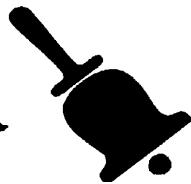




SEEKONK HUMAN SERVICES

Town Crier



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

April 2021



**We Will Be Closed
Monday, April 19, 2021
To Observe
Patriots' Day**



**Easter Grab & Go
Wednesday, April 7, 2021
Pick-up 11:00am—11:45am**
On Wednesday, April 7th we will be having an Easter Grab and Go. We will be providing a meal and dessert per person. The cost for Seekonk residents is \$3 and the cost for non-residents will be \$5. The meal will be crustless turkey pot pie, mashed potatoes, a biscuit and applesauce by Bristol Elder Services. You will also be receiving a Easter cupcake from Buttercream Bakery a local bakery in Seekonk. If you are interested in participating please call our office at 508-336-8772 by Monday, April 5th.

Health benefits of walking

- You carry your own body weight when you walk. This is known as weight-bearing exercise. Some of the benefits include:
- increased cardiovascular and pulmonary (heart and lung) fitness
- Reduced risk of heart disease and stroke
- Improved management of conditions such as hypertension (high blood pressure), high cholesterol, joint and muscular pain or stiffness, and diabetes
- Stronger bones and improved balance
- increased muscle strength and endurance
- Reduced body fat

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

Tai Chi

Fridays at 10am
Channel 9 Seekonk

*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!

* NOTE: Seekonk Human Services offers many legal, financial, recreational, medical screening and/or other activities and services by volunteers or nominal cost practitioners. Seniors participating in these services/activities do so with the understanding that Seekonk Human Services, the Town of Seekonk or its employees do not assume any legal or other responsibility for any advice or services rendered by such volunteers or nominal cost practitioners. The Town Crier is partially funded by the Executive Office of Elder Affairs.

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. April's menu will be available to the right, our Facebook Page, and by calling our office at 508-336-8772.

ATTORNEY: OVERVIEW OF LEGAL SERVICES

Elizabeth Elmasian will be available for phone consults to discuss the following topics.

1. Power of Attorney - A description of the legal document, what it consists of and when such a document is necessary.
2. The explanation and description of a Health Care Proxy and Living Will; the difference between both documents and which is recognized in Massachusetts
3. A brief overview, purpose and need for a Will. Explanation of intestacy laws without a will

***Please call to set up your phone appointment at 508-336-877**

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.

WELLNESS CHECKS

We have been providing wellness checks throughout the COVID-19 Pandemic and continue to do so. We have been calling seniors 60 and older. The checks allow us to make sure we have all updated information in the computer system as well as seeing if anyone needs any assistance. Please note that all people called are people who have been in our system, this includes those involved in the senior center one way or another. If someone has never been involved with us and we do not have their information we are not able to call them. If you know someone who would like to be called, please have them call us so we can put them into our system.



April 2021 Menu



TUESDAY	WEDNESDAY
<p>*Indicates item has >500mg of is next to each item</p> <p>The daily totals are listed below each day. Milk and margarine are included in the daily totals but not listed daily.</p> <p>High sodium day (>1200mg) are bold.</p> <p>Menu subject to change</p>	
6 Hot Dog 550* Mustard 55 Baked Beans 36 Cabbage & Carrots 47 Hot Dog Roll 210 Peaches 6	7 Crustless Turkey Pot Pie 221 Mashed Potatoes 52 Biscuit 340 Apple Sauce 15
Calories: 703 Fat: 28% Sodium: 1076mg Carb: 83g	Calories: 703 Fat: 28% Sodium: 800mg Carb: 86g
13 Chicken L'Orange 391 Rice Florentine 112 Green Beans 3 Oatmeal Roll 121 Peaches 5	14 Shepherd's Pie 271 Mixed Vegetables 41 WW Roll 160 Pears 4
Calories: 569 Fat: 26% Sodium: 804mg Carb: 66g	Calories: 761 Fat: 28% Sodium: 648mg Carb: 103g
20 Stuffed Shells 390 Tomato Basil Sauce 55 Italian Blend Veg 26 Scali Bread 310 Mixed Fruit 10	21 Barber Chicken Cordon Bleu 550* Roasted Potatoes 33 Peas & Mushrooms 133 Multigrain Roll 190 Mandarin Oranges 6
Calories: 647 Fat: 20% Sodium: 963mg Carb: 98g	Calories: 717 Fat: 32% Sodium: 1084mg Carb: 83g
27 Chicken a La King 183 Egg Noodles 35 Peas & Carrots 80 Multigrain Roll 190 Mandarin 6	28 Pot Roast 254 Whipped Potatoes 52 Gravy 110 Spring/Summer Veg 57 Oatmeal Bread 121 Banana 1
Calories: 695 Fat: 21% Sodium: 666mg Carb: 81g	Calories: 844 Fat: 34% Sodium: 767mg Carb: 102g

Seekonk Veterans Services

What the COVID-19 Relief Package Means for Veterans

The [\\$1.9 trillion COVID-19 relief package](#) will assist hundreds of thousands of veterans across the country who lost their jobs during the pandemic. It includes \$17 billion in health care, retraining and other assistance programs offered by the Department of Veterans Affairs (VA).

"Like any other segment of the population, the pandemic has had a significant financial distress for our veterans community," said Ralph Bozella, chairman of the Veteran Affairs and Rehabilitation Commission at the [American Legion](#), an organization of about 1.8 million wartime veterans, most of them older adults.

At the peak of the pandemic, there were roughly 700,000 veterans across the country who had lost their jobs, Bozella says. About 50 percent of those worked in the service industry, one of the hardest hit by COVID-19. During the pandemic, VA health care facilities treated [over 230,000 infected veterans](#). More than 10,000 died [from the virus](#).

VA Secretary Denis McDonough says the department's biggest challenge in vaccinating veterans has been the limited supply of vaccine doses. "What I hear from our docs is, 'From the moment we get it, our allotments are in arms within two to three days.'"

Stimulus checks. Individual veterans who receive VA benefits and did not file a 2018 or 2019 tax return should not have to take additional steps to receive the latest payment. This round of checks will be [up to \\$1,400 for eligible individuals](#) who reported \$75,000 or less in adjusted gross income.

Expands health care. The largest allocation of money for VA programs, \$14.5 billion, will be used to support [COVID-19 vaccine distribution](#), mental health care services, [telehealth options](#), suicide prevention, women's health, and homeless veterans or those in danger of becoming homeless.

Waives and reimburses VA copays during the pandemic. The VA received \$1 billion to waive copays charged for VA health care and prescriptions during the pandemic. The agency can also reimburse for payments submitted starting April 6, 2020, and running through Sept. 30, 2021.

Rapid job retraining for vets affected by the pandemic. Veterans who are unemployed as a result of the pandemic and do not have other veteran education benefits may be eligible for up to 12 months of rapid retraining assistance and a housing allowance.

Improvements to state veteran homes. Construction grants and payments will be distributed to state veteran's homes to improve living conditions for the nation's most vulnerable veterans.

Accelerates processing of compensation and pension claims. Since the pandemic began, the number of backlogged claims has piled up from 76,000 to 212,000, slowing the delivery of benefits to disabled veterans. The VA now estimates that it will process 112,000 claims by September 2022. It will also reduce pending benefits hearings and intake requests for the Board of Veterans' Appeals.

You may also contact me with any questions you may have.

James LaFlame
Veterans Service Officer
508-336-2940

Spring Flowers Word Search



D	A	D	A	N	D	E	L	I	O	N	D
S	A	E	L	V	D	X	T	T	X	N	I
U	E	F	L	I	R	E	O	U	I	K	A
C	T	S	F	A	L	D	B	L	Y	J	N
O	X	F	O	O	Z	A	S	I	R	I	T
R	E	Q	I	R	D	A	C	P	N	T	H
C	Z	V	H	T	N	I	C	A	Y	H	U
D	A	I	S	Y	G	U	L	U	M	E	S

azalea
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daffodil

daisy
dandelion
dianthus

hyacinth
iris
lilac

rose
tulip
violet

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425 East Washington St.,
Suite 3
North Attleboro, MA 02760
(508) 409-6686

Christopher Brissette, Hearing
Instrument Specialist Lic. #235

WHEN CALLING, PLEASE MENTION CODE AG60-1

*See office for complete details.

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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

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*

April Showers
Bring May Flowers

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
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MASS C.O.P. Local #215 F.O.P. Lodge #5
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the next
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Tom Reily
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



COVID-19 VACCINE PREREGISTRATION PROCESS

There are different ways to find a vaccine appointment if you're eligible:

- Preregister at VaccineSignUp.mass.gov or by calling 211 to be notified when it's your turn to schedule an appointment at one of **7 mass vaccination locations**: Fenway Park, Gillette Stadium, Reggie Lewis Center, DoubleTree Hotel in Danvers, Eastfield Mall in Springfield, Natick Mall and former Circuit City in Dartmouth.
- Use VaxFinder.mass.gov to search for appointments at pharmacies, health care providers, and other community locations



Massachusetts' preregistration system makes it easier to request and schedule an appointment at one of the 7 mass vaccination locations. Eligible people can preregister for a COVID-19 vaccine appointment at mass vaccination locations only. More locations will be added to the system in April.

Once you sign up for preregistration, you'll receive weekly status updates. You can opt out at any time if you find an appointment elsewhere. Once an appointment is available, you'll be contacted with the opportunity to book the appointment and have 24 hours to accept it.

Massachusetts receives a limited supply of COVID-19 vaccine doses from the federal government each week.

Due to high demand and very limited supply, it may take several weeks to schedule an appointment or to be notified that an appointment is available at mass vaccination locations.

Seekonk Human Services Staff
P. 508-336-8772 F. 508-336-2239

Director
Brittney Faria, LSWA

Assistant Director
Ashley Cartwright, MBA

Clerical Assistant
Kimberly Mallon

Outreach Worker
Veronica Brickley, LPN LSWA

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Veterans Service Officer
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Vice Chairperson
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Irene Andrews

Anne Libby

Theresa McGregor

Keith Perry

Josephine Veaider

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