



SEEKONK HUMAN SERVICES

Town Office



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

October 2022

Close for Columbus Day Monday, October 10, 2022

Community Education

Wednesday, October 12, 2022 @ 11:30am

Director Donna Wunschel is from the Town's Communication Department. Donna will discuss how the communication department works in Seekonk. Pastry and coffee will be served. Preregistration is required by calling our office at 508-336-8772.

Halloween Party

Music by Steve Burke

Wednesday, October 19, 2022 @ 11:30am

Beware it's a ghostly affair, attend if you dare! Join us for an afternoon of entertainment, food and fun. Steve Burke, RI musician is a one man band that plays the keyboard, sax, smooth jazz vocals and dances. Come enjoy music from Sinatra to Santana. Wear your best costume for a chance to win a prize! Lunch will served and will be Chicken Salad Sandwiches, Potato Salad and Chips. Cost: Seekonk Residents FREE and Non-Residents \$3.00. Preregistration is required by calling our office at 508-336-8772.

Massachusetts SMP (Senior Medicare Patrol)

Wednesday, October 26, 2022 @ 11:30am

Come meet Maria Pimentel, a representative of Massachusetts SMP Program. And participate in a discussion on how to prevent, detect, and report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generations. This workshop will provide you with the tools to become a more informed and engaged health care consumer, including the importance of protecting your Medicare number. Although new Medicare cards have random numbers and no longer Social Security numbers, you still need to be vigilant and protect yourself from becoming victim. Preregistration is required by calling our office 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

Arts & Crafts
Mondays in October 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.**

- October 3 - Pumpkin
- October 17 - Mason Jar
- October 24 - Wood Décor
- October 31 - Holiday Balls

Podiatry Clinic
Wednesday, October 12, 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, October 19, 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, October 25, 2022 at 2:00pm
"Getting Started with Windows Laptops & Google Chromebooks"

**This session is for novice users of Windows Laptops & Google Chromebook and are afraid to really use it? Join Librarian Michelle Gario in this 90 minute session to review the basic information to get started that should have been in a manual! Bring your own Windows Laptops & Google Chromebook; Please make sure your device is fully charged. Contact the Seekonk Human Services to preregister for this at: 508-336-8772.



Women's Lunch at 11:30am
Wednesday, October 19, 2022
at Toti's, 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.

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.



Newport Playhouse
Tuesday, December 13, 2022
10:00am - 5:30pm

PLAY IS: "A Christmas for Carol"
Cost: \$95.00 for the Play, the Buffet,

Transportation & Gratuity for the Driver

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!

Email List

Join our email list! Things are changing so 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 other virtual programming you may like.

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.

Pitch (Hi-Lo-Jack) Tuesdays at 1:00pm

Join our Pitch (Hi-Lo-Jack) game at Seekonk Human Services. If you are interested in playing please call the office at 508-336-8772 to preregister.

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. Payment is \$2.25 per meal which will be due at the time of pickup. Pick up will be between 11am - 12pm. October'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 Vincenzo 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.

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.

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.

ATTORNEY: OVERVIEW OF LEGAL SERVICES

Elizabeth Elmasian will be available for phone consults to discuss the following topics.

1. Power of Attorney - A description of the legal document, what it consists of and when such a document is necessary.
2. The explanation and description of a Health Care Proxy and Living Will; the difference between both documents and which is recognized in Massachusetts
3. A brief overview, purpose and need for a Will. Explanation of intestacy laws without a will

***Please call to set up your phone appointment 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.

* 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.



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



October 2022 Calendar


MONDAY

TUESDAY

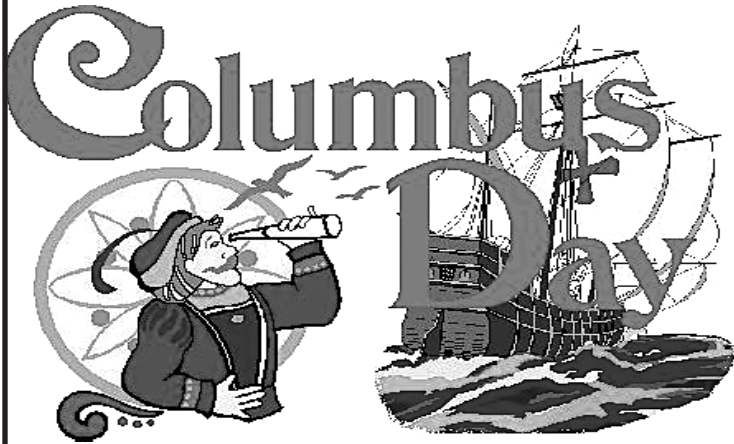
WEDNESDAY

THURSDAY

FRIDAY

<p>10:00am - Chair Yoga 11:00am - Bocce 12:00pm - Knitting 1:00pm - Zoom BINGO! 1:00pm - Arts & Crafts* 1:00pm - Strength & Cardio**</p>	<p>9:00am - Zoom Drums Alive** 10:00am - Water Colors* 10:00am - Sign Language 11:00am - Horseshoes 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia</p>	<p>9:30am - Drums Alive** 11:00am - Belly Dancing** 11:00am - Cornhole 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat</p>	<p>10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Cribbage</p>	<p>9:30am - Dancing with Mary Anne 10:30am - Tai Chi**</p>
<p> 10:00am - Chair Yoga 11:00am - Bocce 12:00pm - Knitting 1:00pm - Zoom BINGO! 1:00pm - Arts & Crafts* 1:00pm - Strength & Cardio**</p>	<p>9:00am - Zoom Drums Alive** 10:00am - Water Colors* 10:00am - Sign Language 11:00am - Horseshoes 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia</p>	<p>9:30am - Drums Alive** 10:00am - Podiatry Clinic 11:00am - Cornhole 11:30am - Community Education 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat</p>	<p>10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Cribbage</p>	<p>9:30am - Dancing with Mary Anne 10:30 - Tai Chi**</p>
<p>10:00am - Chair Yoga 11:00am - Bocce 12:00pm - Knitting 1:00pm - Zoom BINGO! 1:00pm - Arts & Crafts* 1:00pm - Strength & Cardio**</p>	<p>9:00am - Zoom Drums Alive** 10:00am - Water Colors* 10:00am - Sign Language 11:00am - Horseshoes 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia</p>	<p>9:00am - Blood Pressure Clinic 9:30am - Drums Alive** 11:00am - Cornhole 11:30am - Halloween Party 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat</p>	<p>10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Cribbage</p>	<p>9:30am - Dancing with Mary Anne 10:30am - Tai Chi**</p>
<p>10:00am - Chair Yoga 11:00am - Bocce 12:00pm - Knitting 1:00pm - Zoom BINGO! 1:00pm - Arts & Crafts* 1:00pm - Strength & Cardio**</p>	<p>9:00am - Zoom Drums Alive** 10:00am - Water Colors* 10:00am - Sign Language 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia 2:00pm - Let's Learn Together!</p>	<p>9:30am - Drums Alive** 11:30am - Medicare Fraud 11:30am - Women's Lunch 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat</p>	<p>10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Cribbage</p>	<p>9:30am - Dancing with Mary Anne 10:30am - Tai Chi**</p>
<p>10:00am - Chair Yoga 11:00am - Bocce 12:00pm - Knitting 1:00pm - Zoom BINGO! 1:00pm - Arts & Crafts* 1:00pm - Strength & Cardio**</p>	<p>Office Hours: Mon, Tues, Thurs 8:30am - 4:30pm Wednesday 8:30am - 5:30pm Friday 8:30am - 12pm</p> <p>For information on activities please call 508-336-8772</p>	<p>We ask that everyone please preregister for all activities. This will ensure we have proper seating available.</p>	<p>*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</p>	

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

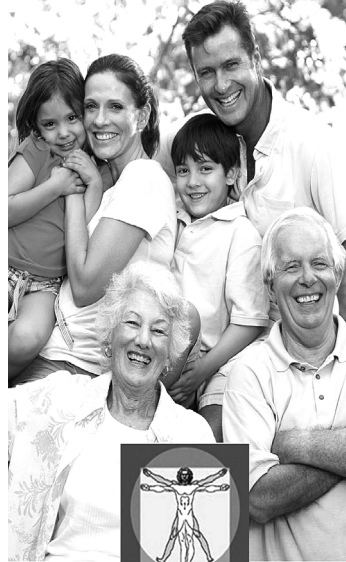


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- ✔ Increase your flexibility
- ✔ Improve your health
- ✔ Get you back in the game



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

SEEKONK POLICE

MASS C.O.P. Local #215 F.O.P. Lodge #5
Taunton Avenue P.O. Box 353
Seekonk, Massachusetts 02771



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HopeHealth Community VNA
10 Emory Street, Attleboro, MA 02703
(508) 222-0118
HopeHealthCo.org/HomeHealthMA

Home Health Care | Alzheimer's Care | Elder Dental Program

Thank you!

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



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Country Gardens Health & Rehabilitation Center
2045 G A R Hwy • Swansea, MA
Phone: 508-379-9700
www.bearmountainhc.com



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

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

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. Pre-registration is required, Seekonk residents may sign up right away and nonresidents may sign up starting October 17 by calling our office at 508-336-8772.

Future Special Activity

**Constituent Services Representative
Stephanie Gray**

Wednesday, November 16, 2022 @ 11:30am

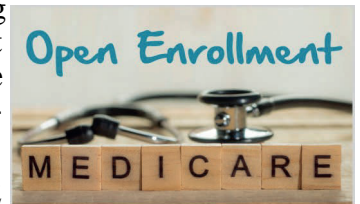
Stephanie Gray, Constituent Services Representative from the Office of Congressman Auchincloss, will be here from 11:30am - 1:30pm. You can bring your concerns and/or casework requests relating to any federal agency, including Social Security, Medicare/Medicaid, Veteran's Affairs, Housing, Health and Human Services, 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.

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

Beverly Della Grotta

Irene Andrews

Cheryl Camara

Maria Duarte

Keith Perry

Josephine Veader

Council meets fourth Monday of the month

@ 3:15pm at

**Seekonk Human Services
Conference Room**