



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

Monday through Thursday 8:30am - 4:30pm ~ Fridays 8:30am - 12:30pm

*Evening appointments available upon request

June 2021

A note from the Director:

What a year it has been! We as a community have been through so much this past year. First and foremost, for anyone who has been impacted by COVID, our hearts go out to you. A lot has changed in this last year, but we have so much to look forward to. While we have been available for social services throughout the COVID pandemic, we opened up for outdoor activities in May. With that being said, we are happy to announce that we will be opening up for indoor activities starting in June! We will be introducing our indoor activities slow and steady. Programs will have limited participants and may require preregistration and/or residency restrictions. Programs will follow strict schedules to allow us sufficient time to sanitize and clean before the next program.

Health and safety is our main priority. We will do everything in our power to make sure everything is safe for all participants. We have been and will continue to work with the Health Department to ensure we are following all the proper protocols and guidelines. Be sure to check in with us via phone, Facebook, the Town website and/or our newsletter to find out about the latest procedures and protocols. We have added numerous hand sanitizing stations, Plexiglas barriers, a new check in procedure and sanitize continuously throughout the day. The staff and I will continue to make all the necessary changes to keep our building a safe environment for all.

With all of that being said, we have missed you! We have missed seeing our regulars in our building every day. We are ecstatic to finally welcome you all back! We are excited and hopeful that we will also be welcoming new participants to our amazing center!

Hope to see you all soon! - Brittney

A Special Tribute To those we lost

The COVID-19 pandemic has impacted each and every one of us. Far too many have suffered the loss of a loved one. All of us at Seekonk Human Services share in your loss and extend our sincerest condolences. We want to celebrate the life of your loved one in a special way. If you are a Seekonk resident who has suffered the loss of a family member, Seekonk Human Services would like to provide you with a perennial plant to take home with you. It is our hope that seeing these plants/flowers bloom each year will bring you comfort and serve as a reminder that your loved one will never be forgotten. Registration is required by June 15th by calling 508-336-8772 — Additional details regarding pick up will be provided upon registration. Seekonk Human Services would like to thank Friends of Friends and Little Tree Nursery for helping us make this possible!

Father's Day Grab & Go Treat Wednesday, June 16, 2021 11:00am—11:45am

Things are still quite different this year, so we would be hosting a celebration of Father's Day but due to COVID protocols we wanted to do something for the Fathers living in Seekonk. By honoring all the Fathers of Seekonk, we would like to treat them to a Grab & Go meal with a special treat. The lunch menu will be lasagna roll-ups with tomato basil sauce, mixed vegetables, with a dinner roll and pineapple. There is no cost to you! The cost for women residents will be \$3 and out of town residents will be \$5. Please sign up by calling 508-336-8772.
*Sponsored by Friends of Friends.

June Happenings

Arts & Crafts Mondays in June 1:00pm

Preregistration is required for this class. The cost for this class is \$5 for Seekonk residents and \$7 for Non-Seekonk residents.

- ◊ June 7—Straw Hat Wreath
- ◊ June 14—4th of July Wreath
- ◊ June 21—Mason Jar Wall Decor
- ◊ June 28—Firework Centerpiece

Podiatry Clinic Tuesday, June 8 10am—2pm

Dr. Lechan will provide monthly Podiatry Clinics. Appointment are 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 co-pays.

Hearing Clinic Tuesday, June 8, 2021 2:00pm - 3:00pm

Preregistration is required for this clinic. Chris Brissette from Mass Audiology will be here for the Hearing Clinic from 2:00pm - 3:00pm.

Hip Hop Dance Chair Exercise Wednesday, June 9, 2021 11:00am

MUSICDance.edu will be here for the Seniors that like to move and be involved. Seniors do a complete warm-up and class that begins and ends in the chairs. Preregistration is required for this class. *Sponsored by Seekonk Cultural Council

Blood Pressure & Glucose Clinic Wednesday, June 16 9am—11am

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

Zoom - Origami Class Wednesday, June 22, 2021 11:00am

COVID Networks Boston will be providing a free workshop on Origami. During this class you will be taught to make swans, to pianos, to a heart, we teach it all! Join us for our origami lessons where we teach you to make fun animals and objects out of paper. Origami paper will be provided. Preregistration is required for this activity.

Welcome Back Celebration

Wednesday, June 30, 2021

11:00am

Welcome back celebration and 4th of July by listening to music from Chris Carter. Enjoy instrumental acoustic guitar arrangements of popular songs. Songs are performed at a reasonable volume level so you can enjoy the music while socializing. Chris has 33 years of guitar playing experience. Refreshments and snacks will be available. The cost for the activity will be \$5. Preregistration is required for this event. Please sign up by calling 508-336-8772.

Outdoor Activities

Chair Yoga

Monday & Wednesdays at 10am

Zumba

Fridays at 9:30am

Tai Chi

Fridays at 10:30am

*Note: Registration is required for all outdoor activities, please call the center at 508-336-8772

ZOOM Activities

Zoom BINGO!

Monday & Thursdays at 1pm

Zoom Trivia

Tuesdays at 1:30pm

Zoom Coffee Chat

Wednesdays at 1:30pm

*Note: Zoom activities can be done on a laptop, tablet, smart phone or by dialing in the specific number for that activity. If you are interested in participating in a zoom activity call the office to sign up, by calling the office to register your email address.

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 programing you may like.

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HearingLife

514 Hanover Street
Fall River, MA 02720
(508) 689-4124

Michael Nogueira, Hearing
Instrument Specialist Lic. #471

425 East Washington St.,
Suite 3
North Attleboro, MA 02760
(508) 409-6686

Christopher Brissette, Hearing
Instrument Specialist Lic. #235

WHEN CALLING, PLEASE MENTION CODE AG60-1

*See office for complete details.

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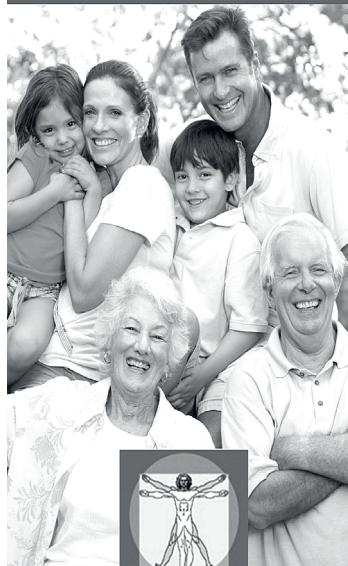
Assisted Living: starting at \$3,500/month

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Call or email Beth McCrae for more information, or to
schedule a tour: **401.275.0682** or bmccrae@wingatesrc.com

One Butler Avenue, Providence, RI 02906 | 401.275.0682 | WingateHealthcare.com

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- ✓ Increase your strength
- ✓ Increase your activity level
- ✓ Increase your flexibility
- ✓ Improve your health
- ✓ Get you back in the game

EAST PROVIDENCE

927B Warren Avenue
East Providence, Rhode Island 02914
Telephone: (401) 438-0905
Fax: (401) 438-0903

Monday - Thursday: 7:00 am - 7:00 pm
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
Monday - Thursday: 7:00 am - 6:00 pm
Friday: 7:00 am - 5:00 pm

HEALY PHYSICAL THERAPY

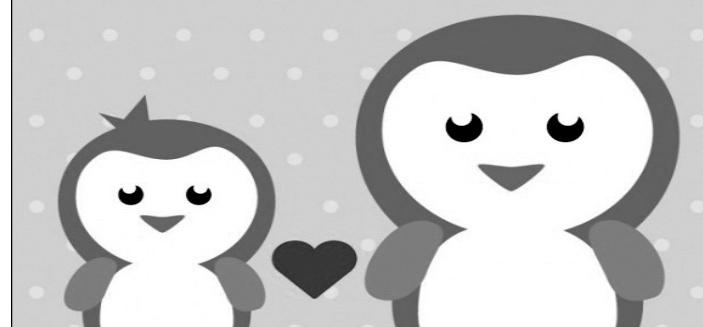
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Thank you!
On behalf of the
Seekonk Town Crier
for your support
of our newsletter

HAPPY
FATHER'S DAY



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 \$2.25 per meal which will be due at the time of pickup. Pick up will be between 11am— 12pm. If you are unable to pick up at that time or are experiencing financial hardship please reach out to the office to speak with the Outreach Department. June's menu will be available to the right, our Facebook Page, and by calling our office at 508-336-8772.

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 508-336-877**

FILE OF LIFE

File of Life folders are available at the Center. Keep it on your refrigerator or car to alert emergency responders of your medical information during an emergency. During those times of stress, it is difficult to remember medications and dosages. These files could save your life or the life of a loved one. Pick up yours, fill it out and place it on your refrigerator or car —call to pick one up!

Community Questions for our Police Liaison

Officer Maria Vincenzo 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.



June 2021 Menu

TUESDAY	WEDNESDAY
1 Apricot Chicken 359 Rice Florentine 112 California Blend 27 Potato Bread 120 Lemon Pudding 174 MOD: SF pudding 100	2 Cajun Chicken 377 Dirty Rice 137 Chickpea Blend 52 Mixed Vegetables 41 WW Bread 160 Mandarin Oranges 6
Calories: 683 Fat: 28% Sodium: 964mg Carb: 84g	Calories: 622 Fat: 22% Sodium: 944 Carb: 83g
8 Broccoli & Cheese Omelet 387 Hash Browns 136 Peppers & Onions 3 Fruit Loaf 160 Apple Sauce 15	9 Chicken Bruschetta 394 Orzo and Spinach Pasta Salad 218 Tahitian Vegetable 38 Oatmeal Bread 121 Banana 1
Calories: 642 Fat: 32% Sodium: 1210mg Carb: 74g	Calories: 1229 Fat: 24% Sodium: 943mg Carb: 173g
15 Shepherd's Pie 271 Peas and Mushrooms 133 WW Roll 160 Mixed Fruit 10	16 Lasagna Roll-Ups 290 Tomato Basil Sauce 55 Genoa Blend 40 Mixed Vegetables 41 Dinner Roll 210 Pineapple 1
Calories: 787 Fat: 26% Sodium: 746mg Carb: 107g	Calories: 640 Fat: 18% Sodium: 809mg Carb: 102g
22 Scallops 176 Penne Pasta 1 Green Beans 3 Multigrain Bread 190 Peaches 5	23 Mexicali Chicken 173 Spanish Rice 22 Broccoli 12 WW Bread 160 Mixed Fruit 10
Calories: 545 Fat: 17% Sodium: 613mg Carb: 84g	Calories: 584 Fat: 20% Sodium: 550mg Carb: 78g
29 Broccoli Bake 387 Hash Browns 136 Escalloped Tomatoes 143 Fruit Loaf 160 Peaches 5	30 Curry Chicken 375 Couscous 39 Beets 162 Multigrain Bread 190 Chocolate Cake 209 MOD: SF Cupcake 210
Calories: 916 Fat: 46% Sodium: 1003mg Carb: 92g	Calories: 697 Fat: 19% Sodium: 1147mg Carb: 100g

Seekonk Veterans Services

Chapter 115 Benefits

In an article last June I covered a number of benefits that are available to Veterans, many of which are unique to the Commonwealth of Massachusetts.

I wanted to look back at the Chapter 115 program as the maximum income and asset levels allowed have changed, and very significantly in regard to assets.

Under Chapter 115 of Massachusetts General Laws (M.G.L. ch. 115), the Commonwealth provides a uniform program of financial and medical assistance for indigent Veterans and their dependents. Qualifying Veterans and their dependents receive necessary financial assistance for food, shelter, clothing, housing supplies, and medical care in accordance with a formula, which takes into account the number of dependents and income from all sources. Eligible dependents of deceased Veterans are provided with the same benefits as they would were the veteran still living.



Note: many benefits are not available to the spouse once the Veterans passes. This benefit is available to the surviving spouse, unless they remarry.

Once the new fiscal year starts (July 1, 2022), income limits for Chapter 115 will be \$2,147 for single applicants & \$2,904 if married (which is a slight increase due to cost of living increases). The liquid asset limit will be \$8,400 for single applicants and \$16,600 if married. That is a big jump, currently the asset limit is just \$5,000/\$9,800, so those who had previously been over assets for the program may now be able to apply.

For retired Veterans, social security and pensions are counted as income. The stimulus money received for COVID-19 is not included as income or an asset. For employable Veterans during the pandemic, if you run out of unemployment benefits, Chapter 115 may well be a viable solution until you are able to get back to work.

Please contact me with any questions you may have pertaining to Chapter 115 benefits.

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

*** NOTE: 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 not assume any legal or other responsibility for advice of services rendered by such volunteers or nominal cost practitioners.**

Law Office of Luke P. Travis
Estate Planning

TEL: (508) 676-3333
FAX: (508) 678-1698
luke@bristollegal.com

PO. BOX 3288
10 NORTH MAIN ST.
FALL RIVER, MA 02322-3288



Local #215
SEEKONK POLICE
MASS C.O.P. Local #215 F.O.P. Lodge #5
Taunton Avenue P.O. Box 353
Seekonk, Massachusetts 02771



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Please contact Tom Reily
508-336-6633 x 337

SUMMER
HOT
POOL SWIM
SWIMMING
BBQ SUNNY
SPLASH SUN



Senior Center

Name _____

TEL: _____

Local Emergency Contact
Name _____
ADD: _____
TEL: _____

EMD Emergency
Management Director
Name _____
TEL: _____

Region 1
Emergency Card

Contact out of area

Name _____

ADD: _____

TEL: _____

Utility

Electric TEL: _____

Gas TEL: _____

Water TEL: _____

Contact out of area

Name _____

ADD: _____

TEL: _____

Home/Rental Insurance

Name _____

TEL: _____

Policy # _____

Place of Worship

Name _____

TEL: _____

Veterinarian

Name _____

TEL: _____

Emergency Contact TEL:

FEMA Distress Line 1-800-985-5990

Questions and Referrals 211

In an Emergency 911

Poison Control Center

1-800-222-1222

KEEP THIS FORM UP-TO-DATE.

Take this form with you to all your doctor visits, when you go for any medical test and hospital visits. Write down all changes made to your medications. Cross out any old medicines.

Drug Name & Strength

(pills, units, puffs, drops)

When do you take it?
(AM or PM How many times a day?)

Purpose
(why do you take it?)

Pharmacy
Name _____
TEL: _____

Medical Insurance
Name _____
TEL: _____

Medical Conditions/Allergies

2021 Medicare Premiums

Part A Premium

Individuals who did not work 40 credits will pay a monthly Part A premium based on the amount of credits they worked.

0-29 credits \$471/ month **30-39 credits** \$259/ month

Part B Premium

The monthly standard Medicare Part B premium in 2020 for Medicare beneficiaries will be \$148.50. It may be a little less for those protected under the hold harmless provision.

The Part B premium a beneficiary pays each month is based on his or her annual income. Specifically, if a beneficiary's "modified adjusted gross income" (MAGI) is greater than the legislated threshold amounts the beneficiary is responsible for a larger portion of the estimated total cost of Part B benefits. This larger portion is called IRMAA (Income Related Monthly Adjustment Amount). The Affordable Care Act requires Part D enrollees whose incomes exceed the same thresholds pay a monthly adjustment amount. The monthly Part D adjustment will be taken out of a beneficiary's Social Security check and paid to Medicare. These enrollees will pay the regular plan premium to their Part D plan. Social Security will inform beneficiaries of their adjustment. Appeals procedures will be included.

The 2021 Part B monthly premium and Part D adjustment amount are based on one's 2020 tax return.

If you need help on any aspect of your health insurance, SHINE offers free counseling. Call Seekonk Human Services and ask for a SHINE counselor..



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. The center is open Monday—Thursday 8:30am to 4:30pm and Friday 8:30am to 12:30pm. Come and enjoy the activities and companionship at your center.

Seekonk Human Services Staff
P. 508-336-8772 F. 508-336-2239

Director

Brittney Faria, LSWA

Assistant Director

Ashley Cartwright, MBA

Clerical Assistant

Kimberly Mallon

Outreach Worker

Veronica Brickley, LPN LSWA

Community Liaison

Maggie Perkins

Office Clerk

Sharon Bettencourt

Veterans Service Officer

James LaFlame

Human Services Council

Chairperson

Michelle Hines

Vice Chairperson

Beverly Della Grotta

Irene Andrews

Anne Libby

Theresa McGregor

Keith Perry

Josephine Veaider

Council meets fourth Monday of the month

@ 3:15pm at

Seekonk Human Services

Large community room