



SEEKONK HUMAN SERVICES

Town Courier



540 Arcade Avenue ~ Seekonk, MA ~ 508-336-8772

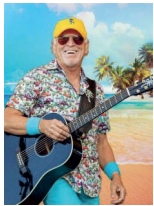
Monday—Thursday 8:15am - 4:00pm

Friday 8:15am - 12:00pm

July 2025

Holiday Hours
Closed on Friday, July 4, 2025

Parrot Head Show
The Music of Jimmy Buffett
Performed by Bill Reidy
Wednesday, July 9, 2025 at 1:00pm



Experience the fun of a Jimmy Buffett concert with Bill Reidy's Parrot Head show, which includes all of Jimmy Buffett's most popular songs, including Margaritaville, Changes in Latitudes, Come Monday and many more! The Parrot Head show includes Bill on acoustic guitar and vocals along with backing rhythm tracks. **Preregistration is required.**

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

Lauren Warburton from At Home Hearing Healthcare will be here for a Hearing Clinic. They specialize in detecting and resolving issues with hearing loss. Individuals will be advised regarding the next steps for pursuing proper treatment. MassHealth accepted. **Preregistration is required.**

Fran Hart - The "ME Decade"
with Ice Cream

Wednesday, July 16, 2025 at 1:00pm

American author Tom Wolfe coined the phrase The "ME Decade" to describe the changing values that took place during the 1970s. One of the major characteristics of this decade was the shift from concerns about society at-large and the general welfare of people as a whole, to a more self-centered focus on an individual's needs and desires. In this one-hour presentation, music is used as a "lens" into the major events and fads of the decade. Some of the issues that marked the 70s included inflation, the Vietnam War, women's rights, etc. There is no shortage of music that tells the story of the 70s. This multimedia presentation includes rare audio and video clips coupled with live music and singalongs. In addition, audience members who answer trivia questions correctly can win a prize. ***This program is supported by a grant from the Seekonk Cultural Council. Registration is required. (\$2.00 for ice cream)**

Elder Financial Exploitation and
Protecting Against Money Scams
Wednesday, July 23, 2025 at 1:00pm

Join Santander Bank at the Seekonk Human Services for an informative session focused on helping older adults recognize and avoid financial scams. Santander team members will discuss common scams targeting seniors. This includes phone, e-mail, bank scams and share practical tips to stay safe. Empower yourself with knowledge and learn how to protect your finances and personal information. **Preregistration is required.**

Presentation on Depression
Monday, July 28, 2025 at 2:00pm

Nearly 1 in 5 American adults will have a diagnosable mental health condition in any given year and 46 percent of Americans will meet the criteria for a diagnosable mental health condition sometime in their life. While certain factors increase the risk of developing depression, it can affect anyone, at any age and of any race or ethnic group. Presented by our Public Health Nurse Lisa Valente, RN, CDOE. **Preregistration is required.**

3rd Annual Men's Barbecue
Wednesday, July 30, 2025 at 12:00 noon

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

Wednesday, July 30th at noon
at Seekonk Human Services
540 Arcade Avenue

Funded by Friends of Friends
Food catered by Hamilton Diner

Registration ends July 21



Chess For Seniors - with Cam
Wednesdays, July 9 - Aug 27 1:00pm to 3:00pm

Are you looking to have a fun time playing the strategic game of chess? ***Learn how to play. *Play against competition at your level. *Improve by learning new openings and strategies. *Have fun strengthening your mind! Pre-registration is required.**

Women's Lunch

**Wednesday, July 2, 2025 at 11:30am at
iAlive, Rehoboth, MA**

**Wednesday, August 6, 2025 at 11:30am at
Mediterranean, Attleboro, MA**

This group meets the 1st Wednesday of every month. 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 avoid the 3-4% surcharge at many restaurants use **cash** not credit. **Preregistration is required.**

Podiatry Clinic

Wednesday, July 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.**

Overview of Legal Services

**Monday, July 7, 2025 from 10:00am—12:00pm
(15 minutes appointment)**

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 consultations are focused on elder law and estate planning. Please call the office at 508-336-8772. **MA residents only.**

Blood Pressure & Glucose Clinic

Wednesday, July 16, 2025 from 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, July 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.**

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 are welcome. Contact Seekonk Human Services to register. **Instructor led on the 1st, 3rd and 4th Friday of the month.** The cost is \$3 for residents and \$5 for non-residents due upon registration. **Class members need to bring their own supplies and a supply list is available.**

NEW TIME FOR

Stability and Balance Classes

Wednesday, July 2, 2025 begins at 8:30am

Stability
&
Balance

As of, July 2, 2025, the Stability and Balance classes will now begin at 8:30am instead of the current time 8:45am. **Preregistration is required.**

Backgammon

Mondays at 2pm



Players move their checkers around the board according to rolls of the dice and the first player to get all their checkers off is the winner. The fun comes from hitting and blocking your opponent's checkers to impede their progress. This is a game of odds, calculation, patterns, and vision. Whether you are a seasoned Backgammon player or would like to learn how to play, please join us! **Preregistration is required.**

Want Help Paying Your Medicare Costs?

The newly expanded Medicare Savings Program can help! Save more than \$3,000 a year in Healthcare Costs. The Medicare Savings Program (MSP), run by MassHealth, can help to pay for some or all of your Medicare and/or Medicare Advantage costs. These are not insurance plans, these programs work with your coverage.



2025 income limits effective March 1, 2025 (include no asset limit) are \$2,954 for an individual or \$3,985 for a married couple. If your income is less than the listed limit, you may be eligible for: premium assistance, lower prescription cost and copay and deductible assistance.

For more information or to apply please call the office at 508-336-8772 to schedule your appointment. Note: income includes social security as well as any other sources.

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. The suggested donation is \$2.25 per meal. The July menu is available at our office and on our Facebook page.

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).

**Smooth R&B and Hip Hop Line Dance
Wednesday, August 6, 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 July 15.**



**Larchmont Remembered Presentation
Monday, August 11, 2025 at 2:00pm**

Join us for the unforgettable multimedia presentation "Larchmont Remembered". See the show that's been called "The greatest story you've never heard"! Larchmont Remembered is a live presentation about the sinking of the steamship Larchmont in 1907, a maritime tragedy that took place off the coast of Block Island, RI in February of 1907. The fascinating presentation covers the story of the ship, its crew and passengers, as well as accounts of survival, panic, murder, and miracles. Written and presented by Daniel F. Harrington, long-time columnist for the Providence Journal and Director of the Rhode Island Heritage Hall of Fame, the one hour presentation features digitally restored photos, engaging graphics, live music, and eyewitness accounts of New England's most horrific sea disaster to life. Don't miss this truly unique presentation! **Preregistration is required and opens July 15.**



"Cinema's Greatest Moments"

Wednesday, August 13, 2025 at 1:00pm

Join Richard King, media historian, on a magical tour through some of the greatest moments in cinema history. We all have our favorites - from the car chase in Bullitt to "You're gonna need a bigger boat" in Jaws to "I am your Father!" in Empire Strikes Back. Remember and relive these magic movie moments in an entertaining and engaging multimedia show. **Preregistration is required and opens July 15.**

Boston Bingo Cruise

Wednesday, August 13, 2025

Price: \$105 Seekonk Residents

\$110 Non-Residents

Departure: 9:00am // 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. There will be three games of bingo with prizes. Also, Onboard DJ entertainment will be provided. **Trip includes: deluxe motorcoach transportation, gratuity, 2 hour cruise and buffet luncheon. Payment due at registration.**



Lions Club - Comfort Dogs

Wednesday, August 20, 2025 at 1:00pm

Sabrina will be bringing The Lions Club "Paws for Comfort" dogs to Seekonk Human Services. They visit nursing homes and hospitals, giving their love to all. All they want in return are hugs and smiles.

Preregistration is required and open July 15.



Understanding Lyme and Other Tickborne Disease

Monday, August 25, 2025 at 2:00pm

Ticks are most active in warmer months and can transmit a variety of diseases, including Lyme Disease. From working in your yard to camping in the woods, it helps to know which ticks live in your area and what diseases they can spread. Please join us for a presentation hosted by Seekonk Public Health Nurse, Lisa Valente and Regional Epidemiologist, Hannah Ragozzino to learn about the types of ticks we have locally, where to find them, and how to protect yourself, your pets, and your family. **Preregistration is required and opens July 15.**

Healthy Aging - Lunch & Learn

Wednesday, August 27, 2025 at 11:30am



"Nutrition Trivia" for healthy aging!

The presentation will be about debunking common nutrition advice seen across television and in the media. Bristol Elder Services Registered Dietitian, Dawn DiMarco. Most nutrition advice in the media is not accurate. If you are looking for nutrition advice, always ask a Registered Dietitian. The menu will be: Sloppy Joes, hamburger bun, sliced carrots, mashed potatoes, key lime cake, and Crystal Light. **Preregistration is required and opens July 15.**

Farmers' Market Coupons

Coming soon

Farmers' Market Coupons will soon be available for low income elders age 60 or older. Participants must reside in Seekonk. The coupons may be used to purchase fresh fruits and vegetables. A limited number of coupons are available. **Coupons are available on a first come first serve basis once available.**




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

Indoor Games and Leisure Activities

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

July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Preregistration is required for all activities. Activities are subject to change without notice.	1 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack)	2 8:30am Stability & Balance** 9:30am Drums Alive** 9:30am Sign Language 10:00am Podiatry Clinic 11:30am Women's Lunch 1:00pm Mahjong	3 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	4 
7 10:00am Movement & Meditation 10:00am Legal Services 10:30am Cornhole 11:00am Canasta (Hand & Foot) 1:00pm Strength & Cardio**** 2:00pm Backgammon	8 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack)	9 8:30am Stability & Balance** 9:30am Drums Alive** 9:30am Sign Language 1:00pm Mahjong 1:00pm Jimmy Buffet Show 1:00pm Chess for Seniors	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 (Hand & Foot) 1:00pm Strength & Cardio** 1:00pm Hearing Clinic 2:00pm Backgammon	15 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack)	16 8:30am Stability & Balance** 9:00am Blood Pressure Clinic 9:30am Drums Alive** 9:30am Sign Language 1:00pm Fran Hart - ME Decade with Ice Cream 1:00pm Mahjong 1:00pm Chess for Seniors	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 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta (Hand & Foot) 1:00pm Strength & Cardio** 2:00pm Backgammon	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 8:30am Stability & Balance** 9:30am Drums Alive** 9:30am Sign Language 1:00pm Scams 1:00pm Mahjong 1:00pm Chess for Seniors	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 (Hand & Foot) 1:00pm Strength & Cardio** 2:00pm Presentation on Depression with Nurse Lisa Valente 2:00pm Backgammon	29 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack)	30 8:30am Stability & Balance** 9:30am Drums Alive** 9:30am Sign Language 12pm 3rd Annual Men's BBQ 1:00pm Mahjong 1:00pm Chess for Seniors	31 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	*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.



VA Dental Insurance Program (VADIP)

The Department of Veterans Affairs has a reduced cost dental insurance program (VADIP) that benefits qualifying veterans and family members.

To qualify, the veteran must either be enrolled in VA Healthcare or their dependents must be enrolled in CHAMPVA (Civilian Health and Medical Program), a health insurance program for family members of veterans.

While some Veterans enrolled in VA health care are eligible for free dental care from their providers, many are not. Others may be eligible for free care for some, but not all, of their dental needs.

If you're not eligible for free VA dental care, VADIP can help you buy private dental insurance at a reduced cost.

If you're eligible for free VA care for some of your dental needs, you can buy a VADIP plan if you want added dental insurance. Signing up for VADIP won't affect your ability to get free VA dental care.

VADIP plans cover many common dental procedures. These may include:

- Diagnostic services
- Preventive dental care
- Root canals and other services to manage oral health problems and restore function (called endodontic or restorative services)
- Dental surgery
- Emergency dental care
- The costs for your coverage will depend on the insurance company and plan you choose.

Based on your plan, you'll pay:

The full insurance premium for each individual on your plan

Any required copays when you get care

The two insurance providers the VA uses for VADIP are Delta Dental and MetLife. You may call them to find out more about their VADIP dental plans:

Delta Dental (855) 370-3303 <https://www1.deltadentalins.com/federal/vadip.html>

MetLife (888) 310-1681 <https://www.metlife.com/vadip/>

Enrollment may be done online through the insurance provider's websites at the web addresses above.

Call or email me with any questions you may have about VADIP.

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.



10 Emory Street, Attleboro, MA 02703


WINGATE  RESIDENCES
ON THE EAST SIDE


INDEPENDENT LIVING • ASSISTED LIVING
MEMORY CARE



ABUNDANT CULTURE AND ELEGANT
AMENITIES AWAIT ON THE EAST SIDE.

wingateliving.com | 401-275-0682





**THE
OLD GRIST MILL
TAVERN**

390 FALL RIVER AVENUE
SEEKONK, MA 02771
WWW.THEOLDGRISTMILL.COM

4TH OF
JULY

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**

Fireworks are Scary!



**Keep Your Pets Safe
This 4th of July!**



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*



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

Tips to Stay Safe in Hot Weather

Things you can do to lower your risk of heat-related illness: ([Hot Weather Safety for Older Adults](#) | [National Institute on Aging](#))



- Drink plenty of liquids, such as water, fruit or vegetable juices, or drinks that contain electrolytes. Avoid alcohol and caffeinated beverages.
- If you live in a home without air conditioning or fans, try to keep your space as cool as possible. Limit use of the oven; keep shades, blinds or curtains closed during the hottest part of the day; and open windows at night.
- If your living space is hot, try to spend time during midday in a place that has air conditioning. For example, go to the shopping mall, movies, library, senior center or a friend's home.
- Dress for the weather. Wear lightweight, light-colored, loose-fitting clothing.
- Avoid outdoor exercising and other physical activity when it is very hot.
- If you must go outside, try to limit your time out and avoid crowded places.
- Make sure to use a broad spectrum sunscreen, SPF 15 or higher, and reapply it throughout the day, especially if your skin will have continuous exposure to the sun. Wear a hat and other protective clothing, and sunglasses.
- Ask your doctor if you any of your medications make you more likely to become overheated or sunburned.

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, - Thursday 8:15am— 4:00pm and Friday 8:15am - 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.

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

Maria Giacoletto

Terry McGregor

Josephine Veader

**Council meets fourth Monday of the month
@ 3:00pm at
Seekonk Human Services
Conference Room**