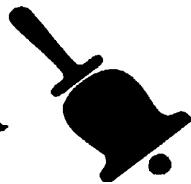




SEEKONK HUMAN SERVICES

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

November 2022

We will be closed

November 11 for Veterans Day

Thanksgiving Holidays

November 23 at noon

November 24 & November 25 for Thanksgiving

Veterans' Day Celebration

Wednesday, November 9, 2022 @ 11:30am

The annual Veterans Day Luncheon will take place on Wednesday, November 9th at 11:30am. The Veterans Services Officer is awaiting confirmation for musical entertainment to be provided by a local military band (either Navy or Army). Once a confirmation is received, that information will be put out through multiple channels. There will be a FREE lunch for all the Veterans. Lunch will be: Pasta and Meatballs with Dessert. Contact Seekonk Human Services to preregister for this at: 508-336-8772. The fee for Seekonk residents who are not Veterans is \$2.00, and Non-Residents is \$4.00.



Holiday Assistance

If anyone is in need of a meal or basket this Thanksgiving/Christmas 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 Thanksgiving meal or basket is, November 16, 2022. Christmas meal or basket deadline is, December 15, 2022.

Christmas is for Kids

Christmas is for Kids is designed to assist families in need. Children under the age of 13 may qualify for the program. Applications are available at our office and are due by **Thursday, December 1**. *NOTE: Anyone interested in adopting a family for Christmas please contact Brittney Faria or Ashley Cartwright @ 508-336-8772

Friendsgiving

Tuesday, November 15, 2022 @ 11:30am

We invite you to our first annual Friendsgiving. Thanksgiving is a time to reflect on what and who we are grateful for in general over the past year. The best way to share those reflections is around the Thanksgiving table. Join us for a delicious turkey dinner (turkey, mashed potatoes, stuffing, veggies, cranberry sauce and dessert) provided by Country Kitchen with good company and conversation. The cost for residents is \$5 and non residents is \$10. Preregistration is required by calling our office at 508-336-8772.



Constituent Services Representative Stephanie Gray

Wednesday, November 16, 2022 @ 11:30am

Stephanie Gray, Constituent Services Representative from the Office of Congressman Auchincloss, will be here from 11:30am - 1:30pm. You can bring your concerns and/or casework requests relating to any federal agency, including Social Security, Medicare/Medicaid, Veteran's Affairs, Housing, Department of Defense, Internal Revenue Service, Small Business Association or Immigration, etc... Walk-ins welcome, appointments are encouraged. To make an appointment please call 508-336-8772.

TRIAD: FREE SENIOR ID's CARDS

Tuesday, November 22, 2022 @ 11:00am

The Bristol County Sheriff's Office has free public safety program for seniors. In just a few minutes, we can create a Senior ID card that has your name, photo and emergency contact. It's great as a second form of identification, and we offer lanyards so seniors can wear it around their necks. This free program is offered in partnership with COAs and TRIAD groups across Bristol County. Preregistration is required by calling our office at 508-336-8772.

Arts & Crafts

Mondays in November 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.**

November 7 - Popsicle Stick Scarecrow
November 14 - Tea Light Centerpiece
November 21 - Thanksgiving Wood Rounds
November 28 - Snowmen Décor

Podiatry Clinic Wednesday, November 16, 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, November 16, 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, November 22, 2022 @ 2:00pm "Keyboards and QR (Quick Response) Codes"

The touchscreen on tablets and phones has reinvented how we type just as the use of the cameras, especially post-pandemic, has made QR codes popular for opening websites. Join Librarian Michelle Gario in this 90 minute session to review using keyboards and QR codes. 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.

Daylights Savings

Remember the first Sunday in November is when you change your clocks! Don't forget to turn your clocks back 1 hour before bed on Saturday, November 5th. This is a perfect time to change batteries in your smoke and carbon monoxide detectors too!



Women's Lunch at 11:30am Wednesday, November 16, 2022 at Toti's, in Seekonk

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 still supporting our local restaurants. Everything is Dutch treat. If you are interested in joining our group of women for good food, & good conversation, 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:**
 - 4 consecutive pay stubs
 - Social Security Award Letter or 1099
 - Pension (Current 1099)
 - Interest Dividends (1099)
 - List of everyone in household plus their income
- **Homeowner's must include:**
 - Mortgage statement
 - Real estate tax bill
 - Insurance bill
 - Recent copy of electric bill and gas/oil bill
- **Renters Include:**
 - Rent receipt
 - Recent copy of electric bill and gas/oil bills
- **Other Documents Needed**
 - License
 - Social Security Cards for all members in household
 - Birth certificates for members under the age of 18
 - Food Stamps - copy of verification

Overview of Legal Services

Monday, November 28, 2022

10am - 12pm 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. To schedule your 15 minute consultation call the office at 508-336-8772. **CAN ONLY DO MASSACHUSETTS.**

Nutritional Meals To Go

Tuesdays, Wednesdays & Thursdays

Bristol Elder Services provides 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 collected at the time of pickup. Pick up will be between 11am - 12pm. November'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.

Veterans Services

2nd Annual Seekonk Veterans Community Leaf Rake

What: A Community service event where we clean up yards for our Veterans and Seniors of Seekonk

When: Saturday, November 19th, from 9am-12pm Rain Date-> November 26th

Where: Seekonk Residents' homes

Who: Volunteer staff and students of Seekonk High School for our Veterans and Seniors of Seekonk

If you would like to have your home's yard be a part of this event, please contact VSO James LaFlame.

Phone: 508-336-2940 Email: jlaflame@seekonk-ma.gov



Seekonk's 2nd Annual Veterans' Day rolling parade

Date: Friday, November 11, 2022, Meet at 9:00am

The Seekonk Veterans Council would like to invite all Seekonk Veterans to participate in a rolling parade, a parade of cars, motorcycles and military vehicles on Veterans Day 2022, Friday, November 11th at 9am. The parade route starts at Briarwood Plaza and ends at the Seekonk Veterans Memorial Park. Kindly R.S.V.P. to my email or phone. This is a great opportunity for those in town to appreciate your service to the nation. The Veterans' Day ceremony takes place at the end of the parade.



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

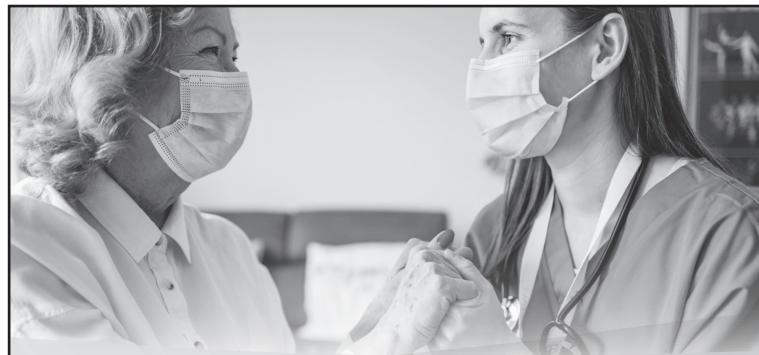
Office: 508-336-2940

Email: jlaflame@seekonk-ma.gov



November 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 | 1 9:00am - Zoom Drums Alive** 10:00am - Water Colors* 1:00pm - Sign Language 1:30pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia | 2 9:30am - Drums Alive** 11:00am - Belly Dancing** 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat | 3 9:00am - Zumba! 10:30am - Tai Chi** | 4 |
| 10:00am - Chair Yoga 1:00pm - Zoom BINGO! 1:00pm - Arts & Crafts* 1:00pm - Strength & Cardio** | 7 9:00am - Zoom Drums Alive** 10:00am - Water Colors* 10:00am - Sign Language 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia | 8 9:30am - Drums Alive** 11:30am - Veteran's Celebration 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat | 9 10:00am - Chair Yoga 10 10:00am - Chair Yoga 1:00pm - BINGO! | |
| 10:00am - Chair Yoga 1:00pm - Zoom BINGO! 1:00pm - Arts & Crafts* 1:00pm - Strength & Cardio** | 14 9:00am - Zoom Drums Alive** 10:00am - Water Colors* 10:00am - Sign Language 11:30am - Friendsgiving 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia | 15 9:00am - Blood Pressure Clinic 9:30am - Drums Alive** 10:00am - Podiatry Clinic 11:30am - Constituent Services 11:30am - WOMEN's LUNCH 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat | 16 10:00am - Chair Yoga 17 10:00am - Chair Yoga 1:00pm - BINGO! | 18 9:00am - Zumba! |
| 10:00am - Chair Yoga 1:00pm - Zoom BINGO! 1:00pm - Arts & Crafts* 1:00pm - Strength & Cardio** | 21 9:00am - Zoom Drums Alive** 10:00am - Water Colors* 10:00am - Sign Language 11:00am - TRIAD 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia 2:00pm - Let's Learn Together! | 22 9:30am - Drums Alive** 23 Closing at Noon Today | 24  We Are Closed Today  | 25 *NO "TAI CHI" - TODAY |
| 10:00am - Chair Yoga 1:00pm - Zoom BINGO! 1:00pm - Arts & Crafts* 1:00pm - Strength & Cardio** | 28 9:00am - Zoom Drums Alive** 10:00am - Water Colors* 10:00am - Sign Language 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia | 29 9:30am - Drums Alive** 11:00am - Belly Dancing** 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat | 30 We ask that everyone please preregister for all activities. This will ensure we have proper seating available. | *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 |



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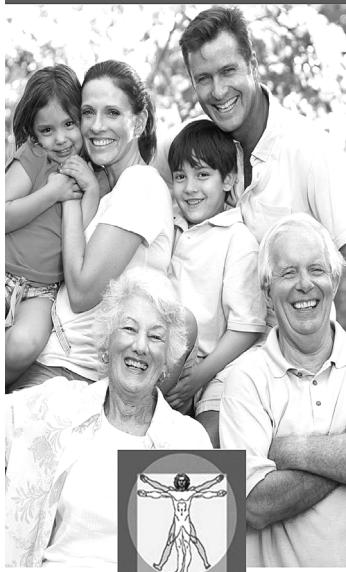
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East Providence, Rhode Island 02914

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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Thank you!

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



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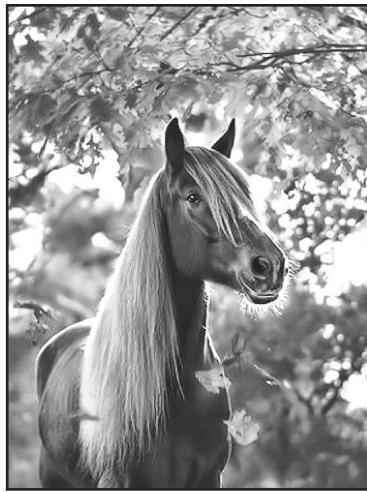
Law Office of Luke P. Travis
Estate Planning

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

PO. BOX 3288
10 NORTH MAIN ST.
FALL RIVER, MA 02322-3288



SEEKONK POLICE
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Seekonk Town Crier
for your support of
our newsletter*



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www.bearmountainhc.com



**To be a sponsor
in the next
Seekonk Town Crier
Newsletter!
Please contact Tom Reily
508-336-6633 x 337**

Newport Playhouse - \$95.00

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! **You need to come to the Seekonk Human Services to sign-up and FULL payment is due at that time.**

Future Activity

Holiday Bells

Wednesday, December 7, 2022 @ 11:30am

Join us to celebrate the holidays! The Southcoast Ringers will be here on Wednesday, December 8, 2021 at 11:30am. Refreshments will be served.

Community Education

Wednesday, December 14, 2021 @ 11:30am

On December 14th at 11:30am, we will have Chris from the Treasurer's office and Lydia from the Assessors' Office. They will discuss what their offices do and will be able to answer any questions that anyone may have.

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

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 packet from your plan by the end of September. It is important to **understand and save** this information: it explains the changes in your plan for 2023. 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. SHINE Counselors help you understand *your* plan changes as well as *other options* you may have. Open Enrollment runs from **October 15 through December 7!**

***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.**

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

Human Services Council

Chairperson

Michelle Hines

Vice Chairperson

Maria Duarte

Irene Andrews

Cheryl Camara

Beverly Della Grotta

Keith Perry

Josephine Veaider

Council meets fourth Monday of the month

@ 3:15pm at

**Seekonk Human Services
Conference Room**