



**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

## May 2021



**We Will Be Closed  
Monday, May 31  
To Observe  
Memorial Day**

### We Are Open!

We are officially open for health clinics (appointments required) and outdoor activities (preregistration required)! Masks will be required for health clinics and outdoor activities. We will continue to do our Zoom activities as well. In person appointments are available as well. We are taken extra precautions by following CDC guidelines. Clients and participants are required to wear a mask when entering the building and informing the front desk their name and phone number for contact tracing. There is extra hand sanitizer stations as well as Plexiglas set up with social distancing signs to keep everyone safe. We are excited to see everyone!



### Social Media is No Place for COVID-19 Vaccination Cards!

Think of it this way — identity theft works like a puzzle, made up of pieces of personal information. You don't want to give identity thieves the pieces they need to finish the picture. One of those pieces is your date of birth. For example, just by knowing you date and place of birth, scammers sometimes can guess most of the digits of your Social Security number. Once identity thieves have the pieces they need they can use the information to open new accounts in your name, claim your tax refund for themselves, and engage in other identity theft. Please be aware!



### Mother's Day Grab & Go Treat Wednesday, May 12, 2021 11:00am—11:45am

Things are still quite different this year, normally we would be hosting our annual Silver Tea but with COVID still a thing we wanted to do something for the mothers! Honoring all the Mother's of Seekonk, we would like to treat them to a Grab & Go meal with a cupcake from Buttercream Bakery, a Seekonk residential bakery! The lunch menu will be cajun chicken, rice, California blend veggies, whole wheat roll and banana. There is no cost to you! Please sign up by calling 508-336-8772. \*Sponsored by Friends of Friends.



### 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.

### 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!



## Improve Your Memory with a Free, Virtual Masterclass

If you feel like keeping up with all the details of life has your head swimming, you're not alone. Join Seekonk Public Library for the virtual program **Memory Masterclass on Wednesday, May 12 at 6 PM** to recoup your memory skills. Presenter Fred Berthelot will help you discover the true potential of your amazing memory. This interactive workshop will alter your preconceived notions of how your memory works, and will open up a whole new world of mental abilities you didn't know you had. You will learn skills that you can apply to your everyday life, will improve your professional life, help you learn a new language, and alter the way you learn and study. Register in the Events Calendar at [www.seekonkpl.org](http://www.seekonkpl.org) to receive the login information the week of the program.

Presenter background: Fred Berthelot is a mentalist and an artist (or a “mental artist”); an architect of the mind who draws thoughts - out of people’s heads. His unique form of interactive psychological entertainment has mesmerized private and corporate audiences with the power and mystery of the human mind. Fred's clients include Johnson & Johnson, Unilever and more.

**Contact: Michelle Gario**  
Senior Librarian  
Seekonk Public Library  
508-336-8230 x56130



### ZOOM Activities

**Zoom BINGO!**  
Monday & Thursdays at 1pm

**Zoom Trivia**  
Tuesdays at 1:30pm

**Zoom Coffee Chat**  
Wednesdays at 1:30pm

\*Note: Zoom activities can be done on a laptop, tablet, smart phone or by dialing in the specific number for that activity. 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!



## Outdoor Activities

### Chair Yoga

Monday & Wednesdays at 10am

### Zumba

Fridays at 9:30am

### Tai Chi

Fridays at 10:30am

\*Note: Registration is required for all outdoor activities, please call the center at 508-336-8772

## Health Clinics

### Podiatry Clinic

Tuesday, May 11 at 10am—2pm  
Wednesday, May 12 at 10am—2pm

### Blood Pressure & Glucose Clinic

Wednesday, May 19 at 9am—11am

### Hearing Clinic

Tuesday, June 8 at 2pm—3pm

\*NOTE: Preregistration is required for all health clinics, please call the center at 508-336-8772



Scammers are using a new trick to steal your money and person information: **a bogus COVID vaccine survey**. People across the country are reporting getting emails and texts out of the blue, asking them to complete a limited-time survey about the Pfizer, Moderna, or AstraZeneca vaccine (And no doubt, there may be one for Johnson & Johnson). In exchange, people are offered a free reward, but asked to pay shipping fees. If you get an email or text like this, **STOP. It's a scam.**

Don't give your bank account, credit card, or personal information to someone who contacts you out of the blue.

## 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. May'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 508-336-877**

## 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.

## 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!

## May 2021 Menu

TUESDAY		WEDNESDAY	
4 Pork Patty	653*	5 Mexicali Chicken	173
Au Gratin	154	Spanish Rice	22
Potatoes		Mexicali Corn	6
Chuckwagon Blend	15	WW Bread	160
HB Roll	230	Pineapple	1
Pears	4		
Calories: 629	Fat: 31%	Calories: 645	Fat: 19%
Sodium: 1228mg	Carb: 76g	Sodium: 535mg	Carb: 96g
11 Shepherd's Pie	271	12 Cajun Chicken	377
Peas & Mushrooms	133	Dirty Rice	137
Oatmeal Roll	121	California Blend	27
Pears	4	WW Roll	160
		Banana	1
Calories: 768	Fat: 27%	Calories: 620	Fat: 21%
Sodium: 701mg	Carb: 106g	Sodium: 874mg	Carb: 85g
18 Hot Dog	550*	19 Beef & Broccoli	108
Mustard	55	Fluffy Rice	36
Baked Beans	36	MG Roll	190
Carrots	83	Chocolate Pudding	191
Hot Dog Roll	210	MOD: Diet Pudding	100
Applesauce	15		
Calories: 754	Fat: 38%	Calories: 774	Fat: 37%
Sodium: 1121mg	Carb: 88g	Sodium: 697mg	Carb: 80g
25 Turkey Stew	587*	26 Swedish	375
Whipped Potatoes	52	Meatballs	131
WW Roll	160	Egg Noodles	1
Pears	4	Winter Blend	15
		Snowflake Roll	260
		Fresh Orange	0
Calories: 616	Fat: 25%	Calories: 770	Fat: 31%
Sodium: 975mg	Carb: 86g	Sodium: 822mg	Carb: 95g
<b>Milk: 110 Calories</b>			
<b>125mg Sodium, 12g Carb</b>		<b>Happy Mother's Day</b>	
<b>Margarine: 36 Calories</b>			
<b>47mg Sodium, 0gm Carb</b>			

Menu is subject to change without notice

## Seekonk Veterans Services

The Seekonk Veterans Council, in conjunction with the Seekonk Department of Veterans Services, will be holding a Memorial Day weekend ceremony. It will take place at the Seekonk Veterans Memorial Park (410 Newman Avenue) on Saturday, May 29<sup>th</sup> at 11:30am.

The ceremony will be socially distanced and will be filmed, so it may be viewed on cable television or Channel 9's website. It will also be live streamed online by Channel 9 so viewers will be able to watch the ceremony live.

Our ceremonies always feature local veteran and politician participants. We are pleased to announce that Seekonk poet Margie Rieske will join us once again to read one of her poems. She writes on all sorts of topics, but really specializes in poems relating to veterans and patriotism – as she comes from a long line of family members who served in the military.

We will also have a special music guest, the 215<sup>th</sup> Army Band's Music Performance Team *Liberty*. We've had the pleasure of having their fife and drum group, *Revolution*, perform in past years. This will be *Liberty*'s first time performing in Seekonk. They will also be sending us a bugler for the sounding of *Taps*.

For any additional information or questions, please contact Seekonk Veterans Services at (508)336-2940 or via email [jlaflame@seekonk-ma.gov](mailto:jlaflame@seekonk-ma.gov).



Above : *Liberty* performing at the Soldier's Home in Chelsea



Above: *Liberty* performing outside of Boston's Faneuil Hall

**\* 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.

More clarity. More hearing.

More life.



### Introducing the new Oticon More™ with BrainHearing™ technology.

The new Oticon More was trained on 12 million real-life sounds. As a result, it helps your brain decipher intricate details of relevant sounds for better speech understanding with less effort and the ability to remember more - all engineered in a stylish and rechargeable hearing aid for a full day's use.\*

Call to schedule your risk-free trial\* of this new technology. Plus, have a complimentary hearing assessment\* and receive a \$20 gift\*.



## HearingLife

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) 409-6686**

Christopher Brissette, Hearing  
Instrument Specialist Lic. #235

WHEN CALLING, PLEASE MENTION CODE AG60-1

\*See office for complete details.

**WINGATE** RESIDENCES  
ON THE EAST SIDE

Assisted Living | Memory Care



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

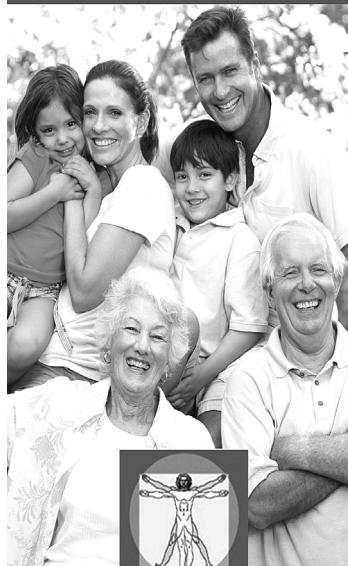
Stay for a month or stay until winter in a  
fully furnished apartment!

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](mailto:bmccrae@wingatesrc.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 treat a wide variety of conditions or 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

#### 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

## HEALY PHYSICAL THERAPY

& SPORTS MEDICINE, INC.

KEEPING YOU IN THE GAME OF LIFE

[www.healyphysicaltherapy.com](http://www.healyphysicaltherapy.com)

# Thank you!

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

# Happy Mother's Day

Law Office of Luke P. Travis  
Estate Planning

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

PO. BOX 3288  
10 NORTH MAIN ST.  
FALL RIVER, MA 02322-3288



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



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](http://www.communityvna.com)

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



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

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



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](http://www.bearmountainhc.com)

To be a sponsor  
in the next  
Seekonk Town Crier  
Newsletter!  
Please contact Tom Reily

508-336-6633 x 337





## COVID-19 VACCINE PREREGISTRATION PROCESS

There are different ways to find a vaccine appointment if you're eligible:

- Preregister at [VaccineSignUp.mass.gov](https://VaccineSignUp.mass.gov) or by calling 211 to be notified when it's your turn to schedule an appointment at one of **7 mass vaccination locations**: Fenway Park, Gillette Stadium, Reggie Lewis Center, DoubleTree Hotel in Danvers, Eastfield Mall in Springfield, Natick Mall and former Circuit City in Dartmouth.
- Use [VaxFinder.mass.gov](https://VaxFinder.mass.gov) to search for appointments at pharmacies, health care providers, and other community locations



Massachusetts' preregistration system makes it easier to request and schedule an appointment at one of the 7 mass vaccination locations. Eligible people can preregister for a COVID-19 vaccine appointment at mass vaccination locations only. More locations will be added to the system in April.

Once you sign up for preregistration, you'll receive weekly status updates. You can opt out at any time if you find an appointment elsewhere. Once an appointment is available, you'll be contacted with the opportunity to book the appointment and have 24 hours to accept it.

Massachusetts receives a limited supply of COVID-19 vaccine doses from the federal government each week.

**Due to high demand and very limited supply, it may take several weeks to schedule an appointment or to be notified that an appointment is available at mass vaccination locations.**

**\*Homebound vaccination program—Central Intake Line: 1-833-983-0485**  
**Monday—Friday from 9:00am to 5:00pm**

**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

**Human Services Council**

**Chairperson**  
Michelle Hines

**Vice Chairperson**  
Beverly Della Grotta

Irene Andrews

Anne Libby

Theresa McGregor

Keith Perry

Josephine Veaider

**Council meets fourth Monday of the month**  
**@ 3:15pm at**  
**Seekonk Human Services**  
**Conference Room, 109**