



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

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.

Blood Pressure & Glucose Clinic

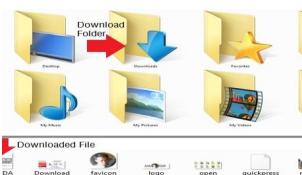
Wednesday, December 21, 2022 9:00am - 11:00am

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

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.



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!

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.

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.**



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:

- **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

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.



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.

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.

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.

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.

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.

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.

“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.

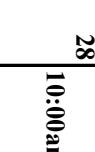
* NOTE: *Seekonk Human Services is primarily an informational and referral agency. We try to help you directly or by introducing you to a network of federal, state, or local support services. Seekonk Human Services offers legal, financial, recreational, medical screenings, and other activities/services 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.

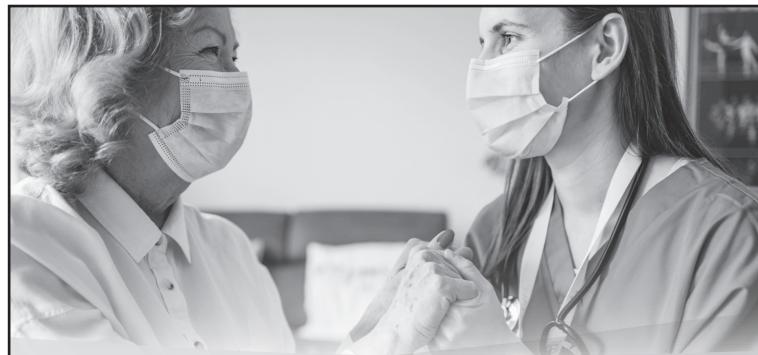
WINTER

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WINTER	NIPPY	FROSTBITTEN	EARMUFFS	BOBSLED
SLEET	HOCKEY	MUG	avalanche	MELT
SLUSH	BOOTS	IGLOO	WHITE	LAYERS
SHOVEL	FROSTY	FLANNEL	JANUARY	COZY
SNOWMAN	GLOVES	HAT	SCARF	BLUSTERY
FLAKES	COCOA	HOT	HEART	WARM
FREEZING	COLD	SNOW		

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 pre-registration		*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!	10:00am - Chair Yoga 10:00am - Tai Chi** 10:30am - Tai Chi**	9:15am - Dance Cardio** 10:30am - Tai Chi**	2	
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!	10:30am - Tai Chi** 10:00am - Tai Chi**	9		
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!	10:00am - Chair Yoga 10:00am - Tai Chi** 10:30am - Tai Chi**	9:15am - Dance Cardio** 10:30am - Tai Chi**	16	
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!	10:00am - Chair Yoga 10:00am - Oil Painting 1:00pm - BINGO!	9:15am - Dance Cardio** 10:30am - Tai Chi**	1	
10:00am - Chair Yoga 1:00pm - Zoom BINGO! 1:00pm - Arts & Crafts* 1:00pm - Strength & Cardio**	26	9:00am - Zoom Drums Alive** 11:00am - Belly Dancing*** 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat	27	9:30am - Drums Alive** 11:00am - Belly Dancing*** 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat	28	10:00am - Chair Yoga 10:00am - Oil Painting 1:00pm - BINGO!	10:00am - Chair Yoga 10:00am - Oil Painting 1:00pm - BINGO!	10:00am - Dance Cardio** 10:30am - Tai Chi**	2	
										
										
										
										
										
										
										
										
										
										
										
										
										
<img alt="Red background with white snowflakes and balloons, text: Happy Holidays" data-bbox="113 5063 178 5138										



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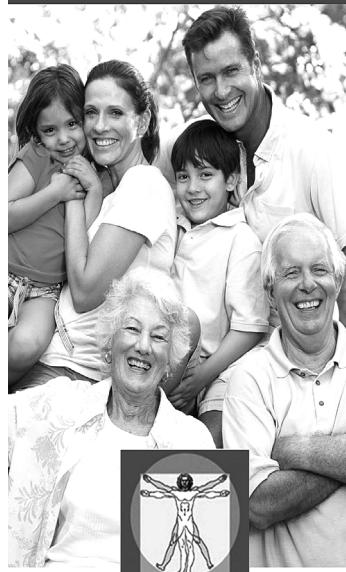
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Fax: (401) 438-0903

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



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FAX: (508) 678-1698
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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.**

2nd 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

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

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.



Human Services Council

Chairperson

Michelle Hines

Vice Chairperson

Maria Duarte

Irene Andrews

Cheryl Camara

Beverly Della Grotta

Keith Perry

Josephine Veder

Council meets fourth Monday of the month

@ 3:15pm at

**Seekonk Human Services
Conference Room**