



# SEEKONK HUMAN SERVICES

## Open Office



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

### June 2024

**The office will be closed on:  
Wednesday, June 19, 2024 for Juneteenth**

#### **JUMPIN' JUBA - Steve Hurl Wednesday, June 5, 2024 at 1:00pm**

Jumpin' Juba plays blues-based roots-rock and classic rock for your listening and dancing pleasure. They are requested favorites at many MA senior centers. The group features Steve Hurl on electric finger-style and slide guitar plus vocals, with Dave Lockeretz on upright bass. **This program is supported by a grant from the Seekonk Cultural Council. Preregistration is required.**



#### **Father's Day Ice Cream Social Monday, June 17, 2024 at 2:00pm**

Let's celebrate with an ice cream social! Come on down to enjoy some ice cream inside or outside on the picnic tables (weather pending) and good company. This event is open to all! A suggested donation of \$2 is encouraged to help offset the cost but is not required. **Preregistration is required.**



#### **4th of July Celebration Wednesday, June 26, 2024 @ 11:30am**

Entertainer, vocalist, trumpet, and trombonist, Frank Noonan will perform "A Musical Salute of America". He will be singing songs from Boston to New Orleans. With hit songs by Frank Sinatra, John Denver, Louis Armstrong and many others. He will also sing "America the Beautiful and pay tribute to our Servicemen, Servicewomen and first responders with Satchmos' "What a Wonderful World". Join the fun, lunch, and good company. Lunch will be hot dogs & hamburgers. The fee for resident \$7.00, and non-residents \$10.00. **Preregistration is required.**



#### **Author Alison O'Leary - "Seen by Sea" Wednesday, June 12, 2024 @ 1:00pm**

Alison O'Leary presents, **\*\*Seen by Sea: An Appreciation of the New England Coast.** Visit the landmarks and learn the history of the northern New England coastline as experienced from the cockpit of a 25-foot boat that sailed 700 miles to Bar Harbor Maine (roundtrip). Along the way, you'll experience: Past and current military activity along the coast; The curious history of Isles of Shoals; Stories behind light-houses standing sentinel along the way; Hiking on a remote island (and how to get there); And a shark attacking the boat!. **Preregistration is required.**



#### **Arts & Crafts**

**From 9:30am - 11:30am**

The fee for residents is \$5 and non-residents is \$10.

**June 7, 2024 - Sea Glass Art**

**June 21, 2024 - Felt Flowers**

**July 5, 2024 - Felt Flowers (continued)**

**July 19, 2024 - Rock Painting**

**Contact the office for more information. Preregistration is required with payment.**

#### **Overview of Legal Services Monday, July 1, 2024**

**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. **Preregistration is required & opens June 17th. MA residents only.**

### **Fast Homemade Ice Cream (with no ice cream maker)**

**Ingredients:** 1 C. heavy cream, 1 C. half and half, ½ C. sugar, 1 tsp. vanilla extract, 2 gallon sized resealable plastic bags, 2 C. ice cubes, and ½ C. salt.

**Instructions:** 1. Pour cream, half and half, sugar, and vanilla extract into a gallon sized resealable plastic bag. Seal well. Squish it around to combine until sugar is dissolved. 2. Place ice cubes and salt into another gallon sized resealable plastic bag. 3. Place the bag with the ice cream mixture into the bag with the ice. Seal the larger bag (with the ice). 4. Shake until mixture freezes, about 5 to 7 minutes. **Nutrition:** Cal: 383kcal, Carb: 29g, Protein: 3g, Fat: 28g, Sat. Fat: 18g, Cholesterol: 103mg, Sodium: 48mg, Potassium: 123mg, Sugar: 25g, Vitamin A: 1090IU, Vitamin C: 0.9mg, Calcium: 102mg. **ENJOY YOUR SUMMER!**



### **Women's Lunch Wednesday, June 5, 2024 at 11:30am at Davenport's 1925 Pawtucket Avenue, East Providence, RI**

This group meets the 1st 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 the office.

### **Beginner Sign Language Wednesdays - 9:30am - 11:30am Starting up June 26, 2024**

A new 10-week session of sign language begins Wednesday, June 26, 2024 until August 28, 2024. If you are interested in this beginner class, please call the office to preregister.



hello

### **Let's Learn Together! Tuesday, June 25, 2024 at 2:30pm**

Do you have questions about using your smartphone, or tablet? Bring them to the Tech Help Hour. The goal of this session is to help each other learn how to use technology better. There is no set agenda. This program is moderated by Seekonk Public Library staff. Bring your own tablet, phone, or laptop. Please make sure your device is fully charged. **Preregistration is required.**

### **2nd Annual Men's Barbecue Wednesday, July 31, 2024 at 12:00 noon**

Join us for our barbecue party  
honoring Seekonk men  
age 60 and older

Wednesday, July 31st 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. Opens June 17th and  
Ends Monday, July 22, 2024

### **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. **Sign up and payment is required one week in advance.**

### **Encore Casino**

**Friday, June 28, 2024**

**Price: \$39.00 Per Person**

**Location: Boston Harbor**

**Departure 8:30am Return Approximately 5:30pm**

Join us at Boston's Premier Casino!! The casino at Encore Boston Harbor brings glamour on a grand scale to the riverfront. Enter the main floor - open and airy, colorful and vibrant! Try your luck with 2,800+ slot machines, including classic favorites, automated tables and the newest game titles. Enjoy 166 table games, from craps and roulette to blackjack and baccarat, all at state-of-the-art tables with superior service. It all adds up to an exciting, memorable five-star experience unlike anywhere else in Boston.



**Trip Includes: \*Casino Time:  
10:00am-4:00pm (Casino Package subject to  
change). \*Casino Package - \$20 free slot play.  
\*Deluxe Motorcoach Transportation. Gratuity.**

**Payment due at registration.**

### **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.

The June menu is available at our office and on our Facebook page.

## **Revoking a Power of Attorney**

**By: Brandon C. Walecka, Esq.**

Walecka Law, P.C.

774-203-9003

Brandon@WaleckaLaw.com

*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.*

Sometimes I get a call from a client who says, "I want to change my Power of Attorney."

### **First, what is a Durable Power of Attorney (DPOA)?**

This is a legal document in which you designate who you want to make legal and financial decisions for you if you cannot make them for yourself. For example, who will pay your bills or withdraw funds from your bank accounts if you cannot. It allows your agent to handle virtually all legal and financial matters for you. Your DPOA should be in effect immediately, which means that your agent can use it even if you are not disabled. This is necessary for the DPOA to be accepted at many financial institutions. Therefore, it is especially important that you pick only individuals who you trust to be your agent on your DPOA. Every DPOA should have a primary agent and an alternate agent (who would act only if the primary agent is unable to act for you).

### **How do you revoke a Power of Attorney?**

If for any reason, you become unhappy with the person you have appointed to make decisions for you under a DPOA, you may revoke the power of attorney at any time. There are a few steps you should take to ensure the document is properly revoked. While any new power of attorney should state that old powers of attorney are revoked, you should also put the revocation in writing. The revocation should include your name, a statement that you are of sound mind, and your wish to revoke the power of attorney. You should also specify the date the original power of attorney was executed, and the person selected as your agent. Sign the document and send it to your current agent as well as any institutions or agencies that have a copy of the DPOA, and attach your new DPOA if you have one. You also will need to get the old DPOA back from your agent. If you cannot get it back, send the agent a certified letter stating that the power of attorney has been revoked. Because a DPOA is one of the most important estate planning instruments available, if you revoke a power of attorney, it is important to have a new one in its place. An estate planning or elder law attorney can assist you in revoking an old DPOA or drafting a new one.

## **Telephone Reassurance Program**

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 ongoing, 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.

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.

# June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00am - Movement & Meditation 11:00am - Bocce 11:00am - Canasta 1:00pm - Strength & Cardio** 2:00pm - Oil Painting	4 9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:00am - Horseshoes 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)	5 8:45am - Stability & Balance** 9:30am - Drums Alive** 11:00am - Cornhole 11:00am - Tribal Grooves 11:30am - Women's Lunch 1:00pm - Jumpin' Juba 1:00pm - Mahjong	6 9:00am - Mat Exercise 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	7 9:15am - Dance Cardio** 9:30am - Arts & Crafts** 10:30am - Tai Chi**
10 10:00am - Movement & Meditation 11:00am - Bocce 11:00am - Canasta 1:00pm - Strength & Cardio** 2:00pm - Oil Painting	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 8:45am - Stability & Balance** 9:30am - Drums Alive** 11:00am - Cornhole 1:00pm - Author Alison O'Leary 1:00pm - Mahjong	13 9:00am - Mat Exercise 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	14 9:15am - Dance Cardio (Prerecorded) 10:30am - Tai Chi**
17 10:00am - Movement & Meditation 11:00am - Bocce 11:00am - Canasta 1:00pm - Strength & Cardio** 2:00pm - Father's Day - Ice Cream Social 2:00pm - Oil Painting	18 9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:00am - Horseshoes 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)	19 CLOSED FOR THE HOLIDAY	20 9:00am - Mat Exercise 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	21 9:15am - Dance Cardio** 9:30am - Arts & Crafts** 10:30am - Tai Chi**
24 10:00am - Movement & Meditation 11:00am - Bocce 11:00am - Canasta 1:00pm - Strength & Cardio** 2:00pm - Oil Painting	25 9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:00am - Horseshoes 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack) 2:30pm - Let's Learn Together	26 8:45am - Stability & Balance** 9:30am - Drums Alive 9:30am - Sign Language 11:00am - Cornhole 11:30am - 4th of July Party Frank Noonan 1:00pm - Mahjong	27 9:00am - Mat Exercise 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	28 8:30am - Encore Casino Trip 9:15am - Dance Cardio 10:30am - Tai Chi**
			*Water Colors Residents \$3/Non-Residents \$5 Paid one month at a time **Fitness Class Non-Residents \$2 ***Arts & Crafts Residents \$5/Non-Residents \$10	<b>Preregistration is required for all activities.</b>  <b>Activities subject to change without notice.</b>

**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 cost.**

## Veterans Corner

### VA Headstones, Markers & Medallions

The Department of Veterans Affairs (VA) furnishes upon request, at no charge to the applicant, a Government headstone or marker for the unmarked grave of any deceased eligible Veteran in any cemetery around the world, regardless of their date of death.

A Government-furnished headstone or marker may be provided for eligible Veterans who died on or after Nov. 1, 1990 and whose grave is marked with a privately purchased headstone. A Government-furnished medallion may be provided for eligible Veterans who served on or after Apr. 6, 1917 and whose grave is marked with a privately purchased headstone or marker.

Flat markers in granite, marble, and bronze and upright headstones in granite and marble are available. Bronze niche markers are also available to mark columbaria used for inurnment of cremated remains. The style chosen must be permitted by the officials in charge of the private cemetery where it will be placed.

When burial or memorialization is in a national cemetery, state Veterans' cemetery, or military post/base cemetery, a headstone or marker will be ordered by the cemetery officials based on inscription information provided by the next of kin or authorized representative.

Spouses and dependents are not eligible for a Government-furnished headstone or marker unless they are buried in a national cemetery, state Veteran's cemetery, or military post/base cemetery.

Note: There is no charge for the headstone or marker itself, however arrangements for placing it in a private cemetery are the applicant's responsibility and all setting fees are at private expense.

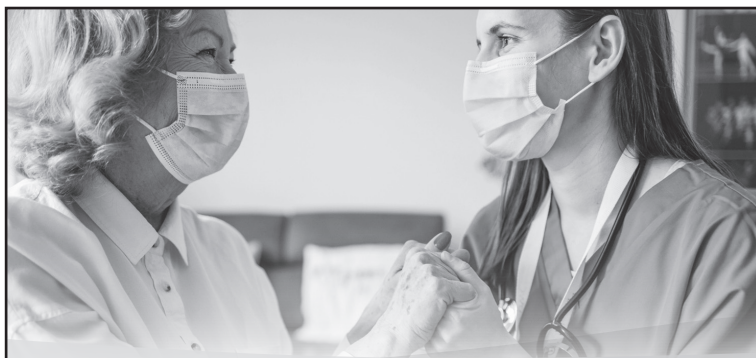
You may order online at <https://www.cem.va.gov> or make an appointment with a Veterans Services Officer.

For anyone in need of a replacement graveside flags or flag holders, I have them at my office at no charge for Seekonk residents/veterans. The holders I currently have are World War II, Korean War, Vietnam War or a generic veteran marker.

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







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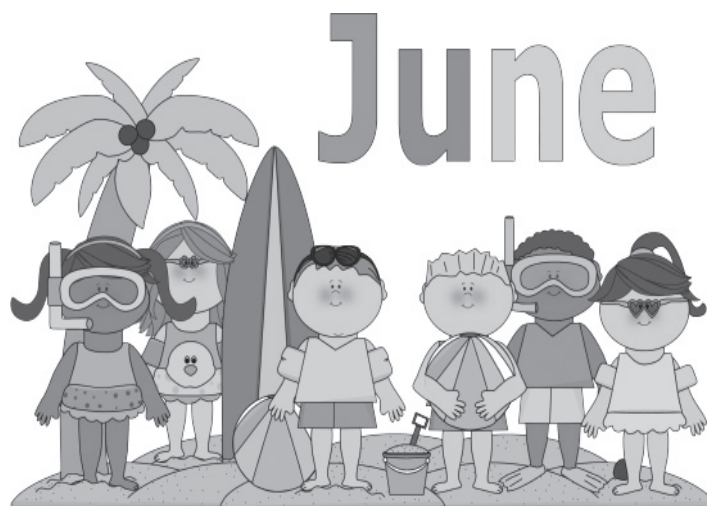
Contact us to learn about  
our full range of services.



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

# Thank you!

On behalf of the  
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# June



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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

**SEEKONK POLICE**

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



Lodge #5

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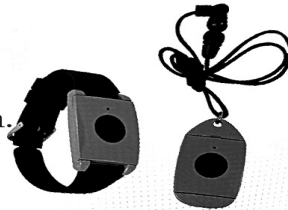
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### **Podiatry Clinic - July 3, 2024**

Dr. Lechan is **not** having a clinic in June 2024. His next clinic is July 3, 2024 from 10am-2pm **Please call our office to make an appointment.**

### **Hip Hop Chair Dance for Seniors! Wednesday, July 10, 2024 @ 11:30am**

MUSICDance.edu will be here for anyone who enjoys dance moves. The movement in this exercise class will keep you limber and can slow down the decline of cognitive disabilities. So if you want to keep yourself mobile come and try out this Hip Hop Exercise class. This class is specifically designed for seniors. **\*This program is supported by a grant from the Seekonk Cultural Council. Preregistration is required, and opens June 17th.**

### **Fran Hart "1970 - Me Generation"**

**Wednesday, July 17, 2024 @ 1:00pm**

The **"Me generation"** is a term referring to Baby Boomers in the U.S.A and the self-involved qualities associated with this generation. The 1970s it was dubbed the **"Me decade"** by writer Tom Wolfe. In this one-hour presentation by Fran Hart, He will talk about some issues that marked the 70s. **\*This program is supported by a grant from the Seekonk Cultural Council. Preregistration is required, and opens June 17th.**

### **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

### **Parks & Recreation**

Welcome to a new month! The month where summer begins. I hope you are all still keeping up with your water drinking. As it continues to warm up, you will need it to help you stay hydrated to combat the summer heat. Please also do not forget your sun-screen! It is so important to help you stay healthy. My girls and I even wear those sun hats with the wide brims and neck cover whenever we are spending time outside. With the warmer days and longer days there are going to be many opportunities to be outside. Not all outside time needs to be super active. I just learned that at the Seekonk library in their library of things to borrow, there are some low action items that can be used outdoors. They have a Giant Jenga, a Giant Connect Four, and even binoculars and metal detectors to borrow. What a great resource right in town to use. I encourage you to check out the whole list of available items. What a great addition they could be for a family cookout. While you are there, also check out the available museum passes to borrow. You may just find somewhere new to try this summer, or revisit a favorite you have not been to in a while. I can't wait to see you all out and about this summer.



### **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**