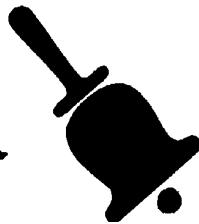




SEEKONK HUMAN SERVICES

Town Center

Center



540 Arcade Avenue ~ Seekonk, MA ~ 508-336-8772

Monday—Thursday 8:15am - 4:00pm

Friday 8:15am - 12:00pm

August 2025

Smooth R&B and Hip Hop Line Dance Wednesday, August 6, 2025 at 11:30am

Seniors come on down! Move and groove to smooth R&B Hip Hop music tunes. This class is about an hour and is especially designed for seniors. There is some evidence in current research that suggests that physical activity can slow down the decline of cognitive disabilities and may improve the quality of senior life. ***This program is supported by a grant from the Seekonk Cultural Council. Preregistration is required.**



Larchmont Remembered Presentation Monday, August 11, 2025 at 2:00pm

Join us for the unforgettable multimedia presentation "Larchmont Remembered". See the show that's been called "The greatest story you've never heard"! Larchmont Remembered is a live presentation about the sinking of the steamship Larchmont in 1907, a maritime tragedy that took place off the coast of Block Island, RI in February of 1907. The fascinating presentation covers the story of the ship, its crew and passengers, as well as accounts of survival, panic, murder, and miracles. Written and presented by Daniel F. Harrington, long-time columnist for the Providence Journal and Director of the Rhode Island Heritage Hall of Fame, the one hour presentation features digitally restored photos, engaging graphics, live music, and eyewitness accounts of New England's most horrific sea disaster to life. Don't miss this truly unique presentation! **Preregistration is required.**



"Cinema's Greatest Moments"

Wednesday, August 13, 2025 at 1:00pm

Join Richard King, media historian, on a magical tour through some of the greatest moments in cinema history. We all have our favorites - from the car chase in Bullitt to "You're gonna need a bigger boat" in Jaws to "I am your Father!" in Empire Strikes Back. Remember and relive these magic movie moments in an entertaining and engaging multimedia show. **Preregistration is required.**



Lisa Lebreux - Root Beer or Creamsicle Float

Monday, August 18, 2025 at 1:00pm

Join Lisa Lebreux from River Falls Senior Living for a refreshing Root Beer or Creamsicle Float. It's the perfect way to beat the heat and add some fizz to your day! **Preregistration is required.**



Lions Club - Comfort Dogs

Wednesday, August 20, 2025 at 1:00pm

Sabrina will be bringing The Lions Club "Paws for Comfort" dogs to Seekonk Human Services. They visit nursing homes and hospitals, giving their love to all. All they want in return are hugs and smiles. **Preregistration is required**



Understanding Lyme and Other Tickborne Disease

Monday, August 25, 2025 at 2:00pm



Ticks are most active in warmer months and can transmit a variety of diseases, including Lyme Disease. From working in your yard to camping in the woods, it helps to know which ticks live in your area and what diseases they can spread. Please join us for a presentation hosted by Seekonk Public Health Nurse, Lisa Valente and Regional Epidemiologist, Hannah Ragozzino to learn about the types of ticks we have locally, where to find them, and how to protect yourself, your pets, and your family. **Preregistration is required.**

Healthy Aging - Lunch & Learn

Wednesday, August 27, 2025 at 11:30am



"Nutrition Trivia" for healthy aging! The presentation will be about debunking common nutrition advice seen across television and in the media. Bristol Aging and Wellness Registered Dietitian, Dawn DiMarco.

Most nutrition advice in the media is not accurate. If you are looking for nutrition advice, always ask a Registered Dietitian. The menu will be: Sloppy Joes, with sliced carrots, mashed potatoes, and dessert. **Preregistration is required.**

Women's Lunch

Wednesday, August 6, 2025 at 11:30am at Mediterranean, Attleboro, MA

Wednesday, September 3, 2025 at 11:30am at Davenport's Bar and Grille, 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. To avoid the 3 - 4% surcharge at many restaurants use **cash** not credit. **Preregistration is required.**

Podiatry Clinic

Wednesday, August 6, 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.**

Blood Pressure & Glucose Clinic

Wednesday, August 20, 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, August 26, 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.**

Chess For Seniors - with Cam

Wednesdays - 1:00pm to 3:00pm



Are you looking to have a fun time playing the strategic game of chess? *Learn how to play. *Play against competition at your level. *Improve by learning new openings and strategies. *Have fun strengthening your mind! **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.**

NEW TIME FOR Stability and Balance Classes

As of July 2, 2025, the Stability and Balance classes will now begin at 8:30am instead of the current time 8:45am. **Preregistration is required.**



Backgammon

Tuesdays 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.

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 August menu is available at our office and on our Facebook page.

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).

Hearing Clinic

Monday, September 8, 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 August 15.**

Labor Day Party—Dave Valerio

Wednesday, September 10, 2025 at 11:30am

Dave is one of the busiest entertainers in South Eastern Massachusetts, performing close to 600 shows a year! From private events to restaurants, seniors to preschoolers, festivals to fundraisers. Dave is always in demand, and there's a good reason why...he likes to have fun. Lunch will be pasta and meatballs. Residents \$10 and non-residents \$13. **Preregistration is required and opens August 15.**

Sara Collins - Advance Funeral Planning

Monday, September 15, 2025 at 2:00pm

Funeral director, Sara Collins with Tripp & Cheetham Funeral Homes will be doing a presentation of Advance Funeral Planning. She has done a lot of work with Senior Centers to educate people on advance planning; that you can do it, what the benefits are, how to get started talking about it with your family. **Preregistration is required and opens August 15.**

Book Club

Tuesday, September 16, 2025 at 10:00am

Come join the discussion of, "The Personal Librarian", by Marie Benedict. The group will be led with discussion questions but feel free to bring your own. Everyone is welcome. **Preregistration is required and opens August 15.**

Kevin Richman Trivia

Wednesday, September 17, 2025 at 1:00pm

Get your brains in gear and join your friends in a fast-paced game of "Family Feud" Team Trivia on Wednesday, September 17th starting at 1pm. Quizmaster Kevin Richman will guide you through 3 rounds of trivia geared at you and your memories. **Preregistration required and opens August 15.**



Fall Prevention Presentation

Monday, September 22, 2025 at 2:00pm

Falls are the leading cause of injury and injury death among people in the later stages of adulthood. A fall can greatly affect an individual's well-being and make independent living more difficult. Join us for a presentation on fall prevention with Seekonk's Public Health Nurse, Lisa Valente, RN, CDOE accompanied by a special guest, and learn how you can reduce your chance of falling, or help a loved one prevent falls. **Pre-registration required and opens August 15.**



Kalifornia Karl

Wednesday, September 24, 2025 at 11:30am

1991 Star Search winner "Kalifornia Karl" Detken is a New England transplant from California and in the last 8 years has become one of the busiest entertainers entertaining 1000 shows a year.



Karl has appeared in the movies such as DUETS with Gwyneth Paltrow and has shared a stage with Michael Buble, Kansas, Motley Crue, Heart, Huey Lewis and many more. **Preregistration is required and opens August 15.**

Larry Houser - Team Trivia

Monday, September 29, 2025 at 2:00pm

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 and opens August 15.**

6-ingredients Apple Berry Dump Cake
Prep 10 minutes, Cook Time 45 minutes, Serving size 6

Ingredients: 28oz. Can sliced pie apple, 1½ C frozen raspberries, 19oz. packet coconut delight cake mix, ¼ C milk chocolate chips, 4oz Chilled butter, finely chopped, Whipped cream, to serve. **Step 1** - Preheat oven to 350F. **Step 2** - Combine apple and raspberries in an 7" x 9" roasting pan. Sprinkle with cake mix, reserving icing sachet for another use. Scatter chocolate chips over mix and dot evenly with butter. Bake for 40 to 45 minutes or until top is golden and filling is bubbling up around edges of pan. **Step 3** - Let cake stand in pan for 10 minutes. Serve with whipped cream. **ENJOY!**



Farmers' Market Coupons

Available Now While Supplies Last

Farmers' Market Coupons are available for low income elders age 60 or older. Participants must reside in Seekonk. The coupons may be used to purchase fresh fruits and vegetables. A limited number of coupons are available. **Coupons are available on a first come first serve basis once available.**



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!

August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Water Colors/Oil Painting Residents \$3/Non-Residents \$5 Paid one month at a time</p> <p>**Fitness Class Non-Residents \$2</p> <p>****Prerecorded Fitness Class</p>	<p>Preregistration is required for all activities.</p> <p>Activities are subject to change without notice.</p>			<p>9:00am Dance Cardio**</p> <p>9:30am Oil Painting*</p> <p>10:30am Tai Chi**</p>
<p>10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta (Hand & Foot) 1:00pm Strength & Cardio****</p>	<p>9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack) 2:00pm Backgammon</p>	<p>8:30am Stability & Balance** 9:30am Drums Alive** 9:30am Sign Language 10:00am Podiatry Clinic 11:30am Women's Lunch 11:30am Hip Hop Line Dancing 1:00pm Mahjong 1:00pm Chess for Seniors</p>	<p>9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)</p>	<p>9:00am Dance Cardio** 9:30am Oil Painting 10:30am Tai Chi**</p>
<p>10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta (Hand & Foot) 1:00pm Strength & Cardio** 1:00pm Larchmont Remembered</p>	<p>9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack) 2:00pm Backgammon</p>	<p>8:30am Stability & Balance** 9:00am Boston Bingo Cruise 9:30am Drums Alive** 9:30am Sign Language 1:00pm Cinema's Greatest Moments 1:00pm Mahjong 1:00pm Chess for Seniors</p>	<p>9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)</p>	<p>9:00am Dance Cardio** 9:30am Oil Painting* 10:30am Tai Chi**</p>
<p>10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta (Hand & Foot) 1:00pm Strength & Cardio** 1:00pm Root Beer & Creamsicle Ice Cream Social</p>	<p>9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack) 2:00pm Backgammon</p>	<p>8:30am Stability & Balance** 9:00am Blood Pressure Clinic 9:30am Drums Alive** 9:30am Sign Language 1:00pm Lion's Club - Comfort Dogs 1:00pm Mahjong 1:00pm Chess for Seniors</p>	<p>9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)</p>	<p>9:00am Dance Cardio** 9:30am Oil Painting* 10:30am Tai Chi**</p>
<p>10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta (Hand & Foot) 1:00pm Strength & Cardio** 2:00pm Understanding Lyme and Other Tickborne Disease with Nurse Lisa Valente</p>	<p>9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack) 2:30pm Let's Learn Together 2:00pm Backgammon</p>	<p>8:30am Stability & Balance** 9:30am Drums Alive** 9:30am Sign Language 11:30am Lunch & Learn 1:00pm Mahjong 1:00pm Chess for Seniors</p>	<p>9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)</p>	<p>9:00am Dance Cardio** 9:30am Oil Painting 10:30am Tai Chi**</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.



Veterans Corner

The Two Most Frequently Asked Questions

1. I can't find my DD214 (military discharge). How can I get a copy?

The DD214 is the most important document for a veteran to have. It proves your time in service and the character of your service; i.e. honorable, general, dishonorable. If you were a Massachusetts resident when you joined the service or if you entered through the Boston MEPS, there is a very good chance that a MA Veterans Services Officer can instantly pull up your DD214 from an online database. If you have VA healthcare, the VA will most likely have a copy of your DD214. If you were a Rhode Island resident upon entering the service or entered through the Providence MEPS, a MA VSO will probably not be able to pull up your DD214. Rhode Island (and most other states) don't have an online database of DD214s. In that case, you would have to request your DD214 from the National Archive. This can be done online at archive.gov or I would be happy to assist you with that request.



2. I am a veteran, am I entitled to a real estate tax abatement?

To qualify, all veterans (and spouses where applicable) must:

- Be legal residents of Massachusetts
- Occupy the property as his/her domicile on July 1 in the year of application
- Have lived in Massachusetts for at least six months prior to entering the service (spouses exempted)

OR

- Have lived in Massachusetts for five consecutive years immediately prior to filing for a property tax exemption

You are entitled to the real estate tax abatement in the following cases;

- Veterans with a service-connected disability of 10% or more
- Veterans awarded the Purple Heart
- Surviving parents of military personnel who died in military service (Gold Star Parents)
- Surviving spouses of veterans who qualified for an exemption
- Veterans who received the Congressional Medal of Honor, Distinguished Service Cross, Navy Cross or Air Force Cross
- Veterans who were prisoners of war
- Surviving spouses (who have not remarried) of military personnel who went missing in action or died as a proximate result of injuries of illness sustained during active duty service

The amount of the exemption is determined by your disability rating and/or severity of injuries as well as the special categories listed above.

I would be happy to assist anyone with questions pertaining to the real estate tax exemption.

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

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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

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Tom Reily
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Thank you!

*On behalf of the
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for your support of
our newsletter*

Thank you!



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Parks & Recreation

For this newsletter we will be looking at an area that is located close to home. This month we will be focusing on Mystic Connecticut. Mystic is home to many great places. Three of the most popular ones are Mystic Aquarium, Mystic Seaport Museum, and Olde Mystic Village. With a little over an hour drive, there are so many adventures to be had.

Mystic Aquarium has so much to offer. There are exhibits to see inside and outside. They have Beluga Whales; African Penguins and a great California Sea Lion show just to name a few. They also have virtual reality pods to enjoy an in-depth look, along with a new ariel adventure course. They also have two petting pools. One has various creatures living in it and the other has sting rays. The aquarium is home to so many exciting experiences all in one place.



Located right nearby the aquarium is Olde Mistick Village. This area is filled with loads of charm that includes shopping, a movie theater and places to eat. The buildings are designed to remind you of a New England Village in 1720. There is something for everyone in this village.

The Mystic Seaport Museum has been around for over 90 years! The space is 19 acres and is filled with a recreated 19th century seafaring village. You are also able to step aboard the 1841 whaleship *Charles W. Morgan*. They also have a planetarium, and many other exhibits to see. www.ctvisit.com

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 - Thursday 8:15am - 4:00pm and Friday 8:15am - 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
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Nicole Buffington

Clerical Assistant
Kimberly Mallon

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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

Terry McGregor

Josephine Veaider

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