



SEEKONK HUMAN SERVICES

Union Urier



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 2023

**THE OFFICE WILL BE
CLOSED ON
MONDAY, OCTOBER 9, 2023**

**Dennis Pimenta - Magician
Wednesday, October 18, 2023 at 1:00pm**

Dennis Thomas is a full-time, professional NJ magician. For the past 25+ years. His show features magic, comedy, illusions, live animals and audience participation. One of the most talented magicians in NJ, Dennis has performed in New Jersey, Pennsylvania, and New York areas. That's not to mention the many Birthday Party shows he's performed at various homes and restaurants. All of Dennis' shows are totally self-contained. From props to tables to music to curtains, he brings everything he'll need to deliver the coolest magic show in Massachusetts even laughs are included. **Preregistration for this activity is required by calling our office at 508-336-8772.**



**Davis Bates - Halloween Harvest
Wednesday, October 25, 2023 at 11:30am**



Davis has had a wonderful time sharing performances at well over 160 senior centers in Massachusetts over the last 43 years, with many repeat visits. It is joy for Davis to get folks singing together, and to share stories that trigger memories and connections to the past and the present. Songs are often accompanied by spoons, limberjack, rainstick, cabasa and guiro, a traditional indigenous instrument from Puerto Rico. Lunch will be chicken and broccoli alfredo. Lunch will be served after the performance. The lunch charge for residents is \$5 and the lunch charge for non-residents is \$7. All those who dress up will be entered into a raffle, and will be part of our costume contest. ***This program is generously provided by a grant from the Seekonk Cultural Council. Preregistration for this activity is required by calling our office at 508-336-8772**



**Creative Wellness - A Collage Workshop
Monday, October 23, 2023 at 1:00pm**

Sit back and enjoy hearing a variety of tips and techniques around the benefits of creativity for emotional wellness, as we kick off this engaging presentation. A hands-on exploration of image and word collaging to relax and recharge. Each attendee will create their own scrapbook style board as Maria shares well-being insight and levity. This program is targeted to the adult community who are interested in nurturing their wellbeing, enjoy discovery in creative outlets, as well as meeting up and connecting with others. ***This program is generously provided by a grant from the Seekonk Cultural Council. Preregistration for this activity is required by calling our office at 508-336-8772.**



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 2024. 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. Independent Medicare Insurance 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 pre-screening form to help us better serve you by looking up your current plan and comparing it to the future plans, if changes are necessary.**

Podiatry Clinic
Wednesday, October 4, 2023
10:00am - 2:30pm

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.

Blood Pressure & Glucose Clinic
Wednesday, October 18, 2023
9:00am - 11:00am

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

Let's Learn Together!
Tuesday, October 31, 2023 @ 2:00pm

Do you have a nagging question or new discovery about using your smartphone, tablet, laptop or Chromebook? Come share it with us so we can all learn from it! Librarian Michelle Gario will moderate this **60-minute session** to help each other with technology. There is no set agenda; bring your device, share questions, and answers, favorite tips and tools. Bring your own tablet, phone, or laptop. Please make sure your device is fully charged. Contact our office to register by calling 508-336-8772.



Telephone Reassurance Program

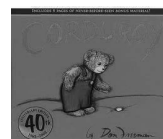
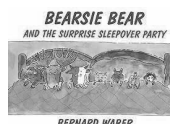
Seekonk Human Services has taken over the "R.U.O.K." Program that was provided by the Bristol County Sheriff's Office. Our office will make a telephone call to an individual's home at approximately the same time each day Monday through Friday (during our operating business hours only). This program is designed to connect people in need with on-going, 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.

Favorite Children's Book Contest

Vote for the favorite books of your children, grandchildren--multiple entries are welcome. The selection of titles is not limited to the ones mentioned on the flyer. **Please cast your vote by December 31, 2023** Samuel Brown will purchase the most popular title and affix a bookplate to the book in honor of your center. The book will be donated to Read to Grow, an organization that promotes language skills and literacy for children. So cast your vote for the book you love most either reading to your children, your grandchildren, nieces and/or nephews. We will have a bucket for you to put your vote into. For more information visit us at Human Services!



Newport Playhouse & Cabaret Restaurant

Tuesday, December 5, 2023

Price: \$141.00 Per Person

Play is: "Miracle on South Division Street"

Full payment upon signing up

Bloom Tours is taking you to the Newport Playhouse & Cabaret Restaurant to enjoy a show and lunch. The play "Miracle on South Division Street" - Meet the Nowaks of Buffalo, NY. Clara and her three grown kids have always known they were special, ever since the miraculous Christmas Eve in 1942 when the Blessed Mother appeared to Grandpa in his barber-shop! Daughter Ruth unveils her plan to write and star in a one-woman Christmas show. The results are heartfelt and hilarious. Enjoy the buffet before the show which has a variety meals, Coffee, Tea and assortment of homemade desserts. Your motorcoach will depart: 10am from 540 Arcade Avenue, Seekonk. Approximate return at 5:15pm. **Trip includes: lunch, play, cabaret, transportation and drivers gratuity.**

Tuesday Luncheons
Tuesday's at 11:45am

Seekonk Human Services has partnered with The Cook's House to offer weekly lunches! Lunches will cost \$4 for residents and \$5 for non residents. The menu will be available at the office and on Facebook. Advance sign up and payment is required one week in advanced.

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 more information, please call 508-336-8772 ***30 Day Rental**

Women's Lunch

**Wednesday, October 18, 2023 @ 11:30am at
Longhorn Steakhouse in Seekonk, MA**



The Women's lunch group meets every 3rd 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 Seekonk Human Services at 508-336-8772.

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. Pick up will be between 11am - 12pm. October's menu is available on our Facebook Page and by calling our office at 508-336-8772.

Is Your Child Disabled? If so, an Inheritance from You Could Cost Them their Benefits

By: Brandon C. Walecka, Esq.

Walecka Law, P.C.

774-203-9003

Brandon@WaleckaLaw.com

Many times, a person on disability relies on certain governmental benefit programs such as Medicaid (known as MassHealth in Massachusetts) or Supplemental Security Income (SSI) for support and medical insurance. They may receive SNAP benefits (commonly known as food stamps), PACE (commonly known as fuel assistance), Section 8 housing, and other assistance programs. These programs often have strict income and asset eligibility requirements. A well-meaning inheritance could cause the person to lose important benefits, though proper planning can help avoid these consequences. In my practice, I often hear parents of a disabled child tell me that they plan to disinherit the disabled child and leave their estate to another well child who will, they expect, "look after" the disabled child. While the parents are well intentioned, this is often a recipe for disaster. The well child has no obligation of support for the disabled child and could, without any legal consequences, keep all of the inheritance. Parents often tell me "my child would never do that." But then I ask: what if your well child gets divorced, dies, becomes disabled themselves, or is in an accident?

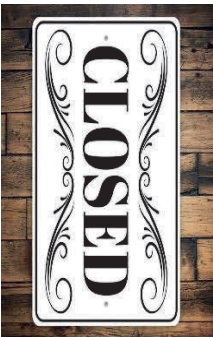
In these situations, the money could then be lost through no fault of the well child. Are you willing to take this gamble when there is a safer solution? A far less risky option is to create a Special Needs Trust (SNT) for the benefit of the disabled child. In the parent's Will, the parent leaves the disabled child's share to the SNT rather than directly to the disabled child. The funds in a properly crafted SNT should not disqualify the disabled child from benefits. The funds are then available to help pay for services and "extras" not paid for by the programs. It creates a nest egg for the disabled child and should be protected from the claims of the Trustee's creditors. For example, Mom and Dad, in their Wills, leave \$50,000 to a SNT created by them for the benefit of their child, Mary, who has Down Syndrome and is dependent on Medicaid/MassHealth for her health insurance. The Trust assets should not disqualify Mary and can be used to pay for things such as extra medical care not covered by Medicaid, a vacation, clothing, entertainment, or perhaps even a car! After Mary dies, any money remaining in the trust will be paid out to whomever Mom and Dad designated when they created the SNT.

A competent elder and special needs attorney can guide families through the difficult issues to create an estate plan that follows the family's wishes, cares for the disabled individual properly, and allows for continuation of government benefits. If you have a loved one who relies on government benefits for support, we encourage you to call a qualified attorney today.

Do you have a suggestion for a future article topic for Attorney Walecka? Reach out to him directly with a question or topic you think would be helpful to readers.

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 & we want to be able to get the word out to you quickly. Please give us a call & 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.

October 2023 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00am - Chair Yoga 11:00am - Canasta 1:00pm - Strength & Cardio** 1:30pm - Zoom BINGO!	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)	9:30am - Drums Alive** 10:00am-2pm - Podiatry Clinic 11:00am - Tribal Grooves** 1:00pm - Mahjong	10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	9:15am - Dance Cardio** 10:30am - Tai Chi**
	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)	9:30am - Drums Alive (pre-recorded) 10:00am - Sign Language 1:00pm - Mahjong	10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	9:15am - Dance Cardio (pre-recorded) 10:30am - Tai Chi**
10:00am - Chair Yoga 11:00am - Canasta 1:00pm - Strength & Cardio** 1:30pm - Zoom BINGO!	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)	9:00am-11:00am Blood Pressure Clinic 9:30am - Drums Alive** 10:00am - Sign Language 11:30am - Women's Lunch 1:00pm - Mahjong 1:00pm - Dennis Pimenta - Magician	10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	9:15am - Dance Cardio** 10:30am - Tai Chi**
10:00am - Chair Yoga 11:00am - Canasta 1:00pm - Strength & Cardio** 1:30pm - Zoom BINGO!	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)	9:30am - Drums Alive** 10:00am - Sign Language 11:30am - Davis Bates - Halloween 1:00pm - Mahjong	10:00am - Chair Yoga 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	9:15am - Dance Cardio** 10:30am - Tai Chi**
10:00am - Chair Yoga 11:00am - Canasta 1:00pm - Strength & Cardio** 1:30pm - Zoom BINGO!	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack) 2:00pm - Let's Learn Together	*Water Colors Residents \$3/Non-Residents \$5 **Fitness Class Non-Residents \$2	Office Hours: Mon, Tues, Thurs 8:30am - 4:30pm Wednesday 8:30am - 5:30pm Friday 8:30am - 12:00pm	* All activities are subject to preregistration

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 toward fitness programs to help offset the costs.

Veteran's Corner

Department of Veterans Services (Three 3rd Annual Events on Veterans Day)

3rd 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 11th, from 9am-12pm // Rain Date: November 18th

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 home's yard be a part of this event, please contact VSO James LaFlame.

Phone: 508-336-2940 Email: jlaflame@seekonk-ma.gov



Seekonk 3rd Annual Veterans Day Rolling Parade

Date: Saturday, November 11, 2023, Meet at 9:00am

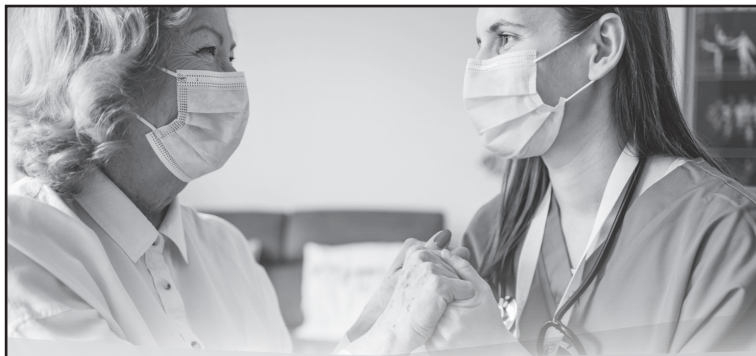
The Seekonk Veterans Council would like to invite all Seekonk Veterans to participate in a rolling parade, a parade of cars, motorcycles and military vehicles on Veterans Day 2023, Saturday November 11th meeting at 9am and rolls at 10am. The parade route starts at Briarwood Plaza and ends at the Seekonk 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.



3rd Annual Holiday Festival

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

James LaFlame
Seekonk Veterans Services Officer
Office 508-336-2940
Email: jlaflame@seekonk-ma.gov



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HopeHealthCo.org

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On behalf of the
Seekonk Town Crier
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of our newsletter



ON BLACKSTONE BOULEVARD



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Please contact Tom Reily
508-336-6633 x 337

Law Office of Luke P. Travis
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TEL: (508) 676-3333
FAX: (508) 678-1698
luke@bristollegal.com

P.O. BOX 3288
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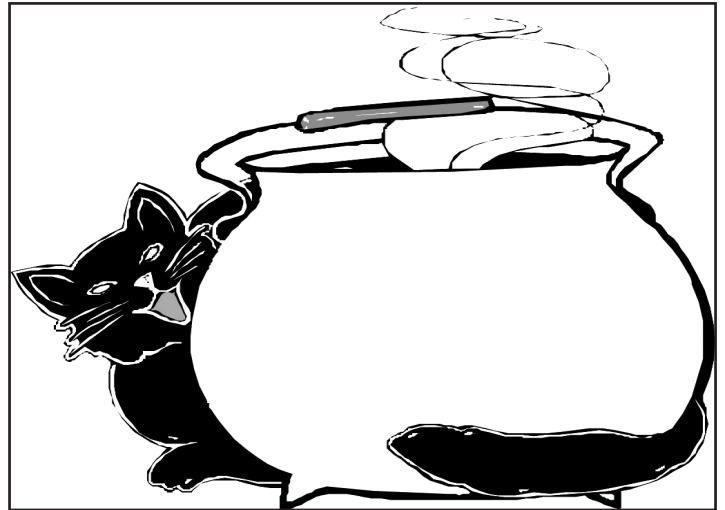
Thank you!

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

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in the next
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Newsletter!
Please contact Tom Reily
508-336-6633 x 337**

Future Activities

Veterans' Day Celebration

Wednesday, November 8, 2023 @ 11:30am



The annual Veterans Day luncheon will take place on Wednesday, November 8th at 11:30am. The musical entertainment for our Veterans' Day Celebration will be the Navy Band (subject to change). There will be a FREE lunch for Seekonk Veterans. Lunch will be pasta and meatballs. The fee for Seekonk residents is \$5.00, and non-residents is \$7.00. Registration for non-residents begins 10/15 and all registrations are due by 11/3. To register please call our office at 508-336-8772.

Friendsgiving

Wednesday, November 15, 2023 @ 11:30am



We invite you to our second annual Friendsgiving. Thanksgiving is a time to reflect on what and who we are grateful for in general over the past year. The best way to share those reflections is around the Thanksgiving table. Join us for a delicious Thanksgiving Shepherd's Pie (fresh roasted turkey, stuffing, gravy, corn, & mashed potatoes with a side of cranberry sauce) prepared by The Cooks House with good company and conversation. The cost for residents is \$7 and non-residents is \$10. Registration for non-residents begins 10/23. Registration is due by 11/8. To register please call our office at 508-336-8772.

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

Overview of Legal Services

Monday, November 27, 2023

10am - 12pm (15 minutes appointment only)

Brandon Walecka, Esq., LL.M from Walecka Law will be providing office hours by appointment. The mini-consultations will center around elder law topics such as probate, questions regarding making a will (other power of attorney, health care proxy, etc.), trusts (irrevocable and revocable), Medicaid/MassHealth rules and eligibility, tax planning, and special needs planning. These consults are focused on elder law and estate planning.

Please call the office at 508-336-8772. **MA residents only.**



WALECKA LAW, P.C.
ESTATE AND ELDER LAW

Healthy Aging - Lunch & Learn

Wednesday, November 29, 2023 at 11:30am

"Healthy Holiday Eating" for healthy aging! The presentation will be about debunking common nutrition advice seen across television and in the media with Bristol Elder Services Registered Dietitian, Dawn DiMarco. Most nutrition advice in the media is not accurate. If you are looking for nutrition advice, always ask a Registered Dietitian. The menu will be: sausage, peppers and onions, sub roll, pasta alfredo, cake, & lemonade. **Preregistration is required by calling our office at 508-336-8772.**



Human Services Council

Chairperson

Michelle Hines

Vice Chairperson

Maria Duarte

Irene Andrews

Cheryl Camara

Beverly Della Grotta

Keith Perry

Josephine Veader

Council meets fourth Monday of the month

@ 3:15pm at

**Seekonk Human Services
Conference Room**