



**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

## January 2022

**This office will be closed on  
January 17, 2022**

### **FITNESS CLASS FEES**

**Starting January 1, 2022 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](mailto:library@seekonkpl.org).

### **VALENTINE'S DAY PARTY Wednesday, February 16, 2022 at 11:30am**

Tom Quigley will be here to perform for the Valentine's Day celebration. He is not an imitator but he brings the songs alive in his performances. He sings songs by Neil Diamond, Bobby Vinton, Beach Boys as well as the songs of the 50's & 60's. Tom encourages the crowd to sing along with him as well. Along with his performance he also has some interesting tidbits to share about the songs and the artist as well. Preregistration is required by calling 508-336-8772. Lunch will be Chicken salad sandwiches, chips & dessert. Cost: \$5.00 residents & \$7.00 non-residents.

### **HOLIDAY SEASONS' THANK YOU!!!**

Seekonk Human Services would like to take the opportunity to thank all those who helped out during the holiday seasons. We would like to thank those who donated food, gifts, adopting families for Christmas and items needed for the holiday season. Without your help we couldn't make this a successful holiday season!

### **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.

### **TRIAD - S.A.F.E. Tuesday, January 11, 2022 at 1:00pm**

Lt. Kyle Laprade will be here to talk about FILE of Lifes and their home smoke alarm inspection program. He will briefly talk about taking down Christmas trees, CO poisoning and over loading circuits with space heaters. There will be time left for questions and answers. Preregistration is required by calling our office at 508-336-8772.

**Arts & Crafts**  
**Mondays in January**  
**1:00pm**

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

**January 24 - Dragonfly Décor  
Craft has limited availability**

**January 31 - Message Board**

**Podiatry Clinic**  
**Wednesday, January 12, 2022**  
**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, January 19, 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, January 25, 2022 at 2:00pm**  
**Zoom Practice Session**

If you've been holding back on joining Zoom meetings for library programs and more, this session is for you! Librarian Michelle Gario will lead this 90 minute basics session to practice using Zoom. Bring your e-mail ID (and password if not saved) and laptop, tablet or phone. Please make sure your device is fully charged. Contact the Seekonk Human Services to preregister for this activity at 508-336-8772.

**Strength and Cardio at 1:00pm**  
**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. The fee for this class is free for Seekonk residents and \$2.00 for non-residents. Preregistration is required by calling 508-336-8772.

**Classes will be on January 3, 2022, January 10, 2022 & January 24, 2022**

**WOMEN'S BRUNCH**

We meet every 3rd Thursday of the month at 10 am supporting our local restaurants. Everything is Dutch treat. These are the restaurants for the next 2 months:

**January 20th at Vino's Family Restaurant - Rehoboth**

**February 17th at IHOP - East Providence**

If you are interested in joining our group of women for good food, & good conversation, please call Beverly at 401-749-4841.

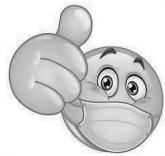
**PITCH (Hi-Lo-Jack)**  
**Starting again on Tuesdays**  
**In January 2022 @ 1:00pm**

We are revamping our Pitch (Hi-Lo-Jack) game at Seekonk Human Services for January 2022. If you are interested in playing Pitch please call the Seekonk Human Services at 508-336-8772 to preregister.

**Basic Beginners Sign Language Class**  
**January 18, 2022**  
**Tuesdays @ 10:00am**

Sign Language will be starting again at the Seekonk Human Services Center, on Tuesdays, January 18, 2022. For more information and to preregister contact Seekonk Human Services at 508-336-8772.

**STAY SAFE AND HEALTHY**  
**FROM**  
**SEEKONK HUMAN SERVICES**



**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.

## ALMOND BUTTER BANANA PANCAKES

### Ingredients: For the Pancakes 1

1/2 Cup (Simple Mills Pancake & Waffle mix, 2 Eggs, 2 Tbsp.

Almond Butter, 4 Tbsp. Water, 1 Tsp. Vanilla, Coconut oil to grease pan, 2 Bananas (sliced).

OPTIONAL TOPPINGS: Banana slices, Slivered Almonds and Maple Syrup



**Instructions:** 1. **MIX** the Simple Mills Pancake & Waffle mix with the eggs, almond butter, water and Vanilla 2. **HEAT** a skillet on the stove over medium heat with a little Coconut Oil. 3. **SPOON** about 3 tablespoons of the batter into the skillet and add a few Banana slices on top. 4. **FLIP** the pancake over after 1 - 2 minutes and let it cook on the other side for another minute before transferring it to a plate. 5. **REPEAT** the above steps until there is no batter left. 6. **TOP** the pancakes with extra Banana slices, Slivered Almonds, and Maple Syrup if desired.

### 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. January'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**

The Seekonk Veterans Council and Seekonk Department of Veterans Services put together an event where people could sponsor and/or dedicate a tree in our first annual Holiday Festival. We provided the trees, lights and sponsorship signs and sponsors decorated the trees to be displayed for the month of December.

Since it is the first year, we started out with a goal of 20 trees. The early response was quite good, so we upped the total to 35 trees.

We figured that once the trees were up that interest would grow from there. Thanks to all of those who sponsored trees, you will be the first ones contacted for next year. There have been a number of inquiries regarding sponsoring a tree next year. Our goal for next year is a minimum of 50 trees and we may expand on that number if the interest continues to grow.

To be put on the contact list for next year's Holiday Festival, please contact Seekonk Veterans Services at (508)336-2940 or via email [jlaflame@seekonk-ma.gov](mailto:jlaflame@seekonk-ma.gov).



James LaFlame  
Seekonk Veterans Services Officer  
Office 508-336-2940  
Email: [jlaflame@seekonk-ma.gov](mailto:jlaflame@seekonk-ma.gov)

January 2022 Calendar

**UKULELE BILL**  
Entertainer, Singer & Musician

**@ukulelebillofficial**  
**@ukulelebilloffl**  
**401-578-8671**

**HAPPY**  
**Martin Luther King Day**

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- ✓ Get you back in the game

**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

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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



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



## Still right at home

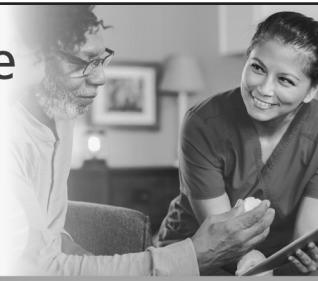
Community VNA has officially joined the HopeHealth family of services!

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  
10 Emory Street, Attleboro, MA 02703  
(508) 222-0118  
[HopeHealthCo.org/HomeHealthMA](http://HopeHealthCo.org/HomeHealthMA)

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



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# 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](http://www.bearmountainhc.com)

**To be a sponsor  
in the next  
Seekonk Town Crier  
Newsletter!  
Please contact Tom Reily  
508-336-6633 x 337**

## Avoiding Probate

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

Walecka Law, P.C.

774-203-9003

Brandon@WaleckaLaw.com

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

#### **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

Anne Libby

Keith Perry

Josephine Veaider

**Council meets fourth Monday of the month**

**@ 3:15pm at**

**Seekonk Human Services  
Conference Room**