



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 2016

Seekonk Human Services will be closed on:

Friday, December 23 for Christmas Eve

Monday, December 26 for Christmas

Friday, December 30 for New Years Eve



CHRISTMAS PARTY
Wednesday, December 7, 2016

**In joint efforts with the YMCA,
 Seekonk Human Services will be hosting their
 annual Christmas Party**

**Young's Catering will be providing a
 hot lunch buffet**

Tickets must be purchased in advanced to attend.
Residents \$3
Non-Residents \$5

Entertainment by Barney Mallon

Come bring your Christmas Spirit!



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 9**. NOTE: Anyone interested in adopting a family for Christmas please contact Bernadette Huck, @ 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 18th** 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 16th**. Please call 508-336-8772 to sign up.



NUTRITIONAL LABEL READING

Wednesday, December 14, 2016 @ 10am

John Quintas for the Diabetes Association will be returning this month to go over the importance of Nutrition Facts and how to read the labels! Reading labels is very important for our nutrition it helps us become aware of what we are putting into our body. Lunch will be Shepherd's Pie and Dessert for \$3. Please sign up and pay advance for this activity and luncheon.

EXPLORATION WEDNESDAYS

- **January 11**—The Benefits of Living Life Simply
Lunch: Pizza & Salad for \$3
- **January 18**— Fall Preventions at Home
Lunch: Hamburger Fricassee for \$3
- **January 25**— TRIAD: 911
Lunch: Spaghetti with Clam Sauce for \$3

FOOD FOR THOUGHT

Thursday, December 8, 2016 @ 11am

Registered Dietician, Meghan Tiernan from Evergreen will be facilitating the Food for Thought workshop on the second Thursday of the month. There will be a different topic each month to discuss.

TECH TIME

Thursday, December 8 from 2pm to 4pm

Students from MTTI in Seekonk will be coming to Seekonk Human Services on the second Thursday 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.



KNITTING GROUP

Mondays 12:30pm—2:30pm

Knitting and crocheting are great activities year round. Crocheted and knitted items are donated to many different entities. Enjoy yourself while contributing to the Seekonk Community and more.

MAHJONG

Starts Monday, November 7th @ 1pm

American mahjong utilizes racks, jokers, "Hands and Rules" score cards and has several distinct game play mechanics.

CHAIR YOGA

Mondays 10am— 10:50am

It has been shown to help alleviate or reduce many health challenges. The many benefits of Yoga have even been said to slow down the physical ailments associated with the aging process.

SILVER SNEAKERS

Tuesday & Thursday 10am—10:45am

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Resistance training and activities is achieved with the use of hand weights and tubing.

BINGO

Wednesdays 1pm—3pm

Come one come all and enjoy an afternoon of BINGO. Lets see if you're the next winner!

SCRABBLE

Thursdays @ 1pm

Come enjoy an afternoon playing scrabble and testing your word skills.

ADVANCED FLOOR YOGA

Fridays 9am—9:50am

This class is a Vinyasa practice that is taught at a slower pace to help students find beneficial alignment and nourishment in each pose.

TAI CHI

Fridays 10:15am – 11am

This ancient but effective form of exercise helps reduce stress and anxiety. It also helps increase flexibility and balance. Its benefits can help reduce back pain and pain from knee osteoarthritis, and improve quality of life. We hope you'll join us!

FUEL ASSISTANCE

If you had fuel assistance last year, be on the lookout 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.

Income Guidelines:

Maximum income for 1 person is \$34,001, for 2 people is \$44,463, for 3 people is \$54,925, and for 4 people is \$65,387. 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—1099 for 2015
 - Interest Dividends—1099 for 2015
 - Bonds—1099 for 2015
- Homeowner's must include:
 - Mortgage statement
 - Real estate tax bill
 - Insurance bill
 - Electric bill
 - Gas/Oil bill
- Renters Include:
 - Rent receipt
 - Electric bill
 - Gas/Oil bills
- Food Stamps—copy of verification
- List of all members in the household with ID and social security cards
- Copy of birth certificate for all members under 18
- If a member is over 18 and in school, must provide proof of school schedule and must sign a no-income statement
- If a student works they must provide 4 consecutive pay stubs



GATRA TRANSPORTATION SERVICE

1-800-483-2500

Riding Dial-A-Ride is Easy: To be considered for Dial-A-Ride service, customers must completed GATRA's Statewide Access Pass and ADA Paratransit Eligibility Application form and/or a Senior Application. **BEFORE CALLING, HAVE YOUR TRIP INFORMATION READY.** Exact address and requested travel times are required. The day before your travel date, please call the office to check your pick up times. We ask that you call the office between 4:30pm and 6:00pm Monday through Friday, and between 9am and 6pm on Saturday.

Making a Reservation: Make your reservation Monday through Friday from 8:30am to 4:30pm.

Dial-A- Ride Service Area: The Seekonk Dial-A-Ride service takes riders to the following towns ONLY:

- ⇒ **Rehoboth**
- ⇒ **Plainville** (Thursday 10am to 2pm ONLY)
- ⇒ **Attleboro** (Thursday 10am to 2pm ONLY)
- ⇒ **North Attleboro** (Thursday 10am to 2pm ONLY)
- ⇒ **East Providence, North Providence, Pawtucket, Providence** (Mon., Wed., & Fri. 10am – 2pm ONLY)

BLOOD PRESSURE & GLUCOSE CLINIC

Wednesday, December 21, 2016

9:00am—10:30am

Community VNA will be performing our blood pressure clinic! This is a first come, first serve basis. Come on down and get your blood pressure checked.

MEN'S BREAKFAST

Thursday, December 8, 2016 @ 8:30am

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, December 15, 2016 @ 10:00am

Pazi's Place

300 Taunton Avenue

East Providence, 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.

Do Not Ignore Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. *This information is important because it explains changes in your plan for 2017.* During Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment! **Do Not Wait Until It's Too Late!**

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and Medicare-related health insurance programs. Call Seekonk Human Services at 508-336-8772

IS YOUR HOME READY FOR WINTER

For any household, staying prepared is the key to safely weathering a winter storm. A good way to start is by keeping Massachusetts Electric's Power outage number (800-465-1212) by your non-cordless phone. Have at least one phone that is not cordless, because cordless phones won't work when the power is out. REMEMBER: Police and local Fire Departments are usually not the best contact for strictly reporting power outages, and often times do not have firsthand information on when the power will be restored. Your best contact is the number provided above.

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. I would love to show you how this program could help you. Contact the Senior Center at 508 336-8772 and ask them to set up an appointment with Nancy.

YMCA*

472 Taunton Avenue

Seekonk, MA 02771

508.336.7103

\$3 fee per class for the following classes:

- ◆ **Arthritis Foundation Aquatic Exercise**
Monday, Wednesday, Friday @ 9am
- ◆ **Aqua Aerobics**
Monday, Wednesday Friday @ 9:45am

SEEKONK SENIOR SHOPPING DAY

By GATRA (800) 483-2500

Tuesdays from 10:15am to 11:30am. GATRA will go to WalMart, Stop & Shop and Pricerite in Seekonk. Please call GATRA to schedule your shopping day.

FREE FILE OF LIFE FOLDERS

Free File of Life Folders are available at Human Services. They are designed to be kept on your refrigerator/wallet/car as an alert to emergency medical personnel of your medical information during an emergency. During those times of stress, it is difficult to remember medications and dosages.

FREE MEDICAL EQUIPMENT

Our FREE Medical Loan Closet is available to Seekonk residents. We would like to thank our residents for their donations to our Medical Loan Closet. Please call Seekonk Human Services at 508-336-8772 if you are in need of a medical loan.

*** 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.**



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- ✓ Get you back in the game

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Friday: 6:00 AM - 7:00 PM
Saturday: 7:00 AM - 12 PM

CUMBERLAND OFFICE
2295 Diamond Hill Road
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Fridays 7:30 AM - 4 PM

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CHOCOLATE CHIP CHRISTMAS COOKIES

Dazzle chocolate chip cookies for the holidays by using popular red and green chocolate candies as well as chocolate chips.

Ingredients

- 1 1/4 cups butter or margarine, slightly softened
- 1/4 cup shortening
- 1 1/4 cups granulated sugar
- 1 1/4 cups packed brown sugar
- 1 tablespoon vanilla
- 2 eggs
- 4 1/4 cups Gold Medal™ all-purpose flour
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 1 bag (12 oz) semisweet chocolate chips (2 cups)
- 1 bag (14 oz) candy-coated chocolate candies



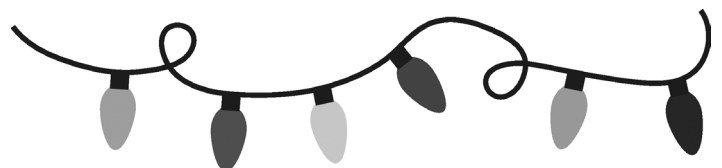
Directions

1. Heat oven to 375°F. In large bowl, beat butter, shortening, sugars, vanilla and eggs with electric mixer on medium speed, or mix with spoon. Stir in flour, baking soda and salt (dough will be stiff). Stir in chocolate chips and chocolate candies.
2. On ungreased cookie sheet, drop dough by level teaspoonfuls or #70 cookie/ice cream scoop about 2 inches apart.
3. Bake 10 to 11 minutes or until light brown (centers will be soft). Cool 1 to 2 minutes; remove from cookie sheet to cooling rack.

Expert Tips

- Making these cookies will go a lot faster if you use a cookie/ice cream scoop. Level off the cookie dough in the scoop on the edge of the bowl.
- Make Four-Chip Cookies by using 1 cup each semisweet chocolate chips, milk chocolate chips, white vanilla baking chips and butterscotch chips in place of 2 cups semisweet chocolate chips and the chocolate candies.

Source: www.bettycrocker.com



Law Office of Luke P. Travis
Estate Planning

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

SEEKONK COUNCIL ON AGING

December 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm Adult Coloring 12:30pm - 2:30pm Cards (Bridge) 1pm Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	6 Silver Sneakers 10am - 10:45am Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500	7 Christmas Party Lunch: Buffet, Residents \$3 Non-Residents \$5 BINGO from 1pm to 3pm Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	8 Silver Sneakers 10am - 10:45am Game Day 10:30am - 12:30pm Scrabble 1pm Tech Time 2pm to 4pm Mens Breakfast @ 8:30am Toti's Restaurant	9 Advanced Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm
12 Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm Adult Coloring 12:30pm - 2:30pm Cards (Bridge) 1pm Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	13 Silver Sneakers 10am - 10:45am Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500	14 Nutritional Label Reading Lunch: Shepherds Pie for \$3 Brown Bags BINGO from 1pm to 3pm Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	15 Silver Sneakers 10am - 10:45am Game Day 10:30am - 12:30pm Scrabble 1pm Womens Brunch @ 10am Pazi's Place, East Providence	16 Advanced Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm
19 Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm Adult Coloring 12:30pm - 2:30pm Cards (Bridge) 1pm Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	20 Silver Sneakers 10am - 10:45am Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500	21 NO BINGO Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	22 Silver Sneakers 10am - 10:45am Game Day 10:30am - 12:30pm Scrabble 1pm	23 
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Seekonk Human Services
540 Arcade Avenue
Seekonk, MA 02771

PRSR STANDARD
US POSTAGE PAID
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SEEKONK HUMAN SERVICES STAFF
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Board Meets fourth Monday of the month
@ 3:30pm at the
Seekonk Human Services
Conference Room