



# 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

### November 2019 & December 2019



**Seekonk Human Services will be Closing on**  
**Nov. 11– Veterans' Day**  
**Nov. 27 at 12:30pm, Nov. 28 & Nov. 29, 2019**  
**all day for the Thanksgiving Holiday,**  
**Dec. 24 at 12:30pm, Dec. 25, 2019 all day for Christmas**  
**Dec. 31 at 12:30pm & Jan. 1 2020 all day New Year**



#### FOOD FOR FUEL - THANK YOU!

Seekonk Human Services partnering with Seekonk Non-Profit Coalition would like to take this opportunity to thank all those who helped with the 12th Annual Food for Fuel Pasta Event. A special thanks to Country Kitchen, Mt. Carmel St. Vincent de Paul, Our Lady Queen of Martyrs St. Vincent de Paul, Grace Community Chapel, 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!

#### BLOOD PRESSURE & GLUCOSE CLINIC

**Wednesday, November 20, 2019**  
**Wednesday, December 18, 2019**



Seekonk Human Services has partnered with the **Seekonk Fire Department** to provide blood pressure & glucose screening on the 3rd Wednesday of the month from 9:00am to 10:30am. This is a perfect opportunity to get your blood pressure & glucose tested.

#### ANTIQUe APPRAISALS by AMANDA LYNN

**Wednesday, November 13, 2019 @ 11:30am**

Amanda Lynn will be here to appraise any item you would like to know the value of, for a charge of \$2 for each piece. Lunch will be available for \$2.25. **Lunch must be paid for in advance.**

#### PHARMACY OUTREACH PROGRAM

**Tuesday, November 5, 2019 @ 11:00am**

There will be someone here from Rep. Steve Howitt's office to speak on Pharmacy Outreach. The MCPHS University Pharmacy Outreach Program is a community service program offered by the University. Staffed by case managers, licensed pharmacists and students, our goal is to help you adhere to your medication regimens. the Pharmacy Outreach Program, is a free program to assist Massachusetts residents in obtaining affordable prescription drugs and information about their medications. The program is funded by the state and administered through the Executive Office of Elder Affairs.

#### PREVENTING ELDER SCAMS & FRAUD

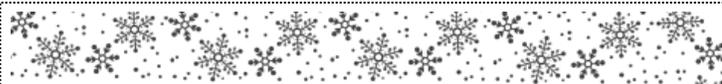
**Tuesday, November 19, 2019 at 11:15am**

The class of 2021 students from the Legal Protective Services career program at Tri-County Regional Vocational Technical High School are bringing an important public safety presentation about how to prevent scams and fraudulent practices that target the elderly to several area senior citizen centers. These presentations will help seniors learn how to identify and respond to scammers. The students' aim is to prevent elderly community members from falling victim to illegal practices that could drain their savings, endanger, or frighten them.

**TRIAD:  
"SOCIAL ISSUES FACING ELDERS"**

**John Rogers  
Wednesday, November 20, 2019 @ 11:30am**

John's presentation will address "Social Issues Facing Elders" as our population continues to grow we are entering uncharted waters in this country. American Society has never had to deal with the issue of vastly increasing elderly people and it is creating problems in this country. Problems which many elders can relate to. **Activity is free of charge. Lunch must be paid for in advance cost is \$2.25.**



**Winter Celebration  
Wednesday, December 11, 2019  
Entertainment—11:30am - 12:30pm  
Lunch—12:30pm**

Gary Leaves vocalist, keyboard & guitarist will be performing at our Annual Winter Celebration

Lunch will be catered by Young's Catering including a delicious meal of Cranberry Glazed Chicken, Squash and Mashed Potatoes with salad, dinner rolls and dessert

**Lunch must be paid for in advance cost is \$10 for residents and \$12 for non-residents**



**MEDIUM - LYNN KENT  
Wednesday, December 18, 2019 @ 11:30am**

Lynn will be here doing a short talk on how to recognize your loved one is around you. We will be doing a short two minute quiet time. You will be asked to close your eyes so you can meditate to be aware of your surrounding. Lynn will be gathering your feelings from each person to help you recognize some of what has been received from spirit, which may have been trying to connect with you. She will have discussion, some interpretation of those signs you received while you were meditating. There may be a few readings done at the end of the presentation if the spirits wish. **Activity is free of charge. Lunch must be paid for in advance cost is \$2.25.**

**MEDICARE OPEN ENROLLMENT**

**Medicare  
2019 OPEN  
ENROLLMENT**



**Oct. 15th – Dec. 7th**

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 2020. 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 7!**

**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 application. \*The program is

intended for children age 0-13 years old. Application deadline is **Monday, December 9th**. 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 in-take form. Please call 508-336-8772 by **Monday, December 9th** 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 **Monday, December 9th**.



## FUEL ASSISTANCE

If you had fuel assistance last year, be on the lookout for your application. 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 opens November 1 and runs through April 30.**

## SENIOR ARTS & CRAFTS PROJECTS

**Residents Fee \$3.00 Non-Residents \$5.00**  
**Mondays 2:00pm - 4:00pm**

This is a low key and fun art class. The art projects that will be done here are listed below. Sign up and payment is due the Wednesday before.

- November 4 - Turkey Wine Bottle
- November 18 - Give Thanks Hat
- November 25 - Scarecrow Wine Bottle
- December 2 - Merry Christmas Clothes Pin Wreath
- December 9 - Continuation from Dec. 2nd
- December 16 - Candy Cane Hanger
- December 23 - Clay Pot Hanging Snowman
- December 30 - Light Up Snowman

\*Crafts subject to change.

## TECH TIME

**Wednesday, November 13, 2019 @ 2pm - 4pm**  
**Wednesday, December 11, 2019 @ 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.

## MEN'S BREAKFAST

**Thursday, November 14 2019 @ 9:30am**  
**Thursday, December 12, 2019 @ 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

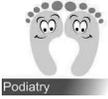
**Thursday, November 21, 2019 @ 10am**  
**Micheletti at 1053 Newman Avenue, Seekonk**  
**Thursday, December 19, 2019 @ 10am**

**East Side Diner at 615 Waterman Avenue, E.P., 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.

## PODIATRY CLINIC

**Dr. Alan Lechan**

**Wednesday, November 13 2019 at 1pm - 3pm**  
**Wednesday, December 11, 2019 at 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.

## Let's Learn Together!

### Introduction to Facebook

**Tuesday, November 26 , 2019 @ 2:00 pm**

  
Though started as a simple website for college students, Facebook has become the leading social media service. Come to this session for an overview of Facebook and the basics of getting started. Librarian Michelle Gario will lead this 90 minute class. Bring your own phone, tablet, or laptop; Please make sure your device is fully charged or bring your cable and charger. Contact the Senior Center to register. 508-336-8772

## Let's Learn Together!

### Photo Sharing with Pinterest, Snapchat & Instagram

**Tuesday, December 17, 2019 @ 2:00 pm**

  
If your favorite thing about using a computer is sharing pictures, Pinterest, Snapchat & Instagram may just be the apps for you. Come to this session for an introduction to these online services. Librarian Michelle Gario will lead this 90 minute class. Bring your own phone, tablet, or laptop; Please make sure your device is fully charged or bring your cable and charger. Contact the Senior Center to register. 508-336-8772

**\* 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.**

# November 2019 Calendar

**MONDAY**

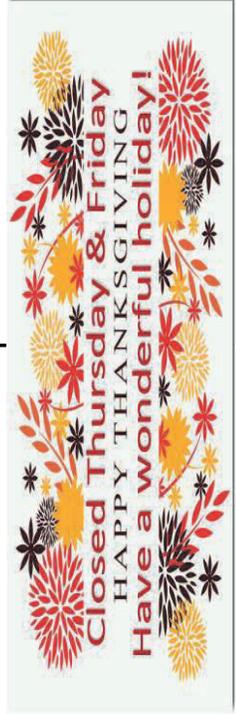
**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p>*Arts &amp; Crafts Residents \$3/Non-Residents \$5</p> <p>**Lunch Menu Available at Seekonk Human Services</p> <p>Activities subject to change without notice</p>	<p>4</p> <p>9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:00am - Guided Meditation 11:00am - Beginner Line Dancing 12:30pm - Knitting Club 1:00pm - Zumba! 2:00pm - Arts &amp; Crafts*</p>	<p>5</p> <p>10:00am - Silver Sneakers 11:00am - Pharmacy Outreach 1:00pm - Cards (Hi-Lo Jack)</p>	<p>6</p> <p>*No Indoor Walking Club* *No Chair Yoga* 11:30am - Veterans' Celebration 1:00pm - Mahjong</p>	<p>7</p> <p>10:00am - Silver Sneakers 10:00am - Art Therapy 11:30am - Lunch** 1:00pm - BINGO 1:00pm - Cribbage</p>	<p>11</p>  <p>18</p> <p>9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:00am - Guided Meditation 11:00am - Beginner Line Dancing 12:30pm - Knitting Club 1:00pm - Zumba! 2:00pm - Arts &amp; Crafts*</p>	<p>12</p> <p>10:00am - Silver Sneakers 1:00pm - Cards (Hi-Lo Jack)</p>	<p>13</p> <p>9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:30am Amanda Lynn Appraisals 1:00pm - Mahjong 1:00pm - 3:00pm - Podiatry Clinic 2:00pm - Tech Time</p>	<p>14</p> <p>9:30am - Mens Breakfast - offsite 10:00am - Silver Sneakers 10:00am - Art Therapy 11:30am - Lunch** 1:00pm - BINGO 1:00pm - Cribbage</p>	<p>15</p> <p>9:00am - Advanced Yoga, \$2 10:15am - Tai Chi 11:15am - Indoor Walking Club</p>
<p>25</p> <p>9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:00am - Beginner Line Dancing 12:30pm - Knitting Club 1:00pm - Zumba! 2:00pm - Arts &amp; Crafts*</p>	<p>19</p> <p>10:00am - Silver Sneakers 11:15am - Elder Scams &amp; Fraud 1:00pm - Cards (Hi-Lo Jack) 2:00pm - Let's Learn Together!</p>	<p>20</p> <p>9:00am - Indoor Walking Club 9:00am - 10:30am - Blood Pressure Clinic 10:00am - Chair Yoga 11:30am - TRIAD Social Issues Facing Today's Elders 1:00pm Mahjong</p>	<p>21</p> <p>10:00am - Silver Sneakers 10:00am - Art Therapy 10:30am - Womens Brunch Offsite 11:30am - Lunch** 1:00pm - BINGO 1:00pm - Cribbage</p>	<p>22</p> <p>9:00am - Advanced Yoga, \$2 10:15am - Tai Chi 11:15am - Indoor Walking Club</p>					
<p>29</p> <p>9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:00am - Beginner Line Dancing 12:30pm - Knitting Club 1:00pm - Zumba! 2:00pm - Arts &amp; Crafts*</p>	<p>26</p> <p>10:00am - Silver Sneakers 1:00pm - Cards (Hi-Lo Jack)</p>	<p>27</p> <p>9:00am - Indoor Walking Club 10:00am - Chair Yoga CLOSING AT 12:30PM</p>	<p>28</p>	<p>29</p>					



# December 2019 Calendar

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

2  
9:00am - Indoor Walking Club  
10:00am - Chair Yoga  
11:00am - Guided Meditation  
11:00am - Beginner Line Dancing  
12:30pm - Knitting Club  
1:00pm - Zumba!  
2:00pm - Arts & Crafts\*

3  
10:00 am - Silver Sneakers  
1:00pm - Cards (Hi-Lo Jack)

4  
\*No Indoor Walking Club\*  
\*No Chair Yoga\*  
1:00pm - Mahjong

5  
10:00am - Silver Sneakers  
10:00am - Art Therapy  
11:30am - Lunch\*\*  
1:00pm - BINGO  
1:00pm - Cribbage

6  
9:00am - Advanced Yoga, \$2  
10:15am - Tai Chi  
11:15am - Indoor Walking Club

9  
9:00am - Indoor Walking Club  
10:00am - Chair Yoga  
11:00am - Beginner Line Dancing  
12:30pm - Knitting Club  
1:00pm - Zumba!  
2:00pm - Arts & Crafts\*

10  
10:00 am - Silver Sneakers  
1:00pm - Cards (Hi-Lo Jack)

11  
9:00am - Indoor Walking Club  
10:00am - Chair Yoga  
11:30am - Winter Celebration  
1:00pm - Mahjong  
1:30pm - 3:00pm - Podiatry Clinic  
2:00pm - Tech Time

12  
9:30am - Mens Breakfast - offsite  
10:00am - Silver Sneakers  
10:00am - Art Therapy  
11:30am - Lunch\*\*  
1:00pm - BINGO  
1:00pm Cribbage

13  
9:00am - Advanced Yoga, \$2  
10:15am - Tai Chi  
11:15am - Indoor Walking Club

16  
9:00am - Indoor Walking Club  
10:00am - Chair Yoga  
11:00am - Guided Meditation  
11:00am - Beginner Line Dancing  
12:30pm - Knitting Club  
1:00pm - Zumba!  
2:00pm - Arts & Crafts\*

17  
10:00 am - Silver Sneakers  
1:00pm - Cards (Hi-Lo Jack)  
2:00pm - Let's Learn Together!

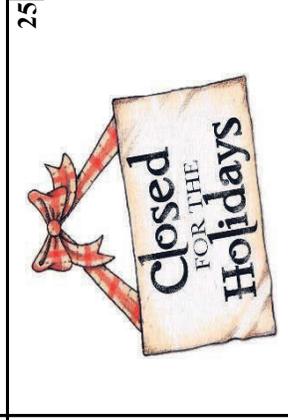
18  
9:00am - Indoor Walking Club  
9:00am - Blood Pressure Clinic  
10:00am - Chair Yoga  
11:30am - Medium Lynn Kent  
1:00pm - Mahjong

19  
10:00am - Silver Sneakers  
10:00am - Women's Brunch  
Offsite  
11:30am - Lunch\*\*  
1:00pm - BINGO  
1:00pm - Cribbage

20  
9:00am - Advanced Yoga, \$2  
10:15am - Tai Chi  
11:15am - Indoor Walking Club

23  
9:00am - Indoor Walking Club  
10:00am - Chair Yoga  
11:00am - Beginner Line Dancing  
12:30pm - Knitting Club  
1:00pm - Zumba!  
2:00pm - Arts & Crafts\*

24  
10:00 am - Silver Sneakers  
CLOSING AT 12:30PM



26  
10:00am - Silver Sneakers  
11:30am - Lunch\*\*  
1:00pm - BINGO  
1:00pm - Cribbage

27  
9:00am - Advanced Yoga, \$2  
10:15am - Tai Chi  
11:15am - Indoor Walking Club

30  
9:00am - Indoor Walking Club  
10:00am - Chair Yoga  
11:00am - Beginner Line Dancing  
12:30pm - Knitting Club  
1:00pm - Zumba!  
2:00pm - Arts & Crafts\*

31  
10:00 am - Silver Sneakers  
We will be closing at 12:30pm for New Year's Eve

\*Arts & Crafts  
Residents \$3/Non-Residents \$5  
\*\*Lunch Menu Available at Seekonk Human Services  
Activities subject to change without notice



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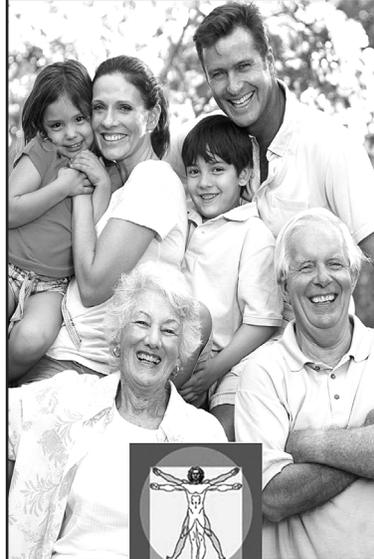
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Fax: (401) 438-0903  
Monday – Thursday: 7:00 am – 7:00 pm  
Friday: 7:00 am – 5:00 pm  
Saturday: 7:00 am – 12:00 pm

**CUMBERLAND**

2295 Diamond Hill Road  
Cumberland, Rhode Island 02864  
Telephone: (401) 305-3858  
Fax: (401) 305-3859  
Monday – Thursday: 7:00 am – 7:00 pm  
Friday: 7:00 am – 5:00 pm

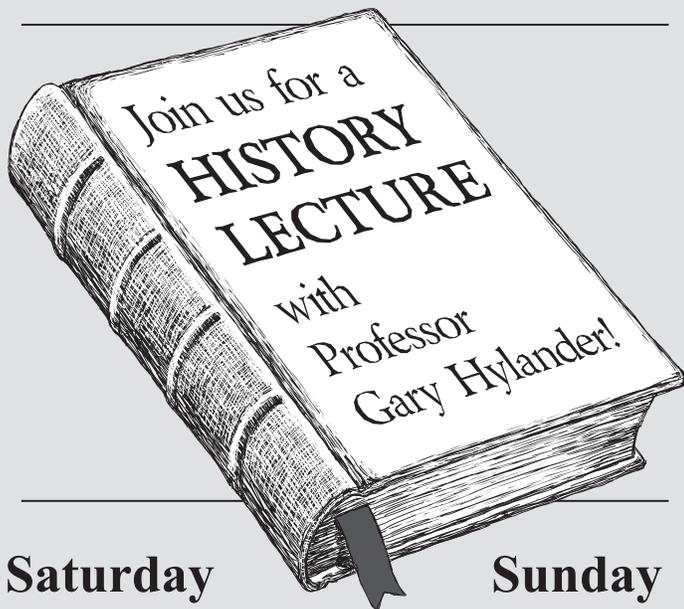
**WARWICK**

2080 Warwick Avenue  
Warwick, Rhode Island 02889  
Telephone: (401) 921-0160  
Fax: (401) 921-0139  
Monday – Thursday: 7:00 am – 7:00 pm  
Friday: 7:00 am – 5:00 pm

**WINGATE RESIDENCES**

ON THE EAST SIDE

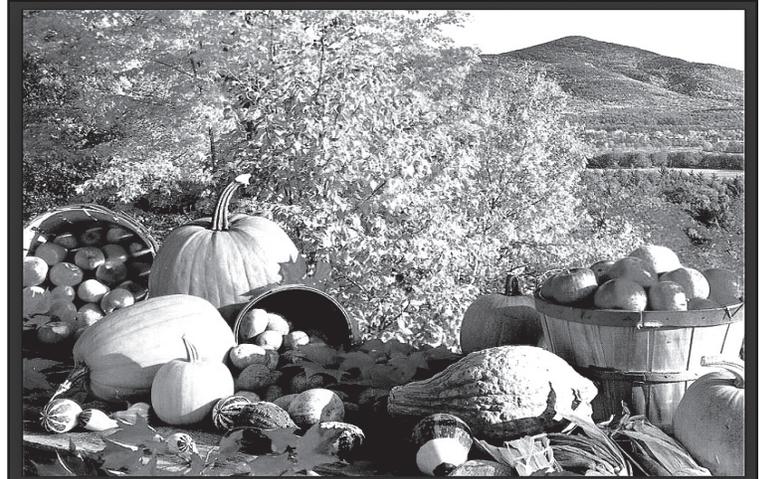
MEMORY CARE ASSISTED LIVING RESPITE CARE



**Saturday  
Sept. 28th  
3:30 p.m.**

**Sunday  
Oct. 20th  
2:00 p.m.**

One Butler Avenue | Providence, RI 02906  
401-275-0682 | [wingatehealthcare.com](http://wingatehealthcare.com)



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

**Please contact Tom Reily**

**508-336-6633 x 337**

Law Office of Luke P. Travis  
Estate Planning

TEL: (508) 676-3333  
FAX: (508) 678-1698  
luke@bristollegal.com

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www.countrygardens-health.com

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Seekonk Town Crier Newsletter!

Please contact Tom Reily

508-336-6633 x 337

Seekonk Human Services  
540 Arcade Avenue  
Seekonk, MA 02771

PRSR STANDARD  
US POSTAGE PAID  
PROVIDENCE, RI  
PERMIT NO: 1159

**SEEKONK HUMAN SERVICES STAFF**  
508-336-8772  
**DIRECTOR**  
Brittney Faria, LSWA  
**ASSISTANT DIRECTOR**  
Ashley Cartwright, MBA  
**CLERICAL ASSISTANT**  
Kimberly Mallon  
**COMMUNITY LIAISON**  
Carol Poncin  
**OUTREACH WORKER**  
Veronica Brickley, LPN LSWA  
**OFFICE CLERK**  
Sharon Bettencourt  
Maggie Perkins

**SEEKONK HUMAN SERVICES**  
**HUMAN SERVICES COUNCIL**  
**CHAIRPERSON**  
Michelle Hines  
**VICE CHAIRPERSON**  
Josephine Veader  
**MEMBERS**  
Irene Andrews  
Guy Boulay  
Beverly Della Grotta  
Anne Libby  
Theresa McGregor  
**Council Meets fourth Monday of the month**  
**@ 3:15pm at**  
**Seekonk Human Services**