



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

August/September 2018



Seekonk Human Services
Will be Closed
Monday, September 3, 2018
For the holiday

VACCINES BY STOP & SHOP Wednesday, August 8, 2018 @ 11am



Joanne from Stop & Shop will be going over the importance of vaccines and the types of vaccines you can get in the store as you shop! The most common ones

are the Flu, Pneumonia, Whooping Cough and Shingles vaccines. The flu shot is a yearly vaccine, pneumonia consists of 2 vaccines, whooping cough is good for 10 years unless pregnant, and the shingles vaccine is good for about 5 years. This presentation will help you better understand the importance of the type of vaccines listed. Lunch will be chicken alfredo for \$3. **Advance sign up is required for lunch and payment, activity is free of charge.**

POWER OF PROTEIN Tuesday, August 21, 2018 @ 11am



Join us on to welcome Sarah Sheppard, Nutritionist from Bristol Elder Services. Sarah will be discussing "The Power of Protein", and the importance of getting enough protein in our diets

and the different roles it can play in the human body. Call the center at 508-336-8772 to find out the lunch menu. **Advance sign up and payment is required for luncheon in person. Activity is free of charge.**

TRIAD: IDENTITY THEFT

Wednesday, August 22, 2018 @ 11am

Elders today are at risk for many forms of financial abuse. One in particular is identity theft. When criminals gain access to your personal information they can use both immediate and long-term harm. For example, they may run up bills in your name. They may unlawfully use your social security or Medicare number, your credit cards or your medical insurance. You may receive bills from items you didn't buy, or your bank account may show withdrawals that you did not make. Fortunately, there are ways you can prevent this from happening to you by protecting your personal information, be cautious online and be vigilant. Detective Keith Perry will be helping you prevent identity theft. Lunch will be pasta and meatballs for \$3. **Advance sign up and payment is required for luncheon in person. Activity is free of charge.**



LABOR DAY CELEBRATION Wednesday, August 29, 2018 @ 11am

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

Lunch will be roasted chicken, potatoes, and veggies for \$3.

Advance sign up and payment is required before attending this activity/luncheon in person.

Entertainment by Barney Mallon

COOKING WITH ESSENTIAL OILS
Wednesday, September 12, 2018 @ 11am



Come learn how you can use essential oils to flavor your favorite recipes! More in-depth: Essential oils are already a normal Part of your diet and the human body is well equipped to safely metabolize them. So why not flavor your dishes while providing healthy benefits to your body? It's a win win! About Amanda: "I'm a mom of two beautiful children and a wife to an amazingly supportive husband. I wanted to create a better life for them filled with less toxic load! I began to share my passion for holistic health and wellness with others. I started teaching friends, family, and strangers how to incorporate essential oils into a daily wellness routine!" Lunch will be Pizza & Salad for \$3. **Advance sign up and payment is required for luncheon in person. Activity is free of charge.**

YOUR LIFE

YOUR HEALTH CARE WISHES

Wednesday, September 19, 2018 @ 11am

John Roger's is a Licensed Social Worker, Assistant Administrator, and the Alzheimer's Programming Director for Catholic Memorial Home in Fall River, Ma, he has over 25 years of experience caring for individuals with Alzheimer's or related Dementia, he has also been a Dementia caregiver support group leader for close to 20 years. Medical science can keep us living for many years, but what quality of life will we have? The importance putting your wishes in writing or verbally telling someone what you want for yourself is critical when planning for your future. We will review documents such as MOLST and the 5 wishes. We will also discuss three actual cases which reinforces the importance of putting your wishes in writing. Lunch will be American Chop Suey for \$3. **Advance sign up and payment is required for luncheon in person. Activity is free of charge.**

TRIAD: DISPOSAL OF MEDICATION
Wednesday, September 26, 2018 @ 11am

Medication Disposal



Do you know how to safely dispose of medication? Did you know that your not suppose to flush it in the toilet or down the sink? Proper disposal of medication is very important. Many pharmacies and/or Police and Fire Departments have a drop off location to safely dispose of your medications. Lunch will be Meatball Subs for \$3. **Advance sign up and payment is required for luncheon in person. Activity is free of charge.**

PODIATRY CLINIC

Dr. Alan Lechan

Wednesday, August 15, 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.

Let's Learn Together!

Map Directions From Your Phone

Wednesday, August 29, 2018 @ 2pm



GPS & mapping on the smartphone is like having a paper map and a co-pilot all in one! In this session we will explore the features of Google Maps and Apple Maps on Android and Apple phones and tablets. Librarian Michelle Gario will lead this 90 minute class. Bring your own phone or tablet; Please make sure your device is fully charged or bring your cable and charger. Contact the Senior Center to register

Let's Learn Together!

Photo Fixes

Wednesday, September 26, 2018 @ 2pm



Don't like that camera shot? Let's see what options there are to make it better. Come to this session to explore the capabilities of editing photos on your Android or Apple phone or tablet. Librarian Michelle Gario will lead this 90 minute class. Bring your own phone or tablet; Please make sure your device is fully charged or bring your cable and charger. Contact the Senior Center to register.

SOUTHCOAST WELLNESS VAN

Wednesday, September 12

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



NATIONAL EMERGENCY PREPAREDNESS MONTH "ARE YOU READY?" HELPS YOU BE PREPARED



Annually, the month of September is designed as "National Emergency Preparedness Month" and is set aside to raise awareness of the importance of emergency preparedness planning. According to the American Red Cross, the better people prepare for a disaster, the better they are

able to survive it. To assist community elders to prepare not only for a major natural disaster such as a hurricane, but also for less dramatic incidents like a house fire or a prolonged power outage.

A DISASTER SUPPLY KIT SHOULD CONTAIN:

- ⇒ A three-day supply of water (one gallon per person per day)
- ⇒ Non-perishable food such as peanut butter, tuna fish, bread, remember a manual can opener
- ⇒ One change of clothes and footwear per person and one blanket or sleeping bag per person (store them in an easy-to-carry container). Be sure your bags have ID Tags and any other equipment such as wheelchairs, canes or walkers are labeled as well
- ⇒ Prescription medications and special items for the elderly or disabled family members
- ⇒ A battery-powered radio and flashlight with extra batteries (candles are not recommended)
- ⇒ An extra set of car keys
- ⇒ A credit card and/or cash

**BROWN BAGS
Wednesday, August 22 &
Wednesday, September 26**

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.**

**MEN'S BREAKFAST
Thursday, August 9, 2018 @ 9:30am
Thursday, September 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
Thursday, August 16, 2018 @ 10:00am
Micheletti's Restaurant, Rt. 152, Seekonk
Thursday, September 20, 2018 @ 10:00am
Persy's Place, Newport Ave, East Providence**

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.



Farmer's Market
Farmer's Market Coupons will be available beginning **August 1st**. **NOTE:** If you're a Brown Bag participant fresh produce will be in your bag each month. You will **NOT** be eligible to receive farmers' market coupons. **Please call 508-336-8772 to confirm coupons are available.**

**NUTRITIONAL MEALS
Tuesdays & Thursdays at 11:30am**

Seekonk Human Services will be offering nutritional meals on Tuesdays and Thursdays at 11:30am for \$2 each. The menu will be available at Seekonk Human Services. Sign up is required for this as the meals are brought in from an outside agency.

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

SEEKONK COUNCIL ON AGING

AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Arts & Crafts Residents \$3 / Non-Residents \$5</p> <p>**Lunch Menu Available at Human Services</p>	<p>***No Meditation in August</p>	<p>Chair Yoga 10am - 10:50am</p> <p>Mahjong 1pm - 3pm</p>	<p>Silver Sneakers 10am - 10:45am</p> <p>LUNCH 11:30am \$2**</p> <p>BINGO 1pm - 3pm</p> <p>Cribbage 1pm - 3pm</p>	<p>Advanced Yoga 9am - 10am Cost \$5</p> <p>Tai Chi 10:15am - 11:00am</p>
<p>Chair Yoga 10am - 10:50am</p> <p>Beginners Sign Language 10am</p> <p>Knitting Club 12:30pm - 2:30pm</p> <p>ZUMBA 1pm</p>	<p>Silver Sneakers 10am - 10:45am</p> <p>LUNCH 11:30am \$2**</p> <p>Cards (Hi-Lo Jack) 1pm</p>	<p>Chair Yoga 10am - 10:50am</p> <p>Vaccine Health @ 11am</p> <p>Lunch: Chicken Alfredo for \$3</p> <p>Mahjong 1pm - 3pm</p> <p>Tech Time 2pm - 4pm</p>	<p>Mens Breakfast 9:30am Totis</p> <p>Silver Sneakers 10am - 10:45am</p> <p>LUNCH 11:30am \$2**</p> <p>BINGO 1pm - 3pm</p> <p>Cribbage 1pm - 3pm</p>	<p>Advanced Yoga 9am - 10am Cost \$5</p> <p>Tai Chi 10:15am - 11:00am</p>
<p>*Arts & Crafts 2pm - 4pm</p>	<p>Cards (Hi-Lo Jack) 1pm</p>	<p>Chair Yoga 10am - 10:50am</p> <p>Podiatry Clinic 1pm - 3pm</p> <p>Mahjong 1pm</p>	<p>Silver Sneakers 10am - 10:45am</p> <p>Womens Brunch 10am</p> <p>LUNCH 11:30am \$2**</p> <p>BINGO 1pm</p> <p>Cribbage 1pm - 3pm</p>	<p>Advanced Yoga 9am - 10am Cost \$5</p> <p>Tai Chi 10:15am - 11:00am</p>
<p>Chair Yoga 10am - 10:50am</p> <p>Beginners Sign Language 10am</p> <p>Knitting Club 12:30pm - 2:30pm</p> <p>ZUMBA 1pm</p> <p>*Arts & Crafts 2pm - 4pm</p>	<p>Silver Sneakers 10am - 10:45am</p> <p>LUNCH 11:30am \$2**</p> <p>Cards (Hi-Lo Jack) 1pm</p>	<p>Chair Yoga 10am - 10:50am</p> <p>Podiatry Clinic 1pm - 3pm</p> <p>Mahjong 1pm</p>	<p>Silver Sneakers 10am - 10:45am</p> <p>Womens Brunch 10am</p> <p>LUNCH 11:30am \$2**</p> <p>BINGO 1pm</p> <p>Cribbage 1pm - 3pm</p>	<p>Advanced Yoga 9am - 10am Cost \$5</p> <p>Tai Chi 10:15am - 11:00am</p>
<p>Chair Yoga 10am - 10:50am</p> <p>Beginners Sign Language 10am</p> <p>Knitting Club 12:30pm - 2:30pm</p> <p>ZUMBA 1pm</p> <p>*Arts & Crafts 2pm - 4pm</p>	<p>Silver Sneakers 10am - 10:45am</p> <p>The Power of Protein @ 11am</p> <p>LUNCH 11:30am \$2**</p> <p>Cards (Hi-Lo Jack) 1pm</p>	<p>Brown Bags</p> <p>Chair Yoga 10am - 10:50am</p> <p>TRIAD: Identity Theft @ 11am</p> <p>Lunch: Pasta & Meatballs for \$3</p> <p>Mahjong 1pm</p>	<p>Silver Sneakers 10am - 10:45am</p> <p>LUNCH 11:30am \$2**</p> <p>BINGO 1pm - 3pm</p> <p>Cribbage 1pm - 3pm</p>	<p>Advanced Yoga 9am - 10am Cost \$5</p> <p>Tai Chi 10:15am - 11:00am</p>
<p>Chair Yoga 10am - 10:50am</p> <p>Beginners Sign Language 10am</p> <p>Knitting Club 12:30pm - 2:30pm</p> <p>ZUMBA 1pm</p> <p>*Arts & Crafts 2pm - 4pm</p>	<p>Silver Sneakers 10am - 10:45am</p> <p>LUNCH 11:30am \$2**</p> <p>Cards (Hi-Lo Jack) 1pm</p>	<p>NO CHAIR YOGA</p> <p>Labor Day Celebration @ 11am</p> <p>Lunch: Roasted Chicken, Veggies, and Potatoes for \$3</p> <p>Mahjong 1pm</p> <p>Lets Learn Together! @ 2pm</p>	<p>Silver Sneakers 10am - 10:45am</p> <p>LUNCH 11:30am \$2**</p> <p>BINGO 1pm - 3pm</p> <p>Cribbage 1pm - 3pm</p>	<p>Advanced Yoga 9am - 10am Cost \$5</p> <p>Tai Chi 10:15am - 11:00am</p>

SEEKONK COUNCIL ON AGING

SEPTEMBER 2018


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>*Arts & Crafts Residents \$3/Non-Residents \$5</p> <p>**Lunch Menu Available at Seekonk Human Services</p>	<p>***No Meditation in September</p>			
<p></p> <p>Chair Yoga 10am - 10:50am Beginners Sign Language 10am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm</p>	<p>3 Silver Sneakers 10am - 10:45am NO LUNCH Cards (Hi-Lo Jack) 1pm</p>	<p>4 Phones for Seniors @ 10am Chair Yoga 10am - 10:50am Mahjong 1pm - 3pm</p>	<p>5 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** BINGO 1pm - 3pm Cribbage 1pm - 3pm</p>	<p>6 Advanced Yoga 9am - 10am Cost \$5 Tai Chi 10:15am - 11:00am</p>
<p>10 Chair Yoga 10am - 10:50am Beginners Sign Language 10am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm</p>	<p>11 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** Cards (Hi-Lo Jack) 1pm</p>	<p>12 Southcoast Wellness Van @ 9am Chair Yoga 10am - 10:50am Cooking with Essential Oils @ 11am Lunch: Pizza & Salad for \$3 Mahjong 1pm - 3pm Tech Time 2pm - 4pm</p>	<p>13 Mens Breakfast @ 9:30am, Totis Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** BINGO 1pm - 3pm Cribbage 1pm - 3pm</p>	<p>14 Advanced Yoga 9am - 10am Cost \$5 Tai Chi 10:15am - 11:00am</p>
<p>17 Chair Yoga 10am - 10:50am Beginners Sign Language 10am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm</p>	<p>18 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** Cards (Hi-Lo Jack) 1pm</p>	<p>19 Chair Yoga 10am - 10:50am Your Life, Your Health @ 11am Lunch: American Chop Suey for \$3 Mahjong 1pm - 3pm</p>	<p>20 Women's Brunch @ 10am Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** BINGO 1pm - 3pm Cribbage 1pm - 3pm</p>	<p>21 Advanced Yoga 9am - 10am Cost \$5 Tai Chi 10:15am - 11:00am</p>
<p>24 Chair Yoga 10am - 10:50am Beginners Sign Language 10am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm</p>	<p>25 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** Cards (Hi-Lo Jack) 1pm</p>	<p>26 Brown Bags Chair Yoga 10am - 10:50am TRIAD: Disposal of Meds @ 11am Lunch: Meatball Subs for \$3 Mahjong 1pm - 3pm Let's Learn Together @ 2pm</p>	<p>27 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** BINGO 1pm - 3pm Cribbage 1pm - 3pm</p>	<p>28 Advanced Yoga 9am - 10am Cost \$5 Tai Chi 10:15am - 11:00am</p>



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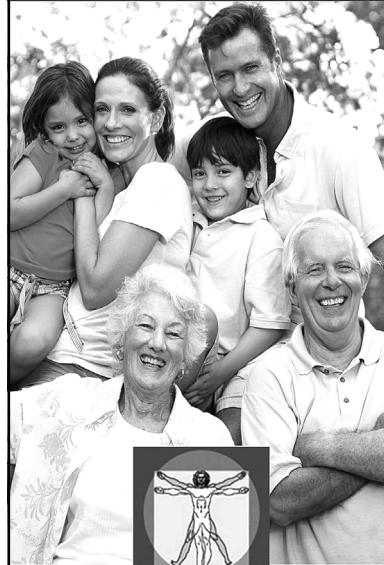
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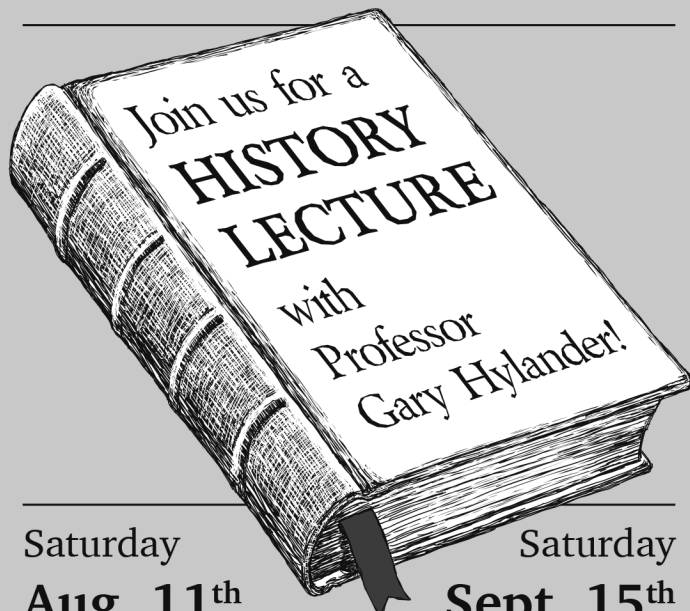
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Thank you and have a great summer!

On behalf of the

Seekonk Town Crier

for your support of our newsletter



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Estate Planning

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

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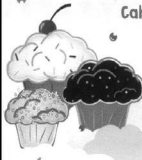
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@ 3:30pm at the
Seekonk Human Services
Conference Room, 109