



SEEKONK HUMAN SERVICES

Citizen Center

Citizen Center



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

Monday—Thursday 8:15am - 4:00pm

Friday 8:15am - 12:00pm

November 2025

Office will be closed on
Tuesday, November 11, 2025 for Veterans' Day

Thanksgiving Hours:

Closing at 12:00pm on Wed., 11/26/2025
Closed Thurs., 11/27/2025 and Fri., 11/28/2025

Overview of Legal Services

Monday, November 3, 2025

10:30am - 12:30pm (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 consults are focused on elder law and estate planning. **MA residents only. Preregistration is required.**

Veterans' Day Celebration

Wednesday, November 5, 2025 at 11:30am

Join us for our annual Veterans Day Celebration with musical entertainment by the Navy Band.

Lunch will be FREE for Seekonk Veterans.

Lunch will be chicken salad sliders with potato salad. The fee for residents is \$10.00 and non-residents is \$13.00. **Preregistration is required.**



Seekonk Veterans' Coffee Hour

Monday, November 10, 2025 at 2:00pm



Come and join our Veterans Service Officer, James LaFlame for a Coffee Hour. This will be a monthly event. For the first event, there will be two invited guests; one from VA Healthcare and another from the State Bonus Office.

Stations will be set up afterwards for those wishing to check on their eligibility for VA Healthcare and those who may be owed money under the state's Welcome Home Bonus program. The VSO will also be able to look up discharge documents for those missing their DD214s or other military records.



Don't forget to turn back your clocks for Daylight Savings on November 2, 2025.

Hearing Clinic
Monday, November 10, 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. MassHealth accepted. **Preregistration is required.**

Friendsgiving

Wednesday, November 12, 2025 @ 11:30am

We invite you to our fourth annual Friendsgiving. Thanksgiving is a time to reflect on what and who we are grateful for over the past year. The best way to share those reflections is around the Thanksgiving table. Join us for a delicious Thanksgiving meal with good company and conversation. The fee for residents is \$10.00 and non-residents is \$13.00. **Preregistration is required.**



Book Club

Tuesday, November 18, 2025 at 10:00am

3rd Tuesday of each month

This month will have a discussion of, "Ragtime" by E. L. Doctorow. Ragtime is a historical fiction masterpiece set in the early 20th century, interweaving the lives of fictional characters with historical figures. People like, Harry Houdini and Henry Ford to explore themes of immigration, racial tension, wealth disparity, and social change in America. **Preregistration is required.**



Healthy Aging - Lunch & Learn

Wednesday, November 19, 2025 at 11:30am

"Healthy Holiday Eating" for healthy aging! Bristol Aging and Wellness Registered Dietitian, Dawn DiMarco will be presenting. 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: meatloaf, gravy, mashed potatoes, green beans, dinner rolls and dessert. **Preregistration is required.**



Diabetes Presentation

Monday, November 24, 2025 at 2:00pm

We will be having a presentation hosted by our Public Health Nurse, Lisa Valente, RN, CDOE. According to the Centers for Disease Control and Prevention and the American Diabetes Association, about 38 million people are living with Diabetes in the United States. Join us to learn about risk factors, warning signs and symptoms, and prevention strategies to help manage the condition to help support living a healthier life. **Preregistration is required.**

Podiatry Clinic

Wednesday, November 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, November 5, 2025 at 11:30am at

Longhorn, 80 Highland Avenue, Seekonk

Wednesday, December 3, 2025 at 11:30am at

The Grist Mill, 390 Fall River Avenue, Seekonk

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. Cash payment is preferred. **Preregistration is required.**

Blood Pressure & Glucose Clinic

Wednesday, November 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, November 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.**

Learning Mahjong

Thursdays - 10:00am - 12:00pm

Have you ever been mesmerized by the clinking of Mahjong tiles or the camaraderie of players around a table? Learning Mahjong is more than just mastering a game - it's about embracing a rich tradition and connecting with others. So, why not come to our Senior Center to start this exciting journey and dive into this centuries-old game of skill and strategy. **Preregistration is required.**

Fuel Assistance

If you had fuel assistance last year, be on the look-out for your application. File the application as soon as you get it. If you have never had fuel assistance and would like to apply or if you need help filing your application, please call Seekonk Human Services at 508-336-8772 to make an appointment with the Outreach Department. **Fuel assistance applications accepted November 1, 2025 until April 30, 2026.**

Income Guidelines: 4 Week Income: for 1 person is \$3,982, for 2 people is \$5,208, for 3 people is \$6,433, and for 4 people is \$7,659.

Income Guidelines: 4 Week Fixed: for 1 person is \$4,314, for 2 people is \$5,642, for 3 people is \$6,970 and for 4 people is \$8,297.

Income includes your social security, pensions and any interest income. Needed Documents:

- **Proof of income:**
 - o 4 consecutive pay stubs
 - o Social Security Award Letter or 1099
 - o Pension (Current 1099)
 - o Interest Dividends (1099)
 - o List of everyone in household plus their income
- **Homeowner's must include:**
 - o Mortgage statement
 - o Real estate tax bill
 - o Insurance bill
 - o Recent copy of electric bill and gas/oil bill
- **Renters Include:**
 - o Rent receipt
 - o Recent copy of electric bill and gas/oil bills
- **Other Documents Needed**
 - o License
 - o Social Security Cards for all members in household
 - o Birth certificates for members under the age of 18
 - o Food Stamps - copy of verification

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 November 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).

Community Support Group

Join Melissa Stefanik with Bristol Hospice for a monthly Community Support Group. Growing older can bring unique joys, but also some challenges. Come share your experiences and find comfort in community all while receiving encouragement, resources, and practice tips. Topics to include grief, caregiver support, senior community resources and more. Community Support Group will be held every 4th Tuesday of the month at 10am. **Preregistration is required.**

Healthy Eating - Wellness Presentation

Monday, December 29, 2025 at 2:00pm



With people every year thinking about their New Year's resolutions for getting healthier, we will be having a presentation hosted by our Public Health Nurse, Lisa Valente, RN, CDOE. Lisa's presentation will be with a Registered Dietitian, who will be able to share some healthy ways to a healthier and better way of living. **Preregistration is required and opens November 17th.**

Holiday Bells

Monday, December 8, 2025 at 2:00pm

 Join us to celebrate the holiday as we welcome the Southcoast Bell Ringers! The Southcoast Bell Ringers will be bringing holiday cheer with their performance. This group of performers will be playing holiday songs that will bring a smile to your face! **Preregistration is required and opens November 17th.**

Christmas Carols

Wednesday, December 10, 2025 at 1:00pm

Come join us for a special event. This year we're having a group of homeschool children to perform Christmas Carols for us. This should bring you happiness and joy to listen to these children perform for you. There will be light refreshments served for all who attend. **Preregistration is required and opens November 17th.**



Homemade Cookie Swap

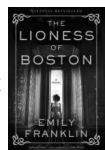
Monday, December 15, 2025 at 2:00pm

 Gather your cookies, big and small. It's time to swap and share with all. Include a recipe, with them, please. In case any of our friends have allergies. Bring ten bags of four sugary treats. Join the fun and swap your sweets! Sign up at the front desk. **Preregistration is required and opens November 17th.**

Book Club

Tuesday, December 16, 2025 at 10:00am

For December come join the discussion of, "The Lioness of Boston" book by Emily Franklin. The group will be led with discussion questions, but feel free to bring your own. **Preregistration is required.**



Holiday Party

Wednesday, December 17, 2025 at 11:30am

A Rhode Island native, Lady D loves to perform locally for all. Lady D is a multi-genre vocalist (jazz standards, Motown, Do-Wop, Disco, Smooth R&B, and Pop). She is known for singing in local restaurants in RI and MA. She is sure to get you in the Holiday Spirit. Lunch will be a Ham Dinner. The fee for residents is \$10.00 and non-residents is \$13.00. **Preregistration is required and opens November 17th.**

Holiday Assistance Programs

Thanksgiving Assistance or Cooked Meal

Are you in need of a Thanksgiving basket, or know someone in need? Please contact the office at 508-336-8772 . All requests must be in by **Tuesday, November 19, 2024**. *Please note that all clients must have an intake on file and qualify by income or receiving public benefits (i.e., fuel assistance, food stamps, MassHealth, etc.)

Christmas is for Kids and Holiday Help

The holidays are filled with happiness, friends and family. Children especially look forward to the fun and presents. Seekonk Human Services works with community members to bring joy to children, one present at a time.

If you are a Seekonk parent, or know a Seekonk parent who is in need of gift assistance for their child/children please call Seekonk Human Services to inquire about more information. Intakes and applications are available at our office. All families utilizing this program will remain anonymous to donors.

All applications are due by **Monday, December 1, 2025**. For anyone who would like to sponsor a child or family, please contact our office via phone at 508-336-8772.

Sponsor a Senior

Seekonk Human Services will work with community members to help bring a personal touch to senior citizens. The goal is to provide seniors with outside contact and gifts to let them know they are not forgotten and alone.

The holiday season should be a time of joy with your loved ones. However, for some, that isn't the case. Often times, the holidays are geared towards children and families, and those who are on their own tend to get left out. Human Services will be collecting donated gifts and items to provide to those seniors who might not have close family, have a fixed income or both. Included items may consist of slippers, clothing items, hygiene products, reading materials, card games, word puzzles, gift cards and Seekonk trash bags. Please feel free to think outside the box. Homemade items such as blankets, scarves, hats and cards are great options.

All seniors utilizing this program will remain anonymous. If you are a Seekonk senior or know a Seekonk senior in need of some holiday cheer, please call Human Services at 508-336-8772. For anyone who would like to sponsor a senior, please contact our office via phone at 508-336-8772.

November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00am Movement & Meditation 10:30am Cornhole 10:30am - 12:30pm Legal Services 11:00am Canasta (Hand & Foot) 1:00pm Strength & Cardio**	4 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack) 2:00pm Backgammon/Checkers	5 8:30am Stability & Balance** 9:30am Drums Alive** 9:30am Sign Language 10:00am - 2:00pm Podiatry Clinic 11:30am Veterans' Day Party 11:30am Women's Lunch 1:00pm Mahjong	6 9:00am Mat Exercise 10:00am Movement & Meditation 10:00am Learning Mahjong 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	7 9:00am Dance Cardio** 9:30am Oil Painting* 10:30am Tai Chi**
10 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta (Hand & Foot) 1:00pm Strength & Cardio** 1:00pm - 3:00pm Hearing Clinic 2:00pm Veterans' Coffee Hour	11 CLOSED ON VETERANS' DAY AS WE ON THOSE WHO SERVED	12 8:30am Stability & Balance** 9:30am Drums Alive** 9:30am Sign Language 11:30am Friendsgiving 1:00pm Mahjong	13 9:00am Mat Exercise 10:00am Movement & Meditation 10:00am Learning Mahjong 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	14 9:00am Dance Cardio** 9:30am Oil Painting 10:30am Tai Chi**
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24 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta (Hand & Foot) 1:00pm Strength & Cardio** 2:00pm Diabetes Presentation	25 9:00am Drums Alive**** 10:00am Water Colors* 10:00am Community Support Group 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack) 2:00pm Backgammon/Checkers 2:30pm Let's Learn Together	26 8:30am Stability & Balance** 9:30am Drums Alive** Closing at 12:00pm	27  We will be closed Thursday & Friday	28 *Water Colors/Oil Painting Residents \$3/Non-Residents \$5 Paid one month at a time **Fitness Class Non-Residents \$2 ****Prerecorded Fitness Class Preregistration is required for all activities. Activities are subject to change without notice.

Note: Fitness programs are paid through grant funds from the Executive Office of Aging & Independence (AGE). Seekonk residents are strongly urged to make a donation towards fitness programs to help offset the cost.



Parks & Recreation



On November 15, 2025 from 9:00am - 11:00am Seekonk Parks and Recreation will have fall crafts available to do. Sign up for either 9:00am - 10:00am or 10:00am - 11:00am, join us for the hour. Cost is \$3.00. There will be rock painting, key chain decorating and various other fall crafts. To sign up please visit seekonkma.myrec.com If you have any questions please reach out to Erica at 508-336-8772. All ages are welcome!



Veterans Corner

VA's Transition from eBenefits to VA.gov Accounts

For everyone who uses VA Healthcare, receives VA service-connected compensation or utilizes any other VA benefit; on November 5th, **eBenefits** will fully transition to **VA.gov**, where you will be able to access all applications, tools, and features.

If you do not already have an account, the VA encourages you to create a VA.gov account and start using it as soon as possible. This will help you become familiar with the platform and enable you to continue accessing the services you need without interruption.

Remember: Never give your information to anyone who says they can help you get a new account—unless you're sure they're a VA employee or an accredited representative of VA. I am a VA accredited National Service Officer and can assist you with this and any other VA benefits and services. And always make sure a link is taking you to the official www.va.gov website before selecting it from an email, text message, social media post, or online ad. You can always go to www.va.gov/sign-in-changes for trusted information.

5th Annual Holiday Festival

The 5th Annual Holiday Festival will take place very soon. The trees will be put in place on November 29th. The trees may be decorated from Sunday November 30th until the morning of Saturday December 6th. The tree lighting will be on December 6th from 3:00pm-4:30pm.

We have an excellent new tree vendor and will be able to keep the price at \$50 to sponsor a tree.

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



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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
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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Thank you!

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

Thank you!



*On behalf of the
Seekonk Town Crier
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Please contact Tom Reily
508-336-6633 x 337**



Medicare Open Enrollment

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information from your current plan. It is important to **understand** and **save** this information: it explains the changes in your plan for 2026. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During Medicare Open Enrollment, you can adjust your plan for next year. Independent Insurance Counselors can help you understand *your* plan changes as well as *other options* you may have. Open Enrollment runs from **October 15 through December 7!** **Forms due by November 7, 2025 to guarantee they get completed.**

***Please note all clients will be required to fill out a Medicare prescreening form to help us better serve you by looking up your current plan and comparing it to the future plans, if changes are necessary.**

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
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

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Vice Chairperson
Maria Duarte

Cheryl Camara

Rick Forest

Maria Giacoletto

Terry McGregor

Josephine Veder

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