

SEEKONK HUMAN SERVICES

Town Courier

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

December 2018



Seekonk Human Services Holiday Hours

Monday, December 24, 2018—Closing at Noon
 Tuesday, December 25, 2018—Closed
 Monday, December 31, 2018—Closing at Noon
 Tuesday, January 1, 2019—Closed



CHRISTMAS PARTY

Wednesday, December 12, 2018 @ 11am

Seekonk Human Services will be hosting their
 annual Christmas Party

A delicious Chicken Dinner will be served with
 all the fixings

Tickets must be purchased in advanced to attend.
 Cost per person is \$5

Entertainment by Barney Mallon
 Come bring your Christmas Spirit



BASIC BEGINNERS SIGN LANGUAGE

Tuesday, January 22, 2019
 @ 10am—12pm

This is a signed English class. You
 will learn words, sentences and
 choruses. Class will start Tuesday,
 January 22, 2019 from 10am to
 12pm. Books will be available for
 purchase at the first class for \$6.

Please contact Nancy Smutek to sign up for class or
 if you have any questions, 508-336-9547.



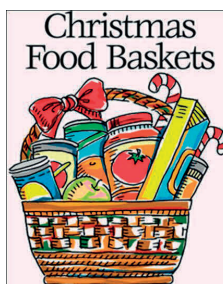
CHRISTMAS IS FOR KIDS



Seekonk Human Services
 will be participating in
 Christmas is For Kids again.
 Applications are available at
 Seekonk Human Services.
 Please contact Seekonk
 Human Services at
 508-336- 8772 for an
 application. *The program is
 intended for children age
 0-13 years old. Application

deadline is **Friday, December 14.** NOTE: Anyone
 interested in adopting a family for Christmas please
 contact Brittney Faria or Ashley Cartwright @
 508-336- 8772.

CHRISTMAS BASKETS AND MEALS



Anyone who receives food from
 Doorways Food Pantry is eligible to
 receive a Christmas Basket from
 Doorways. If you are not currently
 participating in Doorways, you may
 call the Outreach Department at
 Seekonk Human Services for an ap-
 pointment to receive a holiday bas-
 ket. You will need to fill out an in-
 take form. Please call 508-336-8772

by **Friday, December 14th**
 for a Christmas Basket. Any-
 one who is homebound
 and would like to have a hot
 meal delivered on Christ-
 mas should sign up at
 Seekonk Human Services
 by **Friday, December 14th.**





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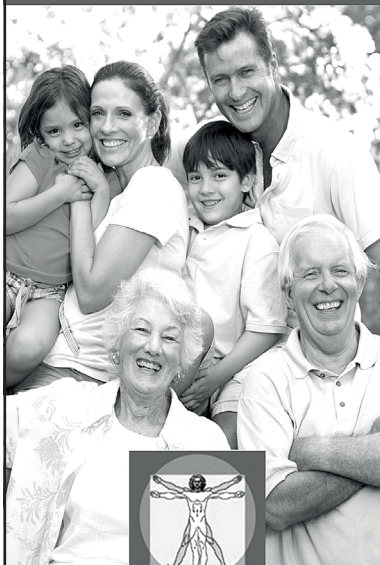


Michael Fellman, Au.D., Doctor of Audiology, Lic. #495

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EAST PROVIDENCE OFFICE

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

SIMPLE STUFFING

Ingredients:

2 loaves Italian bread (about 10 ounces each), torn into bite-size pieces
4 tablespoons butter, room temperature, plus more for baking dish
4 celery stalks, thinly sliced
4 shallots, minced
2 garlic cloves, minced
Coarse salt and ground pepper
1/2 cup dry white wine
1/2 cup parsley leaves, chopped
3 large eggs, lightly beaten
2 cans (14 1/2 ounces each) reduced-sodium chicken broth

Directions:

Preheat oven to 400 degrees. Arrange bread in a single layer on two rimmed baking sheets. Bake until crisp but not browned, about 10 minutes, rotating sheets halfway through.

In a large saucepan, melt butter over medium heat. Add celery, shallots, and garlic; season with salt and pepper. Cook, stirring occasionally, until vegetables are softened, 5 to 7 minutes. Add wine, and cook until evaporated, 3 to 5 minutes. Transfer to a large bowl. To vegetables in bowl, add bread, parsley, and eggs. Season with 1 1/2 teaspoons salt and 1/4 teaspoon pepper; stir to combine. Mix in half of broth. Continue to add in more broth just until stuffing is moistened but not wet (there should not be any liquid in the bottom of the bowl).

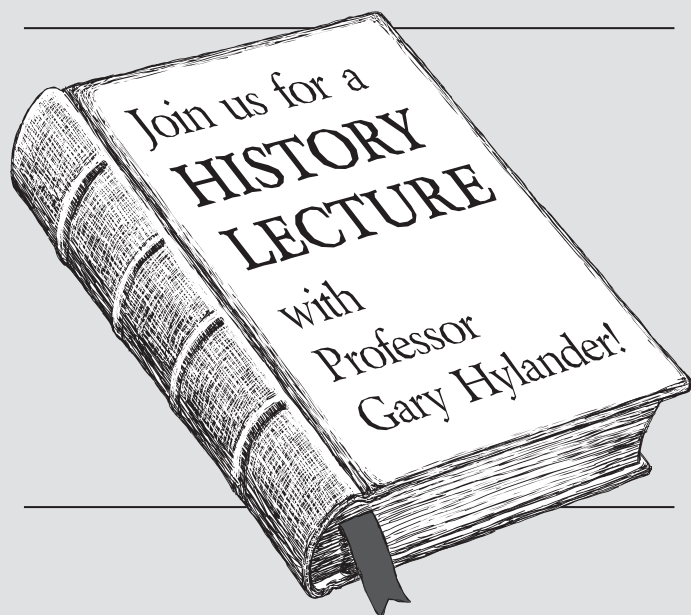
Just before roasting turkey, stuff it with 4 cups stuffing. Spoon remaining stuffing into a buttered 8-inch square baking dish. Cover with buttered aluminum foil, and refrigerate. When turkey is removed from oven to rest, place covered baking dish in oven, and bake until warmed through, 25 to 30 minutes. Uncover and bake until golden, about 15 minutes more.



WINGATE RESIDENCES

ON THE EAST SIDE

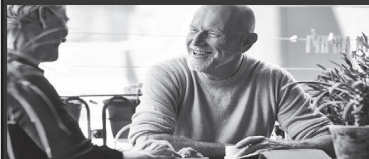
MEMORY CARE ASSISTED LIVING RESPITE CARE



Saturday Dec. 15th 3:00 p.m.

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MEDICARE PLANS MEDICAID PLANS



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email: jeffreylipet@yahoo.com

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Seekonk Town Crier
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of our newsletter*



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To be a sponsor in the next
**Seekonk Town Crier
Newsletter!**

Please contact Tom Reily

508-336-6633

x 337



Seekonk Human Services partnering with Seekonk Non-Profit Coalition would like to take this opportunity to thank all those who helped with the 11th Annual Food for Fuel Pasta Event. A special thanks to Country Kitchen, Mt. Carmel St. Vincent de Paul, Our Lady Queen Martyrs St. Vincent de Paul, Grace Community Chapel, Post Office, Scialo's Bakery, Stop & Shop 125 Highland Avenue, Young's Catering, Davenport's, among others who donated time and pastries. Without the help of the volunteers this event would not be as successful as it was. Over 150 tickets were sold! There were many great raffles from paintings, coloring books, baskets, among other amazing items. This event benefits the Fuel Account for the residents in need during the winter season. Again, thank you for all those who volunteered and those who bought tickets and help support this cause!

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 2019. 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 7th!**

REMINDER: Be on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your appointment!

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 \$35,510, for 2 people is \$46,437, for 3 people is \$57,363, and for 4 people is \$68,289.

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

SOUTHCOST WELLNESS VAN

Tuesday, December 11, 2018

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



SEEKONK COUNCIL ON AGING

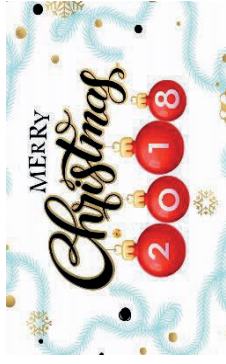
DECEMBER 2018

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
3	Chair Yoga 10am - 10:50am		3	Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2**		4	Chair Yoga 10am - 10:50am		5	Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** BINGO 1pm - 3pm Cribbage 1pm - 3pm		6	Advanced Yoga 9am - 10am Cost \$2 Tai Chi 10:15am - 11:00am	7
	Knitting Club 12:30pm - 2:30pm ZUMBA 1pm													
	*Arts & Crafts 2pm - 4pm													
10	Chair Yoga 10am - 10:50am		10	Cards (Hi-Lo Jack) 1pm		11	*No Chair Yoga* Christmas Party @ 11am Lunch: Chicken Dinner for \$5 Podiatry Clinic 1pm - 3pm Mahjong 1pm - 3pm Tech Time 2pm - 4pm		12	Mahjong 1pm		13	Advanced Yoga 9am - 10am Cost \$2 Tai Chi 10:15am - 11:00am	14
	Knitting Club 12:30pm - 2:30pm ZUMBA 1pm													
	*Arts & Crafts 2pm - 4pm													
17	Chair Yoga 10am - 10:50am		17	Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2**		18	Chair Yoga 10am - 10:50am Blood Pressure/Glucose Clinic 9:00am - 10:30am		19	Silver Sneakers 10am - 10:45am NO WOMENS BRUNCH LUNCH 11:30am \$2** BINGO 1pm Cribbage 1pm - 3pm		20	Advanced Yoga 9am - 10am Cost \$2 Tai Chi 10:15am - 11:00am	21
	Knitting Club 12:30pm - 2:30pm ZUMBA 1pm													
	*Arts & Crafts 2pm - 4pm													
24	Chair Yoga 10am - 10:50am		24	Cards (Hi-Lo Jack) 1pm		25	Chair Yoga 10am - 10:50am Mahjong 1pm - 3pm		26	Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** BINGO 1pm Cribbage 1pm - 3pm		27	Advanced Yoga 9am - 10am Cost \$2 Tai Chi 10:15am - 11:00am	28
	Closing at 12:30pm for the Holiday													
31	Chair Yoga 10am - 10:50am		31											
	Closing at 12:30pm for the Holiday													

*Arts & Crafts

Residents \$3 / Non-Residents \$5

**Lunch Menu Available at
Human Services



Law Office of Luke P. Travis
Estate Planning

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FAX: (508) 678-1698
luke@bristollegal.com

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2019
Happy New Year

AARP TAX VOLUNTEERS

AARP is looking for compassionate and friendly individuals to join their team of local volunteers for the upcoming 2018 tax season. You'll receive training and continued support in a welcoming environment. With the help of people like you, AARP Foundation Tax-Aide offers free tax-filing help to those who need it most. And, as our current volunteers tell us, you'll not only learn new skills, but also get a great feeling from helping someone else.

Go to the AARP website
http://www.aarp.org/money/taxes/aarp_taxaide/
And click on "Sign Up"
Or call AARP at 1-888-687-2277

TECH TIME

Wednesday, December 12, 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.

PODIATRY CLINIC

Dr. Alan Lechan

**Wednesday, December 12
1pm—3pm**



Podiatry

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.

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. Contact Nancy at 508-336-9547

MEN'S BREAKFAST

Thursday, December 13, 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.

WOMEN'S BRUNCH

No Brunch in December

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.

TWO SAFETY MEASURE ONE PRIORITY

Are You OK?

Telephone Reassurance Program

The Bristol County Sheriff, Thomas Hodgson is offering the "R.U.O.K?" program. Calls are placed to seniors,

disabled persons, and shut-ins at the same time each day to check on the well-being of the individual. After a second call if no one answer, Emergency responders will be dispatched to check in on the person. Applications are available at Seekonk Human Services, or by calling 774-628-0030.

FREE File of Life Folders are available at Seekonk Human Services. These folders are designed to be kept on your refrigerator as an alert to emergency medical personnel of your medical information during an emergency situation. These files could save your life or the life of a loved one. Pick up yours today!

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MEDICAL DATA REVIEWED AS OF MO. YR.	
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Address:	
Doctor:	Phone #
Doctor:	Phone #
EMERGENCY CONTACTS	
Name:	Phone #
Address:	
Name:	Phone #
Address:	

BROWN BAGS

Wednesday, December 19

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



*** 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 Human Services
540 Arcade Avenue
Seekonk, MA 02771

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SEEKONK HUMAN SERVICES STAFF

508-336-8772

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Brittney Faria

ASSISTANT DIRECTOR

SENIOR SECRETARY

Ashley Cartwright MBA

CLERICAL ASSISTANT

Kimberly Mallon

EDUCATIONAL & SOCIAL PROGRAMS

Carol Poncin

OUTREACH CASE WORKER

Veronica Brickley, LPN BA SOC LSWA

OFFICE CLERK

Sharon Bettencourt

Maggie Perkins

SEEKONK HUMAN SERVICES

HUMAN SERVICES COUNCIL

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SECRETARY

Anne Libby

Christine Allen

Guy Boulay

Theresa McGregor

Josephine Veader

Council Meets fourth Monday of the month

@ 3:30pm at

Seekonk Human Services

Conference Room, 109