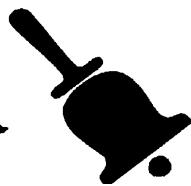




# SEEKONK HUMAN SERVICES

## 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

## October 2021

**The office will be closed on  
Monday, October 11, 2021**

### Community Education

**Wednesday, October 20, 2021 @ 11:30am**

The town appreciates and understands the importance of being informed. Each month we invite a town Department Head to be a guest speaker and present a free educational workshop in relation to their specific department. It is important to keep up with the latest town scoop! This month on October 20<sup>th</sup> at 11:30am, we will have Seekonk's Town Planner, John Aubin. Mr. Aubin will be here to discuss the latest news regarding development in the town. He will be able to answer any questions that anyone may have. Pastry and coffee will be served. Preregistration is required for this activity, please call the office at 508-336-8772 to register.

**Let's Learn Together!  
Tuesday, October 26, 2021 at 2:00pm  
Phone and Tablet Texting Basics**

Phone numbers are not just for phone calls. Michelle Gario will lead this 90 minute class on texting from Smartphones and tablets. Bring your own smartphone or tablet; Please make sure your device is fully charged. Please contact the Seekonk Human Services to preregister for this activity at 508-336-8772.

**Halloween Party  
October 27, 2021 at 11:30am**

Al Testa's 3 piece band will be this years entertainment! We will have a costume contest with prizes, so wear your best costumes! Lunch will follow at 12:30pm. Lunch will be pizza, chips and dessert. The cost is \$7 for residents and \$10 for non residents. Preregistration is required for everyone, payment required at registration.

**Veterans' Celebration  
November 10, 2021 at 11:30am**

Frank Noonan performs as a "One Man Band" on vocal, horns and backing tracks. The music he plays is from: The Great American Songbook, the Roaring 20's - 40's, Rock Around the 50's, Contemporary light Rock and Roll of the 60's to 80's, Holiday and Patriotic specials with trumpet and trombone. Our guest speaker will be Seekonk's Veterans Service Officer, James LaFlame. He will be here to speak to you about the 2 Veterans' Day events and answer any questions. Veterans will receive a personal size flag. Lunch will be meatball subs, chips and dessert. Cost for the celebration and lunch is \$5, Veteran's are free of charge. Preregistration is required for everyone, payment required at registration.



**Strength and Cardio  
Instructed by Kelly Sipe**

Strength and Cardio is our newest fitness class to join our schedule. The class is taught by certified instructor, Kelly Sipe. This class helps build strength (fight osteoporosis and muscle loss) using body weight, exercise bands and hand weights. The class will improve strength and cardiovascular fitness with energizing exercise circuits. Lastly, the class will build power and endurance with a mix of functional strength training exercises for everyday activities.

Strength and Cardio will be held on most Mondays at 1:00pm. Please check the activity calendar for class dates.

The fee for this class is \$2.00 for Seekonk residents and \$3.00 for non-residents. Preregistration is required.

## October Happenings

### Arts & Crafts Mondays in October 1:00pm

Preregistration is required for this class. The cost for this class is \$5 for Seekonk residents and \$7 for Non-Seekonk residents.

- \* October 4 - Clothespin Wreath
- \* October 18 - Faux Painted Birdhouses
- \* October 25 - Pilgrim Hat Centerpiece

### Podiatry Clinic Wednesday, October 13, 2021 10am - 2pm

Dr. Lechan will provide monthly Podiatry Clinics. Appointment are 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, October 20, 2021 9:00am - 11:00am

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

## MEDICARE 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. 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.**

## YESTERDAY Once More

November 18, 2021

\$96 per person

### LIVE at Danversport Yacht Club-Danvers, MA

From the creators of the hit shows OH WHAT A NIGHT! Comes a unique new musical revue celebrating four of the most iconic singing groups known for their soaring vocal harmonies - **Yesterday Once More**. In addition to instantly recognizable hits of some of the most popular music ever recorded, Yesterday Once More stars four dynamic performers whose lush harmonic interpretations are featured as an ensemble and individually. From **The Carpenters** "Close To You" to **ABBA**'s "Dancing Queen"....and **The Mamas and Papas**' "California Dreaming" to the **5th Dimension**'s "Up Up And Away, you'll enjoy non-stop hits, colorful choreography and informative and humorous banter. For everyone who remembers this music it's a return to rich harmonies and relatable songs. For anyone who simply loves great pop music and amazing vocal blends, this is a show not to be missed. **Price includes:** Transportation, Plated Luncheon, Meal Tax & Gratuity and Show Ticket. **Meal Choice:** Chicken Parmesan or Baked Scrod. Also, Included: Salad, Potato, Vegetables, Breads, Dessert & Coffee/Tea.

## TOWN BOARDS & COMMITTEES

The Town is currently looking for volunteers on the following boards and committees. The list is updated often, but if interested please list at least two committees you may interested in volunteering for in case your first choice has already been filled. You can obtain a talent bank form online or by requesting one through the Town Administrator's office.

Board of Health (1BOS), Capital Improvement Committee (1 BOS and 1 Moderator); Commission on Disability (5-13 BOS); Conservation Commission (2 BOS); Department of Public Works Building Committee (3 BOS and 2 Moderator); Economic Development Committee (5 BOS); Energy Committee (2 BOS); Historical Commission (3 BOS); Human Services Council (1 BOS); Parks and Recreation (1 BOS); Planning Board (1 joint Planning Board and BOS); Recycling Committee (2 BOS); Zoning Board of Appeals (2 alternates).

## 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 programing you may like.

## 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 \$2.75 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. October'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.

## 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**

## 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 \$40,951, for 2 people is \$53,551, for 3 people is \$66,151, and for 4 people is \$78,751

**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

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' DAY ROLLING PARADE**

**DATE: THURSDAY, NOVEMBER 11, 2021, 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 2021, Thursday November 11<sup>th</sup> at 9am. The proposed parade route starts at Briarwood Plaza and ends at the Seekonk Veterans Memorial Park. Kindly R.S.V.P. to my email or phone. This is a great opportunity for those in town to appreciate your service to the nation.

VSO James LaFlame [jlaflame@seekonk-ma.gov](mailto:jlaflame@seekonk-ma.gov) (508)336-2940



## **VETERANS' DAY CEREMONY**

**DAY/DATE: THURSDAY, NOVEMBER 11<sup>TH</sup>, 2021**

**TIME: 11:00AM**

**LOCATION: SEEKONK VETERANS MEMORIAL PARK**

**410 NEWMAN AVENUE, SEEKONK, MA**



**ALL ARE INVITED TO ATTEND AS WE HONOR OUR NATION'S VETERANS**

# October 2021 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>*Arts &amp; Crafts</b> Residents \$5/Non-Residents \$7 <b>*Drums Alive</b> Non-Residents \$2 <b>*Strength and Cardio</b> Residents \$2/Non-Residents \$3 Activities subject to change without notice	<p>We ask that everyone please preregister for all activities. This will help ensure we have proper seating available.</p>	<p><b>Office Hours:</b> Mon, Tues, Thur 8:30am - 4:30pm Wednesday 8:30am - 5:30pm Friday 8:30am - 12:00pm</p>	9:30am - Zumba 10:30am - Tai Chi	
10:00am - Chair Yoga	10:00am - Sign Language	9:30am - Drums Alive	10:00am - Chair Yoga	9:30am - Zumba
12:00pm - Knitting	1:00pm - Cards (Hi-Lo Jack)	1:00pm - Mahjong	1:00pm - BINGO!	10:30am - Tai Chi
1:00pm - Arts & Crafts*	1:00pm - Strength and Cardio	1:30pm - Zoom Coffee Chat	1:00pm - Cribbage	
1:00pm - Cornhole				
11	12	13	14	15
 <b>CLOSED</b> <i>on Columbus Day</i>	9:00am - Zoom Drums Alive  <b>Toti's, Seekonk</b>	9:30am - Mens Breakfast  <b>Toti's, Seekonk</b>	9:30am - Zumba	
	10:00am - Sign Language	10:00am - Podiatry Clinic	10:00am - Chair Yoga	10:30am - Tai Chi
	1:00pm - Cards (Hi-Lo Jack)	1:00pm - Mahjong	1:00pm - BINGO!	
	1:30pm - Zoom Coffee Chat	1:00pm - Cribbage		
18	19	20	21	22
10:00am - Chair Yoga	9:00am - Zoom Drums Alive	9:00am - Blood Pressure Clinic	10:00am - Chair Yoga	9:30am - Zumba
12:00pm - Knitting	10:00am - Sign Language	9:30am - Drums Alive	10:00am - Women's Brunch	9:30am - Zumba
1:00pm - Arts & Crafts*	1:00pm - Cards (Hi-Lo Jack)	11:30am - <b>Community Education</b> <b>Percy's Place on Newport Ave.</b>	1:00pm - Mahjong	10:30am - Tai Chi
1:00pm - Cornhole	1:30pm - Zoom Coffee Chat	1:00pm - BINGO!	1:00pm - Cribbage	
25	26	27	28	29
10:00am - Chair Yoga	9:00am - Zoom Drums Alive	9:30am - Drums Alive	10:00am - Chair Yoga	9:30am - Zumba
12:00pm - Knitting	10:00am - Sign Language	11:30am - <b>Halloween party</b>	1:00pm - BINGO!	10:30am - Tai Chi
1:00pm - Arts & Crafts*	1:00pm - Cards (Hi-Lo Jack)	1:00pm - Mahjong	1:00pm - Cribbage	
1:00pm - Strength and Cardio	2:00pm - Let's Learn Together <b>Topic: Phone, Tablet &amp; Text Basic</b>	1:30pm - Zoom Coffee Chat		



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East Providence, Rhode Island 02914  
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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

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*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

PO. BOX 3288  
10 NORTH MAIN ST.  
FALL RIVER, MA 02322-3288



SEEKONK POLICE  
MASS C.O.P. Local #215 F.O.P. Lodge #5  
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Seekonk, Massachusetts 02771



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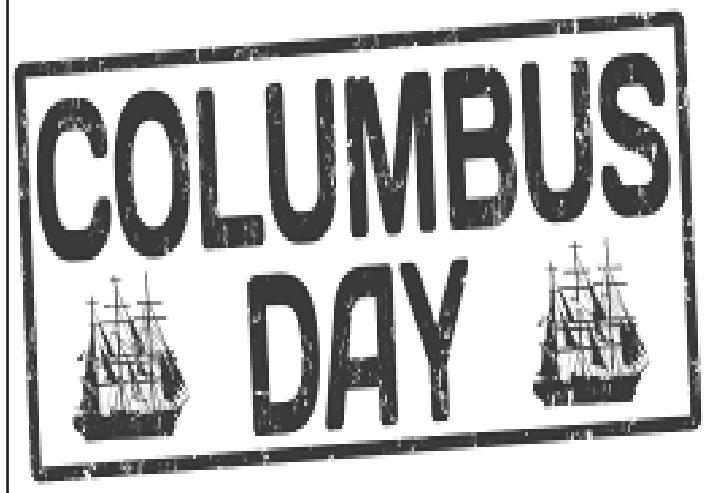
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**Please contact Tom Reily**  
**508-336-6633 x 337**

## When Should I Review my Estate Planning Documents?

**By: Brandon C. Walecka, Esq.**

Walecka Law, P.C.

774-203-9003

Brandon@WaleckaLaw.com

Clients often ask about ideal times to review their documents. Although there is no hard-and-fast rule about when you should review your estate plan, I generally recommend that you should consider reviewing your documents upon the occurrence of a major life event, which may include marriage, divorce, or death of a spouse; birth or death of a child or loved one; following a substantial change in the value of your estate; if you expect to receive a sizable inheritance or gift; after you purchase new real estate; when you are approaching retirement; or you hear of tax law changes that you feel may affect you, just to name a few.

One of the biggest fears I have (which I see happen more often than I would like), is an individual establishes an estate plan with another law firm, and then no one reviews the documents again for several years. In many instances, this results in the family becoming frustrated to find that what is in place may or may not work as originally planned. Life changes and we want to make sure your estate plan continues to do what you intended it to do. Reviewing your estate plan will give you peace of mind, which is why it is encouraged that you have your plan reviewed every three to five years.

At the review, you and the attorney should review your existing documents, suggest new or updated documents (if necessary), discuss changes in your life, and help to ensure that what you have in place will work as intended in the future. Reviewing your estate plan will not only give you peace of mind, but it will allow a discussion about changes in the law that have happened since you established the documents. Estate planning can be affected by changes at the state and federal level.

If it has been some time since you have reviewed your estate plan, perhaps 3-5 years or longer, consider calling your qualified estate planning and elder law attorney to see if you would benefit from a review meeting.

**Seekonk Human Services Staff**  
**P. 508-336-8772 F. 508-336-2239**

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Brittney Faria, LSWA

**Assistant Director**

Ashley Cartwright, MBA

**Clerical Assistant**

Kimberly Mallon

**Outreach Worker**

Veronica Brickley, LPN LSWA

**Community Liaison**

Maggie Perkins

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James LaFlame

**Human Services Council**

**Chairperson**

Michelle Hines

**Vice Chairperson**

Beverly Della Grotta

Irene Andrews

Anne Libby

Keith Perry

Josephine Veder

**Council meets fourth Monday of the month**

**@ 3:15pm at**

**Seekonk Human Services  
Conference Room**