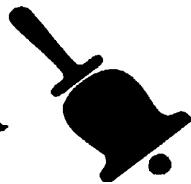




SEEKONK HUMAN SERVICES

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

December 2023

**Closed Friday, December 22, 2023 and Monday, December 25, 2023 for Christmas
Closed Friday, December 29, 2023 and Monday, January 1, 2024 for New Year's**

Holiday Bells

Wednesday, December 6, 2023 @ 1:00pm

Join us to celebrate the holiday as we welcome the Southcoast Bell Ringers! The Southcoast Bell Ringers will be bringing holiday cheer with their performance. This group of performers will be playing holiday songs that will bring a smile to your face! Please call the office at 508-336-8772 to sign up.



Holiday Floral Arrangements

Tuesday, December 12, 2023 @ 1:00pm

Join Donna as she leads us in creating beautiful holiday arrangements. Space is limited. For those who participate there will be a raffle. There is no fee for Seekonk residents, and non-residents is \$2.00. Bring Garden Snippers. Please call the office at 508-336-8772.



Musical Entertainment

Wednesday, December 13, 2023 @ 11:30am

Join us for some musical entertainment! The Good Tymes Banjo Band will be performing for us this holiday season. Light refreshments will be available. There is no fee for Seekonk residents, and non-residents is \$2.00. To register please call the office at 508-336-8772.



Holiday Chorus

Tuesday, December 19, 2023 @ 11:15am

The Chorus students at Dr. Kevin M. Hurley Middle School will be visiting to sing some holiday and popular songs for you! The chorus program is new at the Hurley Middle School - it is offered for half of the school year for students interested in taking the class. Mrs. Marilyn Daniels and the Hurley Middle School Chorus students are thrilled to showcase some of Seekonk's talented youth! Please preregister by calling the office at 508-336-8772.



Holiday Luncheon

Wednesday, December 20, 2023 @ 11:30am

Celebrate the holiday season with us. Join us for our holiday luncheon with tasty food and wonderful company. Lunch will be a delicious ham dinner. The cost for residents is \$7.00 and non-residents is \$10.00. Please call the office at 508-336-8772.



Fuel Assistance

If you have never had fuel assistance and would like to apply or if you need help filing out your application, please call Seekonk Human Services at 508-336-8772 to make an appointment with the Outreach Caseworker. Fuel assistance applications are accepted from **November 1, 2023 until April 30, 2024**.

Income guidelines: Maximum income for one person is \$45,392, for two people is \$59,359, for three people is \$73,326 and for four people is \$87,294.

Returning applicants must provide proof of income (pension, interest, dividends, 401K/IRA distribution). New applications must provide income, mortgage or rent bill, real estate taxes, homeowners insurance, utility bills (electric, gas and/or oil), social security card, government photo ID, and birth certificates for those under the age of 18.

Podiatry Clinic
Wednesday, December 6, 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. Please call 508-336-8772 for appointment.

Blood Pressure & Glucose Clinic
Wednesday, December 20, 2023
9:00am - 11:00am

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

Independent Insurance Consultants

Independent Medicare Consultants are trained counselors who are well educated in Medicare and provide FREE and unbiased health insurance counseling to Medicare beneficiaries or those who will soon qualify for Medicare benefits. All of our counselors are well trained in Medicare and will review your options. These options include Medicare Parts A and B, Medicare Advantage (Part C), Medicare Prescription Drug Plans (Part D) and Medicare Supplemental Plans (Medigaps). We will also review eligibility for Public Assistance programs such as Prescription Advantage, Extra Help from Social Security, MassHealth and other programs to assist beneficiaries with limited resource to pay for health care costs. Independent Medicare Insurance Consultants are available to assist Seekonk residents navigate the Medicare maze to help make informed and educated decisions on their health care options.

Telephone Reassurance Program

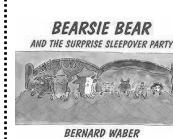
Our office will make a telephone call to an individual's home at approximately the same time each day Monday through Friday (during our operating business hours only). This program is designed to connect people in need with ongoing, caring human contact and conversation. If we do not receive an answer, 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.

Favorite Children's Book Contest

Vote for the favorite books of your children, grandchildren--multiple entries are welcome. The selection of titles is not limited to the ones mentioned on the flyer. **Please cast your vote by December 31, 2023** Samuel Brown will purchase the most popular title and affix a bookplate to the book in honor of our center. The book will be donated to Read to Grow, an organization that promotes language skills and literacy for children. Cast your vote for the book you love most either reading to your children, your grandchildren, nieces and/or nephews. We will have a bucket for you to put your vote into. For more information visit us at Human Services!



Memaw's Banana Pudding

Ingredients: 3 cups whole milk, 2 cups half-and-half cream, 6 large egg yolks, 1-1/2 cups sugar, 1/2 cup cornstarch, 1 teaspoon salt, 3 tablespoons butter, softened, 2 teaspoons vanilla extract, 1 package (12 ounces) vanilla wafers, 4 medium bananas, sliced, 1 carton (12 ounces) frozen whipped topping, thawed, Caramel sundae syrup, optional



Directions

In a large heavy saucepan, bring milk and cream to a simmer. In a bowl, whisk together egg yolks, sugar, cornstarch and salt. Whisk a small amount of hot milk mixture into egg yolk mixture; return all to pan, whisking constantly. Bring to a gentle boil; cook and stir 2 minutes. Remove from heat. Stir in butter and vanilla. Cool 15 minutes, stirring occasionally.

Line bottom of a 3-qt. trifle or other glass bowl with half of the vanilla wafers; cover with half the banana slices followed by half the pudding. Repeat layers. Alternatively, layer the vanilla wafers, banana slices and pudding among twelve 10-12-oz. serving glasses. Press plastic wrap onto surface of pudding; refrigerate until cold. Just before serving, remove plastic and top with whipped topping. If desired, serve with caramel syrup.

Nutrition Facts - 1 serving: 509 cal, 22g fat (12g sat. fat), 131mg cholesterol, 380mg sodium, 70g carb. (51g sugars, 2g fiber), 6g protein.

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. Sign up and payment is required one week in advance.

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**

Women's Lunch

Wednesday, December 20, 2023 @ 11:30am at Benjamin's in the Ramada Inn 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.

\$10.00 gift exchange (optional)

Nutritional Meals To Go

Tuesdays, Wednesdays & Thursdays

Bristol Elder Services provides nutritional meals for lunch on Tuesdays, Wednesdays and Thursdays to go. Meals come completely cooked and prepackaged. 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. December's menu is available on our Facebook Page and by calling our office at 508-336-8772.

Holiday Assistance Programs

Christmas is for Kids and Holiday Help

The holidays are filled with happiness, friends and family. Children especially look forward to the fun and presents. Seekonk Human Services works with community members to bring joy to children, one present at a time.

If you are a Seekonk parent, or know a Seekonk parent who is in need of gift assistance for their child/children please call Seekonk Human Services to inquire about more information. Intakes and applications are available at our office. All families utilizing this program will remain anonymous to donors.

All applications are due by **Friday, December 1, 2023**. For anyone who would like to sponsor a child or family, please contact our office via phone at 508-336-8772 or email seekonkhumanservices@gmail.com for more information.

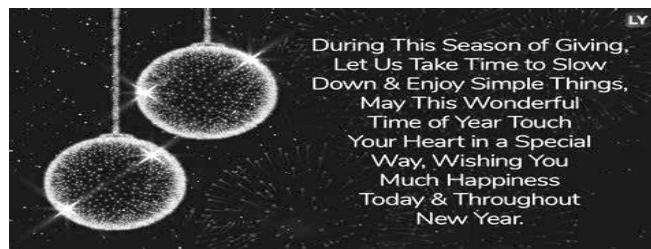
Sponsor a Senior

Seekonk Human Services will work with community members to help bring a personal touch to senior citizens. The goal is to provide seniors with outside contact and gifts to let them know they are not forgotten and alone.

The holiday season should be a time of joy with your loved ones. However, for some, that isn't the case. Often times, the holidays are geared towards children and families, and those who are on their own tend to get left out. Human Services will be collecting donated gifts and items to provide to those seniors who might not have close family, have a fixed income or both. Included items may consist of slippers, clothing items, hygiene products, reading materials, card games, word puzzles, gift cards and Seekonk trash bags. Please feel free to think outside the box. Homemade items such as blankets, scarves, hats and cards are great options.

All seniors utilizing this program will remain anonymous. If you are a Seekonk senior or know a Seekonk senior in need of some holiday cheer please call Human Services at 508-336-8772.

For anyone who would like to sponsor a senior, please contact our office via phone at 508-336-8772 or by email seekonkhumanservices@gmail.com



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.

December 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 *All activities are subject to preregistration	Office Hours: Mon, Tues, Thurs 8:30am - 4:30pm Wednesday 8:30am - 5:30pm Friday 8:30am - 12:00pm			9:15am - Dance Cardio** 10:30am - Tai Chi**
4	5	6	7	8
9:00am - Movement & Meditation 10:00am - Movement & Meditation 11:00am - Canasta 1:00pm - Strength & Cardio** 1:30pm - Zoom BINGO!	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)	8:45am - Stability & Balance** 9:30am - Drums Alive** 10:00am-2pm - Podiatry Clinic 11:00am - Sign Language 1:00pm - Tribal Grooves** 1:00pm - Holiday Bells 1:00pm - Mahjong	10:00am - Movement & Meditation 1:00pm - BINGO!	9:15am - Dance Cardio (pre-recorded) 10:30am - Tai Chi**
11	12	13	14	15
9:00am - Movement & Meditation 10:00am - Movement & Meditation 11:00am - Canasta 1:00pm - Strength & Cardio** 1:30pm - Zoom BINGO!	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:45am - Cooks House Lunch 1:00pm - Holiday Arrangement 1:00pm - Pitch (Hi-Lo Jack)	8:45am - Stability & Balance** 9:30am - Drums Alive** 10:00am - Sign Language 11:30am - Holiday Entertainment Good Tymes Banjo Band 1:00pm - Mahjong	10:00am - Movement & Meditation 1:00pm - BINGO!	9:15am - Dance Cardio** 10:30am - Tai Chi**
18	19	20	21	22
9:00am - Movement & Meditation 10:00am - Movement & Meditation 11:00am - Canasta 1:00pm - Strength & Cardio** 1:30pm - Zoom BINGO!	9:00am - Drums Alive** 10:00am - Water Colors* 11:15am - Middle School Chorus 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)	8:45am - Stability & Balance** 9:00am-11:00am Blood Pressure Clinic 9:30am - Drums Alive** 11:30am - Women's Lunch 11:30am - Holiday Luncheon	10:00am - Movement & Meditation 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	Closed for the holiday
25	26	27	28	29
Closed for the holiday	9:00am - Zoom Drums Alive** 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)	8:45am - Stability & Balance** 9:30am - Drums Alive** 1:00pm - Mahjong	10:00am - Movement & Meditation 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	Closed for the holiday

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 Pensions

The Veterans Pension program provides monthly payments to wartime Veterans who meet certain age or disability requirements, and who have income and net worth within certain limits.

Am I eligible for Veterans Pension benefits?

*You may be eligible for the Veterans Pension program if you meet these requirements.

Both of these must be true:

- You didn't receive a dishonorable discharge, and
- Your yearly family income and net worth meet certain limits set by Congress. Your net worth includes all personal property you own (except your house, your car, and most home furnishings), minus any debt you owe. Your net worth includes the net worth of your spouse.

And at least one of these must be true about your service:

- You started on active duty before September 8, 1980, and you served at least 90 days on active duty with at least 1 day during wartime, or
- You started on active duty as an enlisted person after September 7, 1980, and served at least 24 months or the full period for which you were called or ordered to active duty (with some exceptions) with at least 1 day during wartime, or
- You were an officer and started on active duty after October 16, 1981, and you hadn't previously served on active duty for at least 24 months

And at least one of these must be true:

- You're at least 65 years old, or
- You have a permanent and total disability, or
- You're a patient in a nursing home for long-term care because of a disability, or
- You're getting Social Security Disability Insurance or Supplemental Security Income

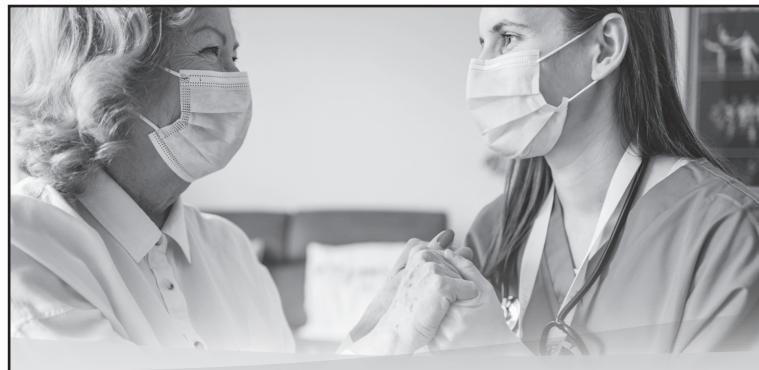
How do I know if I served under an eligible wartime period?

Under current law, we recognize the following wartime periods to decide eligibility for VA pension benefits:

- Mexican Border period (May 9, 1916, to April 5, 1917, for Veterans who served in Mexico, on its borders, or in adjacent waters)
- World War I (April 6, 1917, to November 11, 1918)
- World War II (December 7, 1941, to December 31, 1946)
- Korean conflict (June 27, 1950, to January 31, 1955)
- Vietnam War era (November 1, 1955, to May 7, 1975, for Veterans who served in the Republic of Vietnam during that period. August 5, 1964, to May 7, 1975, for Veterans who served outside the Republic of Vietnam.)
- Gulf War (August 2, 1990, through a future date to be set by law or presidential proclamation)

If you or someone you know might be eligible for this program, make an appointment with me to determine eligibility.

James LaFlame
Seekonk Veterans Services Officer
Office 508-336-2940



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HopeHealthCo.org

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**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



Local #215

SEEKONK POLICE

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



Lodge #5

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508-336-6633 x 337



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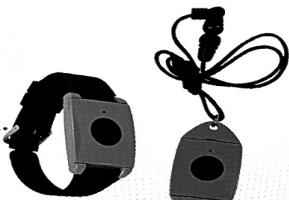
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508-336-6633 x 337

Starting in January 2024, the Women's Lunch will meet the FIRST Wednesday of the month as not to interfere with the programs put on by the Seekonk Human Service/Senior Center. Still at 11:30am, Dutch Treat and still supporting our local restaurants. 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. **January 3, 2024 at Davenport's in East Providence**

Arts & Crafts Coming January 2024

Starting in January we will be having Arts & Crafts twice a month. Classes will be held on January 5 and January 19 from 9:30am—11:30am. Class will be taught and run by Daisy. Fee will be dependent on project. Contact our center for the January projects and to sign up at 508-336-8772.

Glenn Schultz - MA Specialized Phones Wednesday, January 17, 2024 @ 1:00pm

The Massachusetts Equipment Distribution Program (MassEDP) is a service that provides residents with a permanent disability access to the telephone network in their homes. By offering specialized telephones for free or at a reduced cost, depending on income, this program fosters independence, empowerment, and freedom of choice. You must be resident of Massachusetts and have access to residence telephone service. Preregister by calling 508-336-8772

**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, January 24, 2024 @ 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. **Preregistration is required by calling our office at 508-336-8772.**

Healthy Aging - Lunch & Learn Wednesday, January 31, 2023 at 11:30am

"How to Read a Nutrition Facts Label" 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. Most nutrition advice in the media is not accurate. If you are looking for nutrition advice, always ask a Registered Dietitian. The menu for this activity is to be determined. **Preregistration is required by calling our office at 508-336-8772.**



Human Services Council

Chairperson
Michelle Hines

Vice Chairperson
Maria Duarte

Irene Andrews

Cheryl Camara

Beverly Della Grotta

Keith Perry

Josephine Veaider

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