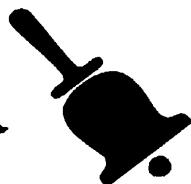




SEEKONK HUMAN SERVICES

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

March 2025

St. Patrick's Day Karaoke Party Wednesday, March 12, 2025 at 11:30am Barney Mallon

Karaoke King, Barney Mallon will be here to sing and have sing-a-long with all who will attend our St. Patrick's Day party. He will be singing Irish songs that you know and some you may not know. When he performs for St. Patrick's Day parties he usually sings some songs by Italian singers for St. Joseph's Day too. He usually will sing songs sang by Dean Martin, Frank Sinatra, Bobby Darin, Perry Como, Tony Bennett etc. So, join us for some great fun and a delicious lunch! Lunch will be corned beef and cabbage. The cost will be \$10 for residents and \$13 for non-residents. **Preregistration is required.**



Venice, Italy: A History and Photographic Tour By Matt Davis

Wednesday, March 19, 2025 at 1:00pm

Matt Davis will be here illustrating Venice, Italy with dozens of original photos. Have you learned how this amazing city was first created? What daily life is like? Why it's one of the world's most beloved travel destinations? What challenges the city faces today? **Preregistration is required.**



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

Join us for Nutrition Jeopardy by Bristol Aging and Wellness Registered Dietitian, Dawn DiMarco. Lunch will be spaghetti and meatballs, vegetables, dinner rolls and dessert for those who attend. **Preregistration is required.**



“Meet and Greet” State Senator Kelly Dooner

Monday, March 31, 2025 at 2:00pm

There will be “Meet and Greet” with your new State Senator Kelly Dooner. Learn about Kelly, her team, and her priorities for Seekonk and the Commonwealth. They will be providing pastries for all who sign up for this activity. **Preregistration is required.**



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

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

March 7, 2025 & March 21, 2025 Personalized Jewelry Making

April 4, 2025 & April 18, 2025 Acrylic Door Hangers with Patterns

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

Women's Lunch Wednesday, March 5, 2025 at 11:30am at Benjamin's Restaurant 213 Taunton Avenue, Seekonk, MA

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 our office to sign up, preregistration is required.**

Blood Pressure & Glucose Clinic Wednesday, March 19, 2025 9:00am - 11:00am

Join us for our free monthly blood pressure and glucose screenings. **Walk-ins welcome.** Provided by Seekonk's Public Health Nurse.



Podiatry Clinic
Wednesday, March 5, 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.**

Let's Learn Together!
Tuesday, March 25, 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 provided by Seekonk Public Library staff. Bring your own tablet, phone or laptop. Please make sure your device is fully charged. **Preregistration is required.**

Smooth R&B and Hip Hop Line Dance
Wednesday, April 9, 2025 at 11:30am

Seniors come on down! Move and groove to smooth R&B Hip Hop music tunes. This class is about an hour and is especially designed for seniors. There is some evidence in current research that suggests that physical activity can slow down the decline of cognitive disabilities and may improve the quality of senior life. ***This program is supported by a grant from the Seekonk Cultural Council. Preregistration is required and opens March 17th.**

Hearing Clinic
Monday, April 14, 2025 - 1:00pm - 3:00pm

Lauren Warburton from At Home Hearing Healthcare will be here for a Hearing Clinic from 1pm - 3pm. At Home Hearing Healthcare is a **mobile** Hearing Instrument Specialist team with over 38 years of experience. They specialize in detecting and resolving issues with **hearing loss**. If their Board-Certified Hearing Instrument specialist detect a hearing loss, the individual will be advised regarding the next steps for pursuing proper treatment. For individuals who do not have hearing loss, this screening establishes a valuable baseline to measure any future issues. They offer services in the comfort and security of your own home. They do accept MassHealth. **Preregistration is**



Indoor Games and Leisure Activities

Stop by to try our foosball or shuffleboard tables! We also have puzzles and books available to borrow!

Tuesday Luncheon 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. **On the last Tuesday of each month we will be celebrating Seekonk Senior's birthday. On your birth month you will only pay \$2.00 for that lunch (Seekonk residents only).**

Nutritional Meals To Go
Tuesdays, Wednesdays & Thursdays

Bristol Aging and Wellness provides nutritional meals for lunch on Tuesdays, Wednesdays and Thursdays to go. Meals come completely cooked and pre-packaged. 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 March 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:**
 - 4 consecutive pay stubs
 - Social Security Award Letter or 1099
 - Pension (Current 1099)
 - Interest Dividends (1099)
 - List of everyone in household plus their income
- **Homeowner's must include:**
 - Mortgage statement
 - Real estate tax bill
 - Insurance bill
 - Recent copy of electric bill and gas/oil bill
- **Renters Include:**
 - Rent receipt
 - Recent copy of electric bill and gas/oil bills
- **Other Documents Needed**
 - License
 - Social Security Cards for all members in household
 - Birth certificates for members under the age of 18
 - Food Stamps - copy of verification

Parks & Recreation by Erica Harris-Grimes Arizona's National Parks

Arizona is home to 22 national parks including the famous Grand Canyon. The Grand Canyon is located in Grand Canyon, Arizona. The park is located on the Colorado River and adjacent uplands. It is 278 river miles of beauty along the river. The whole park itself is made up of 1,218,375 acres. There is a North and South Rim and a mile deep canyon. Not only are the views amazing, it is also home to so much wildlife and vegetation. There are 450 species of birds, and 91 species of mammals. There are 18 species of fish, with 5 of them being native to the area. For reptiles and amphibians there are 58 species. For invertebrates there are 1,443 species. This includes 292 different butterflies and moth species. Those number are astonishing! If you go on to <https://www.nps.gov/great/learn/nature/wildlife.htm> you can see what ones are on there. Along with the animals there is also so much vegetation.

It is estimated that 6 million years ago was when the Colorado river established its course through the canyon. The climate is thought to be mild. With a mean high temperature of 64 on the South Rim and of 55 on the North Rim, at least from a 30-year average. The low in the south can also hit 29.5 at the South Rim and 31.7 at the North Rim, again using a 20-year average. There is lodging available as well as camping for options to stay there.



March Daffodil Days - Raise Funds and Awareness for Cancer using this cheerful symbol

Daffodil Days, usually held in March, raise funds and awareness for cancer using this cheerful symbol. Cancer kills more than 600,000 Americans each year and affects countless lives. Since the 1950s, the daffodil has served as a symbol of hope and resilience in the face of cancer. The bright flower represents the hard work done by researchers and doctors working to find a cure and improve treatment for cancer of all types. Beginning with the Canadian Cancer Society, cancer research organizations around the world have used the daffodil as an emblem of hope and resilience in the face of disease. The Canadian Cancer Society first started using daffodils, the first flower of spring, as a symbol at their events in 1956, when volunteers handed out the brightly colored flowers to raise awareness. "Daffodil Days" became a popular fundraiser, with volunteers selling daffodils to raise funds for cancer research. Since then, other organizations including the American Cancer Society have also adopted the daffodil as a totem. Advocates use Daffodil Days as a chance to spread awareness about cancer and help people live longer and healthier lives. In 2021, the American Cancer Society held their Daffodil Days in February, when people could purchase bunches of daffodils for themselves or as gifts for cancer patients in hospitals and treatment centers. The flowers were delivered at the end of March. The American Cancer Society works to provide information to cancer patients, fund research for the development of life-saving medicines and procedures, pass legislation that improves access to care, and advocate for cancer patients and their families in many more ways.



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.

March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta 1:00pm Strength & Cardio** 2:00pm Oil Painting	4 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack)	5 8:45am Stability & Balance** 9:30am Drums Alive** 10:00am Podiatry Clinic 11:30am Women's Lunch 1:00pm Mahjong 3:00pm Adult Coloring	6 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	7 9:00am Dance Cardio** 9:30am Arts & Crafts*** 10:30am Tai Chi**
10 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta 1:00pm Strength & Cardio** 2:00pm Oil Painting	11 9:00am Drums Alive**** 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack)	12 8:45am Stability & Balance** 9:30am Drums Alive** 11:30am St. Patrick's Day Party 1:00pm Mahjong 3:00pm Adult Coloring	13 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	14 9:00am Dance Cardio** 10:30am Tai Chi**
17 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta 1:00pm Strength & Cardio** 2:00pm Oil Painting	18 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack)	19 8:45am Stability & Balance** 9:00am Blood Pressure Clinic 9:30am Drums Alive** 1:00pm Venice, Italy 1:00pm Mahjong 3:00pm Adult Coloring	20 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	21 9:00am Dance Cardio** 9:30am Arts & Crafts*** 10:30am Tai Chi**
24 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta 1:00pm Strength & Cardio** 2:00pm Oil Painting	25 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon/ Birthday Celebrations 1:00pm Pitch (Hi-Lo Jack) 2:30pm Let's Learn Together	26 8:45am Stability & Balance** 9:30am Drums Alive** 11:30am Lunch & Learn 1:00pm Mahjong 3:00pm Adult Coloring	27 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	28 9:00am Dance Cardio** 10:30am Tai Chi**
31 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta 1:00pm Strength & Cardio** 2:00pm Oil Painting 2:00pm "Meet and Greet" State Senator Kelly Dooner			<p>Preregistration is required for all activities.</p> <p>Activities are subject to change without notice.</p>	<p>*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</p>

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.



Identity Theft of Veterans Benefits

Unfortunately, fraudsters often target veterans through various scams to gain access to personal data, resulting in identity theft.

Understanding Identity Theft

Identity theft occurs when someone steals personal information such as Social Security Numbers (SSNs), bank account details, medical records and account numbers, or credit card information to commit fraud. This can lead to unauthorized purchases, drained bank accounts, and even fraudulent claims for benefits in your name. Identity theft can have severe consequences, impacting not only financial stability but also access to VA benefits.

Types of Scams Targeting Personal Data

Generative Artificial Intelligence (AI) Scams: Fraudsters can use AI to create fake identities or impersonate real people, businesses or charities to access secure information and file claims for benefits. They may develop convincing voice or video messages for social engineering attacks to trick people into giving money to fraudsters.

QR Code Scams: With the rise of contactless payment and information sharing, fraudsters use QR codes as a quick scam. These codes may appear in emails, social media, flyers, websites or public places like parking meters, and direct users to phishing sites intended to steal personal data or request payment under false pretenses.

Phishing: Phishing, also known as clickbait scams, comes in many forms, such as emails, phone calls, text messages, fake websites and advertisements, and social media videos. Clicking on links can lead veterans to phishing sites designed to steal personal information, infect devices with malware, or request payment for nonexistent services.

Romance & Friendship Scams: Fraudsters create fake profiles on dating apps and social media platforms to befriend individuals. Once a connection is established, they gather personal details to later pressure potential victims with blackmail to gain PII, account numbers and passwords, or financial payment.

Be cautious of popups and links on websites, emails and texts which can be used to infect your device with harmful malware. Limit the PII you post online, such as your address, date of birth, workplace or kinship details. The less information scammers can find about you online the safer you will be.

Taking proactive measures to secure personal data is one of the most effective ways to prevent identity theft and other types of fraud. The VA ensures veterans keep their personal information and benefits safe from harm. Veterans who suspect they have experienced fraud can find resources to file a report with the appropriate agency by visiting www.vsafe.gov or calling 833-38V-SAFE. As always, don't hesitate to call or email with any questions.

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



Compassionate
caring
every step
of the way



For nearly 50 years, HopeHealth has offered comfort and hope through even the toughest health challenges.

It's our privilege to care for our patients and their loved ones at every stage of serious illness providing hospice and palliative care, dementia and Alzheimer's services as well as caregiver and grief support programs.

Learn more about our services by calling (844) 671-4673 or visit HopeHealthCo.org.



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Thank you!
On behalf of the
Seekonk Town Crier
for your support
of our newsletter

**Happy
St. Patrick's
Day!**



**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

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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Tom Reily
508-336-6633 x 337



Thank you!

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

Thank you!



*On behalf of the
Seekonk Town Crier
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508-336-6633 x 337

Willie Nelson Songs and Stories With Matt York

Wednesday, April 16, 2025 at 1:00pm

Longtime New England singer and songwriter Matt York will perform songs and tell stories about the great Willie Nelson. Matt York will focus on Willie's long and illustrious music career that has spanned over seven decades. In both 2022 and 2023, Matt was nominated for the Boston Music Award for Best Country Artist and last year, his album, Gently Used, was named one of the top albums by The Patriot Ledger. ***This program is supported by a grant from the Seekonk Cultural Council. Preregistration is required and opens March 17.**



Understanding Alzheimer's and Dementia Monday, April 28, 2025 at 2:00pm

Alzheimer's disease is a degenerative brain disease and the most common cause of dementia. Alzheimer's disease is a type of dementia that affects memory, thinking and behavior. Symptoms eventually grow severe enough to interfere with daily tasks. Worldwide, 55 million people are living with Alzheimer's and other dementias. Join us on Monday, April 28th at 2pm for a presentation on "Understanding Alzheimer's and Dementia" with our Public Health Nurse Lisa Valente, RN CDOE along with a representative from the Alzheimer's Association. **Preregistration is required and opens March 17.**



**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

Healthy Aging - Lunch & Learn Wednesday, April 30, 2025 at 11:30am

Join us for Nutrition Trivia by Bristol Aging and Wellness Registered Dietitian, Dawn DiMarco. Lunch will be Macaroni and Cheese, broccoli, dinner rolls, and dessert, lunch for those who attend. **Preregistration is required and opens March 17th.**



Encore Casino - Boston Harbor

Wednesday, April 30, 2025

Price: \$42.00 Per Person

Departure at 8:30am Return Approx. 5:30pm

540 Arcade Avenue, Seekonk, MA



The casino at Encore Boston Harbor brings glamour on a grand scale to the waterfront. 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, 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: deluxe motorcoach transportation, gratuity, casino time: 10am-4pm. Casino Pkg. \$20 free slot play. (Casino package subject to change)** Payment due at registration.

Human Services Council

Chairperson
Michelle Hines

Vice Chairperson
Maria Duarte

Cheryl Camara

Rick Forest

Beverly Della Grotta

Keith Perry

Josephine Veaider

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