



# SEEKONK HUMAN SERVICES

## Town Courier



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

Monday—Thursday 8:15am - 4:00pm

Friday 8:15am - 12:00pm

**December 2025**

### Holiday Hours

Closing at 12:00pm on Wednesday, December 24, 2025

Closed on Thursday, December 25, 2025

Closing at 12:00pm on Wednesday, December 31, 2025

Closed on Thursday, January 1, 2026

### Holiday Bells

**Monday, December 8, 2025 at 2:00pm**

Join us to celebrate the holidays 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.**



### Christmas Carols

**Wednesday, December 10, 2025 at 1:00pm**

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



### 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, 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.**



### 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 Lioness of Boston", is a historical novel that chronicles the life of Isabella Stewart Gardner, an influential art collector and founder of the Isabella Stewart Gardner Museum in Boston. 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.**

### Seekonk Veterans' Coffee Hour

**Monday, December 22, 2025 at 2:00pm**

Come and join our Veterans Service Officer, James LaFlame for a Coffee Hour. This our newest monthly event for our Veterans to enjoy some time together. If anyone is interested in coming to this activity please call us to register.



We will also let you know what the discussion will be and who will be attending this event with James LaFlame.

The next Seekonk Veterans' Coffee hour will be on January 12, 2026 at 2:00pm. We will have more information in January's newsletter on what the interesting topic will be for that event. If there is a topic or a special guest speaker you would like to have attending for January, please let us know and we will try our best for that activity.

### 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.**

### 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 10:00am. **Preregistration is required.**

*We rise  
by lifting  
others*

### Podiatry Clinic

**Wednesday, December 3, 2025 - 10:00am - 2:00pm**

Dr. Lechan provides monthly podiatry clinics. An appointment is required. Items needed are primary doctor's name, date of last doctor's visit, summary of last visit, and list of medications. \*The fee for the appointment is **\$35.00**. Paid by cash or check. **Call our office to make an appointment.**

### Women's Lunch

**Wednesday, December 3, 2025 at 11:30am at  
The Grist Mill, 390 Fall River Avenue, Seekonk**

**Wednesday, January 7, 2026 at 11:30am at  
Olive Garden, 1240 Newport Ave, South Attleboro**

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, December 17, 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, December 23, 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.**

### Indoor Cornhole

**Mondays at 10:30am**

Come play cornhole on Monday mornings. All are welcome. **Preregistration is required.**

### 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

### 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 December 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).

### 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.**

### Holiday Assistance Program

#### 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.

### **Snowflake Social**

**Wednesday, January 14, 2026 at 11:30am**



The winter seems to drag with the cold days and dark nights so why not break up the winter blues with a Snowflake Social. Come on down for good company and entertainment by Dave Valerio. Lunch will be pizza.

The fee for residents is \$10.00 and non-residents is \$13.00. **Preregistration is required and opens December 15<sup>th</sup>.**

### **Book Club**

**Tuesday, January 20, 2026 at 10:00am**

For January come join the discussion of, "Canary Girls" book by Jennifer Chiaverini. The group will be led with discussion questions, but feel free to bring your own. **Preregistration is required.**



### **Basic Beginner ASL - Sign Language Class**

**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, starting January 21, 2026 - March 18, 2026. 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 to sign up.

### **Larry Houser - Team Trivia**

**Monday, January 21, 2026 at 1:00pm**



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 December 15<sup>th</sup>.**

### **Mind-Body Wellness Presentation**

**Monday, January 26, 2026 at 2:00pm**

Come join us for this presentation. We will be having a presentation hosted by our Public Health Nurse, Lisa Valente, RN, CDOE. Mind-Body Wellness is a holistic approach to health that acknowledges the profound connection between an individual's mental and physical well-being. **Preregistration is required and opens December 15<sup>th</sup>.**

### **Healthy Aging - Lunch & Learn**

**Wednesday, January 28, 2026 at 11:30am**



"Seed Oils" for healthy aging! Bristol Aging and Wellness Registered Dietitian, Dawn DiMarco will let you know if Seed Oils are good or bad for you. The presentation will

be about debunking common nutrition advice seen across television and in the media. 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: Beef Stroganoff, egg noodles, peas, snowflake roll, drink and dessert **Preregistration is required and opens December 15<sup>th</sup>.**

### **Foxwoods Casino**

**Tuesday, February 10, 2026**

**Price: \$41.00 Per Person**

**Departure at 8:45am Return Approx. 5:15pm**



No one offers more gaming choices than Foxwoods Resort Casino, the internationally recognized gaming destination. With its six casinos, Foxwoods offers more than 7,400 slot machines, 388 table games, and the world's largest bingo hall. Bingo starts at 10:30am. Keno lovers can play the ever-popular Keno throughout the property, as well as in a comfortable Keno lounge. Foxwoods offers many dining options. You can also enjoy the 300,000 square foot indoor Tanger Outlet Mall at Foxwoods!! 80 discount stores and casino fun make for a great day!! Lunch on your own. **Trip includes: Deluxe motorcoach transportation, driver gratuity, casino time: 10:00am - 4:00pm. Full Payment due upon at registration.**

### **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

# December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00am Movement & Meditation 10:30am Cornhole 10:30am - 12:30pm Legal Services 11:00am Canasta (Hand & Foot) 1:00pm Strength & Cardio**	2 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack) 2:00pm Backgammon/Checkers	3 8:30am Stability & Balance** 9:30am Drums Alive** 10:00am - 2:00pm Podiatry Clinic 11:30am Women's Lunch 1:00pm Mahjong	4 9:00am Mat Exercise 10:00am Movement & Meditation 10:00am Learning Mahjong 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	5 9:00am Dance Cardio** 9:30am Oil Painting* 10:30am Tai Chi**
8 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta (Hand & Foot) 1:00pm Strength & Cardio** 2:00pm Bell Ringers	9 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack) 2:00pm Backgammon/Checkers	10 8:30am Stability & Balance** 9:30am Drums Alive** 1:00pm Mahjong 1:00pm Christmas Carolers	11 9:00am Mat Exercise 10:00am Movement & Meditation 10:00am Learning Mahjong 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	12 9:00am Dance Cardio** 9:30am Oil Painting 10:30am Tai Chi**
15 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta (Hand & Foot) 1:00pm Strength & Cardio** 2:00pm Cookie Swap	16 9:00am Drums Alive**** 10:00am Book Club 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack) 2:00pm Backgammon/Checkers	17 8:30am Stability & Balance** 9:00am - 11:00am Blood Pressure and Glucose Clinic 9:30am Drums Alive** 11:30am Holiday Party 1:00pm Mahjong	18 9:00am Mat Exercise 10:00am Movement & Meditation 10:00am Learning Mahjong 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	19 9:00am Dance Cardio** 10:30am Tai Chi**
22 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta (Hand & Foot) 1:00pm Strength & Cardio** 2:00pm Veterans' Coffee Hour	23 9:00am Drums Alive**** 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	24 8:30am Stability & Balance** 9:30am Drums Alive**  Closing at 12:00pm	25 	26 9:00am Dance Cardio** 10:30am Tai Chi**
29 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta (Hand & Foot) 1:00pm Strength & Cardio** 2:00pm Healthy Eating - Wellness Presentation	30 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack) 2:00pm Backgammon/Checkers	31 8:30am Stability & Balance** 9:30am Drums Alive**  Closing at 12:00pm	*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.**





## Veterans Corner

### **VA Travel Reimbursement**

VA travel pay reimbursement pays eligible Veterans and caregivers back for mileage and other travel expenses to and from approved health care appointments.

Eligibility for general health care travel reimbursement

#### **For Veteran**

As a Veteran, you may be eligible for reimbursement if you meet the requirements listed here.

#### **This must be true:**

You're traveling for care at a VA health facility or for VA-approved care at a non-VA health facility in your community.

#### **And at least 1 of these must also be true:**

- You have a VA disability rating of 30% or higher, **or**
- You're traveling for treatment of a service-connected condition, even if your VA disability rating is less than 30%, **or**
- You receive a VA pension, **or**
- You have an income that's below the maximum annual VA pension rate, **or**
- You can't afford to pay for your travel, as defined by our guidelines, **or**
- You're traveling for one of these reasons: A scheduled VA claim exam (also called a compensation and pension, or C&P, exam), to get a service dog, or for VA-approved transplant care.

#### **For Caregivers**

We may pay for transportation and related lodging and meals for non-Veterans if the person meets any of these requirements.

#### **At least 1 of these must be true:**

- The person is your family caregiver under the National Caregiver Program traveling to receive caregiver training or to support your care, **or**
- The person is your medically required attendant traveling with you to support your care, **or**
- The person is your transplant care donor or support person

We may also pay for care for an allied beneficiary when the appropriate foreign government agency has authorized their care, or for the beneficiary of another federal agency when that agency has approved their care.

#### **Types of expenses reimbursed for general health care travel**

General health care travel reimbursement covers these expenses for eligible Veterans and caregivers:

- Regular transportation, such as by car, plane, train, bus, taxi, or light rail
- Approved meals and lodging expenses

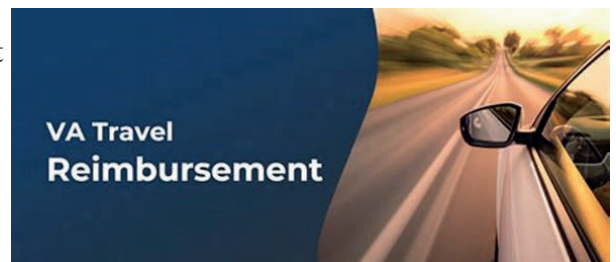
For Seekonk residents traveling to the Providence VA, it is hardly worth filing for travel reimbursement. However, very often local veterans have to travel to VA facilities near Boston. The VA is also outsourcing Compensation and Pension (C&P) exams, and those are fully reimbursable.

You must file for the reimbursement within 30 days of travel on a VA Form 10-3542. The form may be mailed or brought to a VA facility. The form is on the VA website:

<https://www.va.gov/health-care/file-travel-pay-reimbursement/>

If you have any questions regarding your eligibility for reimbursement or need help filing, let me know.

James LaFlame  
Seekonk Veterans Services Officer  
Office 508-336-2940  
Email: [jlaflame@seekonk-ma.gov](mailto:jlaflame@seekonk-ma.gov)



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in the next  
**Seekonk Town Crier  
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Please contact Tom Reily  
**508-336-6633 x 337**



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Estate Planning

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by appointment

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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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the next**

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**Tom Reily**

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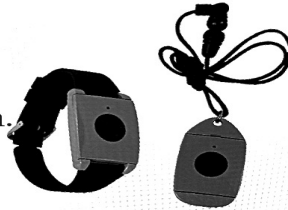
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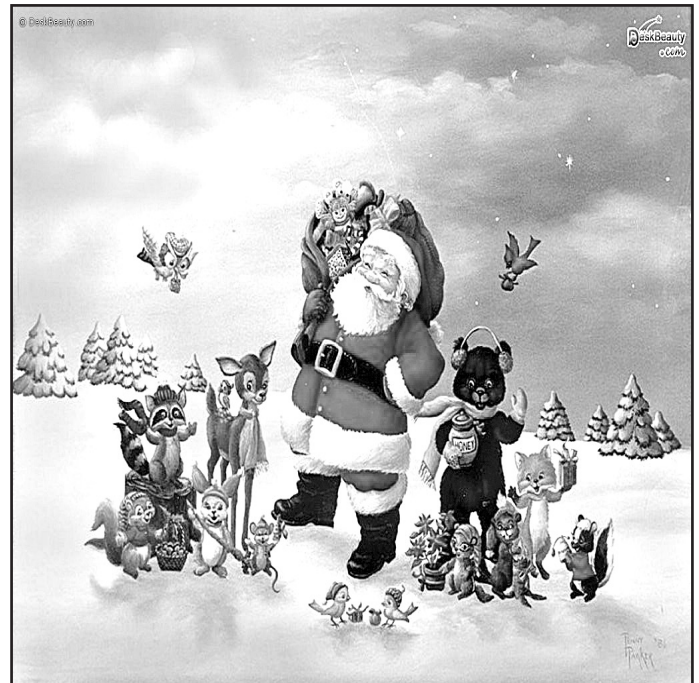
*Thank you!*

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

*Thank you!*



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Please contact Tom Reily  
508-336-6633 x 337**

## Parks & Recreation



In December, Parks and Recreation will be working with Primrose and Ruth to create a Holiday Centerpiece. The centerpiece will consist of various flowers and greenery. Come join us on Thursday, December 18<sup>th</sup> from 6:00pm -8:00 pm. 540 Arcade Ave. Seekonk, Ma. 02771. Pre-registration is required at [seekonkma.myrec.com](http://seekonkma.myrec.com). Cost for residents is \$45 and non-residents is \$50. Any questions please contact Erica at 508-336-8772.



## 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.

## Telephone Reassurance Program

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

#### Chairperson

Michelle Hines

#### Vice Chairperson

Maria Duarte

Cheryl Camara

Rick Forest

Maria Giacoletto

Terry McGregor

Josephine Veader

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