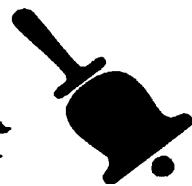




SEEKONK HUMAN SERVICES

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 2024

Nutritional Cooking

Wednesday, August 7, 2024 at 1pm

Do you like to eat healthy nutritious foods but get stumped on what to make? Then this class is perfect for you. Come join Heather MacKnight for this 45 minute nutritional cooking class.



During this class Heather will be making a homemade caesar salad with homemade dressing and homemade croutons. Who doesn't like a homemade meal from scratch? Caesar salad is perfect for lunch on these hot summer days or added to a dish of your choice. Refreshments will be available. **Preregistration is required. *A donation of \$4.00 is suggested.**

Musical Entertainment

by Singer, Lady D

Wednesday, August 14, 2024 at 1pm



A Rhode Island native, Lady D loves to perform locally for all. Lady D is a multi-genre vocalist (jazz standards, Motown, Do-Wop, Disco, Smooth R&B, and Pop). She is known for singing in local restaurants in RI and MA. Come join as she sings songs from all genres. Light refreshments and pastry will be available. **Preregistration is required.**

Arts & Crafts

From 9:30am - 11:30am

The fee for residents is \$5 and non-residents is \$10.

August 2, 2024 - Slate Signs

August 16, 2024 - Decoupage Shells

September 6, 2024 - Quilling

September 20, 2024 - Quilling

Contact the office for more information. Preregistration is required with payment. Projects are subject to change.

Magic Show

By Dennis the Magician

Wednesday, August 21, 2024 at 1pm

Dennis is a full-time, professional New Jersey magician for the past 25+ years. His show features magic, comedy, illusions, live animals and audience participation. One of the most talented magicians in NJ, Dennis has performed in New Jersey, Pennsylvania, and New York areas. That's not to mention the many birthday parties he has performed at various homes and restaurants. All of Dennis' shows are totally self-contained. From props to tables to music to curtains, he brings everything he'll need to deliver the coolest magic show in Massachusetts. Refreshments will be available. **Preregistration is required.**

Healthy Aging - Lunch & Learn

Wednesday, August 28, 2024 at 11:30am

Nutritional Jeopardy for healthy aging! The presentation will be about seeing what you know about nutrition as well as learning 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. Lunch consists of Korean meatballs, Asian rice, oriental veggies, dinner rolls, lemonade and brownies. **Preregistration is required.**



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 the office to see if you qualify!



Podiatry Clinic
Wednesday, August 7, 2024
10:00am - 2:00pm

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 our office to make an appointment.**

Blood Pressure & Glucose Clinic
Wednesday, August 21, 2024
9:00am - 11:00am

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

Let's Learn Together!
Tuesday, August 27, 2024 at 2:30pm

Do you have questions about using your smartphone, or tablet? Bring them to the Tech Help Hour. The goal of this session is to help each other learn how to use technology better. There is no set agenda. This program is moderated by Seekonk Public Library staff. Bring your own tablet, phone, or laptop. Please make sure your device is fully charged. **Preregistration is required.**

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.**

Get Help Paying Medicare Costs

As of March 1, 2024 the income limits for the Medicare Savings Program (also known as MassHealth Buy-In) have increased and assets are no longer counted. The Medicare Savings Program can help pay for some or all of your Medicare premiums, deductibles, co-payments and co-insurances, depending on your income. If eligible, you will automatically receive extra help on your Part D prescription drug plan costs. To qualify, your monthly income should be at or below the following: Single \$2,824 Couple \$3,833. To see if you qualify for this program call the office at 508-336-8772 to speak with an Independent Medicare Consultant.

Women's Lunch
Wednesday, August 7, 2024 at 11:30am at
Davenport's Bar and Grille
1925 Pawtucket Avenue
East Providence, RI

This group meets the 1st 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 the office.

Card Games

Play an old favorite or learn something new!

Canasta
Mondays at 11am
A card game of the Rummy family

Hi-Low Jack (Pitch)
Tuesdays & Thursdays at 1pm
Win the game by having the highest card played in the trump suit

Mahjong
Wednesdays at 1pm
Mahjong is a game of skill and chance that originated in China

Cribbage
Thursdays at 11am
The first person to peg 121 points and get to the end of the board is the winner

BINGO
Thursdays at 1pm
Regular games \$1.00 for 6 games
Specials \$2.00 per game

A game of chance played with cards having numbered squares corresponding to numbers drawn at random

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.

The August menu is available at our office and on our Facebook page.

**Need HELP with
Medicare Costs?**

Do Not Leave Health Care Decisions to Chance

By: Brandon C. Walecka, Esq.

Walecka Law, P.C.

774-203-9003

Brandon@WaleckaLaw.com

The information contained in this article is not intended to make you an expert on estate planning nor is this article intended to replace the need for the advice of a professional. Rather, this article is simply intended to provide a basic understanding of why estate planning is important for everybody and a basic understanding of some of the more common estate planning tools. This article does not constitute legal advice.

You likely have your own ideas on what should happen if you became incapacitated. However, your loved ones could have other ideas. Most people think about finances, wills, guardians for dependents, and who inherits, when the issue of their inevitable death arises. But in the event that you do not die but instead, become incapacitated, you may not recognize the importance of planning for future health care decisions.

Have you ever heard of an advance directive (sometimes called living will, personal directive, or Five Wishes®)? Advanced care planning is simply planning for your future care. It is a process that happens over time and throughout life to help people maintain control over the kinds of decisions made on their behalf if they lose the ability to make decisions due to a serious illness or accident.

Make your wishes known in advance and ensure that they are legally enforceable. With an advanced directive, you can designate what procedures doctors should or should not perform if you are incapacitated with no reasonable likelihood of recovery. Another important estate planning document called a health care proxy can be used to appoint one or more persons to make medical decisions for you if you are unable to express your wishes.

What happens if you do not have an advanced directive? For example, if you are in an accident and decisions need to be made about your medical care, your family might not have a good idea what decisions you would make yourself. That can create problems for them, as they try to decide on what care you should receive. Planning ahead for health decisions benefits everyone.

An advanced directive can help avoid arguments. When your preferences are clear it can mean that your health care decision maker confidently knows your wishes. If disagreement occurs among your family, your decision maker has a document to follow based on your wishes. This can help keep family harmony.

Good advanced care planning is done in different stages. Healthy adults need different conversations than those living with increasing complications from an illness or at the end-stage of an illness. It also considers goals, values, and wishes before becoming ill, and names a person who will speak for you in an advanced directive.

Planning for your health care is a gift of peace of mind you can give your loved ones and family. An estate planning attorney can advise you on creating an estate plan and an advanced directive that meet your unique circumstances.

Do you have a suggestion for a future article topic for Attorney Walecka? Reach out to him directly with a question or topic you think would be helpful to readers.

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.

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 2024

Monday	Tuesday	Wednesday	Thursday	Friday
*Water Colors Residents \$3/Non-Residents \$5 Paid one month at a time **Fitness Class Non-Residents \$2 ***Arts & Crafts Residents \$5/Non-Residents \$10	Preregistration is required for all activities. Activities subject to change without notice.			
5	6	7	8	9
10:00am - Movement & Meditation 11:00am - Bocce 11:00am - Canasta 1:00pm - Strength & Cardio	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:00am - Horseshoes 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)	8:45am - Stability & Balance** 9:30am - Drums Alive** 11:00am - Cornhole 10:00am - 2:00pm - Podiatry Clinic 1:00pm - Mahjong 1:00pm - Nutritional Cooking Class	9:00am - Mat Exercise 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	9:15am - Dance Cardio 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)
12	13	14	15	16
10:00am - Movement & Meditation 11:00am - Bocce 11:00am - Canasta 1:00pm - Strength & Cardio	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:00am - Horseshoes 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)	8:45am - Stability & Balance** 9:30am - Drums Alive** 11:00am - Cornhole 1:00pm - Mahjong 1:00pm - Music by "Lady D"	9:00am - Mat Exercise 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	9:15am - Dance Cardio** 10:00am - Movement & Meditation 11:00am - Arts & Crafts*** 10:30am - Tai Chi** 10:30am - Tai Chi**
19	20	21	22	23
10:00am - Movement & Meditation 11:00am - Bocce 11:00am - Canasta 1:00pm - Strength & Cardio**	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:00am - Horseshoes 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)	8:45am - Stability & Balance** 9:00am - Blood Pressure Clinic 9:30am - Drums Alive** 11:00am - Cornhole 1:00pm - Pitch (Hi-Lo Jack)	9:00am - Mat Exercise 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	9:15am - Dance Cardio** 10:00am - Movement & Meditation 10:30am - Tai Chi** 10:30am - Tai Chi**
26	27	28	29	30
10am - Movement & Meditation 11:00am - Bocce 11:00am - Canasta 1:00pm - Strength & Cardio**	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:00am - Horseshoes 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack) 2:30pm - Let's Learn Together	8:45am - Stability & Balance** 9:30am - Drums Alive** 11:00am - Cornhole 11:30am - Lunch & Learn 1:00pm - Mahjong 1:00pm - Pitch (Hi-Lo Jack)	9:00am - Mat Exercise 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	9:15am - Dance Cardio 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)

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 cost.

Veterans Corner

Massachusetts National Cemetery, Bourne, MA

Address:

Connery Avenue
Bourne, MA 02532
Phone: 508-563-7113
Fax: 508-564-9946



Massachusetts has a beautiful VA National Cemetery on Cape Cod. Visitation hours are seven days a week from dawn until dusk.

Burial in a national cemetery is open to all members of the armed forces who have met a minimum active duty service requirement and were discharged under conditions other than dishonorable.

A veteran's spouse, widow or widower, minor dependent children, and under certain conditions, unmarried adult children with disabilities may also be eligible for burial. Eligible spouses and children may be buried even if they predecease the veteran.

Members of the reserve components of the armed forces who die while on active duty or who die while on training duty, or were eligible for retired pay, may also be eligible for burial.

For full eligibility requirements, visit the VA website at the following: <https://www.va.gov/burials-memorials/eligibility/>

To schedule a burial, fax all discharge documentation to the National Cemetery Scheduling Office at 1-866-900-6417 and follow-up with a phone call to 1-800-535-1117.

I can assist with any eligibility questions or help schedule a burial.

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

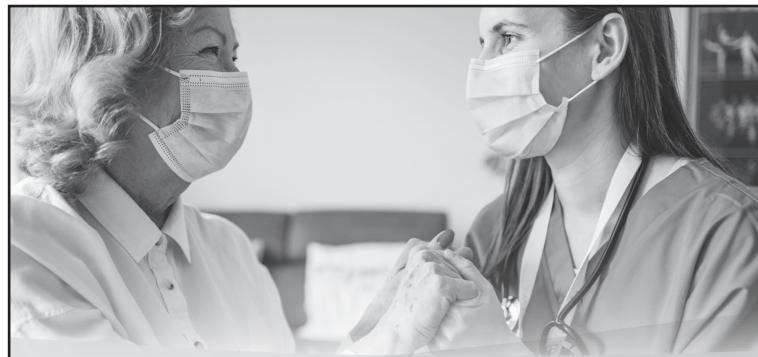


Parks & Recreation

Welcome to August! I cannot believe we are in August already! With the warm weather having arrived, I want to talk this month about having items on hand to keep you busy if it's too hot to go out and about. There are some great resources right in town. Seekonk Human Services has a small collection of books and puzzles you can take and use at home. You can keep them, or bring them back and trade for a new one. The puzzles on hand range from 300 pieces to 1,000 pieces.

Another great resource in town is our public library. Not only do they have their regular collection of books, movies and music to borrow, they also have great deals on books in their lobby for sale. Sometimes you may even find some DVDs or CDs. Any profit goes right back to the Friends of the Library to be used for future programs and purchases. In addition to this, there are some great digital pieces you can access with your library card. They have books, movies and music available digitally, you can also access a program called Creative Bug. Using this program will give you access to thousands of award-winning arts and crafts video classes. When the weather reports start to come in for hot or unsettled weather, find a class video that interests you, gather the materials and craft away. If you have a digital device (phone, tablet or laptop) that you are wanting to learn more about you can take advantage of these programs. The library collaborates with Seekonk Human Services and comes to the center once a month and will spend about an hour working with owners and their devices. Please call Human Services at 508-336-8772 to learn more about the "Let's Learn Together" program. It is asked that the device is fully charged for the program.

If you have company coming over, or just want to try something new, the library also has a library of things they rent out. Items include a stud finder, binoculars, a digital camera, a backpack to help you explore, and much more. During the winter they have a couple of pairs of snow shoes. They also have some outdoor games including Giant Connect 4, Giant Toppling Tower, and Corn Hole. Even rent a ukulele or two for even more family fun!! Please take some time to learn about the amazing resources in town.



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Attleboro, MA 02703
(844) 671-4673
HopeHealthCo.org

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luke@bristollegal.com

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Please contact Tom Reily
508-336-6633 x 337

Labor Day Party

Wednesday, September 4, 2024 at 11:30am



Bill Reidy sings the songs of our lives. He will be doing a Neil Diamond tribute, including songs of Sinatra, Elvis Presley, Country Western, '50s & '60s Oldies hits, and Swing. Come and enjoy the music with lunch to follow. Lunch will be Hamburgers and Hot Dogs.

The fee for resident \$7.00, and non-residents \$10.00. **Preregistration is required and opens August 15th.**

Ed the Wizard's "Magic for Seniors

Wednesday, September 11, 2024 at 11:30am

From Mind-Reading to Coins to Cards, there will be something magical for all, including the teaching of easy impromptu magic effects that the patrons can perform for their grandchildren. Be prepared to be amazed, amused, and possibly volunteer, with Ed the Wizard's award winning performance. **This program is supported in part by a grant from the Seekonk Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. Preregistration is required and opens August 15th.**



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

Kalifornia Karl

Wednesday, September 18, 2024 at 11:30am

Kalifornia Karl is a singer/guitarist/impressionist that is American's busiest entertainer with over 1000 performances a year. A winner of Ed McMahon's TV talent show Star Search in 1991. He has also been featured on the big screen with Gwyneth Paltrow, Andre Braugher and has shared the stage with Michael Buble, Huey Lewis and many others. **Preregistration is required and opens August 15th.**

Lions Club - Comfort Dogs

Wednesday, September 25, 2024 at 1:00pm

The comfort dogs are coming to the Seekonk Human Services on September 25, 2024 at 1:00pm. They visit nursing homes and hospitals, giving their love to all. All they want in return are hugs and smiles. **Preregistration is required and opens August 15th.**

Outdoor Activities Bocce, Horseshoes & Cornhole at 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.

Human Services Council

Chairperson

Michelle Hines

Vice Chairperson

Maria Duarte

Cheryl Camara

Rick Forest

Beverly Della Grotta

Keith Perry

Josephine Veder

Council meets fourth Monday of the month

@ 3:15pm at

**Seekonk Human Services
Conference Room**