



SEEKONK HUMAN SERVICES

Town Courier



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

May 2022

CLOSED FOR MEMORIAL DAY ON MAY 30, 2022

Silver Tea

Honoring women in Seekonk
Age 75 and older



The tea will be held at
Seekonk Human Services
540 Arcade Avenue



Wednesday, May 11, 2022 @ 12 noon

Hosted by Seekonk Human Services &
Funded by Friends of Friends

CAMELOT

Tuesday, May 17, 2022 at 1:00pm

Of all Broadway musicals, it's doubtful that any stirs the imagination more with the simple saying of its name than **Camelot**. Camelot: Arthur, Guinevere, Lancelot, Merlin, love, betrayal, valor and chivalry. Camelot: How to Handle a Woman, If Ever I Would Leave You, Then You May Take Me to the Fair and of course Camelot. Join musical story-teller Phil Campbell on Tuesday, May 17 at 1:00PM for a journey to a land now shrouded in the mists of time: A land where it never rained 'til after sundown and where the snow never slushed upon the hillside. Come and hear why there's not a more congenial spot for "happy ever-aftering" than...Camelot. This presentation is made possible through the generosity of the Seekonk Cultural Council. Preregistration is required by calling 508-336-8772.

FITNESS CLASS FEES

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

BLUE ZONE DIET

Wednesday, May 18, 2022 @ 11:30am

Olivia from Bristol Elder Services will be discussing the Blue Zone Diet and its benefits. The Blue Zone Diet is mostly plant based with about 95% vegetables, fruits, grains and legumes. Many do not eat much meat, dairy, sugary foods/drinks or processed food. Lunch will be provided for FREE for those who attend the presentation. Preregistration is required by called our office at 508-336-8772.



TRIAD: Senior SAFE

Tuesday, May 24, 2022 @ 1:00pm

Lt. Kyle Laprade will be here regarding the "Senior SAFE" training he went to a month ago. He will have the File-Of-Life along with House Number signs, and Smoke Detector evaluation forms. He will be talking about these items. There will be door prized too. Refreshments will be served. Preregistration is required by calling our office at 508-336-8772.



BELLS PERFORMANCE

Wednesday, May 25, 2022 at 11:30am

The Southcoast Ringers have been together for several years. What started out as a handbell class turned into a Community Handbell group. They are from all over the Southcoast area in Massachusetts and many different ages. They rehearse weekly in Berkley and hold concerts in the Spring and during the Christmas Season. This spring their concert is "Bells Throughout the Year" with songs for each month. You will also see that handbell ringing is as much visual as it is listening to music. They all enjoy ringing and sharing their love of handbells. Preregistration is required by calling 508-336-8772.

**Arts & Crafts
Mondays in April
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.

- May 2 - Planter
- May 9 - Bottle Solar Light
- May 16 - Gnome
- May 23 - Lemon or Watermelon Spring Decor

**Podiatry Clinic
Wednesday, May 11, 2022
10am - 2pm**

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.

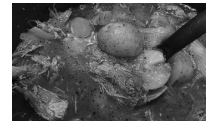
**Blood Pressure & Glucose Clinic
Wednesday, May 18, 2022
9:00am - 11:00am**

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

**Let's Learn Together!
Tuesday, May 31, 2022 at 2:00pm
Limited Online Tracking**

Have you noticed that when you search for a product online, you start seeing ads for the product on nearly every webpage? Join Librarian Michelle Gario in this 90 minute session to review online tracking and basic steps you can take to prevent it. Bring your own laptop, tablet or phone. Please make sure your device is fully charged. Contact the Seekonk Human Services to preregister for this at: 508-336-8772.

**Healthier Marie's Easy
Slow Cooker Pot Roast**



Ingredients: 3 Pounds Chuck Roast, Salt & Ground Black Pepper to Taste, 1 Cup Reduced-Sodium Beef Stock, 2 Onions (Chopped), 2 Pounds Potatoes (Peeled and Cubed), 3 Carrots (Chopped), 1 Stalk Celery (Chopped), 1/4 Cup Chopped Fresh Parsley (Optional).

Instructions: **1. Season** the Chuck Roast with Salt & Pepper. **2. Heat** a large skillet over medium-high heat; Brown Roast on all sides, about 4 minutes per side. Transfer Roast to a Slow Cooker. Pour the Beef Stock into the Skillet, and bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon. Add the broth and onions into Slow Cooker; cover and cook on Low for 5 hours. Add Potatoes, Carrots, Celery, and Parsley. Cover and Cook on Low until roast is tender and cooked through, 3 additional hours.

NUTRITION: Calories **350**, Protein **26.7g**, Fat **15.5g**, Carbohydrate **25.4g**, Cholesterol **78.8mg**, Sodium **127.5mg**, Sugar **3.4g**, Dietary Fiber **3.9g**.

Women's Breakfast

We meet every 3rd Thursday of the month at 10 am supporting our local restaurants. Everything is Dutch treat. If you are interested in joining our group of women for good food, & good conversation, please call Beverly at 401-749-4841.

These are the restaurants for the next two months:

May 19, 2022 -Toti's in Seekonk

June 16, 2022 - Percy's Place in E Providence

**Basic Beginners Sign Language Class
Tuesdays @ 10:00am - 12:00**

Sign Language will be at the Seekonk Human Services Center. Starting on Tuesdays. June 14, 2022. **This class is a 10 week session.** For more information and to preregister contact Seekonk Human Services at 508-336-8772. .

Future Special Activities

Rondae - "Hip Hop Exercise" on June 15, 2022 at 11:30am with Rondae. *Sponsored by the Seekonk Cultural Council.

Phyllis Dupere - "Seekonk History" on June 22 at 1:00pm - The series begins with a program titled Remembering Seekonk Landmarks. Phyllis Dupere, author of the photo book Seekonk in the Twentieth Century will speak about the photos gathered for her book.

If interested in this activity please call 508-336-8772

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 programming you may like.

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.

Pitch (Hi-Lo-Jack) Tuesdays at 1:00pm

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

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. Pickup will be between 11am - 12pm. May'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 Vincenzo 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.

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, or to check for availability, please call 508-336-8772.



Belly Dancing Wednesday, May 4, at 11am

Cheryl from Kalilia Dance will be coming to our center to teach a new kind of exercise that will have everyone up and moving. Belly dancing is an excellent way to burn calories and be active. Did you know that belly dancing can also help with muscle control and improves memory? Belly dancing can also improve your balance, coordination, posture, and flexibility. Why not come out and try this class? Non-resident fee is \$2 and residents are free. Call 508-336-8772 to sign up!

ATTORNEY: OVERVIEW OF LEGAL SERVICES



Elizabeth Elmasian will be available for phone consults to discuss the following topics.

1. Power of Attorney - A description of the legal document, what it consists of and when such a document is necessary.
 2. The explanation and description of a Health Care Proxy and Living Will; the difference between both documents and which is recognized in Massachusetts
 3. A brief overview, purpose and need for a Will. Explanation of intestacy laws without a will
- *Please call to set up your phone appointment 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.

* 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



SEEKONK MEMORIAL DAY PARADE

SATURDAY, MAY 28TH, 2022

10:00AM STEP OFF

STARTS AT SEEKONK HIGH SCHOOL

ENDS AT HURLEY MIDDLE SCHOOL

SEEKONK MEMORIAL DAY CEREMONY

SEEKONK VETERANS MEMORIAL PARK

410 NEWMAN AVENUE

DIRECTLY FOLLOWING PARADE

For any additional information, questions or if you have a group that would like to participate; please contact Seekonk Veterans Services at (508)336-2940 or via email jlaflame@seekonk-ma.gov.

May 2022 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10:00am - Chair Yoga</p> <p>12:00pm - Knitting</p> <p>1:00pm - Zoom BINGO!</p> <p>1:00pm - Arts & Crafts*</p> <p>1:00pm - Strength & Cardio**</p> <p>1:00pm - Cornhole</p>	<p>9:00am - Zoom Drums Alive**</p> <p>10:00am - Water Colors*</p> <p>10:00am - Sign Language</p> <p>1:00pm - Pitch (Hi-Lo Jack)</p> <p>1:30pm - Zoom Trivia</p>	<p>9:30am - Drums Alive**</p> <p>11:00am - Belly Dancing**</p> <p>1:00pm - Mahjong</p> <p>1:30pm - Zoom Coffee Chat</p>	<p>10:00am - Chair Yoga</p> <p>1:00pm - BINGO!</p> <p>1:00pm - Cribbage</p>	<p>9:30am - Zumba**</p> <p>10:30am - Tai Chi**</p>
<p>10:00am - Chair Yoga</p> <p>12:00pm - Knitting</p> <p>1:00pm - Zoom BINGO!</p> <p>1:00pm - Arts & Crafts*</p> <p>1:00pm - Strength & Cardio**</p> <p>1:00pm - Cornhole</p>	<p>9:00am - Zoom Drums Alive**</p> <p>10:00am - Sign Language</p> <p>1:00pm - Pitch (Hi-Lo Jack)</p> <p>1:00pm - TR1AD - Smoke Alarms</p> <p>Lt. Kyle Laprade - Fire Dept.</p> <p>1:30pm - Zoom Trivia</p>	<p>9:30am - Drums Alive**</p> <p>11:30am - Bells Performance by "Southcoast Ringers"</p> <p>1:00pm - Mahjong</p> <p>1:30pm - Zoom Coffee Chat</p>	<p>10:00am - Chair Yoga</p> <p>1:00pm - BINGO!</p> <p>1:00pm - Cribbage</p>	<p>9:30am - Zumba*</p> <p>10:30am - Tai Chi**</p>
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IN HONOR OF

MEMORIAL DAY

We will be closed Monday, May 30

We ask that everyone please preregister for all activities. This will ensure we have proper seating available.

Office Hours:
 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

***Arts & Crafts**
 Residents \$5/Non-residents \$7
***Water Colors**
 Residents \$3/Non-Residents \$5
****Fitness Class**
 Non-Residents \$2
Activities subject to change without notice



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**HAPPY
MOTHER'S
DAY**

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the choice is yours!*



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WINGATE RESIDENCES ON THE EAST SIDE 401-275-0682

1-800-WINGATE
WingateHealthcare.com



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& SPORTS MEDICINE, INC.**
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EAST PROVIDENCE
927B Warren Avenue
East Providence, Rhode Island 02914
Telephone: (401) 438-0905
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

Thank you!

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



**Memorial
DAY**

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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athenanh.com/orchardviewmanor

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

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

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

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**

The Number One Reason Why Trusts Fail

By: Brandon C. Walecka, Esq.

Walecka Law, P.C.

774-203-9003, Brandon@WaleckaLaw.com

A trust can have powerful benefits – avoiding probate and saving legal costs, reducing estate taxes, protecting assets from long term care costs, addressing unexpected events, preserving benefits for the disabled, and the list goes on. But many trusts fail to work as intended. I know because I see failed trusts all the time. In my experience, there is one primary reason why a trust fails: it wasn't properly "funded."

What does it mean to "fund" my trust? Funding your trust is the process of transferring your assets from you to your trust. To do this, you physically change the titles of your assets from your individual name to the name of your trust. Think of the trust like a basket. In order for the instructions you set up in your trust to work as intended, there need to be assets in the "basket." It seems like a simple concept, but I am often amazed at how many clients come to me with unfunded trusts from other firms (which leaves me to wonder whether the importance may not have been emphasized enough).

Let me give a simple example. Suppose Joe wants to avoid probate. He owns a checking account, a brokerage account, a house, and a vacation home in another state. His son, who would be the Personal Representative if Joe had a probate estate, lives in California. Joe wants to avoid probate for various reasons, including avoiding an ancillary probate proceeding for his out-of-state property, saving his son the inconvenience of having to travel to deal with probate proceedings, and reducing legal fees for his estate. Joe decides to create a revocable living trust that will own his assets while he is alive. Joe will be the trustee. When he dies, his son will become the trustee and will pay Joe's debts and taxes before distributing the assets to Joe's loved ones. Good plan – if done properly, Joe's estate will avoid probate. His son can probably manage the estate without setting foot in a probate court room. To make his plan work, Joe needs to do two things: (1) create a revocable trust, and (2) fund the trust. Joe goes to a lawyer to have his revocable trust drawn up.

Now comes the crucial next step: funding the trust. Joe needs to go to his bank to have the checking account changed so that the bank records show the trust (not Joe) as the owner. He needs to sign new deeds that transfer ownership of his house and vacation home from Joe to the trust. He also needs to re-title ownership of the stock into the name of the trust. If Joe does those things, his trust should work as intended. Now imagine, when Joe dies, his son discovers that significant assets are still titled in his father's name, not in the name of the trust. So, now we will need to administer the trust, and file a probate with the court. Unfortunately, situations like this occur all the time.

Seek advice and guidance from a qualified estate planning attorney who is committed to making all trust clients aware of the importance of trust funding and working with them to ensure each trust prepared is properly funded.

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.

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

Keith Perry

Josephine Veader

Council meets fourth Monday of the month

@ 3:15pm at

Seekonk Human Services

Conference Room