

SEEKONK HUMAN SERVICES

Town Crier

540 Arcade Avenue ~ Seekonk, MA ~ 508-336-8772

Monday, Tuesday & Thursday 8:30am - 4:30pm

Wednesday 8:30am - 5:30pm * Friday 8:30am—12:00pm

September 2021



The office will be closed on
Monday, September 6, 2021

"Good Tymes Banjo Band" **September 8, 2021 at 11:30am**

The Good Tymes Banjo Band plays music from Tin Pan Alley Favorites of the twenties to the early fifties. The band will be at our center to perform for you! Lunch will be Willow Tree Chicken Salad sandwiches, chips, and dessert following the performance at 12:30pm. The performance and luncheon will be \$5. Please preregister for this event and luncheon by calling 508-336-8772.

HEART TO HOME MEALS **September 22, 2021 at 11:30am**

The team at Heart to Home Meals will be here to talk about their delicious & healthy meals, soups and desserts, that they will deliver to any Seekonk senior who is interested in this program. Those who sign-up for this activity will be offered a **FREE** hot lunch, join in on trivia and prize give away. Their friendly, convenient service can be adapted to suit many dietary preferences, with free delivery & no contract or minimum commitment required. Call 508-336-8772 to preregister for activity and to select your **FREE** celebratory lunch choice of Chicken or Cod.

"Jack Ryan Magician & ESP Entertainer" **September 29, 2021 at 11:30am**

Seekonk Human Services is pleased to present Mr. Jack Ryan, magician and ESP entertainer on Wednesday, September 29, 2021 at 11:30am. Mr. Ryan is a professional magician and past president of the Society of American Magicians, in Boston, which was founded by Harry Houdini in 1922. Jack has been performing magic since 1970. His shows include a little ESP or "magic of the mind" as well as classic magic. If you are interested in coming to see him please preregister by calling 508-336-8772.

Celebrate Seekonk Day needs help from seniors:

Celebrate Seekonk Day is scheduled for Saturday, September 18th from 11:00 to 4:00 at the Seekonk Public Library. A day filled with walks and talks, displays, music, entertainment, education, food, and fun! It will be a free event with the general public invited. A day designed for every age group to take part in, and to *Celebrate Seekonk!* Sponsored by the Seekonk Cultural Council.

To foster a sense of town pride we have a vision of handing out about 250 free heart shaped "loket" necklaces punched out of blue and white paper. On one side will be printed the words "Why I love Seekonk." And on the other side visitors will be asked to write the reason they love Seekonk! We are envisioning our library filled with citizens wearing the heart necklaces as they enjoy the day's activities.

We are hoping that we could find two to four creative people that would be interested in participating in the day with this special activity. The Cultural Council will provide volunteers with printed white and blue paper heart shapes. We would need a few people to glue the smaller blue heart to the larger white heart, punch a hole in the glued hearts, and attach a string or piece of yarn to make the necklace.

We were also hoping that volunteers would be available to hand the heart necklace out on the day of the event.

If you are interested in helping with this important part of the day, please contact Bill Clark by September 7th at 401-965-8818. See photo below.



September Happenings

Arts & Crafts Mondays at 1:00pm

Preregistration is required for this class. The cost for this class is \$5 for Seekonk residents and \$7 for Non-Seekonk residents.

- * September 13 - Canvas Tote Bag Painting
- * September 20 - Wine Glass Candle Holder
- * September 27 - Halloween Door Ornament

Podiatry Clinic Wednesday, September 15, 2021 10am - 2pm

Dr. Lechan will provide monthly Podiatry Clinics. Appointment are required. Items needed are insurance cards with your doctor's names, date of last doctor's visit, summary of last visit, and list of medications. *Please check with your insurance regarding co-pays.

Blood Pressure & Glucose Clinic Wednesday, September 15, 2021 9:00am - 11:00am

Seekonk Human Services has partnered with the **Seekonk Fire Department** to provide free monthly blood pressure & glucose screenings.

MEDICARE 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 2022. 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. Open Enrollment runs from **October 15 through December 7!**

***Please note all clients will be required to fill out a Medicare prescreening form to help us better serve you by looking up your current plan and comparing it to the future plans, if changes are necessary.**

YESTERDAY Once More Thursday, November 18, 2021 \$96 per person

LIVE at Danversport Yacht Club-Danvers, MA
From the creators of the hit shows OH WHAT A NIGHT! Comes a unique new musical revue celebrating four of the most iconic singing groups known for their soaring vocal harmonies - **Yesterday Once More**. In addition to instantly recognizable hits of some of the most popular music ever recorded, Yesterday Once More stars four dynamic performers whose lush harmonic interpretations are featured as an ensemble and individually. From **The Carpenters** "Close To You" to **ABBA's** "Dancing Queen"...and **The Mamas and Papas'** "California Dreaming" to the **5th Dimension's** "Up Up And Away, you'll enjoy non-stop hits, colorful choreography and informative and humorous banter. For everyone who remembers this music it's a return to rich harmonies and relatable songs. For anyone who simply loves great pop music and amazing vocal blends, this is a show not to be missed. **Price includes:** Transportation, Plated Luncheon, Meal Tax & Gratuity and Show Ticket. **Meal Choice:** Chicken Parmesan or Baked Scrod. Also, Included: Salad, Potato, Vegetables, Breads, Dessert & Coffee/Tea.

FARMERS' MARKET COUPONS

Farmers' Market Coupons are available for low income elders age 60 or older who have a monthly income less than \$1,986 or annual income less than \$23,828. Participants must reside in Seekonk. The coupons have a total value of \$25 and may be used to purchase fresh fruits and vegetables. A limited number of coupons are available. Coupons are available on a first come first basis. Please call 508-336-8772 to see if you qualify!



*** NOTE: Seekonk Human Services offers legal, financial, recreational, medical screenings, and other activities/services by volunteers or nominally paid practitioners. Participation in these services/activities is with the understanding that Seekonk Human Services, Town of Seekonk, or its employees do not assume any legal or other responsibility for advice of services rendered by such volunteers or nominal cost practitioners.**

Email List

Join our email list! Things are changing so quickly these days and we want to be able to get the word out to you quickly. Please give us a call and give us your email address; we want to share fun activities, links to Zoom and other virtual programming you may like.

NUTRITIONAL MEALS TO GO

Tuesdays & Wednesdays

Seekonk Human Services will be working with Bristol Elder Services to provide nutritional meals for lunch on Tuesdays and Wednesdays to go. Meals come completely cooked and prepackaged. All you need to do is heat it up! Meals need to be ordered the day before by 9:30am. Payment is \$2.50 per meal which will be due at the time of pickup. Pick up will be between 11am - 12pm. If you are unable to pick up at that time or are experiencing financial hardship please reach out to the office to speak with the Outreach Department. September's menu will be available to the right, our Facebook Page, and by calling our office at 508-336-8772.

ATTORNEY: OVERVIEW OF LEGAL SERVICES

Elizabeth Elmasian will be available for phone consults to discuss the following topics.

1. Power of Attorney - A description of the legal document, what it consists of and when such a document is necessary.
2. The explanation and description of a Health Care Proxy and Living Will; the difference between both documents and which is recognized in Massachusetts
3. A brief overview, purpose and need for a Will. Explanation of intestacy laws without a will

***Please call to set up your phone appointment at 508-336-8772**

FILE OF LIFE

File of Life folders are available at the Center. Keep it on your refrigerator or car to alert emergency responders of your medical information during an emergency. During those times of stress, it is difficult to remember medications and dosages. These files could save your life or the life of a loved one. Pick up yours, fill it out and place it on your refrigerator or car —call to pick one up!

Community Questions for our Police Liaison



Officer Maria Vincenzo is welcoming community questions to be answered. Questions can be mailed to the center, dropped off in person, or placed in our lock box that is attached to the building at the entrance. We will post answers to the questions in the monthly newsletter and on our Facebook page, if requested. If you prefer to be called, please leave your contact information and we will be in contact.

September 2021

Tuesday	Wednesday
<p>*Indicates a food with more than 500mg of sodium. The sodium (mg) content of each item is next to it. The daily totals are listed below each day. Milk and margarine are included in the daily totals but are not listed daily. High sodium days (>1200mg) are bold</p>	<p>1 Sodium (mg): Na+</p> <p>Chicken Bruschetta 394</p> <p>Florentine Rice 112</p> <p>Carrots & Green Beans 38</p> <p>Oatmeal Bread 121</p> <p>Pineapple 1</p>
	<p>Sodium: 837 Fat: 23 %</p> <p>Calories: 547 Carbs: 70</p>
	<p>7</p> <p>Salisbury Steak 386</p> <p>Onion Gravy 110</p> <p>Roasted Potato 33</p> <p>Riviera Vegetable 16</p> <p>Snowflake Roll 260</p> <p>Mixed Fruit 10</p>
	<p>Sodium: 987 Fat: 39%</p> <p>Calories: 825 Carbs: 86</p>
	<p>8</p> <p>Chicken Teriyaki 478</p> <p>Fried Rice 36</p> <p>Oriental Vegetable 26</p> <p>Wheat Roll 160</p> <p>Pineapple 1</p>
<p>Sodium: 987 Fat: 39%</p> <p>Calories: 825 Carbs: 86</p>	<p>Sodium: 873 Fat: 21%</p> <p>Calories: 558 Carbs: 74</p>
<p>14</p> <p>BBQ Pork Ribs 410</p> <p>Baked Beans 36</p> <p>Carrots and Turnips 29</p> <p>Corn Bread 280</p> <p>Peaches 5</p>	<p>15</p> <p>Cajun Chicken 377</p> <p>Rice & Beans 35</p> <p>Mexicali Corn 6</p> <p>WW Bread 160</p> <p>Fresh Orange 0</p>
<p>Sodium: 932 Fat: 22%</p> <p>Calories: 728 Carbs: 100</p>	<p>Sodium: 751 Fat: 21%</p> <p>Calories: 623 Carbs: 86</p>
<p>21</p> <p>Turkey A La King 215</p> <p>Confetti Rice 43</p> <p>Broccoli & Cauliflower 15</p> <p>Dinner Roll 210</p> <p>Peaches 5</p>	<p>22</p> <p>Chicken Marsala 439</p> <p>Penne Pasta 1</p> <p>Peas & Pimento 82</p> <p>WW Bread 160</p> <p>Pineapple 1</p>
<p>Sodium: 659 Fat: 25%</p> <p>Calories: 609 Carbs: 71</p>	<p>Sodium: 855 Fat: 19%</p> <p>Calories: 675 Carbs: 92</p>
<p>28</p> <p>Stuffed Shells 390</p> <p>Tomato Sauce 55</p> <p>Roman Veg Blend 26</p> <p>Whole Wheat Roll 160</p> <p>Applesauce 20</p>	<p>29</p> <p>Swedish Meatballs 375</p> <p>Egg Noodles 35</p> <p>California Vegetable 27</p> <p>Multigrain Roll 190</p> <p>Banana 1</p>
<p>Sodium: 823 Fat: 23%</p> <p>Calories: 544 Carbs: 80</p>	<p>Sodium: 801 Fat: 34%</p> <p>Calories: 733 Carbs: 91</p>

Veteran's Corner

Seekonk Fall Leaf Clean-Up for Seekonk Veterans

We are teaming up with Seekonk Assistant Principal Matt Bosh to offer a service to Seekonk veterans and their spouses; students volunteering to clean up leaves in the fall, with a projected follow up in the spring.



WHAT:

Sport teams, clubs and organizations from Seekonk High School will be assigned a house or houses of Seekonk veterans to clean up, bag and haul away leaves from their properties.

WHO:

Seekonk veterans and their spouses who no longer have the physical ability or resources to clean up their yards of fall leaves.

WHEN:

First or second Saturday in November (13th or 20th).

WHERE:

Houses selected in conjunction with Seekonk Veterans' Services (Veterans' Services Officer Jim LaFlame) and Seekonk High School Administration (Assistant Principal Matt Bosh).

WHY:

Establish and build a connection of support and appreciation between Seekonk High School and Seekonk veterans and their families.

Please call or email me if you are interested in getting on the list for this service. Also, please pass along the information for a deserving veteran who may not see this article.

James LaFlame
Seekonk Veterans Services Officer
Office 508-336-2940 Email: jlaflame@seekonk-ma.gov



September 2021 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Arts & Crafts Residents \$5/Non-Residents \$7</p> <p>Activities subject to change without notice</p>	<p>Preregistration is required for all activities.</p> <p>Drums Alive - \$2 for non residents</p>			
	<p>9:00am - Zoom Drums Alive</p> <p>1:00pm - Cards (Hi-Lo Jack)</p> <p>1:30pm - Zoom Trivia</p>	<p>9:30am - Drums Alive</p> <p>1:00pm - Mahjong</p> <p>1:30pm - Zoom Coffee Chat</p>	<p>9:30am - Mens Breakfast Toti's, Seekonk</p> <p>10:00am - Chair Yoga</p> <p>1:00pm - BINGO!</p>	<p>9:30am - Zumba</p> <p>10:30am - Tai Chi</p>
<p>10:00am - Chair Yoga</p> <p>12:00pm - Knitting</p> <p>1:00pm - Arts & Crafts*</p> <p>1:00pm - Zoom BINGO!</p> <p>1:00pm - Indoor Cornhole</p>	<p>9:0am - Zoom Drums Alive</p> <p>1:00pm - Cards (Hi-Lo Jack)</p> <p>1:30pm - Zoom Trivia</p>	<p>9:00am - Blood Pressure Clinic Done by Seekonk Fire Dept.</p> <p>9:30am - Drums Alive</p> <p>10:00am - Podiatry Clinic</p> <p>1:00pm - Mahjong</p> <p>1:30pm - Zoom Coffee Chat</p>	<p>10:00am - Chair Yoga</p> <p>10:00am - Women's Brunch Panera, Seekonk</p> <p>1:00pm - BINGO!</p> <p>1:00pm - Cribbage</p>	<p>9:30am - Zumba</p> <p>10:30am - Tai Chi</p>
<p>10:00am - Chair Yoga</p> <p>12:00pm - Knitting</p> <p>1:00pm - Arts & Crafts*</p> <p>1:00pm - Zoom BINGO</p> <p>1:00pm - Indoor Cornhole</p>	<p>9:00am - Zoom Drums Alive</p> <p>10:00am - Sign Language</p> <p>1:00pm - Cards (Hi-Lo Jack)</p> <p>1:30pm - Zoom Trivia</p>	<p>9:30am - Drums Alive</p> <p>11:30am - Heart To Heart Meals Celebratory Lunch FREE</p> <p>1:00pm - Mahjong</p> <p>1:30pm - Zoom Coffee Chat</p>	<p>10:00am - Chair Yoga</p> <p>1:00pm - BINGO!</p> <p>1:00pm - Cribbage</p>	<p>9:30am - Zumba</p> <p>10:30am - Tai Chi</p>
<p>10:00am - Chair Yoga</p> <p>12:00pm - Knitting</p> <p>1:00pm - Arts & Crafts*</p> <p>1:00pm - Zoom BINGO!</p> <p>1:00pm - Indoor Cornhole</p>	<p>9:00am - Zoom Drums Alive</p> <p>10:00am - Sign Language</p> <p>1:00pm - Cards (Hi-Lo Jack)</p> <p>1:30pm - Zoom Trivia</p> <p>2:00pm - Let's Learn Together Topic: Mobile Device Basics</p>	<p>9:30am - Drums Alive</p> <p>11:30am - Jack Ryan - Magician</p> <p>1:00pm - Mahjong</p> <p>1:30pm - Zoom Coffee Chat</p>	<p>10:00am - Chair Yoga</p> <p>1:00pm - BINGO!</p> <p>1:0pm - Cribbage</p>	<p>Office Hours: Mon, Tues, Thur 8:30am - 4:30pm Wednesday 8:30am - 5:30pm Friday 8:30am - 12:00pm</p> <p>For information on Activities Call 508-336-8772</p>



UKULELE BILL
Entertainer, Singer & Musician


Instagram: @ukulelebillofficial
Twitter: @ukulelebilloff
Phone: 401-578-8671

Hold on. Wait a minute! What do you mean I can't wear white after Labor Day?



CAPTIONS BY: ILOVEFUNNYDOGS.COM

WINGATE RESIDENCES
ON THE EAST SIDE
Assisted Living | Memory Care



Discover the exceptional lifestyle at Wingate Residences on the East Side.

Stay for a month or stay until winter in a fully furnished apartment!

Assisted Living: starting at \$3,500/month
Memory Care Private Apartment: starting at \$6,000/month

Call or email Beth McCrae for more information, or to schedule a tour: 401.275.0682 or bmccrae@wingatesrc.com

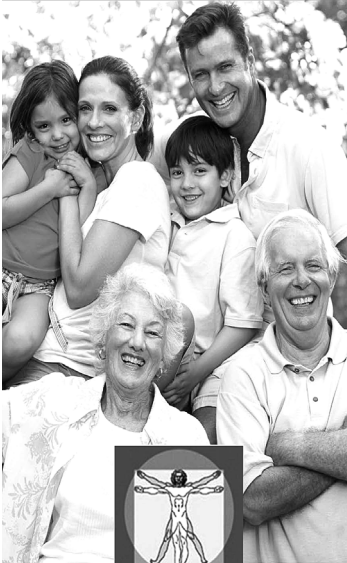

One Butler Avenue, Providence, RI 02906 | 401.275.0682 | WingateHealthcare.com

Get Back In The Game!

Hands-On Care Gets Results!

Physical Therapists have a unique knowledge of how the human body works. This enables them to recognize the symptoms, progression of impairments, functional limitations and disabilities that result from injuries, disorder and disease. Healy Physical Therapy will get you back to your normal activities as quickly and safely as possible.

- ✓ Decrease your pain
- ✓ Increase your strength
- ✓ Increase your activity level
- ✓ Increase your flexibility
- ✓ Improve your health
- ✓ Get you back in the game

HEALY PHYSICAL THERAPY & SPORTS MEDICINE, INC.

KEEPING YOU IN THE GAME OF LIFE

www.healyphysicaltherapy.com

EAST PROVIDENCE
927B Warren Avenue
East Providence, Rhode Island 02914
Telephone: (401) 438-0905
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

EAST GREENWICH
2639 South County Trail
East Greenwich, Rhode Island 02818
Telephone: (401) 471-7510 Fax: (401) 471-7511
Monday – Thursday: 7:00 am – 6:00 pm
Friday: 7:00 am – 5:00 pm

Thank you!
On behalf of the
Seekonk Town Crier
for your support
of our newsletter



Law Office of Luke P. Travis
Estate Planning

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

P.O. BOX 3288
10 NORTH MAIN ST.
FALL RIVER, MA 02722-3288



Local #215



Lodge #5

SEEKONK POLICE

MASS C.O.P. Local #215 F.O.P. Lodge #5
Taunton Avenue P.O. Box 353
Seekonk, Massachusetts 02771



ORCHARD VIEW MANOR

We offer a wide range of services such as:

24-Hour Skilled Nursing Care
Physical, Occupational & Speech Therapy
Medically Complex Care
Pain & Wound Management
IV Therapy



Managed by Athena Health Care Systems

135 Tripps Lane • East Providence, RI 02915
Tel: 401-438-2250 Fax: 401-438-0635
athenanh.com/orchardviewmanor

**To be a sponsor in
the next**

**Seekonk Town
Crier Newsletter!**

**Please contact
Tom Reily**

508-336-6633 x 337



Community VNA.

*Your Life. Your Care.
Your Choice. Our Mission.*

Home Health Care
Hospice Care
Palliative Care

508.222.0118
www.communityvna.com

Considering downsizing or selling your home?

**CALL ME TODAY FOR A *FREE*
MARKET VALUE ANALYSIS!**



LISA HALAJKO - REALTOR®
RE/MAX RIVER'S EDGE

MOBILE: (774) 991-0052

OFFICE: (401) 245-2000

EMAIL: lisahalajko@gmail.com



RE/MAX
RIVER'S EDGE
SERVING RI & MA



BEAR MOUNTAIN
HEALTHCARE

Short Term Rehabilitation with successful outcomes

Respite Stay availability up to 30 days with 24 hour care

**Permanent Placement in a caring and
comfortable environment**

Secured Memory Care Neighborhood

Engaging recreational programming daily

**For more information or to schedule a personal tour,
please contact us:**

Country Gardens Health & Rehabilitation Center
2045 G A R Hwy • Swansea, MA
Phone: 508-379-9700
www.bearmountainhc.com



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

**Please contact Tom Reily
508-336-6633 x 337**

RIDE MATCH

If you are looking for more transportation option, go on this website: massridematch.org. On this website you can locate other providers of transportation. You can learn how to locate transportation by clicking on "Learn How To Use Ride Match". To see if there is a place near you, click on the word "Home". Under the words "Transportation Providers By City/Town". Click in "Select Your City or Town", scroll down and click on your town or city, you are looking for. It is here that you can view all the Transportation businesses in your area that may be able to give you a ride to places you may need to go to. You can find out details by clicking on "View Details".

BASIC BEGINNER SIGN LANGUAGE CLASS:

Begins Tuesday, September 21, 2021

10:00 a.m. - 12:00 p.m.

This is a signed English class. You will learn words, sentences and choruses. Class will meet every Tuesday through November 23. We will use the book "The Joy of Signing" The book will be available for \$6.00 the first day of class. Please contact the office to sign up for class or if you have any questions by calling 508-336-8772.



Seekonk Human Services Staff
P. 508-336-8772 F. 508-336-2239

Director

Brittney Faria, LSWA

Assistant Director

Ashley Cartwright, MBA

Clerical Assistant

Kimberly Mallon

Outreach Worker

Veronica Brickley, LPN LSWA

Community Liaison

Maggie Perkins

Office Clerk

Sharon Bettencourt

Veterans Service Officer

James LaFlame

TECHNOLOGY HELP FOR SENIORS

Do you know a senior citizen who could benefit from easy-to-follow instructions about how to use technology? Yes? Then check out this website for free tutorials and simple instructions on important technology including: zoom, online shopping, and email. www.tech-savvy-seniors.org



Seekonk Human Services is primarily an informational and referral agency. We try to help you directly or by introducing you to a network of federal, state, or local support services.

The center is open Monday, Tuesday, Thursday 8:30am to 4:30pm, Wednesday 8:30am—5:30pm and Friday 8:30am to 12:30pm. Come and enjoy the activities and companionship at your center.

Human Services Council

Chairperson

Michelle Hines

Vice Chairperson

Beverly Della Grotta

Irene Andrews

Anne Libby

Keith Perry

Josephine Veader

Council meets fourth Monday of the month

@ 3:15pm at

Seekonk Human Services

Large community room