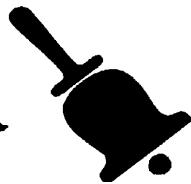




SEEKONK HUMAN SERVICES

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

February 2025

Holiday Hours

Closed Monday, February 17, 2025

Hearing Clinic

Monday, February 10, 2025
1:00pm - 3:00pm

Chris Brissette from Hearing Life will be here for the Hearing Clinic from 1:00pm - 3:00pm. (Preregistration is required by calling our office.)



Valentine's Day Party

Wednesday, February 12, 2025 at 11:30am

 Carine Paul will be performing love songs for all to enjoy at our Valentine's day party. Lunch will be pasta and meatballs. The cost will be \$7 for residents and \$10 for non-residents. Preregistration is required.



A Funny Program About Funny Programs: The Greatest Sitcoms of All Time

Wednesday, February 19, 2025 at 1:00pm

Award-winning author and pop culture historian Martin Gitlin hosts this fun and enlightening presentation based on his book, The Greatest Sitcoms of All Time. He is the only author to actually rank the best, including I Love Lucy, The Honeymooners, The Andy Griffith Show, Get Smart, All in the Family, The Mary Tyler Moore Show, Cheers, The Golden Girls, Seinfeld, Everybody Loves Raymond and The Big Bang Theory. He will show funny snippets from those shows and others, challenge patrons with sitcom trivia (including identifying cool theme songs!). Discuss the criteria he used to rank 70 years of sitcoms and talk about how they have evolved over the decades in humor, presentation and content. This program is really entertaining so join in on the fun! Preregistration is required.

Presentation by Nurse Lisa on Heart Health

Monday, February 24, 2025 at 2:00pm



February is American Heart Month, our Public Health Nurse, Lisa Valente, RN CDOE will be doing a presentation on Heart Health. This topic is vital to our well-being. Our heart is the engine that keeps our body running, and taking care of it is essential for a long, healthy life. The heart is a muscular organ that pumps blood throughout the body, supplying oxygen and nutrients while removing waste products. Maintaining heart health involves a combination of lifestyle choices, dietary habits, and regular medical check-ups. Preregistration is required.

Healthy Aging - Lunch & Learn

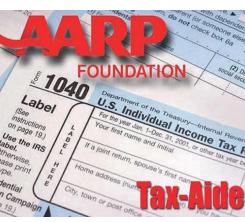
Wednesday, February 26, 2025 at 11:30am

Join us for nutritional trivia by Bristol Aging and Wellness Registered Dietitian, Dawn DiMarco. Chicken stir fry, Asian rice, oriental vegetables, snowflake rolls, cupcakes, and Crystal Light lunch will be served for those who attend. Preregistration is required.



Income Tax Appointment

The AARP Foundation Tax Aide, will be at Human Services on Thursdays. They will start preparing taxes from February 6, - April 10, 2025. Please call our office to set up an appointment. Space is limited.



Indoor Games and Leisure Activities

Stop by to try our foosball or shuffleboard tables! We also have puzzles and books available to borrow!

Arts & Crafts

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

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

February 7, 2025 & February 21, 2025 -
Valentine's Gnome & St. Patrick's Gnome

March 7, 2025 & March 21, 2025 -
Personalized Jewelry Making

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

Podiatry Clinic

**Wednesday, February 5, 2025
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. **Call our office to make an appointment.**

Women's Lunch

**Wednesday, February 5, 2025 at 11:30am at
Davenport's Restaurant**

1925 Pawtucket Avenue, East Providence, RI

This group meets the first 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 our office to sign up, preregistration is required.)**

Blood Pressure & Glucose Clinic

**Wednesday, February 19, 2025
9:00am - 11:00am**

Join us for our free monthly blood pressure and glucose screenings. **Walk-ins welcome! Provided by Seekonk's Public Health Nurse.**



Let's Learn Together!

Tuesday, February 25, 2025 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 provided by Seekonk Public Library staff. Bring your own tablet, phone or laptop. Please make sure your device is fully charged. **Preregistration is required.**

Tuesday Luncheon at 12:00pm

Seekonk Human Services has partnered with The Hamilton Diner to offer weekly lunches! Lunches will cost \$7 for residents and \$8 for non residents. The menu will be available at the office and on Facebook. **On the last Tuesday of each month we will be celebrating Seekonk Senior's birthday. On your birth month you will only pay \$2.00 for that lunch (Seekonk residents only).**

Nutritional Meals To Go

Tuesdays, Wednesdays & Thursdays

Bristol Aging and Wellness provides nutritional meals for lunch on Tuesdays, Wednesdays and Thursdays to go. Meals come completely cooked and pre-packaged. 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 February menu is available at our office and on our Facebook page.

Fuel Assistance

If you have never had fuel assistance and would like to apply or if you need help filing out your application, please call Human Services to make an appointment with the Outreach Caseworker. Fuel assistance applications are accepted **until April 30, 2025**. Income guidelines: Maximum income for one person is \$49,196, for two people is \$64,333, for three people is \$79,470 and for four people is \$94,608. **Income includes your social security, pensions and any interest income. Needed Documents:**

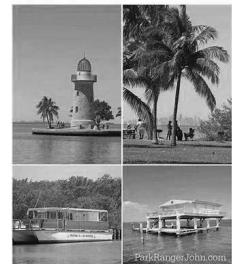
- **Proof of income:**
 - 4 consecutive pay stubs
 - Social Security Award Letter or 1099
 - Pension (Current 1099)
 - Interest Dividends (1099)
 - List of everyone in household plus their income
- **Homeowner's must include:**
 - Mortgage statement
 - Real estate tax bill
 - Insurance bill
 - Recent copy of electric bill and gas/oil bill
- **Renters Include:**
 - Rent receipt
 - Recent copy of electric bill and gas/oil bills
- **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
 - Food Stamps - copy of verification

Parks & Recreation by Erica Harris-Grimes

Florida's National Parks and National Historic Landmarks

This month let's go look at some national parks that are located in Florida and warm up a bit. According to the National parks service (nps.gov), Florida is home to 11 National parks, and 46 National Historic Landmarks. They have estimated that 14,471,710 visitors have been to these national parks. The first park I will highlight is Biscayne National Park. Biscayne is located in Homestead Florida. "Within sight of Miami, yet worlds away, Biscayne protects a rare combination of aquamarine waters, emerald islands, and fish-bejeweled coral reefs. Evidence of 10,000 years of human history is here too; from prehistoric tribes to shipwrecks, and pineapple farmers to presidents." Almost 70 miles west of Key West lies the remote Dry Tortugas National Park. This park is about 100 square miles and is only accessible by seaplane or boat. Here you can explore a 19th Century Fort (Fort Jefferson). They also have snorkeling and camping is an option here, however, it seems to be on a first come first serve basis for private sites and then sharing a big open area with other campers if the private sites are full. Another park is the Everglades. That park is in Miami, Naples and Homestead FL.

Top Things to do
Biscayne National Park



U.S. commemorates 57th consecutive American Heart Month in February

February – American Heart Month – a time when the nation spotlights heart disease, the No. 1 killer of Americans. President Lyndon B. Johnson, among the millions of people in the country who'd had heart attacks, issued the first proclamation in 1964. Since then, U.S. presidents have annually declared February American Heart Month.



Throughout the month, the American Heart Association's "Heart to Heart: Why Losing One Woman Is Too Many" campaign will raise awareness about how 1 in 3 women are diagnosed with heart disease annually. The first Friday of American Heart Month, Feb. 5, is also National Wear Red Day as part of the AHA's Go Red for Women initiative. Coast to coast, landmarks, news anchors and neighborhoods go red to raise awareness and support for the fight against heart disease. For more information on the event and other activities during the month, visit goredforwomen.org.

During American Heart Month, the AHA and other organizations reinforce the importance of heart health, the need for more research and efforts to ensure that millions of people live longer and healthier.

In most cases, heart disease is preventable when people adopt a healthy lifestyle, which includes not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, getting at least 150 minutes of moderate-intensity physical activity a week and getting regular checkups.

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 and we want to be able to get the word out to you quickly. Please give us a call and 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.

February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta 1:00pm Strength & Cardio** 2:00pm Oil Painting	4 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack)	5 8:45am Stability & Balance** 9:30am Drums Alive** 10:00am Podiatry Clinic 11:30am Women's Lunch 1:00pm Mahjong 3:00pm Adult Coloring	6 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	7 9:00am Dance Cardio** 9:30am Arts & Crafts*** 10:30am Tai Chi**
10 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta 1:00pm Strength & Cardio** 1:00pm Hearing Clinic 2:00pm Oil Painting	11 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack)	12 8:45am Stability & Balance** 9:30am Drums Alive** 11:30am Valentine's Day Party 1:00pm Mahjong 3:00pm Adult Coloring	13 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	14 9:00am Dance Cardio** 10:30am Tai Chi**
17 CLOSED FOR THE HOLIDAY	18 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack) 2:30pm John Procino storyteller and musician	19 8:45am Stability & Balance** 9:00am Blood Pressure Clinic 9:30am Drums Alive** 1:00pm The Greatest Sitcoms of All Time 1:00pm Mahjong 3:00pm Adult Coloring	20 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	21 9:00am Dance Cardio** 9:30am Arts & Crafts*** 10:30am Tai Chi**
24 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta 1:00pm Strength & Cardio** 2:00pm Oil Painting 2:00pm Heart Health - Nurse Lisa	25 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon/ Birthday Celebrations 1:00pm Pitch (Hi-Lo Jack) 2:30pm Let's Learn Together	26 8:45am Stability & Balance** 9:30am Drums Alive** 11:30am Lunch & Learn 1:00pm Mahjong 3:00pm Adult Coloring	27 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	28 9:00am Dance Cardio** 10:30am Tai Chi**
			<p>Preregistration is required for all activities.</p> <p>Activities are subject to change without notice.</p>	<p>*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 ****Prerecorded Fitness Class</p>

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 towards fitness programs to help offset the cost.



Veteran's Corner

VA Healthcare

With VA Healthcare, you are covered for regular checkups with your primary care provider and appointments with specialists (like cardiologists, oncologists, and mental health providers). You can access veteran healthcare services like home health and geriatric (elder) care, and you can get medical equipment, prosthetics, and prescriptions.

What care and services does VA health care cover?

Each veteran's medical benefits package is unique. Yours will include care and services to help:

- * Treat illnesses and injuries
- * Prevent future health problems
- * Improve your ability to function
- * Enhance your quality of life

All veterans receive coverage for most care and services, but only some will qualify for added benefits like dental care. The full list of your covered benefits depends on:

- * Your priority group (based on factors such as disability rating and income), and
- * The advice of your VA primary care provider (your main doctor, nurse practitioner, or physician's assistant), and
- * The medical standards for treating any health conditions you may have

The VA may cover services that your VA primary care provider concludes you need to support your treatment (called ancillary services), like:

- * Tests used to diagnose health conditions, including blood work, X-rays, and ultrasounds
- * Therapy and rehabilitation services, including physical therapy, vision rehab, and therapy for traumatic brain injury
- * Additional services, including prosthetic items, audiology (care for hearing loss), and radiation oncology (cancer care)

Are you eligible for VA health care benefits?

* You may be eligible for VA health care benefits if you served in the active military, naval, or air service and didn't receive a dishonorable discharge.

- * If you enlisted after September 7, 1980, or entered active duty after October 16, 1981
- * You must have served 24 continuous months or the full period for which you were called to active duty, unless any of the descriptions below are true for you.

This minimum duty requirement may not apply if any of these are true:

- * You were discharged for a disability that was caused—or made worse—by your active-duty service, or
- * You were discharged for a hardship or “early out,” or
- * You served prior to September 7, 1980
- * If you're a current or former member of the Reserves or National Guard
- * You must have been called to active duty by a federal order and completed the full period for which you were called or ordered to active duty. If you had or have active-duty status for training purposes only, you don't qualify for VA health care.
- * If you served in certain locations and time periods during the Vietnam War era
- * If you meet the basic service and discharge requirements and were exposed to toxins or other hazards while serving our country—at home or abroad
- * You're eligible for VA health care. This includes all veterans who served in the Vietnam War, Gulf War, Iraq, Afghanistan, or any other combat zone after 9/11.

If you have any eligibility questions or wish to apply for VA healthcare, email or call me to set up an appointment.

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



Compassionate
caring
every step
of the way



For nearly 50 years, HopeHealth has offered comfort and hope through even the toughest health challenges.

It's our privilege to care for our patients and their loved ones at every stage of serious illness providing hospice and palliative care, dementia and Alzheimer's services as well as caregiver and grief support programs.

Learn more about our services by calling (844) 671-4673 or visit HopeHealthCo.org.



10 Emory Street, Attleboro, MA 02703

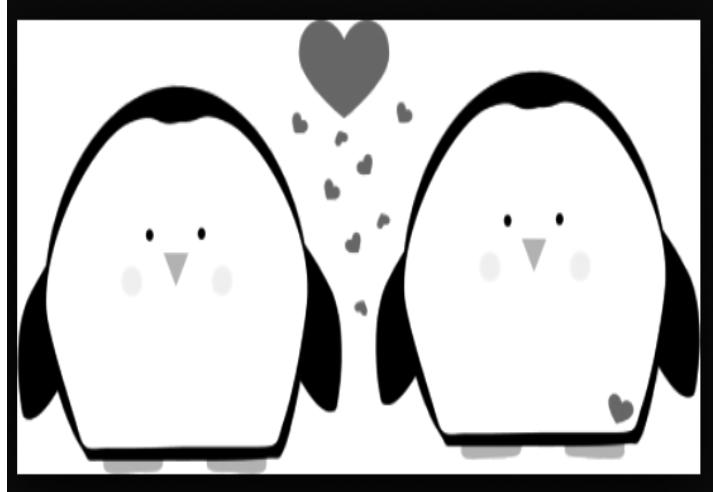


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Thank you!
On behalf of the
Seekonk Town Crier
for your support
of our newsletter

Happy Valentine's Day!



To be a sponsor
in the next
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Newsletter!

Please contact Tom Reily
508-336-6633 x 337

Law Office of Luke P. Travis

Estate Planning

239 Winthrop Street, Rehoboth
by appointment

TEL: (508) 676-3333

luke@bristollegal.com



Local #215

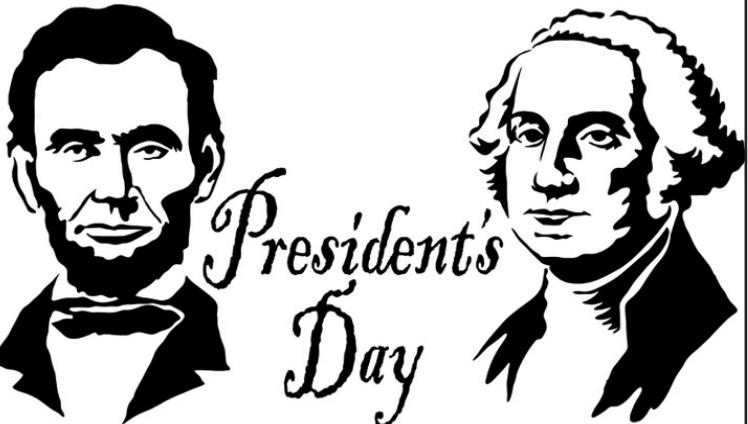
SEEKONK POLICE

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



Lodge #5

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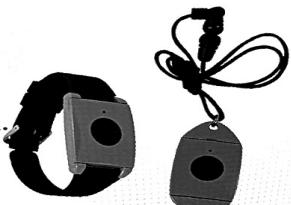


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508-336-6633 x 337

**St. Patrick's Day Karaoke Party
Wednesday, March 12, 2025 at 11:30am
Barney Mallon**

Barney Mallon AKA Seekonk's Karaoke King will be here to sing and have sing-a-long with all who will attend our St. Patrick's Day party. He will be singing Irish songs that you know and some you may not know. When he performs for St. Patrick's Day party he usually sings some songs for St. Joseph's Day too. So, join us for some great fun and a delicious lunch! Lunch will be served corned beef and cabbage. The cost will be \$10 for residents and \$13 for non-residents. **Preregistration is required and opens February 17th.**



**Venice, Italy: A History and Photographic Tour
By Matt Davis**

Wednesday, March 19, 2025 at 1:00pm



Matt Davis will be here illustrating Venice, Italy with dozens of original photos, have you learn how this amazing city was first created, what daily life is like, why it's one of the world's most beloved travel destinations, and what challenges the city faces today. **Preregistration is required and opens February 17th.**

**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

**Healthy Aging - Lunch & Learn
Wednesday, March 26, 2025 at 11:30am**



Join us for Nutrition Jeopardy by Bristol Aging and Wellness Registered Dietitian, Dawn DiMarco. Spaghetti and meatballs, Italian vegetables, dinner rolls, Crystal Light, and brownies lunch will be served for those who attend. **Preregistration is required and opens February 17th.**

Encore Casino - Boston Harbor

Wednesday, April 30, 2025

Price: \$42.00 Per Person

Departure at 8:30am Return Approx. 5:30pm

540 Arcade Avenue, Seekonk, MA

The casino at Encore Boston Harbor brings glamour on a grand scale to the waterfront. Enter the main floor—open and airy, colorful and vibrant,...



Try your luck with 2,800+ slot machines, including classic favorites, automated tables and the newest game titles. Enjoy 166 table games, all at state-of-the-art tables with superior service. It all adds up to an exciting, memorable five-star experience unlike anywhere else in Boston. **Trip includes: deluxe motorcoach transportation, gratuity, casino time: 10am-4pm. Casino Pkg. \$20 free slot play. (Casino package subject to change) Payment due at registration.**

Human Services Council

Chairperson
Michelle Hines

Vice Chairperson
Maria Duarte

Cheryl Camara

Rick Forest

Beverly Della Grotta

Keith Perry

Josephine Veaider

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