



# SEEKONK HUMAN SERVICES

## Union Urier



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

### February 2023



**Seekonk Human Services**  
**Monday, February 20, 2023**  
**Closed for Presidents' Day**

#### Income Tax Appointment

**February 2, 2023 - April 13, 2023**

**Tax preparation services returning to Seekonk Human Services.** We are pleased to once again welcome the tax preparers from the **AARP Foundation Tax-Aide** program, which provides free tax preparation and filing services for low and moderate income Seniors. This service is provided by appointment only, and requires a little homework for the tax payer. When you come for your tax preparation appointment you will need to have your intake form completed and all your tax documents open and organized. Appointments are available on Thursdays, beginning February 2, through April 13, 2023. **Appointments are limited.** Forms will be available for pick up at the office.



#### Musical Entertainment Music by Steve Burke

**Wednesday, February 22, 2023 @ 11:30am**

Join us for an afternoon of entertainment, fun and light refreshments. Steve Burke, RI musician is a one man band that plays the keyboard, sax, smooth jazz vocals and dances. You can sit down, relax and listen to songs from Sinatra to Santana and some of his own songs too. Please call the office at 508-336-8772 to register.



#### Fuel Assistance

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, 2022 until April 30, 2023.**



**Income Guidelines:** Maximum income for 1 person is \$42,411, for 2 people is \$55,461, for 3 people is \$68,511, and for 4 people is \$81,561

**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

### Arts & Crafts

#### Mondays in February at 12:30pm

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. **\*\*Art Work subject to change.**

February 6 - Valentines Wreath Pt. 1  
February 13 - Valentines Wreath Pt.2  
February 27 - Trinket Box

### Podiatry Clinic

#### Wednesday, February 8, 2023

10:00am - 2:30pm

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 co-pays.

### Blood Pressure & Glucose Clinic

#### Wednesday, February 15, 2023

9:00am - 11:00am

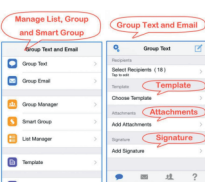
Seekonk Human Services has partnered with the **Seekonk Fire Department** to provide free monthly blood pressure & glucose screenings.

### Let's Learn Together!

#### Tuesday, February 28, 2023 @ 2:00pm

#### "Group Texts"

Join Librarian Michelle Gario in this 90 minute session to review how to send and manage group texts and emails from your 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.



### Women's Lunch at 11:30am

#### Wednesday, February 15, 2023 at Benjamin's in Seekonk

The Women's lunch group meets every 3rd Wednesday of the month at 11:30am. Everything is dutch treat. If you are interested in joining for good food and good conversation, while supporting our local restaurants, please call Seekonk Human Services at 508-336-8772.

### "Canasta"

#### Mondays @ 1:00pm

Are you interested in playing or learning to play Canasta? Please call our office at 508-336-8772 if you are interested in participating.



### How to Handle an Unexpected Inheritance

#### By: Brandon C. Walecka, Esq.

Walecka Law, P.C.

774-203-9003

Brandon@WaleckaLaw.com

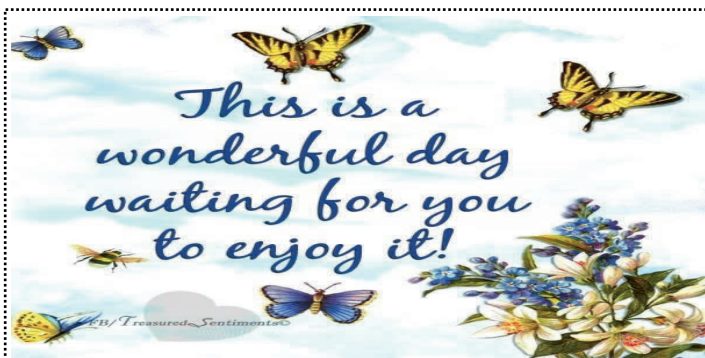
For most people, receiving an inheritance is something good, but for the elderly or a nursing home resident, an inheritance may not be as welcomed. Medicaid (MassHealth in Massachusetts) has strict income and asset limits so an inheritance can suddenly and unexpectedly make the Medicaid recipient ineligible for benefits. Careful planning is necessary to address this new money.

An inheritance is considered income the month it is received. If you are currently receiving benefits, you are obligated to notify the Medicaid agency of the receipt of these funds. Your Medicaid coverage will typically end until such time as you are once again below the asset limit (\$2,000 for a single person or \$130,380 for a married couple).

If it is possible to *properly* spend down this inheritance within the same month it is received, then you typically only lose one month of coverage. If, however, you are unable to spend down the entire inheritance in one month, seeking the advice of a qualified elder law attorney can help advise you on the proper way to spend down the excess money. There are several complex but effective strategies that may be available to allow you to preserve your benefits but still enjoy the benefit of your inheritance.

What you cannot do is gift the newly received inheritance away (outside of very limited exceptions). I meet with clients who reach out after-the-fact to let me know that they inherited money from a sibling or other relative and since they did not need the funds, they immediately gifted the funds to loved ones who did – they bought cars, helped pay mortgages, paid college tuition, or gifted elaborate vacations for family members. These gifts, though generous, can have dramatic consequences to your future or continued eligibility.

If you or a loved one inherited money, you should seek advice from a qualified elder law attorney today on how best to manage this situation.



### **Nutritional Meals To Go**

#### **Tuesdays, Wednesdays & Thursdays**

Seekonk Human Services will be working with Bristol Elder Services to provide nutritional meals for lunch on Tuesdays, Wednesdays and Thursdays 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. Suggested donation of \$2.25 per meal which will be due at the time of pickup. Pick up will be between 11am - 12pm. February'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.

### **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

### **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.

### **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](mailto:library@seekonkpl.org).

### **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.



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. **Join our email list!** Things are changing quickly these days & we want to be able to get the word out to you quickly. Please give us a call & 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.



## Future Activities

**Stephanie Gray**

**Constituent Services Representative**

**Tuesday, March 14, 2023 @ 10:30am-12:00pm**

She will be holding Office Hours at the Seekonk Senior Center on Tuesday, March 14, 2023 from 10:30am - 12:00noon. You can bring your concerns and/or casework request **relating to any federal agency**, including Social Security, Medicare/Medicaid, Veteran's Affairs, Housing, Health and Human Services, Department of Defense, Internal Revenue Service, the US Postal Service, Small Business Association, Passports, or Immigration.

**Steve Caddick and Avalon**

**Wednesday, March 15, 2023 @ 1pm**

We are proud to present for your entertainment, a tenor banjo master, Steve Caddick with Ron L'Herauld on trombone and Bill Kass on tuba, performing songs from the golden days of Tin Pan Alley, to the contemporary songs of the past few decades. Steve leads this trio with contemporary arrangements. His style has developed over 6 decades of entertaining audiences. He was inducted into the "Banjo Hall of Fame" in 2013. Together, their passion is to bring their 4-string banjo, trombone and tuba to contemporary audiences. From their dizzying dexterity on songs that amaze the eyes and ears to warm ballads, they are a joy to see and listen to as they play the music of the Great American Songbook. They play songs from the 1910s to the 1980s. Coffee and pastry will be available. To sign up for this activity please call the office at 508-336-8772.

**Overview of Legal Services**

**Monday, March 27, 2023**

**10am - 12pm appointment only**



**WALECKA LAW, P.C.**  
ESTATE AND ELDER LAW

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 consults are focused on elder law and estate planning. To schedule your 15 minute consultation call the office at 508-336-8772. **Can only assist MA residents.**

**Fran Hart**

**"The Me Decade"**

**Wednesday, March 29, 2023 @ 11:30am**

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 ponderings of the decade. Some of the issues that marked the 70s included inflation, the Vietnam War, women's rights, racial injustice and unemployment. And who can forget the 1973 oil crisis with its long lines and rationing? 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 even a few singalongs. The presenter is Fran Hart, founding member of the Beatles tribute band 4EverFab. The presentation is family-friendly and suitable for all ages. **Preregistration are required for these Future Activities by calling our office at 508-336-8772.**

**Coming this April...**

**Tommy Rull**

Tommy Rull singer/entertainer will be performing his show, "A Musical Journey Through The Years." Mr. Rull has been performing his act for the last several years. He has sung at private parties, corporate events, country clubs, restaurants and countless senior centers. He has entertained thousands of seniors and "Boomers" throughout Massachusetts. He takes his audience on a musical journey through time singing the songs of many great and well-known entertainers...songs of Neil Diamond, Sinatra, Elvis, Roy Orbison, Paul Anka, Barry Manilow, Cole Porter, Harry Belafonte, Willy Nelson, Kenny Rogers, Hank Williams, Anne Murry and the list goes on and on. Many seniors at his performances sing along to familiar songs that bring back fond memories to them and a number get up and dance with each other, staff members, and volunteers. Coffee and pastry will be available. To sign up for this activity please call the office at 508-336-8772.



# February 2023 Calendar

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|--|---|--|---|
|   |  | <p>1</p> <p>9:30am - Drums Alive**<br/>10:00am - Sign Language<br/>11:00am - Belly Dancing**<br/>1:00pm - Mahjong<br/>1:30pm - Zoom Coffee Chat</p>   | <p>2</p> <p>9:00am - 11:00am - Taxes<br/>10:00am - Chair Yoga<br/>1:00pm - BINGO!</p>  | <p>3</p> <p>9:15am - Dance Cardio**<br/>10:30am - Tai Chi**</p>   |
| <p>6</p> <p>10:00am - Chair Yoga<br/>12:30pm - Arts &amp; Crafts*<br/>1:00pm - Strength &amp; Cardio**<br/>1:00pm - Canasta<br/>1:30pm - Zoom BINGO!</p>  | <p>7</p> <p>9:00am - Zoom Drums Alive**<br/>10:00am - Water Colors*<br/>1:00pm - Pitch (Hi-Lo Jack)<br/>1:30pm - Zoom Trivia</p>                                     | <p>8</p> <p>9:30am - Drums Alive**<br/>10:00am-2am - Podiatry Clinic<br/>1:00pm - Mahjong<br/>1:30pm - Zoom Coffee Chat</p>   | <p>9</p> <p>9:00am - 11:00am - Taxes<br/>10:00am - Chair Yoga<br/>1:00pm - BINGO</p>   | <p>10</p> <p>9:15am - <b>NO - Dance Cardio**</b><br/>10:30am - Tai Chi**</p>  |
| <p>13</p> <p>10:00am - Chair Yoga<br/>12:30pm - Arts &amp; Crafts*<br/>1:00pm - Strength &amp; Cardio**<br/>1:00pm - Canasta<br/>1:30pm - Zoom BINGO!</p> | <p>14</p> <p>9:00am - Zoom Drums Alive**<br/>10:00am - Water Colors*<br/>1:00pm - Pitch (Hi-Lo Jack)<br/>1:30pm - Zoom Trivia</p>                                    | <p>15</p> <p>9:00am-11:00am Blood Pressure Clinic<br/>9:30am - Drums Alive**<br/>10:00am - Sign Language<br/>11:00am - Belly Dancing**<br/>11:30am - Women's Lunch<br/>1:00pm - Mahjong<br/>1:30pm - Zoom Coffee Chat</p> | <p>16</p> <p>9:00am - 11:00am - Taxes<br/>10:00am - Chair Yoga<br/>1:00pm - BINGO!</p>                                       | <p>17</p> <p>9:15am - Dance Cardio**<br/>10:30am - Tai Chi**</p>  |
| <p>20</p>   | <p>21</p> <p>9:00am - Zoom Drums Alive**<br/>10:00am - Water Colors*<br/>1:00pm - Pitch (Hi-Lo Jack)<br/>1:30pm - Zoom Trivia</p>                                    | <p>22</p> <p>9:30am - Drums Alive**<br/>10:00am - Sign Language<br/>11:30am - February Gathering<br/>1:00pm - Mahjong<br/>1:30pm - Zoom Coffee Chat</p>   | <p>23</p> <p>9:00am - 11:00am - Taxes<br/>10:00am - Chair Yoga<br/>1:00pm - BINGO!</p>                                       | <p>24</p> <p>9:15am - Dance Cardio**<br/>10:30am - Tai Chi**</p>  |
| <p>27</p> <p>10:00am - Chair Yoga<br/>12:30pm - Arts &amp; Crafts*<br/>1:00pm - Strength &amp; Cardio**<br/>1:00pm - Canasta<br/>1:30pm - Zoom BINGO!</p> | <p>28</p> <p>9:00am - Zoom Drums Alive**<br/>10:00am - Water Colors*<br/>1:00pm - Pitch (Hi-Lo Jack)<br/>1:30pm - Zoom Trivia<br/>2:00pm - Let's Learn Together!</p> | <p>Office Hours:<br/>Mon, Tues, Thurs 8:30am - 4:30pm<br/>Wednesday 8:30am - 5:30pm<br/>Friday 8:30am - 12pm<br/><br/>For information on activities please call 508-336-8772</p>  | <p>We ask that everyone please preregister for all activities. This will ensure we have proper seating set up available.</p> | <p>*Arts &amp; Crafts Residents \$5/Non-residents \$7<br/>*Water Colors Residents \$3/Non-Residents \$5<br/>**Fitness Class Non-Residents \$2<br/>Activities subject to change without notice</p> |



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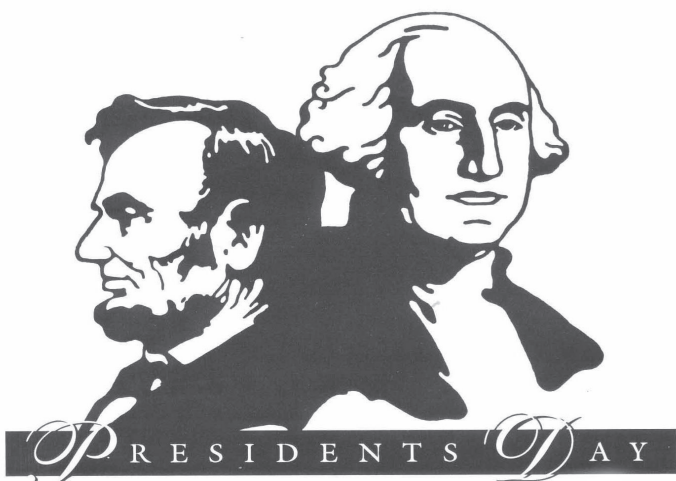
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**Please contact Tom Reily  
508-336-6633 x 337**

*Thank you!*  
*On behalf of the  
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Law Office of Luke P. Travis  
Estate Planning

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P.O. BOX 3288  
10 NORTH MAIN ST.  
FALL RIVER, MA 02722-3288



Local #215



Lodge #5

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MASS C.O.P. Local #215 F.O.P. Lodge #5  
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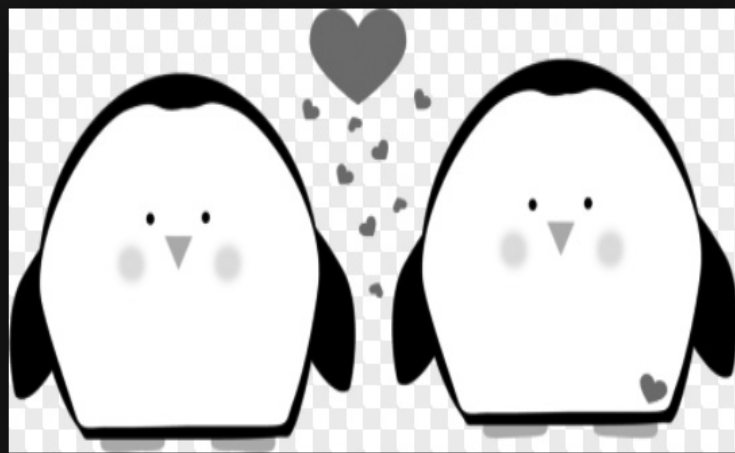
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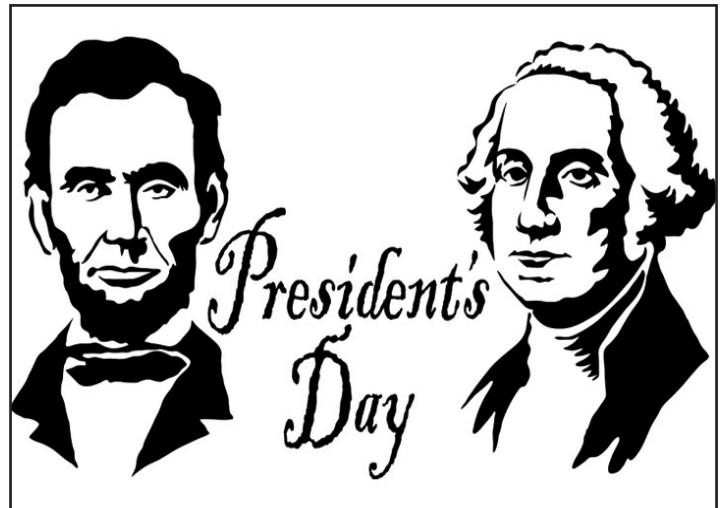
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## **Veterans' Corner**

### **Record pay increase for Veterans receiving VA compensation benefits**

New COLA rates for compensation are largest increase in over 30 years

It's that time of year again. VA is increasing compensation payment rates based on the latest cost-of-living adjustment (COLA) announcement. Beginning Jan. 1, 2023, Veterans and beneficiaries who receive VA compensation benefits will see an 8.7% increase in their monthly payments—the largest increase in over 30 years. Military retirees will see this same increase in their pensions.

The annual COLA increase is tied to the Social Security rate change and is based on the consumer price index (CPI). The CPI, provided by the U.S. Department of Labor, measures the average changes in cost for urban goods and services. The Department of Labor takes a snapshot of the costs of a select group of goods and services and compares those costs to the previous year. When there is an increase, those receiving benefits see a boost in their monthly payments for the upcoming year.

This increase affects VA disability compensation, which provides monthly tax-free payments to Veterans who got sick or injured while serving in the military or whose service made an existing condition worse. If you have a physical ailment or mental health condition that developed during or after service, you may be eligible for disability compensation.

Beneficiaries who receive Dependency and Indemnity Compensation (DIC) will also see an increase in their payment amounts. DIC provides a surviving spouse, child or parent of a service member who died in the line of duty, or the survivor of a Veteran who died from a service-related injury or illness, with a tax-free monetary benefit.

You should see the increased compensation amount starting with your January 2023 payment. If you do not see a difference in the amount, contact the V.A. at 800-827-1000.

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

##### **Director**

Brittney Faria, LSWA

##### **Assistant Director**

Ashley Cartwright, MBA

##### **Outreach Case Worker**

Jacqueline Gress

##### **Clerical Assistant**

Kimberly Mallon

##### **Community Liaison**

Maggie Perkins

##### **Office Clerk**

Sharon Bettencourt

##### **Veterans Service Officer**

James LaFlame

##### **Parks & Recreation Coordinator**

Erica Harris-Grimes

#### **Human Services Council**

##### **Chairperson**

Michelle Hines

##### **Vice Chairperson**

Maria Duarte

Irene Andrews

Cheryl Camara

Beverly Della Grotta

Keith Perry

Josephine Veader

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