



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 appointment to receive a holiday basket. You will need to fill out an intake form. Please call 508-336-8772

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





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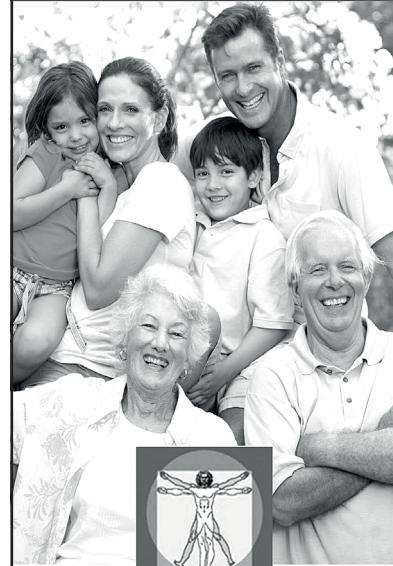
Michael Fellman, Au.D., Doctor of Audiology, Lic. #495

massaudiology.com

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927B Warren Avenue
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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

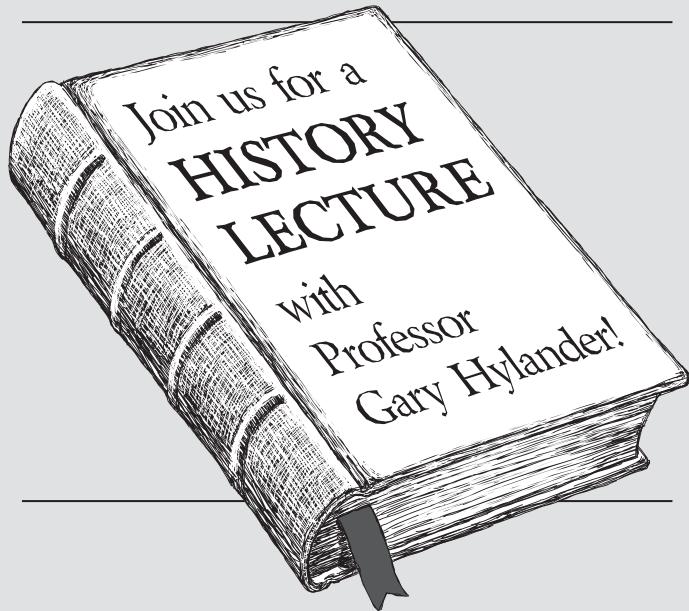
Directions:

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.





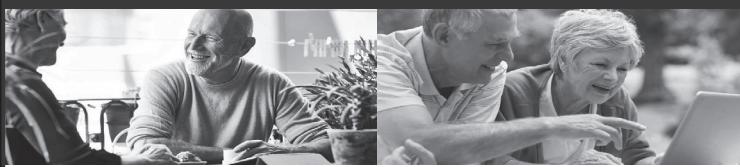
Saturday Dec. 15th 3:00 p.m.

One Butler Avenue | Providence, RI 02906
401-275-0682 | wingatehealthcare.com

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Seekonk Town Crier
for your support
of our newsletter*



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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, Davenports, 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



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

SOUTHCOAST WELLNESS VAN

**Tuesday, December 11, 2018
9am to 12pm**

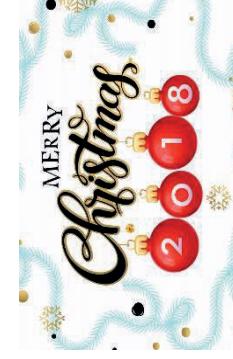
Free Health Screenings

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
Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** Cards (Hi-Lo Jack) 1pm	Chair Yoga 10am - 10:50am LUNCH 11:30am \$2** Mahjong 1pm	Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** BINGO 1pm - 3pm Cabbage 1pm - 3pm	6 Advanced Yoga 9am - 10am Cost \$2 Tai Chi 10:15am - 11:00am
Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	Southcoast Wellness Van 9am - 12pm Chair Yoga 10am - 10:50am LUNCH 11:30am \$2** Cards (Hi-Lo Jack) 1pm	*No Chair Yoga* Christmas Party @ 11am Lunch: Chicken Dinner for \$5 Podiatry Clinic 1pm - 3pm Mahjong 1pm - 3pm Tech Time 2pm - 4pm	Mens Breakfast 9:30am Totis Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** BINGO 1pm - 3pm Cabbage 1pm - 3pm	13 Advanced Yoga 9am - 10am Cost \$2 Tai Chi 10:15am - 11:00am
Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** Cards (Hi-Lo Jack) 1pm	9:00 am - 10:30 am Chair Yoga 10am - 10:50am Blood Pressure/Glucose Clinic 9:00 am - 10:30 am	LUNCH 11:30am \$2** BINGO 1pm Cabbage 1pm - 3pm	20 Silver Sneakers 10am - 10:45am NO WOMENS BRUNCH LUNCH 11:30am \$2** BINGO 1pm Cabbage 1pm - 3pm
Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** Cards (Hi-Lo Jack) 1pm	18 Mahjong 1pm	Chair Yoga 10am - 10:50am Blood Pressure/Glucose Clinic 9:00 am - 10:30 am	21 Advanced Yoga 9am - 10am Cost \$2 Tai Chi 10:15am - 11:00am
Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** Cards (Hi-Lo Jack) 1pm	25 Mahjong 1pm - 3pm	Chair Yoga 10am - 10:50am Mahjong 1pm - 3pm	26 Advanced Yoga 9am - 10am Cost \$2 Tai Chi 10:15am - 11:00am
Closing at 12:30pm for the Holiday			LUNCH 11:30am \$2** BINGO 1pm Cabbage 1pm - 3pm	27 Advanced Yoga 9am - 10am Cost \$2 Tai Chi 10:15am - 11:00am
Chair Yoga 10am - 10:50am Closing at 12:30pm for the Holiday	31			*Arts & Crafts Residents \$3 / Non-Residents \$5 **Lunch Menu Available at Human Services

Law Office of Luke P. Travis
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TEL: (508) 676-3333
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

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.



Podiatry

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

*** 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.

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: <u>MD.</u> YR. Sp. <u>MF.</u>	
Name:	Address:
Doctor:	Phone #:
Doctor:	Phone #:
EMERGENCY CONTACTS	
Name:	Phone #:
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.



Seekonk Human Services
540 Arcade Avenue
Seekonk, MA 02771

PRSR STANDARD
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Ashley Cartwright MBA
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Kimberly Mallon
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OUTREACH CASE WORKER
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Irene Andrews
VICE CHAIRPERSON
Anne Libby
SECRETARY
Guy Bouley
Christine Allen
Theresa McGregor
Josephine Veder
COUNCIL MEETS FOURTH MONDAY OF THE MONTH
④ 3:30pm at
Conference Room, 109
Seekonk Human Services