



SEEKONK HUMAN SERVICES

Union Urier



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

September 2024

The office will be closed on:
Monday, September 2, 2024 for Labor Day

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.**

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. He is 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.**



Lions Club - Comfort Dogs **Wednesday, September 25, 2024 at 1:00pm**

The Lions club will be bringing 3 "Paws for Comfort" dogs to Seekonk Human Services. They visit nursing homes and hospitals, giving their love to all. All they want in return are hugs and smiles. **Preregistration is required.**



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.**



Hearing Clinic **Monday, September 23, 2024** **1:00pm - 3:00pm**

Chris Brissette from Mass Audiology will be here for the Hearing Clinic from 1:00pm - 3:00pm. **Preregistration is required by calling our office at 508-336-8772.**



Bright Moments Program - Michelle Haskins **Wednesday, October 2, 2024 at 11:30am**

The Bright Moments is an evidence-based program that Bristol Hospice uses that was developed by legendary Betty Brennan. It gives light to life for our patients with Dementia. Through person-centered care, we can manage symptoms of Dementia using clinically proven **innovative & non-pharmacological methods**. Free lunch will be provided to all who attend this program. **Preregistration is required and opens September 16th.**

Arts & Crafts

1st & 3rd Friday from 9:30am - 11:30am

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

September 6, 2024 - Quilling

September 20, 2024 - Quilling

October 4, 2024 - Fall/Halloween Decorating Pumpkins

October 18, 2024 - Autumn Decoupage Fairy Light Jars

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

Podiatry Clinic
Wednesday, September 4, 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, September 18, 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, September 24, 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.**

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 September menu is available at our office and on our Facebook page.

Halloween in Salem, MA
Tuesday, October 29, 2024
Price: \$79.00 Per Person

Departure at 8:00am Return Approx. 6:15pm

Come join us as we are off to Salem, MA. On this tour, we will visit the Salem Witch Museum. The Salem Witch Museum presents one of the most tragic stories in American history, the 1692 Witch Trials. Did you know the first movie Hocus Pocus was filmed right here in Salem, MA? You will have free time to shop at and see local stores before the Museum. You can also taste the local flavors that historic Pickering Wharf has to offer. **Trip Includes: Motor-coach Transportation, Gratuity, Museum Tour, Free time at local shop/stores, and Pickering Wharf. (LUNCH is NOT included.) Payment due at registration at our front desk reception office.**

Women's Lunch
Wednesday, September 4, 2024 at 11:30am at
LaFamilia

431 Winthrop Street, Taunton, MA

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 to sign up.

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

Tuesday Luncheon
Tuesday's at 11:45am

We would like to send a huge thanks to The Cooks House for partnering with us on our Tuesday Lunches. We were saddened to hear of their upcoming closing. Our luncheons are going to continue, and we are extremely excited to now welcome The Hamilton Diner into a partnership! We are looking forward to this partnership and to continue to offer these lunches for our community. Lunches will cost \$4 for residents and \$5 for non residents. The menu will be available at the office and on Facebook.

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.

7 Reasons to Preplan Your Funeral

Increasingly, people are considering all aspects of aging, including planning for their final farewell. While it might not be the most enjoyable task, planning for the end-of-life offers many benefits. One common strategy is to prepay for funeral expenses or set up an Irrevocable Pre-paid Funeral Contract. Here are seven compelling reasons to preplan and prepay for your own funeral:

Eases the Burden on Loved Ones: By making funeral arrangements in advance, you can relieve your family of emotional and financial stress during an already difficult time.

Ensures Your Wishes Are Met: Planning your funeral allows you to make decisions about the type of service, burial or cremation, music, readings, and other details that reflect your personality and beliefs.

Facilitates Financial Planning: Prepaying for funeral expenses can lock-in current prices and prevent your family from facing unexpected costs in the future.

Encourages Open Communication: Discussing your funeral plans with loved ones can lead to important conversations about end-of-life wishes, ensuring everyone is aware of your preferences and plan.

Personalizes Your Legacy: A well-planned funeral can serve as a celebration of your life, highlighting your achievements, passions, and the impact you had on others.

Explores Options: Planning in advance gives you time to research and consider various funeral options, such as eco-friendly burials or unique memorial services, without the urgency of an immediate need.

Provides Peace of Mind: Knowing that your funeral arrangements are taken care of can offer a sense of comfort and peace, both for yourself and your loved ones.

While planning your own funeral may seem daunting or uncomfortable, it is a crucial aspect of end-of-life planning that can benefit both you and your family. It can also be a strategic approach to prepare for MassHealth eligibility. Consult with a funeral director or a qualified elder law attorney to determine what works best for you.

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.

September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
CLOSED FOR LABOR DAY	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:45am - Hamilton Diner Lunch 1:00pm - Pitch (Hi-Lo Jack) 2:00pm - Adult Coloring (independent activity)	8:45am - Stability & Balance** 9:30am - Drums Alive** 10:00am - 2:00pm - Podiatry Clinic 11:00am - Cornhole 11:30am - Labor Day Party 1:00pm - Mahjong	9:00am - Mat Exercise 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	9:15am - Dance Cardio 9:30am - Arts & Crafts*** 10:30am - Tai Chi**
	9	10	11	12
	10:00am - Movement & Meditation 11:00am - Canasta 1:00pm - Strength & Cardio 2:00pm - Oil Painting	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:45am - Hamilton Diner Lunch 1:00pm - Pitch (Hi-Lo Jack) 2:00pm - Adult Coloring (independent activity)	9:00am - Mat Exercise 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	9:15am - Dance Cardio (Prerecorded) 10:30am - Tai Chi**
	16	17	18	19
10:00am - Movement & Meditation 11:00am - Canasta 1:00pm - Strength & Cardio 2:00pm - Oil Painting	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:45am - Hamilton Diner Lunch 1:00pm - Pitch (Hi-Lo Jack) 2:00pm - Adult Coloring (independent activity)	8:45am - Stability & Balance** 9:00am - Blood Pressure Clinic 9:30am - Drums Alive** 11:00am - Cornhole 11:30am - Music by Karl 1:00pm - Mahjong	9:00am - Mat Exercise 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	9:15am - Dance Cardio** 9:30am - Arts & Crafts*** 10:30am - Tai Chi**
23	24	25	26	27
10:00am - Movement & Meditation 11:00am - Canasta 1:00pm - Strength & Cardio** 1:00pm - 3:00pm - Hearing Clinic 2:00pm - Oil Painting	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:45am - Hamilton Diner Lunch 1:00pm - Pitch (Hi-Lo Jack) 2:00pm - Adult Coloring (independent activity) 2:30pm - Let's Learn Together	8:45am - Stability & Balance** 9:30am - Drums Alive** 11:00am - Cornhole 1:00pm - Mahjong 1:00pm - Lions Club Comfort Dogs	9:00am - Mat Exercise 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	9:15am - Dance Cardio** 10:30am - Tai Chi**
30				
10am- Movement & Meditation 11:00am - Canasta 1:00pm - Strength & Cardio** 2:00pm - Oil Painting			*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.

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

CHAMPVA (Civilian Health and Medical Program of the Department of Veteran Affairs)

Are you the spouse or surviving spouse of—or a child of—a veteran with disabilities or a veteran who has died? If you don't qualify for TRICARE (the Department of Defense's health care program for active-duty and retired service members and their families), you may be able to get health insurance through the Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA). Through this program, we cover the cost of some of your health care services and supplies. This is called cost sharing. Find out if you qualify for CHAMPVA and how to apply.

You may only be eligible for health care through CHAMPVA if you don't qualify for TRICARE and at least one of these descriptions is true for you.

At least one of these must be true: ● You are the spouse or child of a veteran who has been rated permanently and totally disabled for a service-connected disability by a VA regional office, or ● You are the surviving spouse or child of a veteran who died from a VA rated service-connected disability, or ● You are the surviving spouse or child of a veteran who was at the time of death rated permanently and totally disabled from a service-connected disability, or ● You are the surviving spouse or child of a service member who died in the line of duty, not due to misconduct (in most of these cases, family members qualify for TRICARE, not CHAMPVA).

A service-connected disability is a disability that the VA concluded was caused or made worse by the veteran's active duty service. A permanent disability is one that is not expected to improve.

Note: A veteran who's the qualifying CHAMPVA sponsor for their family may also qualify for the VA health care program based on their own veteran status. If a married couple are both veterans who qualify as CHAMPVA sponsors for their family, they both may now qualify for CHAMPVA benefits. Each time they need medical care, they may choose to get care through the VA health care program or using their CHAMPVA coverage.

With CHAMPVA, you'll be covered for services and supplies when the VA determines they are medically necessary and were received from an authorized provider. When providers are performing services within the scope of their license or certification, they consider them to be authorized.

Covered services include: * Ambulance service * Ambulatory surgery * Durable medical equipment (DME) * Family planning and maternity * Hospice * Inpatient services * Mental health services* Outpatient services * Pharmacy (prescription medicines) * Skilled nursing care * Transplants

If you have any questions concerning eligibility or would like to apply for CHAMPVA, call or email me to set up an appointment.

James LaFlame, Seekonk Veterans Service Officer
jlaflame@seekonk-ma.gov or 508-336-2940



Parks & Recreation

Massachusetts is full of history. The state has 192 National Historic Landmarks and 16 National Parks. With 7,848,724 visitors to the National Parks.

National Landmarks:

A couple of the closest landmarks to us are in Plymouth (Cole's Hill) and New Bedford (Ernestina, (Schooner) and Nathan and Mary (Polly) Johnson properties and the New Bedford Historic District) and in Fall River (Joseph P. Kennedy, Jr. (USS), Massachusetts (USS) and Lionfish (USS).

- To learn more about visiting Cole's Hill, please go online to <https://seeplymouth.com/listing/coles-hill/>
- To learn more about visiting New Bedford Historic district please go online to <https://www.newbedford-ma.gov/planning/historic-district/>

National Park:

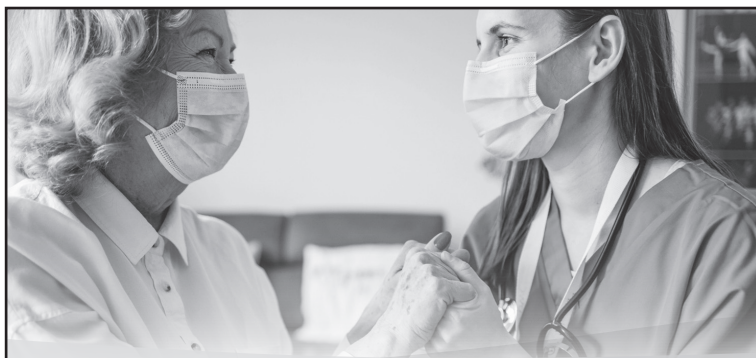
The closest National Park to us is the Blackstone River Valley National Historical Park. The park runs from Worcester, Massachusetts to Providence, Rhode Island.

- To find more information about visiting the park, please go online to <https://www.nps.gov/blrv/index.htm>

*Information for article from <https://www.nps.gov/state/ma/index.htm>

This will include further information on all historic sites and National parks if you want to learn more.





Award-winning care. Right by your side.

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.

Contact us to learn about
our full range of services.



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

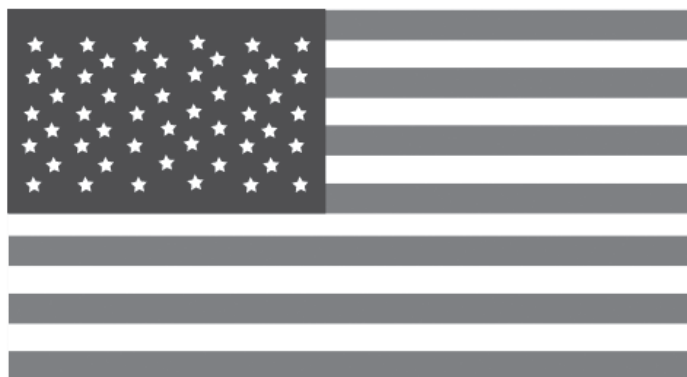


ON THE EAST SIDE



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HAPPY LABOR DAY

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

P.O. BOX 3288
10 NORTH MAIN ST.
FALL RIVER, MA 02722-3288



Local #215



Lodge #5

SEEKONK POLICE

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

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Please contact
Tom Reily
508-336-6633 x 337**



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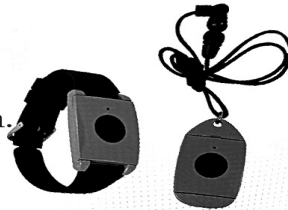
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for your support of
our newsletter*

Thank you!



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Please contact Tom Reily
508-336-6633 x 337**

Family Feud Game Show - Kevin Richardson
Wednesday, October 9, 2024 at 1:00pm



Kevin brings the excitement of “LIVE” game shows right to your doorstep! Family Feud Gameshow is coming to the Human Services on October 9, 2024 at 1:00pm. People play as teams and every member of the winning team receives a prize! So..... Let’s start the Family Feud! **Preregistration is required and opens September 16th.**

“A Musical Journey Through the Years”
Wednesday, October 16, 2024 at 1:00pm

Take a “walk down memory lane” and share an hour of music, laughter and a really good time with Tommy Rull, singer/entertainer’s show, “A Musical Journey Through the Years”. Enjoy the music of Sinatra, Neil Diamond, Kenny Rogers, Paul Anka, Elvis, Perry Como, Louis Armstrong, Engelbert, Barry Manilow and many others. Sing along to your favorite songs and if “the spirit moves you”, get up and dance! **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 September 16th.**



Healthy Aging - Lunch & Learn
Wednesday, October 23, 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 is roast turkey, gravy, mashed potatoes, green beans, dinner rolls, cake, and lemonade. **Preregistration is required and opens September 16th.**



Halloween Party

Wednesday, October 30, 2024 at 11:30am

Come join in on the fun at our annual Halloween party. We will have a costume contest with prizes, so wear your best costumes. This year we will be having entertainment by the Tribal Grooves Witches. Lunch will follow at 12:30pm. Lunch will be American Chop Suey and dessert. The fee for resident \$7.00, and non-residents \$10.00. **Preregistration is required and opens September 16th.**



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

Human Services Council

Chairperson
 Michelle Hines

Vice Chairperson
 Maria Duarte

Cheryl Camara

Rick Forest

Beverly Della Grotta

Keith Perry

Josephine Veader

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