

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 2022

CLOSED FOR 4TH OF JULY HOLIDAY MONDAY, JULY 4, 2022

Cribbage

Thursdays @ 1:00pm



Seekonk Human Services would like those of you who love to play Cribbage to come back to our center and enjoy playing again. If you have never been here to play, there is no better time to start. Everyone is more than welcomed to come. Those of you who want to play, please call us to let us know if you are interested in playing Cribbage at 508-336-8772.

Massachusetts SMP (Senior Medicare Patrol)

Wednesday, July 13, 2022 @ 11:30am

Come meet **Maria Pimentel**, a representative of **Massachusetts SMP Program**. 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 free information 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 to deceptive marketing and medical identity theft. To reserve your seat, preregistration is required by calling our office at 508-336-8772. If you cannot attend this workshop but have questions about questionable healthcare bills, Medicare Summary Notices, or other health insurance explanation of benefits statements, please call the MA SMP Program office at 1-800-892-0890.



TRIAD - K-9s Trained To Detect COVID-19

Tuesday, July 26, 2022 @ 11:00am

In July 2021, The Bristol County Sheriff's office in Massachusetts announced they will be the first law enforcement with K-9s trained to detect COVID-19. The law enforcement agency had a small graduation ceremony they held for the K-9s. The two dogs are being partnered with members of the Bristol County law enforcement team to detect COVID-19 in public areas. Huntah is about 1 year and 8 month-old Black Labrador, and Duke, is about 1 year and 8 month-old Golden Labrador/Retriever mix, they were trained at Florida International University's International Forensic Research Institute. The dogs can detect the COVID odor on a counter or table if it was recently touched by a COVID-positive individual, or even detect the odor on a tissue used by someone with COVID. The dogs were trained using masks worn by COVID-19-positive individuals. The masks were burned by UV light to destroy the actual virus. To reserve your seat, preregistration is required by calling our office at 508-336-8772.



New Outdoor Activities

Bocce, Horseshoes & Cornhole at 11:00am

All these activities will be played at 11:00am. Bocce will be on Mondays. Horseshoes will be on Tuesdays. Cornhole will be on Wednesdays. Everyone is welcomed to play these games. Preregistration is required by calling our office at 508-336-8772. Outdoor activities will be played outdoors only. Activities are weather dependent.

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. All classes have limited availability. ****Crafts are subject to change.**

July 11 - Seahorse
July 18 - Canvas Bag
July 25 - White Flower Wreath

Podiatry Clinic
Wednesday, July 13, 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 copays.

Blood Pressure & Glucose Clinic
Wednesday, July 20, 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, July 26, 2022 at 2:00pm
"Using Apple Photos, Android Gallery and Google Photos Apps"

Photo gallery apps have powerful tools for helping you sort through the images on your phone or tablet. Join Librarian Michelle Gario in this 90 minute session to review some of the features in these apps. 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.

Future Special Activities
Rondae - "Hip Hop Exercise" is here again on, August 10, 2022, at 11:30am with Rondae. *Sponsored by the Seekonk Cultural Council.

Coffee with the Sheriff - On August 17, 2022 at 11:30am, grab some coffee and learn how the Bristol County Sheriff's office is helping seniors. Sheriff Thomas Hodgson and the Sheriff's Office programs team will talk about some of their free Senior Safety Programs.

If you are interested in these activities, our space is limited, so please preregister, by calling 508-336-8772.



Best Ever Meatloaf

Prep time 10 minutes, Total Time: 1 Hour 40 minutes, Serving Size: 8.

Ingredients: 2 pounds ground beef, 1 can (10 3/4 ounces) Campbell's® Condensed Tomato Soup **or** Tomato Soup, 1 envelope (about 1 ounce) dry onion recipe soup & dip mix, 1/2 cup plain dry bread crumbs, 1 egg, beaten, 1/4 cup water.

Instructions: **Step 1** Heat the oven to 350°F. While the oven is heating, season the beef with salt and black pepper. Thoroughly mix the beef, 1/2 cup tomato soup, onion soup mix, bread crumbs and egg in a large bowl. Place the mixture into a 13x9x2-inch baking pan and firmly shape into an 8x4-inch loaf. **Step 2** Bake for 1 hour 15 minutes or until the meatloaf is done. Reserve 2 Tbsp. pan drippings. Let the meatloaf stand for 10 minutes before slicing. **Step 3** Stir the reserved pan drippings, remaining tomato soup and water in a 1-quart saucepan and cook over medium heat until hot. Serve the gravy with the meatloaf. **Cal. 382, Total Fat 20g, Sat. Fat 7.7g, Cholesterol 124mg, Sodium 609mg, Total Carb. 13g, Dietary Fiber 1g, Sugar 4g, Added Sugar 2g, Protein 33g, Vitamin D 1% DV, Calcium 4% DV, Iron 16% DV, Potassium 14% DV**

***This nutritional information refers to each serving of the entire recipe and not just the products used as ingredients**

Women's Breakfast

We meet every 3rd Thursday of the month at 10am 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 the office at 508-336-8772.

These are the restaurants for the next two months:

July 21, 2022 - IHOP in East Providence

August 18, 2022 - Vino's in Rehoboth

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 programing 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

Seekonk Human Services is 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 \$2.50 per meal which will be due at the time of pickup. Pick up will be between 11am - 12pm. July'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.

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.

Seekonk Veterans Services

Veterans Definition Regarding Benefits

I thought I would do a quick overview of the definition of a veteran, since not all those who served are eligible for certain benefits. Active service is the most important factor. Many former service members served in the National Guard or Reserves and didn't have the necessary active service time (active time other than for training purposes) to qualify for veteran's benefits.

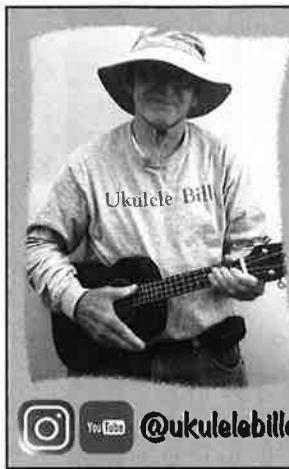
To be eligible for veterans' benefits, one must be a "veteran" or a dependent of a "veteran" under M.G.L. c. 4, sec. 7, cl. 43rd as amended by the Acts of 2005, ch. 130. See below for service requirements and exceptions.

Era of Service	Dates	Requirement for Veteran Status
WWI	6-Apr-1917 11-Nov-1918	90 days of active duty service, one (1) day during "wartime" and a last discharge or release under honorable conditions.
PEACETIME	12-Nov-1918 15-Sep-1940	180 days of regular active duty service and a last discharge or release under honorable conditions.
WWII (Merchant Marine: 7-Dec-1941 through 31-Dec-1946)	16-Sep-1940 25-Jul-1947	90 days of active duty service, one (1) day during "wartime" and a last discharge or release under honorable conditions.
PEACETIME	26-Jul-1947 24-Jun-1950	180 days of regular active duty service and a last discharge or release under honorable conditions.
KOREA	25-Jun-1950 31-Jan-1955	90 days of active duty service, one (1) day during "wartime" and a last discharge or release under honorable conditions.
Korean Defense Service Medal	28-Jul-1954 (to be determined later)	90 days of active duty service, last discharge under honorable conditions and the Korean Defense Service Medal.
VIETNAM I	1-Feb-1955 4-Aug-1964	180 days of regular active duty service and a last discharge or release under honorable conditions.
VIETNAM II	5-Aug-1964 7-May-1975	90 days of active duty service, one (1) day during "wartime" and a last discharge or release under honorable conditions.
PEACETIME	8-May-1975 1-Aug-1990	180 days of regular active duty service and a last discharge or release under honorable conditions.

Continued on Next Page

July 2022 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Limited space available. All programs and activities 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	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 outdoor activities are weather dependent.	9:30am - Zumba ** 10:30am - Tai Chi** 8
				
10:00am - Chair Yoga 11:00am - Bocce 12:00pm - Knitting 1:00pm - Zoom BINGO! 1:00pm - Arts & Crafts*	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	9:30am - Drums Alive** 11:00am - Belly Dancing** 11:00am - Cornhole 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat	6 10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Cribbage	7 9:30am - Zumba ** 10:30am - Tai Chi** 8
11	12	13	14	15
10:00am - Water Colors* 10:00am - Sign Language 11:00am - Horseshoes 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia	10:00am - Podiatry Clinic 11:00am - Cornhole 11:30am - Massachusetts SMP Program 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat	10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Cribbage	10:00am - Chair Yoga 10:30am - Tai Chi** 10:30am - Tai Chi** 15	
18	19	20	21	22
10:00am - Chair Yoga 11:00am - Bocce 12:00pm - Knitting 1:00pm - Zoom BINGO! 1:00pm - Arts & Crafts*	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	9:00am - Blood Pressure Clinic 9:30am - Drums Alive** 11:00am - Belly Dancing** 11:00am - Cornhole 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat	10:00am - Chair Yoga 10am: Women's Breakfast IHOP - East Providence 1:00pm - BINGO!	9:30am - Zumba* 10:30am - Tai Chi** 22
25	26	27	28	29
10:00am - Chair Yoga 11:00am - Bocce 12:00pm - Knitting 1:00pm - Zoom BINGO! 1:00pm - Arts & Crafts*	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 10:00am - Sign Language 11:00am - K-9 COVID Dogs 11:00am - Horseshoes 1:00pm - Pitch (Hi-Lo Jack) 2:00pm - Let's Learn Together!	9:30am - Drums Alive** 11:00am - Belly Dancing** 11:00am - Cornhole 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** 29



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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

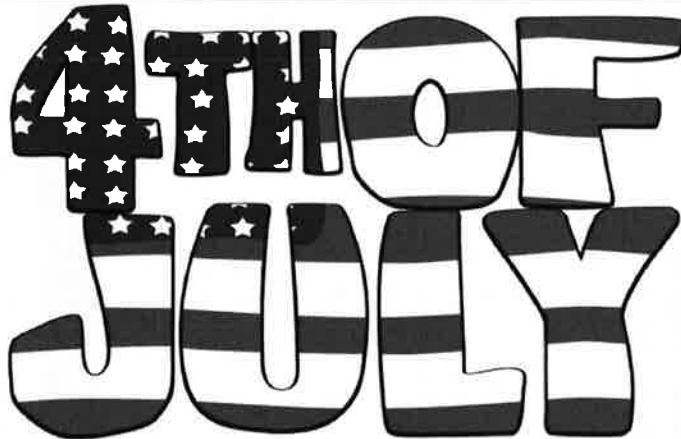
WARWICK

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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Thank you!

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



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WINGATE RESIDENCES
ON THE EAST SIDE
401-275-0682



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WingateHealthcare.com



Law Office of Luke P. Travis

Estate Planning

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

PO BOX 3288
10 NORTH MAIN ST.
FALL RIVER, MA 02122-3288



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

Fireworks are Scary!



Keep Your Pets Safe
This 4th of July!



ORCHARD VIEW MANOR

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Tel: 401-438-2250 Fax: 401-438-0635
athenanh.com/orchardviewmanor

Still right at home

Community VNA has officially joined the HopeHealth family of services!

We have a new name. But our deep commitment to providing high quality home health care to your community won't ever change.



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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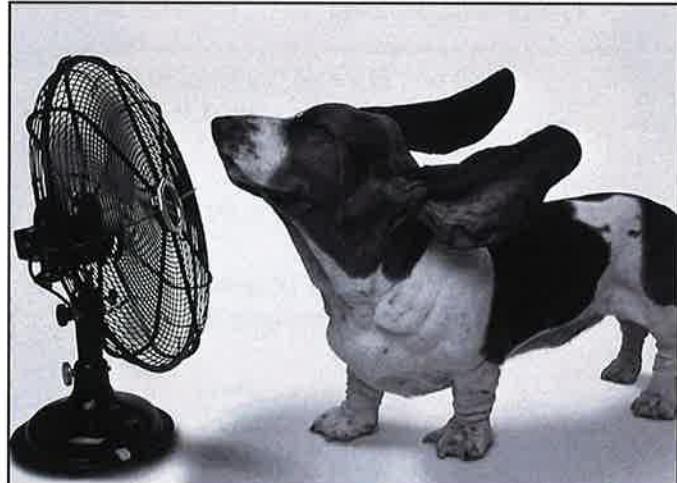
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www.bearmountainhc.com



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

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

Lebanon Campaign*	25-Aug-1982 (to be determined later)	90 days of active duty service, one (1) day during "wartime" and a last discharge or release under honorable conditions.
Grenada Campaign*	25-Oct-1983 15-Dec-1983	90 days of active duty service, one (1) day during "wartime" and a last discharge or release under honorable conditions.
Panama Campaign*	20-Dec-1989 31-Jan-1990	90 days of active duty service, one (1) day during "wartime" and a last discharge or release under honorable conditions.
PERSIAN GULF	2-Aug-1990 (to be determined later)	90 days of active duty service, one (1) day during "wartime" and a last discharge or release under honorable conditions.

For **GUARD MEMBERS** to qualify they must have 180 days and have been activated under Title 10 of the U.S. Code -OR- Members who were activated under Title 10 or Title 32 of the U.S. Code or Massachusetts General Laws, chapter 33, sections 38, 40, and 41 must have 90 days, at least one of which was during wartime, per the above chart.

For **RESERVISTS** to qualify, they must have been called to regular active duty, at which point their eligibility can be determined by the above chart.

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

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

Keith Perry

Josephine Veder

Council meets fourth Monday of the month

@ 3:15pm at

**Seekonk Human Services
Conference Room**