



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

February 2022

This office will be closed on February 21, 2022

Seekonk Human Services will be open to the public as of February 14, 2022. All major activities and programs will resume March 1, 2022.

FITNESS CLASS FEES

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

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.

MEN'S BREAKFAST

We would like to know if anyone is interested in starting a new Men's Breakfast. We had a Men's Breakfast once a month on Thursdays. If anybody has any ideas for the Men's Breakfast, please call 508-336-8772 and let us know what you would like to do.

Income Tax Appointment



The AARP Foundation Tax Aide, will be here at Seekonk Human Services, on Thursdays. They will start preparing taxes from February 3, - April 14, 2022. Appointments will be at 9:00, 10:00 and 11:00am. AARP requires all people participating in the tax program to wear a mask while they are working with the preparers. Please call our office to set up an appointment at 508-336-8772.

Emergency Assistance Request Form

Imagine being trapped in your home with no electricity, telephone service, or heat? What would you do without power during a hurricane, a winter storm or other natural disaster or in the days that follow? If you're homebound, bed ridden, are oxygen or insulin dependent, what would you do? For someone with a serious medical condition or living alone, the consequences could be a matter of life or death. A "Emergency Assistance Request" form is available at Seekonk Human Services. It's simple — register and tell us what your needs are. We will share your information with Emergency Responders who would be notified in the event of an emergency. Do we need to evacuate you or contact a family member on your behalf? Tell us how best to keep you safe. For more information or to register, call the Seekonk Human Services 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 programing you may like.

Creamy Tomato Soup

Serves 2 / Serving size: 1.5 cups

Ingredients:

2 cups (16 fl oz) tomato sauce, 15 ounce canned chickpeas or white beans (drained, rinsed), $\frac{1}{4}$ cup water, $\frac{1}{4}$ cup grated parmesan cheese, $\frac{1}{4}$ tsp salt, Optional: 1 slice of 100% whole grain toast on the side

Directions:

1. Pour tomato sauce, beans, water, parmesan cheese and salt in a food processor or blender. Blend for 2 minutes or until smooth. 2. Heat in a medium saucepan until warm (as desired). Serve in a bowl with side of toast.

Source: Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.

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. Pick up will be between 11am - 12pm. February'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.

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 Services

Chapter 115 Benefits

Under Chapter 115 of Massachusetts General Laws (M.G.L. ch. 115), the Commonwealth provides a uniform program of financial and medical assistance for indigent veterans and their dependents. This is a program that is unique to Massachusetts.

Qualifying veterans and their dependents receive necessary financial assistance for food, shelter, clothing, housing supplies, and medical care in accordance with a formula, which takes into account the number of dependents and income from all sources. Eligible dependents of deceased veterans are provided with the same benefits as they would were the veteran still living.

Note: many benefits are not available to the spouse once the veterans passes. This benefit is available to the surviving spouse, unless they remarry.

Income limits for Chapter 115 is currently \$2,147 for single applicants & \$2,904 if married. The liquid asset limit is \$8,400 for single applicants and \$16,600 if married. If you were previously denied benefits for being over assets, you may now qualify, because the asset limit has almost doubled over the last couple of years.

For retired veterans, social security and pensions are counted as income. Any income received from the V.A. is also counted as both income and an asset. The stimulus money received for COVID-19 is not included as income or an asset.

Please contact me with any questions you may have pertaining to Chapter 115 benefits.

James LaFlame

Seekonk Veterans Services Officer

Office 508-336-2940

Email: jlaflame@seekonk-ma.gov



Avoiding Probate

By: Brandon C. Walecka, Esq.

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When an individual dies owning property solely in his or her name, a formal procedure (“probate”) is usually needed to determine to whom the property should pass. If there is a valid Will, the property will pass according to its terms. If there is no Will, the property will pass to the individual’s heirs at law. The intestacy laws of Massachusetts will determine who the individual’s heirs are and what they receive. It may not be to whom you would expect.

However, it is possible to legally pass property to another person without going through probate. The following are examples of some probate avoidance devices. Keep in mind that although it is often beneficial to avoid probate because the process can be costly and time consuming, these devices have pitfalls. Additionally, probate is sometimes the best option depending on the situation. The following are examples of probate avoidance devices:

Joint Tenancy - Adding another person to your assets as a joint owner or “joint tenant with rights of survivorship” will allow your property to pass to the other individual upon your death without the need for a probate proceeding. The obvious pitfall to this is that while you are alive the other owner has access to 100% of that asset and the asset is subject to any claims of the owner and/or any of their creditors.

Beneficiary Designations - Adding a Transfer on Death (TOD) Beneficiary to your investment account; Pay on Death beneficiaries (POD) on bank accounts. Unlike joint tenancy, adding beneficiary designations to your property allows you to name an individual to inherit your property at your death without giving them any current ownership. The property will pass to the individual of your choice without going through a probate proceeding. One of the problems associated with beneficiary designations is that often the TOD/POD asset is not divided equally among the family as may have been intended by the deceased.

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

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Veronica Brickley, LPN LSWA

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Maggie Perkins

Office Clerk

Sharon Bettencourt

Veterans Service Officer

James LaFlame

Human Services Council

Chairperson

Michelle Hines

Vice Chairperson

Beverly Della Grotta

Irene Andrews

Anne Libby

Keith Perry

Josephine Veaider

Council meets fourth Monday of the month

@ 3:15pm at

**Seekonk Human Services
Conference Room**