



# SEEKONK HUMAN SERVICES

## Town Courier



540 Arcade Avenue ~ Seekonk, MA ~ 508-336-8772

Monday through Thursday 8:30am - 4:30pm ~ Fridays 8:30am - 12:30pm

\*Evening appointments available upon request

### December 2020

**Seekonk Human Services  
Will be closing early on  
Christmas Eve**

**Thursday, December 24, 2020 at 12:00pm  
Closed on Christmas Day  
Friday, December 25, 2020**

**New Years Eve  
Closing early on**

**Thursday, December 30, 2020 @ 12:00pm  
Closed on  
Friday, January 1, 2021**

#### **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 pre packaged. All you need to do is heat it up! Meals need to be ordered the day before by 9:30am. Payment is \$2.25 per meal which will be due at the time of pickup. Pick up will be between 11am— 12pm. If you are unable to pick up at that time or are experiencing financial hardship please reach out to the office to speak with the Outreach Department. Please call 508-336-8772 to hear November's menu and to order!

#### **Holiday Assistance**

If you or someone you know is in need of help during the holiday season for a meal or basket, please have them call us at 508-336-8772, to see if we are able to assist.

Families with children under the age of 12 that are in need of help with gifts, please call us at 508-336-8772 to inquire about an application for Christmas is for Kids. Applications are due by Friday, December 4, 2020.

#### **Activities**

**Zoom Trivia\***  
Tuesdays at 1:30pm—2:00p



**Chair Yoga\*\***  
Wednesdays @ 10am

**Zoom Coffee Chat\***  
Wednesdays @ 1:30pm

**Zoom BINGO!\***  
Thursdays at 1pm

\*Please contact the office for more information



**Tai Chi\*\***  
Fridays at 10:15am

**Podiatry Clinic**  
Wednesday, December 12 @ 10:30am—2:30pm

**Blood Pressure & Glucose Clinic**  
Wednesday, December 16 @ 9:00am

\*Note: Zoom activities can be done on a laptop, tablet, smart phone or by dialing in the specific number for that activity. If you would like to participate but don't have a tablet, please call the Seekonk Public Library at 508-336-8230. If you are interested in participating in a zoom activity call the office to sign up. If you have a registered email address please inform us so we can send you the log in information for the class!

\*\*Chair Yoga & Tai Chi will be aired on Channel 9 during its normally scheduled timed.

## MEDICARE OPEN ENROLLMENT

**Need Help**  
with your **Medicare**  
**Plan Comparisons**  
for 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 2021. 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. SHINE Counselors help you understand *your* plan changes as well as *other options* you may have. Call now to discuss your insurance questions, schedule your SHINE phone appointment by calling 508-336-8772. 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.**

## 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 \$37,360, for 2 people is \$48,855, for 3 people is \$60,351, and for 4 people is \$71,846.

**Income includes your social security, pensions and any interest income. Needed Documents:**

- ⇒ **Proof of income:**
  - 4 consecutive pay stubs
  - Social Security Award Letter or 1099
  - Pension (Current 1099)
  - Interest Dividends (1099)
  - List of everyone in household plus their income
  - Food Stamps—copy of verification
- ⇒ **Homeowner's must include:**
  - Mortgage statement
  - Real estate tax bill
  - Insurance bill
  - Recent copy of electric bill and gas/oil bill
- ⇒ **Renters Include:**
  - Rent receipt
  - Recent copy of electric bill and gas/oil bills
- ⇒ **Other Documents Needed**
  - License
  - Social Security Cards for all members in household
  - Birth certificates for members under the age of 18

## Veterans' Services

### Seekonk Veterans Services

#### Chapter 115 benefits for Seekonk Veterans

The Massachusetts General Law (MGL) Chapter 115 is a needs-based program available for Veterans and dependents who require financial assistance for any of the following resources:

- ⇒ Medical (reimbursements for co-pays, insurance premiums, prescriptions)
- ⇒ Housing/Shelter
- ⇒ Home heating fuel
- ⇒ Ordinary Benefits (monthly stipend for low income Veterans)

Based on living situation, special needs, assets and levels of income, you may be able to receive monthly cash payments up to \$1,430. Liquid assets for eligibility must be less than \$9,800 for married couples and less than \$5,000 for single applicants. Income limits are \$2,873 per month for married couples and \$2,126 for single applicants.

To be considered a Veteran in Massachusetts, you must have served in the military for:

- ⇒ at least 180 days of active duty, or
- ⇒ at least 90 days with at least one day in war time, or
- ⇒ has a service-connected disability after at least one day of active service in war time, or
- ⇒ was awarded the Purple Heart, or
- ⇒ died in service

To be considered a dependent:

- ⇒ a Veteran's spouse or widow/widower, or
- ⇒ a child under 18 years old, or between 19 and 23 if attending high school/college, or older than 19, but considered totally disabled before turning 19, or
- ⇒ a Veteran's parent

For additional information about Chapter 115 benefits, please contact Seekonk Veterans Services at (508)336-2940 or via email [jlaflame@seekonk-ma.gov](mailto:jlaflame@seekonk-ma.gov).

James LaFlame  
Veterans Services Officer

**\* NOTE: Seekonk Human Services offers many legal, financial, recreational, medical screening and/or other activities and services by volunteers or nominal cost practitioners. Seniors participating in these services/activities do so with the understanding that Seekonk Human Services, the Town of Seekonk or its employees do not assume any legal or other responsibility for any advice or services rendered by such volunteers or nominal cost practitioners.**