



SEEKONK HUMAN SERVICES

Town Courier



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

Monday—Thursday 8:15am - 4:00pm

Friday 8:15am - 12:00pm

October 2025

Holiday Hours

**Closed on Monday, October 13, 2025
For Columbus Day**

Eye Care Presentation

Monday, October 6, 2025 at 2:00pm



Join us for an informative presentation on protecting and preserving your vision, hosted by our Public Health Nurse, Lisa Valente, RN, CDOE and presented by Shawn J. Khan, MD, MBA. Med. Learn about common eye conditions, early warning signs, and practical steps you can take to keep your eyes healthy for years to come. Look forward to a clear vision for a brighter future. **Preregistration is required.**

Community Flu Vaccine Clinic

Tuesday, October 7, 2025 9:00am - 3:00pm

The Seekonk Senior Center will host an on-site, seasonal flu vaccine clinic here at our Senior Center. Supported by your local CVS pharmacy. Residents are encouraged to take advantage of the convenient opportunity. Contact Lisa Valente, Regional Public Nurse, at 508-336-2979. Appointments are limited. **Preregistration is required.**

Harvest Party

Wednesday, October 8, 2025 at 11:30am

Musical entertainment by Carine Paul for all to enjoy at our Harvest Party. Lunch will be pizza and dessert. The fee for residents is \$10.00 and non-residents is \$13.00. **Preregistration is required.**



**Abigail Whitney - And other Heroines
Of the American Revolutionary War
Wednesday, October 15, 2025 at 1:00pm**



Abigail Whitney's family and neighbors were personally involved with the events of the American Revolutionary War. Join Abigail as you learn about these 'unsung Heroines' as well as the legacies of Abigail Adams, Deborah Sampson, Martha Washington, and Dolley Madison. **Preregistration is required.**

Hearing Clinic

Monday, October 20, 2025 from 1pm - 3pm

Chris Brissette from Hearing Life will be here for the Hearing Clinic. Appointments are scheduled every 15 minutes. **Preregistration is required.**

Book Club

Tuesday, October 21, 2025 at 10:00am

3rd Tuesday of each month

Come join the "Book Club!" This month will have a discussion of, "The Nightingale" by Kristin Hannah. Each person needs to get their own copy for the book club. A "leader" each month checks with the Seekonk library to make sure there is a sufficient quantity to allow participants to borrow. The group will be led with discussion questions but feel free to bring your own. **Preregistration is required.**



America's National Parks by Matt Davis

Wednesday, October 22, 2025 at 1:00pm

Perhaps one of our country's greatest treasures is our extensive system of National Parks. Join author and Professor Matt Davis as he takes us on a virtual tour of some of the nation's most famous parks. Showcasing dozens of his original photographs, he'll provide interesting details about how the parks were created, the unique landscapes and wildlife they protect, and some of the challenges they face from ever-increasing tourism. **Preregistration is required.**

Reverse Mortgages

Monday, October 27, 2025 at 2:00pm

Please come and listen to Mike Kennedy do a presentation on Reverse Mortgages. **Preregistration is required.**

Halloween Party

Wednesday, October 29, 2025 at 11:30am

Come join in on the fun at our annual Halloween party. We will have a costume contest with prizes, so wear your best costumes. Our entertainment will be by our Tribal Grooves Witches. Lunch will follow at 12:30pm. Lunch will be American Chop Suey and dessert. The fee for residents is \$10.00 and non-residents is \$13.00. **Preregistration is required.**



Podiatry Clinic

Wednesday, October 1, 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.**

Women's Lunch

Wednesday, October 1, 2025 at 12:00pm at Benjamin's, 213 Taunton Avenue, Seekonk
Wednesday, November 5, 2025 at 11:30am at Longhorn, 80 Highland Avenue, Seekonk

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. Cash payment is preferred. **Preregistration is required.**

Blood Pressure & Glucose Clinic

Wednesday, October 15, 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, October 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 provided by Seekonk Public Library staff. Bring your own tablet, phone or laptop. Please make sure your device is fully charged. **Preregistration is required.**

Learning Mahjong

Thursdays - 10:00am - 12:00pm



Have you ever been mesmerized by the clinking of Mahjong tiles or the camaraderie of players around a table? Learning Mahjong is more than just mastering a game - it's about embracing a rich tradition and connecting with others. So, why not come to our Senior Center to start this exciting journey and dive into this centuries-old game of skill and strategy. **Preregistration is required.**

Community Support Group

Join Melissa Stefanik with Bristol Hospice for a monthly Community Support Group. Growing older can bring unique joys, but also some challenges. Come share your experiences and find comfort in community all while receiving encouragement, resources, and practice tips. Topics to include grief, caregiver support, senior community resources and more. Community Support Group will be held every 4th Tuesday of the month at 10am. **Preregistration is required.**

Fuel Assistance

If you had fuel assistance last year, be on the look-out for your application. File the application as soon as you get it. If you have never had fuel assistance and would like to apply or if you need help filing your application, please call Seekonk Human Services at 508-336-8772 to make an appointment with the Outreach Department. **Fuel assistance applications accepted November 1, 2025 until April 30, 2026.**

Income Guidelines: 4 Week Income: for 1 person is \$3,982, for 2 people is \$5,208, for 3 people is \$6,433, and for 4 people is \$7,659.

Income Guidelines: 4 Week Fixed: for 1 person is \$4,314, for 2 people is \$5,642, for 3 people is \$6,970 and for 4 people is \$8,297.

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

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 October 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).



Don't forget to turn back your clocks for Daylight Savings ends on November 2, 2025.

Overview of Legal Services

Monday, November 3, 2025

10:30am - 12:30pm (15 minutes appointment only)

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. **MA residents only. Preregistration is required and opens October 15, 2025.**

Veterans' Day Celebration

Wednesday, November 5, 2025 at 11:30am

Join us for our annual Veterans Day Celebration with musical entertainment by the Navy Band. Lunch will be FREE for Seekonk Veterans. Lunch will be chicken salad sliders with potato salad. The fee for residents is \$10.00 and non-residents is \$13.00. All registrations are due by 10/31. **Preregistration is required and opens October 15, 2025.**



Seekonk Veterans' Coffee Hour

Monday, November 10, 2025 at 2:00pm



Come and join our Veterans Service Officer, James LaFlame for a Coffee Hour with our Veterans. This will be a monthly event. For the first event, there will be two invited guests; one from VA Healthcare and another from the State Bonus Office. Stations will be set up afterwards for those wishing to check on their eligibility for VA Healthcare and those who may be owed money under the state's Welcome Home Bonus program. The VSO will also be able to look up discharge documents for those missing their DD214s or other military records.

Hearing Clinic

Monday, November 10, 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. They do accept MassHealth. **Preregistration is required and opens October 15, 2025.**

Basic Beginner ASL - Sign Language Class

Wednesdays 9:30am - 11:30am

Sign Language class, this is a word for word ASL class. You will learn words, sentences and choruses. Class meets every Wednesday. You will be using the book, "The Joy of Signing". The session will be ending November 12, 2025 **Preregistration is required.**

Friendsgiving

Wednesday, November 12, 2025 @ 11:30am

We invite you to our fourth annual Friendsgiving. Thanksgiving is a time to reflect on what and who we are grateful for over the past year. The best way to share those reflections is around the Thanksgiving table. Join us for a delicious Thanksgiving meal with good company and conversation. The fee for residents is \$10.00 and non-residents is \$13.00. **Preregistration is required and opens October 15, 2025.**



Healthy Aging - Lunch & Learn

Wednesday, November 19, 2025 at 11:30am



"Healthy Holiday Eating " for healthy aging! The presentation will be about debunking common nutrition advice seen across television and in the media. Bristol Aging and Wellness Registered Dietitian, Dawn DiMarco will be presenting. 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: meatloaf, gravy, mashed potatoes, green beans, dinner rolls, Crystal Light and apple pie, **Preregistration is required and opens October 15, 2025.**

Diabetes Presentation

Monday, November 24, 2025 at 2:00pm

We will be having a presentation hosted by our Public Health Nurse, Lisa Valente, RN, CDOE. According to the Centers for Disease Control and Prevention and the American Diabetes Association, about 38 million people are living with Diabetes in the United States. Join us to learn about risk factors, warning signs and symptoms, and prevention strategies to help manage the condition to help support living a healthier life. **Preregistration is required and opens October 15, 2025.**

Parks & Recreation




With the Fall season upon us comes a few more community opportunities for Seekonk Parks and Recreation. We will be participating in two trunk or treat events this year. We will be participating in The Hamilton Diners' trunk or treat that is on the calendar for October 18, 2025. We also will be at the George R. Martin School PTO and Mildred H. Aitken School PTO for Sunday, October 26, 2025 from 3pm—5pm at the Seekonk High School.

Holiday Assistance

If you or someone you know is in need of help during the holiday season, please have them call us at 508-336-8772, to see if we are able to assist.

Families with children under the age of 12 that are in need of help with gifts, please call us at 508-336- 8772 to inquire about an application for Christmas is for Kids. Applications are due by Monday, December 1, 2025.

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Water Colors/Oil Painting Residents \$3/Non-Residents \$5 Paid one month at a time</p> <p>**Fitness Class Non-Residents \$2</p> <p>****Prerecorded Fitness Class</p>	<p>Preregistration is required for all activities.</p> <p>Activities are subject to change without notice.</p>	<p>1 8:30am Stability & Balance** 9:30am Drums Alive** 10:00am Podiatry Clinic 12:00pm Women's Lunch 1:00pm Mahjong</p>	<p>2 9:00am Mat Exercise 10:00am Movement & Meditation 10:00am Learning Mahjong 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)</p>	<p>3 9:00am Dance Cardio** 9:30am Oil Painting* 10:30am Tai Chi**</p>
<p>6 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta (Hand & Foot) 1:00pm Strength & Cardio**** 2:00pm Eye Care Presentation</p>	<p>7 9:00am Drums Alive**** 9:00am Flu Clinic 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack) 2:00pm Backgammon/Checkers</p>	<p>8 8:30am Stability & Balance** 9:30am Drums Alive** 11:30am Harvest Party 1:00pm Mahjong</p>	<p>9 9:00am Mat Exercise 10:00am Movement & Meditation 10:00am Learning Mahjong 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)</p>	<p>10 9:00am Dance Cardio** 9:30am Oil Painting 10:30am Tai Chi**</p>
<p>13 </p>	<p>14 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack) 2:00pm Backgammon/Checkers</p>	<p>15 8:30am Stability & Balance** 9:00am Blood Pressure Clinic 9:30am Drums Alive** 1:00pm Mahjong 1:00pm American Revolutionary War by Abigail Whitney</p>	<p>16 9:00am Mat Exercise 10:00am Movement & Meditation 10:00am Learning Mahjong 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)</p>	<p>17 9:00am Dance Cardio** 9:30am Oil Painting* 10:30am Tai Chi**</p>
<p>20 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta (Hand & Foot) 1:00pm Strength & Cardio** 1:00pm Hearing Clinic</p>	<p>21 9:00am Drums Alive**** 10:00am Water Colors* 10:00am Book Club 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack) 2:00pm Backgammon/Checkers</p>	<p>22 8:30am Stability & Balance** 9:30am Drums Alive** 9:30am Sign Language 1:00pm Mahjong 1:00pm America's National Parks by Matt Davis</p>	<p>23 9:00am Mat Exercise 10:00am Movement & Meditation 10:00am Learning Mahjong 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)</p>	<p>24 9:00am Dance Cardio** 9:30am Oil Painting* 10:30am Tai Chi**</p>
<p>27 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta (Hand & Foot) 1:00pm Strength & Cardio** 2:00pm Reverse Mortgages</p>	<p>28 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack) 2:00pm Backgammon/Checkers 2:30pm Let's Learn Together</p>	<p>29 8:30am Stability & Balance** 9:30am Drums Alive** 9:30am Sign Language 11:30am Halloween Party 1:00pm Mahjong</p>	<p>30 9:00am Mat Exercise 10:00am Movement & Meditation 10:00am Learning Mahjong 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)</p>	<p>31 9:00am Dance Cardio** 9:30am Oil Painting* 10:30am Tai Chi**</p>

Note: Fitness programs are paid through grant funds from the Executive Office of Aging & Independence (AGE). Seekonk residents are strongly urged to make a donation towards fitness programs to help offset the cost.





5TH ANNUAL

SEEKONK
VETERANS

ROLLING PARADE

TUESDAY, NOV 11, 2025

**10AM START AT BRIARWOOD PLAZA TO
VETERANS MEMORIAL PARK**

**11 AM VETERANS DAY CEREMONY
410 NEWMAN AVENUE**

PARTICIPATE IN THE PARADE
EMAIL: JLAFLAME@SEEKONK-MA.GOV
OR SCAN BELOW



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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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**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

**To be a sponsor in
the next**

**Seekonk Town
Crier Newsletter!**

Please contact

Tom Reily

508-336-6633 x 337



**Hearing Services and
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Thank you!

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

Thank you!



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

Medicare Open Enrollment



Be informed

Medicare Open Enrollment

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information from your current plan. It is important to **understand** and **save** this information: it explains the changes in your plan for 2026. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During Medicare Open Enrollment, you can adjust your plan for next year. Independent Insurance Counselors can help you understand *your* plan changes as well as *other options* you may have. Open Enrollment runs from **October 15 through December 7! Forms due by November 7, 2025 to guarantee they get completed.**

***Please note all clients will be required to fill out a Medicare prescreening form to help us better serve you by looking up your current plan and comparing it to the future plans, if changes are necessary.**

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

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Maggie Perkins

Program Assistant/Receptionist

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Veterans Service Officer

James LaFlame

Parks & Recreation Coordinator

Erica Harris-Grimes

Human Services Council

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Vice Chairperson

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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**