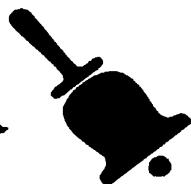




SEEKONK HUMAN SERVICES

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

August 2022

FARMERS' MARKET COUPONS

Farmers' Market Coupons are for low income elders age 60 or older who have a monthly income less than \$1,986 or annual income less than \$23,828. Participants must reside in Seekonk. The coupons have a total value of \$25 and may be used to purchase fresh fruits and vegetables. A limited number of coupons are available. Coupons available in mid August. Please call 508-336-8772 to see if you qualify!



Hip Hop Dance Exercise Wednesday, August 10, 2022 @ 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. Also, if you have taken this class before and felt like you wanted to keep moving, then come back and sign up for this activity. This class is specifically designed for seniors. *Sponsored by the Seekonk Cultural Council. To reserve your seat, preregistration is required by calling our office at 508-336-8772.

New Outdoor Activities

Bocce, Horseshoes & Cornhole @ 11:00am



All these activities will be played at 11:00am. Bocce will be on Mondays. Horseshoes will be on Tuesdays. Cornhole will be on Wednesdays. Preregistration is required by calling our office at 508-336-8772. Activities are weather dependent.

Coffee with the Sheriff Wednesday, August 17, 2022 @ 11:30am



Come join us for coffee with the Bristol County Sheriff's Office and learn how their office is helping seniors. Sheriff Thomas Hodgson will talk about some of his office's free senior safety programs. Sheriff Hodgson will also be available to answer any questions community members may have. The Bristol County Sheriff's Office loves the opportunity to connect with seniors in the community. Preregistration is required by calling our office at 508-336-8772.

CHARM Medical Supplies - Marylou Dolan Tuesday, August 30, 2022 @ 1:00pm

- Do you or someone you love suffer from Incontinence?
- Do you struggle to pay for absorbency supplies?
- Is getting to the store to purchase these items a challenge?

If you answered "YES" to any of these questions Charm Medical may be able to help you!

Mary Lou Dolan from Charm Medical Supply will host Coffee & Donuts on Tuesday, August 30, 2022, from 1:00pm - 2:00pm to answer questions and to see if you are eligible to have these supplies covered by your insurance with no cost to you, please bring your insurance cards to see if you qualify. To reserve your seat, preregistration is required by calling our office at 508-336-8772.

Arts & Crafts

Mondays in August at 1:00pm

Preregistration is required for this class. The cost for this class is \$5 for Seekonk residents and \$7 for Non-Seekonk residents. All classes have limited availability. ****Artwork subject to change.**

- August 1 - Pizza - Watermelon
- August 8 - Bottle Cap Flowers
- August 15 - Butterfly
- August 22 - Painting Pottery
- August 29 - Turtle

Podiatry Clinic Wednesday, August 10, 2022 10am - 2pm

Dr. Lechan provides monthly Podiatry Clinics. An appointment is required. Items needed are insurance cards with your doctor's names, date of last doctor's visit, summary of last visit, and list of medications. *Please check with your insurance regarding copays.

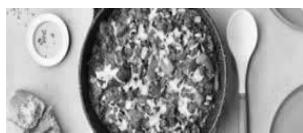
Blood Pressure & Glucose Clinic Wednesday, August 17, 2022 9:00am - 11:00am

Seekonk Human Services has partnered with the **Seekonk Fire Department** to provide free monthly blood pressure & glucose screenings.

Let's Learn Together! Tuesday, August 23, 2022 at 2:00pm "Getting Started with Android Phones & Tablets"

This session is for novice users of Android phones and tablets ONLY. No other devices will be covered. Do you feel like you can barely turn on your Android phone or tablet and are afraid to really use it? Join Librarian Michelle Gario in this 90 minute session to review the basic information to get started that should have been in a manual! Bring your own Android tablet or phone; Please make sure your device is fully charged. Contact the Seekonk Human Services to preregister for this at: 508-336-8772.

Future Special Activities YMCA Senior Health Fair—September 21, 2022 10am—12pm at the YMCA TRIAD—September 27, 2022 at 11am— Lt. Kyle Laprade from Seekonk Fire Department will be presenting. More information to come.



Unstuffed Pepper Skillet

Prep Time: 10 minutes, Total Time: 30 minutes, Serving Size: 5.

Ingredients: 1 pound Italian-style turkey sausage, casing removed, 2 large assorted bell peppers (green, red, yellow), cut into 1 1/2-inch pieces (about 4 cups), 1 extra large onion, diced (about 1 1/2 cups), 1 can (10 3/4 ounces) Campbell's® Condensed Tomato Soup, 1 package (8.8 ounces) ready-to-heat microwavable brown rice (about 2 cups cooked rice), 1/2 cup shredded part skim mozzarella cheese

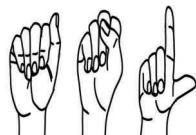
Instructions: **Step 1** In a 12-inch skillet over medium-high heat, cook the sausage until well browned, stirring often to separate meat. Pour off any fat. **Step 2** Add the peppers and onion to the skillet and cook until the vegetables are tender, stirring occasionally. **Step 3** Stir in the soup and rice and cook until hot. Season to taste with salt and pepper. Top with the cheese. Cover and let stand until the cheese is melted. **Cal. 300, Total Fat 10g, Sat. Fat 3.4g, Cholesterol 70mg, Sodium 652mg, Total Carb. 30g, Dietary Fiber 3g, Sugar 9g, Added Sugar 3g, Protein 21g, Calcium 8% DV, Iron 9% DV, Potassium 10% DV** *This nutritional information refers to each serving of the entire recipe and not just the products used as ingredients*

Women's Breakfast Thursday, August 18, 2022 Vino's, Rehoboth

We meet every 3rd Thursday of the month at 10 am supporting our local restaurants. Everything is Dutch treat. If you are interested in joining our group of women for good food, & good conversation, please call Seekonk Human Services at 508-336-8772

Sign Language September 13, 2022 Tuesdays @ 10:00am

A new 10 week session of sign language will begin Tuesday, September 13, 2022. If you are interested in this beginner class please call Seekonk Human Services at 508-336-8772 to register.



Email List

Join our email list! Things are changing so 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 other virtual programming you may like.

Library Homebound Delivery

Residents of Seekonk who are homebound due to physical limitations or illnesses that are long term or temporary are able to enjoy library materials through our Homebound Delivery Service.

Seekonk Public Library's Homebound Delivery Service is for residents who have no one in their household to go to the library for them. Adult Services staff will coordinate deliveries and can work with participants to choose materials that meet their needs and interests. Volunteers will deliver the materials to the participant's door contact-free and return borrowed materials to the library. For more information, call Adult Services at the library at (508) 336-8230 or email library@seekonkpl.org.

Pitch (Hi-Lo-Jack) Tuesdays at 1:00pm

Join our Pitch (Hi-Lo-Jack) game at Seekonk Human Services. If you are interested in playing please call the office at 508-336-8772 to preregister.

Nutritional Meals To Go Tuesdays & Wednesdays

Seekonk Human Services will be working with Bristol Elder Services to provide nutritional meals for lunch on Tuesdays and Wednesdays to go. Meals come completely cooked and prepackaged. All you need to do is heat it up! Meals need to be ordered the day before by 9:30am. Payment is \$2.50 per meal which will be due at the time of pickup. Pick up will be between 11am - 12pm. August's menu is available on our Facebook Page and by calling our office at 508-336-8772.

Community Questions for our Police Liaison

Officer Maria Vicenzo is welcoming community questions to be answered. Questions can be mailed to the center, dropped off in person, or placed in our lock box that is attached to the building at the entrance. We will post answers to the questions in the monthly newsletter and on our Facebook page, if requested. If you prefer to be called, please leave your contact information and we will be in contact.

Sharps Disposal

Did you know that as of July 1, 2012 the Commonwealth banned the practice of disposal of needles, syringes and lancets (sharps) into your household trash? The Seekonk Board of Health has a Sharps Disposal program. This program is for Seekonk residents only. Those who use this program pay for the program. The fee is \$9.00, which includes a one-gallon sharps container and the disposal of that container. Any questions please contact the Board of Health 508-336-2950.

Computer Stations

Computer access is now available at Seekonk Human Services. If you're without a computer at home but you need to access one, we may be able to help. Residents are welcome to use our laptops to surf the internet and check emails etc. For more information, please call 508-336-8772.

Medical Loan Closet

Our FREE Medical Loan Closet is available to Seekonk residents. We would like to thank our residents for their donations to our Medical Loan Closet. Please call office at 508-336-8772 if you are in need of a medical equipment loan.

ATTORNEY: OVERVIEW OF LEGAL SERVICES

Elizabeth Elmasian will be available for phone consults to discuss the following topics.

1. Power of Attorney - A description of the legal document, what it consists of and when such a document is necessary.
2. The explanation and description of a Health Care Proxy and Living Will; the difference between both documents and which is recognized in Massachusetts
3. A brief overview, purpose and need for a Will. Explanation of intestacy laws without a will

***Please call to set up your phone appointment 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.

* 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.

Veterans Services

VA Health Care

VA health care covers care for your physical and mental health. This includes a range of services from check-ups to surgeries to home health care. It also includes prescriptions and medical equipment.

What are the eligibility requirements to enroll in VA health care?

You may be eligible to enroll in VA health care if all of these statements are true:

- ◆ You served in the active military, naval, or air service (including being called up from the National Guard or Reserve by a federal order), **and**
- ◆ You didn't receive a dishonorable discharge, **and**
- ◆ You meet at least one of the service requirements for enrollment

You must meet at least one of these service requirements:

- ◆ You served at least 24 months in a row without a break (called continuous), or for your full active-duty period, **or**
- ◆ You were discharged for a service-connected disability, **or**
- ◆ You were discharged for a hardship or "early out," **or**
- ◆ You served before September 7, 1980

Note: Time spent on active-duty status for training purposes only doesn't count toward the service requirements.

Here's what you'll need to apply:

- ◆ **Social Security numbers** for you, your spouse, and your qualified dependents.
- ◆ **Your military discharge information** If you sign in to apply, we may be able to fill in this information for you. If you don't sign in to apply, we'll ask you to upload a copy of your DD214 or other separation documents.
- ◆ **Insurance cards** for all health insurance companies that cover you. This includes any coverage that you get through a spouse or significant other. This also includes Medicare, private insurance, or insurance from your employer.

They will also ask you for the following:

- ◆ **Last year's gross household income** for you, your spouse, and your dependents. This includes income from a job and any other sources. Gross household income is your income before taxes and any other deductions.
- ◆ **Your deductible expenses for last year** These include certain health care and education costs. These expenses will lower the amount of money we count as your income.

Applications may be done online on the VA website: <https://www.va.gov/health-care/how-to-apply/>

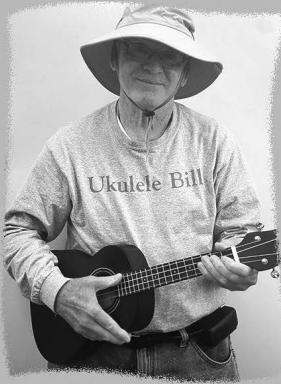
You may also make an appointment to see me for assistance in applying for this benefit.

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



August 2022 Calendar

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	10:00am - Chair Yoga 11:00am - Bocce 12:00pm - Knitting 1:00pm - Zoom BINGO! 1:00pm - Arts & Crafts* 1:00pm - Strength & Cardio**	2	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 10:00am - Sign Language 11:00am - Horseshoes 1:30pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia	3	9:30am - Drums Alive** 11:00am - Belly Dancing ** 11:00am - Cornhole 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat	4	10:00am - Chair Yoga 10:30am - Tai Chi**	5	9:30am - Zumba** 10:30am - Tai Chi**
8	10:00am - Chair Yoga 11:00am - Bocce 12:00pm - Knitting 1:00pm - Zoom BINGO! 1:00pm - Arts & Crafts* 1:00pm - Strength & Cardio**	9	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 10:00am - Sign Language 11:00am - Horseshoes 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia	10	9:30am - Drums Alive** 10:00am - Podiatry Clinic 11:00am - Cornhole 11:30am - Hip Hop Exercise 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat	11	10:00am - Chair Yoga 10:30am - Tai Chi**	12	9:30am - Zumba** 10:30am - Tai Chi**
15	10:00am - Chair Yoga 11:00am - Bocce 12:00pm - Knitting 1:00pm - Zoom BINGO! 1:00pm - Arts & Crafts* 1:00pm - Strength & Cardio**	16	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 10:00am - Sign Language 11:00am - Horseshoes 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia	17	9:00am - Blood Pressure Clinic 9:30am - Drums Alive** 11:00am - Cornhole 11:30am - Coffee with the Sheriff 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat	18	10:00am - Chair Yoga 10:30am - Tai Chi**	19	9:30am - Zumba** 10:30am - Tai Chi**
22	10:00am - Chair Yoga 11:00am - Bocce 12:00pm - Knitting 1:00pm - Zoom BINGO! 1:00pm - Arts & Crafts* 1:00pm - Strength & Cardio**	23	9:00am - Zoom Drums Alive** 10:00am - Sign Language 11:00am - Horseshoes 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia 2:00pm - Let's Learn Together!	24	9:30am - Drums Alive** 11:00am - Belly Dancing 11:00am - Cornhole 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat	25	10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Cribbage	26	9:30am - Zumba** 10:30am - Tai Chi**
29	10:00am - Chair Yoga 11:00am - Bocce 12:00pm - Knitting 1:00pm - Zoom BINGO! 1:00pm - Arts & Crafts*	30	9:00am - Zoom Drums Alive 10:00am - Sign Language 11:00pm - Pitch (Hi-Lo Jack) 1:00pm - Marylou Dolan CHARM "Medical Supplies" 1:30pm - Zoom Trivia	31	We ask that everyone please preregister for all activities. This will ensure we have proper seating available.		* Arts & Crafts Residents \$5/Non-residents \$7 * Water Colors Residents \$3/Non-Residents \$5 **Fitness Class Non-Residents \$2 Activities subject to change without notice	5	



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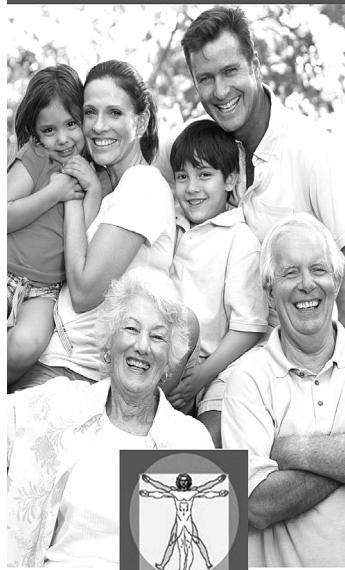
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Fax: (401) 438-0903

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Friday: 7:00 am – 5:00 pm

Saturday: 7:00 am – 12:00 pm

CUMBERLAND

2295 Diamond Hill Road

Cumberland, Rhode Island 02864

Telephone: (401) 305-3858

Fax: (401) 305-3859

Monday – Thursday: 7:00 am – 7:00 pm

Friday: 7:00 am – 5:00 pm

WARWICK

2080 Warwick Avenue

Warwick, Rhode Island 02889

Telephone: (401) 921-0160

Fax: (401) 921-0139

Monday – Thursday: 7:00 am – 7:00 pm

Friday: 7:00 am – 5:00 pm

EAST GREENWICH

2639 South County Trail

East Greenwich, Rhode Island 02818

Telephone: (401) 471-7510 Fax: (401) 471-7511

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Friday: 7:00 am – 5:00 pm

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On behalf of the
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FAX: (508) 678-1698
luke@bristollegal.com

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Still right at home

Community VNA has officially joined the HopeHealth family of services!

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508-336-6633 x 337**

