



SEEKONK HUMAN SERVICES

Town Courier



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

June 2023

Retirement Advisors at Financial Square Wednesday, June 7, 2023 at 11:30am

Cassandra with Retirement Advisors at Financial Square is hosting an Educational Discovery Seminar regarding "Taxes in Retirement. This will be a complimentary event for all who attend. The CEO, Greg Lavelle, has been helping educate Schools, Senior Centers, City/Town Halls, MA Council on Aging and Libraries on Retirement Planning, Taxes in Retirement as well as Long Term Care. **All participants will be entered for a gift card raffle! Preregistration is required by calling our office at 508-336-8772.**



Healthy Aging - Lunch & Learn Wednesday, June 21, 2023 at 11:30am

Dawn DiMarco, Nutritionist will be here from Bristol Elder Services to talk about "Benefits of Buying/Eating Local Food" for healthy aging! She will discuss components of a the benefits of buying and eating local food. For all who attend this program there will be a roasted beef tenderloin, mashed potatoes w/ gravy, steamed asparagus, and garlic bread luncheon. **Preregistration for all activities are required by calling our office at 508-336-8772.**



4th of July Celebration

Music by Steve Burke

Wednesday, June 28, 2023 @ 11:30am

Join us for an afternoon of entertainment, fun and a lunch. Steve Burke, RI musician is a one man band that plays the keyboard, sax, smooth jazz vocals and dances. Lunch will be American Chop Suey. Resident \$4, Non-Residents \$6.00 **Preregistration is required by calling 508-336-8772.**

The Highwaymen -

Songs & Stories with Matt York

Wednesday, June 14, 2023 at 1:00pm

Longtime New England musician/author Matt York will perform the songs of Johnny Cash, Willie Nelson, Kris Kristofferson and Waylon Jennings and tell stories of their careers. The four songwriting legends joined forces in the 1980's to form the country super-group The Highwaymen. However, prior to that, they'd each established themselves as stars and their careers intersected many times since the 1960's. Matt York was recently nominated for the Boston Music Award for Best Country Artist and his album *Gently Used* was just named one of the Patriot Ledger's best albums of 2022. ***This program is supported by a grant from the Seekonk Local Cultural Council. Preregistration is required by calling our office at 508-336-8772.**



1st Annual Men's Barbecue

Join us for our barbecue party
honoring Seekonk men
Age of 65 and older
Wednesday, July 26th at noon
At Seekonk Human Services
540 Arcade Avenue



Hosted by
Seekonk Human Services
Sponsored by
Friends of Friends
Catered by The Cooks House



R.S.V.P. to: 508-336-8772
By Monday, July 17, 2023

Hearing Clinic
Tuesday, June 20, 2023
1:30pm - 3:00pm



Preregistration is required for this clinic. Chris Brissette from Mass Audiology will be here for the Hearing Clinic from 1:30pm - 3:00pm. Please call our office at 508-336-8772

Podiatry Clinic
Wednesday, June 7, 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, June 14, 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, June 27, 2023 @ 2:00pm
"Getting Started with Android Phones & Tablets"
This session is for novice users of Android phones and tablets **ONLY. No other devices will be covered.** Do you feel like you can barely turn on your Android phone or tablet and are afraid to really use it? Join Librarian Michelle Gario in this 90 minute session to review the basic information to get started that should have been in a manual! Bring your own Android tablet or phone; please make sure your device is fully charged. Contact the Seekonk Human Services to preregister for this at: 508-336-8772.

New Activity - Tribal Grooves
Wednesday, June 14, 2023 @ 11:00am
Instructor is Cheryl Sulyma-Masson

Tribal Grooves is an exercise technique created by Paulette Rees Denis. Certified Teachers in the technique use Global Caravan Belly dance moves in a choreography to raise a sweat while having fun. Participants will learn choreography with moves that they can take home and use in their daily exercise practice. Rather than focusing on specific move technique Tribal Grooves uses this dance flow to make exercising and fitness fun. No previous experience is required for the class. **Preregistration is required by calling our office at 508-336-8772.**

"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.



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 with salad, vegetables, breads, dessert, coffee/tea.

Price includes transportation, plated luncheon, meal tax & gratuity, and show ticket. Trip must be paid for in full at time of sign up, no refunds for cancellations less than 14 days.

Tuesday Luncheons
Tuesday's at 11:45am

Seekonk Human Services has partnered with The Cook's House to offer weekly lunches! Lunches will cost \$4 for residents and \$5 for non residents. The menu will be available at the office and on Facebook. Advance sign up is required one week in advanced with payment.

Women's Lunch
Wednesday, June 21, 2023 @ 11:30am at
IHOP in East Providence

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. June'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
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.

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.

June 2023 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Water Colors Residents \$3/Non-Residents \$5 **Fitness Class Non-Residents \$2 Activities subject to change without notice	Office Hours: Mon, Tues, Thurs 8:30am - 4:30pm Wednesday 8:30am - 5:30pm Friday 8:30am - 12:00pm *All activities are subject to preregistration			
10:00am - Chair Yoga 11:00am - Bocce 11:30am - Canasta 1:00pm - Strength & Cardio** 1:30pm - Zoom BINGO!	5 9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:00am - Horseshoes 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)	6 9:30am - Drums Alive** 10:00am-2pm - Podiatry Clinic 11:00am - Cornhole 11:30am - Retirement Planning 1:00pm - Mahjong	7 10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	8 9:15am - NO - Dance Cardio** 10:30am - Tai Chi**
12 10:00am - Chair Yoga 11:00am - Bocce 11:30am - Canasta 1:00pm - Strength & Cardio** 1:30pm - Zoom BINGO!	13 9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:00am - Horseshoes 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)	14 9:00am-11:00am Blood Pressure Clinic 9:30am - Drums Alive** 11:00am - NEW-Tribal Grooves** 11:00am - Cornhole 1:00pm - Mahjong 1:00pm - Songs & Stories	15 10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	16 9:15am - NO - Dance Cardio** 10:30am - Tai Chi**
	19 9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:00am - Horseshoes 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack) 1:30pm-3pm - Hearing Test	20 9:30am - Drums Alive** 10:00am - Sign Language 11:00am - Cornhole 11:30am - Lunch & Learn 1:00pm - Mahjong	21 10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	22 9:15am - Dance Cardio** 10:30am - Tai Chi**
26 10:00am - Chair Yoga 11:00am - Bocce 11:30am - Canasta 1:00pm - Strength & Cardio** 1:30pm - Zoom BINGO!	27 9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:00am - Horseshoes 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack) 2:00pm - Let's Learn Together!	28 9:30am - Drums Alive** 10:00am - Sign Language 11:00am - Cornhole 11:30am - 4th of July - Steve Burke 1:00pm - Mahjong	29 10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	30 9:15am - Dance Cardio** 10:30am - Tai Chi**

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.

Veteran's Corner

Veterans Affairs Caregiver Program

The V.A.'s Program of Comprehensive Assistance for Family Caregivers, which provides a monthly stipend to qualified full-time caregivers of seriously ill or injured veterans, is open to veterans who served prior to 1975 or after 2001. Over 35,000 families are currently enrolled in the program. Caregivers assist the veteran's health and well-being, everyday personal needs (like feeding, bathing and dressing) as well as safety, protection or instruction in their daily living environment.

The veteran can appoint:

- 1 Primary Family Caregiver (the main caregiver), and
- Up to 2 Secondary Family Caregivers (people who serve as backup support to the primary caregiver when needed)

Eligible Primary and Secondary Family Caregivers can receive:

- Caregiver education and training
- Mental health counseling
- Travel, lodging, and financial assistance when traveling with the veteran to receive care

Eligible Primary Family Caregivers may also receive:

- A monthly stipend (payment)
- Access to health care benefits through the Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA)—if you don't already qualify for care or services under another health care plan Learn more about CHAMPVA
- At least 30 days per year of respite care for the veteran

You may be eligible if you and the veteran you're caring for meet all of these requirements.

Eligibility requirements for the family caregiver

- You must be at least 18 years old. And at least 1 of these must be true for you:
- You're a spouse, son, daughter, parent, stepfamily member, or extended family member of the veteran, or
- You live full time with the veteran, or you're willing to live full time with the veteran if we designate you as a family caregiver

Eligibility requirements for the veteran

All of these must be true for the veteran you're caring for:

- The veteran has a V.A. disability rating (individual or combined) of 70% or higher, and
- The veteran was discharged from the U.S. military or has a date of medical discharge, and
- The veteran needs at least 6 months of continuous, in-person personal care services

The veteran must be enrolled in the V.A. program in order to take advantage. Applying for V.A. healthcare and the caregiver program may be done online (va.gov), directly through the V.A. or by contacting your local Veterans Services Officer or National Service Officer for assistance.

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



Award-winning care. Right by your side.

We're ranked among the nation's top hospice and home care programs by the **SHPBest Superior Performer award** — and HopeHealth Community VNA is the only home health organization in the state to earn the distinction five years in a row.

Contact us to learn about
our full range of services.



HopeHealth
10 Emory Street
Attleboro, MA 02703
(844) 671-4673
HopeHealthCo.org

Thank you!

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



ON BLACKSTONE BOULEVARD



ON THE EAST SIDE

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EARLY-STAGE MEMORY CARE • MEMORY CARE



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Happy Father's Day

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

P.O. BOX 3288
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FALL RIVER, MA 02722-3288



Local #215

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Thank you!

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



**Seekonk High School
Class of 1973**

**50th class reunion
Saturday
August 26, 2023**



**Look us up on Facebook:
Michelle Hines, Deb Stebenne,
and
Jacqueline "Lyn" Greeley Robinson**



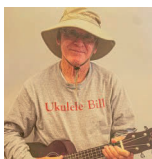
**To be a sponsor
in the next
Seekonk Town Crier
Newsletter!
Please contact Tom Reily
508-336-6633 x 337**

Future Activities—More information to come

Ukulele Bill

Wednesday, July 12, 2023 @ 1:00pm

Seekonk's very own Bill Whiteley will be here to play his Ukulele. Come join us for this musical entertainment! This is sure to be a good time enjoyed by all!



Creative Wellness - A Collage Workshop

Wednesday, July 19, 2023 at 1:00pm

Sit back and enjoy hearing a variety of tips and techniques around the benefits of creativity for emotional wellness, as we kick off this engaging presentation. Next - hands-on exploration of image and word collaging to relax and recharge. Each attendee will create their own scrapbook style board as Maria shares well-being insight and levity. This program is targeted to the adult community who are interested in nurturing their wellbeing, enjoy discovery in creative outlets, as well as meeting up and connecting with others. ***This program is generously provided by a grant by the Seekonk Cultural Council.**



FCP Live-In - Kevin Williams

Tuesday, July 18, 2023 at 11:00am

FCP Live-In has over twenty-five years experience as a live-in caregiver provider. FCP Live-In provides the perfect, affordable solution for live-in home care services and is unique in that they provide 1-on-1 care with live-in caregivers for clients all over the North East. All their caregivers are nurse's aides, home health aides, and personal care aides with at least two years of professional experience. They help their clients go home and remain in the safety, security and comfort of home. They are committed to providing a unique and customized in-home care assistance approach to senior care, with a lifestyle that offers enjoyment to the ones in they care and families with peace of mind. Your loved one remains at home in the safety and comfort of familiar surroundings with all the treasures they hold near and dear to their hearts. While FCP live-in preserves their independence, reduces the risk of injury, and maintains your loved one's need for privacy and dignity.

Overview of Legal Services

Monday, July 24, 2023

10am - 12pm (15 minutes appointment only)

Brandon Walecka, Esq., LL.M from Walecka Law will be providing office hours by appointment. The mini-consultations will center around elder law topics such as probate, questions regarding making a will (other power of attorney, health care proxy, etc.) , trusts (irrevocable and revocable), Medicaid/MassHealth rules and eligibility, tax planning, and special needs planning. These consults are focused on elder law and estate planning. Please call the office at 508-336-8772. **MA residents only.**

Seekonk Human Services Staff

P. 508-336-8772 F. 508-336-2239

Director

Brittney Faria, LSWA

Assistant Director

Ashley Cartwright, MBA

Outreach Caseworker

Nicole Buffington

Clerical Assistant

Kimberly Mallon

Community Liaison

Maggie Perkins

Program Assistant/Receptionist

Holly Fiola

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**