



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

March 2021



**Daylight Saving Time Begins!
Don't forget to turn your clocks!
Spring forward!
Sunday, March 14, 2021**

CELEBRATION OF SONG Wednesday, March 10, 2021 @ 1pm via Zoom



John Root will sing and play piano, flute, clarinet, and saxophone in an hour-long program of popular songs from the first half of the twentieth century via Zoom at 1:00 PM on Wednesday, March 10. Please call 508-336-8772, if there are not sufficient sign ups the program may

be cancelled. When signing up be sure to give your email address to the front desk so the Zoom link can be emailed to you! *This program is supported in part by the Seekonk Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*

St. Patrick's Day Grab & Go Wednesday, March 17, 2021 Pick-up 11:00am—11:45am

On Wednesday, March 17th we will be having a St. Patrick's Day Grab and Go. We will be providing a meal and dessert per person. The cost for Seekonk residents is \$3 and non-residents will be \$5. The meal is from Bristol Elder Services and will be a Corned Beef, potatoes, cabbage, carrots with raisin bread and pistachio cookie. You will also be receiving a St. Patrick's Day cookie from Katie's Kookies a local bakery in Seekonk. If you are interested in participating please call our office at 508-336-8772 by Monday, March 15th.



Activities

Chair Yoga

Monday & Wednesday at 10am
Channel 9 Seekonk

Zoom BINGO!

Monday & Thursdays at 1pm

Zoom Trivia

Tuesdays at 1:30pm—2:00pm

Zoom Coffee Chat

Wednesdays @ 1:30pm

Tai Chi

Fridays at 10am
Channel 9 Seekonk

*Note: Zoom activities can be done on a laptop, tablet, smart phone or by dialing in the specific number for that activity. If you would like to participate but don't have a tablet, please call the Seekonk Public Library at 508-336-8230. If you are interested in participating in a zoom activity call the office to sign up. If you have a registered email address please inform us so we can send you the log in information for the class!

Easter Grab & Go Wednesday, April 7, 2021 Pick-up 11:00am—11:45am



On Wednesday, April 7th we will be having an Easter Grab and Go. We will be providing a meal and dessert per person. The cost for Seekonk residents is \$3 and the cost for non-residents will be \$5. The meal will be done by Bristol Elder Services. You will also be receiving a Easter cupcake from Buttercream Bakery a local bakery in Seekonk. If you are interested in participating please call our office at 508-336-8772 by Monday, April 5th. *Meal will be available closer to date.

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 \$2.25 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. March's menu will be available on our Facebook page or by calling the 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 508-336-877**

FUEL ASSISTANCE

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 applications end on April 30, 2021.** **Income Guidelines:** Maximum income for 1 person is \$37,360, for 2 people is \$48,855, for 3 people is \$60,351, and for 4 people is \$71,846.

WELLNESS CHECKS

We have been providing wellness checks throughout the COVID-19 Pandemic and continue to do so. We have been calling seniors 60 and older. The checks allow us to make sure we have all updated information in the computer system as well as seeing if anyone needs any assistance. Please note that all people called are people who have been in our system, this includes those involved in the senior center one way or another. If someone has never been involved with us and we do not have their information we are not able to call them. If you know someone who would like to be called, please have them call us so we can put them into our system.

March 2021 Menu

TUESDAY	WEDNESDAY
2 Orange Tarragon Chicken (423) Fluffy Rice (36) Spring Vegetable Blend (57) Oatmeal Roll (121) Mixed Fruit (10)	3 Turkey Stew with Vegetables (587*) Garlic Mashed Potatoes (53) Multigrain Bread (190) Pears (4)
Calories: 587 Fat: 26% Sodium: 819mg Carb: 70g	Calories: 637 Fat: 24% Sodium: 1005mg Carb: 90g
9 American Chop Suey (211) Italian Green Beans (3) Scali bread (190) Mandarin Oranges (6)	10 Portuguese Chicken (360) Rice Pilaf (134) Glazed Carrots (83) Multigrain Roll (190) Pineapple (1)
Calories: 553 Fat: 26% Sodium: 582mg Carb: 71g	Calories: 610 Fat: 20% Sodium: 940mg Carb: 85g
16 Mexican Chicken (413) Spanish Rice (22) Country Blend Vegetables (32) Dinner Roll (210) Peaches (5)	17 Corned Beef (624*) Mustard (55) Red Bliss Potatoes (4) Cabbage & Carrots (47) Raisin Bread (110) Pistachio Cookie (170) MOD: Graham Wafer (85)
Calories: 543 Fat: 18% Sodium: 854mg Carb: 74g	Calories: 649 Fat: 31% Sodium: 1182mg Carb: 82g
23 Chicken Cacciatore (446) Italian Pasta (1) Jardinier Blend Vegetables (39) Scali Bread (190) Strawberry Cup (4)	24 Shepherd's Pie (271) Peas & Mushrooms (133) Oatmeal Roll (121) Pears (4)
Calories: 697 Fat: 21% Sodium: 852mg Carb: 100g	Calories: 768 Fat: 27% Sodium: 701mg Carb: 102g
30 BBQ Pork Rib (410) Whipped Sweet Potatoes (33) Green & Wax Beans (3) Oatmeal Bread (121) Pineapple (1)	31 Apricot Chicken (359) Rice Florentine (112) Winter Squash (11) Multigrain Roll (190) Mixed Fruit (10)
Calories: 578 Fat: 23% Sodium: 723mg Carb: 77g	Calories: 656 Fat: 22% Sodium: 855mg Carb: 90g

Seekonk Veterans Services

COVID-19 Vaccines at the VA: Who can now get a COVID-19 vaccine at VA

The Food and Drug Administration (FDA) has authorized the first 2 COVID-19 vaccines. We currently have a limited amount of these vaccines. We've worked with the CDC and other federal partners to develop a phased plan. Our goal is to do the most good for the most people during this time.

Here's the latest info on who can now get a COVID-19 vaccine at VA.

Veterans who already receive care at VA and are at high risk from COVID-19

Some VA health facilities now offer COVID-19 vaccines to Veterans who already receive care at VA and are at high risk from COVID-19. At many facilities, this group includes Veterans who are at least 75 years old.

Each facility will determine when Veterans in this group can get a vaccine. We'll base this decision on these factors:

- ◆ How much vaccine is available
- ◆ The needs of the local facility and community
- ◆ The strict requirements for how we must store and handle the vaccine

If you're a Veteran who's already receiving care at VA, we'll contact you when you can get a vaccine.

Here's what you should know while you wait

- ◆ **Please wait for us to contact you about getting a COVID-19 vaccine.** You don't need to call us or come to a VA health facility to reserve or request a vaccine. Our staff will only provide vaccines to Veterans and caregivers who are currently eligible for one based on VA and CDC risk criteria. We'll contact you when you're eligible. **Note:** You'll need to wait at least 14 days between getting a COVID-19 vaccine and any other vaccine.
- ◆ **Your VA health facility may invite you to get a COVID-19 vaccine at a large vaccination event or by appointment.** You may receive an invite by phone, email, or text message. If you're eligible and you want a vaccine, we encourage you to respond. But make sure the phone call, email, or text is really from VA before you provide any personal information or click on any links. **Note:** Text messages will always come from **53079**. Emails will always come from a **va.gov** email address.

How we created our phased COVID-19 vaccine plan

We based our phased COVID-19 vaccine plan on these criteria from CDC guidelines:

- ◆ Risk of becoming infected with the virus
- ◆ Risk of severe illness and death from COVID-19
- ◆ Risk of spreading the virus to others
- ◆ Risk of harm to society if essential workers, including health care personnel, are unable to work

We are following CDC guidelines for determining who is at high risk of severe illness or death from COVID-19. Factors that may influence the risk of severe illness include the following:

- ◆ **Age.** The risk of severe illness or death from COVID-19 increases with age.
- ◆ **Existing health problems.** People with certain health problems (like diabetes, heart disease, or obesity) have a higher risk of severe illness or death from COVID-19.
- ◆ **Other factors** that raise a person's risk of severe illness or death from COVID-19, such as living in a nursing home or other group living facility.

Basic information about getting your vaccine at VA

As the supply of vaccine increases, we'll work with our care teams to let you know your options. It's your choice if you want to get a vaccine or not. Your decision won't affect your VA health care or any of your VA benefits in any way.

Where we'll offer vaccines

The first 2 authorized COVID-19 vaccines require special storage and handling. Because of this, we have a limited supply of vaccines. Our VA facilities will provide vaccines to Veterans receiving VA health care who are most at risk.

When more vaccines are available, we'll determine when we can provide vaccines through our community provider network.

Eligibility

When more vaccines become available, we plan to offer a free COVID-19 vaccine to all Veterans receiving VA health care who want one.

Your team will contact you when a vaccine is available to you. If you decide to get the vaccine, your team will help you schedule your appointments.

Note: You'll need to wait at least 14 days between getting a COVID-19 vaccine and any other vaccine.

In sum, Veterans who are already enrolled in VA healthcare will be contacted by the VA about receiving the vaccine. Veterans need to enroll in VA healthcare in order to be on the wait list for the vaccine. All of our regional VA health care facilities are currently administering the vaccine – including Providence.

For more information on the VA's COVID-19 vaccine may be found at the following link:

WWW.VA.GOV/HEALTH-CARE/COVID-19-VACCINE/

You may also contact me with any questions you may have.

James LaFlame
Veterans Service Officer
508-336-2940

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

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*See office for complete details.

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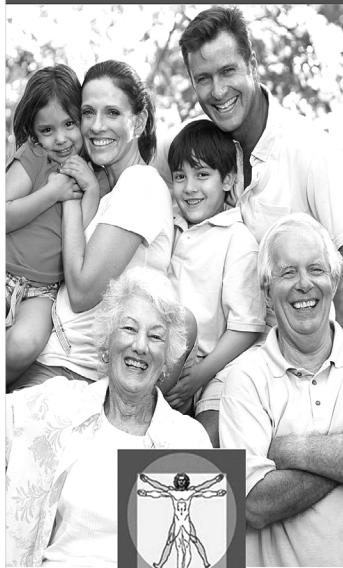
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East Providence, Rhode Island 02914
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Fax: (401) 438-0903
Monday – Thursday: 7:00 am – 7:00 pm
Friday: 7:00 am – 5:00 pm
Saturday: 7:00 am – 12:00 pm

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

EAST GREENWICH

2639 South County Trail
East Greenwich, Rhode Island 02818
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Thank you!

*On behalf of the
Seekonk Town Crier
for your support
of our newsletter*



Law Office of Luke P. Travis
Estate Planning

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Please contact Tom Reily
508-336-6633 x 337



NATIONAL FROZEN FOOD MONTH



MARCH 2021
Provided By Bristol Elder Services

March is national frozen food month! Take a look at the cold hard facts below.

MYTH: Fresh produce is better than frozen

Fruits and vegetables in the produce aisle may look fresher and more appealing but they can be picked days, weeks, or months before they reach the store. Frozen produce is flash-frozen which means it is picked at peak ripeness and then quickly frozen to maintain the quality, flavor, and nutrition.



MYTH: Fresh seafood is better than frozen

Within hours of being caught, seafood is frozen and preserved for consumers. More flavor, vitamins, minerals, and nutritional value is preserved than "fresh" seafood which is sold in the market.



MYTH: Frozen food contains a high amount of sodium and preservatives

Freezing is an act of preservation for food making preservatives and high amounts of salt unnecessary. Salt is commonly added to frozen meals simply for taste, Some meals you love may still be high in sodium depending on a company's recipe so be on the lookout



MYTH: Frozen food lasts forever

Freezing increases shelf life but not indefinitely.

How long do your leftovers last?

Hot dogs, bacon, sausage: 1-2 months

Hamburgers, ground & poultry: 3-4 months

Fresh beef, veal, lamb, pork: 3-4 months

Fresh poultry: 9 months - 1 year

Soups & stews: 2-3 months

