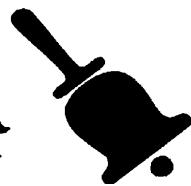




# SEEKONK HUMAN SERVICES

## 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

## March 2023

### Stephanie Gray

#### Constituent Services Representative

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

Stephanie Gray will be holding office hours for you to 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.

**St. Patrick's Day Luncheon @ 12pm**

**Followed by**

**Steve Caddick and Avalon @ 1pm**

**Wednesday, March 15, 2023**



We are proud to present for your entertainment, a tenor banjo master, Steve Caddick with Ron L'Herault 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. Lunch will be a corn beef, cabbage, potatoes, and carrots. Cost of the luncheon is \$10 for residents and \$12 for non-residents. **Preregistration is required for this activity by calling 508-336-8772. Seekonk residents have first priority. Non-residents sign up starts 3/6.**

### Overview of Legal Services

**Monday, March 27, 2023**

**10am - 12pm 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 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.**

### TRIAD: R.U.O.K.

**Tuesday, March 28, 2023 @ 11:00am**

Lt. Kyle Laprade will be here regarding the "Are You Okay?" program. He will give you information about how this program works. An ice cream social will be provided for those who attend. **Preregistration is required by calling 508-336-8772.**



### 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. 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. 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. A light lunch of pasta salad and chips will be served. The cost is \$6 for residents and \$8 for non residents. **Preregistration is required for this activity by calling 508-336-8772.**

### Arts & Crafts

#### Mondays in March 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.**

Projects for March 6th, March 13th, March 20th and March 27th, are to be determined. If you would like to know what the Arts & Crafts will be for this month please call 508-336-8772

### Podiatry Clinic

#### Wednesday, March 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, March 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, March 28, 2023 @ 2:00pm

#### "Google Drive & Apps"

Your Gmail account can do so much more than email. With your Gmail login, you can use Google Drive to store files in the cloud and use Docs to create letters, resumes and more. Join Librarian Michelle Gario in this 90 minute session for an introduction to these popular Google apps. **You must bring your Gmail login I.D. and password for this program.** Bring your own tablet, phone, or laptop; please make sure your device is fully charged. Contact the Seekonk Human Services to preregister for this at: 508-336-8772.

### 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

### "Canasta"

#### Mondays @ 11:30am

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



### Will they look at my new spouse's assets when I apply for Nursing Home MassHealth?

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

Walecka Law, P.C.

774-203-9003

Brandon@WaleckaLaw.com

Sometimes I meet with clients who explain that they recently got married but have chosen to keep their finances separate, maintaining separate bank accounts, splitting bills, and filing taxes separately. Now, one spouse's health has significantly changed and it looks like the ill spouse will need to apply for MassHealth benefits. An emerging concern is whether the healthy spouse's assets will be exposed.

Under the Medicaid (MassHealth in Massachusetts) law, when one member of a married couple applies for benefits, their combined assets and income must be reported to determine the eligibility of the spouse requiring skilled nursing care. However, there is an exception that is often used in cases of late, short-term marriages such as here. Often referred to as "spousal refusal," the spouse can refuse to cooperate with the process and your sickly spouse's eligibility should be based on their income and assets alone.

If you would like to learn more about spousal refusal exception, seek out assistance from an elder law attorney today.

*Do you have a suggestion for a future article topic for Attorney Walecka? Reach out to him directly with a question or topic you think would be helpful to readers.*

*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.*

## Daylights Savings

Daylight Saving Time begins on Sunday, March 12, 2023 at 2:00 A.M. On Saturday night, clocks are set forward one hour (i.e., losing one hour) to "spring forward." This is a perfect time to change the batteries in smoke detectors and carbon monoxide detectors as well!



## 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. March'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.

## Veterans' Corner

### Camp Lejeune Water Contamination

I am sure by now that everyone has seen more than enough television ads from law firms advocating for veterans that served at Camp Lejeune. Here is my take based on conversations with the Massachusetts Veterans Services Officers Association, National Service Officers and other VSOs.

These law firms are not providing a free service to veterans. There are significant costs to the veteran along the way and it is expected to be a long journey of litigation...up to ten years. In the end, if you do get part of the settlement (lawyers will get a big cut), you cannot have already been collecting from the V.A. for your service-connected disability. That would be considered double dipping.

So, if you qualify for a service-connected disability, whether Camp Lejeune related or not, you can start collecting now. This is a monthly TAX FREE stipend paid to veterans. In cases where the veteran passes from this disability or they are rated at 100% for a designated amount of time, a reduced benefit for the surviving spouse is awarded – called Death Indemnity Compensation.

So why not collect right away? Here are the current eligibility requirements for Camp Lejeune:

#### **Both of these must be true:**

You served at Camp Lejeune or MCAS New River for at least 30 cumulative days from August 1953 through December 1987, **and**

You didn't receive a dishonorable discharge when you separated from the military

#### **And you must have a diagnosis of one or more of these presumptive conditions:**

Adult leukemia

Aplastic anemia and other myelodysplastic syndromes

Bladder cancer

Kidney cancer

Liver cancer

Multiple myeloma

Non-Hodgkin's lymphoma

Parkinson's disease

#### Who's covered?

Veterans

Reservists

Guardsmen

Any questions regarding Camp Lejeune or any other service-connected disability, please reach out to me.

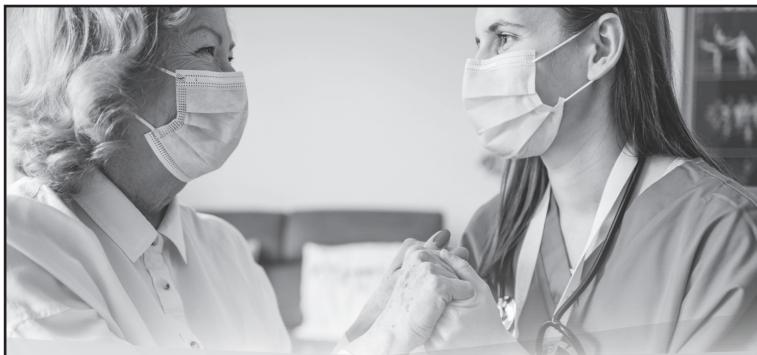
James LaFlame  
Seekonk Veterans Services Officer  
Office 508-336-2940  
Email: [jlafame@seekonk-ma.gov](mailto:jlafame@seekonk-ma.gov)



# March 2023 Calendar

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
*Arts & Crafts									
Residents \$5/Non-residents \$7		Office Hours: <b>Mon, Tues, Thurs 8:30am - 4:30pm</b>		9:30am - Drums Alive**		9:00am - 11:00am - Taxes		9:15am - Dance Cardio**	
*Water Colors				10:00am - Sign Language		10:00am - Chair Yoga		10:30am - Tai Chi**	
Residents \$3/Non-Residents \$5		Wednesday 8:30am - 5:30pm		11:00am - Belly Dancing**		1:00pm - Mahjong		11:00am - Tai Chi**	
**Fitness Class		Friday 8:30am - 12:00pm		1:30pm - Zoom Coffee Chat		1:00pm - BINGO!		10:30am - Tai Chi**	
Non-Residents \$2									
<b>Activities subject to change without notice</b>									
10:00am - Chair Yoga		9:00am - Zoom Drums Alive**		9:30am - Drums Alive**		9:00am - 11:00am - Taxes		9:15am - Dance Cardio**	
11:30am - Canasta		10:00am - Water Colors*		10:00am-2pm - Podiatry Clinic		10:00am - Chair Yoga		10:30am - Tai Chi**	
12:30pm - Arts & Crafts*		1:00pm - Pitch (Hi-Lo Jack)		1:00pm - Mahjong		10:00am - Chair Yoga		10:30am - Tai Chi**	
1:00pm - Strength & Cardio**		1:30pm - Zoom Trivia		1:30pm - Zoom Coffee Chat		1:00pm - BINGO!		10:30am - Tai Chi**	
1:30pm - Zoom BINGO!									
		<b>*All activities are subject to preregistration</b>							
6		7		8		9		10	
10:00am - Chair Yoga		9:00am - Zoom Drums Alive**		9:00am - 11:00am - Taxes		9:15am - NO - Dance Cardio**			
11:30am - Canasta		10:00am - Water Colors*		10:00am - Chair Yoga		10:30am - Tai Chi**			
12:30pm - Arts & Crafts*		1:00pm - Pitch (Hi-Lo Jack)		1:00pm - BINGO!					
1:00pm - Strength & Cardio**		1:30pm - Zoom Trivia							
1:30pm - Zoom BINGO!									
13		14		15		16		17	
10:00am - Chair Yoga		9:00am - Zoom Drums Alive**		9:00am-11:00am Blood Pressure Clinic		9:00am - 11:00am - Taxes		9:15am - Dance Cardio**	
11:30am - Canasta		10:00am - Water Colors*		9:30am - Drums Alive**		10:00am - Chair Yoga		10:30am - Tai Chi**	
12:30pm - Arts & Crafts*		10:30am-Noon - Stephanie Gray		10:00am - Sign Language		10:00am - Chair Yoga		10:30am - Tai Chi**	
1:00pm - Strength & Cardio**		1:00pm - Pitch (Hi-Lo Jack)		12:00pm - St. Patrick's Day Lunch		1:00pm - BINGO!		10:30am - Tai Chi**	
1:30pm - Zoom BINGO!		1:30pm - Zoom Trivia		1:00pm - Steve Caddick & Avalon		1:00pm - Mahjong		10:30am - Tai Chi**	
		1:30pm - Zoom Coffee Chat		1:30pm - Zoom Coffee Chat		1:30pm - Zoom Coffee Chat		10:30am - Tai Chi**	
20		21		22		23		24	
10:00am - Chair Yoga		9:00am - Zoom Drums Alive**		9:00am - 11:00am - Taxes		9:15am - Dance Cardio**			
11:30am - Canasta		10:00am - Water Colors*		10:00am - Chair Yoga		10:30am - Tai Chi**			
12:30pm - Arts & Crafts*		1:00pm - Pitch (Hi-Lo Jack)		1:00pm - Mahjong		10:30am - Tai Chi**			
1:00pm - Strength & Cardio**		1:30pm - Zoom Trivia		1:30pm - Zoom Coffee Chat		1:00pm - BINGO!			
1:30pm - Zoom BINGO!									
27		28		29		30		31	
10:00am - Chair Yoga		9:00am - Zoom Drums Alive**		9:00am - 11:00am - Taxes		9:15am - Dance Cardio**			
10:00am-Noon - Walecka Law,PC		10:00am - Water Colors*		10:00am - Chair Yoga		10:30am - Tai Chi**			
11:30am - Canasta		11:00am - TRIAD - Are You OK?		10:00am - Sign Language		10:30am - Tai Chi**			
12:30pm - Arts & Crafts*		1:00pm - Pitch (Hi-Lo Jack)		11:30am - "The Me Decade"		1:00pm - BINGO!			
1:30pm - Zoom BINGO!		1:30pm - Zoom Trivia		1:30pm - Zoom Coffee Chat		1:00pm - BINGO!			
		2:00pm - Let's Learn Together!							

**NOTE:** Fitness programs are paid through grant funds from the Executive Office of Elder Affairs (EOEA). Seekonk residents are strongly urged to make a donation toward fitness programs to help offset the costs.



## Award-winning care. Right by your side.

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HopeHealthCo.org



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



Law Office of Luke P. Travis  
Estate Planning

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

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# Thank you!

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Seekonk Town Crier  
for your support of  
our newsletter*



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

## Future Activities—More information to come

### Reverse Mortgages

**Tuesday, April 11, 2023 at 1:00pm**

This activity is all about Reverse Mortgages. A FREE seminar for homeowners 62 years and older. Topics discussed:

- What is a reverse mortgage?
- Who is eligible?
- How much can someone receive?
- What are some of the benefits?
- What are the tax free distribution options?
- How is the reverse mortgage paid?

East Coast Capital has a staff of dedicated professionals focused solely on reverse mortgages. They have the expertise to help you make an informed decision about which program is right for you. E-mail address is: [mkennedy@eastcoastcap.com](mailto:mkennedy@eastcoastcap.com).

### Elder Dental Program

**Wednesday, April 12, 2023 at 12:00pm**

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 provide an overview of adaptive aids to care for your teeth as well as a new toothbrush and / or denture brush, and listen to your particular concerns. Lunch will be served for all participants following the presentation.



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

#### **Director**

Brittney Faria, LSWA

#### **Assistant Director**

Ashley Cartwright, MBA

#### **Outreach Case Worker**

#### **Clerical Assistant**

Kimberly Mallon

#### **Community Liaison**

Maggie Perkins

#### **Veterans Service Officer**

James LaFlame

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

Erica Harris-Grimes

### **Tommy Rull**

**Wednesday, April 19, 2023 at 1:00pm**

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 Murray 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. **\*This program is funded by the Seekonk Cultural Council.**

### **Human Services Council**

#### **Chairperson**

Michelle Hines

#### **Vice Chairperson**

Maria Duarte

Irene Andrews

Cheryl Camara

Beverly Della Grotta

Keith Perry

Josephine Veder

**Council meets fourth Monday of the month**

**@ 3:15pm at**

**Seekonk Human Services  
Conference Room**