in person, no phone call sign ups.**

Newport Playhouse Lobster Fest
June 2018

Depart: 10am Return: 5pm

Cost: \$65 per person (driver gratuity included)

Newport Playhouse, "The Lone Star." The owner of a vast fortune and a two hundred thousand acre Texas ranch has died. His will refers to the butler, the maid, his niece and the neighbor, Tammy Jo, as well as a formula and sample of what appears to be a love potion. Can it really work? It has the potential to be worth billions to whoever can obtain it! Before long everyone is testing it with hilarious results. Only in the last 30 seconds of the play is the surprising truth revealed. **Trip sign up and 50% deposit is due at the time of sign up in person, no phone call sign ups.**

Theatre By The Sea
July 2018
Depart: TBD Return: TBD
Cost: TBD

MAMMA MIA! Prepare to have the time of your life at **Mamma Mia!** Sophie, a 20-year-old bride-to-be, is on the search for her father. After reading her mother's diary, she discovers there are three potential suitors. Unbeknownst to her mother, Donna, Sophie invites each of them in hopes of having one of them walk her down the aisle. As the big day draws near, surprises abound with old flames and old friends. **MAMMA MIA!** is packed with 22 ABBA hits, including "Dancing Queen," "Super Trouper," "Take A Chance on Me," and "The Winner Takes It All." This worldwide megahit will have audiences shouting "Gimme! Gimme! Gimme!" more! Lunch will be at Bistro by the Sea. **Trip sign up and 50% deposit is due at the time of sign up in person, no phone call sign ups.**

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 Seekonk Human Services at 508-336-8772. Please utilized the Knights of Columbus parking lot first*

FUEL ASSISTANCE

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.

Income Guidelines:

Maximum income for 1 person is \$34,380, for 2 people is \$44,958, for 3 people is \$55,537, and for 4 people is \$66,115.

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
- ◆ Food Stamps—copy of verification

⇒ 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

EMERGENCY ASSISTANCE APPLICATIONS



In this issue of the March newsletter, Seekonk Human Services included an emergency assistance application to help better serve our residents. This application is used for individuals who are in need of transportation in case of an emergency, handicap accessibility, use of specialized medical equipment, hearing impaired, sight impaired, oxygen dependent or another special need. This information is kept confidential and only used in case of an emergency. Please mail the application back in the enclosed envelope or drop off at the Library, Town Hall or Seekonk Human Services (Senior Center). If you need more than one application please call Seekonk Human Services at 508-336-8772

MEN'S BREAKFAST

Thursday, March 8, 2018 @ 9:30am
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. **Speaker will be Jennifer Miller from the Conservation Department.**

WOMEN'S BRUNCH

Thursday, March 15, 2018 @ 10:00am
Ihop, Route 6, East Providence

All women are invited to attend, there is no sign up necessary. Bring a friend and enjoy good food and good conversation. All meals are dutch treat.

PERMANENT ABSENTEE BALLOT

A permanent absentee ballot is for people who are a registered voter in the Town of Seekonk, MA and because of medical reasons or other reasons beyond their control are not able to make it to the polls to vote in **ALL** elections during the upcoming year.

The permanent list is **NOT** for people who might be away on the day of the election is happening. That situation would require requesting an absentee ballot for that particular election.

Applications for the permanent absentee ballot are available at Seekonk Human Services and the Town Hall. If you have any questions please contact the Town Clerk's office at 508-336-2920.

The Elections that are scheduled for 2018 to date are: **April 2, 2018 – Annual Town Election**
November 6, 2018 – State Election

BALANCE -- MEMORY -- WEIGHT

Three of the biggest problems for senior citizens are poor balance, memory loss and the inability to loose excess weight. Using the Wii Fit Plus program on a regular basis can help you with all three of these things. Exercise is not always easy and sometimes it hurts. This is a painless and fun way to exercise. I would love to show you how this program could help you. Contact Nancy at 508-336-9547

*** 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.**

SEEKONK COUNCIL ON AGING

March 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Tuna Salad & Potato Salad BINGO 1pm - 3pm Cribbage 1pm - 3pm	2 Advanced Yoga 9am - 10am Cost \$5 Tai Chi 10:15am - 11:00am
5 Chair Yoga 10am - 10:50am Knitting Club 12:30 - 2:30pm ZUMBA 1pm Arts & Crafts 2pm - 4pm Residents \$3 / Non-Residents \$5	6 Silver Sneakers 10am - 10:45am Sign Language 10am -12pm LUNCH 11:30am \$2 Chicken Teriyaki Cards (Hi-Lo Jack) 1pm	7 Chair Yoga 10am - 10:50am Mahjong 1pm - 3pm	8 Mens Breakfast 9:30am Totis Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Beef Stir Fry BINGO 1pm - 3pm Cribbage 1pm - 3pm	9 Advanced Yoga 9am - 10am Cost \$5 Tai Chi 10:15am - 11:00am
12 Chair Yoga 10am - 10:50am Knitting Club 12:30 - 2:30pm ZUMBA 1pm Arts & Crafts 2pm - 4pm Residents \$3 / Non-Residents \$5	13 Silver Sneakers 10am - 10:45am Sign Language 10am -12pm LUNCH 11:30am \$2 Meatloaf Cards (Hi-Lo Jack) 1pm	14 *No Chair Yoga* St. Patrick's Day Party @ 10am Lunch: Corned Beef Dinner, \$2 Mahjong 1pm Tech Time 2pm	15 Womens Brunch @ 10am iHop, Route 6, East Providence Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Corned Beef Dinner BINGO 1pm - 3pm/Cribbage 1pm	16 Advanced Yoga 9am - 10am Cost \$5 Tai Chi 10:15am - 11:00am
19 Chair Yoga 10am - 10:50am Knitting Club 12:30 - 2:30pm ZUMBA 1pm Arts & Crafts 2pm - 4pm Residents \$3 / Non-Residents \$5	20 Silver Sneakers 10am - 10:45am Sign Language 10am -12pm LUNCH 11:30am \$2 Chicken Stew Cards (Hi-Lo Jack) 1pm	21 Blood Pressure Clinic 9:30am Chair Yoga 10am - 10:50am TRIAD: IRIS SCANNING @ 11am Lunch: French Meat Pie for \$2 Mahjong 1pm Computer Class 2pm	22 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Grilled Chicken BINGO 1pm - 3pm Cribbage 1pm - 3pm	23 Advanced Yoga 9am - 10am Cost \$5 Tai Chi 10:15am - 11:00am
26 Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm Arts & Crafts 2pm - 4pm Residents \$3 / Non-Residents \$5	27 Silver Sneakers 10am - 10:45am Sign Language 10am -12pm LUNCH 11:30am \$2 Beef Burgundy Cards (Hi-Lo Jack) 1pm	28 *No Chair Yoga* Easter Party @ 10am Lunch: Ham Dinner for \$2 Mahjong 1pm	29 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Roasted Turkey BINGO 1pm - 3pm Cribbage 1pm - 3pm	30 Advanced Yoga 9am - 10am Cost \$5 Tai Chi 10:15am - 11:00am



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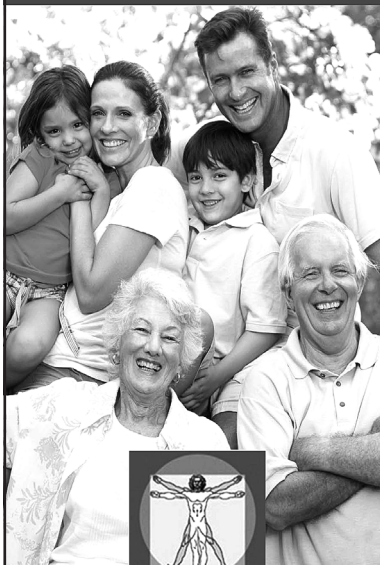


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927B Warren Avenue
East Providence, RI 02914
Phone: (401) 438-0905
Fax: (401) 438-0903

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



INGREDIENTS

- 1 corned beef brisket (about 4 pounds) with spice packet
- 2 tablespoons brown sugar
- 2 bay leaves
- 3-1/2 pounds small potatoes (10-15), peeled
- 8 medium carrots, halved crosswise
- 1 medium head cabbage, cut into wedges

HORSERADISH SAUCE:

- 3 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 to 1-1/2 cups reserved cooking juices from corned beef
- 1 tablespoon sugar
- 1 tablespoon cider vinegar
- 1/4 cup horseradish

MUSTARD SAUCE (optional):

- 1 cup (8 ounces) sour cream
- 2 tablespoons Dijon mustard
- 1/4 teaspoon sugar

Favorite Corned Beef And Cabbage Recipe

DIRECTIONS

- Place brisket, contents of seasoning packet, brown sugar and bay leaves in a large Dutch oven or stockpot; cover with water. Bring to a boil. Reduce heat; simmer, covered, 2 hours.
- Add potatoes and carrots; return to a boil. Reduce heat; simmer, covered, just until beef and vegetables are tender, 30-40 minutes. (If pot is full, remove potatoes and carrots before adding cabbage; reheat before serving.)
- Add cabbage to pot; return to a boil. Reduce heat; simmer, covered, until cabbage is tender, about 15 minutes. Remove vegetables and corned beef; keep warm.
- Cut beef across the grain into slices. Serve with vegetables, Horseradish Sauce and, if desired, Mustard Sauce.

• **For Horseradish Sauce**, strain and reserve 1-1/2 cups cooking juices; skim fat from reserved juices. Discard remaining juices. Prepare sauces as desired.

• **Horseradish Sauce:** In a small saucepan, melt butter over medium heat; stir in flour until smooth. Gradually whisk in 1 cup reserved juices. Stir in sugar, vinegar and horseradish; bring to a boil, stirring constantly. Cook and stir until thickened. If desired, thin with additional juices. Season to taste with additional sugar, vinegar or horseradish.

Mustard Sauce: Mix all ingredients. Yield: 10 servings.

tasteofhome.com

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**Spring
AHEAD!**

**SET CLOCKS AHEAD
ONE HOUR BEFORE BED
SATURDAY NIGHT**

March 11, 2018

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

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540 Arcade Avenue
Seekonk, MA 02771

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Board Meets fourth Monday of the month

@ 3:30pm at the

Seekonk Human Services

Conference Room