



# 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 5<sup>th</sup>.

#### 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 &gt;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><b>High sodium day (&gt;1200mg)</b> are bold.</p> <p>Menu subject to change</p>			
<b>6</b> Hot Dog	550*	<b>7</b> Crustless Turkey	
Mustard	55	Pot Pie	221
Baked Beans	36	Mashed Potatoes	52
Cabbage & Carrots	47	Biscuit	340
Hot Dog Roll	210	Apple Sauce	15
Peaches	6		
Calories: 703	Fat: 28%	Calories: 703	Fat: 28%
Sodium: 1076mg	Carb: 83g	Sodium: 800mg	Carb: 86g
<b>13</b> Chicken		<b>14</b> Shepherd's Pie	271
L'Orange	391	Mixed Vegetables	41
Rice Florentine	112	WW Roll	160
Green Beans	3	Pears	4
Oatmeal Roll	121		
Peaches	5		
Calories: 569	Fat: 26%	Calories: 761	Fat: 28%
Sodium: 804mg	Carb: 66g	Sodium: 648mg	Carb: 103g
<b>20</b> Stuffed Shells	390	<b>21</b> Barber Chicken	
Tomato Basil Sauce	55	Cordon Bleu	550*
Italian Blend Veg	26	Roasted Potatoes	33
Scali Bread	310	Peas & Mushrooms	133
Mixed Fruit	10	Multigrain Roll	190
		Mandarin Oranges	6
Calories: 647	Fat: 20%	Calories: 717	Fat: 32%
Sodium: 963mg	Carb: 98g	Sodium: 1084mg	Carb: 83g
<b>27</b> Chicken a		<b>28</b> Pot Roast	254
La King	183	Whipped Potatoes	52
Egg Noodles	35	Gravy	110
Peas & Carrots	80	Spring/Summer Veg	57
Multigrain Roll	190	Oatmeal Bread	121
Mandarin	6	Banana	1
Calories: 695	Fat: 21%	Calories: 844	Fat: 34%
Sodium: 666mg	Carb: 81g	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.

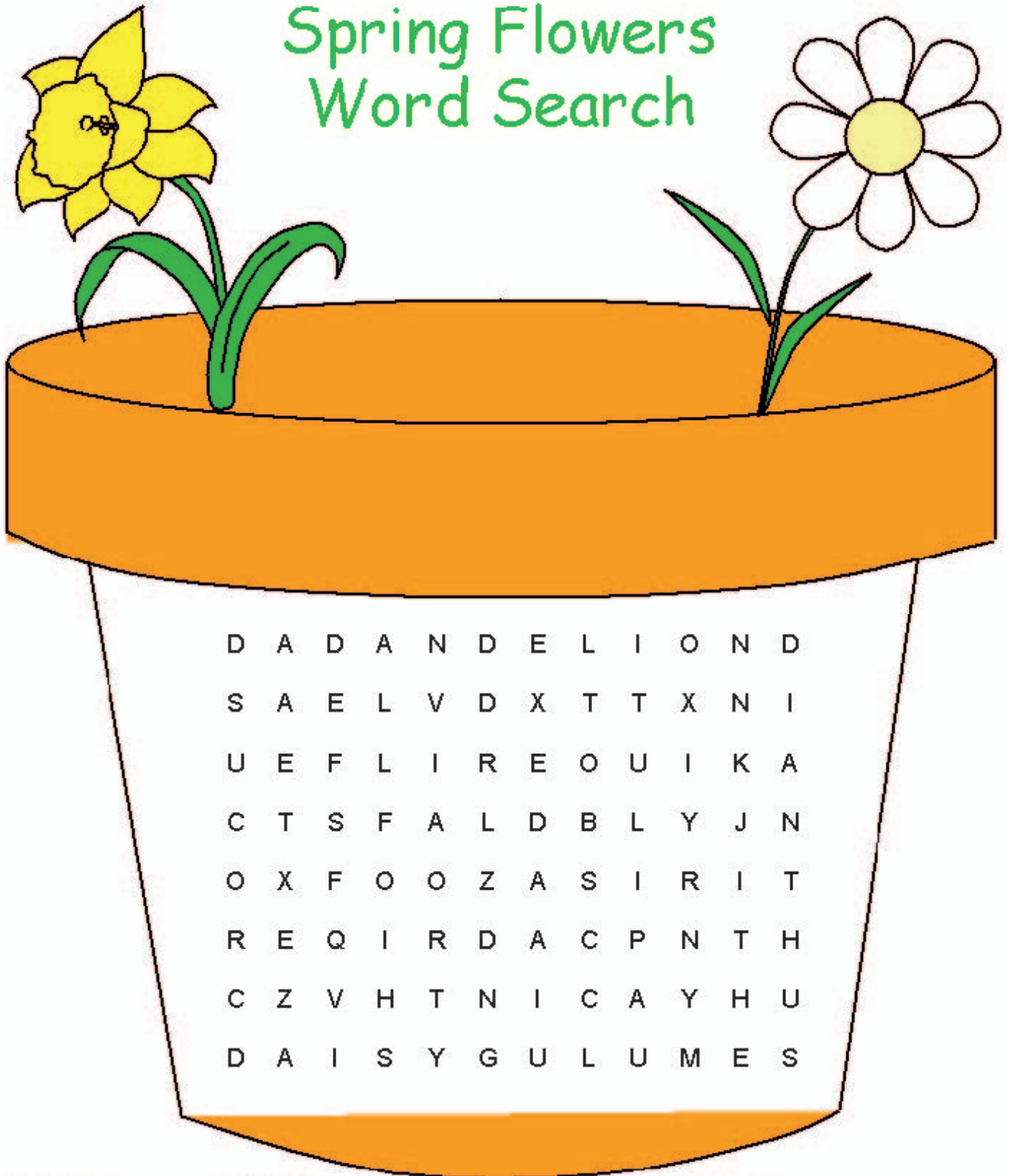
**Improvements to state veteran homes.** Construction grants and payments will be distributed to state veteran's homes to improve living conditions for the nation's most vulnerable veterans.

**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



azalea  
crocus  
daffodil

daisy  
dandelion  
dianthus

hyacinth  
iris  
lilac

rose  
tulip  
violet

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Michael Nogueira, Hearing  
Instrument Specialist Lic. #471

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

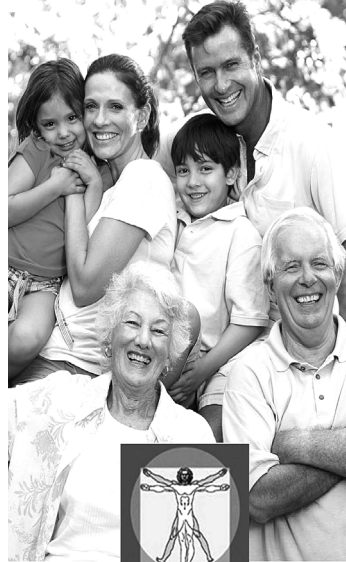
\*See office for complete details.

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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  
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*



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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the next  
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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: \_\_\_\_\_

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.

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

Table with 4 columns: 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?).

## COVID-19 VACCINE PREREGISTRATION PROCESS

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

- Preregister at [VaccineSignUp.mass.gov](https://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](https://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

#### **Community Liaison**

Maggie Perkins

#### **Office Clerk**

Sharon Bettencourt

#### **Veterans Service Officer**

James LaFlame

### **Human Services Council**

#### **Chairperson**

Michelle Hines

#### **Vice Chairperson**

Beverly Della Grotta

Irene Andrews

Anne Libby

Theresa McGregor

Keith Perry

Josephine Veader

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