



SEEKONK HUMAN SERVICES

Senior Center



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

October 2020



Seekonk Human Services
Will be closed
Monday, October 12, 2020

Activities

Guided Meditation
Monday, October 5 & 19, 2020 @ 11am

Chair Yoga
Wednesdays @ 10am

Zumba
Friday @ 9am

Tai Chi
Fridays at 10:15am

Podiatry Clinic
Wednesday, October 14 @ 1pm

Blood Pressure & Glucose Clinic
Wednesday, October 21 @ 9:30am

Activities and Clinics Guidelines

Advanced sign up is **REQUIRED** for all activities and health clinics.

Activities will take place outdoors at the Senior Center. Outdoor activities will be capped at 15 people. Masks are not required for outdoor activities as long as proper social distancing is taking place. **Please note:** Outdoor Activities are weather pending. Health Clinics will take place in the Senior Center. Appointments will be required for Health Clinics. Only one person is allowed in the center at a time. All participants will be required to fill out a COVID-19 self-assessment upon arrival. Face coverings are required to enter the facility.

For all appointments and health clinics, please call, 508-336-8772 upon arrival to check in.

***Sign ups required 24 hour in advance for all Outdoor Activities & Health Clinics.**

Special Activity!

HIP HOP DANCE CHAIR EXERCISE FOR SENIORS!

Brought to you by the Seekonk Cultural Council
Thursday, October 15, 2020 @ 11am

Special Activity!

This exercise class is about an hour long. Elder do a complete warm-up and hip hop class that begins and ends in the chairs. We travel through time on the "Soul Train" and chair dance to clean cut hip hop and R&B songs. We use creative props such as smiley faces, the drums, and the African maracas to help make our soul train journey come to life. Senior participants will leave feeling more limber. *"All Aboard the Hip Hop Soul Train Express."*

There is some evidence that physical activity can slow down the decline of cognitive disabilities and may improve a demented patients' quality of life. It has also been suggested that physical activity is a preventative health measure and may improve cognitive function in daily activities and balance mental health.

Snacks will be provided by Lisa Lebreux from Landmark Senior Living.

Please call 508-336-8772 to sign up for this activity!

MEDICARE OPEN ENROLLMENT

Need Help
with your **Medicare**
Plan Comparisons
for Open Enrollment?




It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2021. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand *your* plan changes as well as *other options* you may have. Call now to discuss your insurance questions, schedule your SHINE phone appointment by calling 508-336-8772. Open Enrollment runs from **October 15 through December 7!**

***Please note all clients will be required to fill out a Medicare prescreening form to help us better serve you by looking up your current plan and comparing it to the future plans, if changes are necessary.**

October 2020 Menu

TUESDAY	WEDNESDAY
<p>* Indicates item has >500mg Sodium. The sodium (mg) content of each item is in parentheses next to the item. The daily totals are listed below each day. Milk and margarine are included in the daily totals but are not listed daily. High sodium days (>1200mg) are bold.</p> <p>6 Beef and Broccoli (108) Asian Rice (92) Whole Wheat Bread (160) Pears (4)</p> <p>Calories: 686 Fat: 36% Sodium: 536mg Carb: 69g</p>	 <p>7 Chicken Parmesan (426) Italian Pasta (1) Genoa Blend (40) Multigrain Roll (190) Pineapple (1)</p> <p>Calories: 679 Fat: 22% Sodium: 830mg Carb: 90g</p>

<p>13 Macaroni and Cheese (403) Tomato Florentine (121) Fruit Loaf (160) Mandarin Oranges (6)</p> <p>Calories: 806 Fat: 33% Sodium: 862mg Carb: 98g</p>	<p>14 Chicken Divan (281) Confetti Rice (43) Multigrain Roll (190) Banana (1)</p> <p>Calories: 728 Fat: 32% Sodium: 687mg Carb: 85g</p>
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<p>20 Chicken Cacciatore (446) Italian Pasta (1) Jardinière Blend (39) Vegetables Multigrain Roll (190) Peaches (5)</p> <p>Calories: 718 Fat: 30% Sodium: 711mg Carb: 99g</p>	<p>21 Swedish Meatballs (341) Mashed Potatoes (62) Scandinavian Vegetables (42) Oatmeal Bread (121) Vanilla Pudding (174) Mod: SF Pudding (174)</p> <p>Calories: 817 Fat: 33% Sodium: 911mg Carb: 103g</p>
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<p>27 Spinach Omelet (382) Hash Browns (136) Zucchini and Tomatoes (39) Fruit Loaf (160) Orange (0)</p> <p>Calories: 705 Fat: 35% Sodium: 889mg Carb: 90g</p>	<p>28 Broccoli and Cheese Stuffed Chicken (410) Confetti Rice (43) Oriental Vegetables (26) Oatmeal Bread (121) Birthday Cake (209) Mod: LS Cake (209)</p> <p>Calories: 748 Fat: 32% Sodium: 980mg Carb: 96g</p>
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NUTRITIONAL MEALS TO GO Tuesdays & Wednesdays

Seekonk Human Services will be working with Bristol Elder Services to provide nutritional meals for lunch on Tuesdays and Wednesdays to go. Meals come completely cooked and pre packaged. All you need to do is heat it up! Meals need to be ordered the day before by 9:30am. Payment is \$2.25 per meal which will be due at the time of pickup. Pick up will be between 11am— 12pm. If you are unable to pick up at that time or are experiencing financial hardship please reach out to the office to speak with the Outreach Department. Please call 508-336-8772 to place your order.

VENUS de MILO SOUP

1/2 lb. Ground Beef
5 cups Water
1 pkg. Onion soup mix
1 Stewed tomatoes (14.5oz)
1 cup Tomato sauce
1 Mixed vegetables (undrained) (14.5oz)
1/4 lb. Elbow pasta raw

1. In large pot, brown ground beef, using a masher to make the pieces very small. Drain any excess fat
2. Add in water, onion soup mix, stewed tomatoes, tomato sauce, and mixed vegetables including the liquid from the can.
3. Bring this to a boil, reduce heat simmer for about 10 minutes
4. Meanwhile cook the pasta in a separate pan, drain and add to soup
5. Serve with grated Romano cheese

Note: You can freeze in small portions and take out what you need so there is no waste!



FUEL ASSISTANCE

If you had fuel assistance last year, be on the look-out 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 \$37,360, for 2 people is \$48,855, for 3 people is \$60,351, and for 4 people is \$71,846.

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
- 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

⇒ **Other Documents Needed**

- License
- Social Security Cards for all members in household
- Birth certificates for members under the age of 18

ATTORNEY: OVERVIEW OF LEGAL SERVICES

Elizabeth Elmasian will be available for phone consults to discuss the following topics.

1. Power of Attorney - A description of the legal document, what it consists of and when such a document is necessary.
2. The explanation and description of a Health Care Proxy and Living Will; the difference between both documents and which is recognized in Massachusetts
3. A brief overview, purpose and need for a Will. Explanation of intestacy laws without a will

***Please call to set up your phone appointment at 508-336-877**

DAYLIGHTS SAVINGS TIME ENDS

It's almost that time of the year! Daylights savings time will be ending on **Sunday, November 1, 2020.** This is a perfect time to change your smoke detector and carbon monoxide batteries. Remember fall back — gain an hour of sleep!



*** 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.**