



SEEKONK HUMAN SERVICES

Town Crier



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

August 2023

FARMERS' MARKET COUPONS

Farmers' Market Coupons are available for low income elders age 60 or older. Participants must reside in Seekonk. The coupons have a total value of \$50 and may be used to purchase fresh fruits and vegetables. A limited number of coupons are available. Please call 508-336-8772 to see if you qualify!



Ed The Wizard

Wednesday, August 16, 2023 @ 11:30am
"Magic for Seniors" is full of comedy and suspense as we read minds, vanish coins, and even learn a few effects to baffle the grandchildren. "Comedy, Mystery, and a whole Lot of Fun! Join Ed the Wizard as he conjures up some Mystical Magical Mayhem! Be amazed with his Mind Reading skills, Vanishes, and more!" If you are interested in this program please sign up. **This program is generously provided by a grant by the Seekonk Cultural Council. Preregistration is required by calling our office at 508-336-8772.**



Brain Health - 101

Tuesday, August 22, 2023 at 11:00am

"Aging and Memory Loss: What's normal, what's not, and how to make a difference". Join Outreach Coordinator Athena Lavoie for a presentation on Alzheimer's disease and exciting new research opportunities at Butler Hospital's Memory and Aging Program. Hear about what can be normal in memory loss as we age, what you can do to maintain brain health at any age and exciting breakthroughs in Alzheimer's prevention research. Learn more about identifying Alzheimer's disease risk including the APOE4 risk gene and amyloid PET scans conducted as part of preclinical Alzheimer's Prevention trials. **Preregistration is required by calling our office at 508-336-8772.**



The Country Flavored Band

Wednesday, August 23, 2023 at 1:00pm

The Country Flavored Band members are Roger Rebeiro & Frank Carotenuto who both are vocal and rhythm/lead guitarists and Ben Carnevale who plays the pedal steel guitar. They perform classic country songs by country legends such as George Jones, Marty Robbins, Hank Williams, and many others. They also include folk songs with a country flavor! The band has been playing together since 2018 and has an accumulated experience of more than 150 years. They play ballads and 'honky tonks' including songs by The Mavericks, Johnny Cash, Wayne Hancock, and Bruce Springsteen both on and off Cape. **Preregistration is required by calling our office at 508-336-8772.**



Ice Cream Social

Wednesday, August 30, 2023 at 1:00pm

Join Lisa Lebreux from Prosper Assisted Living for an Ice Cream Social on Wednesday, August 30, 2023 at 1:00pm. Get the SCOOP on Prosper as you eat your favorite ice cream with all the toppings you love! Free raffle ticket for all who attend. **Preregistration is required by calling our office at 508-336-8772.**



Pina Colada Carrot Salad

Ingredients: 1 package (10oz.) Julienned Carrots, 1 C. Green Grapes (halved), $\frac{3}{4}$ C. Pina Colada Yogurt, $\frac{1}{3}$ C. salted dry Roasted Macadamia Nuts (chopped), Lemon wedges. **Directions:** In a large bowl, combine Carrots, Grapes, Yogurt and Macadamia Nuts; toss to coat. Squeeze Lemon wedges over salad before serving. **Nutrition Facts:** 3/4 cup: 184 calories, 9g fat (2g saturated fat), 2mg cholesterol, 157mg sodium, 24g carbohydrate (19g sugars, 3g fiber), 3g protein. Diabetic Exchanges: 1-1/2 fat, 1 starch, 1 vegetable.



**Let's Learn Together!
August 22, 2023 @ 2:00pm**

This session is for novice users of Apple iPhones and iPads ONLY. No other devices will be covered. Do you feel like you can barely turn on your Apple iPhone or iPad and are afraid to really use it? Join Librarian Michelle Gario in this **60 minute session** to review the basic information to get started that should have been in a manual! Bring your own Apple iPhone and iPad. Please make sure your device is fully charged. Contact the Seekonk Senior Center to register by calling 508-336-8772,



**Podiatry Clinic
Wednesday, August 9, 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, August 16, 2023
9:00am - 11:00am**

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

Telephone Reassurance Program
Seekonk Human Services will be taking over the "R.U.O.K" Program that was provided by the Bristol County Sheriff's Office. Our office will make a telephone call to an individual's home at approximately the same time each day Monday through Friday (during our operating business hours only). This program is designed to connect people in need with on-going, caring human contact and conversation. If we do not receive an answer, we will call back shortly after. If we do not receive an answer the second time, Public Safety will be called to check on the individual's status.

The Telephone Reassurance Program provides peace of mind for the individual and their loved ones. This program is designed for senior citizens, disabled persons and shut-ins living in Seekonk who may be at risk of loneliness, social isolation, illness or injury.

If you, or anyone you know is interested in this program, please call Nicole at Human Services 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.



**CHESS FOR SENIORS
Wednesdays, 1:30pm to 3:00pm**

Are you looking to have a fun time playing the strategic game of chess? Whether you've never picked up a piece or have experience in the game, this activity is for you. *Learn how to play. *Play against competition at your level. *Improve by learning new openings and strategies. *Have fun strengthening your mind! Call 508-336-8772 to preregister.



**Encore Casino
Tuesday, September 19, 2023
Price: \$35.00 Per Person
Location: Boston Harbor
PAYMENT MADE IN FULL
WHEN SIGNING UP FOR TRIP**

Join us at Boston's Premier Casino!! The casino at Encore Boston Harbor brings glamour on a grand scale to the riverfront. Enter the main floor - open and airy, colorful and vibrant! Try your luck with 2,800+ slot machines, including classic favorites, automated tables and the newest game titles. Enjoy 166 table games, from craps and roulette to blackjack and baccarat, all at state-of-the-art tables with superior service. It all adds up to an exciting, memorable five-star experience unlike anywhere else in Boston.



Your Motorcoach Will Depart: 8:30am from 540 Arcade Avenue, Seekonk. Approximate Return at 5:30pm

Trip Includes: *Casino Time: 10:00am-4:00pm (Casino Package subject to change). *Casino Package - \$20 free slot play. *Deluxe Motorcoach Transportation. *Gratuity not included.

Contact: Seekonk Human Services 508-336-8772

**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, August 16, 2023 @ 11:30am at Grist Mill Tavern 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. August'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 Vicenzo 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 *30 Day Rental

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.

August 2023 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Water Colors Residents \$3/Non-Residents \$5 **Fitness Class Non-Residents \$2	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:00am - Horseshoes 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)	9:30am - Drums Alive** 11:00am - Cornhole 11:00am - Tribal Grooves** 1:00pm - Mahjong 1:30pm - Chess	10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	9:15am - Dance Cardio** 10:30am - Tai Chi**
Activities subject to change without notice	10:00am - Chair Yoga 11:00am - Bocce 11:30am - Canasta 1:30pm - Zoom BINGO!	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:00am - Horseshoes 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)	10:00am-2pm - Podiatry Clinic 11:00am - Cornhole 1:00pm - Mahjong 1:30pm - Chess	10:30am - Tai Chi** 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)
7	8	9	10	11
10:00am - Chair Yoga 11:00am - Bocce 11:30am - Canasta 1:30pm - Zoom BINGO!	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:00am - Horseshoes 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)	10:00am-2pm - Podiatry Clinic 11:00am - Cornhole 1:00pm - Mahjong 1:30pm - Chess	10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	10:30am - Tai Chi** 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)
14	15	16	17	18
10:00am - Chair Yoga 11:00am - Bocce 11:30am - Canasta 1:00pm - Strength & Cardio** 1:30pm - Zoom BINGO!	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:00am - Horseshoes 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)	9:00am-11:00am Blood Pressure Clinic 9:30am - Drums Alive** 11:00am - Cornhole 11:30am - Women's Lunch 11:30am - Ed The Wizard 1:00pm - Mahjong 1:30pm - Chess	10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	9:15am - Dance Cardio** 10:30am - Tai Chi** 1:00pm - Pitch (Hi-Lo Jack)
21	22	23	24	25
10:00am - Chair Yoga 11:00am - Bocce 11:30am - Canasta 1:00pm - Strength & Cardio** 1:30pm - Zoom BINGO!	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:00am - Horseshoes 11:45am - Brain Health 101 1:00pm - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack) 2:00pm - Let's Learn Together	9:30am - Drums Alive** 11:00am - Cornhole 1:00pm - The Country Flavored Band 1:30pm - Chess	10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	9:15am - Dance Cardio** 10:30am - Tai Chi** 1:00pm - Pitch (Hi-Lo Jack)
28	29	30	31	
10:00am - Chair Yoga 11:00am - Bocce 11:30am - Canasta 1:00pm - Strength & Cardio** 1:30pm - Zoom BINGO!	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:00am - Horseshoes 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)	9:30am - Drums Alive** 11:00am - Cornhole 1:00pm - Ice Cream Social 1:00pm - Mahjong 1:30pm - Chess	10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	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

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

VA Service Connected Disability Ratings

The VA makes a determination about the severity of a disability based on the evidence you submitted as part of a claim, or that the VA obtains from your military records. The VA rates disabilities from 0% to 100% in 10% increments.

If a veteran has multiple disabilities, the VA uses a Combined Rating Table to calculate a combined disability rating. Disability ratings are not additive, meaning that if a veteran has one disability rated 60% and a second disability 20%, the combined rating is not 80%.

Here's a look at what the percentages mean:

The benefits are cumulative as the percentages go up, so I am not repeating all the info as the percentages increase.

0%

- A veteran is service connected for a disability but it is not disabling enough to warrant compensation. However, the veteran can receive treatment and prescriptions free from the VA. For example, in cases of hearing loss and/or tinnitus, the veteran can receive free hearing aids.
- The veteran is eligible for Service-Disabled Veterans Insurance.
- A veteran can be reimbursed for VA co-pays as far back as his date of claim for his service connected disabilities.

10%

- The veteran begins receiving compensation for the disability.
- The veteran can obtain a VA ID at any VA Medical Center.
- The veteran can obtain a VA ID card at any VA Medical Center.
- The veteran can receive a real estate tax abatement effective July 1 of each year (surviving spouse is eligible as well) The VA sends a summary of benefits letter in late June.
- The veteran is eligible for Vocational Rehabilitation.
- The veteran is eligible to receive VA compensation and Combat-Related Special Compensation (CRSC). CRSC is not taxable.

30%

The veteran can begin receiving additional compensation for dependents.

50%

- The veteran can receive all prescriptions free through the VA even for medications for maladies that are not service connected.
- The veteran is eligible to receive VA compensation and Concurrent Receipt and Disability Pay (CRDP) and VA compensation. CRDP is taxable.

60%

- The veteran is eligible to apply for a Disabled Veterans plate at the Registry of Motor Vehicles.

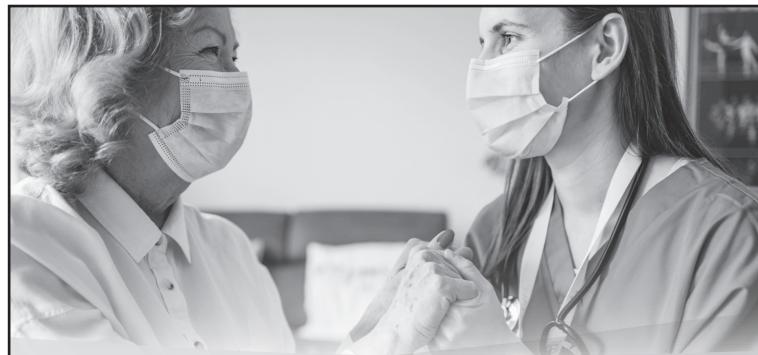
70%

- VA is mandated to provide long-term care for veterans who require it in a VA or contracted facility.
- Veterans can get a 50% reduction on the "T" by filling out a Transportation Access Pass/TAP Charlie Card application and attaching an original letter from the VA specifying your disability rating.

100% service connected as well as Individual Unemployability

- The VA will provide total healthcare for the veteran including dental.
- The real estate tax abatement is larger.
- The veteran, with a special letter from the VA, may obtain access to military installations to include commissary and exchange privileges.
- The veterans or DIC recipients are eligible for an annuity from the state (currently \$2,000 per year).
- Dependents Educational Assistance is established (must be rated total and permanent).
- Spouses and dependent children may be eligible for CHAMPVA medical coverage.

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



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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.

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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

INDEPENDENT LIVING • ASSISTED LIVING
EARLY-STAGE MEMORY CARE • MEMORY CARE



ON THE EAST SIDE



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**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

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



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

Future Activities—More information to come

Be Red Cross Ready Training

Wednesday, September 12, 2023 at 1:00pm

This national, standardized, preparedness education curriculum for adults and older youth is taught by a certified presenters. The program is designed to help people understand, prepare for and respond appropriately to disasters. People will build confidence by learning simple steps they can take now to help prepare and protect their family. The curriculum has the option to mix and match emergency preparedness modules on relevant local hazards for your community. These modules include: Preparedness Essentials, Home Fires, Hurricane, Earthquakes, Floods, Tsunamis, Tornadoes, Wildfires, Extreme Heat, Thunderstorms, Winter Storms, Volcanoes and Landslides, Preparedness for Older Adults and COVID 19.



**When you feel like quitting
think about why you started**

**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

The Renaissance

Wednesday, September 20, 2023 at 1:00pm

The 15th and 16th centuries saw an intellectual and artistic flowering in Europe. Many of their greatest works of art (painting, sculpture, architecture, literature) were created during that epoch. This talk will examine the origins of the Renaissance and explore some of the major artistic works of the period. Also, discussed will be the continuing cultural influence of the Renaissance.

Healthy Aging - Lunch & Learn

Wednesday, September 27, 2023 at 11:30am

“Myths and Facts” for healthy aging! The presentation will be about debunking common nutrition advice seen across television and in the media with Bristol Elder Services Registered Dietitian, Dawn DiMarco. These days there is so much nutrition information going around between what you hear on TV, read in the news, or see online. Most nutrition advice in the media is not accurate. If you are looking for nutrition advice, always ask a Registered Dietitian.



Human Services Council

Chairperson
Michelle Hines

Vice Chairperson
Maria Duarte

Irene Andrews

Cheryl Camara

Beverly Della Grotta

Keith Perry

Josephine Veder

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