



SEEKONK HUMAN SERVICES

Town Courier



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

June 2025

Holiday Hours Closed on Thursday, June 19, 2025

Thomas Hoyer - Estate Planning Monday, June 2, 2025 at 2:00pm

Please join Register Tom Hoyer 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 on 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.**



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.**

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 for you and your memories. We will also play a few rounds of The Match Game. **Preregistration required.**

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 and good company. This event is open to all! Seekonk men are FREE. Women and non-residents are \$2. **Preregistration is required.**

Butler Hospital Memory and Aging Program Monday, June 23, 2025 11:00am - 3:00pm

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.**

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

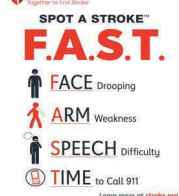


New Orleans entertainer, vocalist, trumpet and trombonist, Frank Noonan will perform, "A Musical Salute to America." We will travel North to South, from Boston to New Orleans, with hit songs by Frank Sinatra, John Denver, Louis Armstrong and many others. Then we'll head West on Route 66. During our travels we'll sing, "America the Beautiful" and pay tribute to our Servicemen, 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.**

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. 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.**



Podiatry Clinic

Wednesday, June 4, 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.**

Women's Lunch

**Wednesday, June 4, 2025 at 11:30am at
Davenport's, 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.**

Blood Pressure & Glucose Clinic

Wednesday, June 18, 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.**

Let's Learn Together!

Tuesday, June 24, 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.**

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 to register. **Instructor led on the 1st, 3rd and 4th Friday of the month.** The cost is \$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 June 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

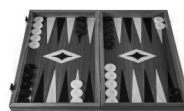


Enjoy the Boston skyline with a two-hour cruise. Enjoy a delicious lunch. Full-bar including cocktails, wine and beer for purchase. Onboard entertainment includes topside open-air lounge for games and relaxation.

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!

VA Announces Major Survivor Benefit Reforms

The Department of Veterans Affairs has announced a three-pronged approach to eliminate barriers and streamline the process for how eligible survivors and dependents of deceased veterans and servicemembers apply for and receive VA benefits and services.

When a service member suffers a service-connected death or a veteran dies from a service-connected illness, spouses receive Death Indemnity Compensation (DIC). These changes will assist those spouses in getting the benefits they deserve.

Specific improvements include:

1. Starting this month, VA's Office of Survivors Assistance will be moved from the Veterans Benefits Administration to the Office of the VA Secretary, reversing a Biden-era decision that buried OSA under layers of bureaucracy.
2. Starting this month, VA will create a "white-glove" survivor outreach team to guide and assist eligible survivors throughout their DIC claims process.
3. Starting immediately, VA will begin work to identify areas where automation can be used to make the DIC claims process easier to navigate for survivors.

"The last thing survivors need in their time of grief is frustrating red tape and bureaucracy. That's why we are creating a better system to more quickly and effectively provide survivors the services, support and compassion they've earned," said **VA Secretary Doug Collins**.

Background information on the changes VA announced today is below.

Relocating OSA In 2021, the Biden administration moved OSA from the Office of the VA Secretary to the Veterans Benefits Administration, creating a siloed system at odds with the intent of the Veterans' Benefits Improvement Act of 2008. Starting this month, VA will reverse this decision and move OSA to the Office of the VA Secretary, where a staff of five full-time employees will advise the Secretary on all matters related to the policies, programs and legislative issues affecting survivors and dependents.

"White-Glove" Survivor Outreach Team Under previous administrations, there were gaps in the survivor claims system and no defined outreach process for VA employees to gather information from survivors navigating the benefit process. VA's "White-Glove" Survivor Outreach Team will begin operations in May 2025 and consist of experts based out of the Philadelphia VA Regional Benefit Office. These experts will receive specialized training and guide and assist eligible survivors throughout every step of the DIC claims process with the goal of getting to "yes" on DIC claims decisions for eligible survivors.

Automation Improvements VA now automates more than 1,000 DIC claims payments or adjustments per day and is in the process of ongoing enhancements to increase automation that will expedite survivors' claims and improve their experience. VA will also be identifying additional areas where automation can be used to make all benefits delivery processes easier to navigate for eligible surviving dependents.

Over the years, I have processed a number of DIC claims. Please contact me ASAP if you are in need of DIC.

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



June 2025

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta (Hand & Foot) 1:00pm Strength & Cardio** 2:00pm Backgammon 2:00pm Thomas Hoye - Estate Planning	3 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack)	4 8:45am Stability & Balance** 9:30am Drums Alive** 10:00am Podiatry Clinic 11:30am Women's Lunch 1:00pm Mahjong 3:00pm Adult Coloring	5 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	6 9:00am Dance Cardio** 9:30am Oil Painting 10:30am Tai Chi**
9 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta (Hand & Foot) 1:00pm Strength & Cardio** 1:00pm Hearing Clinic 2:00pm Backgammon	10 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack)	11 8:45am Stability & Balance** 9:30am Drums Alive** 1:00pm Mahjong 1:00pm Kevin Richman Trivia 3:00pm Adult Coloring	12 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	13 9:00am Dance Cardio** 9:30am Oil Painting 10:30am Tai Chi**
16 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta (Hand & Foot) 1:00pm Strength & Cardio** 2:00pm Backgammon 2:00pm Father's Day Ice Cream Social	17 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack)	18 8:45am Stability & Balance** 9:00am Blood Pressure Clinic 9:30am Drums Alive** 1:00pm Mahjong 3:00pm Adult Coloring	19 CLOSED FOR HOLIDAY	20 9:00am Dance Cardio**** 9:30am Oil Painting* 10:30am Tai Chi**
23 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta (Hand & Foot) 1:00pm Strength & Cardio**** 2:00pm Backgammon 11:00am-3:00pm Butler Hospital Memory and Aging Program	24 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack) 2:30pm Let's Learn Together	25 9:30am Drums Alive**** 9:30am Sign Language 11:30am 4th of July Party 1:00pm Mahjong 3:00pm Adult Coloring	26 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	27 9:00am Dance Cardio**** 9:30am Oil Painting 10:30am Tai Chi**
30 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta (Hand & Foot) 1:00pm Strength & Cardio** 2:00pm Backgammon 2:00pm Stroke Prevention B.E. - F.A.S.T.			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

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.



**Basic Beginner ASL
Sign Language Class**

**June 25, 2025 - August 27, 2025
Wednesdays - 9:30am - 11:30am**

This is a word for word ASL class. You will learn words, sentences and choruses. Class will meet every Wednesday. You will use the book, "The Joy of Signing". The book will be available for \$6.00 the first day of class. Class size is limited. Please contact the office as soon as possible to sign up.

**Overview of Legal Services
Monday, July 7, 2025**

10am - 12pm (15 minutes appointment only)

Brandon Walecka, Esq., LL.M from Walecka Law will be providing office hours by appointment. The mini-consultations will center around elder law topics such as probate, questions regarding making a will (other power of attorney, health care proxy, etc.), trusts (irrevocable and revocable), Medicaid/MassHealth rules and eligibility, tax planning and special needs planning. These consultations are focused on elder law and estate planning. Please call the office at 508-336-8772. **MA residents only.**

**Parrot Head Show
The Music of Jimmy Buffett
Performed by Bill Reidy**

Wednesday, July 9, 2025 at 1:00pm

Experience the fun of a Jimmy Buffett concert with Bill Reidy's Parrot Head show, which includes all of Jimmy Buffett's most popular songs, including Margaritaville, Changes in Latitudes, Come Monday and many more! The Parrot Head show includes Bill on acoustic guitar and vocals along with backing rhythm tracks. **Preregistration required and opens June 16.**



Hearing Clinic

Monday, July 14, 2025 - 1:00pm - 3:00pm

Lauren Warburton from At Home Hearing Healthcare will be here for a Hearing Clinic. They specialize in detecting and resolving issues with hearing loss. Individuals will be advised regarding the next steps for pursuing proper treatment. They do accept MassHealth. **Preregistration is required and opens June 16.**

**Fran Hart - The "ME Decade"
with Ice Cream Social**

Wednesday, July 16, 2025 at 1:00pm

American author Tom Wolfe coined the phrase The "ME Decade" to describe the changing values that took place during the 1970s. One of the major characteristics of this decade was the shift from concerns about society at-large and the general welfare of people as a whole, to a more self-centered focus on an individual's needs and desires. In this one-hour presentation, music is used as a "lens" into the major events and fads of the decade. Some of the issues that marked the 70s included inflation, the Vietnam War, women's rights, etc. There is no shortage of music that tells the story of the 70s. This multimedia presentation includes rare audio and video clips coupled with live music and singalongs. In addition, audience members who answer trivia questions correctly can win a prize. ***This program is supported by a grant from the Seekonk Cultural Council. Registration is required and opens June 16. (\$2.00 for ice cream social)**

**Elder Financial Exploitation and
Protecting Against Money Scams
Wednesday, July 23, 2025 at 1:00pm**

Join Santander Bank at the Seekonk Human Services for an informative session focused on helping older adults recognize and avoid financial scams. Santander team members will discuss common scams targeting seniors. This includes phone, e-mail, bank scams and share practical tips to stay safe. Empower yourself with knowledge and learn how to protect your finances and personal information. **Preregistration required and opens June 16.**

**Presentation on Depression
Monday, July 28, 2025 at 2:00pm**

Nearly 1 in 5 American adults will have a diagnosable mental health condition in any given year, and 46 percent of Americans will meet the criteria for a diagnosable mental health condition sometime in their life. While certain factors increase the risk of developing depression, it can affect anyone, at any age, and of any race or ethnic group. Join us on Monday July 28th from 2:00pm-3:00pm for a presentation on Depression with our Public Health Nurse Lisa Valente, RN, CDOE. **Preregistration required and opens June 16.**

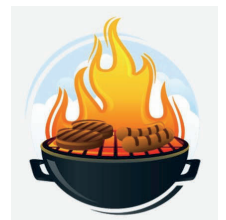
**3rd Annual Men's Barbecue
Wednesday, July 30, 2025 at 12:00 noon**

Join us for our barbecue party honoring Seekonk men
age 60 and older

Wednesday, July 30th at noon
at Seekonk Human Services
540 Arcade Avenue

More details to follow

Registration Opens June 16 and ends July 21



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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.



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**HAPPY
FATHER'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



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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Please contact

Tom Reily

508-336-6633 x 337

**HAPPY
FATHER'S
DAY**

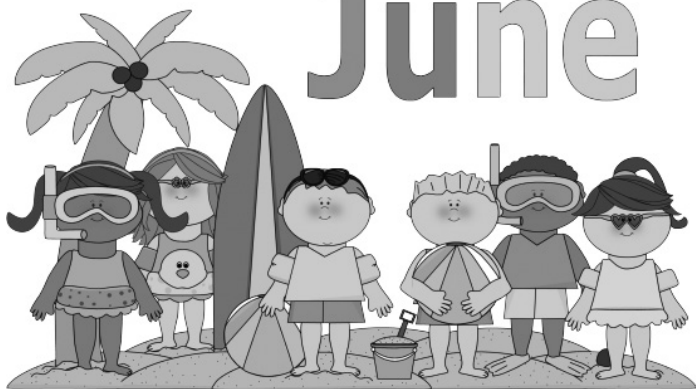


Thank you!

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

Thank you!

June



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508-336-6633 x 337**

Parks & Recreation

This month on our newsletter travels, we will be heading to Washington DC. Our first stop will be at the Constitution Gardens. "The 50 acres of the park were originally beneath the Potomac River. Near the end of the nineteenth century, the U.S. Army Corps of Engineers initiated a dredging project that created the land that became Potomac Park." The park was officially established in 1965. In this park you will find the National Mall and other Memorial Parks. "Areas within this premier park provide visitors with ample opportunities to commemorate presidential legacies; honor the courage and sacrifice of war veterans; and celebrate the United States commitment to the freedom and equality." On September 17, 1986 President Ronald Reagan issued a proclamation making Constitution Gardens a living legacy tribute to the constitution. This was done in honor of the Bicentennial of the U.S Constitution. Another site to visit in Washington D.C is Ford's Theater. While this is the site of President Lincoln's assassination, "today, in partnership with Ford's Theater Society, live dramatic productions highlight Lincoln's love of the theatre, and the power of stories to connect us to ourselves and our history." The site contains the Theatre, The Peterson house which had an important role on that day, as well as the area of the Star Saloon, which had its own significant role where John Wilkes Booth stopped first. The saloon closed after that day; the building was then used for other businesses. However, the building was torn down in 1930. Washington D.C. has also been known for its beautiful cherry blossom trees. They are quite a site to see when in full blossom. www.nps.gov

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.

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

Maria Giacoletto

Josephine Veader

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