



# SEEKONK HUMAN SERVICES

## Open Circle



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

**April 2023**

### Reverse Mortgages

**Tuesday, April 11, 2023 at 1:00pm**

This activity is all about Reverse Mortgages. A FREE seminar for homeowners 62 years and older. Topics discussed:

- What is a reverse mortgage?
- Who is eligible?
- How much can someone receive?
- What are some of the benefits?
- What are the tax free distribution options?
- How is the reverse mortgage paid?

East Coast Capital has a staff of dedicated professionals focused solely on reverse mortgages. They have the expertise to help you make an informed decision about which program is right for you. E-mail address is: [mkennedy@eastcoastcap.com](mailto:mkennedy@eastcoastcap.com). **Pre-registration is required by calling 508-336-8772.**

### Tommy Rull

**Wednesday, April 19, 2023 at 1:00pm**

Tommy Rull singer/entertainer will be performing his show, "A Musical Journey Through The Years." Mr. Rull has been performing his act for the last several years. He has sung at private parties, corporate events, country clubs, restaurants and countless senior centers. He has entertained thousands of seniors and "boomers" throughout Massachusetts. He takes his audience on a musical journey through time singing the songs of many great and well-known entertainers...songs of Neil Diamond, Sinatra, Elvis, Roy Orbison, Paul Anka, Barry Manilow, Cole Porter, Harry Belafonte, Willy Nelson, Kenny Rogers, Hank Williams, Anne Murry and the list goes on and on. Many seniors at his performances sing along to familiar songs that bring back fond memories to them and a number get up and dance with each other, staff members, and volunteers. Coffee and pastry will be available. To sign up for this activity please call the office at 508-336-8772. **\*This program is funded by the Seekonk Cultural Council.**



### 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 3, 2023  
@ 12 noon

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

Limited seating available  
R.S.V. P. 508-336-8772 by April 21, 2023

**\*Seekonk Residents Only\***

### Healthy Aging - Lunch & Learn Wednesday, April 26, 2023 at 11:30am



Nutritionist, Dawn Di-Marco, will be here from Bristol Elder Services to talk about foods and tips for healthy aging! She will discuss components of a healthy diet and how

to make a balanced plate that benefits the body during aging. She also will be speaking about all the actions that can be taken to help manage health, live as independently as possible, and maintain a great quality of life as you age. For all who attend this program there will be a meal consisting of spaghetti and meatballs, green beans, dinner roll, cookies, and Crystal Light. **Preregistration is required for this program by calling 508-336-8772.**

**Arts & Crafts**  
**Mondays in April at 12:30pm**

Preregistration is required for this class. The cost for this class is \$5 for Seekonk residents and \$7 for Non-Seekonk residents. All classes have limited availability. **\*\*Art Work subject to change.**

Projects for April 3rd, April 10th, and April 24th, are to be determined. If you would like to know what the Arts & Crafts will be for this month please call 508-336-8772

**Podiatry Clinic**  
**Wednesday, April 12, 2023**  
**10:00am - 2:30pm**

Dr. Lechan provides monthly Podiatry Clinics. An appointment is required. Items needed are insurance cards with your primary doctor's name, 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, April 19, 2023**  
**9:00am - 11:00am**

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

**Let's Learn Together!**  
**Tuesday, April 25, 2023 @ 2:00pm**  
**"All About YouTube"**

If you go to YouTube often for videos, you can save your favorites, create playlists and even upload your own videos using your Google (or Gmail) account. Join Librarian Michelle Gario in this 90 minute session for an introduction to using YouTube features. **You must bring your Gmail login I.D. and password for this program.** Bring your own tablet, phone, or laptop; please make sure your device is fully charged. Contact the Seekonk Human Services to preregister for this at: 508-336-8772.

**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 accepted November 1, 2022 until April 30, 2023.**

**Income Guidelines:** Maximum income for 1 person is \$42,411, for 2 people is \$55,461, for 3 people is \$68,511, and for 4 people is \$81,561

**"Canasta"**  
**Mondays @ 11:30am**

Are you interested in playing or learning to play Canasta? Please call our office at 508-336-8772 if you are interested in participating.

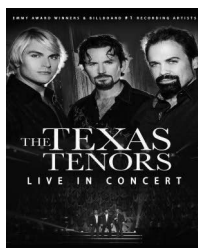


**Beginner Sign Language**  
**Wednesday, April 19, 2023**  
**No class May 10<sup>th</sup> or June 14<sup>th</sup>**

A new 10-week session of sign language will begin Wednesday, April 19, 2023. If you are interested in this beginner class, please call Seekonk Human Services at 508-336-8772 to register.

**The Texas Tenors**  
**Live in Concert**  
**Tuesday, June 20, 2023**  
**Price: \$119.00 Per Person**

**Location: Danversport Yacht Club-Danvers, MA**



Since appearing on America's Got Talent in 2009, The Texas Tenors have performed over 1,300 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. Their latest albums "Rise" and "A Collection of Broadway & American Classics" both debuted at #1 on the charts making them Billboard Magazine's #10 Classical Crossover Artist in the World.

These classically-trained, versatile tenors have performed around the world including headline shows in Las Vegas, China, and a 24-city tour in the United Kingdom. The Texas Tenors were honored to be included among the top 50 acts in the world and the only vocal group from the United States invited to compete on NBC's 2019 series America's Got Talent: The Champions. Best of Times Travel is proud to bring this national treasure to their stage. Don't Miss Out! Seats are limited! If you are interested please call 508-336-8772.

Plated Luncheon Meal Choice: Stuffed Breast of Chicken or Baked Scrod. Also Included: Salad, Vegetables, Breads, Dessert, Coffee/Tea.

**Price includes Transportation, Plated Luncheon, Meal Tax & Gratuity, and Show Ticket. Register by May 20th to secure your spot! Trip must be paid for in full at time of sign up, no refunds for cancellations less than 14 days.**

### **Women's Lunch**

**Wednesday, April 19, 2023 @ 11:30am  
at Toti's on Taunton Avenue, in Seekonk, MA**

The Women's lunch group meets every 3rd Wednesday of the month at 11:30am. Everything is dutch treat. If you are interested in joining for good food and good conversation, while supporting our local restaurants, please call Seekonk Human Services at 508-336-8772.

### **Nutritional Meals To Go**

**Tuesdays, Wednesdays & Thursdays**

Seekonk Human Services will be working with Bristol Elder Services to provide nutritional meals for lunch on Tuesdays, Wednesdays and Thursdays 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. Suggested donation of \$2.25 per meal which will be due at the time of pickup. Pick up will be between 11am - 12pm. April's menu is available on our Facebook Page and by calling our office at 508-336-8772.

### **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.

### **Outdoor Activities coming this May Bocce, Horseshoes & Cornhole @ 11:00am**

All activities will be played at 11:00am. Bocce will be on Mondays, Horseshoes on Tuesdays, and Cornhole on Wednesdays. Preregistration is required by calling our office at 508-336-8772. Activities are weather dependent.



### **Sharps Disposal**

Did you know that as of July 1, 2012 the Commonwealth banned the practice of disposal of needles, syringes and lancets (sharps) into your household trash? The Seekonk Board of Health has a Sharps Disposal program. This program is for Seekonk residents only. Those who use this program pay for the program. The fee is \$9.00, which includes a one-gallon sharps container and the disposal of that container. Any questions please contact the Board of Health 508-336-2950.

### **Library Homebound Delivery**

Residents of Seekonk who are homebound due to physical limitations or illnesses that are long term or temporary are able to enjoy library materials through our Homebound Delivery Service.

Seekonk Public Library's Homebound Delivery Service is for residents who have no one in their household to go to the library for them. Adult Services staff will coordinate deliveries and can work with participants to choose materials that meet their needs and interests. Volunteers will deliver the materials to the participant's door contact-free and return borrowed materials to the library. For more information, call Adult Services at the library at (508) 336-8230 or email [library@seekonkpl.org](mailto:library@seekonkpl.org).

### **Computer Stations**

Computer access is now available at Seekonk Human Services. If you're without a computer at home but you need to access one, we may be able to help. Residents are welcome to use our laptops to surf the internet and check emails etc. For more information, please call 508-336-8772.

### **Medical Loan Closet**

Our FREE Medical Loan Closet is available for Seekonk residents. Our inventory is dependent on donated items received, but may be limited based on need and space. For more information, please call 508-336-8772

The center is open Monday, Tuesday, Thursday 8:30am - 4:30pm, Wednesday 8:30am - 5:30pm and Friday 8:30am - 12:00pm. Come and enjoy the activities and companionship at your center. **Join our email list!** Things are changing quickly these days & we want to be able to get the word out to you quickly. Please give us a call & give us your email address. We want to share fun activities, links to Zoom and virtual programs.

\* NOTE: \*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. 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.

## Veteran's Corner

### Memorial Day 2023

The Seekonk Department of Veterans Services and Seekonk Veterans Council will once again run the Seekonk Memorial Day Parade and Ceremony on Saturday, May 27<sup>th</sup>. The parade will form at Seekonk High School (261 Arcade Avenue) at 9:00am and stepping off at 10:00. The parade route is the same as in past years, Arcade Avenue turning right onto Newman Avenue and ending at Hurley Middle School (650 Newman Avenue).



Directly following the parade is the ceremony, held at the Seekonk Veterans Memorial Park (410 Newman Avenue). After the ceremony, the Veterans Council will sponsor lunch at American Legion Post 311 (351 Fall River Avenue) which will be hamburgers and hot dogs. Lunch will start around noontime.


Invitations have been sent out to previous parade and ceremony participants. Please let me know if you haven't heard from us and want to take part in this year's events. We are also actively looking for new parade participants, if interested, please contact me either by email or phone (below).

James LaFlame  
Seekonk Veterans Services Officer  
Office 508-336-2940  
Email: [jlaflame@seekonk-ma.gov](mailto:jlaflame@seekonk-ma.gov)

### Are you interested in learning more about veteran's benefits?

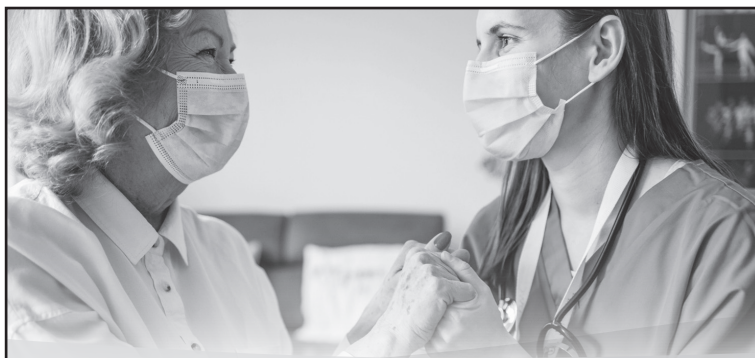
If so, visit with Seekonk Veteran's Services Officer James LaFlame who is available to speak to those inquiring about benefits. James is happy to talk to anyone with questions including veteran spouses, surviving veteran spouses, and those who know or care about veterans.

# April 2023 Calendar

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	10:00am - Chair Yoga 11:30am - Canasta 12:30pm - Arts & Crafts* 1:00pm - Strength & Cardio** 1:30pm - Zoom BINGO!	4	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia	5	9:30am - Drums Alive** 11:00am - Belly Dancing** 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat	6	9:00am - 11:00am - Taxes 10:00am - Chair Yoga 1:00pm - BINGO!	7	9:15am - Dance Cardio** 10:30am - Tai Chi**
10	10:00am - Chair Yoga 11:30am - Canasta 12:30pm - Arts & Crafts* 1:00pm - Strength & Cardio** 1:30pm - Zoom BINGO!	11	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 1:00pm - Pitch (Hi-Lo Jack) 1:00pm - Reverse Mortgage 1:30pm - Zoom Trivia	12	9:30am - Drums Alive** 10:00am-2pm - Podiatry Clinic 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat	13	9:00am - 11:00am - Taxes 10:00am - Chair Yoga 1:00pm - BINGO	14	9:15am - NO - Dance Cardio** 10:30am - Tai Chi**
17	 10:00am - Chair Yoga 11:30am - Canasta 12:30pm - Arts & Crafts* 1:00pm - Strength & Cardio** 1:30pm - Zoom BINGO!	18	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia	19	9:00am-11:00am Blood Pressure Clinic 9:30am - Drums Alive** 10:00am - Sign Language 11:30am - Women's Lunch 1:00pm - Entertainment 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat	20	10am - Oil Painting 10:00am - Chair Yoga 1:00pm - BINGO!	21	9:15am - Dance Cardio** 10:30am - Tai Chi**
24	10:00am - Chair Yoga 11:30am - Canasta 12:30pm - Arts & Crafts* 1:00pm - Strength & Cardio** 1:30pm - Zoom BINGO!	25	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia 2:00pm - Let's Learn Together!	26	9:30am - Drums Alive** 10:00am - Sign Language 11:30am - Lunch & Learn 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat	27	10:00am - Oil Painting 10:00am - Chair Yoga 1:00pm - BINGO!	28	9:15am - Dance Cardio** 10:30am - Tai Chi**
<b>*Arts &amp; Crafts</b> Residents \$5/Non-residents \$7 <b>*Water Colors</b> Residents \$3/Non-Residents \$5 <b>**Fitness Class</b> Non-Residents \$2 Activities subject to change without notice		<b>Office Hours:</b> Mon, Tues, Thurs 8:30am - 4:30pm Wednesday 8:30am - 5:30pm Friday 8:30am - 12:00pm							

**NOTE:** Fitness programs are paid through grant funds from the Executive Office of Elder Affairs (EOEA). Seekonk residents are strongly urged to make a donation toward fitness programs to help offset the costs.





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# Happy Easter!



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in the next  
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**Please contact Tom Reily  
508-336-6633 x 337**

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



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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

**SEEKONK POLICE**

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



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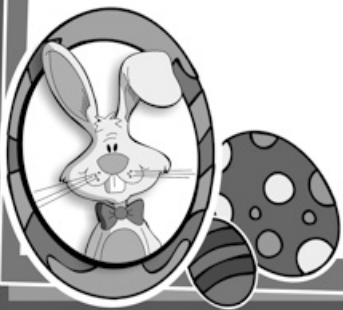


*Thank you!*

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

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



## Future Activities—More information to come

### **White Cross Pharmacy Tuesday, May 16, 2023 at 11:00am**



White Cross Pharmacy is home of the med packs. All of your medication arrives on time in easy to open packaging that is clearly labeled with the date and time medications should be taken. This helps take the guess work out of organizing your pills. The best part of this is there is no additional cost to you! Coffee and pastry will be served.

### **SPRING BELLS**

**Wednesday, May 17, 2023 at 11:30am**

The Southcoast Ringers have been together for several years. What started out as a handbell class turned into a community handbell group. They are from all over the Southcoast area in Massachusetts.



They rehearse weekly in Berkley and hold concerts in the spring and during the Christmas Season. This spring their concert is "Bells Throughout the Year" with songs for each month. You will also see that handbell ringing is as much visual as it is listening to music. They all enjoy ringing and sharing their love of handbells. Coffee and pastry will be served.

### **JUMPIN' JUBA - Steve Hurl**

**Wednesday, May 24, 2023 at 12:30pm**

Steve Hurl is a storyteller? A blues man? A noted guitar stylist? A musical pilgrim? Yeah, sure, why not? He has been called all of the above. If Steve was just one of those, he'd be bored. But by moving through a wide variety of influences, he has managed to come up



with a number of original songs that respect the hand-made, real-time, roots music that inspires him in the first place. Jumpin' Juba typically plays over 50 concerts each year, in public parks, libraries, senior centers, and in commercial space: fairs, hotels, farms, assisted living facilities. He has been continuously leading and performing with this band since 1999. Some of their shows feature a trio (guitars, bass, drums, vocal) others a very full-sounding duo (guitars, vocal, bass, with custom drum programs). They are a family-friendly, sensitive to cultural issues, and not loud. Coffee and pastry will be available. **\*This program is funded by the Seekonk Cultural Council.**

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

#### **Director**

Brittney Faria, LSWA

#### **Assistant Director**

Ashley Cartwright, MBA

#### **Outreach Case Worker**

#### **Clerical Assistant**

Kimberly Mallon

#### **Community Liaison**

Maggie Perkins

#### **Veterans Service Officer**

James LaFlame

#### **Parks & Recreation Coordinator**

Erica Harris-Grimes

### **Human Services Council**

#### **Chairperson**

Michelle Hines

#### **Vice Chairperson**

Maria Duarte

Irene Andrews

Cheryl Camara

Beverly Della Grotta

Keith Perry

Josephine Veader

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