



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

November 2024

Veterans Day Hours

Closed Monday, November 11, 2024

Thanksgiving Hours

Closing at 12:30pm on Wed., 11/27/2024

Closed Thurs., 11/28/2024 and Fri., 11/29/2024

Bright Moments Program - Michelle Haskins

Monday, November 4, 2024 at 2:00pm

The Bright Moments Program is an evidence-based program that Bristol Hospice uses that was developed by legendary Betty Brennan. It gives light to life for our patients with dementia. Through person-centered care, we can manage symptoms of dementia using clinically proven **innovative & non-pharmacological methods**. Fall pastries and apple cider will be provided to all who attend this program and a chance to win a fall raffle basket filled with fall goodies. **Preregistration is required.**

Veterans Day Celebration

Wednesday, November 6, 2024 @ 11:30am

The annual Veterans Day luncheon will take place on Wednesday, November 6th 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 spaghetti and meatballs. The fee for residents is \$7.00, and non-residents is \$10.00. **All pre-registration are required by 11/1.**



Friendsgiving

Wednesday, November 13, 2024 @ 11:30am

We invite you to our third annual Friendsgiving. Thanksgiving is a time to reflect on what and who we are grateful for over the past year. The best way to share those reflections is around the Thanksgiving table. Join us for a delicious Thanksgiving meal with good company and conversation. The cost for residents is \$10.00 and non-residents is \$13.00. **Preregistration is required by 11/6.**



Daylights Savings Ends

On Sunday, November 3, 2024 we turn our clocks back one hour.

Healthy Aging - Lunch & Learn

Wednesday, November 20, 2024 at 11:30am

The presentation will be about "Nutrition for Heart Health", with Bristol Elder Services Registered Dietitian, Dawn DiMarco. Dawn will be bringing an intern with her. You will be learning what is good for you to have a healthy heart. These days there is so much nutrition information going around and most nutrition advice in the media is not accurate. If you are looking for nutrition advice, always ask a registered dietitian. Lunch is broccoli & cheese stuffed chicken, mashed potatoes, green beans, dinner rolls, cookies, and lemonade. **Preregistration is required.**

Recycling Presentation - "What's In, What's Out"

Monday, December 2, 2024 at 2:00pm

Come to this free and fun event to learn more about where our trash and recycling really goes. Why is it important to recycle? What really should go in your bin? Learn about "What's In, What's Out" and learn about other recycling programs for batteries, mattresses, textiles, and other miscellaneous items. You're guaranteed to learn something new! Christine Zadykovich, Recycling Coordinator, with the Recycling Committee will give a 1-hour trash talk. All participants in the program will be entered to win a free set of reusable mesh produce bags plus lots of other fun giveaways to inspire you to reduce, reuse, and recycle. **Preregistration is required and opens November 15th.**

Arts & Crafts

1st & 3rd Friday from 9:30am - 11:30am

The fee for residents is \$5 and non-residents is \$10.

November 1, 2024 & November 15, 2024 -

Fall Themed Straw Hats painted with acrylic paints

December 6, 2024 - Christmas Wreath decorating

Contact the office for more information.

Preregistration is required with payment.

Projects are subject to change.

Holiday Assistance Programs

Thanksgiving Basket

Are you in need of a Thanksgiving basket, or know someone in need. Please contact the office at 508-336-8772 . All requests must be in by **Tuesday, November 19, 2024**. *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 **Wednesday, December 4, 2024**. For anyone who would like to sponsor a child or family, please contact our office via phone at 508-336-8772.

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.

Women's Lunch

**Wednesday, November 6, 2024 at 11:30am at
Benjamin's Restaurant & Lounge
213 Taunton Avenue, Seekonk, MA**

This group meets the first 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 to sign up.

**Blood Pressure & Glucose Clinic
Wednesday, November 20, 2024
9:00am - 11:00am**

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

**Let's Learn Together!
Tuesday, November 26, 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. This program is moderated by Seekonk Public Library staff. Bring your own tablet, phone, or laptop. Please make sure your device is fully charged. **Preregistration is required.**

Podiatry Clinic

**Wednesday, November 6, 2024
10:00am - 2:00pm**

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. **Call our office to make an appointment.**

**Christmas Time in Newport, RI
Friday, December 13, 2024
Price: \$129.00 Per Person**

Departure at 9:00am Return Approx. 6:00pm

Join us as we travel to Newport, RI. It begins with a visit to the Breakers Mansion. The amazing holiday décor is sure to impress and put you in the Christmas spirit! You will be having a delicious lunch at Johnny's Restaurant. Lunch choices are: Baked Stuffed Scrod, Chicken Piccata or Pasta Primavera. Then we will have a 90 minute step-on-guide tour of the beautiful sights of Newport. You will also have free time in downtown Newport. **Trip includes: motorcoach transportation, gratuity, Visit to the Breakers Mansion, lunch, 90 minute step-on-guide tour, Free time in downtown Newport. Payment due at registration.**

Do Not Leave Health Care Decisions to Chance

By: Brandon C. Walecka, Esq.

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

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.

The New Massachusetts Homestead Exemption Law Change: What Homeowners Need to Know

In a significant development for Massachusetts homeowners, the Affordable Homes Act recently passed on August 6, 2024 has enhanced protections for primary residences. The Homestead Exemption is a crucial legal provision that shields the equity in a person's home from creditors in the event of bankruptcy, debt collection, or lawsuits.

What Is the Homestead Exemption? The Homestead Exemption is a legal safeguard that protects the equity in a primary residence from certain creditors. This protection applies to single-family homes, condominiums, and some multi-family homes, as long as the property serves as the homeowner's principal residence. While it does not shield homes from all forms of debt—such as mortgages, tax liens, MassHealth estate recovery liens, or child support—it can be a powerful tool for protecting a family's most valuable asset.

In Massachusetts, homeowners are automatically protected up to a certain amount of equity, even if they don't file for the Homestead Exemption. For those who file a declaration of homestead with the Registry of Deeds, the protection amount is higher.

Key Changes Under the New Law: **1. Increased Protection Amounts:** The automatic exemption for homeowners is \$125,000. However, if a homeowner files a declaration of homestead, the protection amount increases to \$1 million which is a substantial increase. **2. Enhanced Protections for the Elderly and Disabled:** Homeowners who are elderly (62 years or older) or disabled are also able to stack their exemptions which could mean up to \$2 million in protection. **3. Trusts:** A primary residence held in a trust can also qualify for a homestead exemption.

Protection for Proceeds from Home Sale: If homeowners sell their property, the proceeds from the sale are protected for up to one year under the Homestead Exemption. This offers an additional layer of security for those who need time to reinvest their home equity into a new property. This ensures that sellers aren't vulnerable during the home-buying transition.

How Does This Affect Homeowners? The changes to the Massachusetts Homestead Exemption law provide a greater level of security for homeowners. By increasing the exemption amounts, the new law lines up with the increasing housing market and ensures that individuals and families have a stronger safeguard against unexpected financial burdens.

For those concerned about protecting their primary residence from creditor claims, it's a good idea to file a Declaration of Homestead with the Registry of Deeds, particularly in light of the enhanced protections.

For elderly homeowners or those with special circumstances, it may be wise to consult with an estate planning attorney to ensure your home is protected under the new law.

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.

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 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 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 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Preregistration is required for all activities.</p> <p>Activities are subject to change without notice.</p>	<p>*Water Colors Residents \$3/Non-Residents \$5 Paid one month at a time</p> <p>**Fitness Class Non-Residents \$2</p> <p>***Arts & Crafts Residents \$5/Non-Residents \$10</p> <p>****Prerecorded Fitness Class</p>			<p>9:15am Dance Cardio</p> <p>9:30am Arts & Crafts***</p> <p>10:30am Tai Chi**</p>
4 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta 1:00pm Strength & Cardio** 2:00pm Oil Painting 2:00pm Bright Moments Program	5 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack)	6 8:45am Stability & Balance** 9:30am Drums Alive** 10:00am Podiatry Clinic 11:30am Women's Lunch 11:30am Veterans Day Party 1:00pm Mahjong 3:00pm Adult Coloring	7 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	8 9:15am Dance Cardio****
11 CLOSED FOR THE HOLIDAY	12 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack)	13 8:45am Stability & Balance** 9:30am Drums Alive** 11:30am Friendsgiving 1:00pm Mahjong 3:00pm Adult Coloring	14 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	15 9:15am Dance Cardio** 9:30am Arts & Crafts*** 10:30am Tai Chi** TRIP: Encore Casino 8:30am - 5:30pm
18 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta 1:00pm Strength & Cardio** 2:00pm Oil Painting	19 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack)	20 8:45am Stability & Balance** 9:00am Blood Pressure Clinic 9:30am Drums Alive** 11:30am Lunch & Learn 1:00pm Mahjong 3:00pm Adult Coloring	21 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	22 9:15am Dance Cardio** 10:30am Tai Chi**
25 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta 1:00pm Strength & Cardio**** 2:00pm Oil Painting	26 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack) 2:30pm Lets Learn Together	27 9:30am Drums Alive**** CLOSING AT 12:30PM	28 CLOSED FOR THE HOLIDAY	29 CLOSED FOR THE HOLIDAY

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 towards fitness programs to help offset the cost.



Seekonk 4th Annual Veterans Day Rolling Parade

Date: Monday, November 11, 2024

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 2024, Monday November 11th meeting at 9am and rolls at 10am. The parade route starts at Briarwood Plaza and ends at the Seekonk Veterans Memorial Park. No R.S.V.P. is necessary. 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.



4th Annual Holiday Festival

The Veterans Council will be holding their Holiday Festival Tree Sponsorship at Seekonk Veterans Memorial Park during the month of December. For those who wish to get on the waiting list for a tree, please contact Veterans Service Officer, James LaFlame.

James LaFlame

Seekonk Veterans Services Officer

Office 508-336-2940

Email: jlaflame@seekonk-ma.gov



4th 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 16th, from 9am-12pm // Rain Date: November 23rd

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 yard raked, please contact VSO James LaFlame. Note, the number of yards raked will depend upon the number of student volunteers.



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. The November menu is available at our office and on our Facebook page.

Tuesday Luncheon

Tuesday's at 12:00pm

Seekonk Human Services has partnered with The Hamilton Diner to offer weekly lunches! We look forward to this partnership and to continue to offer these luncheons for our community. Lunches will cost \$5 for residents and \$6 for non residents. The menu will be available at the office and on Facebook.

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 information call our office. ***30 Day Rental**

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for your support
of our newsletter



**To be a sponsor
in the next
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Newsletter!**

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

Law Office of Luke P. Travis

Estate Planning

239 Winthrop Street, Rehoboth
by appointment

TEL: (508) 676-3333

FAX: (508) 678-1698

luke@bristollegal.com



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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Tom Reily
508-336-6633 x 337



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508-336-6633 x 337

Holiday Bells

Monday, December 9, 2024 at 2:00pm

Join us to celebrate the holiday as we welcome the 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! **Preregistration is required and opens November 15th.**



Christmas Carols

Wednesday, December 11, 2024 @ 1:00pm

Come join us for a special event. This year we're having a group of children perform Christmas Carols for us. This should bring you happiness and joy to listen to these children perform for you. There will be light refreshments served for all who attend. **Preregistration is required and opens November 15th.**

Holiday Party

Singer, Lady D

Wednesday, December 18, 2024 at 11:30am

A Rhode Island native, Lady D loves to perform locally for all. Lady D is a multi-genre vocalist (jazz standards, Motown, Do-Wop, Disco, Smooth R&B, and Pop). She is known for singing in local restaurants in RI and MA. Come join as she sings holiday songs for all who attends this activity. Menu to be determined. **Preregistration is required and opens November 15th.**

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

Medicare Open Enrollment

During Medicare Open Enrollment, you can adjust your plan for the next year. Independent Medicare counselors help you understand *your* plan changes as well as *other options* you may have. Open Enrollment is open **now 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.**

Fuel Assistance

Income guidelines: Maximum income for one person is \$49,196, for two people is \$64,333, for three people is \$79,470, and for four people is \$94,608. 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.

Fuel assistance begins November 1st. For assistance please call our office to schedule an appointment with our outreach worker. Applications are accepted until April 30, 2025.

Human Services Council

Chairperson

Michelle Hines

Vice Chairperson

Maria Duarte

Cheryl Camara

Rick Forest

Beverly Della Grotta

Keith Perry

Josephine Veaider

Council meets fourth Monday of the month

@ 3:15pm at

**Seekonk Human Services
Conference Room**