



# SEEKONK HUMAN SERVICES

## Town Crier



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

### January 2025

#### Holiday Hours

**Closed Wednesday, January 1, 2025**

**Closed Monday, January 20, 2025**

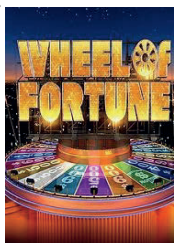
#### Holiday Season Thank you!



Seekonk Human Services would like to take the opportunity to thank all those who helped out during the holiday season. We would like to thank those who donated food, gifts and items needed for the holiday season. Without your help we couldn't have made this a successful holiday season!

#### Wheel of Fortune Game Show Wednesday, January 8, 2025 at 1:00pm

Kevin brings the excitement of "LIVE" game shows right to your doorstep! "Wheel of Fortune", the American television game show created by Merv Griffin is coming to Human Services. People play as teams, and every member of the winning team receives a prize! It will be fun! **Preregistration is required.**



#### Welcome Presentation from Town Nurse Lisa Monday January 13, 2025 at 2:00pm

Seekonk has a new Public Health Nurse, Lisa Valente, RN, CDOE. The Public Health Nurse functions under the direction of the Board of Health to provide community health care services including disease prevention, health promotion and maintenance, health education, and emergency preparedness. A longtime resident of Seekonk, Lisa has worked in acute care rehabilitation and nurse care management. She is also a Certified Diabetes Outpatient Educator. Office hours are tentatively on Mondays from 10 AM to 1 PM or by appointment. **Preregistration is required.**



#### "Old Time Radio's Greatest Moments"

**Wednesday, January 15, 2025 at 1:00pm**

Richard King, Radio Historian, will present "Old Time Radio's Greatest Moments" at Human Services. It is a multimedia show that features American radio in the 1930's to the 1950's. You will hear and see historical events and the top radio programs. **Preregistration is required.**



#### Elder Abuse Prevention Presentation Wednesday, January 22, 2025 at 11:30am



Bristol County District Attorney, Tom Quinn, is committed to preventing and prosecuting elder abuse. Come to Human Services to hear this important prevention message on, January 22, 2025, at 11:30am. District Attorney Quinn's office will speak about identity fraud, financial exploitation and scams, how to prevent them, and where to report them if they occur. We hope you will join us. **Preregistration is required.**

#### Healthy Aging - Lunch & Learn Wednesday, January 29, 2025 at 11:30am



Join us to play "Food Safety Bingo" by Bristol Elder Services Registered Dietitian, Dawn DiMarco. A pot roast lunch will be served for those who attend. **Preregistration is required.**

*Happy  
New  
Year*

### Arts & Crafts

**1st & 3rd Friday from 9:30am - 11:30am**

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

**January 3, 2025 & January 17, 2025 -  
Personalize Your Mugs**

**February 7, 2025 & February 21, 2025 -  
Valentine's Gnome & St. Patrick's Gnome**

**Contact the office for more information.  
Preregistration is required with payment.  
Projects are subject to change.**

### Podiatry Clinic

**Wednesday, January 8, 2025  
10:00am - 2:00pm**

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. **Call our office to make an appointment.**

**Blood Pressure & Glucose Clinic  
Wednesday, January 15, 2025  
9:00am - 11:00am**



Join us for our free monthly blood pressure and glucose screenings. **Walk-ins welcome!**

**Let's Learn Together!  
Tuesday, January 28, 2025 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.**

### Women's Lunch

**Wednesday, February 5, 2025 at 11:30am at  
Davenport's Restaurant**

**1925 Pawtucket Avenue, East Providence, RI**

This group meets the first 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 to sign up.

### Tuesday Luncheon Tuesday's at 12:00pm

Seekonk Human Services has partnered with The Hamilton Diner to offer weekly lunches! Lunches will cost \$7 for residents and \$8 for non residents. The menu will be available at the office and on Facebook.

### 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 December menu is available at our office and on our Facebook page.

### Fuel Assistance

If you have never had fuel assistance and would like to apply or if you need help filing out your application, please call Human Services to make an appointment with the Outreach Caseworker. Fuel assistance applications are accepted **until April 30, 2025**. Income guidelines: Maximum income for one person is \$49,196, for two people is \$64,333, for three people is \$79,470 and for four people is \$94,608. **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

## Veteran's Corner

### Access To Military Bases Now Easier For Veterans

Veterans and eligible caregivers now have easier access to Department of Defense (DOD) installations. On Nov. 1, 2024, the updated process announced by VA and DOD streamlined both enrollment and access to installations

Eligible veterans who do not have a VA-issued Veteran Health Identification Card (VHIC)—as well as eligible caregivers—can now enroll for installation access at the visitor center using their REAL ID Act-compliant driver's license or non-driver's identification card. This means these individuals no longer need to present a VA-issued caregiver patronage letter, VA-issued service-connected disability letter, or VA Health Eligibility Center Form H623A to enroll for installation access.

To enroll for reoccurring installation access, eligible Veterans and caregivers must establish identity, fitness, and purpose on their first visit to each DOD installation they wish to access at the visitor's center. As part of enrollment, you must:

Present an acceptable credential (VHIC or REAL ID) to establish identity;

Undergo an on-the-spot criminal record and terrorism check to establish fitness; and

Have your eligibility for on-installation benefits verified electronically to establish purpose. If your purpose is for health care, and the DOD installation doesn't have a commissary, exchange or authorized MWR service, then proof of appointment will need to be provided.

When entering a DOD installation, Veteran and caregiver eligibility is now verified electronically. Following enrollment for reoccurring installation access, Veterans and eligible caregivers can enter the installation by presenting the same VHIC or REAL ID for which they enrolled.

Enrollment is typically valid for one to three years, or one year after the last visit to the given DOD installation. If a patron's VHIC or REAL ID expires, they will need to reenroll with their new VHIC or REAL ID. Termination of a patron's eligibility will automatically result in the termination of installation access enrollment.

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



### **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 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 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.

# January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Preregistration is required for all activities.</b>  <b>Activities are subject to change without notice.</b>	*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 ****Prerecorded Fitness Class	<b>CLOSED FOR THE HOLIDAY</b>	10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	9:15am Dance Cardio****  9:30am Arts & Crafts***  10:30am Tai Chi**
10:00am Movement & Meditation 10:00am Legal Services 10:30am Cornhole 11:00am Canasta 1:00pm Strength & Cardio** 2:00pm Oil Painting	9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack)	8:45am Stability & Balance** 9:30am Drums Alive** 10:00am Podiatry Clinic 1:00pm "Wheel of Fortune" 1:00pm Mahjong 3:00pm Adult Coloring	9:00am Mat Exercise 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	9:15am Dance Cardio****  10:30am Tai Chi**
10:30am Cornhole 11:00am Canasta 1:00pm Strength & Cardio** 2:00pm Oil Painting 2:00pm Welcome Presentation for Town Nurse Lisa	9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack)	8:45am Stability & Balance** 9:00am Blood Pressure Clinic 9:30am Drums Alive** 1:00pm Radios Greatest Moment 1:00pm Mahjong 3:00pm Adult Coloring	9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	9:15am Dance Cardio**  9:30am Arts & Crafts***  10:30am Tai Chi**
<b>CLOSED FOR THE HOLIDAY</b>	9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack)	8:45am Stability & Balance** 9:30am Drums Alive** 11:30am Elder Abuse Prevention 1:00pm Mahjong 3:00pm Adult Coloring	9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	9:15am Dance Cardio**  10:30am Tai Chi**
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**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 towards fitness programs to help offset the cost.**





## Parks & Recreation by Erica Harris-Grimes

### Rocky Mountain National Park

Rocky Mountain National Park located in Estes Park; Colorado is full of dramatic beauty. It is 415 square miles, if my math is right, that is 288,000 acres! There are over 300 miles of hiking trails, high rugged mountains and sparkling lakes, all mixed in with abundant wildlife. The first written record of a visit to what is now Rocky Mountain National Park was in 1843. There has been people using the lands for many years before that, however, this was the first piece written about it. In the 1930's when so many were looking for work, President Franklin Roosevelt promised a New Deal where he created programs that put people to work. One program was called Civilian Conservation Corps. In this program young male recruits at six camps built roads, trails and buildings. They also managed predators, put out wildfires and planted trees. Rocky Mountain National Park has never been served by train like Yellowstone, Glacier and Grand Canyon. It has always been accessible by automobiles. Due to that being the best way to access the park, road building was high on the priority list. Today the staff is knowledgeable in so many areas. It is made up of hard workers leading the way. They have education rangers, law enforcement rangers, carpenters, mechanics, biologists, administrators, engineers, resource specialists and volunteers all working together to manage Rocky Mountain National Park. If you would like more information on the park the websites listed below have so many resources including incredible pictures that make you feel as if you are right there.



rockymountainnationalpark.com  
nps.gov/romo.index.htm

### Cold Weather Safety for Older Adults

Older adults have a higher chance of being affected by cold weather. Changes that come with aging can make it harder for older adults to be aware of their body becoming too cold, which can turn into a dangerous health issue quickly.

Hazards of cold weather include falls on wintry surfaces; injury caused by freezing (frostbite); and hypothermia, a medical emergency that occurs when your body temperature gets too low. Being informed and taking certain actions can help lessen risks during the colder months. Article by National Institute of Aging.



### Cold Weather Safety Tips

**When you are outside, frostbite and hypothermia are possible so you need to protect yourself.**

1. Wear layers of loose-fitting, lightweight, warm clothing.
2. Wear a hat. Try to stay dry and out of the wind.
3. Cover your mouth to protect your lungs from extreme cold.
4. Mittens, snug at the wrist, are better than gloves. Article by Weather.org

**Carbon monoxide poisoning is a silent, deadly killer claiming about 1,000 lives each year in the United States.**

1. Install a carbon monoxide detector.
2. **NEVER** run a generator indoors.
3. Open a window slightly when using a kerosene heater and follow the manufacturer's instructions.
4. **NEVER** use a gas oven to heat your home.
5. If your heat goes out, you can keep warm indoors by closing off rooms you do not need, dressing in layers of lightweight clothing, and wearing a cap. Article by Weather.org

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10 Emory Street, Attleboro, MA 02703

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



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



Law Office of Luke P. Travis

Estate Planning

239 Winthrop Street, Rehoboth  
by appointment

TEL: (508) 676-3333  
FAX: (508) 678-1698

luke@bristollegal.com



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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508-336-6633 x 337**



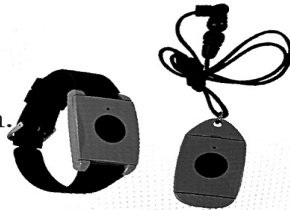
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Seekonk Town Crier  
for your support of  
our newsletter*

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in the next  
Seekonk Town Crier  
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Please contact Tom Reily  
508-336-6633 x 337**

### Valentine's Day Party

**Wednesday, February 12, 2025 at 11:30am**



We will be having our annual Valentine's Day party, Wednesday, February 12, 2025 at 11:30am. Carine Paul will be performing love songs for all to enjoy at our Valentine's day party. Lunch will be pasta and meatballs. The cost will be \$7 for residents and \$10 for nonresidents. **Preregistration is required and opens January 15th.**

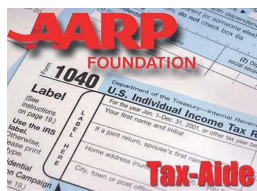
### A Funny Program About Funny Programs: The Greatest Sitcoms of All Time

**Wednesday, February 19, 2025 at 1:00pm**

Award-winning author and pop culture historian Martin Gitlin hosts this fun and enlightening presentation based on his book, *The Greatest Sitcoms of All Time*. He is the only author to actually rank the best, including *I Love Lucy*, *The Honeymooners*, *The Andy Griffith Show*, *Get Smart*, *All in the Family*, *The Mary Tyler Moore Show*, *Cheers*, *The Golden Girls*, *Seinfeld*, *Everybody Loves Raymond* and *The Big Bang Theory*. He will show funny snippets from those shows and others, challenge patrons with sitcom trivia (including identifying cool theme songs!). Discuss the criteria he used to rank 70 years of sitcoms and talk about how they have evolved over the decades in humor, presentation and content. This program is really entertaining so join in on the fun! **Preregistration is required and opens January 15th.**



### Income Tax Appointment



The AARP Foundation Tax Aide, will be at Human Services on Thursdays. They will start preparing taxes from February 6, - April 10, 2025. Appointments will be at 9:00, 10:00 and 11:00am. Please be on time for your appointment. Please call our office to set up an appointment at 508-336-8772. Appointment booking begins January 8th for residents and January 29th for nonresidents.

### Healthy Aging - Lunch & Learn Wednesday, February 26, 2025 at 11:30am

Join us for nutritional trivia by Bristol Elder Services Registered Dietitian, Dawn DiMarco. A chicken stir fry lunch will be served for those who attend. **Preregistration is required and opens January 15th.**



### 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**

### 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

### Human Services Council

#### Chairperson

Michelle Hines

#### Vice Chairperson

Maria Duarte

Cheryl Camara

Rick Forest

Beverly Della Grotta

Keith Perry

Josephine Veader

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