



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

March 2022

FITNESS CLASS FEES

There is a \$2.00 charge for Non-Seekonk Residents for the all instructor paid classes (Strength & Cardio, Drums Alive, Zumba, and Tai Chi). All Seekonk residents will be free of charge. Fees are subject to change.

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.

MARCH GATHERING Wednesday, March 16, 2022 at 11:30am

Tony Capriccio will be here to perform for the March Gathering celebration. Tony Capriccio will be performing various songs from jazz (or BAM as it's coming to be known) and beyond, Carine and Tony maintain an enticing conversation between vocals and piano. Carine, a loving mother, grew up in New York and comes from a musical family and has been entertaining the northeast and beyond her whole life. Tony, a caring father and New England native was given a clarinet by his grandfather as a child and has been playing music ever since. Preregistration is required by calling 508-336-8772. There will be a special treat to go. Cost: \$3.00 residents & \$5.00 non-residents.

Interested in Water Coloring?

1st & 2nd Tuesday at 10:00am - 12:00noon



We are looking to start a new activity come April, it will be a water coloring class. Are you interested in learning water colors or starting a new hobby? It will be held on the first and second Tuesday of the month, from 10:00-12:00. If you are interested in learning more or signing up, please call our office at 508-336-8772.

HopeHealth Community VNA Tuesday, March 8, 2022 at 11:00am

A Dental Hygienist from HopeHealth Community VNA is coming to talk about how to best care for your teeth or dentures. She will provide a 20 minute presentation on oral health as well as talk with you one-on-one to answer questions and list to your particular concerns. All conversations are private and confidential. Call 508-336-8772 to sign up.



TRIAD: FREE SENIOR ID's CARDS Tuesday, March 22, 2022 @ 1:00pm



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 March
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.

March 7 - Dragonfly Décor
March 14 - Message Board
March 28 - Easter Decoration

Podiatry Clinic
Wednesday, March 9, 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, March 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, March 29, 2022 at 2:00pm
Zoom Practice Session

If you've been holding back on joining Zoom meetings for library programs and more, this session is for you! Librarian Michelle Gario will lead this 90 minute basics session to practice using Zoom. Bring your e-mail ID (and password if not saved) and laptop, tablet or phone. Please make sure your device is fully charged. Contact the Seekonk Human Services to preregister for this activity at 508-336-8772.

Strength and Cardio at 1:00pm
Instructed by Kelly Sipe

Strength and Cardio is our newest fitness class to join our schedule. The class is taught by certified instructor, Kelly Sipe. This class helps build strength (fight osteoporosis and muscle loss) using body weight, exercise bands and hand weights. The class will improve strength and cardiovascular fitness with energizing exercise circuits. Lastly, the class will build power and endurance with a mix of functional strength training exercises for everyday activities. The fee for this class is free for Seekonk residents and \$2.00 for non-residents. Preregistration is required by calling 508-336-8772.

Classes will be on March 7, 2022, March 21, 2022 & March 28, 2022

WOMEN'S BRUNCH

We meet every 3rd Thursday of the month at 10 am 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 Beverly at 401-749-4841.

This is the restaurant for this month:

March 17th at Benjamin's, Ramada Inn - Taunton Avenue, Seekonk (Just opened in February)

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

We are revamping our Pitch (Hi-Lo-Jack) game at Seekonk Human Services for January 2022. If you are interested in playing Pitch please call the Seekonk Human Services at 508-336-8772 to preregister.


Basic Beginners Sign Language Class
Starting March 1, 2022
Tuesdays @ 10:00am

Sign Language will be at the Seekonk Human Services Center, on Tuesdays. For more information and to preregister contact Seekonk Human Services at 508-336-8772. **This is a 10 week program.**

Future Special Activities

Tom Quigley—April 20th at 11:30am—Tom will be here to perform for a Spring activity. He is not an imitator but he brings the songs alive in his performances. You will need to Preregister for this activity. Cost: \$5 Seekonk Residents, \$7 Non-Residents.

Katie's Kookies - April 27th at 11:30am—She will be here in the spring time to show you how to decorate cookies. You will be able to design 2 cookies for \$15.

Call 508-336-8772 if you are interested in these activities.

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.

Easy Beef and Pasta Soup



Ingredients: 1 Pound Ground Beef, 1 Medium Onion Chopped (1/2 Cup), 1 Package Betty Crocker's Hamburger Helper (Mix for Beef Pasta), 6 Cups Water, 1 1/2 Teaspoons Chopped Fresh or 1/2 Teaspoon Dried Basil Leaves, 1/8 Teaspoon Pepper, 2 Cloves Garlic (Crushed), 1 Can (4 Ounces) Mushroom Stems and pieces (drained), 2 Tablespoons Chopped Fresh Parsley.

Instructions: 1. **COOK** Beef and Onion in 4-quart Dutch oven over medium heat, stirring occasionally, until Beef is brown; and drain. 2. **STIR** in Sauce Mix, Water, Basil, Pepper and Garlic. Heat to boiling, stirring frequently; reduce heat. Cover and Simmer 10 minutes, stirring occasionally. 3. **STIR** in Pasta and Mushrooms. Heat to boiling; Reduce heat. Cover and Simmer 10 minutes. Sprinkle with Parsley.

NUTRITION: 170 Calories, 7g Total Fat, 12g Protein, 15g Total Carbohydrate, 0g Sugars

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

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 November 1st - April 30th applications accepted.**

Income Guidelines: Maximum income for 1 person is \$40,951, for 2 people is \$53,551, for 3 people is \$66,151, and for 4 people is \$78,751

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

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

Veteran Owned Businesses

If you have a Veteran-Owned Small Business, you may qualify for advantages when bidding on government contracts—along with access to other resources and support—through the Vets First Verification Program. This program is run by the Office of Small & Disadvantaged Business Utilization (OSDBU). Registering through OSDBU will allow you to work with us (all businesses who work with VA must be registered).

You may be eligible if you're a Veteran, and you or another Veteran at your company meet all of these requirements.

All of these must be true of you or another Veteran at your company:

- One of you owns 51% or more of the company you want to register, and
- One of you has full control over the day-to-day management, decision-making, and strategic policy of the business, and
- One of you has the managerial experience needed to manage the business, and
- One of you is the highest-paid person in the company (or can provide a written statement explaining why your taking lower pay helps the business), and
- One of you works full time for the business, and
- One of you holds the highest officer position in the company

To be considered a Veteran, at least one of these must be true:

- You served on active duty with the Army, Air Force, Navy, Marine Corps, or Coast Guard for any length of time and didn't receive a dishonorable discharge, or
- You served as a Reservist or member of the National Guard and were called to federal active duty or disabled from a disease or injury that started or got worse in the line of duty or while in training status

To learn more about how the V.A. can help you access opportunities:

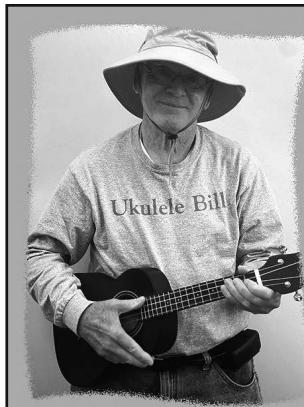
Call the OSDBU Call Center at 866-584-2344 anytime from 8:00 a.m. to 6:00 p.m. ET, or
Email us at osdbu@va.gov

James LaFlame
Seekonk Veterans Services Officer
Office 508-336-2940
Email: jlaflame@seekonk-ma.gov



March 2022 Calendar

| March 2022 Calendar | | | |
|--|--|---|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
| 1 | 2 | 3 | 4 |
| We ask that everyone please preregister for all activities. This will help ensure we have proper seating available. | | | |
| 9:00am - Zoom Drums Alive ** 10:00am - Sign Language 1:00pm - Pitch (Hi-Lo Jack) | 9:30am - Drums Alive ** 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 ** |
| 10:00am - Chair Yoga 12:00pm - Knitting 1:00pm - Zoom BINGO! 1:00pm - Strength and Cardio ** | 1:30pm - Zoom Trivia | 9:00am - Zoom Drums Alive ** 10:00am - Sign Language 11:00am - Elder Dental Program 1:00pm - Pitch (Hi-Lo Jack) | 9:30am - Drums Alive ** 10:00am - Podiatry Clinic 1:00pm - Mahjong 1:30pm - Zoom Trivia |
| 1:00pm - Cornhole | 7 | 8 | 9 |
| 10:00am - Chair Yoga 12:00pm - Knitting 1:00pm - Zoom BINGO! 1:00pm - Strength and Cardio ** | 10:00am - Zoom Drums Alive ** 10:00am - Sign Language 11:00am - Elder Dental Program 1:00pm - Pitch (Hi-Lo Jack) | 9:30am - Drums Alive ** 10:00am - Podiatry Clinic 1:00pm - Mahjong 1:30pm - Zoom Trivia | 10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Cribbage |
| 1:00pm - Cornhole | 14 | 15 | 16 |
| 10:00am - Chair Yoga 12:00pm - Knitting 1:00pm - Zoom BINGO! | 9:00am - Zoom Drums Alive ** 10:00am - Sign Language 1:00pm - Pitch (Hi-Lo Jack) | 9:00am - Blood Pressure Clinic 9:30am - Drums Alive ** 11:30am - March Gathering 1:00pm - Mahjong | 10:00am - Chair Yoga 10:00am - Women's Brunch Benjamin's, Ramada Inn, Seekonk 1:00pm - BINGO! |
| 1:00pm - Cornhole | 21 | 22 | 23 |
| 10:00am - Chair Yoga 12:00pm - Knitting 1:00pm - Zoom BINGO! 1:00pm - Strength and Cardio ** | 9:00am - Zoom Drums Alive ** 10:00am - Sign Language 1:00pm - Pitch (Hi-Lo Jack) 1:00pm - TRIAD: I.D. Cards | 9:30am - Drums Alive ** 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat | 10:00am - Chair Yoga 10:00am - Tai Chi ** 10:30am - Tai Chi ** |
| 1:00pm - Cornhole | 28 | 29 | 30 |
| 10:00am - Chair Yoga 12:00pm - Knitting 1:00pm - Zoom BINGO! 1:00pm - Arts & Crafts* | 9:00am - Zoom Drums Alive ** 10:00am - Sign Language 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia 2:00pm - Let's Learn Together! | 9:30am - Drums Alive ** 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat | 9:30am - Zumba ** 10:30am - Tai Chi ** 10:30am - Tai Chi ** 1:00pm - BINGO! 1:00pm - Cribbage |
| 1:00pm - Cornhole | | | 31 |
| | | | *Arts & Crafts Residents \$5/Non-Residents \$7 ** Fitness Class Fees Non-Residents \$2.00 Fee Activities subject to change without notice |



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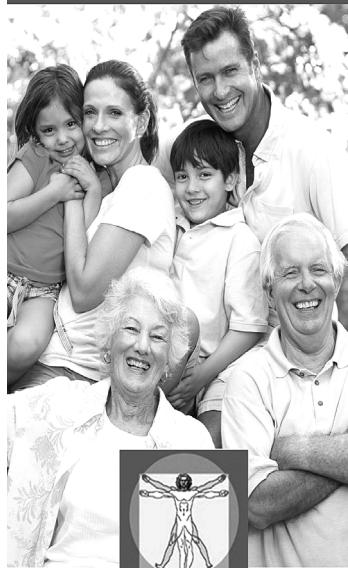
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927B Warren Avenue

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*



Law Office of Luke P. Travis
Estate Planning

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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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**To be a sponsor
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Please contact Tom Reily
508-336-6633 x 337**

Do Your Kids Know Your Plans? Talk to Them Today

By: Brandon C. Walecka, Esq.

Walecka Law, P.C.

774-203-9003

Brandon@WaleckaLaw.com

Most families never talk about what their wishes may be when they become incapacitated or when they die. After all, no one likes to talk about their own mortality, especially with their children (even if they are adults themselves). However, an open dialogue is the best thing for everyone. It will save your children from making painful decisions during an emotionally charged time and help to avoid conflict or distress.

By discussing your wishes with caregivers, healthcare providers, and family, and formalizing important estate planning documents, you provide those around you with the instructions they need to deliver the care you want. It also provides a way for them to respect your final wishes without adding undue stress or burden on your grieving family at a difficult time. These important documents should always be prepared by a qualified elder law and estate planning attorney. They should include at a minimum:

HIPAA Release
Health Care Proxy
Durable Power of Attorney
Personal Directive / Living Will
Last Will and Testament

Completing your documents is important but having the appropriate conversations is the crucial part. Your family, especially the person you have identified as your agent, need to know how you wish to be treated and what your limits for treatment would be. Having an honest discussion in advance with your loved ones will make those decisions much easier for you. This is also a good time to discuss any final wishes you may have, pre-made funeral arrangements, plans for your property should you pass, or even where to find these important documents. Talking about your plans is a way of guiding your loved ones through a difficult time. The more they know what to expect, the less challenging and emotionally charged such a difficult time becomes. Give them the gift of peace of mind by doing your planning and having these essential conversations today.

*Do you have a suggestion for a future article topic for Attorney Walecka? Reach out to him directly with a question or topic you think would be helpful to readers. *The information contained in this article is not intended to make you an expert on estate planning nor is this article intended to replace the need for the advice of a professional. Rather, this article is simply intended to provide a basic understanding of why estate planning is important for everybody and a basic understanding of some of the more common estate planning tools. This article does not constitute legal advice.*

Seekonk Human Services Staff
P. 508-336-8772 F. 508-336-2239

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Sharon Bettencourt

Veterans Service Officer
James LaFlame

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Michelle Hines

Vice Chairperson
Beverly Della Grotta

Irene Andrews

Anne Libby

Keith Perry

Josephine Veaider

**Council meets fourth Monday of the month
@ 3:15pm at
Seekonk Human Services
Conference Room**