



# SEEKONK HUMAN SERVICES

## Open Office



**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

### October/November 2018

#### ESSENTIAL OILS

**Wednesday, October 10, 2018 @ 11am**



Join Amanda for this presentation to Better Health Naturally. Learn which essential oils boost your immune system. Learn how to make your own vapor rub. Learn how using aroma therapy to help alleviate chest congestion and how to end a stuffy nose in 30 seconds. Lunch will be American chop suey for \$3. **Advance sign up and payment required for lunch. Activity is free of charge.**

#### UTI HEALTH

**Tuesday, October 16, 2018 @ 11am**

Urinary Tract Infections (UTIs) are a common reason for healthcare visits. In the United States, UTIs result in an estimated 7 million office visits, 1 million emergency department visits and over 100,000 hospitalizations annually. During this presentation we will explore the anatomy of the urinary system, the causes and symptoms of UTIs, and what can be done to both prevent and treat this condition. There will be open discussion and questions are encouraged. This is a condition that affects both men and women. Light refreshments will be served. **Activity is free of charge. Advanced sign up is encouraged.**

#### BENEFITS OF LAUGHTER

**Wednesday, October 17, 2018 @ 11am**

Human beings can be the funniest creatures on earth. Learn the health benefits of laughter and how to find humor in stressful situations. Presented by John Rogers from Catholic Memorial Home. Lunch will be chicken pot pie with veggies and potatoes for \$3. **Advance sign up and payment required for lunch. Activity is free of charge.**

#### MEDICARE ENROLLMENT PRESENTATION

**Tuesday, October 23, 2018 @ 11am**

**OPEN 2018  
ENROLLMENT**

Join Lisa Sarkis, SHINE Regional Director, for this informative presentation on a seniors guide to open enrollment. Open enrollment is from October 15—December 7 and the perfect time to look at your health care options for the following year. Learn why it is important to look at your health care options. Light refreshments will be available. **Presentation is free of charge.**

#### READY FOR THE HOLIDAYS!

**Wednesday, October 24, 2018 @ 11am**

American Credit Counseling Service, Inc. continues its series of free financial education workshop. Topics of discussion will include how to develop and stay within a budget, tips for reducing expenses, as well as how to prepare for the impact of higher fuel cost this winter. Lunch will be chicken salad sandwiches for \$3. **Advance sign up and payment required for lunch. Activity is free of charge.**



#### HALLOWEEN PARTY

**Wednesday, October 31, 2018 @ 11am**

Come one, come all!  
 Come join the Halloween Party!  
 Wear your most creative costume,  
 Prizes will be awarded for the best costumes!

Entertainment by our very own,  
 Barney Mallon Karaoke King

A delicious luncheon of Halloween Casserole (Shepherd's Pie) and salad with dessert for \$3 will be served. **Advance sign up & pre-payment is required for lunch**





## VETERANS CELEBRATION Wednesday, November 7, 2018 @ 11am

What is Veterans Day? A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. Let us always be thankful for those who served.

**Veterans Agent, Jim LaFlame will be presenting the different benefits veterans are eligible for**

Lunch will be a delicious turkey dinner with all the fixings for \$3, **VETERANS EAT FOR FREE**

**Advance sign up and payment required for lunch. Activity is free of charge.**

## AL TESTA JAZZ BAND Wednesday, November 14, 2018 @ 11am

The Al Testa Jazz Trio will perform at Seekonk Human Services.

A musician with over 13 years of experience, Testa has played as lead trumpet with musical groups throughout Rhode Island. This event is free and open to the public, but space is limited.

Lunch will be meatloaf, veggies and potatoes for \$3. **Advance sign up and payment is required before attending this activity/luncheon in person.**

## TRIAD: K-9 UNIT Wednesday, November 28, 2018 @ 11am



The Bristol County Sheriff's Office K-9 Unit has served the communities of Bristol County since 1986. Each Patrol K-9 attends a sixteen week Patrol Academy. During the sixteen week period,

K-9's learn tracking, criminal apprehension, building searches, crowd control, felony car stops jail cell extractions, article searching, legal issues and K-9 first aid. Each K-9 Team is expected to perform all activities at a very high level. The Sheriff's Office will be bringing in their K-9 Unit Dog to demonstrate. Lunch will be pasta and meatballs for \$3. **Advance sign up and payment is required before attending this activity/luncheon in person.**

## THANKSGIVING BASKETS AND MEALS



Anyone who receives food from Doorways Food Pantry is eligible to receive a Thanksgiving Basket from Doorways. If you are not currently participating in Doorways and in need of a Thanksgiving Basket, you may call the Outreach Department at Seekonk Human Services for an appointment to receive a basket. You will need to fill out an intake form, please call 508-336-8772. **All requests must be in by Tuesday, October 23, 2018**, if you or anyone you know needs a basket. Anyone who is homebound and would like a hot meal delivered on Thanksgiving should sign up at Seekonk Human Services by **Friday, November 9th**. Please call 508-336-8772 to have your name put on the list.

## Let's Learn Together! Photo Fixes Wednesday, October 31, 2018 @ 2pm

Over the past months we've covered many topics, i.e. BrainHQ and ebooks, online forms, texting, and video calls; but how did it go when class was over? This is your opportunity to ask your follow-up or general computer/device question! Sign up as you enter class and questions will be reviewed on a first come, first served basis for the entire session. 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.

## Let's Learn Together! Library From Home Wednesday, November 29, 2018 @ 2pm

Bad weather or a busy holiday schedule doesn't have to keep you from getting what you want from the library! The library is as near as your computer, laptop or mobile device. Bring your laptop or tablet so we can review the library services available to you from home. Librarian Michelle Gario will lead this 90 minute class. Please make sure your laptop is fully charged or bring your cable and charger with your device. Contact the Senior Center to register.

## SOUTHCOST WELLNESS VAN Wednesday, October 10, 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





**Need Help**  
with your **Medicare**  
**Plan Comparisons**  
for 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 7<sup>th</sup>!**

**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!**

#### DAYLIGHT SAVINGS TIME ENDS



It's almost that time of the year! Daylight savings time will be ending on **Sunday, November 4, 2018**. This is a perfect time to change your smoke detector and carbon monoxide batteries.

Remember **fall back** — gain an hour of sleep! If you need assistance changing your batteries, please call Seekonk Human Services at 508-336-8772.

#### 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, October 11, 2018 @ 9:30am**

**Thursday, November 8, 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, October 18, 2018 @ 10:00am**

**Michael's Restaurant, Market St., Swansea, MA**

**Thursday, November 15, 2018 @ 10:00am**

**Lauren's Restaurant, Metacom Ave, Warren, 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, October 10th**

**Wednesday, November 14th**

**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.

#### HEARING CLINIC

**Monday, November 5, 2018 @ 1:30pm—3:00pm**

Chris Brissette from MASS Audiology will be at Seekonk Human Services to perform a hearing clinic along with cleaning and hearing aid checks. Appointments are approximately 10-15 minutes and are on a first come first serve basis. Please call Seekonk Human Services at 508-336-8772 to schedule your exam!

#### BROWN BAGS

**Wednesday, October 24 &**

**Wednesday, November 28**


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





# SEEKONK COUNCIL ON AGING

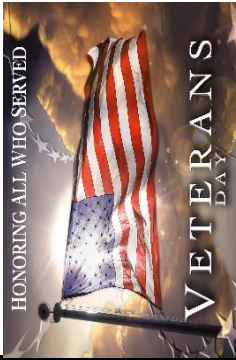

## OCTOBER 2018

| MONDAY |   | TUESDAY |  | WEDNESDAY |   | THURSDAY |  | FRIDAY |   |
|--------|---|---------|--|-----------|---|----------|--|--------|---|
| 1      | Chair Yoga 10am - 10:50am   | 2       | Silver Sneakers 10am - 10:45am   | 3         | Chair Yoga 10am - 10:50am   | 4        | Silver Sneakers 10am - 10:45am   | 5      | Advanced Yoga 9am - 10am<br>Cost \$5                |
|        | Knitting Club 12:30pm - 2:30pm<br>ZUMBA 1pm   |         | LUNCH 11:30am \$2**  |           |   |          | LUNCH 11:30am \$2**  |        | Tai Chi 10:15am - 11:00am                           |
|        | *Arts & Crafts 2pm - 4pm  |         | Cards (Hi-Lo Jack) 1pm   |           | Mahjong 1pm - 3pm   |          | BINGO 1pm - 3pm<br>Cribbage 1pm - 3pm  |        |   |
| 8      |  | 9       | Silver Sneakers 10am - 10:45am   | 10        | Essential Oils @ 11am<br>Lunch: American Chop Suey, \$3<br>Chair Yoga 10am - 10:50am<br>Southcoast Wellness Van @ 9am<br>Mahjong 1pm / Podiatry Clinic 1pm<br>Tech Time 2pm - 4pm | 11       | Mens Breakfast @ 9:30am, Totis<br>Silver Sneakers 10am - 10:45am<br>LUNCH 11:30am \$2**                            | 12     | Advanced Yoga 9am - 10am<br>Cost \$5                |
|        |   |         | NO LUNCH   |           |   |          | BINGO 1pm - 3pm<br>Cribbage 1pm - 3pm  |        | Tai Chi 10:15am - 11:00am                           |
|        |   |         | Cards (Hi-Lo Jack) 1pm   |           |   |          |  |        |   |
| 15     | Chair Yoga 10am - 10:50am   | 16      | UTI Health at 11am   | 17        | Benefits of Laughter @ 11am<br>Lunch: Chicken Pot Pie for \$3<br>Blood Pressure/Glucose Clinic<br>9am - 10:30am<br>Chair Yoga 10am - 10:50am<br>Mahjong 1pm - 3pm                 | 18       | Women's Brunch @ 10am<br>Michaels Restaurant, Swansea, MA<br>Silver Sneakers 10am - 10:45am<br>LUNCH 11:30am \$2** | 19     | Advanced Yoga 9am - 10am<br>Cost \$5                |
|        | Knitting Club 12:30pm - 2:30pm<br>ZUMBA 1pm   |         | Silver Sneakers 10am - 10:45am<br>LUNCH 11:30am \$2**  |           |   |          | BINGO 1pm - 3pm<br>Cribbage 1pm - 3pm  |        | Tai Chi 10:15am - 11:00am                           |
|        | *Arts & Crafts 2pm - 4pm  |         | Cards (Hi-Lo Jack) 1pm   |           |   |          |  | 26     | Advanced Yoga 9am - 10am<br>Cost \$5                |
| 22     | Chair Yoga 10am - 10:50am   | 23      | Open Enrollment Presentation<br>by Lisa Sarkis @ 11am<br>Silver Sneakers 10am - 10:45am<br>LUNCH 11:30am \$2** | 24        | Ready for the Holidays @ 11am<br>Lunch: Chicken Salad for \$3<br><br>Brown Bags<br>Chair Yoga 10am - 10:50am<br>Mahjong 1pm - 3pm   | 25       | Silver Sneakers 10am - 10:45am<br><br>LUNCH 11:30am \$2**  |        | Tai Chi 10:15am - 11:00am                           |
|        | Knitting Club 12:30pm - 2:30pm<br>ZUMBA 1pm   |         | LUNCH 11:30am \$2**  |           |   |          | BINGO 1pm - 3pm<br>Cribbage 1pm - 3pm  |        |   |
|        | *Arts & Crafts 2pm - 4pm  |         | Cards (Hi-Lo Jack) 1pm   |           |   |          |  |        |   |
| 29     | Chair Yoga 10am - 10:50am   | 30      | Silver Sneakers 10am - 10:45am   | 31        | *NO CHAIR YOGA*<br>Halloween Party @ 11am<br>Lunch: Halloween Casserole for \$3   |          |  |        | *Arts & Crafts<br>Residents \$3/Non-Residents \$5   |
|        | Knitting Club 12:30pm - 2:30pm<br>ZUMBA 1pm   |         | LUNCH 11:30am \$2**  |           | Lunch: Halloween Casserole for \$3  |          |  |        | **Lunch Menu Available at<br>Seekonk Human Services |
|        | *Arts & Crafts 2pm - 4pm  |         | Cards (Hi-Lo Jack) 1pm   |           | Mahjong 1pm - 3pm<br>Let's Learn Together @ 2pm   |          |  |        |   |



# SEEKONK COUNCIL ON AGING

## NOVEMBER 2018

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|--|--|---|
| <p>*Arts &amp; Crafts<br/>Residents \$3 / Non-Residents \$5</p> <p>**Lunch Menu Available at<br/>Human Services</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<br/>Cost \$5</p> <p>Tai Chi 10:15am - 11:00am</p>           |
| <p>5</p> <p>Chair Yoga 10am - 10:50am</p> <p>Knitting Club 12:30pm - 2:30pm</p> <p>ZUMBA 1pm</p> <p>*Arts &amp; Crafts 2pm - 4pm</p>  | <p>6</p> <p>Silver Sneakers 10am - 10:45am</p> <p>LUNCH 11:30am \$2**</p> <p>Cards (Hi-Lo Jack) 1pm</p>  | <p>7</p> <p>Chair Yoga 10am - 10:50am</p> <p>Veterans Celebration @ 11am</p> <p>Lunch: Turkey Dinner for \$3</p> <p>Veterans eat free!</p> <p>Mahjong 1pm - 3pm</p> <p>Tech Time 2pm - 4pm</p> | <p>8</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>9</p> <p>Advanced Yoga 9am - 10am<br/>Cost \$5</p> <p>Tai Chi 10:15am - 11:00am</p>  |
| <p>12</p>   | <p>13</p> <p>Silver Sneakers 10am - 10:45am</p> <p>*NO LUNCH*</p> <p>Cards (Hi-Lo Jack) 1pm</p>          | <p>14</p> <p>*NO CHAIR YOGA*</p> <p>Al Testa Jazz Band @ 11am</p> <p>Lunch: Meatloaf dinner for \$3</p> <p>Podiatry Clinic 1pm - 3pm</p> <p>Mahjong 1pm</p>                                    | <p>15</p> <p>Silver Sneakers 10am - 10:45am</p> <p>Womens Brunch 10am</p> <p>Lauren's Restaurant, Warren, RI</p> <p>LUNCH 11:30am \$2**</p> <p>BINGO 1pm</p> <p>Cribbage 1pm - 3pm</p> | <p>16</p> <p>Advanced Yoga 9am - 10am<br/>Cost \$5</p> <p>Tai Chi 10:15am - 11:00am</p> |
| <p>19</p> <p>Chair Yoga 10am - 10:50am</p> <p>Knitting Club 12:30pm - 2:30pm</p> <p>ZUMBA 1pm</p> <p>*Arts &amp; Crafts 2pm - 4pm</p> | <p>20</p> <p>Silver Sneakers 10am - 10:45am</p> <p>LUNCH 11:30am \$2**</p> <p>Cards (Hi-Lo Jack) 1pm</p> | <p>21</p> <p>Blood Pressure/Glucose Clinic<br/>9:00am - 10:30am</p> <p>Chair Yoga 10am - 10:50am</p> <p>Closed at 12:30pm for the Holiday</p>  | <p>22</p>    | <p>23</p>   |
| <p>26</p> <p>Chair Yoga 10am - 10:50am</p> <p>Knitting Club 12:30pm - 2:30pm</p> <p>ZUMBA 1pm</p> <p>*Arts &amp; Crafts 2pm - 4pm</p> | <p>27</p> <p>Silver Sneakers 10am - 10:45am</p> <p>LUNCH 11:30am \$2**</p> <p>Cards (Hi-Lo Jack) 1pm</p> | <p>28</p> <p>Brown Bags</p> <p>TRIAD: K9 Unit @ 11am</p> <p>Lunch: Pasta &amp; Meatballs for \$3</p> <p>Mahjong 1pm</p> <p>Lets Learn Together! @ 2pm</p>                                      | <p>29</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>30</p> <p>Advanced Yoga 9am - 10am<br/>Cost \$5</p> <p>Tai Chi 10:15am - 11:00am</p> |





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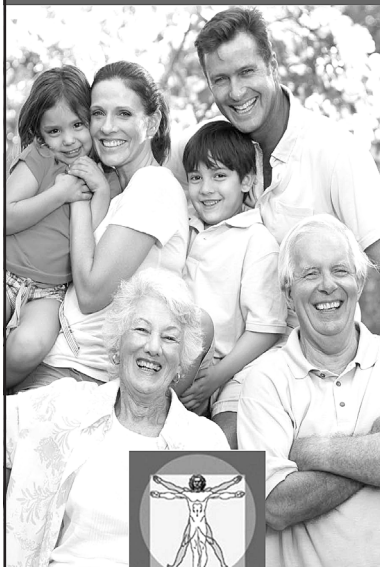


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**EAST PROVIDENCE OFFICE**

927B Warren Avenue  
East Providence, RI 02914  
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**

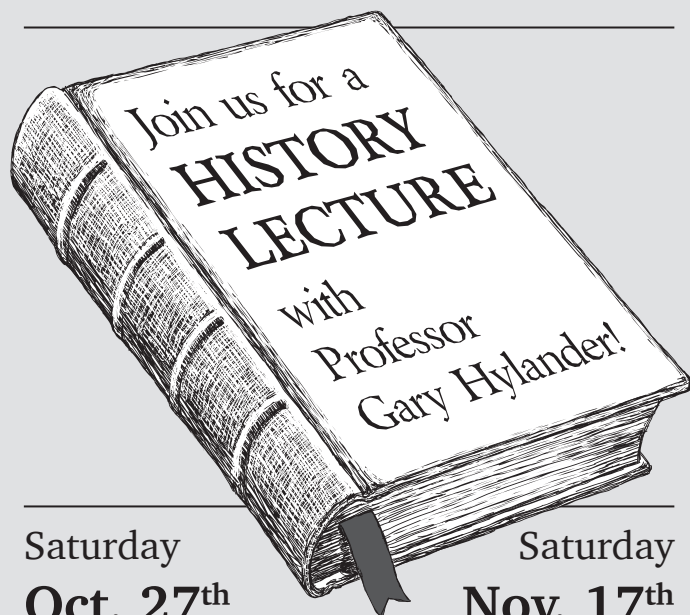
2295 Diamond Hill Road  
Cumberland, RI 02864  
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Fax: (401) 305-3859

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Fridays 7:30 AM - 4 PM

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**Oct. 27<sup>th</sup>**  
**3:00 p.m.**

Saturday  
**Nov. 17<sup>th</sup>**  
**2:00 p.m.**

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**SEEKONK POLICE**

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SEEKONK HUMAN SERVICES STAFF

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Brittney Faria

ASSISTANT DIRECTOR

SENIOR SECRETARY

Ashley Cartwright MBA

CLERICAL ASSISTANT

Kimberly Mallon

EDUCATIONAL & SOCIAL PROGRAMS

Carol Poncin

OUTREACH CASE WORKER

Veronica Brickley, LPN BA SOC LSWA

OFFICE CLERK

Sharon Bettencourt

Maggie Perkins

SEEKONK HUMAN SERVICES

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Beverly Della Grotta

VICE CHAIRPERSON

Irene Andrews

SECRETARY

Anne Libby

Christine Allen

Guy Boulay

Theresa McGregor

Josephine Veader

Council Meets fourth Monday of the month

@ 3:30pm at

Seekonk Human Services

Conference Room, 109