



SEEKONK HUMAN SERVICES

Union Crrier



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

July 2021



**The office will be closed on
Monday, July 5, 2021**

BINGO! IS BACK

Starting on Thursday , July 1, 2021 @ 1:00pm

We will start letting people in the room at 12:30pm. Limiting seating is available, pre-registration is required. We will not be offering pasty or coffee at this current time. Thank you for your understanding. Please call 508-336-8772 to register.

Beatles Multi-Media Event

Tuesday, July 13, 202 @ 1:00pm

Fran Hart, founding member of the Beatles Tribute Band 4EverFab. This performance combines live music with a multi-media presentation to explore, not only music of The Beatles, but the influence they exerted in every area of the cultural landscape. There is no cost for this activity. Pre-registration is required for this event. Please sign up by calling 508-336-8772. *Funded by the Seekonk Cultural Council

South Pacific

Wednesday, July 28, 2021 @ 11:00am

When Rodgers and Hammerstein's South Pacific premiered on Broadway in 1949, it instantly became - and remains - one of the world's most beloved musicals. Many of its songs, including Bali Hai, I'm Gonna Wash That Man Right Outa My Hair, There is Nothing Like a Dame, Younger Than Springtime and Some Enchanted Evening are classics. Join Phil Campbell as he walks us through both the musical and the movie, sharing anecdotes and back-stories, all the while playing a digitally re-mastered CD and bringing South Pacific and its classic songs to life! There is no cost. Pre-registration is required for this event. Please sign up by calling 508-336-8772.

Email Scams

Let's say you get an email about a charge to your credit card for something you aren't expecting or don't want. Your first instinct may be to immediately call the company or respond to the email and to stop the payment. Scammers know that and are taking advantage of it in a new phishing scheme.

If you get an email or text you're not sure about:

- Don't click on any links.
- Don't use the number in the email or text. If you want to call the company that supposedly sent the message, look up their phone number online.

Remember:

- Never give your password to a stranger on the phone, even if they claim to be from a company you recognize.
- If you did give out your password, change it right away, update your computer's security software, run a scan, and delete anything it identifies as a problem.
- Make your passwords long, strong, and complex.
- Don't give your bank account, credit card, or personal information over the phone to someone who contacts you out of the blue.

Did you know we have a Facebook page? Our newsletter can be found on our Facebook page as well as pictures of activities and upcoming activities! Be sure to follow us, by www.facebook.com/seekonkhumanservices or by searching **Seekonk Human Services**. Help us spread the word!



July Happenings

Arts & Crafts* Mondays in July 1:00pm

Preregistration is required for this class. The cost for this class is \$5 for Seekonk residents and \$7 for Non-Seekonk residents.

- ◇ July 12 - Canvas Art
- ◇ July 19 - Clay Pot Painting
- ◇ July 26 - Birdhouse Painting

Podiatry Clinic* Wednesday, July 14, 2021 10am - 2pm

Dr. Lechan will provide monthly Podiatry Clinics. Appointments are 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.

Hearing Clinic Tuesday, July 20, 2021 2:00pm - 3:00pm

Preregistration is required for this clinic. Chris Brissette from Mass Audiology will be here for the Hearing Clinic from 2:00pm - 3:00pm.

Blood Pressure & Glucose Clinic Wednesday, July 21, 2021 9:00am - 11:00am

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

Drums Alive



Wednesdays starting **July 7th at 9:30am** - Join us for a fun and invigorating new program called Drums Alive with instructor Kelly Sipe. The Drums Alive program will help improve mental awareness, chase away negative thoughts, and promote overall good feeling. Come by and join the fun! Space is limited, and advanced registration is required. Please call 508-336-8772 to reserve your spot! The month of July will be FREE! Starting in August, Seekonk residents will pay \$2 per class and non-residents will pay \$3 per class.

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.

2021 Medicare Premiums

Part A Premium

Individuals who did not work 40 credits will pay a monthly Part A premium based on the amount of credits they worked.

0-29 credits \$471/ month **30-39 credits** \$259/ month

Part B Premium

The monthly standard Medicare Part B premium in 2020 for Medicare beneficiaries will be \$148.50. It may be a little less for those protected under the hold harmless provision.

The Part B premium a beneficiary pays each month is based on his or her annual income. Specifically, if a beneficiary's "modified adjusted gross income" (MAGI) is greater than the legislated threshold amounts the beneficiary is responsible for a larger portion of the estimated total cost of Part B benefits. This larger portion is called IRMAA (Income Related Monthly Adjustment Amount). The Affordable Care Act requires Part D enrollees whose incomes exceed the same thresholds pay a monthly adjustment amount. The monthly Part D adjustment will be taken out of a beneficiary's Social Security check and paid to Medicare. These enrollees will pay the regular plan premium to their Part D plan. Social Security will inform beneficiaries of their adjustment. Appeals procedures will be included.

The 2021 Part B monthly premium and Part D adjustment amount are based on one's 2020 tax return.

If you need help on any aspect of your health insurance, SHINE offers free counseling. Call Seekonk Human Services and ask for a SHINE counselor..

No-Bake Peanut Butter Treats Ingredients

1/3 cup of chunky peanut butter
1/4 cup of honey
1/2 teaspoon of vanilla extract
1/3 cup of nonfat dry milk powder
1/3 cup of quick-cooking oats
2 tablespoons of graham cracker crumbs



Directions

In a small bowl, combine the peanut butter, honey and vanilla. Stir in the milk powder, oats and graham cracker crumbs. Shape into 1 inch balls. Cover and refrigerate until serving.

Nutrition Facts 1 each: 70 CAL, 3g fat, 1mg CHOL, 46mg sodium, 9g CARBS, 3g protein

NUTRITIONAL MEALS TO GO

Tuesdays & Wednesdays

Seekonk Human Services will be working with Bristol Elder Services to provide nutritional meals for lunch on Tuesdays and Wednesdays 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. If you are unable to pick up at that time or are experiencing financial hardship please reach out to the office to speak with the Outreach Department. July's menu will be available to the right, our Facebook Page, and by calling our office at 508-336-8772.

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.**


FILE OF LIFE

File of Life folders are available at the Center. Keep it on your refrigerator or car to alert emergency responders of your medical information during an emergency. During those times of stress, it is difficult to remember medications and dosages. These files could save your life or the life of a loved one. Pick up yours, fill it out and place it on your refrigerator or car —call to pick one up!

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.

July 2021	
TUESDAY	WEDNESDAY
	Milk: 110 Calories 125mg Sodium, 12g Carb Margarine: 36 Calories 47mg Sodium 0gm Carb 
6 Turkey a La King 215 Penne Pasta 1 Mixed Vegetables 41 Dinner Roll 210 Mandarin Oranges 6	7 Shepherd's Pie 271 California Blend 27 Oatmeal Roll 121 Pears 4
Calories: 656 Fat: 20% Sodium: 644mg Carb: 83g	Calories: 719 Fat: 29% Sodium: 595mg Carb: 93g
13 White Fish 294 Tarter Sauce 261 O'Brian Potatoes 117 Brussels Sprouts 12 Wheat Bread 115 Peaches 5	14 Pork Lo Mein 254 Brown Rice 36 Asian Blend Veg 24 Oatmeal Roll 121 Mixed Berries 10
Calories: 669 Fat: 41% Sodium: 975mg Carb: 77g	Calories: 808 Fat: 27% Sodium: 686mg Carb: 110g
20 American Chop Suey 211 Peas & Mushrooms 133 Scali Bread 310 Mandarin Oranges 6	21 Turkey Stew 587 w/ Vegetables Mashed Potatoes 52 WW Roll 160 Pears 4
Calories: 676 Fat: 22% Sodium: 832mg Carb: 93g	Calories: 470 Fat: 20% Sodium: 803mg Carb: 73g
27 Shrimp 88 Rice Florentine 112 California Blend Veg 27 Potato Bread 120 Fruit Applesauce 20	28 BBQ Pulled 297 Turkey Au Gratin Potatoes 154 Chuck Wagon Blend 2 Hamburger Roll 230 Peaches 5
Calories: 479 Fat: 21% Sodium: 801mg Carb: 61g	Calories: 668 Fat: 26% Sodium: 860mg Carb: 94g

Seekonk Veterans Services

US Flag Code

Independence Day is just around the corner, so I thought I would take the opportunity to highlight some US Flag Code. This establishes the etiquette applied for all things pertaining to the U.S. flag.



- ♦ The flag should never be dipped to any person or thing.
- ♦ The flag should never be displayed with the union (the starred blue canton) down, except as a signal of dire distress in instances of extreme danger to life or property.
- ♦ The flag should not be used as "wearing apparel, bedding, or drapery", or for covering a speaker's desk, draping a platform, or for any decoration in general (exception for coffins).
- ♦ The flag should not be used as part of a costume or athletic uniform, except that a flag patch may be used on the uniform of military personnel, firefighters, police officers, and members of patriotic organizations.
- ♦ Flag lapel pins may also be worn (they are considered replicas) and are worn near the heart.
- ♦ The flag should never be stepped on.
- ♦ The flag should not be draped over the hood, top, sides, or back of a vehicle, railroad train, or boat.
- ♦ When the flag is lowered, no part of it should touch the ground or any other object.
- ♦ The flag should be cleaned and mended when necessary.
- ♦ When a flag is so tattered that it can no longer serve as a symbol of the United States, it should be destroyed in a dignified manner, preferably by burning. The American Legion, Boy Scouts of America, Girl Scouts of the USA and other organizations. Regularly conduct dignified flag-burning ceremonies, often on Flag Day, June 14.

Displaying the flag outdoors:

- ♦ When flown with flags of states, communities or societies on separate flag poles which are of the same height and in a straight line, the flag of the United States is always placed in the position of honor - to its own right. The other flags may be the same size but none may be larger.
- ♦ No other flag should be placed above it. The flag of the United States is always the first flag raised and the last to be lowered.
- ♦ It should be illuminated if displayed at night.

Displaying the flag indoors:

- ♦ The flag of the United States of America should be at the center and at the highest point of the group when a number of flags of states, localities, or societies are grouped for display.
- ♦ When one flag is used with the flag of the United States of America and the staffs are crossed, the flag of the United States is placed on its own right with its staff in front of the other flag.
- ♦ When displaying the flag against a wall, vertically or horizontally, the flag's union (stars) should be at the top, to the flag's own right, and to the observer's left.

US Flag Code

Pledge of Allegiance and national anthem

- ♦ The Pledge of Allegiance all present except those in uniform should stand at attention facing the flag with the right hand over the heart;
- ♦ When the national anthem is played or sung;

*** NOTE: 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 not assume any legal or other responsibility for advice of services rendered by such volunteers or nominal cost practitioners.**

July 2021 Calendar

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
*Arts & Crafts Residents \$5/Non-Residents \$7		Office Hours: Mon, Tues, Thur 8:30am - 4:30pm Wednesday 8:30am - 5:30pm Friday 8:30am - 12:00pm		We ask that everyone please pre-register for all activities. This will help ensure we have proper seating available.		1		2	
Activities subject to change without notice						1:00pm - BINGO 1:00pm - Cribbage		9:30am - Zumba 10:30am - Tai Chi	
		5		6		7		8	
		1:00pm - Cards (Hi-Lo Jack) 1:30pm - Zoom Trivia		9:30am - Drums Alive 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat		9:30am - Mens Breakfast Toti's, Seekonk 1:00pm - BINGO 1:00pm - Cribbage		9:30am - Zumba 10:30am - Tai Chi	
		12		13		14		15	
10:00am - Chair Yoga 1:00pm - Arts & Crafts* Canvas Art 1:00pm - Zoom BINGO		1:00pm - Cards (Hi-Lo Jack) 1:00pm - Beatles Multi-Media Event 1:30pm - Zoom Trivia		9:30am - Drums Alive 10:00am - Podiatry Clinic 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat		10:00am - Womens Brunch Newport Creamery, Seekonk 10:00am - Chair Yoga 1:00pm - BINGO 1:00pm - Cribbage		9:30am - Zumba 10:30am - Tai Chi	
		19		20		21		22	
10:00am - Chair Yoga 1:00pm - Arts & Crafts* Clay Pot Painting 1:00pm - Zoom BINGO		1:00pm - Cards (Hi-Lo Jack) 1:30pm - Zoom Trivia 2:00pm - Hearing Clinic		9:30am -Drums Alive 9:00am - Blood Pressure Clinic Done by Seekonk Fire Dept. 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat		10:00am - Chair Yoga 1:00pm - BINGO 1:00pm - Cribbage		9:30am - Zumba 10:30am - Tai Chi	
		26		27		28		29	
10:00am - Chair Yoga 1:00pm - Arts & Crafts* Birdhouse Painting 1:00pm - Zoom BINGO		1:00pm - Cards (Hi-Lo Jack) 1:30pm - Zoom Trivia		9:30am - Drums Alive 11:00am - South Pacific Walk Through 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat		10:00am - Chair Yoga 1:00pm - BINGO 1:00pm - Cribbage		9:30am - Zumba 10:30am - Tai Chi	
								30	

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(508) 689-4124

Michael Nogueira, Hearing
Instrument Specialist Lic. #471

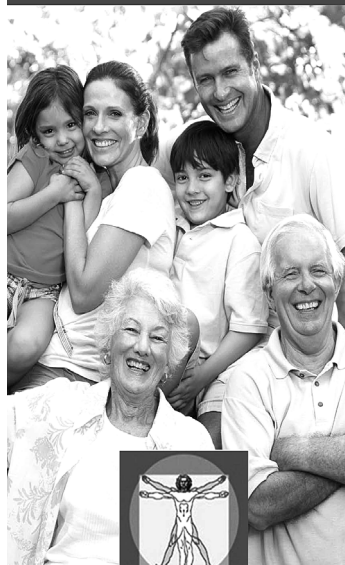
425 East Washington St.,
Suite 3
North Attleboro, MA 02760
(508) 409-6686

Christopher Brissette, Hearing
Instrument Specialist Lic. #235

WHEN CALLING, PLEASE MENTION CODE AG60-1

*See office for complete details.

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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
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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



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
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Seekonk, Massachusetts 02771

Fireworks are Scary!



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This 4th of July!**



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the next**

**Seekonk Town
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Please contact

Tom Reily

508-336-6633 x 337



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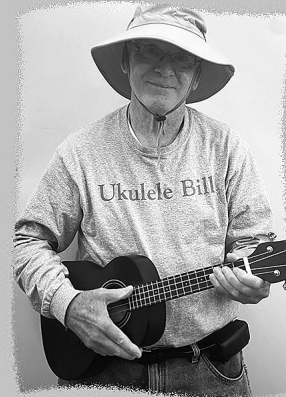
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in the next
Seekonk Town Crier
Newsletter!**

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

The flag in mourning:

- ♦ On Memorial Day, the flag is displayed at half-staff until noon and at full staff from noon to sunset.
- ♦ The flag is to be flown at half-staff in mourning for the death of designated, principal government leaders.
- ♦ The flag is to be flown at half-staff for thirty days in mourning for the death of the current or former President of the United States.
- ♦ The U.S. flag is otherwise flown at half-staff (or half-mast, on ships) when directed by the President of the United States or a state governor.
- ♦ The U.S. Flag is to be flown half staff on Patriot Day (Sept. 11)

Please contact me with any questions you may have pertaining to US Flag Code.

James LaFlame

Seekonk Veterans Services Officer

Office 508-336-2940

Email: jlaflame@seekonk-ma.gov

Please contact me with any questions you may have pertaining to US Flag Code.



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.

The center is open Monday, Tuesday, Thursday 8:30am to 4:30pm, Wednesday 8:30am—5:30pm and Friday 8:30am to 12:00pm. Come and enjoy the activities and companionship at your center.

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

Outreach Worker

Veronica Brickley, LPN LSWA

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

Anne Libby

Keith Perry

Josephine Veader

Council meets fourth Monday of the month

@ 3:15pm at

Seekonk Human Services

Large community room