



SEEKONK HUMAN SERVICES

Open Office



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 2024

The office will be closed on:
Monday, February 19 for President's Day

Flower Arrangement **Monday, February 12, 2024 at 2:00pm**



Come join Michelle as she teaches you how to create the perfect boutonniere and corsage. The cost for class will be \$5 for residents and \$7 for non-residents. **Preregistration is required by calling our office at 508-336-8772.**

Mardi Gras Luncheon **Tuesday, February 13, 2024 at 11:30am**

Come join us to celebrate Mardi Gras by having a delicious lunch of chicken and sausage gumbo with king cake for dessert! Mardi Gras is a time of celebration that dates back to thousands of years ago! The cost for lunch will be \$5 for residents and \$7 for non-residents. **Preregistration is required by calling our office at 508-336-8772.**



Valentine's Day Party **Wednesday, February 14, 2024 at 11:30am**

Join us for an afternoon of entertainment, fun and a lunch & dessert from the Cook's House. 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. Lunch will be broccoli pasta alfredo with Italian bread. The cost for residents is \$7 and nonresidents is \$10. **Preregistration is required by calling our office at 508-336-8772.**



Healthy Aging - Lunch & Learn **Wednesday, February 28, 2024 at 11:30am**



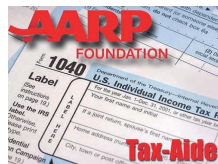
The presentation will be about the benefits of vitamins and minerals with Bristol Elder Services Registered Dietitian, Dawn DiMarco. Learn about the different vitamins and minerals you get from your diet and ones you may need to take supplements for. If you are looking for nutrition advice, always ask a Registered Dietitian. The menu is chicken parmesan with penne pasta, broccoli, breadsticks, cookies and lemonade. **Preregistration is required by calling our office at 508-336-8772.**

Arts & Crafts **Friday, February 2, 2024 and** **Friday, February 16, 2024** **From 9:30am—11:30am**

Our arts & crafts class will be held twice a month. Classes will be held on February 2 and February 16 from 9:30am - 11:30am. Class will be taught and run by Daisy. Fee will be \$5 for residents and \$7 for non-residents. February 2nd will be the tree of life with buttons and February 16th will be calligraphy. In March the arts & crafts class will be a two week project doing cigar box decorating. **Contact the office for more information and to sign up at 508-336-8772.**

Income Tax Appointment

The AARP Foundation Tax Aide, will be here at Seekonk Human Services, on Thursdays. They will start preparing taxes from February 1, - April 11, 2024. Appointments will be at 9:00, 10:00 and 11:00am. Please be on time for your appointment so, the tax appointments can go smoothly. Please call our office to set up an appointment at 508-336-8772. Appointment booking began in January and are on a first come, first served basis.



Podiatry Clinic
Wednesday, February 7, 2024
10:00am - 2:30pm

Dr. Lechan provides monthly Podiatry Clinics. An appointment is required. Items needed are insurance cards with your primary doctor's name, date of last doctor's visit, summary of last visit, and list of medications. *Please check with your insurance regarding co-pays. Please call 508-336-8772 for appointment.

Blood Pressure & Glucose Clinic
Wednesday, February 21, 2024
9:00am - 11:00am

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

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 **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 those under the age of 18.

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.

Women's Lunch
Wednesday, February 7, 2024 at 11:30am at
Frankie's International Bistro
119 Washington Street
Plainville, MA 02762

The Women's lunch group meets the 1st 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 the office at 508-336-8772.

Let's Learn Together!
Tuesday, February 27, 2024 at 2:30pm

Do you have questions about using your smartphone, or tablet? Bring them to the Tech Help Hour. The goal of this session is to help each other learn how to use technology better. There is no set agenda, just your questions and answer, favorite tips and tools. This program is moderated by library staff. 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.

Encore Casino
Wednesday, March 20, 2024
Price: \$39.00 Per Person
Location: Boston Harbor

Departure 8:30am Return Approximately 5:30pm

Join us at Boston's Premier Casino!! The casino at Encore Boston Harbor brings glamour on a grand scale to the riverfront.



Enter the main floor - open and airy, colorful and vibrant! Try your luck with 2,800+ slot machines, including classic favorites, automated tables and the newest game titles. Enjoy 166 table games, from craps and roulette to blackjack and baccarat, all at state-of-the-art tables with superior service. It all adds up to an exciting, memorable five-star experience unlike anywhere else in Boston.

Trip Includes: *Casino Time: 10:00am-4:00pm (Casino Package subject to change). *Casino Package - \$20 free slot play. *Deluxe Motorcoach Transportation. Gratuity. Contact: Seekonk Human Services 508-336-8772

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. Sign up and payment is required one week in advance.

Don't Forget About the Elective Share

By: Brandon C. Walecka, Esq.

Walecka Law, P.C.

774-203-9003

Brandon@WaleckaLaw.com

Sometimes I meet with a client who explains for a variety of reasons that they want to not include their spouse as part of their estate plan. Typically, they want to update their Will but not any other documents. I usually explain to the client about something called the "elective share". The elective share is a statute in Massachusetts that provides a surviving spouse with a minimum amount of a deceased spouse's estate even if, as with this client, they intentionally leave their spouse nothing.

In Massachusetts, the elective share permits a surviving spouse to set aside their deceased spouse's will and instead claim a statutorily-defined portion of the deceased spouse's probate estate. Depending on the existence of descendants of either or both spouses, parents of the deceased, and/or other close family members, the surviving spouse may claim an amount ranging from one-third of the probate estate to \$25,000 plus one-half of the remaining estate.

While most people want to take care of their surviving spouse, there are situations where you might want to give the bulk of your assets to a different person.

If you are in a second marriage and want to take care of your children from a first marriage, for example. Or you have family assets that you want to go directly to your children. Or perhaps your spouse is expecting a substantial inheritance of their own and you would rather leave assets to your children.

Whatever your reason, if you want to leave your spouse anything less than the spousal or elective share, you need to be aware of the rules and work with your estate planning attorney to make sure you can accomplish your goals. If you don't already have an estate planning attorney, be sure to seek the advice of a qualified estate planning attorney who can help you structure your estate plan to meet your goals, whatever they are.

Do you have a suggestion for a future article topic for Attorney Walecka? Reach out to him directly with a question or topic that 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.

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. February's menu is available on our Facebook Page and 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.

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Water Colors Residents \$3/Non-Residents \$5 Paid one month at a time **Fitness Class Non-Residents \$2 *Arts & Crafts Residents \$5/Non-Residents \$7	Office Hours: Mon. Tues. Thur. 8:30am - 4:30pm Wednesday 8:30am - 5:30pm Friday 8:30am - 12:00pm		9:00am - AARP Taxes 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO 1:00pm - Pitch (Hi-Lo Jack)	1 2 9:15am - Dance Cardio** 9:30am - Arts & Crafts*** 10:30am - Tai Chi
9:00am - Movement & Meditation 10:00am - Movement & Meditation 11:00am - Canasta 1:00pm - Strength & Cardio** 2:00pm - Oil Painting	5 6 9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)	6 7 8:45am - Stability & Balance** 9:30am - Drums Alive** 10:00am - Podiatry Clinic 11:00am - Tribal Grooves** 11:30am - Women's Lunch at Frankies International Bistro 1:00pm - Mahjong	7 8 9:00am - AARP Taxes 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	9 10:30am - Tai Chi 9:15am - Dance Cardio** (Prerecorded)
9:00am - Movement & Meditation 10:00am - Movement & Meditation 11:00am - Canasta 1:00pm - Strength & Cardio** 2:00pm - Oil Painting 2:00pm - Flower Arrangements	12 13 9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:30am - Mardi Gras Lunch 1:00pm - Pitch (Hi-Lo Jack)	13 14 8:45am - Stability & Balance** 9:30am - Drums Alive** 10:00am - Sign Language 11:30am - Valentine's Party 1:00pm - Mahjong	14 15 9:00am - AARP Taxes 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO 1:00pm - Pitch (Hi-Lo Jack)	16 9:15am - Dance Cardio** 9:30am - Arts & Crafts*** 10:30am - Tai Chi
19 20 9:00am - Zoom Drums Alive** 10:00am - Water Colors** 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)	20 21 8:45am - Stability & Balance** 9:00am - Blood Pressure Clinic 9:30am - Drums Alive** 10:00am - Sign Language 1:00pm - Mahjong	21 22 9:00am - AARP Taxes 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO 1:00pm - Pitch (Hi-Lo Jack)	22 23 9:15am - Dance Cardio** 10:30am - Tai Chi**	
Closed for the holiday				
26 27 9:00am - Movement & Meditation 10:00am - Movement & Meditation 11:00am - Canasta 1:00pm - Strength & Cardio** 2:00pm - Oil Painting	27 28 9:00am - Zoom Drums Alive** 10:00am - Water Colors** 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack) 2:30pm - Let's Learn Together	28 8:45am - Stability & Balance** 9:30am - Drums Alive** 10:00am Sign Language 11:30 - Lunch & Learn 1:00pm - Mahjong	28 All activities are subject to preregistration. Activities subject to change without notice.	

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 cost.

Veterans Corner

Best of 2023: Top Ten Resources for Veterans—As we hit the new year, I am providing 2023's top ten list for veterans' benefits according to the VA. All of these benefits pertain to 2024 as well.

⇒ **Veterans Day retail discounts, free meals and other offers**

On Veterans Day, Veterans and their families, caregivers and survivors have access to hundreds of free meals, discounts and other freebies. A long list of discounts available year-round are at the following link: <https://news.va.gov/85765/veteran-discounts-available-year-round/>

⇒ **Veterans set to see cost-of-living increase to their benefits**

The Veterans Compensation Cost-of-Living Adjustment (COLA) Act of 2023 was signed into law in June. The law directs VA to provide a cost-of-living adjustment for Veterans' benefits in 2024 equal to the COLA applied to Social Security benefits, as determined by the Social Security Administration.

⇒ **Veterans, Gold Star Families get free lifetime pass to national parks, wildlife refuges, other public lands**

The U.S. National Park Service offers a lifetime pass that provides free entrance to national parks for Veterans and their families. The pass gives them free access to about 2,000 public locations spread out across more than 400 million acres of public lands.

⇒ **Exploring resort, hotel deals through the Armed Forces Vacation Club for Veterans**

For Veterans who have served our nation with dedication and sacrifice, finding opportunities to relax and rejuvenate is essential. The Armed Forces Vacation Club is a valuable resource that offers a chance for Veterans to enjoy well-deserved vacations without breaking the bank.

⇒ **Your VA ID Card is the proof you need for discounts**

"How do I prove that I'm a Veteran?" That question is often asked by those who once served in the military. First, you'll want to apply for VA's Veteran ID Card (VIC), a digital photo ID you can use to take advantage of the many discounts offered by businesses, including restaurants, hotels, stores and recreational activities, among other perks.

⇒ **200 remote jobs from Veteran friendly employers**

Working from home offers Veterans and their families the flexibility they need to carry out their job responsibilities. This article provides a long list of military friendly companies that are offering more than 200 remote jobs, including big corporate names like Amazon, AT&T, American Express, Enterprise, Hilton and Xerox.

⇒ **Experience live events through Vet Tix with friends and family**

Vet Tix is a national nonprofit group that provides free tickets to Veterans and service members for live events, including concerts, sports, performing arts and family-themed events. You can become a VetTixer by creating an account for free at Vettix.org.

⇒ **Learn to golf from the pros with PGA HOPE**

PGA HOPE—Helping Our Patriots Everywhere—is introducing and teaching golf to Veterans and active-duty military to enhance their physical, mental, social and emotional well-being. Free to Veterans and service members, PGA HOPE programs are available in 47 states at more than 340 locations.

⇒ **Find your Veterans Day events**

November marks National Veteran and Military Families Month, highlighted by Veterans Day on Nov. 11. This list of Veterans Day and Veterans Month events, organized by state, highlighted hundreds of free events in November 2023 that honored those who served is found at: <https://news.va.gov/?s=veterans+day>

⇒ **In tax season, how can Veterans maximize their tax benefits?**

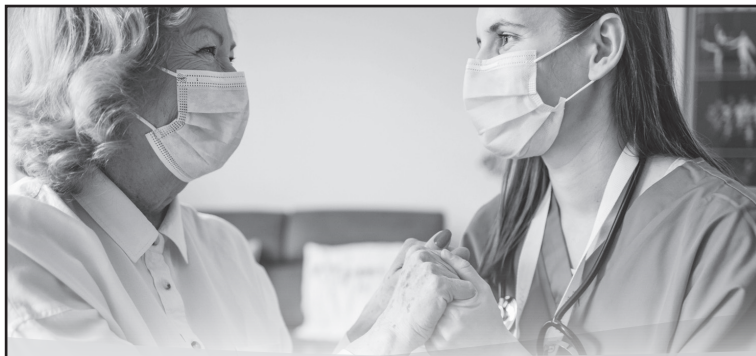
Veterans may be eligible for certain tax benefits under the tax code. This article summarizes some of the key federal and state tax benefits for Veterans provided by accountant and tax expert Lisa Greene-Lewis of TurboTax.

If you don't receive the #VetResources weekly newsletter, sign up today at www.VA.gov/VetResources

James LaFlame

Veterans Service Officer

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



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HopeHealthCo.org

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508-336-6633 x 337

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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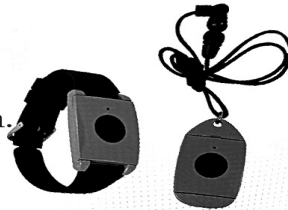
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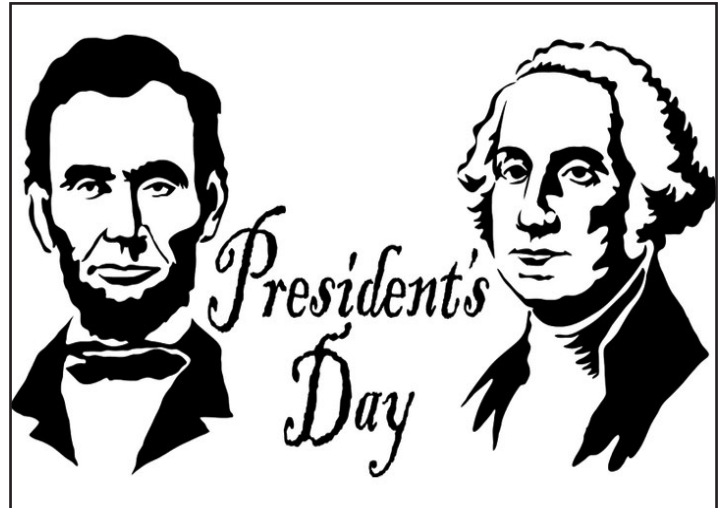
Thank you!

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

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

St. Patrick's Day Party

Wednesday, March 13, 2024 @ 11:30am

Join us for a traditional St. Patrick's Day luncheon of corned beef and cabbage. The cost for residents is \$7 and non-residents is \$10. Entertainment is to be determined. Preregistration is required by calling our office at 508-336-8772.

Cribbage

Thursdays at 11am

Whether you are a seasoned Cribbage player looking to meet new people, test your skills, or a new player looking to learn to play, join or new weekly Cribbage group! All skill levels invited and supplies provided. Contact the office to register at 508-336-8772.



Bristol County Register of Probate

Wednesday, March 20, 2024 at 11:30

Please join Register Tom Hoyer and First Assistant Register Attorney Julianne Clark as they discuss the role of Bristol County Probate and Family Court and the impact it may have in our lives or our seniors. The topics that most affect seniors will be discussed that may include, but not limited to; the basics of estate planning, guardianships and change of name applications. Refreshments and pastry will be served. If you are interested in this presentation, please contact our office at 508-336-8772 to register.

American Heart Month



Did you know that February is American Heart Month? During this month, it is a time to pay special attention to understanding, preventing and treating heart disease—the leading cause of death in the nation.

There are a few ways to help reclaim your health and keep your heart healthy: doing at least 150 minutes of moderate-intensity physical activity a week, eating healthy, not smoking or vaping, maintaining a healthy weight, controlling blood sugar, cholesterol and blood pressure, getting regular check ups, learning Hands-Only CPR and finding ways to relax and ease your mind. Caring for yourself and others is a great way to take control of your health. When you take care of your heart you are also taking care of your brain. Be sure to have annual check ups and visit your doctor if anything feels off or different to maintain your health.

Healthy Aging - Lunch & Learn

Wednesday, March 27, 2024 at 11:30am

Bristol Elder Services Registered Dietitian, Dawn DiMarco will be doing a nutritional BINGO! If you are looking for nutrition advice, always ask a Registered Dietitian. Lunch is to be determined. Space is limited to 30 participants. 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 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**