



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

January 2022

**This office will be closed on
January 17, 2022**

FITNESS CLASS FEES

Starting January 1, 2022 there will be a \$2.00 charge for Non-Seekonk Residents for the all instructor paid classes (Strength & Cardio, Drums Alive, Zumba, and Tai Chi). All Seekonk residents will be free of charge. Fees are subject to change.

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.

VALENTINE'S DAY PARTY Wednesday, February 16, 2022 at 11:30am

Tom Quigley will be here to perform for the Valentine's Day celebration. He is not an imitator but he brings the songs alive in his performances. He sings songs by Neil Diamond, Bobby Vinton, Beach Boys as well as the songs of the 50's & 60's. Tom encourages the crowd to sing along with him as well. Along with his performance he also has some interesting tidbits to share about the songs and the artist as well. Preregistration is required by calling 508-336-8772. Lunch will be Chicken salad sandwiches, chips & dessert. Cost: \$5.00 residents & \$7.00 non-residents.

HOLIDAY SEASONS' THANK YOU!!!

Seekonk Human Services would like to take the opportunity to thank all those who helped out during the holiday seasons. We would like to thank those who donated food, gifts, adopting families for Christmas and items needed for the holiday season. Without your help we couldn't make this a successful holiday season!

MEN'S BREAKFAST

We would like to know if anyone is interested in starting a new Men's Breakfast. We had a Men's Breakfast once a month on Thursdays. If anybody has any ideas for the Men's Breakfast, please call 508-336-8772 and let us know what you would like to do.

Income Tax Appointment



The AARP Foundation Tax Aide, will be here at Seekonk Human Services, on Thursdays. They will start preparing taxes from February 3, - April 14, 2022. Appointments will be at 9:00, 10:00 and 11:00am. AARP requires all people participating in the tax program to wear a mask while they are working with the preparers. Please call our office to set up an appointment at 508-336-8772.

TRIAD - S.A.F.E. Tuesday, January 11, 2022 at 1:00pm

Lt. Kyle Laprade will be here to talk about FILE of Lifes and their home smoke alarm inspection program. He will briefly talk about taking down Christmas trees, CO poisoning and over loading circuits with space heaters. There will be time left for questions and answers. Preregistration is required by calling our office at 508-336-8772.

Arts & Crafts
Mondays in January
1:00pm

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

**January 24 - Dragonfly Décor
Craft has limited availability**

January 31 - Message Board

Podiatry Clinic
Wednesday, January 12, 2022
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.

Blood Pressure & Glucose Clinic
Wednesday, January 19, 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, January 25, 2022 at 2:00pm
Zoom Practice Session

If you've been holding back on joining Zoom meetings for library programs and more, this session is for you! Librarian Michelle Gario will lead this 90 minute basics session to practice using Zoom. Bring your e-mail ID (and password if not saved) and laptop, tablet or phone. Please make sure your device is fully charged. Contact the Seekonk Human Services to preregister for this activity at 508-336-8772.

Strength and Cardio at 1:00pm
Instructed by Kelly Sipe

Strength and Cardio is our newest fitness class to join our schedule. The class is taught by certified instructor, Kelly Sipe. This class helps build strength (fight osteoporosis and muscle loss) using body weight, exercise bands and hand weights. The class will improve strength and cardiovascular fitness with energizing exercise circuits. Lastly, the class will build power and endurance with a mix of functional strength training exercises for everyday activities. The fee for this class is free for Seekonk residents and \$2.00 for non-residents. Preregistration is required by calling 508-336-8772.

Classes will be on January 3, 2022, January 10, 2022 & January 24, 2022

WOMEN'S BRUNCH

We meet every 3rd Thursday of the month at 10 am supporting our local restaurants. Everything is Dutch treat. These are the restaurants for the next 2 months:

January 20th at Vino's Family Restaurant - Rehoboth

February 17th at IHOP - East Providence

If you are interested in joining our group of women for good food, & good conversation, please call Beverly at 401-749-4841.

PITCH (Hi-Lo-Jack)
Starting again on Tuesdays
In January 2022 @ 1:00pm

We are revamping our Pitch (Hi-Lo-Jack) game at Seekonk Human Services for January 2022. If you are interested in playing Pitch please call the Seekonk Human Services at 508-336-8772 to preregister.

Basic Beginners Sign Language Class
January 18, 2022
Tuesdays @ 10:00am

Sign Language will be starting again at the Seekonk Human Services Center, on Tuesdays, January 18, 2022. For more information and to preregister contact Seekonk Human Services at 508-336-8772.

STAY SAFE AND HEALTHY
FROM
SEEKONK HUMAN SERVICES



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.

ALMOND BUTTER BANANA PANCAKES

Ingredients: For the Pancakes 1

1/2 Cup (Simple Mills Pancake & Waffle mix, 2 Eggs, 2 Tbsp.

Almond Butter, 4 Tbsp. Water, 1 Tsp. Vanilla, Coconut oil to grease pan, 2 Bananas (sliced).

OPTIONAL TOPPINGS: Banana slices, Slivered Almonds and Maple Syrup



Instructions: 1. **MIX** the Simple Mills Pancake & Waffle mix with the eggs, almond butter, water and Vanilla 2. **HEAT** a skillet on the stove over medium heat with a little Coconut Oil. 3. **SPOON** about 3 tablespoons of the batter into the skillet and add a few Banana slices on top. 4. **FLIP** the pancake over after 1 - 2 minutes and let it cook on the other side for another minute before transferring it to a plate. 5. **REPEAT** the above steps until there is no batter left. 6. **TOP** the pancakes with extra Banana slices, Slivered Almonds, and Maple Syrup if desired.

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. January'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.

Fuel Assistance

If you had fuel assistance last year, be on the look-out for your application. File the application as soon as you get it. 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 begins November 1st.**

Income Guidelines: Maximum income for 1 person is \$40,951, for 2 people is \$53,551, for 3 people is \$66,151, and for 4 people is \$78,751

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

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.

Seekonk Veterans Services

The Seekonk Veterans Council and Seekonk Department of Veterans Services put together an event where people could sponsor and/or dedicate a tree in our first annual Holiday Festival. We provided the trees, lights and sponsorship signs and sponsors decorated the trees to be displayed for the month of December.

Since it is the first year, we started out with a goal of 20 trees. The early response was quite good, so we upped the total to 35 trees.

We figured that once the trees were up that interest would grow from there. Thanks to all of those who sponsored trees, you will be the first ones contacted for next year. There have been a number of inquiries regarding sponsoring a tree next year. Our goal for next year is a minimum of 50 trees and we may expand on that number if the interest continues to grow.

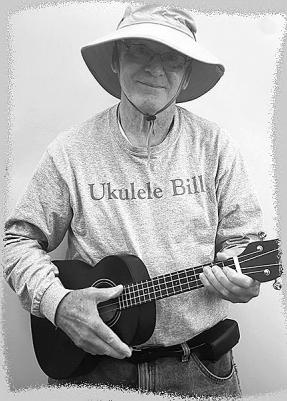
To be put on the contact list for next year's Holiday Festival, please contact Seekonk Veterans Services at (508)336-2940 or via email jlaflame@seekonk-ma.gov.



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

January 2022 Calendar

January 2022 Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00am - Chair Yoga 12:00pm - Knitting 1:00pm - Zoom BINGO!	3	1:00pm - Strength and Cardio ** 1:00pm - Cornhole	4	9:30am - Drums Alive ** 1:00pm - Mahjong 1:30pm - Zoom Trivia
10:00am - Chair Yoga 12:00pm - Knitting 1:00pm - Zoom BINGO!	10	10:00am - Zoom Drums Alive ** 1:00pm - TRIAD	11	10:00am - Drums Alive ** 10:00am - Podiatry Clinic 1:00pm - Cards (Hi-Lo Jack)
1:00pm - Strength and Cardio ** 1:00pm - Cornhole	11	1:30pm - Zoom Coffee Chat 1:30pm - Zoom Trivia	12	1:00pm - Cribbage
10:00am - Chair Yoga 12:00pm - Knitting 1:00pm - Zoom BINGO!	13	9:30am - Drums Alive ** 10:00am - Chair Yoga 1:00pm - BINGO!	14	9:30am - Zumba ** 10:30am - Tai Chi **
1:00pm - Strength and Cardio ** 1:00pm - Cornhole	14	1:00pm - Mahjong 1:30pm - Zoom Coffee Chat	15	1:00pm - Cribbage
10:00am - Zoom Drums Alive ** 10:00am - Sign Language 1:00pm - Cards (Hi-Lo Jack)	17	9:00am - Zoom Drums Alive ** 10:00am - Sign Language 1:00pm - Cards (Hi-Lo Jack)	18	9:00am - Blood Pressure Clinic 9:30am - Drums Alive ** 1:00pm - Mahjong
1:30pm - Zoom Trivia	18	1:30pm - Zoom Trivia	19	10:00am - Chair Yoga 10:00am - Women's Brunch 1:00pm - BINGO!
10:00am - Chair Yoga 12:00pm - Knitting 1:00pm - Zoom BINGO!	24	9:00am - Zoom Drums Alive ** 10:00am - Sign Language 1:00pm - Cards (Hi-Lo Jack)	25	9:00am - Blood Pressure Clinic 9:30am - Drums Alive ** 1:00pm - Mahjong
1:00pm - Arts & Crafts* 1:00pm - Strength and Cardio ** 1:00pm - Cornhole	25	1:30pm - Zoom Trivia	26	1:30pm - Zoom Coffee Chat 1:00pm - Cribbage
10:00am - Chair Yoga 12:00pm - Knitting 1:00pm - Zoom BINGO!	31	10:00am - Chair Yoga 10:00am - Sign Language 1:00pm - Cards (Hi-Lo Jack) 1:30pm - Zoom Trivia 2:00pm - Let's Learn Together! 1:00pm - Cornhole	31	10:00am - Chair Yoga 10:00am - Zoom Drums Alive ** 1:00pm - BINGO! 1:30pm - Zoom Coffee Chat 1:00pm - Cribbage
1:00pm - Arts & Crafts* 1:00pm - Cornhole	31	Office Hours: Mon., Tues., Thur 8:30am - 4:30pm Wednesday 8:30am - 5:30pm Friday 8:30am - 12:00pm For information on Activities Call 508-336-8772	31	*Arts & Crafts Residents \$5/Non-Residents \$7 We ask that everyone please preregister for all activities. This will help ensure we have proper seating available. **Fitness Class Fees Non-Residents \$2.00 Fee Activities subject to change without notice



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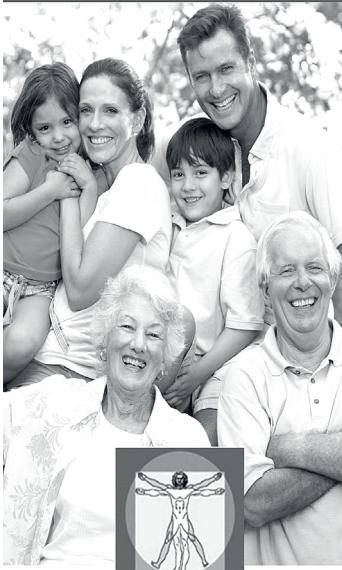
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HAPPY
Martin Luther King Day

★★★★★

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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

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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

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



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.



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

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



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Thank you!

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

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Phone: 508-379-9700
www.bearmountainhc.com



**To be a sponsor
in the next
Seekonk Town Crier
Newsletter!
Please contact Tom Reily
508-336-6633 x 337**

Avoiding Probate

By: Brandon C. Walecka, Esq.

Walecka Law, P.C.

774-203-9003

Brandon@WaleckaLaw.com

When an individual dies owning property solely in his or her name, a formal procedure (“probate”) is usually needed to determine to whom the property should pass. If there is a valid Will, the property will pass according to its terms. If there is no Will, the property will pass to the individual’s heirs at law. The intestacy laws of Massachusetts will determine who the individual’s heirs are and what they receive. It may not be to whom you would expect.

However, it is possible to legally pass property to another person without going through probate. The following are examples of some probate avoidance devices. Keep in mind that although it is often beneficial to avoid probate because the process can be costly and time consuming, these devices have pitfalls. Additionally, probate is sometimes the best option depending on the situation. The following are examples of probate avoidance devices:

Joint Tenancy - Adding another person to your assets as a joint owner or “joint tenant with rights of survivorship” will allow your property to pass to the other individual upon your death without the need for a probate proceeding. The obvious pitfall to this is that while you are alive the other owner has access to 100% of that asset and the asset is subject to any claims of the owner and/or any of their creditors.

Beneficiary Designations - Adding a Transfer on Death (TOD) Beneficiary to your investment account; Pay on Death beneficiaries (POD) on bank accounts. Unlike joint tenancy, adding beneficiary designations to your property allows you to name an individual to inherit your property at your death without giving them any current ownership. The property will pass to the individual of your choice without going through a probate proceeding. One of the problems associated with beneficiary designations is that often the TOD/POD asset is not divided equally among the family as may have been intended by the deceased.

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

Keith Perry

Josephine Veaider

Council meets fourth Monday of the month

@ 3:15pm at

**Seekonk Human Services
Conference Room**