



**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 PREPARATION

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
<u>To add at end:</u> Carrot, sliced – 1 cup	Turnip, sliced – 1 cup
Potato, diced – 2 cup	<u>Garnish:</u> 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 5<sup>th</sup> 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.

Your ability to hear well has a lot to do with your quality of life. Untreated hearing loss can greatly affect that quality.

Visit us for a complimentary hearing assessment.  
Take the first step toward better hearing!

## HearingLife

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.

## 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.

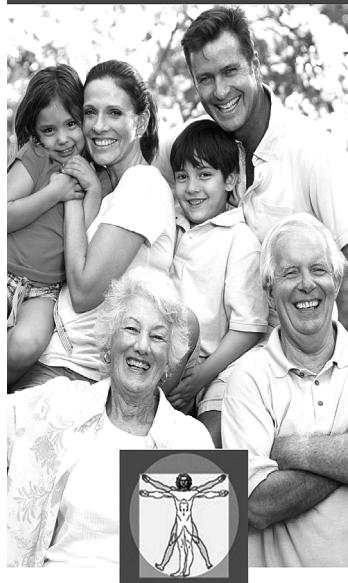
### 9 Things You Should Do

- Follow 3ft. Rule**  
Keep your heater at least 3ft. away from combustible materials, including beds, sofas, curtains, papers, clothes, etc.
- Inspect Cords**  
Make sure the heaters power cord is not damaged or frayed in any way.
- Plug is Snug**  
Make sure the heater is securely plugged into the power source. The plug does not come loose or fall out.
- Keep it Stable**  
Ensure your heater is on a stable and level surface with minimal risk of it getting knocked over.
- Safety Certified**  
Make sure your space heater has a safety certification logo. You should see a safety logo on the back somewhere.
- Smoke Detectors**  
Make sure your smoke and carbon monoxide detectors are working properly.
- 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.
- Train & Teach**  
It is wise to teach everyone in your household how to properly operate your heater.
- 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

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

## Get Back In The Game!



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- ✓ Decrease your pain
- ✓ Increase your strength
- ✓ Increase your activity level
- ✓ Increase your flexibility
- ✓ Improve your health
- ✓ 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 02811  
Telephone: (401) 471-7510 Fax: (401) 471-7511  
Monday – Thursday: 7:00 am – 6:00 pm  
Friday: 7:00 am – 5:00 pm

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# Thank you!

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





ON THE EAST SIDE

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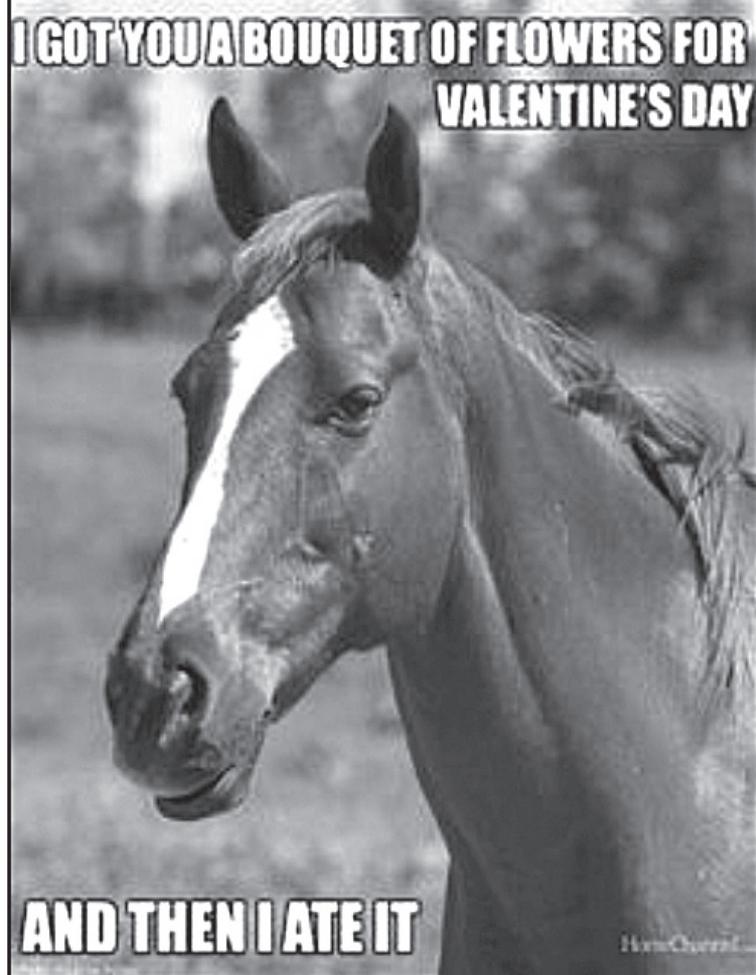
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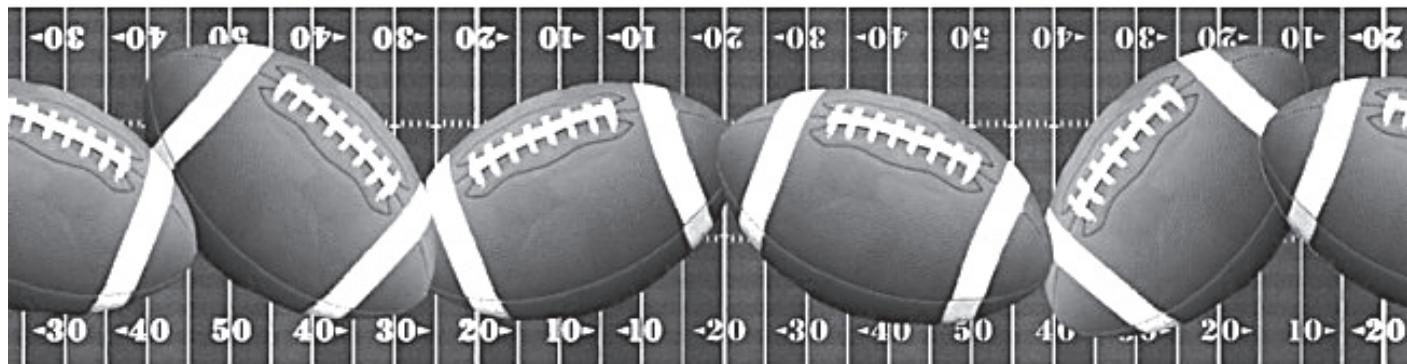


# Bacon Deviled Eggs

## 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

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luke@bristollegal.com

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



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



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508-336-6633 x 337



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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: \_\_\_\_\_

EMD Emergency  
Management Director \_\_\_\_\_

Name \_\_\_\_\_

ADD: \_\_\_\_\_

TEL: \_\_\_\_\_

Senior Center \_\_\_\_\_

Name \_\_\_\_\_

ADD: \_\_\_\_\_

TEL: \_\_\_\_\_



## Region 1 Emergency Card

Contact out of area \_\_\_\_\_

Name \_\_\_\_\_

ADD: \_\_\_\_\_

TEL: \_\_\_\_\_

Utility \_\_\_\_\_

Electric TEL: \_\_\_\_\_

Gas TEL: \_\_\_\_\_

Water TEL: \_\_\_\_\_

Place of Worship \_\_\_\_\_

Name \_\_\_\_\_

ADD: \_\_\_\_\_

TEL: \_\_\_\_\_

Emergency Contact TEL: \_\_\_\_\_

Name \_\_\_\_\_

ADD: \_\_\_\_\_

TEL: \_\_\_\_\_

Contact out of area \_\_\_\_\_

Name \_\_\_\_\_

ADD: \_\_\_\_\_

TEL: \_\_\_\_\_

Home/Rental Insurance \_\_\_\_\_

Name \_\_\_\_\_

ADD: \_\_\_\_\_

TEL: \_\_\_\_\_

Veterinarian \_\_\_\_\_

Name \_\_\_\_\_

ADD: \_\_\_\_\_

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.

Pharmacy \_\_\_\_\_

Name \_\_\_\_\_

TEL: \_\_\_\_\_

**Drug Name & Strength**

(pills, units, puffs, drops)

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

**Purpose**  
(why do you take it?)

Medical Insurance \_\_\_\_\_

Name \_\_\_\_\_

TEL: \_\_\_\_\_

Medical Conditions/Allergies \_\_\_\_\_

Name \_\_\_\_\_

TEL: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Seekonk Human Services  
540 Arcade Avenue  
Seekonk, MA 02771

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SEEKONK HUMAN SERVICES STAFF

E. 508-336-2239

P. 508-336-8772

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Brittney Farria, LSWA

ASSISTANT DIRECTOR  
Ashley Cartwright, MBA

CLERICAL ASSISTANT  
Kimberry Mallon

OUTREACH WORKER  
Veronica Brickey, LPN LSWA

OFFICE CLERK  
Sharon Bettencourt  
Maggie Perkins

SEEKONK HUMAN SERVICES COUNCIL

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Michelle Himes

VICE CHAIRPERSON  
Beverly Bella Grotta

MEMBERS

Irene Andrews

Theresa McGregor  
Keith Perry

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

Josephine Veder