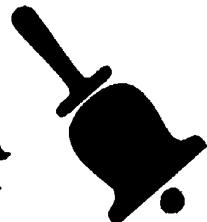




SEEKONK HUMAN SERVICES

Town Center

Center



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

May 2025

Holiday Hours

Closed on Monday, May 26, 2025

Mother's Day Ice Cream Social Monday, May 5, 2025 at 2:00pm



Let's celebrate with an ice cream social! Come on down to enjoy some ice cream and good company. This event is open to all! Seekonk women are FREE. Men and non-residents are \$2. **Preregistration is required.**

Chief Meteorologist Mark Searles Wednesday, May 7, 2025 at 11:30am

WJAR's Chief Meteorologist Mark Searles will be discussing the weather and how it works. He has spent more than 20 years as a meteorologist. Mark holds the AMS Broadcast Seal of Approval and has been nominated for several Boston/New England Emmy awards for Weathercasting. **Preregistration is required.**



You are cordially invited to attend a Silver Tea

**Honoring women in Seekonk
age 75 and older**



The Tea will be held at
Seekonk Senior Center
540 Arcade Avenue
Wednesday, May 14, 2025
@ 12:00 noon

Hosted by Seekonk Human Services
&

Funded by Friends of Friends
Community Services Inc.

Limited Seating Available

Seekonk Residents Only

Reservation required

Celebrate Older Americans' Month with Larry Houser—Team Trivia Monday, May 12, 2025 at 2pm



Come join Larry Houser for Team Trivia! Not-so-hard questions about just about everything—movies, music, animals, old expressions, advertising from the 1960s and 70s. Come as a team of 2, 3 or 4 or come alone and we'll find a team for you! Gift card prizes to all players on the winning team. **Preregistration is required.**

Botanical Wellness Monday, May 19, 2025 at 2pm

Rena Raggiani representing Nurses with a Mission, a collaborative group of wellness professionals. Rena is an advocate and Director for Green Compass Health and Wellness Botanicals. Educating about the goodness of plant-based wellness and concentration hemp and functional mushrooms. This plant has helped many for hundreds of years, from our littles to our seniors in a natural holistic help way. Hemp may help reduce inflammation and pain, help with sleep, digestive health, heart health, anxiousness and so much more. **Preregistration is required.**

A Musical Journey Through the Years By Tommy Rull

Wednesday, May 21, 2025 at 1pm

Take a walk down memory lane. Enjoy the music of Frank Sinatra, Neil Diamond, Kenny Rogers, Paul Anka, Barry Manilow, Elvis Presley, Perry Como, Lou Rawls, Engelbert Humperdinck and many more. ***This program is supported by a grant from the Seekonk Cultural Council. Registration is required.**

Healthy Aging - Lunch & Learn Wednesday, May 28, 2025 at 11:30am

Join us for nutrition for Diabetes by Bristol Aging and Wellness Registered Dietitian, Dawn Di-Marco. Lunch will be chicken salad, pasta salad, three bean salad and dessert for those who attend. **Preregistration required.**



Podiatry Clinic

Wednesday, May 7, 2025 from 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.**

Let's Learn Together!

Tuesday, May 13, 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.**

Blood Pressure & Glucose Clinic

Wednesday, May 21, 2025 from 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.**

Women's Lunch

Wednesday, June 4, 2025 at 11:30am at Davenports, East Providence, RI

This group meets the 1st Wednesday of every month. 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. **Preregistration is required.**

Oil Painting

Friday's from 9:30am—11:30am

Join Seekonk Human Services every Friday for Oil Painting. From beginners to experienced painters, all skill levels are welcome. Contact Seekonk Human Services today to register. **Instructor led on the 1st, 3rd and 4th Friday of the month.** Cost: \$3 for residents and \$5 for non-residents due upon registration. **Class members need to bring their own supplies, and a supply list is available.**

Tuesday Luncheon at 12:00pm

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 prepackaged. Meals need to be ordered the day before by 9:30am. The suggested donation is \$2.25 per meal. The May menu is available at our office and on our Facebook page.

Boston Bingo Cruise

Wednesday, August 13, 2025

Price: \$105 Seekonk Residents

\$110 Non-Residents

Departure: 9am // Return: Approximately 3:30pm



Enjoy the Boston skyline with a two-hour cruise. Enjoy a delicious lunch. Full-bar including cocktails, wine and beer for purchase. Onboard entertainment includes topside open-air lounge for games and relaxation.

There will be three games of bingo with prizes. Also, Onboard DJ entertainment will be provided. **Trip includes: deluxe motorcoach transportation, gratuity, 2 hour cruise and buffet luncheon. Payment due at registration.**

Backgammon

Mondays at 2pm

Players move their checkers around the board according to rolls of the dice and the first player to get all their checkers off is the winner. The fun comes from hitting and blocking your opponent's checkers to impede their progress. This is a game of odds, calculation, patterns, and vision. Whether you are a seasoned Backgammon player or would like to learn how to play, please join us! **Preregistration is required.**

Want Help Paying Your Medicare Costs?

The newly expanded Medicare Savings Program can help! Save more than \$3,000 a year in Healthcare Costs. The Medicare Savings Program (MSP), run by MassHealth, can help to pay for some or all of your Medicare and/or Medicare Advantage costs. These are not insurance plans, these programs work with your coverage.

2025 income limits effective March 1, 2025 (include no asset limit) are \$2,954 for an individual or \$3,985 for a married couple. If your income is less than the listed limit, you may be eligible for: premium assistance, lower prescription cost and copay and deductible assistance.

For more information or to apply please call the office at 508-336-8772 to schedule your appointment. Note: income includes social security as well as any other sources.

Medical Loan Closet

Our FREE Medical Loan Closet is available for Seekonk residents. Our inventory is dependent on donated items received, but may be limited based on need and space.

For more information, please call 508-336-8772 *30 Day Rental

Indoor Games and Leisure Activities

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

Older Americans Month 2025

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM), a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serve older adults.

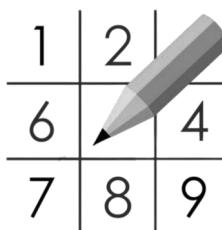
The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.

Source: www.aci.gov



Benefits of Technology for Older Adults

Mental Stimulation



It's been shown that internet use may reduce the risk of dementia because it helps improve cognitive function and memory skills. Online gaming helps with stimulation such as card games, crossword puzzles, sudoku, etc.

Reduced Isolation



Older adults can stay connected to friends and family from far away through social media platforms such as Facebook. There are different message boards that older adults can connect with people with common interests thereby building a community from the comfort of their own homes.

Health Monitoring



Individuals can use smartphones, fitness watches and other devices to track their vital signs including oxygen levels, heart rate and blood pressure. The internet allows people to easily access their health portals to review test results or schedule appointments with their doctors.

Entertainment and Hobbies



Older adults who retire find themselves with more free time than ever before. The internet can open a new world of possibilities for them. You can pick up a new hobby whether it be learning a new instrument or crafting by watching YouTube tutorials. The internet can promote health and wellness by participating in exercises guided by instructors.

Increased Independence

Online shopping and delivery make it easier for an older adult to maintain their independence if they no longer drive. Transportation apps like Uber and Lyft have helped seniors feel independent since they no longer need to rely on family and friends to bring them places.

Voice activated technologies allow you to do things like turn on music, turn lights on/off, raise the temperature or ensure your garage door is closed through simple voice commands. Personal monitoring devices with GPS and fall detection, can bring peace of mind to both older adults and their loved ones.

May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Preregistration is required for all activities. Activities are subject to change without notice.	*Water Colors/Oil Painting Residents \$3/Non-Residents \$5 Paid one month at a time **Fitness Class Non-Residents \$2 ****Prerecorded Fitness Class		9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	1 9:00am Dance Cardio** 9:30am Oil Painting 10:30am Tai Chi**
10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta 1:00pm Strength & Cardio** 2:00pm Backgammon 2:00pm Mother's Day Ice Cream Social	5 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack)	6 8:45am Stability & Balance** 9:30am Drums Alive** 10:00am Podiatry Clinic 11:30am Chief Meterologist Mark Searles 1:00pm Mahjong 3:00pm Adult Coloring	7 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	8 9:00am Dance Cardio** 9:30am Oil Painting 10:30am Tai Chi**
10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta 1:00pm Strength & Cardio** 2:00pm Backgammon 2:00pm Team Trivia with Larry Houser	12 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack) 2:30pm Let's Learn Together	13 8:45am Stability & Balance** 9:30am Drums Alive** 12:00pm Silver Tea 1:00pm Mahjong Building closing at 3pm	14 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	15 9:00am Dance Cardio** 9:30am Oil Painting* 10:30am Tai Chi**
10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta 1:00pm Strength & Cardio** 2:00pm Backgammon 2:00pm Botanical Wellness	19 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack)	20 8:45am Stability & Balance** 9:00am Blood Pressure Clinic 9:30am Drums Alive** 1:00pm Musical Journey Through the Years 1:00pm Mahjong 3:00pm Adult Coloring	21 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	22 9:00am Dance Cardio** 9:30am Oil Painting 10:30am Tai Chi**
	26 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon/ Birthday Celebrations 1:00pm Pitch (Hi-Lo Jack)	27 8:45am Stability & Balance** 9:30am Drums Alive** 11:30am Lunch & Learn 1:00pm Mahjong 3:00pm Adult Coloring	28 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	29 9:00am Dance Cardio** 9:30am Oil Painting 10:30am Tai Chi**
				30

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.



Thomas Hoye—Estate Planning Monday, June 2, 2025 at 2:00pm

Please join Register Tom Hoye and First Assistant Register Attorney Julianne Clark as they discuss the role of Bristol County Probate and Family Court and the impact it may have in the lives of our seniors. The topics that most affect seniors will be discussed that may include but not limited to; the basics of estate planning, guardianship, change of name applications and Court Service Center. **Preregistration required and opens May 15.**



Hearing Clinic Monday, June 9, 2025 from 1pm—3pm

Chris Brissette from Hearing Life will be here for the Hearing Clinic. Appointments are scheduled every 15 minutes. **Preregistration is required and opens May**

Kevin Richman Trivia Wednesday, June 11, 2025 from 1pm—2:30pm

Get your brains in gear and join your friends in a fast-paced game of "I Knew That!" Team Trivia on Wednesday, June 11th starting at 1pm. Quizmaster Kevin Richman will guide you through 3 rounds of trivia geared at you and your memories. We will also play a few rounds of The Match Game. **Preregistration required and opens May 15.**

Father's Day Ice Cream Social Monday, June 16, 2025 at 2:00pm



Let's celebrate with an ice cream social! Come on down to enjoy some ice cream inside good company. This event is open to all! Seekonk men are FREE. Women and non-residents are \$2. **Preregistration is required and opens May 15.**

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.

Butler Hospital Memory and Aging Program Monday, June 23, 2025 at 2pm

What is a memory screening? Today's screening is a "healthy Brain Check-Up" that tests memory and other thinking skills. The memory screening is a series of questions and/or tasks that takes approximately 10-15 minutes to complete and can indicate if someone might benefit from a comprehensive medical evaluation. It is for personal use only and should not be used to diagnose any particular illness. This screening does not replace consultation with a physician or other clinician. **Preregistration is required and opens May 15.**

4th of July Party Wednesday, June 25, 2025 at 11:30am

 New Orleans entertainer, vocalist, trumpet and trombonist, Frank Noonan will perform, "A Musical Salute to America." We will travel North to South, from Boston to New Orleans, with hit songs by Frank Sinatra, John Denver, Louis Armstrong and many others. Then we'll head West on Route 66. During our travels we'll sing, "America the Beautiful" and pay tribute to our Serviceman, Servicewomen and first responders with Satchmo's, "What a Wonderful World" and other New Orleans classics. Lunch will be hamburgers and hotdogs cooked by Public Safety. Residents \$10 and non-residents \$13. **Preregistration is required and opens May 15.**

Stroke Prevention B.E.—F.A.S.T

Monday, June 30, 2025 at 2:00pm

Please join us for a presentation about stroke prevention and how you can lower your stroke risk. Strokes are the 5th leading cause of death in the United States and a leading cause of disability worldwide. According to the CDC, 80% of strokes are preventable. So, join us for a presentation hosted by our Seekonk Public Health Nurse—Lisa Valente, RN, CDOE and speakers from the Rhode Island Stroke Coordinators Network. **Preregistration is required and opens May 15.**

Telephone Reassurance Program

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

WINGATE RESIDENCES
ON THE EAST SIDE

INDEPENDENT LIVING • ASSISTED LIVING
MEMORY CARE



ABUNDANT CULTURE AND ELEGANT
AMENITIES AWAITS ON THE EAST SIDE.

wingateliving.com | 401-275-0682

THE
OLD GRIST MILL
TAVERN

390 FALL RIVER AVENUE
SEEKONK, MA 02771
WWW.THEOLDGRISTMILL.COM

Happy
Mother's
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

239 Winthrop Street, Rehoboth
by appointment

TEL: (508) 676-3333

FAX: (508) 678-1698

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

To be a sponsor in
the next
Seekonk Town
Crier Newsletter!
Please contact
Tom Reily
508-336-6633 x 337



Thank you!

*On behalf of the
Seekonk Town Crier
for your support of
our newsletter*

Thank you!



*On behalf of the
Seekonk Town Crier
for your support of our newsletter*



To be a sponsor
in the next
Seekonk Town Crier Newsletter!
Please contact Tom Reily
508-336-6633 x 337

Veterans Corner

Memorial Day Weekend (Parade, Ceremony & Cookout)

The Seekonk Department of Veterans Services and Seekonk Veterans Council will run the Seekonk Memorial Day Parade and Ceremony on Saturday, May 24th. The parade will form at Seekonk High School (261 Arcade Avenue) at 9:00am and stepping off at 10:00. The parade route is the same as in past years, Arcade Avenue turning right onto Newman Avenue and ending at Hurley Middle School (650 Newman Avenue). If you wish to participate in the parade, please contact the Seekonk VSO (POC information below).

Directly following the parade is the ceremony, held at the Seekonk Veterans Memorial Park (410 Newman Avenue). After the ceremony, there will be a complimentary cookout at American Legion Post 311 (351 Fall River Avenue) consisting of hamburgers, hot dogs, snacks and drinks. That will run from 12pm-2pm.

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



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

Josephine Veder

**Council meets fourth Monday of the month
@ 3:00pm at
Seekonk Human Services
Conference Room**