



SEEKONK HUMAN SERVICES

Union Crrier



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

November 2023

Closed November 10, 2023 for Veteran's Day

November 22, 2023 closing at 12:30pm and Closed November 23 and 24 for Thanksgiving

New Class - Stability and Balance

Wednesday, November 1, 2023 @ 8:45am

The first thing to know is that stability and balance are different beasts. Stability is the ability to control your body position from head to toe through movement, and balance is the ability to maintain your center of gravity over your base of support. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. Any questions and to preregister please call 508-336-8772.

Friendsgiving

Wednesday, November 15, 2023 @ 11:30am



We invite you to our second annual Friendsgiving. Thanksgiving is a time to reflect on what and who we are grateful for in general over the past year. The best way to share those reflections is around the Thanksgiving table. Join us for a delicious Thanksgiving Shepherd's Pie (fresh roasted turkey, stuffing, gravy, corn, & mashed potatoes with a side of cranberry sauce) prepared by The Cooks House with good company and conversation. The cost for residents is \$7 and non-residents is \$10. Registration is due by 11/8. To register please call our office at 508-336-8772.

Veterans' Day Celebration

Wednesday, November 8, 2023 @ 11:30am

The annual Veterans Day luncheon will take place on Wednesday, November 8th at 11:30am. The musical entertainment for our Veterans' Day Celebration will be the Navy Band



There will be a FREE lunch for Seekonk Veterans. Lunch will be pasta and meatballs. The fee for Seekonk residents is \$5.00, and non-residents is \$7.00. All registrations are due by 11/3. To register please call our office at 508-336-8772.

Healthy Aging - Lunch & Learn

Wednesday, November 29, 2023 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 with Bristol Elder Services Registered Dietitian, Dawn DiMarco. 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: sausage, peppers and onions, sub roll, pasta alfredo, cake, & lemonade. **Preregistration is required by calling our office at 508-336-8772.**



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 packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2024. 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 Medicare Insurance Counselors help you understand your plan changes as well as *other options* you may have. Open Enrollment runs from **October 15 through December 7!** *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.

Overview of Legal Services

Monday, November 27, 2023

10am - 12pm (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 consults are focused on elder law and estate planning. Please call the office at 508-336-8772. **MA residents only.**

Hearing Clinic

Monday, November 27, 2023

1:00pm - 2:30pm

Chris Brissette from Mass Audiology will be here for a **FREE Hearing Clinic**. **Preregistration is required by calling our office at 508-336-8772.**

Let's Learn Together!

Tuesday, November 28, 2023 @ 2:00pm

Do you have a nagging question or new discovery about using your smartphone, tablet, laptop or Chromebook? Come share it with us so we can all learn from it! Librarian Michelle Gario will moderate this **60-minute session** to help each other with technology. There is no set agenda; bring your device, share questions, and answers, favorite tips and tools. Bring your own tablet, phone, or laptop. Please make sure your device is fully charged. Contact our office to register by calling 508-336-8772.



Telephone Reassurance Program

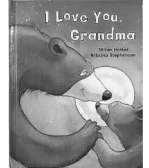
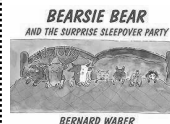
Our office will make a telephone call to an individual's home at approximately the same time each day Monday through Friday (during our operating business hours only). This program is designed to connect people in need with ongoing, caring human contact and conversation. If we do not receive an answer, 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.

Favorite Children's Book Contest

Vote for the favorite books of your children, grandchildren--multiple entries are welcome. The selection of titles is not limited to the ones mentioned on the flyer. **Please cast your vote by December 31, 2023** Samuel Brown will purchase the most popular title and affix a bookplate to the book in honor of your center. The book will be donated to Read to Grow, an organization that promotes language skills and literacy for children. So cast your vote for the book you love most either reading to your children, your grandchildren, nieces and/or nephews. We will have a bucket for you to put your vote into. For more information visit us at Human Services!



Newport Playhouse & Cabaret Restaurant

Tuesday, December 5, 2023

Price: \$141.00 Per Person

Play is: "Miracle on South Division Street"

Full payment upon signing up

Bloom Tours is taking you to the Newport Playhouse & Cabaret Restaurant to enjoy a show and lunch. The play "Miracle on South Division Street" - Meet the Nowaks of Buffalo, NY. Clara and her three grown kids have always known they were special, ever since the miraculous Christmas Eve in 1942 when the Blessed Mother appeared to Grandpa in his barber-shop! Daughter Ruth unveils her plan to write and star in a one-woman Christmas show. The results are heartfelt and hilarious. Enjoy the buffet before the show which has a variety meals, Coffee, Tea and assortment of homemade desserts. Your motorcoach will depart: 10am from 540 Arcade Avenue, Seekonk. Approximate return at 5:15pm. **Trip includes: lunch, play, cabaret, transportation and drivers gratuity.**

Tuesday Luncheons

Tuesday's at 11:45am

Seekonk Human Services has partnered with The Cook's House to offer weekly lunches! Lunches will cost \$4 for residents and \$5 for non residents. The menu will be available at the office and on Facebook. Advance sign up and payment is required one week in advanced.

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 ***30 Day Rental**

Women's Lunch
Wednesday, November 15, 2023 @ 11:30am at
iAlive in Rehoboth, MA



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.

Nutritional Meals To Go
Tuesdays, Wednesdays & Thursdays
Bristol Elder Services 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. Suggested donation of \$2.25 per meal which will be due at the time of pickup. Pick up will be between 11am - 12pm. November's menu is available on our Facebook Page and by calling our office at 508-336-8772.

Holiday Assistance Programs

Thanksgiving Meal or Basket

Are you in need of a Thanksgiving meal or basket, or know someone in need. Please contact Nicole at 508-336-8772 or nbuffington@seekonk-ma.gov. All requests must be in by **Wednesday, November 15, 2023**. *Please note that all clients must have an intake on file and qualify by income or receiving public benefits (i.e., fuel assistance, food stamps, MassHealth, etc.)

Christmas is for Kids and Holiday Help

The holidays are filled with happiness, friends and family. Children especially look forward to the fun and presents. Seekonk Human Services works with community members to bring joy to children, one present at a time.

If you are a Seekonk parent, or know a Seekonk parent who is in need of gift assistance for their child/children please call Seekonk Human Services to inquire about more information. Intakes and applications are available at our office. All families utilizing this program will remain anonymous to donors.

All applications are due by **Friday, December 1, 2023**. For anyone who would like to sponsor a child or family, please contact our office via phone at 508-336-8772 or email seekonkhumanservices@gmail.com for more information.

Sponsor a Senior

Seekonk Human Services will work with community members to help bring a personal touch to senior citizens. The goal is to provide seniors with outside contact and gifts to let them know they are not forgotten and alone.



The holiday season should be a time of joy with your loved ones. However, for some, that isn't the case. Often times, the holidays are geared towards children and families, and those who are on their own tend to get left out. Human Services will be collecting donated gifts and items to provide to those seniors who might not have close family, have a fixed income or both. Included items may consist of slippers, clothing items, hygiene products, reading materials, card games, word puzzles, gift cards and Seekonk trash bags. Please feel free to think outside the box. Homemade items such as blankets, scarves, hats and cards are great options.

All seniors utilizing this program will remain anonymous. If you are a Seekonk senior or know a Seekonk senior in need of some holiday cheer please call Human Services at 508-336-8772.

For anyone who would like to sponsor a senior, please contact our office via phone at 508-336-8772 or by email seekonkhumanservices@gmail.com

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.

November 2023 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Water Colors Residents \$3/Non-Residents \$5 **Fitness Class Non-Residents \$2</p> <p>Activities subject to change without notice</p>	<p>Office Hours: Mon, Tues, Thurs 8:30am - 4:30pm Wednesday 8:30am - 5:30pm Friday 8:30am - 12:00pm</p> <p>* All activities are subject to preregistration</p>	<p>8:45am - Stability & Balance** 9:30am - Drums Alive** 10:00am-2pm - Podiatry Clinic 11:00am - Tribal Grooves** 1:00pm - Mahjong</p>	<p>10:00am - Movement & Meditation 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)</p>	<p>9:15am - Dance Cardio** 10:30am - Tai Chi**</p>
<p>9:00am - Movement & Meditation 10:00am - Movement & Meditation 11:00am - Canasta</p> <p>1:00pm - Strength & Cardio**</p> <p>1:30pm - Zoom BINGO!</p>	<p>9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:45am - Cooks House Lunch</p>	<p>8:45am - Stability & Balance** 9:30am - Drums Alive (pre-recorded) 10:00am - Sign Language 11:30am - Veterans' Celebration</p>	<p>10:00am - Movement & Meditation 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)</p>	
<p>9:00am - Movement & Meditation 10:00am - Movement & Meditation 11:00am - Canasta</p> <p>1:00pm - Strength & Cardio**</p> <p>1:30pm - Zoom BINGO!</p>	<p>9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:45am - Cooks House Lunch</p>	<p>8:45am - Stability & Balance** 9:00am-11:00am - Blood Pressure Clinic 9:30am - Drums Alive** 10:00am - Sign Language 11:30am - Friendsgiving 11:30am - Women's Lunch 1:00pm - Mahjong</p>	<p>10:00am - Movement & Meditation 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)</p>	<p>9:15am - Dance Cardio** 10:30am - Tai Chi**</p>
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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.

Veteran's Corner

3rd Annual Seekonk Veterans Community Leaf Rake

What: A Community service event where we clean up yards for our Veterans and Seniors of Seekonk

When: Saturday, November 11th, from 9am-12pm // Rain Date: November 18th

Where: Seekonk Residents' homes

Who: Volunteer staff and students of Seekonk High School for our Veterans and Seniors of Seekonk

If you would like to have your home's yard be a part of this event, please contact VSO James LaFlame.

Phone: 508-336-2940 Email: jlaflame@seekonk-ma.gov

Seekonk 3rd Annual Veterans Day Rolling Parade

Date: Saturday, November 11, 2023, Meet at 9:00am

The Seekonk Veterans Council would like to invite all Seekonk Veterans to participate in a rolling parade, a parade of cars, motorcycles and military vehicles on Veterans Day 2023, Saturday November 11th meeting at 9am and rolls at 10am. The parade route starts at Briarwood Plaza and ends at the Seekonk Veterans Memorial Park. Kindly R.S.V.P. to my email or phone. This is a great opportunity for those in town to appreciate your service to the nation.

A Veterans' Day ceremony will take place after the parade at Seekonk Veterans' Memorial Park, starting at 11am. There will be two music performance teams from the 215th Army Band featured; Revolution Fife & Drum and Liberty Woodwind Ensemble.

3rd Annual Holiday Festival

The Veterans Council will be holding their Holiday Festival Tree Sponsorship at the Seekonk Veterans Memorial Park during the month of December. For those who wish to get on the waiting list for a tree, please contact the VSO at 508-336-2940 or jlaflame@seekonk-ma.gov

Understanding Guardianship

By: Brandon C. Walecka, Esq., Walecka Law, P.C.
774-203-9003 Brandon@WaleckaLaw.com

If you are an adult child, one of the most painful moments in your lifetime may be realizing your mother or father is no longer able to safely care for themselves due to cognitive decline. Whether the cause is physical injury, Alzheimer's disease, an acute illness, or natural aging, the result is the same. It may be time to consider guardianship. I will provide some details about this process.

What is Guardianship?

Guardianship is a court-appointed relationship between a competent adult (the "Guardian") and an individual considered unable to handle their affairs (the "Incapacitated Person" or "IP"). When a guardian is appointed, the court gives the Guardian authority to handle certain legal rights of the IP and removes those rights from the IP. The extent of the authority granted to the Guardian will depend on the IP's needs. The court is required to use the least restrictive means possible to ensure the IP's safety. Therefore, if the IP is still capable of handling some of their affairs, the Guardian's authority will be tailored accordingly.

Types of Guardians: In Massachusetts, several types of Guardians are recognized, including: general guardian, limited guardian, and emergency or temporary guardian.

Note: A Guardian is not responsible for the IP's assets nor for managing the financial affairs of the IP. In MA, a Conservator is appointed to manage and protect the estate of an incapacitated individual. You can, however, petition to be both a Conservator and a Guardian.

Petitioning for Guardianship

To become your parent's Guardian, you must first file a petition for guardianship in the appropriate court. You are required to notify the IP, as well as immediate family members and a spouse, of your filing. The court may conduct its own investigation in an attempt to determine the need for a Guardian. Ultimately, the court will set the matter for a hearing at which time you will need to present sufficient evidence of the need for a Guardian to convince the judge to grant your petition. You will also need to convince the judge that you are the right person to grant as the Guardian. If the judge agrees with you, your petition for guardianship will be allowed and the judge will explain the authority you are being granted and any limitations to that authority.

The process of obtaining a Guardianship is costly, public, and time consuming and can be avoided by planning ahead and having appropriate estate planning documents in place prior to issues arising. Every individual should execute foundational estate planning documents, including a durable power of attorney, health care proxy, HIPAA release, personal directive, and last will and testament. By executing these documents, you choose who you want to make decisions for you if you are unable to make them yourself. Savings your family money and frustration. Call a qualified elder law attorney today.



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Attleboro, MA 02703
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HopeHealthCo.org

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On behalf of the
Seekonk Town Crier
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of our newsletter



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Please contact Tom Reily
508-336-6633 x 337

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Estate Planning

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

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for your support of
our newsletter*

Thank you!



*On behalf of the
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HAPPY
thanksgiving

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

Holiday Bells

Wednesday, December 6, 2023 @ 1:00pm

Join us to celebrate the holiday as we welcome Southcoast Bell Ringers! The Southcoast Bell Ringers will be bringing holiday cheer with their performance. This group of performers will be playing holiday songs that will bring a smile to your face! Please call the office at 508-336-8772 to sign up.



Holiday Luncheon

Wednesday, December 20, 2023 @ 11:30am

Celebrate the holiday season with us. Join us for our holiday luncheon with tasty food and wonderful company. Lunch will be a delicious ham dinner. The cost for residents is \$7.00 and non-residents is \$10.00. Please call the office at 508-336-8772.



Holiday Floral Arrangements

Tuesday, December 12, 2023 @ 1:00pm

Join Donna as she leads us in creating beautiful holiday arrangements. Space is limited. For those who participate there will be a raffle. There is no fee for Seekonk residents, and non-residents is \$2.00. Please call the office at 508-336-8772.



Musical Entertainment

Wednesday, December 13, 2023 @ 11:30am



Join us for some musical entertainment! The Good Tymes Banjo Band will be performing for us this holiday season. Light refreshments will be available. There is no fee for Seekonk residents, and non-residents is \$2.00. To register please call the office at 508-336-8772.

Fuel Assistance

If you have never had fuel assistance and would like to apply or if you need help filing out your application, please call Seekonk Human Services at 508-336-8772 to make an appointment with the Outreach Caseworker. Fuel assistance applications are accepted from November 1, 2023 until April 30, 2024.

Income guidelines: Maximum income for one person is \$45,392, for two people is \$59,359, for three people is \$73,326 and for four people is \$87,294.

Returning applicants must provide proof of income (pension, interest, dividends, 401K/IRA distribution). New applications must provide income, mortgage or rent bill, real estate taxes, homeowners insurance, utility bills (electric, gas and/or oil), social security card, government photo ID, and birth certificates for under 18.

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

Director

Brittney Faria, LSWA

Assistant Director

Ashley Cartwright, MBA

Outreach Caseworker

Nicole Buffington

Clerical Assistant

Kimberly Mallon

Community Liaison

Maggie Perkins

Program Assistant/Receptionist

Holly Fiola

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