



# SEEKONK HUMAN SERVICES

## Ann 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

### January 2023



#### Seekonk Human Services Holiday Hours

Monday, January 2, 2023—Closed  
Monday, January 16, 2023—Closed



#### HOLIDAY SEASON THANK YOU!!!!

Seekonk Human Services would like to take the opportunity to thank all those who helped out during the holiday season. Words cannot express how grateful we are for your kindness and generosity. Thank you so much for being there for our residents. We would like to give a special thank you to those who donated food, gifts, sponsored families for Christmas and items needed for the holiday season. Without your help we couldn't make this a successful holiday season!



*Thank you !*

#### Elder Abuse Prevention Presentation Tuesday, January 31, 2023 @ 11:00am

Bristol County District Attorney Tom Quinn is committed to preventing and prosecuting elder abuse. Come hear this important prevention message on: January 31, 2023 at 11:00am, at the Seekonk Human Services. District Attorney Quinn will speak about Identity Fraud, Financial Exploitation and Scams, how to prevent them and where to report them if they occur. We hope you will join us. Coffee and pastry will be served. Preregistration is required for this activity, please call the office at 508-336-8772.



#### The Roaring Twenties America in the Age of Jazz and Prohibition Wednesday, January 25, 2023 @ 11:30am

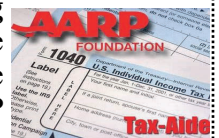
In the years immediately following the First World War, the United States experienced an unprecedented period of economic prosperity and cultural creativity. From the jazz clubs to Harlem to the Speakeasies of Chicago, America in the 1920 was pulsing with youthful energy and vitality. Yet, the period also gave rise to vast criminal enterprises and exposed the economic divisions in the country. This lecture will examine the color and chaos of the Roaring 20s. **Preregistration is required when attending these activities by calling 508-336-8772.**

**the Roaring  
Twenties**



#### 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 provide 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. Forms will be available for pick up at the office.



### Arts & Crafts

#### Mondays in January at 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. **\*\*Art Work subject to change.**

January 9 - Mason Jar Heart Candles  
January 23 - Love Heart Door Hanger  
January 30 - Home Décor

### Podiatry Clinic

#### Wednesday, January 11, 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, January 18, 2023

9:00am - 11:00am

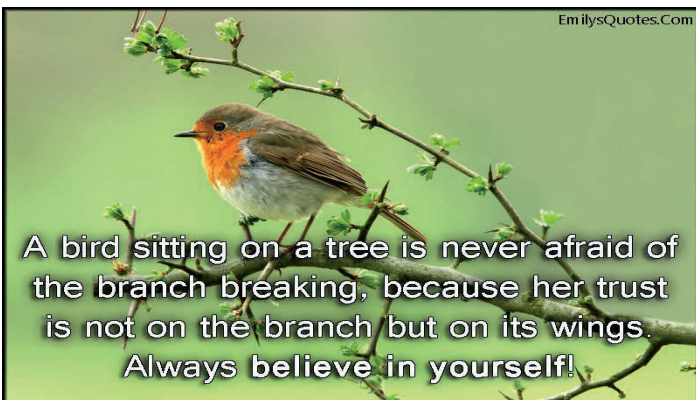
Seekonk Human Services has partnered with the **Seekonk Fire Department** to provide free monthly blood pressure & glucose screenings.

### Let's Learn Together!

#### Tuesday, January 31, 2023 @ 2:00pm

#### "Saving Space and Battery"

The more we use our tablets and phones, the more we need to make sure they will have power, and space when we need it. Join Librarian Michelle Gario in this 90 minute session for tips on saving space and battery power on your devices. 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, January 18, 2023 at IHOP in East Providence

#### 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.

### 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

**Sign Language  
January 18, 2023  
Wednesdays @ 10:00am**

A new 10 week session of sign language will begin Wednesday, January 18, 2023. If you are interested in this beginner class please call Seekonk Human Services at 508-336-8772 to register.



**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.

**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. 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.

**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.

**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.

**"Canasta"**

**Mondays @ 1:00pm**

Are you interested in playing or watch and learn to play Canasta? Please call if you are interested in joining this activity by calling our office at 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' Service Office

### VA will launch new life insurance program in January, making life insurance available to more Veterans than ever before

On Jan. 1, 2023, the Department of Veterans Affairs will open enrollment for Veterans Affairs Life Insurance - the first new VA life insurance program for Veterans in more than 50 years — extending VALife access to millions of Veterans. VALife will provide up to \$40,000 of whole life insurance for all Veterans, age 80 or under, with service-connected disabilities rated from 0-100%. Acceptance in the program is guaranteed, and no medical underwriting is required.

It will also allow Veterans to complete their application online, receive instant decisions, and perform self-service functions — including electronic payments and beneficiary updates.

\* “All Veterans deserve to know that their families will have financial support when they pass away,” said **VA Secretary Denis McDonough**. “VALife is a critical step toward making that goal a reality, helping VA provide more life insurance to more Veterans than ever before in our nation’s history.”

VALife will increase Veteran access to life insurance in several ways:

- \* **There is no time limit to apply:** VA’s existing life insurance program for service-disabled Veterans, required most Veterans to apply for insurance within 2 years of receiving their disability rating. VALife has no such time constraint for Veterans aged 80 and under.
- \* **There is no health requirement to apply:** Under S-DVI, Veterans had to be in good health except for service-connected conditions. VALife has no medical evaluation tied to it.
- \* **Veterans are eligible for more coverage than before:** Under S-DVI, most Veterans could only receive up to \$10,000 of coverage. Under VALife, all Veterans are eligible for up to \$40,000 of coverage.

VALife premium rates are competitive with, or better than, similar coverage available in the private sector, and \$40,000 of coverage is more coverage than other like products offered. The policy will build cash value after the first two years of coverage when the face value goes into effect. If a Veteran passes away during this two-year waiting period, the named beneficiary will receive all premiums paid plus interest. Unlike S-DVI, Veterans will *not* be able to get a waiver for their premiums.

VA currently serves nearly 6 million Veterans, service members and their families with more than \$1.2 trillion of insurance. Veterans currently enrolled in S-DVI will have the option to keep their current coverage or switch to VALife. These Veterans can apply for VALife at any time after Jan. 1, 2023; however, if they apply between Jan. 1, 2023, and Dec. 31, 2025, they can also retain coverage under S-DVI during the two-year waiting period for the VALife death benefit to go into effect.

Veterans will no longer be able to apply for S-DVI after VALife launches Jan. 1, 2023. However, eligible Veterans still have the opportunity to [www.va.gov/life-insurance/options-eligibility/s-dvi/](http://www.va.gov/life-insurance/options-eligibility/s-dvi/) for the program between now and Dec. 31, 2022.

To learn more, visit [www.benefits.va.gov/insurance/valife.asp](http://www.benefits.va.gov/insurance/valife.asp). Information can also be found in the <https://public-inspection.federalregister.gov/2022-25426.pdf>.

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



# January 2023 Calendar

MONDAY

TUESDAY

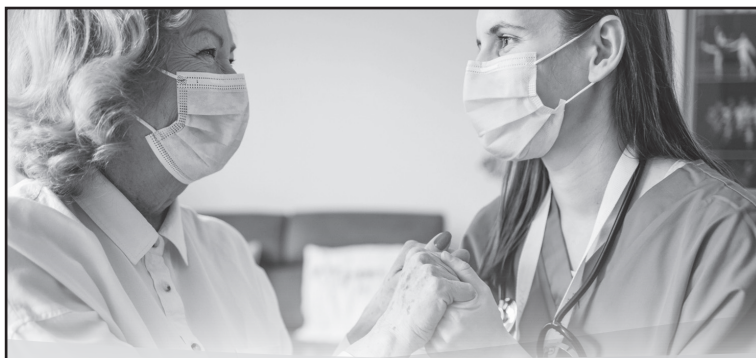
WEDNESDAY

THURSDAY

FRIDAY



	2	3	4	5	6
	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia	9:30am - Drums Alive** 11:00am - Belly Dancing** 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat	10:00am - Chair Yoga 1:00pm - BINGO!	9:15am - Dance Cardio** 10:30am - Tai Chi**	
9	10:00am - Chair Yoga 1:00pm - Zoom BINGO! 1:00pm - Arts & Crafts* 1:00pm - Strength & Cardio** 1:00pm - Canasta	10	11	12	13
	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia	9:30am - Drums Alive** 10am - 2pm - Podiatry Clinic 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat	10:00am - Chair Yoga 1:00pm - BINGO!	9:15am - <b>NO - Dance Cardio**</b> 10:30am - Tai Chi**	
16	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia	17	18	19	20
	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia	9-11am - Blood Pressure Clinic 9:30am - Drums Alive** 10:00am - Sign Language 11:00am - Belly Dancing** 11:30am - Women's Lunch 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat	10:00am - Chair Yoga 1:00pm - BINGO!	9:15am - Dance Cardio** 10:30am - Tai Chi**	
23	10:00am - Chair Yoga 1:00pm - Zoom BINGO! 1:00pm - Arts & Crafts* 1:00pm - Strength & Cardio** 1:00pm - Canasta	24	25	26	27
	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia	9:30am - Drums Alive** 10:00am - Sign Language 11:30am - The Roaring 20's 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat	10:00am - Chair Yoga 1:00pm - BINGO!	9:15am - Dance Cardio** 10:30am - Tai Chi**	
30	10:00am - Chair Yoga 1:00pm - Zoom BINGO! 1:00pm - Arts & Crafts* 1:00pm - Strength & Cardio** 1:00pm - Canasta	31			
	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:00am - Scam Presentation 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia 2:00pm - Let's Learn Together!	<b>Office Hours:</b> Mon, Tues, Thurs 8:30am - 4:30pm Wednesday 8:30am - 5:30pm Friday 8:30am - 12pm  For information on activities please call 508-336-8772	<b>We ask that everyone please preregister for all activities. This will ensure we have proper seating available.</b>	<b>*Arts &amp; Crafts</b> Residents \$5/Non-residents \$7 <b>*Water Colors</b> Residents \$3/Non-Residents \$5 <b>**Fitness Class</b> Non-Residents \$2 Activities subject to change without notice	



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**To be a sponsor  
in the next  
Seekonk Town Crier  
Newsletter!**

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

*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

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



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

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**GO FETCH THEY SAID**



**IT WILL BE FUN THEY SAID**

*Thank you!*

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

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508-336-6633 x 337**



**Future Activities  
February Gathering  
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.

**Stephanie Gray**

**Constituent Services Representative**

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

She will be here for you to bring your concerns and/or casework request **relating to any federal agency**, including Social Security, Medicare/Medicaid, Veteran's Affairs etc.

**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.).

**Preregistration is required by calling our office at 508-336-8772.**

**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-Grims

**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**