



540 Arcade Avenue ~ Seekonk, MA ~ 508-336-8772

Monday through Thursday 8:30am - 4:30pm ~ Fridays 8:30am - 12:30pm

*Evening appointments available upon request

May 2021



**We Will Be Closed
Monday, May 31
To Observe
Memorial Day**

We Are Open!

We are officially open for health clinics (appointments required) and outdoor activities (preregistration required)! Masks will be required for health clinics and outdoor activities. We will continue to do our Zoom activities as well. In person appointments are available as well. We are taken extra precautions by following CDC guidelines. Clients and participants are required to wear a mask when entering the building and informing the front desk their name and phone number for contact tracing. There is extra hand sanitizer stations as well as Plexiglas set up with social distancing signs to keep everyone safe. We are excited to see everyone!



Social Media is No Place for COVID-19 Vaccination Cards!

Think of it this way — identity theft works like a puzzle, made up of pieces of personal information. You don't want to give identity thieves the pieces they need to finish the picture. One of those pieces is your date of birth. For example, just by knowing your date and place of birth, scammers sometimes can guess most of the digits of your Social Security number. Once identity thieves have the pieces they need they can use the information to open new accounts in your name, claim your tax refund for themselves, and engage in other identity theft. Please be aware!



Mother's Day Grab & Go Treat Wednesday, May 12, 2021 11:00am—11:45am

Things are still quite different this year, normally we would be hosting our annual Silver Tea but with COVID still a thing we wanted to do something for the mothers! Honoring all the Mother's of Seekonk, we would like to treat them to a Grab & Go meal with a cupcake from Buttercream Bakery, a Seekonk residential bakery! The lunch menu will be cajun chicken, rice, California blend veggies, whole wheat roll and banana. There is no cost to you! Please sign up by calling 508-336-8772. *Sponsored by Friends of Friends.



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.

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!



Improve Your Memory with a Free, Virtual Masterclass

If you feel like keeping up with all the details of life has your head swimming, you're not alone. Join Seekonk Public Library for the virtual program **Memory Masterclass on Wednesday, May 12 at 6 PM** to recoup your memory skills. Presenter Fred Berthelot will help you discover the true potential of your amazing memory. This interactive workshop will alter your preconceived notions of how your memory works, and will open up a whole new world of mental abilities you didn't know you had. You will learn skills that you can apply to your everyday life, will improve your professional life, help you learn a new language, and alter the way you learn and study. Register in the Events Calendar at www.seekonkpl.org to receive the login information the week of the program.

Presenter background: Fred Berthelot is a mentalist and an artist (or a “mental artist”); an architect of the mind who draws thoughts - out of people’s heads. His unique form of interactive psychological entertainment has mesmerized private and corporate audiences with the power and mystery of the human mind. Fred's clients include Johnson & Johnson, Unilever and more.

Contact: Michelle Gario
Senior Librarian
Seekonk Public Library
508-336-8230 x56130



ZOOM Activities

Zoom BINGO!
Monday & Thursdays at 1pm

Zoom Trivia
Tuesdays at 1:30pm

Zoom Coffee Chat
Wednesdays at 1:30pm

*Note: Zoom activities can be done on a laptop, tablet, smart phone or by dialing in the specific number for that activity. If you are interested in participating in a zoom activity call the office to sign up. If you have a registered email address please inform us so we can send you the log in information for the class!



Outdoor Activities

Chair Yoga

Monday & Wednesdays at 10am

Zumba

Fridays at 9:30am

Tai Chi

Fridays at 10:30am

*Note: Registration is required for all outdoor activities, please call the center at 508-336-8772

Health Clinics

Podiatry Clinic

Tuesday, May 11 at 10am—2pm
Wednesday, May 12 at 10am—2pm

Blood Pressure & Glucose Clinic

Wednesday, May 19 at 9am—11am

Hearing Clinic

Tuesday, June 8 at 2pm—3pm

*NOTE: Preregistration is required for all health clinics, please call the center at 508-336-8772



Scammers are using a new trick to steal your money and person information: **a bogus COVID vaccine survey**. People across the country are reporting getting emails and texts out of the blue, asking them to complete a limited-time survey about the Pfizer, Moderna, or AstraZeneca vaccine (And no doubt, there may be one for Johnson & Johnson). In exchange, people are offered a free reward, but asked to pay shipping fees. If you get an email or text like this, **STOP. It's a scam.**

Don't give your bank account, credit card, or personal information to someone who contacts you out of the blue.

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. May'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 508-336-877**

WELLNESS CHECKS

We have been providing wellness checks throughout the COVID-19 Pandemic and continue to do so. We have been calling seniors 60 and older. The checks allow us to make sure we have all updated information in the computer system as well as seeing if anyone needs any assistance. Please note that all people called are people who have been in our system, this includes those involved in the senior center one way or another. If someone has never been involved with us and we do not have their information we are not able to call them. If you know someone who would like to be called, please have them call us so we can put them into our system.

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!

May 2021 Menu

TUESDAY		WEDNESDAY	
4 Pork Patty	653*	5 Mexicali Chicken	173
Au Gratin	154	Spanish Rice	22
Potatoes		Mexicali Corn	6
Chuckwagon Blend	15	WW Bread	160
HB Roll	230	Pineapple	1
Pears	4		
Calories: 629	Fat: 31%	Calories: 645	Fat: 19%
Sodium: 1228mg	Carb: 76g	Sodium: 535mg	Carb: 96g
11 Shepherd's Pie	271	12 Cajun Chicken	377
Peas & Mushrooms	133	Dirty Rice	137
Oatmeal Roll	121	California Blend	27
Pears	4	WW Roll	160
		Banana	1
Calories: 768	Fat: 27%	Calories: 620	Fat: 21%
Sodium: 701mg	Carb: 106g	Sodium: 874mg	Carb: 85g
18 Hot Dog	550*	19 Beef & Broccoli	108
Mustard	55	Fluffy Rice	36
Baked Beans	36	MG Roll	190
Carrots	83	Chocolate Pudding	191
Hot Dog Roll	210	MOD: Diet Pudding	100
Applesauce	15		
Calories: 754	Fat: 38%	Calories: 774	Fat: 37%
Sodium: 1121mg	Carb: 88g	Sodium: 697mg	Carb: 80g
25 Turkey Stew	587*	26 Swedish	375
Whipped Potatoes	52	Meatballs	131
WW Roll	160	Egg Noodles	1
Pears	4	Winter Blend	15
		Snowflake Roll	260
		Fresh Orange	0
Calories: 616	Fat: 25%	Calories: 770	Fat: 31%
Sodium: 975mg	Carb: 86g	Sodium: 822mg	Carb: 95g
Milk: 110 Calories			
125mg Sodium, 12g Carb		Happy Mother's Day	
Margarine: 36 Calories			
47mg Sodium, 0gm Carb			

Menu is subject to change without notice

Seekonk Veterans Services

The Seekonk Veterans Council, in conjunction with the Seekonk Department of Veterans Services, will be holding a Memorial Day weekend ceremony. It will take place at the Seekonk Veterans Memorial Park (410 Newman Avenue) on Saturday, May 29th at 11:30am.

The ceremony will be socially distanced and will be filmed, so it may be viewed on cable television or Channel 9's website. It will also be live streamed online by Channel 9 so viewers will be able to watch the ceremony live.

Our ceremonies always feature local veteran and politician participants. We are pleased to announce that Seekonk poet Margie Rieske will join us once again to read one of her poems. She writes on all sorts of topics, but really specializes in poems relating to veterans and patriotism – as she comes from a long line of family members who served in the military.

We will also have a special music guest, the 215th Army Band's Music Performance Team *Liberty*. We've had the pleasure of having their fife and drum group, *Revolution*, perform in past years. This will be *Liberty*'s first time performing in Seekonk. They will also be sending us a bugler for the sounding of *Taps*.

For any additional information or questions, please contact Seekonk Veterans Services at (508)336-2940 or via email jlaflame@seekonk-ma.gov.



Above : *Liberty* performing at the Soldier's Home in Chelsea



Above: *Liberty* performing outside of Boston's Faneuil Hall

*** NOTE:** Seekonk Human Services offers many legal, financial, recreational, medical screening and/or other activities and services by volunteers or nominal cost practitioners. Seniors participating in these services/activities do so with the understanding that Seekonk Human Services, the Town of Seekonk or its employees do not assume any legal or other responsibility for any advice or services rendered by such volunteers or nominal cost practitioners.

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HearingLife

514 Hanover Street
Fall River, MA 02720
(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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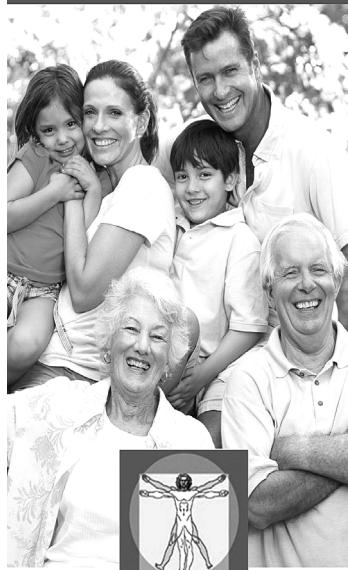
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EAST PROVIDENCE

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*

Happy
Mother's
Day

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



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the next
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Please contact
Tom Reily
508-336-6633 x 337



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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



Local Emergency Contact
Name _____
ADD: _____
TEL: _____

EMD Emergency
Management Director
Name _____
ADD: _____
TEL: _____

Senior Center
Name _____
TEL: _____

Contact out of area
Name _____
ADD: _____
TEL: _____

Utility
Electric TEL: _____
Gas TEL: _____
Water TEL: _____

Place of Worship
Name _____
TEL: _____

Contact out of area
Name _____
ADD: _____
TEL: _____

Home/Rental Insurance
Name _____
TEL: _____
Policy # _____

Veterinarian
Name _____
TEL: _____

KEEP THIS FORM UP-TO-DATE.
Take this form with you to all your doctor visits, when you go for any medical test and hospital visits. Write
down all changes made to your medications. Cross out any old medicines.

FEMA Distress Line 1-800-985-5990
Questions and Referrals 211
In an Emergency 911
Poison Control Center
1-800-222-1222

Region 1
Emergency Card

 **FEMA**

Doctor / Primary Care
Name _____
TEL: _____

Pharmacy
Name _____
TEL: _____

Medical Insurance
Name _____
TEL: _____

Medical Conditions/Allergies

COVID-19 VACCINE PREREGISTRATION PROCESS

There are different ways to find a vaccine appointment if you're eligible:

- Preregister at VaccineSignUp.mass.gov or by calling 211 to be notified when it's your turn to schedule an appointment at one of **7 mass vaccination locations**: Fenway Park, Gillette Stadium, Reggie Lewis Center, DoubleTree Hotel in Danvers, Eastfield Mall in Springfield, Natick Mall and former Circuit City in Dartmouth.
- Use VaxFinder.mass.gov to search for appointments at pharmacies, health care providers, and other community locations



Massachusetts' preregistration system makes it easier to request and schedule an appointment at one of the 7 mass vaccination locations. Eligible people can preregister for a COVID-19 vaccine appointment at mass vaccination locations only. More locations will be added to the system in April.

Once you sign up for preregistration, you'll receive weekly status updates. You can opt out at any time if you find an appointment elsewhere. Once an appointment is available, you'll be contacted with the opportunity to book the appointment and have 24 hours to accept it.

Massachusetts receives a limited supply of COVID-19 vaccine doses from the federal government each week.

Due to high demand and very limited supply, it may take several weeks to schedule an appointment or to be notified that an appointment is available at mass vaccination locations.

***Homebound vaccination program—Central Intake Line: 1-833-983-0485**
Monday—Friday from 9:00am to 5:00pm

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

Theresa McGregor

Keith Perry

Josephine Veaider

Council meets fourth Monday of the month
@ 3:15pm at
Seekonk Human Services
Conference Room, 109