



SEEKONK HUMAN SERVICES

Town Center



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

February 2021



Important Dates

Seekonk Human Services
will be closed
Monday, February 15, 2021
Presidents Day

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. February's menu will be available on our Facebook page or by calling the office at 508-336-8772.

CELEBRATION OF SONG

Wednesday, March 10, 2021 @ 1pm via Zoom



John Root will sing and play piano, flute, clarinet, and saxophone in an hour-long program of popular songs from the first half of the twentieth century via Zoom at 1:00 PM on Wednesday, March 10. Please call 508-336-8772 to sign up for this event by March 1. When signing

up be sure to give your email address to the front desk so the Zoom link can be emailed to you! *This program is supported in part by the Seekonk Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*

Activities

Chair Yoga

Monday & Wednesday at 10am
Channel 9 Seekonk

Zoom BINGO!

Monday & Thursdays at 1pm

Zoom Trivia

Tuesdays at 1:30pm—2:00pm

Zoom Coffee Chat

Wednesdays @ 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 would like to participate but don't have a tablet, please call the Seekonk Public Library at 508-336-8230. 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!

FREE AARP TAX PREPERATION

We are expecting to run the AARP Tax Preparation Service this year, but at this time we do not have all the details. Please call the office at 508-336-8772 for more information. Tax-Aide volunteers will prepare returns free of charge for Seekonk residents first. Basic tax returns will be completed for residents with low to moderate income—restrictions apply.

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!

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 end on April 30, 2021.**

Income Guidelines: Maximum income for 1 person is \$37,360, for 2 people is \$48,855, for 3 people is \$60,351, and for 4 people is \$71,846.

Income includes your social security, pensions and any interest income. Needed Documents:

- ⇒ **Proof of income:**
 - 4 consecutive pay stubs
 - Social Security Award Letter or 1099
 - Pension (Current 1099)
 - Interest Dividends (1099)
 - List of everyone in household plus their income
 - Food Stamps—copy of verification
- ⇒ **Homeowner's must include:**
 - Mortgage statement
 - Real estate tax bill
 - Insurance bill
 - Recent copy of electric bill and gas/oil bill
- ⇒ **Renters Include:**
 - Rent receipt
 - Recent copy of electric bill and gas/oil bills
- ⇒ **Other Documents Needed**
 - License
 - Social Security Cards for all members in household
 - Birth certificates for members under the age of 18

POT ROAST Coca-Cola

Ingredients:

For Slow Tenderizing:

Bottom round roast, about 4 pounds (or stewing beef may be used)	Coca-Cola, 12 oz (use real Coke, not Coke Zero and not diet) – 1 can
Cooking Oil – about 1 Tbsp	Onion, Medium – 1 onion, chopped
Beef Broth, 14 oz – 1 can	Garlic, fresh – 2 cloves, minced (<i>Optional</i>)
Seafood Cocktail Sauce, 8 oz – 1 bottle	Salt & Pepper – to taste
<i>To add at end:</i> Carrot, sliced – 1 cup	Turnip, sliced – 1 cup
Potato, diced – 2 cup	<i>Garnish:</i> Italian Parsley – Several sprigs (<i>Optn</i>)

Directions:

In a Dutch Oven or deep stew pan, brown beef on all sides in cooking oil. Once beef is browned, add broth, cocktail sauce, cola, onion, garlic, salt and pepper in crock pot/Dutch Oven. Cover and cook on low so that liquid is just rolling for three hours or until tender (if using a Crock Pot, cook on high for 6 hours or low for 10-18 hours until tender). One hour before serving, add sliced carrot, turnip, potato; add salt and pepper to taste. *When ready to serve*, lift the roast from the pot onto a cutting board. Gently slice the roast (it should “shred” at this point of cooking) and place pieces into shallow bowls. Ladle the gravy and root vegetables into each bowl covering the sliced meat. Garnish with springs of parsley.

Seekonk Veterans Services

Important Update for Female Veterans:

On January 5th 2021, a bill to that reforms support female Veterans was signed into law. HR 7105 includes the Deborah Sampson Act, named in honor of Massachusetts' first female Veteran. This Deborah Sampson Act also includes the following reforms within the VA system:

- Creating an anti-harassment and anti-sexual assault policy;
- Allocating \$20M for retrofitting health care facilities to make it easier for women Veterans to receive care;
- Establishing care standards at all medical facilities to ensure improvements are made to benefit female patients;
- Mandating all VA facilities to have at least one women's health primary care provider;
- Authorizing a new \$1M annual program for a women Veteran's health care residency program;
- Allowing women Veterans filing for military sexual trauma benefits claims to request a female medical provider for related exams;
- Expanding military sexual trauma counseling at the VA to former members of the National Guard and reserves.

Additionally, HR 7105 includes reforms for our Veterans in medical care; housing and homelessness; general benefits; education benefits; training programs; financial protections; and extending the sunset dates of certain time-limited authorities.

Massachusetts takes pride in leading the way to care for our female Veterans through the Women Veterans Network!

James LaFlame
Veterans Services Officer



Valentine's Grab and Go Wednesday, February 10, 2021 Pick-up 11:00am – 11:45am



This year, our Valentine's Day party will be a bit different. On Wednesday, February 10th we will be having a Valentine's Grab and Go. We will be providing a meal and dessert per person. There is no cost to Seekonk residents. The cost will be \$4.00 for all non-Seekonk residents. The meal is from Bristol Elder Services and will be Chicken Bruschetta with whipped sweet potatoes and Tahitian vegetables. You will also be receiving a Valentine's Day cupcake from Buttercream

Bakery, a local bakery in Seekonk. If you are interested in participating please call our office at 508-337-8772 by Monday, Feb 8th.





PUT HEARING HEALTH ON THE TOP OF YOUR "TO DO" LIST

Having your hearing assessed* yearly is just as important as your other annual checkups with your doctor or dentist.

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514 Hanover Street
Fall River, MA 02720
(508) 689-4124

Michael Nogueira, Hearing Instrument Specialist Lic. #471

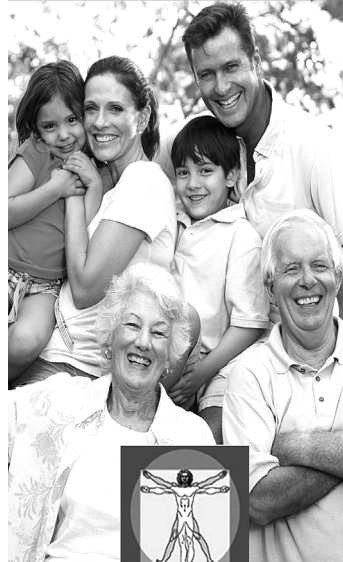
425 East Washington St., Suite 3
North Attleboro, MA 02760
(508) 809-4417

Christopher Brissette, Hearing Instrument Specialist Lic. #235

WHEN CALLING, PLEASE MENTION CODE AG60-1

*See office for details.

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- ✔ 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
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18 SPACE HEATER Safety Tips

Winter is here. Along with the lower temperatures outside, comes the high energy costs from keeping you warm inside your home. To help cut these costs, many people turn to portable space heaters. These supplemental heaters work great at keeping you warm, but if used improperly, they may also pose a hazard to you and your family.

9 Things You Should Do

- 1 **Follow 3ft. Rule**
Keep the heater at least 3ft. away from combustible materials, including beds, sofas, curtains, papers, clothes, etc.
- 2 **Inspect Cords**
Make sure the heaters power cord is not damaged or frayed in any way.
- 3 **Plug is Snug**
Make sure the heater is securely plugged into the power outlet. Ensure it does not come loose or fall out.
- 4 **Keep it Stable**
Ensure your heater is on a stable and level surface with minimal risk of it getting knocked over.
- 5 **Safety Certified**
Make sure your space heater has been certified as safe to use. You should see a safety logo on the back somewhere.
- 6 **Smoke Detectors**
Make sure your smoke and carbon monoxide detectors are working properly.
- 7 **Turn it off**
Ensure your unit is turned off when you go to sleep, in a different room, or unable to keep an eye on it.
- 8 **Train & Teach**
Ensure your unit is turned off when you go to sleep, in a different room, or unable to keep an eye on it.
- 9 **Use the Right Fuel**
If your space heater requires fuel, make sure you refill it with the right kind. Or you will most likely cause a fire.

9 Things You Shouldn't Do

- 1 **Crowd Your Unit**
Do not put anything flammable around the front, sides or rear of the heater.
- 2 **Extension Cords**
Do not use an extension cord or power strip, unless you have absolutely no other choice.
- 3 **Hot to the Touch**
Do not use heater if the power cord or wall heater feels hot on touch. Call electrician to inspect.
- 4 **Place on Tables**
Do not use your heater on top of a table, chair or any surface that is not stable.
- 5 **Use Around Water**
Do not use or operate your heater near water or if you're wet. You will be shocked as a result. Literally, shocked.
- 6 **Cords Under Rugs**
Do not run the power cord from your heater underneath carpets, rugs or furniture.
- 7 **Know Your Size**
Do not use a space heater that is designed for an area larger than you need.
- 8 **Keep an Eye Out**
Do not allow children to use or operate your heater without supervision.
- 9 **Ventilation**
Do not use fuel-burning heaters inside your home. If you do, at least make sure it's properly ventilated.

Thank you!

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



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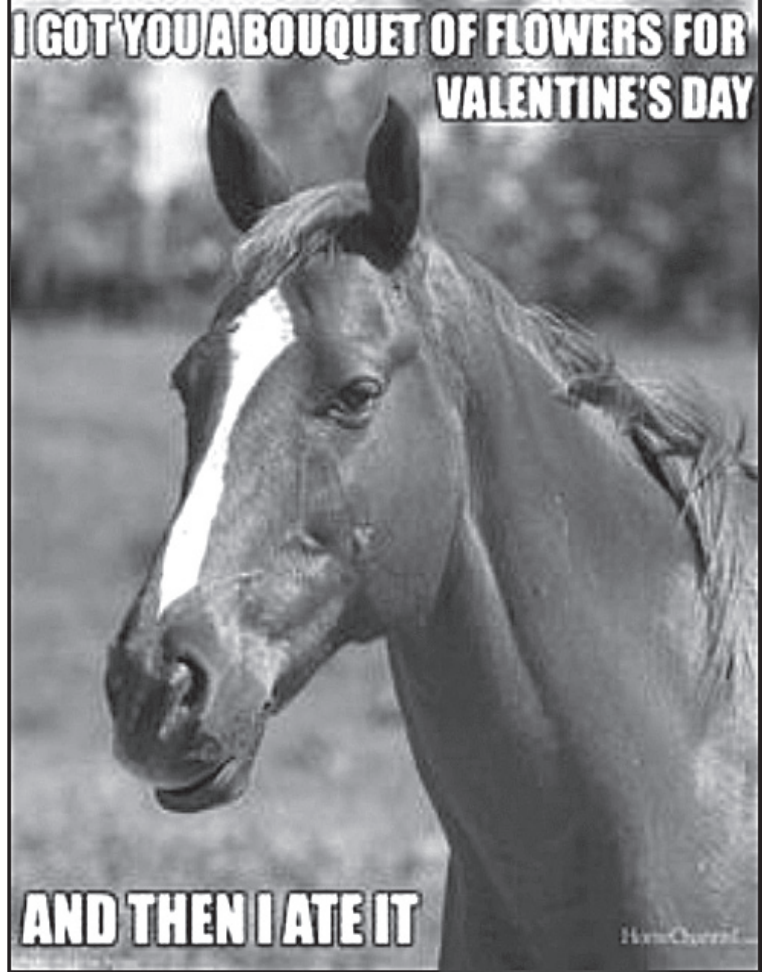
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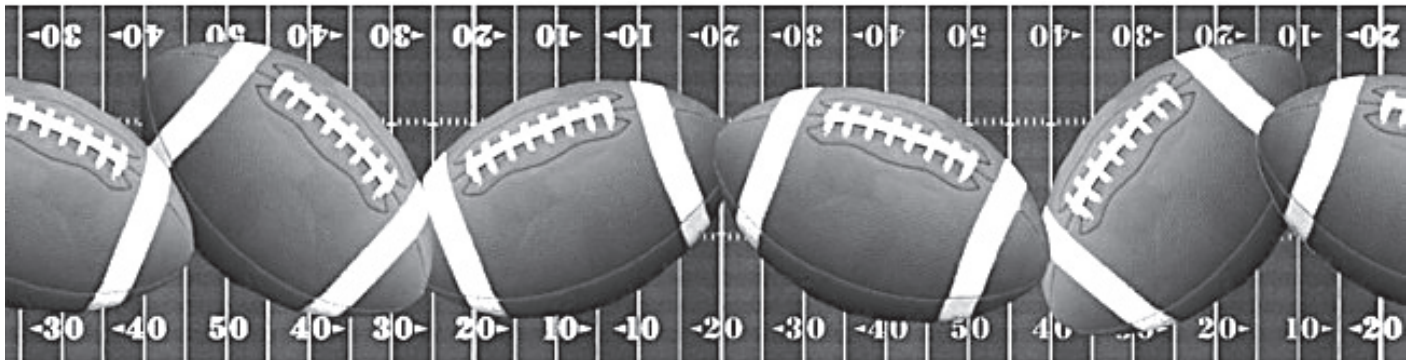


Bacon Deviled Eggs

DIRECTIONS

Mash 6 hard-boiled egg yolks, 2 tablespoons mayonnaise or yogurt, 1 1/2 teaspoons spicy mustard, 1/2 teaspoon lemon juice, 1 teaspoon relish and 1/2 teaspoon paprika. Fill the egg whites with the yolk mixture. Top with chopped chives and crumbled cooked bacon.

Food Network Magazine



Law Office of Luke P. Travis
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



Lodge #5

SEEKONK POLICE

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www.bearmountainhc.com

To be a sponsor
in the next
Seekonk Town Crier
Newsletter!

Please contact Tom Reily
508-336-6633 x 337



Local Emergency Contact

Name _____

ADD: _____

TEL: _____

Contact out of area

Name _____

ADD: _____

TEL: _____

Contact out of area

Name _____

ADD: _____

TEL: _____

EMD Emergency

Management Director

Name _____

TEL: _____

Utility

Electric TEL: _____

Gas TEL: _____

Water TEL: _____

Home/Rental Insurance

Name _____

TEL: _____

Policy # _____

Senior Center

Name _____

TEL: _____

Place of Worship

Name _____

TEL: _____

Veterinarian

Name _____

TEL: _____



FEMA

Region 1

Emergency Card

Name _____

TEL: _____

Emergency Contact Name _____

Emergency Contact TEL: _____

FEMA Distress Line 1-800-985-5990

Questions and Referrals 211

In an Emergency 911

Poison Control Center

1-800-222-1222

KEEP THIS FORM UP-TO-DATE.

Take this form with you to all your doctor visits, when you go for any medical test and hospital visits. Write down all changes made to your medications. Cross out any old medicines.

Drug Name & Strength

Dose (pills, units, puffs, drops)

When do you take it? (AM or PM How many times a day?)

Purpose (why do you take it?)

Doctor / Primary Care
Name
TEL:
Pharmacy
Name
TEL:
Medical Insurance
Name
TEL:
Medical Conditions/Allergies

Table with 4 columns: Drug Name & Strength, Dose, When do you take it?, Purpose. Multiple rows for medication tracking.

Seekonk Human Services
540 Arcade Avenue
Seekonk, MA 02771

PRSR STANDARD
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SEEKONK HUMAN SERVICES STAFF
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F. 508-336-2239

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Maggie Perkins

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