



# SEEKONK HUMAN SERVICES

## Community Center



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 2023**



**The office will be closed on  
Tuesday, July 4, 2023**

### Ukulele Bill

**Wednesday, July 12, 2023 @ 1:00pm**

Seekonk's very own Bill Whiteley will be here to play his Ukulele. Come join us for this musical entertainment! This is sure to be a good time enjoyed by all! **Preregistration is required by calling our office at 508-336-8772.**



### Creative Wellness - A Collage Workshop Wednesday, July 19, 2023 at 1:00pm

Sit back and enjoy hearing a variety of tips and techniques around the benefits of creativity for emotional wellness, as we kick off this engaging presentation. Next - hands-on exploration of image and word collaging to relax and recharge. Each attendee will create their own scrapbook style board as Maria shares well-being insight and levity. This program is targeted to the adult community who are interested in nurturing their wellbeing, enjoy discovery in creative outlets, as well as meeting up and connecting with others. **\*This program is generously provided by a grant by the Seekonk Cultural Council. Preregistration is required by calling our office at 508-336-8772.**



### Cheesy Scalloped Potatoes

½ C. (1 stick) butter (melted), 12 to 14 russet potatoes (peeled & thinly sliced, salt and freshly ground black pepper (to taste), 4 C. shredded sharp cheddar cheese, ½ C. plain fine bread crumbs. **Preheat over to 350° F.** Spray a 13x9-inch baking dish with nonstick spray. Pour melted butter into bottom of prepared baking dish. Put potatoes into baking dish, season with salt & pepper, and toss to coat. Arrange potatoes in layers. Sprinkle with cheddar to cover. Sprinkle bread crumbs over the cheddar. Bake for 1 hour. Makes 8 to 10 servings.



### FCP Live-In - Kevin Williams

**Tuesday, July 18, 2023 at 11:00am**

FCP Live-In has over twenty-five years experience as a live-in caregiver provider. FCP Live-In provides the perfect, affordable solution for live-in home care services and is unique in that they provide 1-on-1 care with live-in caregivers for clients all over the North East. All their caregivers are nurse's aides, home health aides, and personal care aides with at least two years of professional experience. They help their clients go home and remain in the safety, security and comfort of home. They are committed to providing a unique and customized in-home care assistance approach to senior care, with a lifestyle that offers enjoyment to the ones in their care and provides families with peace of mind. Your loved one remains at home in the safety and comfort of familiar surroundings with all the treasures they hold near and dear to their hearts. While FCP live-in preserves their independence, reduces the risk of injury, and maintains your loved one's need for privacy and dignity.

**Preregistration is required by calling our office at 508-336-8772.**

### 1st Annual Men's BBQ

Join us for our BBQ party  
honoring Seekonk men

Age of 65 and older

Wednesday, July 26th at noon

At Seekonk Human Services  
540 Arcade Avenue



Hosted by

Seekonk Human Services

Sponsored by

Friends of Friends

Catered by The Cooks House

R.S.V.P. to: 508-336-8772

By Monday, July 17, 2023

### Overview of Legal Services

**Monday, July 24, 2023**

**10am - 12pm (15 minutes appointment only)**

Brandon Walecka, Esq., LL.M from Walecka Law will be providing office hours by appointment. The mini-consultations will center around elder law topics such as probate, questions regarding making a will (other power of attorney, health care proxy, etc.), trusts (irrevocable and revocable), Medicaid/MassHealth rules and eligibility, tax planning, and special needs planning. These consults are focused on elder law and estate planning. Please call the office at 508-336-8772. **MA residents only.**



**WALECKA LAW, P.C.**  
ESTATE AND ELDER LAW

### Podiatry Clinic

**Wednesday, July 5, 2023**

**10:00am - 2:30pm**

Dr. Lechan provides monthly Podiatry Clinics. An appointment is required. Items needed are insurance cards with your primary doctor's name, 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, July 19, 2023**

**9:00am - 11:00am**

Seekonk Human Services continues to work with the **Seekonk Fire Department** to provide free monthly blood pressure & glucose screenings.

### Telephone Reassurance Program

Seekonk Human Services will be taking over the "R.U.O.K." Program that was provided by the Bristol County Sheriff's Office. Our office will make a telephone call to an individual's home at approximately the same time each day Monday through Friday (during our operating business hours only). This program is designed to connect people in need with on-going, caring human contact and conversation. If we do not receive an answer, we will call back shortly after. If we do not receive an answer the second time, Public Safety will be called to check on the individual's status.

The Telephone Reassurance Program provides a peace of mind for the individual and their loved ones. This program is designed for senior citizens, disabled persons and shut-ins living in Seekonk who may be at risk of loneliness, social isolation, illness or injury.

If you, or you know someone you know is interested in this program, please call Nicole at Human Services at 508-336-8772.

### "Canasta"

**Mondays @ 11:30am**

Are you interested in playing or learning to play Canasta? Please call our office at 508-336-8772 if you are interested in participating.



### Lake Winnepesaukee Cruise

**And Castle In The Clouds**

**Thursday, August 3, 2023**

**Price: \$159.00 Per Person**

**Location: Lake in New Hampshire**

**PAYMENT MADE IN FULL**

**WHEN SIGNING UP FOR TRIP**



Our Day Trip Includes: A **cruise on Lake Winnepesaukee**. While sailing aboard the Doris E, we'll enjoy a Scenic 2 Hour Tour out of

Weirs Beach. The Doris E provides scenic touring of the smaller islands adjacent to Weirs Bay. You'll be totally immersed in the spectacular scenery of the western end of Lake Winnepesaukee. **Lunch at Harts Turkey Farm, Meredith, NH.** Enjoy a delicious full course luncheon at one of NH's landmark restaurants in the Lakes Region. Famous and renowned for their delicious turkey dinners you are sure to enjoy your bountiful luncheon. **Visit To Castle In The Clouds.** Bring your friends and family and come up to the Castle. Enjoy truly breathtaking views from this spectacular turn-of-the-century sixteen-room Arts & Crafts mansion perched high on a pristine 5500-acre mountaintop estate overlooking Lake Winnepesaukee!

Plated luncheon meal choice: Turkey Dinner with the Fixings, Broiled Haddock, or Sirloin of Beef. **Also included:** Garden Salad, Whipped Potato, Fresh Butternut Squash, Carrot Relish, Rolls & Butter, Dessert, Coffee/Tea.

**Price \$159pp - Includes Transportation, 2 Hour Lake Cruise, Luncheon, Meal Taxes & Gratuities, Visit to Castle in the Clouds, Best of Times Travel Tour Director & Tour Director Gratuity.**

**Contact: Seekonk Human Services 508-336-8772**

### Tuesday Luncheons

**Tuesday's at 11:45am**

Seekonk Human Services has partnered with The Cook's House to offer weekly lunches! Lunches will cost \$4 for residents and \$5 for non residents. The menu will be available at the office and on Facebook. Advance sign up is required one week in advanced with payment.

**Women's Lunch**  
**Wednesday, July 19, 2023 @ 11:30am at**  
**Davenport's in East Providence, RI**

The Women's lunch group meets every 3rd Wednesday of the month at 11:30am. Everything is Dutch treat. If you are interested in joining for good food and good conversation, while supporting our local restaurants, please call Seekonk Human Services at 508-336-8772.

**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. Suggested donation of \$2.25 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 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.

**Outdoor Activities**  
**Bocce, Horseshoes & Cornhole @ 11:00am**

All activities will be played at 11:00am. Bocce will be on Mondays, horseshoes on Tuesdays, and cornhole on Wednesdays. Preregistration is required by calling our office at 508-336-8772. Activities are weather dependent.



**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.

**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](mailto:library@seekonkpl.org).

**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 for Seekonk residents. Our inventory is dependent on donated items received, but may be limited based on need and space. For more information, please call 508-336-8772 **\*30 Day Rental**

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. **Join our email list!** Things are changing quickly these days & we want to be able to get the word out to you quickly. Please give us a call & give us your email address. We want to share fun activities, links to Zoom and virtual programs.

**\* 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.

## Veteran's Corner

### Protect Your Personal Information by Watching Out for Fraud Schemes

Have you received a text or call requesting personally identifiable information (PII) or banking information? If this information ends up in the wrong hands, it can be used to access your benefits through the National Contact Center (NCC) hotline and to commit scams such as identity theft and tax fraud. The VA has received reports of scammers contacting veterans and their spouses requesting highly sensitive PII and financial material to update Cost of Living Adjustments (COLA) payments and VA benefits.

VA encourages Veterans and their families to follow these best practices to protect their PII and benefits:

- **Maintain healthy cyber habits.**
  - o Use strong unique passwords for all devices.
  - o Change passwords frequently.
  - o Encrypt devices.
- o **Be cautious of companies claiming to contact you on behalf of VA or presenting themselves as having special affiliation with VA.** Do not provide personal banking or credit card information to anyone alleging affiliation with VA or other federal entities. VA will never text to confirm or request PII for benefits or federal payments.
- **Do not share personal data.** Never share PII – such as your VA National Call Center personal pin, date of birth, military entrance/discharge information, branch of service, Social Security Numbers, etc. – if requested via mobile communications or hyperlinks. Do not open suspicious emails, attachments, or click on links from unknown sources.
- **Do not provide a copy of your driver's license, passport, VA ID, or any other type of picture identification card to anyone via text message, fax, or email correspondence.**

**Use multi-factor authentication.** Visit VA.gov for more information on verifying your identity and obtaining a VA Security Personal Identification Number (PIN).

Learn more about identity theft prevention strategies at Identity Theft Prevention (VA.gov).

To report suspected fraudulent activity, veterans may contact:

VA's Office of Inspector General (OIG) at OIG Hotline (VA.gov).


1. Call the VA directly at 1-800-827-1000.

The Federal Trade Commission, to file a complaint, if an entity is projecting misinformation or has questionable business practices regarding VA entitlements.

James LaFlame  
Seekonk Veterans Services Officer  
Office 508-336-2940  
Email: [jlaflame@seekonk-ma.gov](mailto:jlaflame@seekonk-ma.gov)



# July 2023 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00am - Chair Yoga 11:00am - Bocce 11:30am - Canasta 1:30pm - Zoom BINGO!	4  10:00am-2pm - Podiatry Clinic 11:00am - Cornhole 11:00am - Tribal Grooves** 1:00pm - Mahjong	5 10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	6 9:15am - Dance Cardio** 10:30am - Tai Chi**	7
10 10:00am - Chair Yoga 11:00am - Bocce 11:30am - Canasta 1:00pm - Strength & Cardio** 1:30pm - Zoom BINGO!	11 9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:00am - Horseshoes 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)	12 9:30am - Drums Alive** 11:00am - Cornhole 1:00pm - Ukulele Bill 1:00pm - Mahjong	13 10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	14 9:15am - NO - Dance Cardio** 10:30am - Tai Chi**
17 10:00am - Chair Yoga 11:00am - Bocce 11:30am - Canasta 1:00pm - Strength & Cardio** 1:30pm - Zoom BINGO!	18 9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:00am - Horseshoes 11:00am - FCP Live-In 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)	19 9:00am-11:00am Blood Pressure Clinic 9:30am - Drums Alive** 11:00am - Cornhole 11:30am - Women's Lunch 1:00pm - Mahjong 1:00pm - Creative Wellness	20 10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	21 9:15am - Dance Cardio** 10:30am - Tai Chi**
24 10:00am - Chair Yoga 10am - 12pm - Brandon Walecka 11:00am - Bocce 11:30am - Canasta 1:00pm - Strength & Cardio** 1:30pm - Zoom BINGO!	25 9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:00am - Horseshoes 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)	26 9:30am - Drums Alive** 10:00am - Sign Language 11:00am - Cornhole 11:30am - Lunch & Learn 12pm - 2pm - Men's Barbecue 1:00pm - Mahjong	27 10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	28 9:15am - Dance Cardio** 10:30am - Tai Chi**
31 10:00am - Chair Yoga 11:00am - Bocce 11:30am - Canasta 1:00pm - Strength & Cardio** 1:30pm - Zoom BINGO!			*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 - 12:00pm *All activities are subject to preregistration

**NOTE: Fitness programs are paid through grant funds from the Executive Office of Elder Affairs (EOEA). Seekonk residents are strongly urged to make a donation toward fitness programs to help offset the costs.**





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our full range of services.



HopeHealth  
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Attleboro, MA 02703  
(844) 671-4673  
[HopeHealthCo.org](http://HopeHealthCo.org)

# Thank you!

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



ON BLACKSTONE BOULEVARD



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

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

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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**4TH OF  
JULY**

*Thank you!*

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

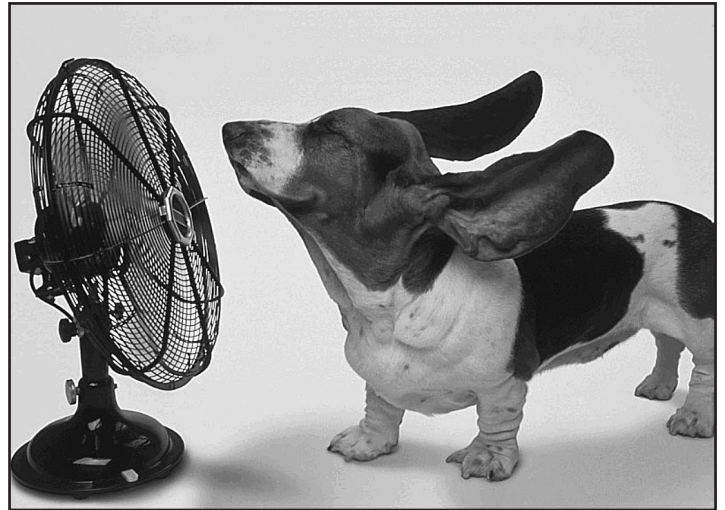


**Seekonk High School  
Class of 1973**

**50th class reunion  
Saturday  
August 26, 2023**



Look us up on Facebook:  
Michelle Hines, Deb Stebenne,  
and  
Jacqueline "Lyn" Greeley Robinson



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



## Future Activities—More information to come

### **Ed The Wizard** **Wednesday, August 16, 2023 @ 11:30am**

“Magic for Seniors” is full of comedy and suspense as we read minds, vanish coins, and even learn a few effects to baffle the grandchildren. Comedy, Mystery, and a whole Lot of Fun! Join Ed the Wizard as he conjures up some Mystical Magical Mayhem! Be amazed with his Mind Reading skills, Vanishes, and more! **This program is generously provided by a grant by the Seekonk Cultural Council.**

### **The Country Flavored Band** **Wednesday, August 23, 2023 at 1:00pm**

The Country Flavored Band members are Roger Rebeiro & Frank Carotenuto they both are vocal and rhythm/lead guitarists Ben Carnevale plays the pedal steel guitar. They perform classic country songs by country legends such as George Jones, Marty Robbins, Hank Williams, and many others. They also include folk songs with a country flavor! The band has been playing together since 2018 and has an accumulated experience of more than 150 years. They play ballads and ‘honky tonks’ including songs by The Mavericks, Johnny Cash, Wayne Hancock, and Bruce Springsteen both on and off Cape.

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

**Director**  
Brittney Faria, LSWA

**Assistant Director**  
Ashley Cartwright, MBA

**Outreach Caseworker**  
Nicole Buffington

**Clerical Assistant**  
Kimberly Mallon

**Community Liaison**  
Maggie Perkins

**Program Assistant/Receptionist**  
Holly Fiola

**Veterans Service Officer**  
James LaFlame

**Parks & Recreation Coordinator**  
Erica Harris-Grimes

### **Brain Health - 101** **Tuesday, August 22, 2023 at 11:00am**

“Aging and Memory Loss: What’s normal, what’s not, and how to make a difference”. Join Outreach Coordinator Athena Lavoie for a presentation on Alzheimer’s disease and exciting new research opportunities at Butler Hospital’s Memory and Aging Program. Hear about what can be normal in memory loss as we age, what you can do to maintain brain health at any age and exciting breakthroughs in Alzheimer’s prevention research. Learn more about identifying Alzheimer’s disease risk including the APOE4 risk gene and amyloid PET scans conducted as part of preclinical Alzheimer’s Prevention trials.



### **Ice Cream Social** **Wednesday, August 30, 2023 at 1:00pm**

Join Lisa Lebreux from Prosper Assisted Living for an Ice Cream Social on Wednesday, August 30, 2023 at 1:00pm. Get the SCOOP on Prosper as you eat your favorite ice cream with all the toppings you love! Free raffle ticket for all who attend.



### **Human Services Council**

**Chairperson**  
Michelle Hines

**Vice Chairperson**  
Maria Duarte

Irene Andrews

Cheryl Camara

Beverly Della Grotta

Keith Perry

Josephine Veader

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