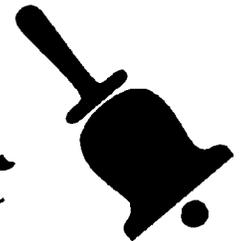


SEEKONK HUMAN SERVICES



Town Center

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

Seekonk Human Services

Monday through Thursday 8:30am-4:30pm • Wednesdays at Town Hall (5am-7pm) • Friday 8:30-12:30

DECEMBER 2010



"Happy Holidays"

FROM SEEKONK HUMAN SERVICES

Seekonk Human Services will be closing @ Noon on Thursday, December 23rd and will be CLOSED ALL DAY Friday, December 24th.



CHRISTMAS PARTY

December 8, 2010

10:00 AM @ Seekonk Human Services

Entertainer Vic Solo will be presenting a Christmas program at Seekonk Human Services on Wednesday, December 8th. Vic has been here as an Elvis impersonator and we are looking forward to another outstanding presentation. A delicious lunch of pot roast, gravy, mashed potatoes & vegetables will be available for \$3. You must sign up and pay in advance for lunch in order for us to accommodate you. Please call 508-336-8772 for lunch reservations.



CHRISTMAS IS FOR KIDS

Applications can be obtained at the Seekonk Library and Seekonk Human Services. You need to fill out the application and mail it to the address on the form. If you need help filling out the application, please call 508-336-8772.

FAMILIES IN NEED

Seekonk families that will be needing help for Christmas should call Seekonk Human Services at 508-336-8772 before December 15th. Families will need to be income eligible in order to receive assistance with Christmas.

LASALETTE

"CHRISTMAS LIGHTS" TOUR

Wednesday, December 15th, 2010

Seekonk Human Services will be hosting our annual bus tour to view the lights at LaSalette in Attleboro. Why not sit back, relax and leave the driving to us. Our bus will leave from Seekonk Commons at 4:30 pm and from Seekonk Human Services at 4:45 pm. Expected return time is about 8:00 pm. After viewing the lights we will stop by Bliss Dairy for something to eat. You may order whatever you wish, the cost is up to you. There will not be a charge for the bus ride. Please make your reservations at 508-336-8772 for the bus.

HOLIDAY MEALS

If you are homebound or know of someone who is and would like to have a hot meal delivered on Christmas, please call Seekonk Human Services by December 22, 2010 at 508-336-8772. Meals are free and will be delivered to you regardless of your income.

HOLIDAY HAPPENINGS

December 1, 2010 @ 10:00 AM

Seekonk Human Services

This program will be presented by the Community VNA and consists of sharing holiday traditions, offers suggestions on making the holidays as stress-free as possible and provides easy festive decorating ideas. Two beautiful wreaths will be designed during the interactive demonstration. This holiday program is a fun, social gathering and includes a raffle where two lucky winners get to take the wreaths home. A lunch of pizza and salad will be available for \$3 if you sign up in advance at 508-336-8772.

* **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 own 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.

WOMEN'S BREAKFAST

Wednesday, December 1, 2010 @ 8:30 AM

Mary Beth DeLeo's Restaurant
Fall River Avenue, Seekonk

Bring a friend or make a new one while enjoying a delicious breakfast together. You may order anything you wish – the cost of the breakfast is up to you. The women meet together on the first Wednesday of every month – no sign up is required.

MEN'S BREAKFAST

December 9, 2010 @ 8:30 AM

Brothers Seafood Restaurant
@ Briarwood Plaza

After a delicious breakfast with a great group of guys you will have the opportunity to listen to Bonnie Ryvicker's presentation on fire safety. THE TOUR OF THE WATER DEPARTMENT HAS BEEN RESCHEDULED UNTIL MARCH 10, 2011.

Bonnie has given numerous presentations over the years, especially to the men's group. Remember, you are welcome to bring a friend with you, regardless of age. The cost of the breakfast is up to you since you will be ordering whatever you wish off the menu. No sign up is required.

PITCH – HI-LO-JACK

December 1st & December 15th

12:30 – 2:30 @ Seekonk Human Services

Everyone is welcome to come out and play cards – no sign up is required. Come join the fun. Coffee and pastry is available.

CARDIAC PREVENTION CLINIC

December 15, 2010

9:00 AM – 12:00 Noon @ Seekonk Human Services
This is a monthly clinic staffed by the same two exceptional nurses from South Coast Hospital who have been doing this clinic for several years. Why not take advantage of a FREE opportunity to check your cholesterol, glucose and blood pressure. While you are waiting you may 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 is a perfect way to monitor your health each month.

BRIDGE

12:30 – 2:30 • Seekonk Human Services

Bridge games are held on Thursday afternoons on the second floor at Seekonk Human Services. If you are interested please come out and join in. No sign up is required.

AEROBICS CLASSES

Tuesdays and Thursdays

11:30 – 12:30 @ Seekonk Human Services

Lee McCaffrey, senior fitness instructor, holds classes on Tuesdays and Thursdays in the Pleasant Street School gymnasium. She is very energetic and offers aerobic instruction as well as weight training with hand weights at each class. She gears her classes for seniors and most of the people are between 55 and 80. No sign up is required, just show up and work off that stress or get in shape for the Holidays. The first class is FREE. Come join the fun and make some new friends. Please bring your own hand weights to class. There are no floor exercises. If you just want to observe a class you may do that also.



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JANUARY 2011 ACTIVITIES

EXPLORATION WEDNESDAY'S

January 5, 2011 @ 10:00 AM

Seekonk Human Services

"Home Instead" Senior Care

Seekonk Human Services will be the host for Home Instead Senior Care. The game of Jeopardy will be played and prizes given out. Look forward to the New Year with a fun day and a Free lunch provided by Home Instead. Please call 508-336-8772 to sign up for lunch.



BOOK CLUB

@ Seekonk Human Services

Monday, January 10, 2011

9:30 AM – 11:00 AM

A new group is being formed at Human Services and will meet on the 2nd Monday of every month beginning in January to discuss the book of the month. You are welcome to join us. Coffee and pastries will be available. The January book has been changed. Please take note!!! The book list is as follows:

January 10, 2011 – "The Red Thread" by Ann Hood

February 14, 2011 – "Sarah's Key" by Tatiana de Rosnay

March 14, 2011 – "The Book Thief" by Markus Zusak

If you have any questions you may call Karen Stutz at 508-336-8772.

EXPLORATION WEDNESDAY'S

January 12, 2011 @ 10:00 AM

The Seekonk YMCA will be giving a presentation on exercising and bone density. Lunch will be available for \$3. Please call to sign up for lunch.

MEN'S BREAKFAST

January 13, 2011 @ 8:30 AM

Brothers Seafood Restaurant

@ Briarwood Plaza, Seekonk

"How to Generate Your Own Electricity and Other Cost Saving Measures"

No sign up is required and you are welcome to bring a friend. Order off the menu – the cost is entirely up to you. Come and enjoy a delicious breakfast and maybe learn something new.

TRIAD

January 26, 2011 @ 10:00 AM

Seekonk Human Services

A class will be held by Michelle Hines on how to make a topiary arrangement. The cost is \$3 and must be paid in advance when you sign up for the class. Please bring a mug with you to the class to make the arrangement in. A lunch of Portuguese soup and pulled pork sandwiches will be available for \$3. Please sign up for lunch and the class at 508-336-8772.

FUEL ASSISTANCE

If you had fuel assistance last year, be on the lookout for your application which should have arrived 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. 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.

GATRA TRANSPORTATION

Available for senior citizens and disabled

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

If you need transportation to a doctor, hospital or activity at the senior center, GATRA transportation is available. You may purchase a GATRA ticket at Seekonk Human Services or you may pay cash on the bus. Tickets cannot be purchased on the bus. If you are homebound and need a ticket, please call Human Services @ 508-336-8772.

Rides from Seekonk to Attleboro, East Providence, Rehoboth, Seekonk are \$1.25 each way.

Rides from Seekonk to Providence, Pawtucket, Barrington (upon availability) are \$2.50 each way.

A 10-Ride Pass costs \$10.00 and can be purchased at Seekonk Human Services.

You must call at least 24 hours or more in advance.



DECEMBER 2010



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>1 Women's Breakfast 8:30 am Exploration Wednesday 10:00 am (*Holiday Happenings) Lunch \$3 Pitch 12:30 - 2:30 Stop & Shop 8:30 - 9:30</p>	<p>2 YMCA Water Walking 8:30-9:30 am Intergenerational Art Class 9:30 Aerobics 11:30 - 12:30 Bridge Club 12:30 - 2:30</p>	<p>3 YMCA Programs 9-10:30 Arthritis Water Exercise 9 - 9:45 am Aqua Aerobics 9:45-10:30 Bingo 1:00 (Commons)</p>
<p>6 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</p>	<p>7 "Water Walking" 8:30-9:30 am (YMCA) Aerobics 11:30 - 12:30 Swansea Mall 9-1</p>	<p>8 CHRISTMAS PARTY 10:00 AM (Entertainer Vic Solo) Lunch \$3 YMCA programs 9:45 - 11:00 Evening Aqua Aerobics 6:45- 7:30 PM Stop & Shop 8:30 - 9:30</p>	<p>9 Men's Breakfast 8:30 am (Brothers Seafood Restaurant) Intergenerational Art Class 9:30 Aerobics 11:30 - 12:30 Bridge Club 12:30 - 2:30 Price Rite 9-10:30</p>	<p>10 YMCA Programs 9-10:30 "Arthritis Water Exercise" 9-9:45am "Aqua Aerobics" 9:45-10:30 Blood Pressure Clinic (Commons) Bingo 1:00 (Commons)</p>
<p>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</p>	<p>14 "Water Walking" 8:30-9:30 am (YMCA) Aerobics 11:30 - 12:30</p>	<p>15 Cardiac Prevention Clinic 9-12 Pitch 12:30 - 2:30 YMCA programs 9:45 - 11:00 LaSalette Lights Tour 4:30 Evening Aqua Aerobics 6:45-7:30 PM Stop & Shop 8:30 - 9:30</p>	<p>16 YMCA Water Walking 8:30-9:30 am Intergenerational Art Class 9:30 Aerobics 11:30 - 12:30 Bridge Club 12:30 - 2:30</p>	<p>17 YMCA Programs 9-10:30 "Arthritis Water Exercise" 9-9:45am "Aqua Aerobics" 9:45-10:30 Bingo 1:00 (Commons)</p>
<p>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</p>	<p>21 "Water Walking" 8:30-9:30 am (YMCA) Aerobics 11:30 - 12:30 Wal*Mart/Target 9-10:30</p>	<p>22 YMCA programs 9:45 - 11:00 Evening Aqua Aerobics 6:45-7:30 PM Stop & Shop 8:30 - 9:30</p>	<p>23 NO AEROBICS NO INTERGENERATIONAL ART HUMAN SERVICES IS CLOSING AT NOON</p>	<p>24 CLOSED </p>
<p>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</p>	<p>28 "Water Walking" 8:30-9:30 am (YMCA) NO AEROBICS</p>	<p>29 YMCA programs 9:45 - 11:00 Evening Aqua Aerobics 6:45-7:30 PM Stop & Shop 8:30 - 9:30</p>	<p>30 NO AEROBICS YMCA Water Walking 8:30-9:30 am Bridge Club 12:30 - 2:30</p>	<p>31 YMCA Programs 9-10:30 "Arthritis Water Exercise" 9-9:45am "Aqua Aerobics" 9:45-10:30 Bingo 1:00 (Commons)</p>

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**BRISTOL ELDER SERVICES
BROWN BAGGERS**

Bristol Elder Services, Inc. Nutrition Program in conjunction with the Greater Boston Food Bank, Inc. and the Executive Office of Elder Affairs is establishing a Senior Brown Bag Program. Participating elders will receive a free bag of groceries several times throughout the year. Recipients must reside in Seekonk and be at least 60 years of age or older. In addition, recipients must be low income, as measured by participation in at least one other program in which proof of income has been demonstrated. This includes Food Stamps, Supplementary SSI, or Medicaid, Fuel Assistance, Housing Assistance, or similar programs that establish that recipients are at or below 175% of Federal poverty levels. A typical "Brown Bag" will weigh approximately 10 – 15 pounds and will contain items from the four food groups. A bag may contain the following items: pasta sauce, apple juice, peanut butter, instant oatmeal, beef stew, tuna fish, spaghetti, raisins, parmalait or dry milk, chicken noodle soup and fresh produce. There is no cost involved. Limit of one bag per household. The "Brown Bag" Program distribution is limited. However, we will make arrangements to help as many people as possible.

CALL SEEKONK HUMAN SERVICES AT 508-336-8772 FOR MORE INFORMATION.

Annual Income eligibility for 1 person is \$20,036. For 2 persons is \$26,955.

MEDICARE D

Annual Open Enrollment for Medicare Part D and the Medicare Advantage Plan is November 15 to December 31. Each year at this time, beneficiaries can make changes in their Part D coverage. Any change made during this open enrollment will be effective on January 1st. Part D is an insurance program that provides help with prescription cost and protection from catastrophic costs. Please pick up a Medicare Part D Pre-enrollment Plan application and return it to Seekonk Human Services at least 3 days before you come in for your appointment. Appointments can be made with the Outreach Dept. of Human Services by calling 508-336-8772.

If you are not able to come in for your application, please let us know and we will mail it to you.

ELDERLY & HARDSHIP EXEMPTION FORMS

These forms (41 C) are available at the Assessor's Office at Town Hall. They must be filled out with proof of eligibility and returned to the Assessor's office by April 1st.

PRESCRIPTION ADVANTAGE

Are you 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 at 508-336-8772 to make an appointment with a SHINE counselor.

GO SHOPPING WITH GATRA

Shopping trips are being offered by GATRA for any senior citizen or disabled person who resides in Seekonk. The GATRA van will be picking you up at your home, but you must call 1-800-483-2500 to schedule your pick-up time. If you have never filled out an application to ride the GATRA bus you may call 1-800-483-2500 and speak with a DIAL-A-RIDE representative to register.

Swansea Mall	1st Tuesday of every month	9:00 – 1:00
Wal*Mart/Target Plaza	3rd Tuesday of every month.....	9:00 – 10:30
Grocery Shopping.....	Wednesday's at Stop & Shop	8:30 – 9:30
Grocery Shopping.....	Price Rite (2nd Thursday of month)	9:00 – 10:30

*Rides will be FREE until further notice.

SEEKONK HUMAN SERVICES STAFF

CENTER HOURS

***Monday - Thursday**
8:30am - 4:30pm

Wednesdays
at Town Hall
5:00pm - 7:00pm
at Town Hall

***Friday**
8:30 am - 12:30 pm

TELEPHONE:
(508) 336-8772

FAX:
(508) 336-2239

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