



SEEKONK HUMAN SERVICES

Town Courier



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

April 2025

Holiday Hours Closed on Monday, April 21, 2025

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. **Preregistration is required. *This program is supported by a grant from the Seekonk Cultural Council.**

Spring Gathering

Entertainment by Dave Valerio Wednesday, April 23, 2025 at 11:30am

Join us for our Spring Gathering with entertainment by Dave Valerio. Dave Valerio is a Seekonk native and a former longtime resident. Dave Valerio is an entertainer, keyboardist and vocalist that sings Neil Diamond, Frank Sinatra, Kenny Rogers and so much more! This is sure to be a great time. Lunch will be chicken salad sandwiches, pasta salad, chips and dessert. The cost will be \$10 for Seekonk residents and \$13 non-residents. Dessert sponsored by First Light Homecare. **Preregistration is required.**

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



Lauren Warburton from At Home Hearing Healthcare will be here for a Hearing Clinic. 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 required.**

Let's Play Backgammon

Starting Monday, April 28, 2025 at 1:00pm

What is the oldest living board game? Backgammon, played by three-hundred million people worldwide. Learn everything from basic rules to advanced strategies with our resident expert who trained in Greece and Turkey as a young man. Enjoy open gaming with others. All levels are welcome. **Preregistration required.**

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.**

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. **Preregistration is required. *This program is supported by a grant from the Seekonk Cultural Council.**

Healthy Aging—Lunch & Learn

Wednesday, April 30, 2025 at 11:30am

Join us for Food Safety Bingo by Bristol Aging and Wellness Registered Dietitian, Dawn DiMarco. Lunch will be macaroni and cheese with broccoli, dinner rolls and dessert for those who attend. **Preregistration is required.**

Women's Lunch
Wednesday, April 2, 2025 at 11:30am at
LaFamilia, Taunton, MA
Wednesday, May 7, 2025 at 11:30am at
Longhorn Steakhouse, Seekonk, MA

If you are interested in joining the Women's Lunch for good food and good conversation, while supporting our local restaurants. **Please call our office to sign up, pre-registration is required.**

Podiatry Clinic

Wednesday, April 2, 2025 from 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, April 16, 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.**

Let's Learn Together!

Tuesday, April 22, 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.**

You are cordially invited to attend a
Silver Tea
Honoring women in Seekonk
age 75 and older

The Tea will be held at
Seekonk Senior Center
540 Arcade Avenue
Wednesday, May 14, 2025
@ 12:00 noon



Hosted by Seekonk Human Services
&
Funded by Friends of Friends
Community Services Inc.

Limited Seating Available
Register at 508-336-8772 **starting** April 15
Registration **ends** May 2

Seekonk Residents Only

***Reservation required**

Oil Painting

Friday's from 9:30am—11:30am

Join Seekonk Human Services every Friday for Oil Painting. From beginners to experienced painters, all skill levels welcome. Contact Seekonk Human Services today to register. **Instructor led on the 1st and 3rd Friday of the month.** Cost: \$3 for residents and \$5 for non-residents due upon registration. **Class members need to bring their own supplies, supply list available.**

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 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, 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.**

Boston Bingo Cruise

Wednesday, August 13, 2025

Price: \$105 Seekonk Residents

\$110 Non-Residents

Departure: 9am // Return: Approximately 3:30pm

Enjoy the Boston skyline with a two-hour cruise. Enjoy a delicious lunch. Full-bar including cocktails, wine and beer for purchase. Onboard entertainment includes top-side open-air lounge for games and relaxation. Three games of bingo with prizes. Onboard DJ entertainment. **Trip includes: deluxe motorcoach transportation, gratuity, 2 hour cruise and buffet luncheon. Payment due at registration.**

Tuesday Luncheon at 12:00pm

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 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 April menu is available at our office and on our Facebook page.

Town of Seekonk – Proposition 2 ½ Debt Exclusion Information

As part of our ongoing efforts to keep the community informed ahead of the **Annual Town Election on April 7**, the Town of Seekonk is providing the following details regarding a **Proposition 2 ½ debt exclusion question** on the ballot. This measure pertains to the Town's share of the **Tri-County Regional Vocational Technical School District's \$183 million bond issuance**.

Background on the Tri-County School Building Project

On October 24, 2023, voters in the Tri-County Regional Vocational Technical School District approved a \$286 million project to construct a new high school, with the **Massachusetts School Building Authority (MSBA) reimbursing approximately 36%** of the total project costs.

This new facility is necessary to replace the existing building, which was constructed in 1977 and no longer meets modern technical education standards or current accessibility requirements.

Seekonk is one of 11 sending communities in the Tri-County school district, with 83 students currently enrolled. Based on this enrollment, Seekonk is responsible for **8.8%** of the project's debt, amounting to approximately **\$28.8 million** over the duration of the bond repayment.

What Is a Debt Exclusion?

A debt exclusion allows a community to temporarily exceed the tax levy cap established under Proposition 2 ½ for the life of the borrowing. Approval of this measure would enable the Town to fund its share of the project costs without impacting essential municipal services and staffing in future operating budgets.

What Happens If the Debt Exclusion Does Not Pass?

The Town is legally obligated to contribute its share of the Tri-County School Building Project costs, as approved in the districtwide vote. If the debt exclusion is not approved, Seekonk would need to absorb the payments within the existing tax levy, significantly reducing available funds for municipal operations, services, and other town projects.

Election Information

The Annual Town Election will be held on **Monday, April 7, 2025**, from **7:00 a.m. to 8:00 p.m.** at **Seekonk High School**.

Early Voting Schedule:

- **Monday, March 31** – 8:30 a.m. to 4:30 p.m.
- **Tuesday, April 1** – 8:30 a.m. to 4:30 p.m.
- **Wednesday, April 2** – 8:30 a.m. to 7:00 p.m.
- **Thursday, April 3** – 8:30 a.m. to 4:30 p.m.
- **Friday, April 4** – 8:30 a.m. to 12:00 p.m.

For additional information, please refer to the Town's website at www.seekonk-ma.gov

Telephone Reassurance Program

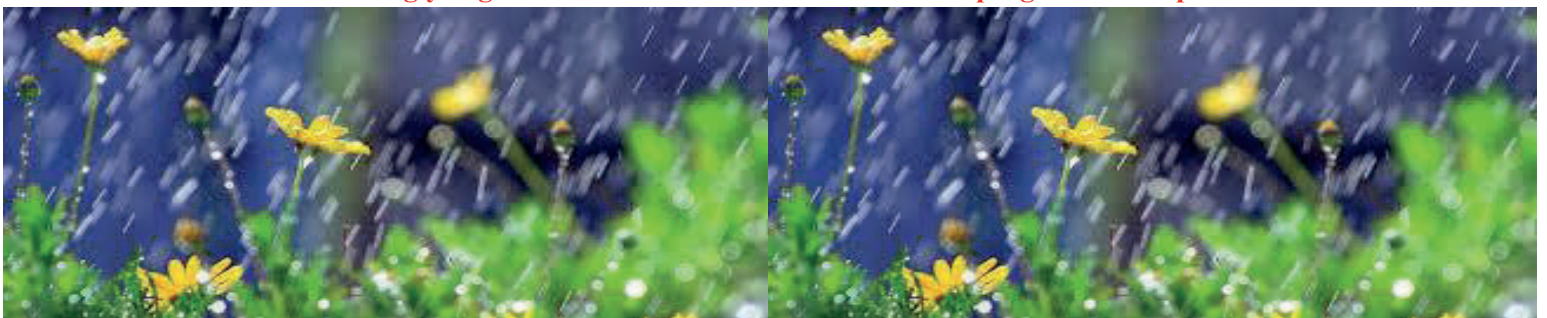
Our office will make a telephone call to an individual's home at approximately the same time each day Monday through Friday (during our operating business hours only). This program is designed to connect people in need with ongoing, caring human contact and conversation. If we do not receive an answer, 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.

April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack)	2 8:45am Stability & Balance** 9:30am Drums Alive** 10:00am Podiatry Clinic 11:30am Women's Lunch 1:00pm Mahjong 3:00pm Adult Coloring	3 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	4 9:00am Dance Cardio** 9:30am Oil Painting* 10:30am Tai Chi**
7 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta 1:00pm Strength & Cardio**	8 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack)	9 8:45am Stability & Balance** 9:30am Drums Alive** 11:30am Smooth R&B and Hip Hop Line Dance 1:00pm Mahjong 3:00pm Adult Coloring	10 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	11 9:00am Dance Cardio** 9:30am Oil Painting 10:30am Tai Chi**
14 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta 1:00pm Strength & Cardio** 1:00pm Hearing Clinic	15 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack)	16 8:45am Stability & Balance** 9:00am Blood Pressure Clinic 9:30am Drums Alive** 1:00pm Willie Nelson Songs and Stories with Matt York 1:00pm Mahjong 3:00pm Adult Coloring	17 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	18 9:00am Dance Cardio** 9:30am Oil Painting* 10:30am Tai Chi**
21 Closed For Patriot's Day	22 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack) 2:30pm Let's Learn Together	23 8:45am Stability & Balance** 9:30am Drums Alive** 11:30am Spring Gathering 1:00pm Mahjong 3:00pm Adult Coloring	24 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	25 9:00am Dance Cardio** 9:30am Oil Painting 10:30am Tai Chi**
28 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta 1:00pm Strength & Cardio** 1:00pm Backgammon 2:00pm Understanding Alzheimer's and Dementia	29 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon/ Birthday Celebrations 1:00pm Pitch (Hi-Lo Jack)	30 8:30am Encore Casino Trip 8:45am Stability & Balance** 9:30am Drums Alive** 11:30am Lunch & Learn 1:00pm Mahjong 3:00pm Adult Coloring	Preregistration is required for all activities. Activities are subject to change without notice.	*Water Colors/Oil Painting Residents \$3/Non-Residents \$5 Paid one month at a time **Fitness Class Non-Residents \$2 ****Prerecorded Fitness Class

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.



Veteran's Corner

The HERO Act Exemptions for some Veterans with Service-Connected Disabilities

The HERO Act exempts certain disabled veterans in Massachusetts from paying [vehicle registration and license fees](#), with eligibility now based on a disability determination by the U.S. Department of Veterans Affairs (VA).

Registration Fee

The Massachusetts HERO Act exempts disabled veterans from paying registration fees for any/all vehicle registration(s), with the following exceptions:

- Special plate fees ARE required for special plates
- Reinstatement fees ARE required
- Title and sales tax fees ARE required
- The disabled veteran MUST be listed as one of the owners

Eligibility is based on a disability determination by the U.S Department of Veteran Affairs (USVA). Veterans will qualify for all these exemptions if the USVA determines they have a 100% disability rating or deems them unemployable due to their service-connected disability. Eligibility for disabled veteran plates remains the same.

Driver's License Fee

The Massachusetts HERO Act exempts disabled veterans from paying driver's license transaction fees (for all license classes), with the following exceptions:

- Permit and road test fees ARE required
- Mass ID and Liquor ID fees ARE required
- Reinstatement fees ARE required
- Professional credential fees ARE required

Eligibility is based on a disability determination by the U.S Department of Veteran Affairs (USVA). Veterans will qualify for all these exemptions if the USVA determines they have a 100% disability rating or deems them unemployable due to their service-connected disability. Eligibility for disabled veteran plates remains the same.

For our 100% service-connected veterans, if they paid any of these fees after 8/8/24 they may be entitled to an RMV reimbursement. To submit a claim:

1. Collect supporting documents such as your VA Disability Award Letter;
2. Complete an RMV Rebate/Refund Application. This form is found on the RMV's website. I can email you a fillable PDF version or provide a hardcopy at my office.
3. Print and Mail your documentation to the address found at the top of the application form.

For any RMV policy-related questions or outstanding matters related to the HERO Act, please call **(857) 368-9455**. This number and voicemail box are actively monitored, and their team will get back to you.

2025 Seekonk Memorial Day Parade & Ceremony

SAVE THE DATE! Seekonk Memorial Day Parade and Ceremony will take place on the Saturday, May 24th. The parade steps off from Seekonk High School at 10am. The ceremony takes place at Seekonk Veterans Memorial Park (410 Newman Avenue) at 11:30am. We are always looking for new parade participants, contact me at the email or phone below.

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



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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.



10 Emory Street, Attleboro, MA 02703

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April
SHOWERS
BRING
May
FLOWERS

**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

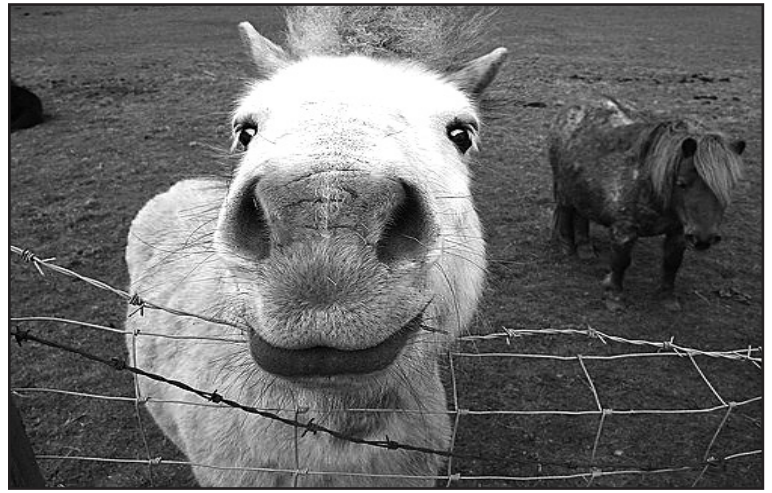
MASS C.O.P. Local #215 F.O.P. Lodge #5

Taunton Avenue P.O. Box 353

Seekonk, Massachusetts 02771

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

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



Thank you!

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



Thank you!

Happy Easter!



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



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

Mother's Day Ice Cream Social

Monday, May 5, 2025 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! Seekonk women are FREE. Men and non-residents are \$2. **Preregistration is required. Registration begins April 15.**

Chief Meteorologist Mark Searles **Wednesday, May 7, 2025 at 11:30am**

WJAR's Chief Meteorologist Mark Searles will be discussing the weather and how it works. He has spent more than 20 years as a meteorologist. Mark holds the AMS Broadcast Seal of Approval, has been nominated for several Boston/New England Emmy awards for Weathercasting. **Preregistration is required. Registration begins April 15.**



Larry Houser **Team Trivia**

Monday, May 12, 2025 at 2pm



Come join Larry Houser for Team Trivia! Not-so-hard questions about just about everything—movies, music, animals, old expressions, advertising from the 1960s and 70s. Come as a team of 2, 3 or 4 or come alone and we'll find a team for you! Gift card prizes to all players on the winning team. **Preregistration is required. Registration begins April 15.**

Botanical Wellness

Monday, May 19, 2025 at 2pm

Rena Raggiani representing Nurses with a Mission, a collaborative group of wellness professionals. Rena is an advocate and Director for Green Compass Health and Wellness Botanicals. Educating about the goodness of plant-based wellness and concentration hemp and functional mushrooms. This plant has helped many for hundreds of years, from our littles to our seniors in a natural holistic help. Hemp may help reduce inflammation and pain, help with sleep, digestive health, heart health, anxiousness and so much more. **Preregistration is required. Registration begins April 15.**

A Musical Journey Through the Years **By Tommy Rull**

Wednesday, May 21, 2025 at 1pm

Take a walk down memory lane. Enjoy the music of Frank Sinatra, Neil Diamond, Kenny Rogers, Paul Anka, Barry Manilow, Elvis Presley, Perry Como, Lou Rawls, Engelbert Humperdinck and many more. ***This program is supported by a grant from the Seekonk Cultural Council. Registration is required. Registration begins April 15.**

Healthy Aging - Lunch & Learn

Wednesday, May 28, 2025 at 11:30am

Join us for nutrition for Diabetes by Bristol Aging and Wellness Registered Dietitian, Dawn Di-Marco. Lunch will be chicken salad, pasta salad, three bean salad and desert for those who attend. **Preregistration required. Registration begins April 15.**



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

Keith Perry

Josephine Veader

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