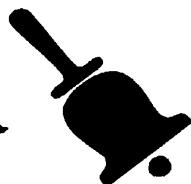




SEEKONK HUMAN SERVICES

Town

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

September 2023



THE OFFICE WILL BE CLOSED ON MONDAY, SEPTEMBER 4, 2023

Be Red Cross Ready - Training Tuesday, September 12, 2023 at 1:00pm

This national, standardized, preparedness education curriculum for adults and older youth is taught by certified presenters. The program is designed to help people understand, prepare for and respond appropriately to disasters. People will build confidence by learning simple steps they can take now to help prepare and protect their family. The curriculum has the option to mix and match emergency preparedness modules on relevant local hazards for your community. These modules include: Preparedness Essentials, Home Fires, Hurricane, Earthquakes, Floods, Tsunamis, Tornadoes, Wildfires, Extreme Heat, Thunderstorms, Winter Storms, Volcanoes and Landslides, Preparedness for Older Adults and COVID 19. Hands-Only CPR - This presentation teaches Hands-Only CPR, which can help a bystander provide life-saving care until professional responders arrive. Participants learn how to check for consciousness, call 911 and properly administer continuous chest compressions. **Preregistration is required by calling our office at 508-336-8772.**



The Renaissance—Presentation Wednesday, September 20, 2023 at 1:00pm

The 15th and 16th centuries saw an intellectual and artistic flowering in Europe. Many of their greatest works of art (painting, sculpture, architecture, literature) were created during that epoch. This talk will examine the origins of the Renaissance and explore some of the major artistic works of the period. Also, discussed will be the continuing cultural influence of the Renaissance. **Preregistration is required by calling our office at 508-336-8772.**



Hearing Clinic Monday, September 18, 2023 1:30pm - 3:00pm

Chris Brissette from Mass Audiology will be here for the Hearing Clinic from 1:30pm - 3:00pm. **Preregistration is required by calling our office at 508-336-8772.**

Healthy Aging - Lunch & Learn Wednesday, September 27, 2023 at 11:30am

“Myths and Facts” for healthy aging! The presentation will be about debunking common nutrition advice seen across television and in the media with Bristol Elder Services Registered Dietitian, Dawn DiMarco. These days there is so much nutrition information going around between what you hear on TV, read in the news, or see online. Most nutrition advice in the media is not accurate. If you are looking for nutrition advice, always ask a Registered Dietitian. **Preregistration for all activities are required by calling our office at 508-336-8772.**



Medicare Open Enrollment

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2024. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly! During Medicare Open Enrollment, you can adjust your plan for next year. Independent Medicare Insurance Counselors help you understand *your* plan changes as well as *other options* you may have. Open Enrollment runs from **October 15 through December 7!**

***Please note all clients will be required to fill out a Medicare prescreening form to help us better serve you by looking up your current plan and comparing it to the future plans, if changes are necessary.**

Let's Learn Together!

September 26, 2023 @ 2:00pm

This session is for novice users of Windows Laptops & Google Chromebooks ONLY. No other devices will be covered. Do you feel like you can barely turn on your Windows laptop or Google Chromebook and are afraid to really use it? Join Librarian Michelle Gario in this **60 minute session** to review the basic information to get started that should have been in a manual! Bring your own Windows laptop or Google Chromebook. Please make sure your device is fully charged. Contact the Seekonk Senior Center to register by calling 508-336-8772,



Podiatry Clinic

Wednesday, September 6, 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, September 20, 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 has taken 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 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 anyone you know is interested in this program, please call Nicole at Human Services at 508-336-8772.

Beginner Sign Language

Wednesdays - 10am - 12pm

No class on October 4, 2023, November 1, 2023 and December 6, 2023

A new 10-week session of sign language begins Wednesday, September 20, 2023. If you are interested in this beginner class, please call Seekonk Human Services at 508-336-8772 to register.

Cathedral in the Pines

Friday, October 6, 2023
Price: \$110.00 Per Person
Location: New Hampshire
Full payment upon signing up

This morning we are off to Cathedral in the Pines for a guided tour. Enjoy the breathtaking views of Mount Monadnock. After our tour, we are off to Wood-bound Inn for lunch. This Inn is full of New England Charm. Don't forget to save room for cheese. We will be stopping at Smith's Country Cheese in Winchendon, MA. Our last stop of the day, will be at Red Apple Farm in Phillipston. Shop in their bakery, farm stand or country store. You will receive a famous Apple Dumplings to take home. Truly a day for all of your senses! Your motorcoach will depart: 7:45am from 540 Arcade Avenue, Seekonk. Approximate return at 6:00pm **Trip includes: guided tour, lunch, shopping, and transportation.** 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.

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.

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**

Women's Lunch

Wednesday, September 20, 2023 @ 11:30am at Toti's in Seekonk, MA

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

Bristol Elder Services provides nutritional meals for lunch on Tuesdays, Wednesdays and Thursdays to go. Meals come completely cooked and prepackaged. 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. September's menu is available on our Facebook Page and by calling our office at 508-336-8772.

Independent Insurance Consultants

Independent Medicare Consultants are trained counselors who are well educated in Medicare and provide FREE and unbiased health insurance counseling to Medicare beneficiaries or those who will soon qualify for Medicare benefits. All of our counselors are well trained in Medicare and will review your options. These options include Medicare Parts A and B, Medicare Advantage (Part C), Medicare Prescription Drug Plans (Part D) and Medicare Supplemental Plans (Medigaps). We will also review eligibility for Public Assistance programs such as Prescription Advantage, Extra Help from Social Security, MassHealth and other programs to assist beneficiaries with limited resource to pay for health care costs. Independent Medicare Insurance Consultants are available to assist Seekonk residents navigate the Medicare maze to help make informed and educated decisions on their health care options.

When Should I Review my Estate Planning Documents?

Clients often ask about ideal times to review their documents. Although there is no hard-and-fast rule about when you should review your estate plan, I generally recommend that you should consider reviewing your documents upon the occurrence of a major life event, which may include marriage, divorce, or death of a spouse; birth or death of a child or loved one; following a substantial change in the value of your estate; if you expect to receive a sizable inheritance or gift; after you purchase new real estate; when you are approaching retirement; or you hear of tax law changes that you feel may affect you, just to name a few.

One of the biggest fears I have (which I see happen more often than I would like), is an individual establishes an estate plan with another law firm, and then no one reviews the documents again for several years. In many instances, this results in the family becoming frustrated to find that what is in place may or may not work as originally planned. Life changes and we want to make sure your estate plan continues to do what you intended it to do. Reviewing your estate plan will give you peace of mind, which is why it is encouraged that you have your plan reviewed every three to five years.

At the review, you and the attorney should review your existing documents, suggest new or updated documents (if necessary), discuss changes in your life, and help to ensure that what you have in place will work as intended in the future. Reviewing your estate plan will not only give you peace of mind, but it will allow a discussion about changes in the law that have happened since you established the documents. Estate planning can be affected by changes at the state and federal level.

If it has been some time since you have reviewed your estate plan, perhaps 3-5 years or longer, consider calling your qualified estate planning and elder law attorney to see if you would benefit from a review meeting.

Brandon C. Walecka, Esq. of Walecka Law, P.C.
774-203-9003

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.

September 2023 Calendar

September 2023 Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Water Colors Residents \$3/Non-Residents \$5 **Fitness Class Non-Residents \$2</p> <p>Activities subject to change without notice</p>	<p>Office Hours: Mon, Tues, Thurs 8:30am - 4:30pm Wednesday 8:30am - 5:30pm Friday 8:30am - 12:00pm</p> <p>*All activities are subject to preregistration</p>	<p>9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:00am - Horseshoes 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)</p>	<p>9:30am - Drums Alive** 10:00am-2pm - Podiatry Clinic 11:00am - Tribal Grooves** 11:00am - Cornhole 1:00pm - Mahjong</p>	<p>9:15am - NO - Dance Cardio** 10:30am - Tai Chi** 10:30am - Chair Yoga</p>
<p>10:00am - Chair Yoga 11:00am - Bocce 11:30am - Canasta 1:00pm - Strength & Cardio** 1:30pm - Zoom BINGO!</p>	<p>9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:00am - Horseshoes 11:45am - Cooks House Lunch 1:00pm - Red Cross Ready 1:00pm - Pitch (Hi-Lo Jack)</p>	<p>9:30am - Drums Alive** 11:00am - Cornhole 1:00pm - Mahjong</p>	<p>10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)</p>	<p>9:15am - Dance Cardio** 10:30am - Tai Chi** 10:30am - Chair Yoga</p>
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<p>10:00am - Chair Yoga 11:00am - Bocce 11:30am - Canasta 1:00pm - Strength & Cardio** 1:30pm - Zoom BINGO!</p>	<p>9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:00am - Horseshoes 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack) 2:00pm - Let's Learn Together</p>	<p>9:30am - Drums Alive** 10:00am - Sign Language 11:00am - Cornhole 11:30am - B.E.S. Lunch & Learn 1:00pm - Mahjong</p>	<p>10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)</p>	<p>9:15am - Dance Cardio** 10:30am - Tai Chi** 10:30am - Chair Yoga</p>

Friends 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.

Veteran's Corner

Chapter 115 benefits for Seekonk Veterans

The Massachusetts General Law (MGL) Chapter 115 is a needs-based program available for Veterans and dependents who require financial assistance for any of the following resources:

- Medical (reimbursements for co-pays, insurance premiums, prescriptions)
- Housing/Shelter
- Home heating fuel
- Ordinary Benefits (monthly stipend for low-income Veterans)

To be eligible for Chapter 115, single applicant's monthly income cannot exceed \$2,430 and married veteran's monthly income cannot exceed \$3,287. Liquid assets for eligibility must be less than \$8,400 for single applicants and \$16,600 for married couples.

To be considered a Veteran in Massachusetts, you must have served in the military for:

- at least 180 days of active duty, or
- at least 90 days with at least one day in war time, or
- has a service-connected disability after at least one day of active service in war time, or
- was awarded the Purple Heart, or
- died in service

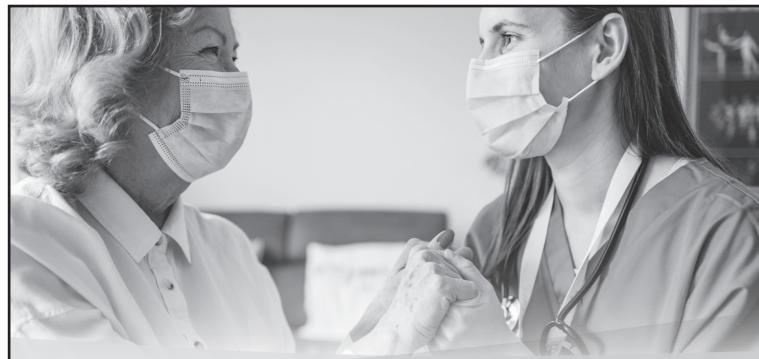
To be considered a dependent:

- a Veteran's spouse or widow/widower, or
- a child under 18 years old, or between 19 and 23 if attending high school/college, or older than 19, but considered totally disabled before turning 19, or
- a Veteran's parent

If you or someone you know might be eligible for this program, make an appointment with me to determine eligibility.

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





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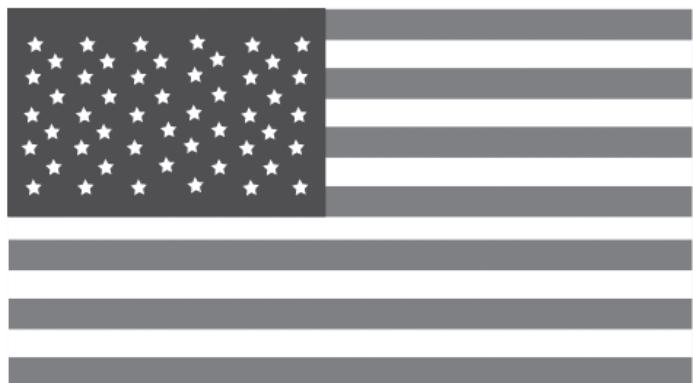


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HAPPY LABOR DAY



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

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Estate Planning

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

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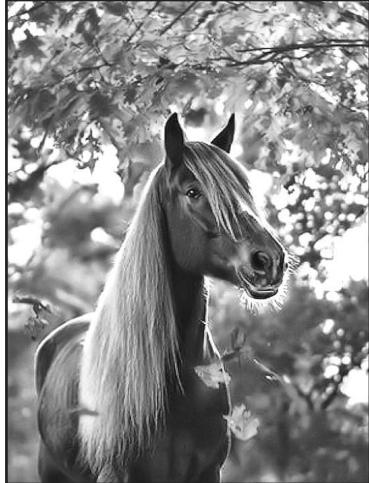
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Thank you!

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

Thank you!



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

**Hold on. Wait a minute! What do
you mean I can't wear white
after Labor Day?**



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

Future Activities—More information to come

Dennis Pimenta - Magician

Wednesday, October 18, 2023 at 1:00pm

Dennis Thomas is a full-time, professional NJ magician. For the past 25+ years. His show features magic, comedy, illusions, live animals and audience participation. One of the most talented magicians in NJ, Dennis has performed in New Jersey, Pennsylvania, and New York areas. That's not to mention the many Birthday Party shows he's performed at various homes and restaurants. All of Dennis' shows are totally self-contained. From props to tables to music to curtains, he brings everything he'll need to deliver the coolest magic show in Massachusetts even laughs are included.

Creative Wellness - A Collage Workshop

Monday, October 23, 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.**



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

Davis Bates - Halloween Harvest

Wednesday, October 25, 2023 at 11:30am



Davis has had a wonderful time sharing performances at well over 160 senior centers in Massachusetts over the last 43 years, with many repeat visits. It is joy for Davis to get folks singing together, and to share stories that trigger memories and connections to the past and the present. Songs are often accompanied by spoons, limberjack, rainstick, cabasa and guiro, a traditional indigenous instrument from Puerto Rico.

Veterans' Day Celebration

Wednesday, November 8, 2022 @ 11:30am

The annual Veterans Day luncheon will take place on Wednesday, November 8th at 11:30am. The Veterans Services Officer is awaiting confirmation for musical entertainment. Once a confirmation is received, that information will be put out through multiple channels. There will be a FREE lunch for all the Veterans. Lunch will be: pasta and meatballs with dessert.



Human Services Council

Chairperson

Michelle Hines

Vice Chairperson

Maria Duarte

Irene Andrews

Cheryl Camara

Beverly Della Grotta

Keith Perry

Josephine Veder

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