

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

June 2022

On June 20, 2022 We Are Closed in observance of Juneteenth

Cribbage

Thursdays @ 1:00pm

Seekonk Human Services would like those of you who love to play Cribbage to come back to our center and enjoy playing again. If you have never been here to play, there is no better time to start. Everyone is more than welcomed to come. Those of you who want to play, need to preregister for the Cribbage game by calling, 508-336-8772.



Hip Hop Dance Chair Exercise

Wednesday, June 15, 2022 @ 11:30am

MUSICDance.edu will be here for the Seniors that likes to move and be involved. Seniors do a complete warm-up and hip hop class that begins and ends in the chairs. This class is specifically designed for seniors. There is some evidence that physical activity can slow down the decline of cognitive disabilities, may improve a demented patients' quality of life and suggested that it is a preventative health measure and by improving cognitive function in daily activities, and balance mental health. Senior participants will leave feeling more limber. Preregistration is required by calling our office at 508-336-8772 - Sponsored by Seekonk Cultural Council.

Father's Day Grab & Go Meal

Wednesday, June 15, 2022 @ 11:30am

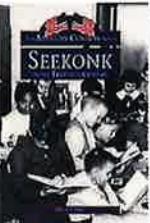
We would like to Honor all the Father's of Seekonk by having a celebration to Fathers living in Seekonk for Father's Day. We would like to treat them to a Grab & Go Meal. The lunch menu will be, Chicken Salad sandwiches, chips and dessert. There is no cost to you! Meals are limited so please preregister by calling 508-336-8772.



Seekonk History Program

Remembering Seekonk Landmarks
Wednesday, June 22, 2022 @ 1:00pm

We all have memories of the places "that used to be there." Seekonk Library invites you to enjoy and help us capture some of these memories. Join us for the one hour program Remembering Seekonk Landmarks on Wednesday, June 22 at 1 PM held at Seekonk Human Services & Council On Aging, 540 Arcade Avenue in Seekonk.



Presenter Phyllis Dupere, author of the photo book *Seekonk in the Twentieth Century*, will share stories of images collected when writing her book. Come to hear about upcoming scan days to record this disappearing history for digital archiving. If there is interest, in this series, Phyllis' follow-up programs would be a series of scan and record sessions for residents and an exhibit. Preregistration is required by calling our office at 508-336-8772.

Hope Health Community VNA

Tuesday, June 28, 2022 at 11:00am

A Dental Hygienist from HopeHealth Community VNA is coming to talk about how to best care for your teeth or dentures. She will provide a 20 minute presentation on oral health as well as talk with you one-on-one to answer questions and list to your particular concerns. All conversations are private and confidential. Call 508-336-8772 to preregister.



Thank You Little Tree Nursery

We are very grateful and fortunate that Little Tree Nursey in Seekonk worked with us to provide perennials for Mother's Day. The mother's in Seekonk enjoyed their special plant.



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. All classes have limited availability.

June 6 - Lady Bug
June 13 - 4th of July Craft
June 27 - Flower Wreath

Podiatry Clinic
Wednesday, June 15, 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, June 15, 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, June 28, 2022 at 2:00pm
"Driving with Google and Apple Maps"

GPS & mapping on the smartphone is like having a paper map and a co-pilot all in one! Join Librarian Michelle Gario in this 90 minute session we will explore the features of Google Maps and Apple Maps on Android and Apple phones and tablets. This program is for TABLETS AND PHONES ONLY. Bring your own tablet or phone. Please make sure your device is fully charged. Contact the Seekonk Human Services to preregister for this at: 508-336-8772.

Massachusetts SMP (Senior Medicare Patrol) on July 13, 2022 at 11:30am. Maria Pimentel will be here bringing the important message of Massachusetts SMP program on how to avoid becoming a victim of health care errors, fraud, and abuse.

TRIAD - COVID Dogs - The Bristol Sheriff's office will be having the new K-9's COVID Dog here on July 26 at 1:00pm. Bristol County Sheriff Thomas Hodgson said it is the first law enforcement unit in the country to use COVID-detecting dogs. **If you are interested in these activities please call 508-336-8772**

Fast French Onion Soup

Ingredients: 2 Tbs. Sherry, 50g Unsalted Butter, 1 Tbs. Thyme Leaves, 1L Beef Stock, 8 Slices Sour-dough Bread, 100g Gruyere Cheese (Grated), 500g Woolworths diced Onions. **Optional** 2Tbs extra Thyme Leaves (to garnish)

Instructions: 1. **Preheat** oven to 200°Celsius. Line a baking tray with baking paper. 2. **Melt Butter** in a large saucepan over medium heat. Add onion and thyme and cook for 10 minutes, stirring occasionally. Add Sherry and Stock and bring to a boil. Season with salt and pepper to taste. 3. **Meanwhile**, place the Bread on prepared tray and sprinkle with Cheese and extra Thyme Leaves. Bake for 5 minutes or until cheese is golden. Pour soup into bowls and serve immediately with hot cheese additional hours.

Prep Time: 5 Minutes, Cook Time: 15Minutes, Serves 4.



Women's Breakfast

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 Beverly at 401-749-4841.

These are the restaurants for the next two months:

June 16, 2022 - Percy's Place in E Providence

July 21, 2022 - IHOP in East Providence

Basic Beginners Sign Language Class
Tuesdays @ 10:00am - 12:00

Sign Language will be at the Seekonk Human Services Center. Starting on Tuesdays. June 14, 2022. **This class is a 10 week session.** For more information and to preregister contact Seekonk Human Services at 508-336-8772.

Future Special Activities

Massachusetts SMP (Senior Medicare Patrol) on July 13, 2022 at 11:30am. Maria Pimentel will be here bringing the important message of Massachusetts SMP program on how to avoid becoming a victim of health care errors, fraud, and abuse.

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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. June'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.

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.

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 \$8.00 until June 30, 2022, which includes a one-gallon sharps container and the disposal of that container. As of July 1, 2022 the price will increase to \$9.00 for the container and the disposal. 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**

Considering a Personal Care Contract

By: Brandon C. Walecka, Esq.

Walecka Law, P.C.

774-203-9003/Brandon@WaleckaLaw.com

This article will explore common issues and questions related to Personal Care Contracts, which is one strategy available to assist an elderly loved one with their daily care as well as a planning technique to qualify an elderly individual for Medicaid/MassHealth.

A Care Contract. In the Care Contract strategy, the senior pays an hourly wage to a family member (the caregiver) in exchange for the caregiver's promise to provide a list of services to senior. To document the services that senior needs, and their value in the community, we typically recommend that the senior be examined by a Geriatric Care Manager (GCM). The GCM's report will be attached to the Care Contract and included in any future Medicaid application to document and prove to Medicaid that payments made to the caregiver by the senior were for fair market value and were not a gift. A transfer for fair market value is not a gift and therefore does not carry any associated penalty period. In this way, an elder can transfer a large sum of money over time to a family member in exchange for services that the family member likely was going to perform anyway. The caregiver is now being paid for those services and the senior has slowly transferred money away from the nursing home and to a certain family member.

The Caregiver is considered an Employee. Generally, if an elder hires someone to perform household work, including caregiver services, that person is deemed to be an employee. As the employer, the elder may need to withhold and pay Social Security and Medicare taxes, as well as all applicable state taxes from their employee's pay each pay period. Additionally, the elder is required to file a W-2 for any caregiver. The payments to the caregiver is income to them. As such, the caregiver must pay income tax on the amount received. Depending on the caregiver's individual tax bracket, this means that approximately 25 to 30% or so of the payments will be lost to taxes. As this can get complicated, you should certainly consult a qualified accountant to determine the exact amount of tax that the senior and caregiver would pay upon receiving the payments described.

Workers' Compensation Insurance. In Massachusetts, if a caregiver works more than 16 hours per week, then workers' compensation insurance must be paid by the elder. Workers' compensation insurance will pay for medical expenses and lost wages to the caregiver in the event of worker-related injuries or illness.

What is a fair wage? How much should the caregiver be paid? As described above, we typically recommend a report by a GCM to determine the appropriate hourly rate for the care involved. Each task that may be needed could have differently hourly rates.

Record keeping. It is important that the caregiver keep detailed logs of the time, activity, and receipts for expenses of the senior.

Heightened scrutiny with family members. As with any strategy, there is no guarantee. Medicaid typically scrutinizes transactions between family members more closely than those of independent third parties (such as services paid to a home care agency). The strategy described above simply increases the chances of success by documenting the services appropriately and gathering of sufficient support.

Other considerations. Should the caregiver receive additional compensation for overtime work? In Massachusetts, a caregiver must be paid for any overtime if more than 40 hours in a 7-day week. Also consider other HR-type issues such as whether the caregiver receives paid time off or reimbursements for out-of-pocket expenses by the caregiver.

Every situation is unique. Paying for care without proper guidance from a CPA/accountant and a qualified elder law attorney may expose you to risk and liability.

The information contained in this article is not intended to make you an expert on estate planning nor is this article intended to replace the need for the advice of a professional. Rather, this article is simply intended to provide a basic understanding of why estate planning is important for everybody and a basic understanding of some of the more common estate planning tools. This article does not constitute legal advice.

June 2022 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>We ask that everyone please preregister for all activities. This will ensure we have proper seating available.</p>	<p>*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</p>	<p>9:30am - Drums Alive** 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat</p>	<p>10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Arts & Crafts* 1:00pm - Strength & Cardio** 1:00pm - Cornhole</p>	<p>9:30am - Zumba** 10:30am - Tai Chi** 10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Cribbage</p>
<p>10:00am - Chair Yoga 12:00pm - Knitting 1:00pm - Zoom BINGO! 1:00pm - Arts & Crafts* 1:00pm - Strength & Cardio** 1:00pm - Cornhole</p>	<p>9:00am - Zoom Drums Alive** 10:00am - Water Colors* 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia</p>	<p>9:30am - Drums Alive** 11:00am - Belly Dancing** 1:00pm - Mahjong</p>	<p>10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Cribbage</p>	<p>9:30am - Zumba** 10:30am - Tai Chi** 10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Cribbage</p>
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<p>Office is closed in observance of Juneteenth</p>	<p>9:00am - Zoom Drums Alive** 10:00am - Sign Language 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia</p>	<p>9:30am - Drums Alive** 1:00am - Remembering Seekonk Landmarks by "Phyllis Dupere" 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat</p>	<p>10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Cribbage</p>	<p>9:30am - Zumba** 10:30am - Tai Chi** 10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Cribbage</p>
<p>10:00am - Chair Yoga 12:00pm - Knitting 1:00pm - Zoom BINGO! 1:00pm - Arts & Crafts* 1:00pm - Strength & Cardio** 1:00pm - Cornhole</p>	<p>9:00am - Zoom Drums Alive** 10:00am - Sign Language 11:00am - Elder Dental Program 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia 2:00pm - Let's Learn Together! "Driving with Google and Apple Maps"</p>	<p>9:30am - Drums Alive** 11:00am - Belly Dancing** 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat</p>	<p>10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Cribbage</p>	<p>9:30am - Zumba** 10:30am - Tai Chi** 10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Cribbage</p>
			<p>Office Hours: Mon, Tues, Thurs 8:30am - 4:30pm Wednesday 8:30am - 5:30pm Friday 8:30am - 12pm</p> <p>For information on activities please call 508-336-8772</p>	



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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

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

**SUMMER HOT
POOL SWIM
SWIMMING
BBQ SUNNY
SPLASH SUN**

Law Office of Luke P. Travis

Estate Planning

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

PO. BOX 3208
10 NORTH MAIN ST.
FALL RIVER, MA 02322-3208



Local #215



Lodge #5

SEEKONK POLICE

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



Still right at home

Community VNA has officially joined the HopeHealth family of services!

We have a new name. But our deep commitment to providing high quality home health care to your community won't ever change.



Home Health Care | Alzheimer's Care | Elder Dental Program

HopeHealth Community VNA
10 Emory Street, Attleboro, MA 02703
(508) 222-0118
HopeHealthCo.org/HomeHealthMA

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*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**

Seekonk Veterans Services

VA Headstones, Markers & Medallions

The Department of Veterans Affairs (VA) furnishes upon request, at no charge to the applicant, a Government headstone or marker for the unmarked grave of any deceased eligible Veteran in any cemetery around the world, regardless of their date of death.

A Government-furnished headstone or marker may be provided for eligible Veterans who died on or after Nov. 1, 1990 and whose grave is marked with a privately purchased headstone. A Government-furnished medallion may be provided for eligible Veterans who served on or after Apr. 6, 1917 and whose grave is marked with a privately purchased headstone or marker.

Flat markers in granite, marble, and bronze and upright headstones in granite and marble are available. Bronze niche markers are also available to mark columbaria used for inurnment of cremated remains. The style chosen must be permitted by the officials in charge of the private cemetery where it will be placed.

When burial or memorialization is in a national cemetery, state Veterans' cemetery, or military post/base cemetery, a headstone or marker will be ordered by the cemetery officials based on inscription information provided by the next of kin or authorized representative.

Spouses and dependents are not eligible for a Government-furnished headstone or marker unless they are buried in a national cemetery, state Veteran's cemetery, or military post/base cemetery.

Note: There is no charge for the headstone or marker itself, however arrangements for placing it in a private cemetery are the applicant's responsibility and all setting fees are at private expense.

You may order online at <https://www.cem.va.gov> or make an appointment with a Veterans Services Officer.

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

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

Keith Perry

Josephine Veaider

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