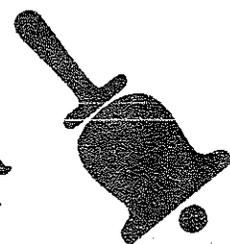


SEEKONK HUMAN SERVICES



Town Courier

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

Seekonk Human Services

Monday through Thursday 8:30am-4:30pm • Wednesdays at Town Hall (11am-7pm) • Friday 8:30-12:30

SEPTEMBER 2010

FOXWOODS CASINO

DAY TRIP

Sponsored by the Seekonk Human Services

Thursday, September 30, 2010

Depart: 8:15 am (Seekonk Showcase Cinemas 1-10)

Return to Seekonk: 5:00 pm

Cost: \$18 Includes bus trip, \$10.00 Keno

Voucher and \$10.00 Food Voucher

Checks payable to "Friends of

Friends" Payment due when you sign up.

For reservations please call 508-336-8772.

LIMITED SEATING!!!!

BROADWAY'S FAMOUS "ROCKETTES" CHRISTMAS SHOW



At Providence Performing Arts Center

Friday, November 19, 2010 @ 5:00 PM

Depart: Human Services @ 4:00 PM

Return: 8:00 PM Cost: \$55

Seekonk Human Services has arranged for a bus trip to see the Rockettes perform their Christmas Show. The 5:00 PM performance does not include a meal, so you may want to eat something before you leave or bring a snack with you to eat on the bus. The cost of the Show & Bus Trip is \$55. Please call 508-336-8772 to sign up. A deposit of \$30 is required when you sign up and the balance will be due by October 19th. Please make checks out to "Friends of Friends" and mail it to Seekonk Human Services, 320 Pleasant Street, Seekonk, MA 02771. You can also bring your checks in to the Senior Center between the hours of 8:30 am – 4:30 pm. All ages are welcome to attend.

NEWPORT PLAYHOUSE

Thursday, December 2, 2010

Depart: 10:00 am

Return: 5:00 pm

Cost: \$46

The bus will leave Seekonk Human Services and proceed to the Newport Playhouse, where you will enjoy a delicious buffet lunch. The extensive buffet menu includes Salads, Side dishes, entrees of meatballs, roasted or BBQ chicken, ham, corned beef, baked scrod & sliced pork. Assorted desserts complete the meal. The play "Natalie Needs a Nightie" is about Tommy Briggs who lives in the same apartment as a woman who has the same name – and as a result, mail, calls, and visitors get mixed up. Tommy's boss insists that all employees be married. His boss stops by to visit and to meet Tommy's wife during the holidays. Tommy has someone pose as his wife, but he ends up with too many wives. After you have enjoyed this hilarious play, you will return to your seats for a spectacular cabaret. Call 508-336-8772 for reservations. A deposit of \$23 is due when you sign up. Balance is due by November 18th. Checks should be made out to Friends of Friends and brought or mailed to Seekonk Human Services, 320 Pleasant Street, Seekonk, MA 02771.

THE WWII Liberty Ship S.S. JOHN W. BROWN "Help Celebrate SSHSA's 75th Anniversary"

The S.S. John W. Brown is a maritime museum and a memorial to the shipyard workers who built, merchant mariners who sailed, and the U.S. Navy Armed Guard crews who defended the Liberty ships during World War II. Come walk the decks of this historic ship.

Where: Providence Piers, Dock Conley, 200 Allen Ave, Providence, RI

Tour times:

Thursday, September 23.....	10 AM to 4 PM
Friday, September 24.....	10 AM to 4 PM
Saturday, September 25.....	Day Cruise, No Visitors
Sunday, September 26.....	10 AM to 4 PM
Monday, September 27.....	10 AM to 4 PM

Cost: \$5 donations is requested from adults; children under 12 are free. Tour museum spaces, crew quarters, bridge, mess rooms, troop berthing and much more. View the magnificent 140-ton triple-expansion steam engine, walk the decks, and stand on the bridge from that historic time. Visitors must be able to walk up the gangway.

WOMENS'S BREAKFAST

September 1, 2010 @ 8:30 am

Mary Beth DeLeo's Restaurant

Women of all ages are invited to meet for breakfast on the first Wednesday of every month. No sign up is required and you are welcome to bring a friend with you. The cost is up to you - order off the menu whatever you want.

MEN'S BREAKFAST**BROTHERS SEAFOOD RESTAURANT**

@ Briarwood Plaza

September 9, 2010 @ 8:30 AM

Men! You are invited to come out and enjoy breakfast with a great group of men who have been meeting together each month for several years. Bring a friend if you like. All ages are welcome. You can order off the menu and the cost is up to you.

HISTORICAL BUS TOUR OF SEEKONK

The historical bus tour scheduled for September 9th will be rescheduled to September 23rd. The tour will cost \$3 and sign up can be done at the Men's Breakfast or by calling Seekonk Human Services at 508-336-8772. Women are invited to go on the tour as well. The bus will pick you up at Briarwood Plaza at 10:00 am and return before 1:00.

MEN'S BREAKFAST - October 14, 2010 Open Forum with candidates running for election

PITCH - Hi Lo Jack

Dates: September 1 & 15

Time: 12:30 - 2:30

Seekonk Human Services

All are welcome. No sign up is required.

EXPLORATION WEDNESDAYS

at Seekonk Human Services

Date: September 8, 2010 **Speaker:** from Seekonk YMCA **Topic:** "Exercising to Increase Bone Density"
Lunch: \$3 Pizza & Salad

Date: September 29, 2010... "Open Forum for candidates running for election"

Lunch: \$3 Chowder & Tuna Sandwiches. Please sign up & pay in advance for lunch so that we can accommodate you.

Date: October 6, 2010..... OMR "Online Medical Registries" will give a presentation. A Free lunch will be provided by OMR for all those who attend the presentation. Please sign up at (508) 336-8772

Date: October 13, 2010..... Speakers: Sarah Brayton & Somerset Ridge Nursing Homes will be at Human Services.

Topic: "What You Are Entitled to After Surgery"

Lunch: \$3 Meatloaf, mashed potatoes, vegetables & dessert. In order for us to accommodate you, please sign up and pay in advance for lunch.

CARDIAC PREVENTION CLINIC

@ Seekonk Human Services

September 15, 2010 October 20, 2010 November 17, 2010
9:00 am - 12:00 Noon

Why not take advantage of a FREE health clinic which is held once a month at Seekonk Human Services. Nurses from South Coast Hospital will be here to check cholesterol, glucose and blood pressure. Your test results will be available within 5 minutes and while you are waiting you can ask the nurse about any concerns you may have or any medications you are taking. No appointment is necessary, it is first come first served. This clinic enables you to monitor your health each month.

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1-800-483-2500 DIAL-A-RIDE

CASH FARES EACH WAY:



Seekonk to Attleboro.....	\$1.25
Seekonk to East Providence.....	\$1.25
Seekonk to Rehoboth.....	\$1.25
Seekonk.....	\$1.25
Seekonk to Providence.....	\$2.50
Seekonk to Pawtucket.....	\$2.50
Seekonk to Barrington (upon availability).....	\$2.50
Any towns outside of these areas will be upon availability.	
Passes:	
10 – Ride Ticket.....	\$10.00

You can purchase a GATRA ticket at Seekonk Human Services or you can pay cash on the van. Tickets cannot be purchased on the van. If you are homebound and need a ticket please call Human Services @ (508) 336-8772.

SENIOR CENTER UPDATE

Town Meeting appropriated \$50,000 for use for any architectural, engineering, or other services needed to produce plans for a new senior center. Committee members include Mia Alwen, Designer/Teacher; Arminee Madarentz, Architect; Jack Vatcher, construction (retired); James Reincke, Contractor; Gail Ardito, (Business Owner); Robert McIntock, (retired); and Dave Bowden, (elected chair). The committee is working on finalizing space needs for the building. Meetings are televised and several meetings will be held in September. Watch for meeting postings at Town Hall or on Cable 9, or call Human Services at 508-336-8772. We all look forward to a new, energy-efficient, fully handicapped-accessible, healthy building for Human Services employees and those they serve.

PRESCRIPTION ADVANTAGE

"Having trouble affording the premiums, co-payments, or "donut-hole" costs for your prescription drugs?" Massachusetts has a state prescription assistance program called Prescription Advantage to help limited income seniors and low income disabled persons under 65 cover their prescription drugs. Membership in Prescription Advantage also entitles you to change your prescription drug plan once a year at any time of the year. To determine whether you are eligible for Prescription Advantage, call Seekonk Human Services and make an appointment at 508-336-8772.

TOWN OF SEEKONK**"Elderly & Disabled Taxation Aid fund"**

Applications are available at Seekonk Human Services and at the Assessor's office at the Town Hall. All applications must be returned to the Assessor's office by October 1, 2010.

Income: There are criteria that must be met to be eligible. An applicant must demonstrate low income as defined by an annual combined household income of \$43,710 or less. Each applicant will be required to complete a financial and income and expense statement as part of the application process. Credits applied to real estate taxes if eligible.

Elderly: To qualify as elderly, the applicant must be 60 years of age or older as of July 1, 2010.

Disabled: Every applicant applying on the basis of a disability shall provide the committee with as much information as possible supporting that disability. Each disability case will be evaluated on its own merits and on a case by case basis. Determination of disability eligibility is at the sole discretion of the committee.

Residency: Applicant must have owned and occupied the real estate in Seekonk as his or her primary domicile for at least five years prior to application deadline. Applicant must be the titled owner of the property or hold a life estate in the property. If title is held by a trust, the applicant must be both a trustee and a 50% beneficiary of the trust in order to qualify.

YMCA APPLICATION FOR FINANCIAL ASSISTANCE

Applications are available at the Y – Verification of income is required for all adults and must accompany the application. For more information call 508-336-7103.

SEEKONK HUMAN SERVICES STAFF

EXECUTIVE DIRECTOR

Bernadette Huck Ext. 15

ADMINISTRATIVE ASSISTANT

Phyllis Corbitt ext. 12

Editor: Town Crier, Art Therapist

CLERICAL ASSISTANT

Kimberly Mallon ext. 10

EDUCATIONAL & SOCIAL PROGRAMS

Karen Stutz ext. 14

(Monday - Wednesday mornings)

OUTREACH CASE MANAGERS

Jan Tabor, LPN ext. 11

Veronica Brickley, LPN BA/SOC ext. 17

(Monday, Wednesday, Fridays)

OUTREACH ASSISTANT

Nancy Rodrigues

SENIOR AIDES

Carol Bragg • Nancy Vine

Loretta Ferreira

SEEKONK HUMAN SERVICES EXECUTIVE BOARD MEMBERS

Christine Allen

Rene Andrews

Anita Gendron

Victoria Kinniburgh

Anne Libby

Lynne Neves

Josephine Veader

CENTER HOURS

*Monday - Thursday

8:30am - 4:30pm

Wednesdays

at Town Hall

11:00am - 7:00pm

(Outreach only)

*Friday

8:30 am - 12:30 pm

TELEPHONE:

(508) 336-8772

FAX:

(508) 336-2239

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 Daniel A. Laneres & Michael S. Sladen
 Directors

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 2010 		1 Women's Breakfast 8:30 Pitch 12:30 - 2:30 YMCA programs 9:45 - 11:00 Stop & Shop 8:30 - 9:30	2 YMCA Water Walking 8:30-9:30 am Aerobics 11:30 - 12:30 Bridge Club 12:30 - 2:30	3 YMCA Programs 9-10:30 Arthritis Water Exercise 9 - 9:45 am Aqua Aerobics 9:45-10:30 Bingo 1:00 (Commons)
6 LABOR DAY HOLIDAY	7 "Water Walking" 8:30-9:30 am (YMCA) Swansea Mall 9:00 - 1:00	8 Exploration Wednesdays 10:00 (Exercising to Increase Bone Density) Lunch \$3 Pizza & Salad YMCA programs 9:45 - 11:00 Evening Aqua Aerobics 6:45-7:30 PM Stop & Shop 8:30 - 9:30	9 Men's Breakfast 8:30 am YMCA Water Walking 8:30-9:30 am Aerobics 11:30 - 12:30 Bridge Club 12:30 - 2:30 Price Rite 9-10:30	10 YMCA Programs 9-10:30 "Arthritis Water Exercise" 9-9:45am "Aqua Aerobics" 9:45-10:30 am Blood Pressure Clinic (Commons) Bingo 1:00 (Commons)
13 Arthritis Water Exercise 9-9:45 AM Aqua Aerobics 9:45-10:30 AM "Sit to be Fit" 11-11:45 Knitting 12:30 - 2:30 YMCA Aqua Aerobics 6:45-7:30 PM	14 "Water Walking" 8:30-9:30 am (YMCA) Art Therapy 9:30 - 11:30 Aerobics 11:30 - 12:30	15 Cardiac Prevention Clinic 9:00 - 12:00 (FREE) Pitch 12:30 - 2:30 YMCA programs 9:45 - 11:00 Evening Aqua Aerobics 6:45-7:30 PM Stop & Shop 8:30 - 9:30	16 YMCA Water Walking 8:30-9:30 am Aerobics 11:30 - 12:30 Bridge Club 12:30 - 2:30	17 YMCA Programs 9-10:30 "Arthritis Water Exercise" 9-9:45am "Aqua Aerobics" 9:45-10:30 am Bingo 1:00 (Commons)
20 Arthritis Water Exercise 9-9:45 Aqua Aerobics 9:45-10:30 "Sit To Be Fit" 11-11:45 Knitting 12:30 - 2:30 YMCA Aqua Aerobics 6:45-7:30 PM	21 "Water Walking" 8:30-9:30 am (YMCA) Art Therapy 9:30 - 11:30 Aerobics 11:30 - 12:30 Wal*Mart/Target Plaza 9-11	22 TRIAD 10:00 am Lunch \$3 Pot Roast Dinner YMCA programs 9:45 - 11:00 Evening Aqua Aerobics 6:45-7:30 PM Stop & Shop 8:30 - 9:30	23 YMCA Water Walking 8:30-9:30 am Historical Bus Tour 10:00 Intergenerational Art Class 9:30 Aerobics 11:30 - 12:30 Bridge Club 12:30 - 2:30	24 YMCA Programs 9-10:30 "Arthritis Water Exercise" 9-9:45am "Aqua Aerobics" 9:45-10:30 am Bingo 1:00 (Commons)
27 Arthritis Water Exercise 9-9:45 Aqua Aerobics 9:45-10:30 "Sit To Be Fit" 11-11:45 Knitting 12:30 - 2:30 YMCA Aqua Aerobics 6:45-7:30 PM	28 "Water Walking" 8:30-9:30 am (YMCA) Art Therapy 9:30 - 11:30 Aerobics 11:30 - 12:30 Chef on a ShoeString 1:45-3:15	29 Exploration Wednesdays 10:00 (Candidates Open Forum) Lunch \$3 Chowder & tuna Sand. Stop & Shop 8:30 - 9:30	30 FOXWOODS 8:15am-5:00pm YMCA Water Walking 8:30-9:30 am Intergenerational Art Class 9:30 Aerobics 11:30 - 12:30 Bridge Club 12:30 - 2:30	

HURRY!!!
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AEROBICS

September 9, 2010 @ 11:30 – 12:30

Come join us for an enthusiastic class led by Lee McCaffrey, senior fitness instructor. All ages are welcome to attend this class. Bring a friend and make some new ones. We have a wonderful group who have been working out together for many years. If you have never been and would like to, the first class is FREE. Classes meet every Tuesday and Thursday from September to June. No sign up is required – just come when you can. The cost is \$3 per class.

TRIAD

@ Seekonk Human Services @ 10:00 AM

Meetings are held at Seekonk Human Services and everyone is welcome. TRIAD is a coming together of the Seniors, the Sheriff's Dept. and the Police & Fire Dept.

Date: September 22, 2010

Speaker: **Brian McKearney, LTC Consulting**

Topic: **"Senior Scam Awareness:**

Scams to be discussed – Postal Service Mailers & Flyers, Telemarketing Calls, Television Commercials & Paid Advertisement Shows, Door to Door Salesmen. Credit & Debit Cards, monitoring monthly statements, monthly charges to look for, contacting proper authorities and local Better Business Bureau. At the conclusion of the seminar, Mr. McKearney will be taking questions.

Lunch: \$3 Pot Roast dinner Dessert Extravaganza provided by ATRIA Bay Spring Village

Call 508-336-8772 to sign up for lunch. Please pay in advance so that we can accommodate you.

HALLOWEEN PARTY

October 27, 2010 @ 10:00 AM

Speakers: Michelle Hines, Seekonk Police Dept. & Marty Ulak, Seekonk Fire Dept. will be speaking on "Fall Safety". A Flower Arranging class will be held and anyone that is interested in making a topiary arrangement should bring a Holiday mug for the arrangement. Cost for supplies will be \$3. Please sign up if you are interested in making a topiary, so we will know how many floral supplies to order. The Halloween Party will feature a delicious lunch of baked chicken, scalloped potatoes, & vegetables. Lunch will be available for \$3. Wear a costume if you like. Prizes will be awarded for best costumes. Please sign up for lunch and pay in advance so that we can accommodate you.

CHEF ON A SHOE STRING

September 28, 2010

1:45 pm – 3:15pm @ Seekonk Human Services

Once again Human Services will have student chefs from Johnson & Wales, who will demonstrate how to cook economically and nutritiously for one or two. Please call Karen Stutz at 508-336-8772 if you would like to sign up for this class.

Cost: \$3 A sample of what has been prepared by the chefs will be available to bring home.

BELTONE NEW ENGLAND

"FREE Hearing Screenings" @ Human Services

Date: **October 20, 2010**

Time: **9:00 am – 12:00 Noon**

A trained Beltone Community Outreach Specialist will be available to provide FREE hearing screenings. Appointments must be made by calling 508-336-8772.

FUEL ASSISTANCE

If you had fuel assistance last year, be on the lookout for your application which should arrive in September. File the application as soon as you get it. If you have never had fuel assistance and would like to apply, please call Seekonk Human Services at 508-336-8772 and make an appointment with the Outreach Department after the middle of September.

Maximum income for 1 person in 2010 is \$29,126 and for 2 people is \$38,087. Income includes your social security, pensions and any interest income. If you need help filling out your application, please contact the outreach department at Human Services for an appointment. If you are homebound or unable to climb the stairs to our offices and need assistance, please call 508-336-8772.

VOLUNTEERS NEEDED TO HOST DAY TRIPS

Seekonk Human Services is looking for volunteers to host day trips. All volunteers will receive a FREE Trip on the day that they host. If you are interested in helping us, please call 508-336-8772 and speak with Bernie Huck, Director.

MEDICAL EQUIPMENT NEEDED

Seekonk Human Services is in need of wheelchairs in good condition and small shower chairs.

If you have any of this equipment you could donate to us, please call Human Services at 508-336-8772. It will be very much appreciated by those in need in our community.



COMPUTER CLASSES AT SEEKONK LIBRARY

Seniors! Are you interested in taking a computer class and if so what would you like to learn? Call Anne at the library at 508-336-8230 and let her know if you are interested.