



# SEEKONK HUMAN SERVICES

## Senior Center



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

### September 2020



Seekonk Human Services  
Will be closed  
Monday, September 7, 2020

#### Activities

Guided Meditation  
Monday, September 21, 2020 @ 11am

Zumba  
Mondays @ 10am

Chair Yoga  
Wednesdays @ 10am

Tai Chi  
Fridays at 10:15am

Podiatry Clinic  
Wednesday, September 9 @ 10am

Blood Pressure & Glucose Clinic  
Wednesday, September 16 @ 9:30am

#### Activities and Clinics Guidelines

Advanced sign up is **REQUIRED** for all activities and health clinics.

Activities will take place outdoors at the Senior Center. Outdoor activities will be capped at 15 people. Masks are not required for outdoor activities as long as proper social distancing is taking place. **Please note:** Outdoor Activities are weather pending. Health Clinics will take place in the Senior Center. Appointments will be required for Health Clinics. Only one person is allowed in the center at a time. All participants will be required to fill out a COVID-19 self-assessment upon arrival. Facing coverings are required to enter the facility.

For all appointments and health clinics, please call, 508-336-8772 upon arrival to check in.

**\*Sign ups required 24 hour in advance for all Outdoor Activities & Health Clinics.**

#### 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

### 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 508-336-877**

### FARMERS' MARKET COUPONS



Farmers' Market Coupons are available for low income elders age 60 or older who have a monthly income less than \$1,968 or annual income less than \$23,606. Participants must reside in Seekonk.

The coupons have a total value of \$25 and may be used to purchase fresh fruits and vegetables. A limited number of coupons are available.

If you fit in these guidelines call 508-336-8772 to schedule a time for pick up.

**\* 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.**