



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

April 2018



Seekonk Human Services
Will be closed on
Monday, April 16, 2018
For Patriot's Day

INS AND OUTS OF ASSISTED LIVING Wednesday, April 11, 2018 @ 11am

Meghan Colantonio
from Brookdale
Attleboro will be
presenting valuable
information on Assisted



Living. She will go over what assisted living is, what it costs, what it provides, and the steps needed to move into assisted living. She will also discuss things that help pay for assisted living such as veterans benefits and group adult foster care (GAFC). **Lunch is free of charge for those attending the activity. Sponsored by Brookdale Senior Living Solutions.**

PODIATRY CLINIC

Dr. Alan Lechan
Wednesday, April 11, 2018
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.

BROWN BAGS—April 25, 2018

Brown Bag drop off will be from 9:00am—11:00am and pick up at the center will be 11:15am to 12pm.

END OF LIFE DECISION MAKING

Wednesday, April 18, 2018 @ 11am

Cynthia Dynan, Bereavement Manager and Bonnie Penfold, Hospice Specialist, will be here to discuss "How to Prepare for End of Life Decision Making." They will also be discussing how to cope with the loss of a loved one. Two approaches might be useful. One is to put yourself in the place of the person who is dying and try to choose as he or she would. This is called substituted judgment. Some experts believe that decisions should be based on substituted judgment whenever possible. Another approach, known as best interests, is to decide what would be best for the dying person. This is sometimes combined with substituted judgment. Lunch will be chicken salad sandwiches for \$3. **Advance sign up and payment required for lunch. Activity is free of charge.**

TRIAD: PROJECT LIFESAVER

Wednesday, April 25, 2018 @ 11am

Project Lifesaver is a an innovative rapid response program designed specifically for families living with Alzheimer's Disease, Dementia, Down Syndrome, Autism, and related disorders.



By using the most reliable technology available and specially trained personnel, Project Lifesaver teams can quickly locate and return wandering adults and children to their families or care givers. Participants of the Project Lifesaver program wear a personalized one-ounce battery operated wristband that emits a tracking signal every second, 24 hours a day. Each wristband has a unique radio frequency. Lunch will be American Chop Suey and Dessert for \$3. **Advance sign up and payment required for lunch. Activity is free of charge.**

PHONES FOR SENIORS

Wednesday, April 4, 2018 @ 10am

A representative from AT&T will be hosting a question and answer session on cell phone usage. Types of cell phone usage varies from GPS, text messages, photos, memory on the phone, videos, among other types of usage. **Activity is free of charge.**

TECH TIME

Wednesday, April 11, 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.

LET'S LEARN TOGETHER!

Better Memory with BrainHQ!

Wednesday, April 18, 2018 @ 2pm

Studies have shown that with training you can gain up to 10 years of improvement in brain function. BrainHQ is an online service that provides fun and interactive brain training exercises and its FREE with your Seekonk Library card. Train your brain for better performance in Attention, Brain Speed, Memory, People Skills, Intelligence and Navigation.. Librarian Michelle Gario will lead this demo to show you how you can get started. Contact the Senior Center to register.

SOUTHCOAST WELLNESS VAN

Wednesday, April 18, 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



GROCERY SHOPPING ASSISTANCE "BAGS"

(A PROGRAM OFFERED BY HUMAN SERVICES)

BAGS (Bringing Assistance with Groceries to Seniors) provides a personal shopper for frail Seekonk residents, 60 years of age or older, who are unable to shop for themselves. Human Services personnel assess the needs of the elder, review their grocery list, shop at local stores, bring home and unpack the groceries, if necessary. Elders who may be in crisis and in need of food immediately are served by the program on a priority basis. For more information, please call Seekonk Human Services at 508-336-8772.

NEW MEDICARE CARDS COMING SOON



Starting in April 2018, Medicare will begin mailing new cards to everyone who gets Medicare benefits. Why? To help protect your identity, Medicare is removing Social Security numbers from

Medicare cards. Instead, the new cards will have a unique Medicare Number. This will happen automatically. You don't need to do anything or pay anyone to get your new card.

Medicare will mail your card, at no cost, to the address you have on file with the Social Security Administration. If you need to update your official mailing address, visit your [online Social Security account](#) or call 1-800-772-1213. When you get your new card, your Medicare coverage and benefits will stay the same.

If your sister who lives in another state gets her card before you, don't fret. The cards will be mailed in waves, to various parts of the country, from April 2018 until April 2019. So, your card may arrive at a different time than hers. You can check the [rollout schedule](#) to get a better idea when you may be receiving yours.

When you get your new card, be sure to destroy your old card. Don't just toss it in the trash. Shred it. If you have a separate Medicare Advantage card, keep that because you'll still need it for treatment.

As the new Medicare cards start being mailed, be on the lookout for Medicare scams. Here are some tips:

- **Don't pay for your new card.** It's yours for free. If anyone calls and says you need to pay for it, that's a scam.
- **Don't give personal information to get your card.** If someone calls claiming to be from Medicare, asking for your Social Security number or bank information, that's a scam. Hang up. Medicare will never ask you to give personal information to get your new number and card.
- **Guard your card.** When you get your new card, safeguard it like you would any other health insurance or credit card. While removing the Social Security number cuts down on many types of identity theft, you'll still want to protect your new card because identity thieves could use it to get medical services.

For more information about changes to your Medicare card go to go.medicare.gov/newcard. And if you're a victim of a scam, [report it to the FTC](#).

2018 TRIPS

SOLD OUT

Newport Playhouse
Wednesday, April 4, 2018
Depart: 10am Return: 5pm

SOLD OUT

Cost: \$60 per person (driver gratuity included)

Niagara Falls

Sunday, June 3—Wednesday, June 6

Departure: 7am Return: 6pm

Cost: \$555 per double, \$525 per triple, and \$755 per single

Travel to Niagara Falls, NY this summer. No Passports Required! **Day 1:** Today we will begin with a morning departure and arrive in Niagara Falls late afternoon. We will check in our hotel the Doubletree located in Niagara Falls, NY. After checking into the hotel and freshening up you will enjoy dinner at Parkway Prime. **Day 2:** Enjoy breakfast at the hotel. After breakfast, you will have the day on your own to explore all Niagara has to offer. Take advantage of the included Discover Pass. This pass includes admission to Maid of the Mist, Cave of the Winds, Adventure Theatre, Niagara Aquarium, Discovery Center and Trolley Ride. **Day 3:** After breakfast you choose your adventures for the day. Tonight dinner is included Top of the Falls Restaurant. Enjoy panoramic waterfall views as you dine. This will surely be a memorable experience. **Day 4:** Enjoy a full breakfast as we prepare to say goodbye to Niagara Falls. After breakfast we will depart for home. **Meal Choices: Dinner 1: Filet of Sirloin, Boneless Chicken Breast or Faroe Island Salmon. Dinner 2: Haddock or Pork Loin.** *Trip sign up and 50% deposit is due at the time of sign up in person, no phone call sign ups.

Newport Playhouse Lobster Fest

Monday, June 18, 2018

Depart: 10am Return: 5pm

Cost: \$65 per person (driver gratuity included)

Newport Playhouse, "The Lone Star." The owner of a vast fortune and a two hundred thousand acre Texas ranch has died. His will refers to the butler, the maid, his niece and the neighbor, Tammy Jo, as well as a formula and sample of what appears to be a love potion. Can it really work? It has the potential to be worth billions to whoever can obtain it! Before long everyone is testing it with hilarious results. Only in the last 30 seconds of the play is the surprising truth revealed. **Trip sign up and 50% deposit is due at the time of sign up in person, no phone call sign ups. Seekonk residents sign up by April 20th, non-residents begin signing up April 23th.**

Theatre By The Sea

July 2018

Depart: TBD Return: TBD

Cost: TBD

MAMMA MIA! Prepare to have the time of your life at **Mamma Mia!** Sophie, a 20-year-old bride-to-be, is on the search for her father. After reading her mother's diary, she discovers there are three potential suitors. Unbeknownst to her mother, Donna, Sophie invites each of them in hopes of having one of them walk her down the aisle. As the big day draws near, surprises abound with old flames and old friends. **MAMMA MIA!** is packed with 22 ABBA hits, including "Dancing Queen," "Super Trouper," "Take A Chance on Me," and "The Winner Takes It All." This worldwide megahit will have audiences shouting "Gimme! Gimme! Gimme!" more! Lunch will be at Bistro by the Sea. **Trip sign up and 50% deposit is due at the time of sign up in person, no phone call sign ups.**

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*

CIRCUIT BREAKER

What is the Circuit Breaker Tax Credit?

The Circuit Breaker Tax Credit is a state income tax credit for eligible Massachusetts residents age 65 or older who paid rent or real estate taxes during the tax year. The credit is for senior homeowners and renters who meet income limits and other eligibility requirements. Homeowners may claim the credit if they paid more than 10% of their total income for real estate taxes, including water charges. Renter can count 25% of their rent as real estate tax payments. You must file a state income tax return to claim the Circuit Breaker Credit, whether or not you have to file other-wise. If your credit is greater than the amount of income taxes you owe, the state will give you a refund for the different. That maximum credit for tax year 2016 is \$1070.

Am I eligible?

The Circuit Breaker Tax Credit is for low and moderate income seniors whose real estate tax payments are greater than 10% of their income. Homeowners and renters can claim the credit.

Income Guidelines:

- ◆ \$57,000 single
- ◆ \$71,000 head of household
- ◆ \$86,000 married filing jointly

*Total income includes some types of non-taxable income, such as social security, retirement, pensions and annuities, cash public assistance, tax-exempt interest and dividends, and certain other income.

To Qualify:

- ◆ You or your spouse must be 65 or older by the end of the year
- ◆ If married, you must file jointly
- ◆ You must rent/own a home in MA that is your primary residence
- ◆ Your property's assessed value can't exceed \$691,000 by January 1, 2012
- ◆ If you're a renter you can't be getting federal/state rent subsidy and your landlord must pay property taxes



MEN'S BREAKFAST

Thursday, April 12, 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. **Speaker will be Jennifer Miller from the Conservation Department.**

WOMEN'S BRUNCH

Thursday, April 19, 2018 @ 10:00am
Newport Creamery, Fall River Avenue

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.

PERMANENT ABSENTEE BALLOT

A permanent absentee ballot is for people who are a registered voter in the Town of Seekonk, MA and because of medical reasons or other reasons beyond their control are not able to make it to the polls to vote in **ALL** elections during the upcoming year.

The permanent list is **NOT** for people who might be away on the day of the election is happening. That situation would require requesting an absentee ballot for that particular election.

Applications for the permanent absentee ballot are available at Seekonk Human Services and the Town Hall. If you have any questions please contact the Town Clerk's office at 508-336-2920.

The Elections that are scheduled for 2018 to date are: **April 2, 2018 – Annual Town Election**
November 6, 2018 – State Election


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 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.**

SEEKONK COUNCIL ON AGING

April 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Chair Yoga 10am - 10:50am Knitting Club 12:30 - 2:30pm ZUMBA 1pm Needle Point 1pm - 3pm Arts & Crafts 2pm - 4pm Residents \$3 / Non-Residents \$5	3	Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Cheeseburger & Potato Wedges Cards (Hi-Lo Jack) 1pm	4	Chair Yoga 10am - 10:50am Mahjong 1pm - 3pm	5	Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Grilled Chicken BINGO 1pm - 3pm Cribbage 1pm - 3pm	6	Advanced Yoga 9am - 10am Cost \$5 Tai Chi 10:15am - 11:00am
9	Chair Yoga 10am - 10:50am Knitting Club 12:30 - 2:30pm ZUMBA 1pm Needle Point 1pm - 3pm Arts & Crafts 2pm - 4pm Residents \$3 / Non-Residents \$5	10	Silver Sneakers 10am - 10:45am Sign Language 10am - 12pm LUNCH 11:30am \$2 Lasagna Cards (Hi-Lo Jack) 1pm	11	Chair Yoga 10am - 10:50am Ins & Outs of Assisted Living @ 11 Lunch is Free for those attending Activity Podiatry Clinic 1pm - 3pm Mahjong 1pm / Tech Time 2pm	12	Mens Breakfast 9:30am Totis Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Hot Dog & Potato Wedges BINGO 1pm - 3pm Cribbage 1pm - 3pm	13	Advanced Yoga 9am - 10am Cost \$5 Tai Chi 10:15am - 11:00am
16	 Chair Yoga 10am - 10:50am Knitting Club 12:30 - 2:30pm ZUMBA 1pm Needle Point 1pm - 3pm Arts & Crafts 2pm - 4pm Residents \$3 / Non-Residents \$5	17	Silver Sneakers 10am - 10:45am Sign Language 10am - 12pm NO LUNCH Cards (Hi-Lo Jack) 1pm	18	SouthCoast Wellness Van 9-12 Chair Yoga 10am - 10:50am End of Life Decisions @ 11am Lunch: Chicken Salad for \$3 Mahjong 1pm Computer Class 2pm	19	Womens Brunch @ 10am Newport Creamery, Seekonk Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Mushroom Barley Soup BINGO 1pm - 3pm/Cribbage 1pm	20	Advanced Yoga 9am - 10am Cost \$5 Tai Chi 10:15am - 11:00am
23	Chair Yoga 10am - 10:50am Knitting Club 12:30 - 2:30pm ZUMBA 1pm Needle Point 1pm - 3pm Arts & Crafts 2pm - 4pm Residents \$3 / Non-Residents \$5	24	Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Teriyaki Chicken Cards (Hi-Lo Jack) 1pm	25	Chair Yoga 10am - 10:50am Brown Bags: Drop off 9am - 11am Pick up 11am - 12pm TRIAD: Project Lifesaver @ 11am Lunch: American Chop Suey for \$3 Mahjong 1pm	26	Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Roasted Turkey BINGO 1pm - 3pm Cribbage 1pm - 3pm	27	Advanced Yoga 9am - 10am Cost \$5 Tai Chi 10:15am - 11:00am
30	Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm Needle Point 1pm - 3pm Arts & Crafts 2pm - 4pm Residents \$3 / Non-Residents \$5								



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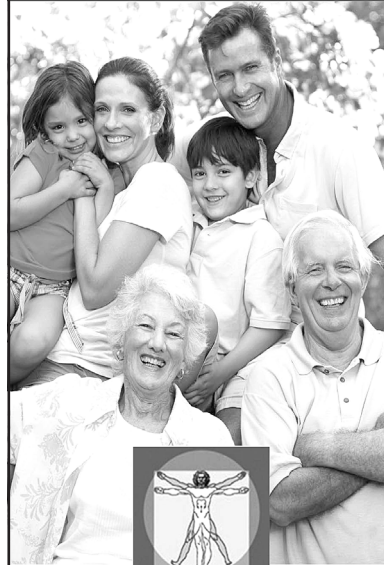


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Fax: (401) 438-0903

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

Classic Green Bean Casserole



INGREDIENTS

- 1 can (10 1/2 oz)
Condensed Cream of Mushroom Soup
- OR**
- Condensed 98% Fat Free Cream of Mushroom Soup
- 1/2 cup milk
- 1 teaspoon soy sauce
- 1 dash black pepper
- 4 cups cooked cut green beans
- 1 1/3 cups French Fried Onions

DIRECTIONS

- Step 1**
Stir the soup, milk, soy sauce, black pepper, beans and 2/3 cup onions in a 1 1/2-quart casserole.
- Step 2**
Bake at 350°F. for 25 minutes or until the bean mixture is hot and bubbling. Stir the bean mixture. Sprinkle with the remaining onions.
- Step 3**
Bake for 5 minutes or until the onions are golden brown.

Law Office of Luke P. Travis
Estate Planning

TEL: (508) 676-3333
FAX: (508) 678-1698
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@ 3:30pm at the
Seekonk Human Services
Conference Room