



# SEEKONK HUMAN SERVICES

## Town Crier



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

### December 2022



#### Seekonk Human Services

##### Holiday Hours

Friday, December 23, 2022—Closed  
Monday, December 26, 2022—Closed  
Friday, December 30, 2022—Closed  
Monday, January 2, 2023—Closed



#### Holiday Bells

Wednesday, December 7, 2022 @ 11:30am

Join us to celebrate the holidays as we welcome 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! Light refreshments and pastry will be available. Please call the office at 508-336-8772 to sign up.

#### Sponsor a Senior

This holiday season, 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 toward 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 and gift cards. 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, or would like to donate please call Human Services at 508-336-8772.

#### Community Education

Wednesday, December 14, 2022 @ 11:30am

The town appreciates and understands the importance of being informed. Throughout the year we invite town Department Heads to be guest speakers and present a free educational workshop in relation to their specific department. It is important to keep up with the latest town scoop! This month, will be Christine DeFontes from the Treasurer's Office and Lydia Cordeiro from the Assessor's Office. Christine and Lydia will go over programs that are available to tax payers regarding their property tax among other things that they offer. Coffee will be served. Preregistration is required for this activity, please call the office at 508-336-8772.

#### Holiday Basket & Meal Assistance

If anyone is in need of food this holiday season or know someone who is in need, please call our office at 508-336-8772. All clients must have a current intake on file. The deadline for a holiday meal or basket is December 15, 2022.

#### Christmas is for Kids

Seekonk Human Services will be participating in Christmas is For Kids. Applications are available at Seekonk Human Services. Please contact Seekonk Human Services at 508-336-8772 for application.



\*The program is intended for children age 0-13 years old. Application deadline is **Thursday, December 1**. NOTE: Anyone interested in adopting a family for Christmas please contact Brittney Faria or Ashley Cartwright @ 508-336-8772

### Arts & Crafts

#### Mondays in December at 1:00pm

Preregistration is required for this class. The cost for this class is \$5 for Seekonk residents and \$7 for Non-Seekonk residents. All classes have limited availability. **\*\*Art Work subject to change.**

December 5 - Terracotta Ornaments  
December 12 - Mason Jar Snowman  
December 19 - New Years Wreath

### Women's Lunch at 11:30am Wednesday, December 21, 2022 at The Grist Mill in Seekonk

The Women's lunch group meets every 3rd Wednesday of the month at 11:30am. Everything is dutch treat. If you are interested in joining for good food and good conversation, while supporting our local restaurants, please call Seekonk Human Services at 508-336-8772.

### Podiatry Clinic

#### Wednesday, December 14, 2022 10am - 2pm

Dr. Lechan provides monthly Podiatry Clinics. An appointment is required. Items needed are insurance cards with your doctor's names, date of last doctor's visit, summary of last visit, and list of medications. \*Please check with your insurance regarding co-pays.

### Fuel Assistance

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, 2022 until April 30, 2023.**



### Blood Pressure & Glucose Clinic Wednesday, December 21, 2022 9:00am - 11:00am

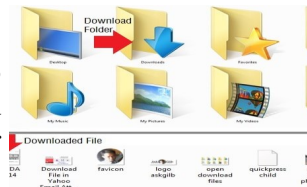
Seekonk Human Services has partnered with the **Seekonk Fire Department** to provide free monthly blood pressure & glucose screenings.

**Income Guidelines:** Maximum income for 1 person is \$42,411, for 2 people is \$55,461, for 3 people is \$68,511, and for 4 people is \$81,561

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

### Let's Learn Together! Tuesday, December 27, 2022 @ 2:00pm "Finding Your Files"

Join Librarian Michelle Gario in this 90 minute session to talk about how to find your downloads and files. This program is for **TABLETS AND PHONES ONLY**. Bring your own tablet or phone; please make sure your device is fully charged. Contact the Seekonk Human Services to preregister for this at: 508-336-8772.



- **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

### Holiday Chorus

#### Tuesday, December 20, 2022 @ 11:15am

The Chorus students at Dr. Kevin M. Hurley Middle School will be visiting to sing some holiday and popular songs for you! The chorus program is new at the Hurley Middle School—it is offered for half of the school year for students interested in taking the class. Mrs. Marilyn Daniels and the Hurley Middle School Chorus students are thrilled to showcase some of Seekonk's youth talent!

**Sign Language  
January 17, 2023  
Tuesdays @ 10:00am**

A new 10 week session of sign language will begin Tuesday, January 17, 2023. If you are interested in this beginner class please call Seekonk Human Services at 508-336-8772 to register.



**Sharps Disposal**

Did you know that as of July 1, 2012 the Commonwealth banned the practice of disposal of needles, syringes and lancets (sharps) into your household trash? The Seekonk Board of Health has a Sharps Disposal program. This program is for Seekonk residents only. Those who use this program pay for the program. The fee is \$9.00, which includes a one-gallon sharps container and the disposal of that container. Any questions please contact the Board of Health 508-336-2950.

**Nutritional Meals To Go**

**Tuesdays, Wednesdays & Thursdays**

Seekonk Human Services will be working with Bristol Elder Services to provide nutritional meals for lunch on Tuesdays, Wednesdays and Thursdays to go. Meals come completely cooked and prepackaged. All you need to do is heat it up! Meals need to be ordered the day before by 9:30am. Suggested donation of \$2.25 per meal which will be due at the time of pickup. Pick up will be between 11am - 12pm. December's menu is available on our Facebook Page and by calling our office at 508-336-8772.

**Library Homebound Delivery**

Residents of Seekonk who are homebound due to physical limitations or illnesses that are long term or temporary are able to enjoy library materials through our Homebound Delivery Service.

Seekonk Public Library's Homebound Delivery Service is for residents who have no one in their household to go to the library for them. Adult Services staff will coordinate deliveries and can work with participants to choose materials that meet their needs and interests. Volunteers will deliver the materials to the participant's door contact-free and return borrowed materials to the library. For more information, call Adult Services at the library at (508) 336-8230 or email [library@seekonkpl.org](mailto:library@seekonkpl.org).

**Community Questions for our Police Liaison**

Officer Maria Vicenzo is welcoming community questions to be answered. Questions can be mailed to the center, dropped off in person, or placed in our lock box that is attached to the building at the entrance. We will post answers to the questions in the monthly newsletter and on our Facebook page, if requested. If you prefer to be called, please leave your contact information and we will be in contact.

**Computer Stations**

Computer access is now available at Seekonk Human Services. If you're without a computer at home but you need to access one, we may be able to help. Residents are welcome to use our laptops to surf the internet and check emails etc. For more information, please call 508-336-8772.

**Medical Loan Closet**

Our FREE Medical Loan Closet is available to Seekonk residents. We would like to thank our residents for their donations to our Medical Loan Closet. Please call office at 508-336-8772 if you are in need of a medical equipment loan.

**"Canasta"**

**Mondays @ 1:00pm**

Are you interested in playing or to watch and learn how to play Canasta? We are trying to gather people here to play Canasta. Please call if you are interested in this activity by calling our office 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 & we want to be able to get the word out to you quickly. Please give us a call & 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.

# WINTER

U O K S E K A L F U H Q E T T G G  
O L M L H O P D G O V A E Q F S R  
S F R O S T Y Q C I R E E Y V H E  
L C K E U B R K M M L C O P Q S T  
M A A G L R E B U S O O S P O N N  
Q Y Y R S Y C F O C P F Y I H O I  
U I R E F D F Z O O N R N N T W W  
F M T A R S W A W S T O S A M U G  
T S D R U S D H G N D S H Z A V G  
O O O W A N H J L O A T W K P I N  
F Y H L T E A D O W I B E H U Z I  
L T O L B L H J V M G I Z X I C Z  
A L E V O H S I E A L T M R O T E  
N M Z T T Y W X S N O T T L R N E  
N E H C N A L A V A O E D D Y I R  
E Q B B L U S T E R Y N Y Z O C F  
L M R A W K F V D E L S B O B G B

WINTER

SLEET

SLUSH

SHOVEL

SNOWMAN

FLAKES

FREEZING

NIPPY

HOCKEY

BOOTS

FROSTY

GLOVES

COCOA

COLD

FROSTBITTEN

MUG

IGLOO

FLANNEL

HAT

HOT

SNOW

EARMUFFS

AVALANCHE

WHITE

JANUARY

SCARF

HEART

BOBSLED

MELT

LAYERS

COZY

BLUSTERY

WARM

# December 2022 Calendar

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**Office Hours:**  
 Mon, Tues, Thurs 8:30am - 4:30pm  
 Wednesday 8:30am - 5:30pm  
 Friday 8:30am - 12pm  
 For information on activities  
 please call 508-336-8772

**All classes require  
 preregistration**

**\*Arts & Crafts**  
 Residents \$5/Non-residents \$7  
**\*Water Colors**  
 Residents \$3/Non-Residents \$5  
**\*\*Fitness Class**  
 Non-Residents \$2  
**Activities subject to change  
 without notice**

10:00am - Chair Yoga  
 10:00am - Oil Painting  
 1:00pm - BINGO!

1  
 2  
 9:15am - Dance Cardio\*\*  
 10:30am - Tai Chi\*\*

10:00am - Chair Yoga  
 1:00pm - Zoom BINGO!  
 1:00pm - Arts & Crafts\*  
 1:00pm - Strength & Cardio\*\*

5  
 9:00am - Zoom Drums Alive\*\*  
 10:00am - Water Colors\*  
 1:00pm - Pitch (Hi-Lo Jack)  
 1:30pm - Zoom Trivia

6  
 9:30am - Drums Alive\*\*  
 11:30am - Holiday Bells  
 1:00pm - Mahjong  
 1:30pm - Zoom Coffee Chat

7  
 10:00am - Chair Yoga  
 10:00am - Oil Painting  
 1:00pm - BINGO!

8  
 9  
 10:30am - Tai Chi\*\*

10:00am - Chair Yoga  
 1:00pm - Zoom BINGO!  
 1:00pm - Arts & Crafts\*  
 1:00pm - Strength & Cardio\*\*

12  
 9:00am - Zoom Drums Alive\*\*  
 10:00am - Water Colors\*  
 1:00pm - Pitch (Hi-Lo Jack)  
 1:30pm - Zoom Trivia

13  
 9:30am - Drums Alive\*\*  
 10:00am - Podiatry Clinic  
 11:00am - Belly Dancing\*\*  
 11:30am - Community Education  
**Chris-Treasurer/Lydia-Assessor**  
 1:00pm - Mahjong  
 1:30pm - Zoom Coffee Chat

14  
 10:00am - Chair Yoga  
 10:00am - Oil Painting  
 1:00pm - BINGO!

15  
 16  
 9:15am - Dance Cardio\*\*  
 10:30am - Tai Chi\*\*

10:00am - Chair Yoga  
 1:00pm - Zoom BINGO!  
 1:00pm - Arts & Crafts\*  
 1:00pm - Strength & Cardio\*\*

19  
 9:00am - Zoom Drums Alive\*\*  
 11:15am - Holiday Chorus  
 1:00pm - Pitch (Hi-Lo Jack)  
 1:30pm - Zoom Trivia

20  
 9:00am - Blood Pressure Clinic  
 9:30am - Drums Alive\*\*  
 11:30am - WOMEN'S LUNCH  
 1:00pm - Mahjong  
 1:30pm - Zoom Coffee Chat

21  
 10:00am - Chair Yoga  
 10:00am - Oil Painting  
 1:00pm - BINGO!

22  
 23  




26  
 9:00am - Zoom Drums Alive\*\*  
 1:00pm - Pitch (Hi-Lo Jack)  
 1:30pm - Zoom Trivia  
 2:00pm - Let's Learn Together!

27  
 9:30am - Drums Alive\*\*  
 11:00am - Belly Dancing\*\*  
 1:00pm - Mahjong  
 1:30pm - Zoom Coffee Chat

28  
 29  
 10:00am - Chair Yoga  
 10:00am - Oil Painting  
 1:00pm - BINGO!



30



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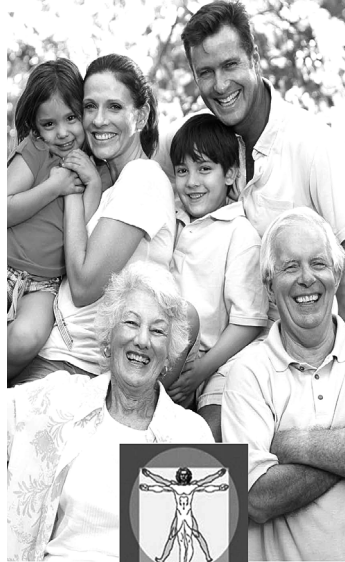
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- ✔ Get you back in the game



**EAST PROVIDENCE**  
927B Warren Avenue  
East Providence, Rhode Island 02914  
Telephone: (401) 438-0905  
Fax: (401) 438-0903  
Monday – Thursday: 7:00 am – 7:00 pm  
Friday: 7:00 am – 5:00 pm  
Saturday: 7:00 am – 12:00 pm

**CUMBERLAND**  
2295 Diamond Hill Road  
Cumberland, Rhode Island 02864  
Telephone: (401) 305-3858  
Fax: (401) 305-3859  
Monday – Thursday: 7:00 am – 7:00 pm  
Friday: 7:00 am – 5:00 pm

**WARWICK**  
2080 Warwick Avenue  
Warwick, Rhode Island 02889  
Telephone: (401) 921-0160  
Fax: (401) 921-0139  
Monday – Thursday: 7:00 am – 7:00 pm  
Friday: 7:00 am – 5:00 pm

**EAST GREENWICH**  
2639 South County Trail  
East Greenwich, Rhode Island 02818  
Telephone: (401) 471-7510 Fax: (401) 471-7511  
Monday – Thursday: 7:00 am – 6:00 pm  
Friday: 7:00 am – 5:00 pm

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WingateHealthcare.com



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



Law Office of Luke P. Travis  
Estate Planning

TEL: (508) 676-3333  
FAX: (508) 678-1698  
luke@bristollegal.com

P.O. BOX 3288  
10 NORTH MAIN ST.  
FALL RIVER, MA 02722-3288



Local #215



Lodge #5

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MASS C.O.P. Local #215 F.O.P. Lodge #5  
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Seekonk, Massachusetts 02771

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*Thank you!*

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



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**To be a sponsor  
in the next  
Seekonk Town Crier  
Newsletter!**

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

**Newport Playhouse - \$80**

**Tuesday, December 13, 2022 @ 10:00am**

Come see the World Premiere of this hilarious Christmas Comedic Farce! During the holiday season, Carol tends to take Christmas too far at work with decorations, presents, and overbearing traditions that not everyone celebrates in the office. Her co-workers love Carol, but this time of year she gets on everyone's last nerve, so they formulate a plan for the company party that night. With wacky office hijinks, pranks, an office romance, and even people caught in their underwear, will they be able to help Carol remember the true meaning of Christmas? You will enjoy a Great Buffet, A Wonderful Play, and a Fun-Filled Cabaret! **Full payment is due at time of sign up.**

**Future Activity**

**The Roaring Twenties**

**America in the Age of Jazz and Prohibition**

**Wednesday, January 25, 2023 @ 11:30am**

In the years immediately following the First World War, the United States experienced an unprecedented period of economic prosperity and cultural creativity. From the jazz clubs to Harlem to the Speakeasies of Chicago, America in the 1920 was pulsing with youthful energy and vitality. Yet, the period also gave rise to vast criminal enterprises and exposed the economic divisions in the country. This lecture will examine the color and chaos of the Roaring 20s

**Preregistration is required when attending these activities by calling 508-336-8772.**

**2<sup>nd</sup> Annual Holiday Festival**

The Veterans Council will be holding their Holiday Festival Tree Sponsorship at the Seekonk Veterans Memorial Park during the month of December. For those who wish to get on the waiting list for a tree, please contact the VSO at the contact information below.

James LaFlame, Seekonk Veterans Services Officer  
Office: 508-336-2940

Email: [jlaflame@seekonk-ma.gov](mailto:jlaflame@seekonk-ma.gov)



**Seekonk Human Services Staff**

**P. 508-336-8772 F. 508-336-2239**

**Director**

Brittney Faria, LSWA

**Assistant Director**

Ashley Cartwright, MBA

**Clerical Assistant**

Kimberly Mallon

**Community Liaison**

Maggie Perkins

**Office Clerk**

Sharon Bettencourt

**Veterans Service Officer**

James LaFlame

**Parks & Recreation Coordinator**

Erica Harris-Grims

**Human Services Council**

**Chairperson**

Michelle Hines

**Vice Chairperson**

Maria Duarte

Irene Andrews

Cheryl Camara

Beverly Della Grotta

Keith Perry

Josephine Veader

**Council meets fourth Monday of the month**

**@ 3:15pm at**

**Seekonk Human Services**

**Conference Room**