

SEEKONK HUMAN SERVICES

Town Crier

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 2020 & April 2020

Seekonk Human Services will be Closed on April 20, 2020 for Patriots' Day

RETIRED K-9 DOGS from K-9 PTSD Center.

Mondays from 2:15pm - 2:45pm

Retired Police dogs will be here with Jim Lamonte, from K-9 PTSD Center. They will be here on Mondays from 2:15pm - 2:45pm. You are welcomed to stop by to see them and ask a question you may have. So come on over and meet Jim and the K-9 dogs.

***Time subject to change**

ATTORNEY: OVERVIEW OF LEGAL SERVICES

Tuesday, March 3, 2020 at 12:00 Noon - 2:00pm

Tuesday, March 17, 2020 at 12:00 Noon - 2:00pm

Tuesday, April 7, 2020 at 12:00 Noon - 2:00pm

Tuesday, April 21, 2020 at 12:00 Noon - 2:00pm

Elizabeth Elmasian will be here to discuss the three following topics. **Appointments Needed**

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.

Everyone enjoying the Women's Brunch they attended at Panera Bread. Clockwise: Arlene, Norma, Janice, Ruth, Ellie, Cheryl & Barbara - Beverly taking the photo.



OFFICE HOURS WITH OFFICER MARIA VICENZO

Friday, March 6, 2020 from 10 am - 12 Noon

Friday, April 17, 2020 from 10 am - 12 Noon



Officer Maria will be here and she will be available to speak with people that have questions, concerns, or if people need to report something, etc.

ST. PATRICKS DAY PARTY Wednesday, March 11, 2020 @ 11:30am

Come celebrate St. Patrick's Day with entertainment by DJ Cal Raye. Lunch will be provided by Country Kitchen and include a Corned Beef Meal. **Cost for lunch will be \$7.00 for Seekonk residents and \$9.00 for non-residents. Advanced sign up and payment is required in advanced.**



MEDICARE SAVINGS Wednesday, March 18, 2020 @ 11:30am



Mass Senior Action, have organized seniors throughout Massachusetts & the South Coast, primarily in New Bedford, Fall River and Westport, to advocate for issues surround senior transportation, healthcare, SNAP benefits, prescription drugs savings, etc. Locally in New Bedford, they just won a campaign meant to stop cuts to transportation at a lower income/senior housing called Tripp Towers. **Lunch will be available for \$2.25. Advanced sign up is required. Lunch must be paid for in advance.**

BLOOD PRESSURE & GLUCOSE CLINIC

Wednesday, March 18, 2020

Wednesday, April 15, 2020



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.

PREVENTING ELDER SCAMS & FRAUD

Tuesday, March 24, 2020 @ 11:00am

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. **Advanced sign up required.**

TRIAD: SENIOR IDS

Wednesday, March 25 2020 @ 11:00am

The Bristol County Sheriff's Office is now offering Senior Safe IDs. The identification cards feature a person's name, picture and address on the front and an emergency contact on the back. The cards also come with a lanyard, so seniors can wear it around their necks when out for a walk or out shopping. They're quick to make and are ready in minutes. **Lunch is free for those who attend activity. Advanced sign up is required.**

EASTER PARTY

Wednesday, April 8, 2020 @ 11:30am



Come to our annual Easter Party. Seekonk's very own Karaoke King, Barney Mallon, will be here doing one of the things he loves. He will be singing the Easter Bonnet song, springtime songs and some love songs. If there are any songs that you like hearing him sing he will sing it for you. **Lunch must be paid for in advanced, \$2.25. Advanced sign up is required.**



TRAIN YOUR BRAIN

Wednesday, April 15, 2020 @ 11:30am

Yvette Morse, Community Relations Director at Wingate Residents at Norton, will be presenting Train your Brain. She will discuss fun and inventive ways to maintain your memory and keep your brain healthy. This is a fun foray into helping your mind stay active. **Lunch must be paid for in advanced, \$2.25. Advanced sign up is required.**

FROM JAZZ TO HIP HOP

Tuesday, April 21, 2020 @ 1pm

MUSIC Dance.edu is a non-profit organization which offers performing arts opportunities and music education to New England residents. The children performers age 6 to 11 years will be here with a 1 hour presentation titled "From Jazz to Hip Hop." During this presentation the children play musical instruments; trumpet, flute, clarinet, trombone, bells, drum pads, and hip hop dance. The presentation is guided by narration which includes jazz and hip hop facts. **This program is paid for by the Seekonk Cultural Council. Advanced sign up is required.**

TRIAD: SEEKONK'S K9 UNIT

Wednesday, April 22, 2020 at 11:30am

Seekonk's very own K9 Unit will be at the center doing an interactive presentation. They will be doing attack maneuvers and other duties that are expected of the K9 unit. See first hand how the unit serves to protect Seekonk. **Lunch is**



free for those who attend activity. Advanced sign up is required.

HEARING CLINIC

Tuesday, April 28, 2020 at 1:30pm—3:00pm

Chris Brissett from Hearing Life will be coming to Seekonk Human Services to perform a hearing clinic for those interested. The clinic will include a hearing exam as well as overview of your hearing devices. **Appointments must be made in advanced.**

SEMINAR WITH BRISTOL COUNTY REGISTER OF PROBATE

Wednesday, April 29, 2020 at 11:30am

Thomas Hoyer, from Bristol County Register of Probate will be here. Register Hoyer is looking forward to presenting a short seminar (30-40 minutes). He will like to educate the Seniors of this area on the role of the Register of Probate and estate planning. **Lunch must be paid for in advanced, \$2.25. Advanced sign up is required.**

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 can be relaxing and you could have a lot of fun being in this class. The art projects that will be done here are listed below. Sign up and payment is due the Wednesday before.

March 2 - Easter Sign
March 9 - Egg Wreath
March 16 - Bunnies in Pots
March 23 - Bunny & Chick Mason Jar
March 30 - Ribbon Tree
April 6 - Beach Wine Glass
April 13 - Glass Garden Ball
April 27 - Twine Wine Glass



*Crafts subject to change.

TECH TIME

Wednesday, March 11, 2020 @ 2pm - 4pm

Wednesday, April 8, 2020 @ 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, March 12, 2020 @ 9:30am

Thursday, April 9, 2020 @ 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, March 19, 2020 @ 10am

Newport Creamery, 701 Fall River Ave., Seekonk

Thursday, April 16, 2020 @ 10am

IHOP, 75 Highland Avenue, East Providence, 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. If you're interested in joining us, we get together the 3rd Thursday of the month at local Restaurants. Please call Beverly at 401-749-4841

PODIATRY CLINIC

Dr. Alan Lechan

Wednesday, March 11 2020 at 1pm - 3pm

Wednesday, April 15, 2020 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!

Bring Your Own Laptop:

Windows Laptop Basics

Tuesday, March 31, 2020 @ 2:00 pm

Its never to late to learn. If you have a Windows laptop and you're unsure how to begin this is the class for you! Come to this session for help on the essentials of using a Windows laptop. Librarian Michelle Gario will lead this 90 minute class for **new Windows laptop users only**. Bring your own 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!

Introduction to Podcasts

Tuesday, April 28, 2020 @ 2:00 pm

A Chromebook is a laptop, but with enough differences to make it unique. Librarian Michelle Gario will lead this 90 minute basics class for **Chromebook users only or those considering purchasing one**. Bring your own Chromebook; 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.**

March 2020 Calendar

March 2020 Calendar					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 9:00am - Indoor Power Walking 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 10:00am - Silver Sneakers 10:00am - Sign Language 12:00pm - Attorney Legal Services 1:00pm - Cards (Hi-Lo Jack)	4 No Indoor Power Walking No Chair Yoga 1:00pm - Mahjong	5 10:00am - Silver Sneakers 11:30am - Lunch** 1:00pm - BINGO 1:00pm - Cribbage	6 9:00am - Advanced Yoga, \$2 10am - 12pm - Officer Maria 10:15am - Tai Chi 11:15am - Indoor Power Walking	
9 9:00am - Indoor Power Walking 10:00am - Chair Yoga 11:00am - Beginner Line Dancing 12:30pm - Knitting Club 1:00pm - Zumba! 2:00pm - Arts & Crafts*	10 10:00am - Silver Sneakers 10:00am - Sign Language 1:00pm - Cards (Hi-Lo Jack)	11 9:00am - Indoor Power Walking 10:00am - Chair Yoga 11:30am - St. Patrick's Party 1:00pm - Mahjong 1:00pm - 3:00pm Podiatry Clinic 2:00pm - Tech Time	12 9:30am - Men's Breakfast 10:00am - Silver Sneakers 11:30am - Lunch** 1:00pm - BINGO 1:00pm - Cribbage	13 9:00am - Advanced Yoga, \$2 10:15am - Tai Chi 11:15am - Indoor Power Walking	
16 9:00am - Indoor Power Walking 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 10:00am - Silver Sneakers 10:00am - Sign Language 12:00pm - Attorney Legal Services 1:00pm - Cards (Hi-Lo Jack)	18 9:00am - Indoor Power Walking 9:00am - 10:30am - Blood Pressure Clinic, by Seekonk Fire Dept. 10:00am - Chair Yoga 11:30am - Medicare Savings 1:00pm - Mahjong	19 10:00am - Silver Sneakers 10:00am - Women's Brunch 10:00am - Art Therapy 11:30am - Lunch** 1:00pm - BINGO 1:00pm - Cribbage	20 9:00am - Advanced Yoga, \$2 10:15am - Tai Chi 11:15am - Indoor Power Walking	
23 9:00am - Indoor Power Walking 10:00am - NO Chair Yoga 11:00am - Beginner Line Dancing 12:30pm - Knitting Club 1:00pm - Zumba! 2:00pm - Arts & Crafts*	24 10:00am - Silver Sneakers 10:00am - Sign Language 11:00am - Preventing Elder Scams 1:00pm - Cards (Hi-Lo Jack)	25 9:00am - Indoor Power Walking 10:00am - NO Chair Yoga 11:30am - TRIAD: SENIOR IDS 1:00pm - Mahjong	26 10:00am - Silver Sneakers 10:00am - Art Therapy 11:30am - Lunch** 1:00pm - BINGO 1:00pm - Cribbage	27 9:00am - Advanced Yoga, \$2 10:15am - Tai Chi 11:15am - Indoor Power Walking	
30 9:00am - Indoor Power Walking 10:00am - NO Chair Yoga 11:00am - Beginner Line Dancing 12:30pm - Knitting Club 1:00pm - Zumba! 2:00pm - Arts & Crafts*	31 10:00am - Silver Sneakers 1:00pm - Cards (Hi-Lo Jack) 2:00pm - Let's Learn Together!		*Arts & Crafts Residents \$3/Non-Residents \$5 **Lunch Menu Available at Seekonk Human Services Activities subject to change without notice	Office Hours: Mon. - Thurs. 8:30am - 4:30pm Friday 8:30am - 12:30pm	

April 2020 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>* Arts & Crafts</p> <p>Residents \$3/Non-Residents \$5</p> <p>**Lunch Menu Available at Seekonk Human Services</p> <p>Activities subject to change without notice</p>	<p>Office Hours: Mon. - Thurs. 8:30am - 4:30pm Friday 8:30am - 12:30pm</p>	<p>No Indoor Power Walking No Chair Yoga</p> <p>1:00pm - Mahjong</p>	<p>10:00am - Silver Sneakers 10:00am - Art Therapy 11:30am - Lunch** 1:00pm - BINGO 1:00pm Cribbage</p>	<p>9:00am - Advanced Yoga, \$2 10:15am - Tai Chi 11:15am - Indoor Power Walking</p>
<p>9:00am - Indoor Power Walking 10:00am - Chair Yoga 11:00am - Guided Meditation 11:00am - Beginner Line Dancing 12:30pm - Knitting Club 1:00pm - Zumba! 2:00pm - Arts & Crafts*</p>	<p>10:00am - Silver Sneakers 10:00am - Sign Language 12:00pm - Attorney Legal Services 1:00pm - Cards (Hi-Lo Jack)</p>	<p>9:00am - Indoor Power Walking 10:00am - Chair Yoga 11:30am - Easter Party 1:00pm - Mahjong</p>	<p>9:30am - Mens Breakfast 10:00am - Silver Sneakers 10:00am - Art Therapy 11:30am - Lunch** 1:00pm - BINGO 1:00pm Cribbage</p>	<p>9:00am - Advanced Yoga, \$2 10:15am - Tai Chi 11:15am - Indoor Power Walking</p>
<p>9:00am - Indoor Power Walking 10:00am - Chair Yoga 11:00am - Beginner Line Dancing 12:30pm - Knitting Club 1:00pm - Zumba! 2:00pm - Arts & Crafts*</p>	<p>10:00am - Silver Sneakers 10:00am - Sign Language 1:00pm - Cards (Hi-Lo Jack)</p>	<p>9:00am - Indoor Power Walking 10:00am - Chair Yoga 11:30am - Train Your Brain 1:00pm - Mahjong 1:00pm - 3:00pm Podiatry Clinic 2:00pm - Tech Time</p>	<p>10:00am - Women's Brunch 10:00am - Silver Sneakers 10:00am - Art Therapy 11:30am - Lunch** 1:00pm - BINGO 1:00pm Cribbage</p>	<p>9:00am - Advanced Yoga, \$2 10am - 12pm - Officer Maria 10:15am - Tai Chi 11:15am - Indoor Power Walking</p>
<p>PATRIOTS DAY</p>	<p>10:00am - Silver Sneakers 12:00pm - Attorney Legal Services 1:00pm - From Jazz to Hip Hop 1:00pm - Cards (Hi-Lo Jack)</p>	<p>9:00am - Indoor Power Walking 9am - 10am - Blood Pressure Clinic, by Seekonk Fire Dept. 10:00am - Chair Yoga 11:30am - TRIAD: K9 Unit 1:00pm - Mahjong</p>	<p>10:00am - Silver Sneakers 11:30am - Lunch** 1:00pm - BINGO 1:00pm - Cribbage</p>	<p>9:00am - Advanced Yoga, \$2 10:15am - Tai Chi 11:15am - Indoor Power Walking</p>
<p>9:00am - Indoor Power Walking 10:00am - Chair Yoga 11:00am - Beginner Line Dancing 12:30pm - Knitting Club 1:00pm - Zumba! 2:00pm - Arts & Crafts*</p>	<p>10:00am - Silver Sneakers 10:00am - Sign Language 1:00pm - Cards (Hi-Lo Jack) 1:30pm - 3:00pm Hearing Clinic 2:00pm - Let's Learn Together!</p>	<p>9:00am - Indoor Power Walking 10:00am - Chair Yoga 11:30am - Register of Probate 1:00pm - Mahjong</p>	<p>10:00am - Silver Sneakers 11:30am - Lunch** 1:00pm - BINGO 1:00pm - Cribbage</p>	

Silver Tea

You are cordially invited to attend a
Silver Tea
Honoring women in Seekonk
Age 75 and Older

The Tea will be held at
Seekonk Human Services
540 Arcade Avenue
Wednesday, May 13, 2019
@ 12:00 noon

Hosted by Seekonk Human Services
&
Funded by Friends of Friends
Community Services Inc.

Limited Seating Available
Seekonk Residents Only
R.S.V.P. (508) 336-8772 by May 5

All cancellations must be called in by
Monday, May 11, 2020

*For those who need to bring an escort the cost will be \$22 per
person

2020 Trips

Newport Playhouse Lobsterfest Presents

A Little Quickie

Tuesday, June 16, 2020

Departure: 10am Return: Approximately 5pm

\$80 per person (includes show, meal, transportation & gratuity)

Only one thing stands between comedy duo Steve & Allen and stardom – Allen's one-night stand with Steve's wife! It's up to the duo's flashy manager to cover up the affair or all of their careers are ruined. Spicy stand-up comedy routines provide a hilarious running commentary throughout this wickedly funny farce. **Meal consists of Lobster with their classic buffet as well. Sign up begins April 1st for residents and April 15th for non-residents. 50% payment required at the time of sign up. Final payments and sign up must be done before Tuesday, May 26th.**

The Texas Tenors

Thursday, August 20, 2020 @ 11:30am

@ Venus de Milo, Swansea, MA

Drive on your own, \$75 per person

Since appearing on America's Got Talent in 2009, The Texas tenors have performed over 1300 concerts, released 4 Studio Albums, 2 PBS Specials, 4 DVD's, multiple singles and a children's book that have earned them impressive recognition including 3 Emmy Awards. These classically-trained, versatile tenors have performed around the world. **Meal choices are Chicken Parmesan or Baked Scrod. 50% payment required at sign up with meal choice. Final payments and sign ups must be done before Thursday, July 30th. *Sign up begins April 1st for residents and non-residents***



PUT HEARING HEALTH ON THE TOP OF YOUR "TO DO" LIST

Having your hearing assessed* yearly is just as important as your other annual checkups with your doctor or dentist.

Your ability to hear well has a lot to do with your quality of life. Untreated hearing loss can greatly affect that quality.

Visit us for a complimentary hearing assessment.
Take the first step toward better hearing!



514 Hanover Street
Fall River, MA 02720
(508) 689-4124

Michael Nogueira, Hearing
Instrument Specialist Lic. #471

425 East Washington St.,
Suite 3
North Attleboro, MA 02760
(508) 809-4417

Christopher Brissette, Hearing
Instrument Specialist Lic. #235

WHEN CALLING, PLEASE MENTION CODE AG60-1

*See office for details.

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927B Warren Avenue
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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

WINGATE RESIDENCES

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Upcoming Events

Art for Your Mind – Early American Revolutionary Images

Wednesday, March 25 2 p.m.

See famous people, places and events of the Revolutionary War, primarily through the eyes of those who experienced it.

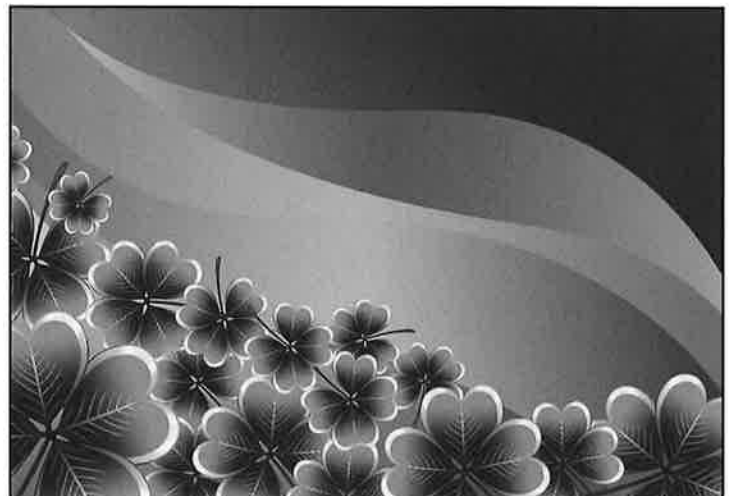
Art for Your Mind – Early American Everyday Life

Wednesday, April 15 2 p.m.

Glimpses of ordinary people living as they did in the 19th century offer compelling visual stories of America's growth and change through the eyes of a variety of artists.

For more information or to RSVP call 401-275-0682.

One Butler Avenue, Providence, RI 02906 | 401-275-0682 | 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) 678-3333
FAX (508) 678-1698
luke@bristollegal.com

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Don't forget to turn your clocks
ahead on Sunday, March 8th



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please contact us:

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

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Seekonk Town Crier Newsletter!
Please contact Tom Reilly
508-336-6633 x 337

April
Showers



Seekonk Human Services
540 Arcade Avenue
Seekonk, MA 02771

PRSRT 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

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Michelle Hines

VICE CHAIRPERSON

Josephine Veadar

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**