

SEEKONK HUMAN SERVICES

Crown 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

September 2019 & October 2019



Seekonk Human Services
Closed for September 2, 2019
and October 14, 2019



REVERSE MORTGAGES Wednesday, September 11, 2019 11:30am

Learn the latest information about Reverse Mortgages, such as What is a reverse mortgage, Who is eligible, How much can someone receive and What are some of the benefits? **Activity is free of charge. Lunch must be paid for in advance cost is \$2.25.**

BLOOD PRESSURE & GLUCOSE CLINIC

Seekonk Human Services has partnered with the **Seekonk Fire Department** to provide 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.

HEARING CLINIC Monday, September 16, 2019 2:00pm– 3:00pm

Chris Brissette from MASS Audiology will be at Seekonk Human Services to perform a hearing clinic along with cleaning and hearing aid checks. Appointments are approximately 10 to 15 minutes. Please call Seekonk Human Services at 508-336-8772

DEMENIA FRIENDS Wednesday, September 18, 2019 @ 11:30am

This NO-cost one hour education session is a discussion led by a volunteer Dementia Friends Champion. You'll learn what dementia is, what it's like to live with it, and some tips for communicating with people who have dementia. It's a powerful tool towards building a better community for us all! **Who can Benefit? Family Caregivers, Employers, And Employees.... Everyone, really!** Lunch will be available for \$2.25. **Activity is free of charge. Lunch must be paid for in advance.**

ZUMBA!

Classes have been temporarily discontinued.

REAL ID & STANDARD ID REQUIREMENTS in MA

Tuesday, September 24, 2019 at 11:00am

Robert Wheeler, AAA Branch manager will be discussing the requirements to obtain the new Real ID and Standard ID. This informational session will help prepare you with the required documents.

TRIAD : "PROJECT LIFESAVER" Wednesday, September 25, 2019 @ 11:30am

 **Project Lifesaver** is the premier search and rescue program operated internationally by public safety agencies, and is strategically designed for "at risk" individuals who are prone to the life threatening behavior of wandering. The Seekonk Fire Department will be here to discuss the importance of smoke detectors and fire safety. Lunch will be available for \$2.25. **Activity is free of charge. Lunch must be paid for in advance.**

SOUTHCOAST WELLNESS VAN

Wednesday, October 2, 2019
9am to 12pm

Free Health Screenings

1. Cholesterol
2. Blood Pressure
3. Blood Sugar Testing
4. Tetanus Vaccines
5. Pneumonia Vaccines
6. Quit Smoking Education



HOMESTEAD ACT SEMINAR
Tuesday, October 8, 2019 @ 11:00am
FEE is \$36.00

Barry J. Amaral, Register of Deeds Bristol County N.D., and his Staff, will be hosting an informal discussion regarding the Homestead Act at the Seekonk Human Services. The Massachusetts Homestead Act provides limited protection of the value of the home, up to \$500,000, against unsecured creditor claims. For those interested in filing a homestead, please contact Seekonk Human Services to sign up in advance.

The following is required to record your homestead:

- 1.) Resident/Owner name & address.
- 2.) Photo I.D. (Drive's License, Mass. ID card, etc.)
- 3.) \$36.00 cash or check payable to: Registry of Deeds BCND

NEXT MONITORING SYSTEMS
Wednesday, October 9, 2019 @ 11:30am
The Golden Years - Living Your Best Life

As many of us get older, we feel like science and technology are changing to rapidly for us to keep up. This can sometimes make us feel like we're not "in the loop". Ray & Rhoda are here to help!! This seminar is packed with tools and solutions to ensure optimal health, safety, and independence, for those in their prime golden years. Some of the tools you'll see include NextMonitoring's in Home Safety System, GPS-On The Go System, and the most proactive solution on the market today, "EverThere". As if the information during this session isn't reason enough to attend, in honor of Columbus Day, Next Monitoring and Help Me Ronda are sponsoring this Italian themed event, providing tapas & refreshments. All attendees will be entered into a drawing with 3 fabulous door prizes. There will be refreshment for all who attended this activity.

ATRIA COOKING
With Chef Chris Olobri

Wednesday, October 16, 2019 @ 11:30am

Come join Atria Bay Spring Village, Barrington's premiere assisted living community, as they show off some of Atria's favorite recipes. Atria's award winning Chef, Chris Olobri will demonstrate how to use everyday staples to make a mouth-watering meal in just minutes! On the menu-how to make a grilled turkey panini exciting. And of course..a meal is never complete without a mouth-watering fall dessert.

Come join us for a fun-filled demonstration and lunch. **YOU MUST SIGN UP AND ATTEND ACTIVITY TO RECEIVE THE LUNCH AND DESSERT.**

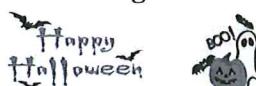
TRIAD: FREE SENIOR ID's
Wednesday, October 23, 2019 @ 11:30am

The Bristol County Sheriff's Office has launched a new, free public safety program for seniors. In just a few minutes, we can create a Senior ID card that has your name, photo and emergency contact. It's great as a second form of identification, and we offer lanyards so seniors can wear it around their necks. This free program is offered in partnership with COAs and TRIAD groups across Bristol County. Lunch will be available for \$2.25. **Activity is free of charge. Lunch must be paid for in advance.**



HALLOWEEN CELEBRATION
Wednesday, October 30, 2019 @ 11:30am
Davis Bates will be singing songs and telling stories. So come in and sign up this event. Lunch will be available for \$2.25.

Activity is free of charge. Lunch must be paid for in advance.



MEDICARE 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 2020. 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 or face-to-face appointment, or learn about group meetings during the Open Enrollment from **October 15 through December 7!**

THANKSGIVING BASKETS AND MEALS

Anyone who receives food from Doorways Food Pantry is eligible to receive a Thanksgiving Basket from Doorways. If you are not currently participating in Doorways and in need of a Thanksgiving Basket, you may call the Outreach Department at Seekonk Human Services for an appointment to receive a basket. You will need to fill out an intake form, please call 508-336-8772. **All requests must be in by Tuesday, October 22, 2018**, if you or anyone you know needs a basket. Anyone who is homebound and would like a hot meal delivered on Thanksgiving should sign up at Seekonk Human Services by **Friday, November 8th**. Please call 508-336-8772 to have your name put on the list.

FUEL ASSISTANCE

If you had fuel assistance last year, be on the lookout for your application. 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 opens November 1 and runs through April 30.**

SENIOR ARTS & CRAFTS PROJECTS

Residents Fee \$3.00 Non-Residents \$5.00
Mondays 2:00pm - 4:00pm

Seekonk Human Services has partnered with Parks & Recreation to offer Senior Arts & Crafts on Monday afternoons from 2pm to 4pm. The cost per class is \$3 for residents and \$5 for non-residents. We request that participants sign up one week in advance with payment in order to have the supplies for the class. We hope to see you there! Here is a look at our upcoming projects:

September 9 - Pinecone Zinnia Wreath
September 16 - Pumpkin Floral
September 23 - Clay Pot Scarecrow
September 30 - Witch Candy Dish
October 7 - Fall In A Glass
October 21 - Decorative Wooden Initial
October 28 - Fall Cork and Ornament Wreath

TECH TIME

Wednesday, September 11, 2019 @ 2pm - 4pm
Wednesday, October 9, 2019 @ 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.

MEN'S BREAKFAST

Thursday, September 12 2019 @ 9:30am
Thursday, October 10, 2019 @ 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.

WOMEN'S BRUNCH

Thursday, September 19, 2019 @ 10am
Country Kitchen, Seekonk
Thursday, October 17, 2019 @ 10am
Lauren's Restaurant, Warren, RI

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.

PODIATRY CLINIC

Dr. Alan Lechan

Wednesday, September 11 2019 at 1pm - 3pm
Wednesday, October 16, 2019 at 1pm - 3pm



Dr. Lechan is out of Fall River, Mass but will be coming to Seekonk Human Services to perform a Podiatry Clinic. Appointment is required for the Podiatry Clinic. Please call 508-336-8772 to schedule your appointment. Items needed are insurance cards with your doctors names, date of last doctors visit, summary of last visit, and list of medications. *Please check with your insurance regarding co-pays.



Let's Learn Together!
Gmail & Email Q & A

Tuesday, September 24 , 2019 @ 2:00 pm

From including attachments to sending group messages, there's a lot you can do with email. Come learn the basics of Gmail on your phone and tablet or ask questions about your preferred email service. Librarian Michelle Gario will lead this 90 minute class. Bring your own phone, tablet, or laptop; Please make sure your device is fully charged or bring your cable and charger. Contact the Senior Center to register. 508-336-8772



Let's Learn Together!
Lynda.com & YouTube

Tuesday, October 29, 2019 @ 2:00 pm

Having internet access wherever you are makes lifelong learning available wherever you are! Come to this session to find out how to use Lynda.com with your Seekonk Library Card or YouTube, available freely on the internet, at your convenience. Librarian Michelle Gario will lead this 90 minute class. Bring your own phone, tablet, or laptop; Please make sure your device is fully charged or bring your cable and charger. Contact the Senior Center to register 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 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.**

2019 TRIPS

Atlantic City Boys at Danversport Yacht Club – Danvers, MA

Wednesday, September 18, 2019
Departure approximately 9:00am – 10:00am
\$92 per person (driver gratuity included)

The Ultimate Tribute Show at Lake Pearl – Wrentham, MA

Thursday, October 17, 2019
Departure approximately 10:30am – 11:00am
\$94 per person (driver gratuity included)

***Pick up location will be at the Park & Ride on Route 44 in East Providence.**

Ricky Nelson Remembered at the Venus de Milo – Swansea, MA

Thursday, November 14, 2019
Arrival time of 11:30am
\$75 per person – Drive on your own

Newport Playhouse Christmas— Newport, RI

Resident sign up begins Tuesday, September 3
Non-resident sign up begins Monday, September 16
Wednesday, December 18, 2019
Departure: 10am Return: Approximately 5pm
\$66 per person (driver gratuity included)

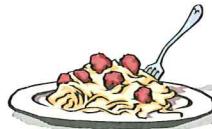
An American Bandstand New Year's Eve Bash – Wrentham, MA

Tuesday, December 31, 2019
Departure approximately 10:30am
\$89 per person

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*



12th Annual Food For Fuel Pasta Fest



Wednesday, October 23, 2019

Seekonk High School

4:30 PM - 7:00 PM

Pasta Supper - Raffles

Adults: \$10; Children Ages: 4 –12 \$5;
Children 3 & Under Free

**TAKE OUTS WILL BE AVAILABLE
Tickets Must Be Purchased In Advance**

*Sponsored by Seekonk Non Profit Coalition -
Benefiting Fuel & Utility Fund
Of Seekonk Human Services*

Please help your neighbors have a safe winter!
For Tickets Call: 508-336-8772

Make checks payable to: Seekonk Human Services
Fuel & Utility Account



September 2019 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10:00am - Silver Sneakers 1:00pm - Cards (Hi-Lo Jack)	* No Indoor Walking Club* * No Chair Yoga*	10:00am - Silver Sneakers 10:00am - Art Therapy 11:30am - Lunch** 1:00pm - BINGO 1:00pm - Cribbage	9:00am - Advanced Yoga, \$2 10:15am - Tai Chi
2	3	4	5	6
9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:00am - Guided Meditation 11:00am - Beginner Line Dancing 12:30pm - Knitting Club 2:00pm - Arts & Crafts*	10:00am - Silver Sneakers 10:00am - Cards (Hi-Lo Jack)	1:00pm - Mahjong	1:00pm - Mahjong	1:00pm - Mahjong
9	10	11	12	13
9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:00am - Beginner Line Dancing 11:00am - Arts & Crafts*	9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:30am - Reverse Mortgages 1:00pm - Podiatry Clinic 1:00pm - Mahjong 2:00pm - Tech Time	9:30am - Men's Breakfast 10:00am - Silver Sneakers 10:00am - Art Therapy 11:30am - Lunch** 1:00pm - BINGO 1:00pm - Cribbage	9:00am - Advanced Yoga, \$2 10:15am - Tai Chi	
16	17	18	19	20
9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:00am - Beginner Line Dancing 11:00am - Arts & Crafts*	9:00am - Indoor Walking Club 9:00am - Blood Pressure Clinic 10:00am - Chair Yoga 11:30am - One Solution Home Care 1:00pm - Mahjong	10:00am - Silver Sneakers 10:00am - Women's Brunch 10:00am - Art Therapy 11:30am - Lunch** 1:00pm - BINGO 1:00pm - Cribbage	9:00am - Advanced Yoga, \$2 10:15am - Tai Chi	
23	24	25	26	27
9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:00am - Guided Meditation 11:00am - Beginner Line Dancing 12:30pm - Knitting Club 2:00pm - Arts & Crafts*	10:00am - Silver Sneakers 11:00am - Real ID & Standard ID 1:00pm - Cards (Hi-Lo Jack)	9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:30am - TRIAD: Project Lifesaver 1:00pm - Mahjong Brown Bag Day	10:00am - Silver Sneakers 10:00am - Art Therapy 11:30am - Lunch** 1:00pm - BINGO 1:00pm - Cribbage	9:00am - Advanced Yoga, \$2 10:15am - Tai Chi
30				*Arts & Crafts Residents \$3/Non-Residents \$5 **Lunch Menu Available at Seekonk Human Services

October 2019 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 am - Silver Sneakers 1:00pm - Cards (Hi-Lo Jack)	1 *No Indoor Walking Club* *No Chair Yoga*	2 10:00am - Silver Sneakers 10:00am - Art Therapy 11:30am - Lunch** 1:00pm - BINGO 1:00pm Cribbage	3 9:00am - Silver Sneakers 10:00am - Art Therapy 11:30am - Lunch** 1:00pm - BINGO 1:00pm Cribbage	4 9:00am - Advanced Yoga, \$2 10:15am - Tai Chi
9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:00am - Guided Meditation 11:00am - Beginner Line Dancing 12:30pm - Knitting Club 2:00pm - Arts & Crafts*	7 10:00 am - Silver Sneakers 11:00am - Homestead Seminar 1:00pm - Cards (Hi-Lo Jack)	8 9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:30am - Next Monitoring Systems 1:00pm - Mahjong 2:00pm - Tech Time	9 9:30am - Mens Breakfast 10:00am - Silver Sneakers 10:00am - Art Therapy 11:30am - Lunch** 1:00pm - BINGO 1:00pm Cribbage	10 9:00am - Advanced Yoga, \$2 10:15am - Tai Chi
CLOSED FOR COLUMBUS DAY 	14 10:00 am - Silver Sneakers 1:00pm - Cards (Hi-Lo Jack)	15 9:00am - Indoor Walking Club 9:00am - Blood Pressure Clinic 10:00am - Chair Yoga 11:30am - Atria Cooking 1:00pm - Mahjong 1:00pm - Podiatry Clinic	16 10:00am - Silver Sneakers 10:00am - Women's Brunch 11:30am - Lunch** 1:00pm - BINGO 1:00pm Cribbage	17 9:00am - Advanced Yoga, \$2 10:15am - Tai Chi
9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:00am - Guided Meditation 11:00am - Beginner Line Dancing 12:30pm - Knitting Club 2:00pm - Arts & Crafts*	21 10:00 am - Silver Sneakers 1:00pm - Cards (Hi-Lo Jack)	22 9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:30am - TRIAD: Senior ID's 1:00pm - Mahjong Brown Bag Day	23 10:00am - Silver Sneakers 11:30am - Lunch** 1:00pm - BINGO 1:00pm Cribbage	24 9:00am - Advanced Yoga, \$2 10:15am - Tai Chi
9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:00am - Guided Meditation 11:00am - Beginner Line Dancing 12:30pm - Knitting Club 2:00pm - Arts & Crafts*	28 10:00 am - Silver Sneakers 1:00pm - Cards (Hi-Lo Jack)	29 9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:30am - Halloween Celebration 1:00pm - Mahjong 2:00pm - Let's Learn Together!	30 10:00am - Silver Sneakers 10:00am - Art Therapy 11:30am - Lunch** 1:00pm - BINGO 1:00pm - Cribbage	31 * Arts & Crafts Residents \$3/Non-Residents \$5 **Lunch Menu Available at Seekonk Human Services



Join us for a
FREE
HEARING
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Chris's 10 year professional background as a Hearing Instrument Specialist gives him his valuable insight into the plaguing problems and frustration that accompany hearing loss, and the exciting solutions that are now available. Chris has committed himself, to delivering the highest Hearing health care by placing individual needs first.

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HearingLife

Financing available



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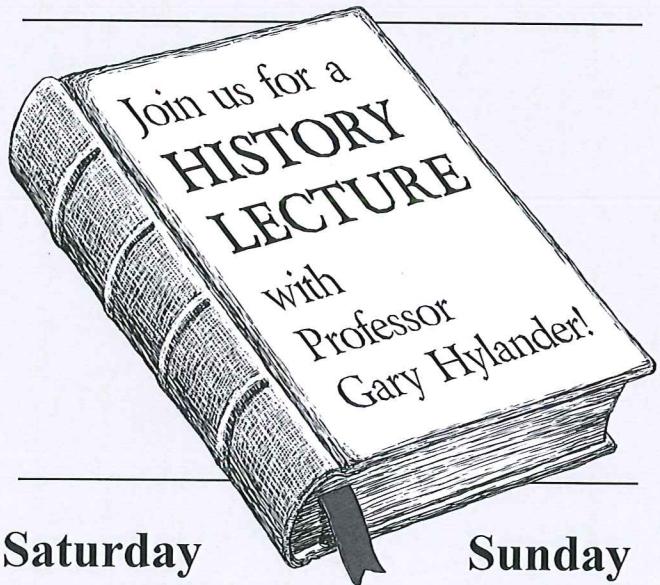
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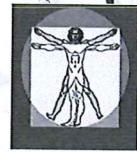
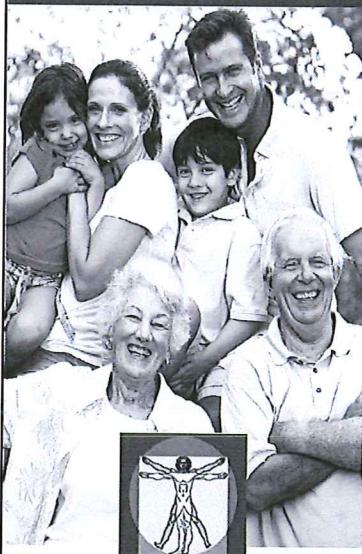


**Saturday
Sept. 28th
3:30 p.m.**

**Sunday
Oct. 20th
2:00 p.m.**

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Telephone: (401) 438-0905
Fax: (401) 438-0903

Monday - Thursday: 7:00 am - 7:00 pm
Friday: 7:00 am - 5:00 pm
Saturday: 7:00 am - 12:00 pm

CUMBERLAND

2295 Diamond Hill Road
Cumberland, Rhode Island 02864
Telephone: (401) 305-3858
Fax: (401) 305-3859

Monday - Thursday: 7:00 am - 7:00 pm
Friday: 7:00 am - 5:00 pm

WARWICK

2080 Warwick Avenue
Warwick, Rhode Island 02889
Telephone: (401) 921-0160
Fax: (401) 921-0139

Monday - Thursday: 7:00 am - 7:00 pm
Friday: 7:00 am - 5:00 pm

BLOCK ISLAND

Block Island Health Services
6 Payne Road
Block Island, Rhode Island 02807
Telephone/Fax: (401) 466-3241
Tuesday: 8:30 am - 4:00 pm
Thursday & Friday: 8:30 am - 7:00 pm

**Hold on. Wait a minute! What do
you mean I can't wear white
after Labor Day?**



CAPTURED BY
ILOVEFUNNYDOGS.COM

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

Law Office of Luke P. Travis
Estate Planning

TEL: (508) 676-3333
FAX: (508) 676-1698
luke@bristollegal.com

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Phone: 508-379-9700
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HUMAN SERVICES COUNCIL**

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VICE CHAIRPERSON
Irene Andrews

SECRETARY
Anne Libby

MEMBERS
Guy Boulay

Michelle Hines

Theresa McGregor

Josephine Veaider

**Council Meets fourth Monday of the month
@ 3:00pm at
Seekonk Human Services
Conference Room, 109**

**SEEKONK HUMAN SERVICES STAFF
508-336-8772**

DIRECTOR
Brittney Faria, LSWA

ASSISTANT DIRECTOR
Ashley Cartwright, MBA

CLERICAL ASSISTANT
Kimberly Mallon

COMMUNITY LIAISON
Carol Poncin

OUTREACH WORKER
Veronica Brickley, LPN LSWA

OFFICE CLERK
Sharon Bettencourt
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Seekonk Human Services
540 Arcade Avenue
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