



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

March 2024

St. Patrick's Day Party

Wednesday, March 13, 2024 @ 11:30am

Join us for a traditional St. Patrick's Day luncheon of corned beef and cabbage. The cost for residents is \$7 and non-residents is \$10. Entertainment by Tony Capriccio. Preregistration is required by calling our office at 508-336-8772.

Bristol County Register of Probate

Wednesday, March 20, 2024 at 11:30

Please join Register Tom Hoye and First Assistant Register Attorney Juliane Clark as they discuss the role of Bristol County Probate and Family Court and the impact it may have in our lives or our seniors. The topics that most affect seniors will be discussed that may include, but not limited to; the basics of estate planning, guardianships and change of name applications. Refreshments and pastry will be served. If you are interested in this presentation, please contact our office at 508-336-8772 to register.

Healthy Aging - Lunch & Learn

Wednesday, March 27, 2024 at 11:30am

Bristol Elder Services Registered Dietitian, Dawn DiMarco will be doing a nutritional BINGO! If you are looking for nutrition advice, always ask a Registered



Dietitian. The menu is Swedish meatballs, egg noodles, broccoli, dessert and a beverage.

Preregistration is required by calling our office at 508-336-8772.

Arts & Crafts

From 9:30am - 11:30am

Come join Daisy as she runs an arts & crafts class on the 1st and 3rd Friday of the month. The fee for residents is \$5 and non-residents is \$7. **March 1** - Cigar box. **April 5** - Diamond Art pt.1 **April 19** - Diamond Art pt. 2.

Contact the office for more information and to sign up at 508-336-8772.

Annual Boston Bruins PJ Drive

February 1, 2024 - March 15, 2024

Seekonk Library will once again partner with the Boston Bruins to coordinate local drop-off locations for the collection of new pajamas for low-income and homeless families. All donations of new pajamas are gratefully accepted with a particular need for pajamas for older children and teens.

Donations may be left in the collection box in the lobby at Seekonk Library, at Seekonk Town Hall or at Seekonk Human Services through March 15th. Pajamas will then be distributed by the organization Cradles to Crayons to children who "don't know the comforting feeling of putting on PJs before settling down to sleep." **The statewide goal for the 6-week drive is 10,000 pairs with Seekonk's goal being 160 pairs.**

The Boston Bruins thank everyone in advance for donating pajamas to the 17th Annual PJ Drive!

Donate a pair of Pajamas at our location to be entered for a chance to win a gift card. One raffle ticket for each donated pajama.



New Class—Mat Exercise Class

Thursday, 9am—9:45am

Space limited

This class is group led and incorporates mats, chairs, blocks and straps to achieve poses and deep stretches. All movements can be adapted to various skill levels. Mats and blocks are available, but feel free to bring your own. Wear stretchy clothing and yoga socks or choose to go barefoot. Make sure to bring water! If you are interested in trying this class out please call the office at 508-336-8772. Space is limited so be sure to sign up!

Podiatry Clinic
Wednesday, March 6, 2024
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. Please call 508-336-8772 for appointment.

Blood Pressure & Glucose Clinic
Wednesday, March 20, 2024
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, March 26, 2024 at 2:30pm

Do you have questions about using your smartphone, or tablet? Bring them to the Tech Help Hour. The goal of this session is to help each other learn how to use technology better. There is no set agenda, just your questions and answer, favorite tips and tools. This program is moderated by library staff. 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.

Fuel Assistance

If you have never had fuel assistance and would like to apply or if you need help filing out your application, please call Seekonk Human Services at 508-336-8772 to make an appointment with the Outreach Caseworker. Fuel assistance applications are accepted **until April 30, 2024.**

Income guidelines: Maximum income for one person is \$45,392, for two people is \$59,359, for three people is \$73,326 and for four people is \$87,294. Returning applicants must provide proof of income (pension, interest, dividends, 401K/IRA distribution). New applications must provide income, mortgage or rent bill, real estate taxes, homeowners insurance, utility bills (electric, gas and/or oil), social security card, government photo ID, and birth certificates for those under the age of 18.

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. Sign up and payment is required one week in advance.

Women's Lunch
Wednesday, March 6, 2024 at 11:30am at
Benjamin's at the Ramada Inn
213 Taunton Avenue,
Seekonk, MA 02771

The Women's lunch group meets the 1st 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 the office at 508-336-8772.

Cribbage
Thursdays at 11am

Whether you are a seasoned Cribbage player looking to meet new people, test your skills, or a new player looking to learn to play, join or new weekly Cribbage group! All skill levels invited and supplies provided. Contact the office to register at 508-336-8772.



Encore Casino
Wednesday, March 20, 2024
Price: \$39.00 Per Person
Location: Boston Harbor

Departure 8:30am Return Approximately 5:30pm

Join us at Boston's Premier Casino!! The casino at Encore Boston Harbor brings glamour on a grand scale to the riverfront. Enter the main floor - open and airy, colorful and vibrant! Try your luck with 2,800+ slot machines, including classic favorites, automated tables and the newest game titles. Enjoy 166 table games, from craps and roulette to blackjack and baccarat, all at state-of-the-art tables with superior service. It all adds up to an exciting, memorable five-star experience unlike anywhere else in Boston.



Trip Includes: *Casino Time: 10:00am-4:00pm (Casino Package subject to change). *Casino Package - \$20 free slot play. *Deluxe Motorcoach Transportation. Gratuity. Contact: Seekonk Human Services 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. February's menu is available on our Facebook Page and by calling our office at 508-336-8772.

What Happens When a Beneficiary Designation Differs from What Is Stated in the Will?

By: Brandon C. Walecka, Esq.

Walecka Law, P.C.

774-203-9003

Brandon@WaleckaLaw.com

It is not uncommon that I meet with family after the death of an individual. During that meeting we review the ownership and designated beneficiaries of assets of the deceased. Sometimes we discover that the Last Will and Testament of the deceased states everything goes, for example, to their children equally, but in researching their investments, however, we find that several accounts have been set up as transfer on death (TOD) accounts and the beneficiary designations do not agree with the equal split made in the Will. Should the intent of the Will be followed or does the TOD account govern the distribution?

This unfortunately is not that unusual. Parents and others make different distributions in their Wills from the beneficiary designations on their accounts, and the heirs have no idea what the deceased person had in mind. Did they change their mind from when they wrote the Will? Did the deceased person forget what they had in mind earlier? Did someone help them with the beneficiary designations not having any idea what the Will might have said? This is one reason to ensure that your estate plan (along with your designated beneficiaries) is reviewed every three to five years. This is also a reason to avoid probate and ensure your wishes are clear. A better strategy might be to create a trust and name this trust as owner or beneficiary of appropriate assets. Trusts avoids probate just like payable on death accounts, but they don't create this same confusion.

All of that said, if you find yourself in this challenging situation, technically, the beneficiary designations are binding and usually override the terms of a Will. If you would like your estate to avoid legal challenges and complications after you pass away, we encourage you to seek advice from a qualified estate planning attorney who can help.

The information contained in this article is not intended to make you an expert on estate planning nor is this article intended to replace the need for the advice of a professional. Rather, this article is simply intended to provide a basic understanding of why estate planning is important for everybody and a basic understanding of some of the more common estate planning tools. This article does not constitute legal advice.

Telephone Reassurance Program

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 ongoing, 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.

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.

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
*Water Colors Residents \$3/Non-Residents \$5 Paid one month at a time **Fitness Class Non-Residents \$2 *** Arts & Crafts Residents \$5/Non-Residents \$7	Office Hours: Mon. Tues. Thur. 8:30am - 4:30pm Wednesday 8:30am - 5:30pm Friday 8:30am - 12:00pm	All activities are subject to preregistration. Activities subject to change without notice.		9:15am - Dance Cardio** (Prerecorded) 9:30am - Arts & Crafts** 10:30am - Tai Chi**
4 10:00am - Movement & Meditation 11:00am - Canasta 1:00pm - Strength & Cardio** (Prerecorded) 2:00pm - Oil Painting	5 9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)	6 9:30am - Drums Alive** (Prerecorded) 10:00am - Podiatry Clinic 11:00am - Tribal Grooves** 11:30am - Women's Lunch at Benjamin's at the Ramada Inn 1:00pm - Mahjong	7 9:00am - AARP Taxes 9:00am - Mat Exercise 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	8 9:15am - Dance Cardio** (Prerecorded) 10:30am - Tai Chi**
11 10:00am - Movement & Meditation 11:00am - Canasta 1:00pm - Strength & Cardio** 2:00pm - Oil Painting	12 9:00am - Zoom Drums Alive** 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)	13 8:45am - Stability & Balance** 9:30am - Drums Alive** 10:00am - Sign Language 11:30am - St. Patrick Day's Party 1:00pm - Mahjong	14 9:00am - AARP Taxes 9:00am - Mat Exercise 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	15 9:15am - Dance Cardio** (Prerecorded) 10:30am - Tai Chi**
18 10:00am - Movement & Meditation 11:00am - Canasta 1:00pm - Strength & Cardio** 2:00pm - Oil Painting	19 9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack)	20 8:45am - Stability & Balance** 9:00am - Blood Pressure Clinic 9:30am - Drums Alive** 10:00am - Sign Language 11:30am - B.C. Register of Probate 1:00pm - Mahjong	21 9:00am - AARP Taxes 9:00am - Mat Exercise 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	22 9:15am - Dance Cardio** 10:30am - Tai Chi**
25 10:00am - Movement & Meditation 11:00am - Canasta 1:00pm - Strength & Cardio** 2:00pm - Oil Painting	26 9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:45am - Cooks House Lunch 1:00pm - Pitch (Hi-Lo Jack) 2:30pm - Let's Learn Together	27 8:45am - Stability & Balance** 9:30am - Drums Alive** 10:00am Sign Language 11:30am - Lunch & Learn 1:00pm - Mahjong	28 9:00am - AARP Taxes 9:00am - Mat Exercise 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	29 9:15am - Dance Cardio** 10:30am - Tai Chi**

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 cost.

VA Disability Compensation

Disability compensation is a tax-free monetary benefit paid to veterans with disabilities that are result of a disease or injury incurred or aggravated during active military service. Compensation may also be paid for post-service disabilities that are considered related or secondary to disabilities occurring in service and for disabilities presumed to be related to circumstances of military service, even though they may arise after service. Generally, the degrees of disability specified are also designed to compensate for considerable loss of working time from exacerbations or illnesses.

The benefit amount is graduated according to the degree of the veteran's disability on a scale of 10-100 percent (in increments of 10). Compensation may also be paid for disabilities that are considered related to circumstances of military service, even though they may arise after service.

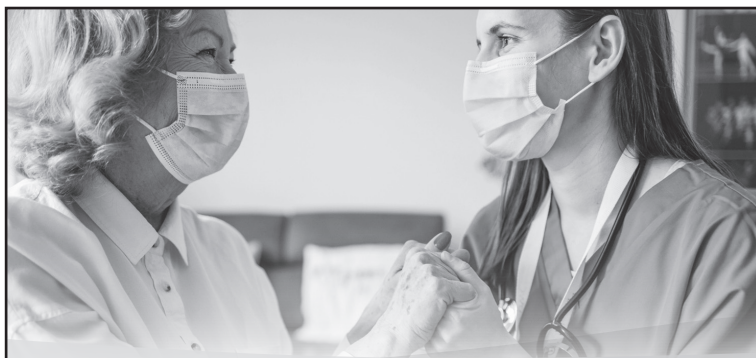
If you have dependents, an additional allowance may be added if your combined disability is rated 30% or greater. Your compensation may be offset if you receive military retirement pay, disability severance pay, or separation incentive payments.

In order for veterans to be eligible for VA compensation, they cannot have been given a dishonorable discharge. They need to have served 90 days or more of active duty with at least 1 day during a period of war time (doesn't have to be in a war zone). Regulation requires that anyone who enlisted after September 7, 1980 generally has to serve at least 24 months or the full period for which a person was called or ordered to active duty in order to receive any benefits based on that period of service.

If you have any questions regarding your ability to receive VA disability compensation, feel free to shoot me an email or give me a call to set up an appointment.

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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Please contact Tom Reily
508-336-6633 x 337

Law Office of Luke P. Travis
Estate Planning

TEL: (508) 676-3333
FAX: (508) 678-1698
luke@bristollegal.com

P.O. BOX 3288
10 NORTH MAIN ST.
FALL RIVER, MA 02722-3288



Local #215



Lodge #5

SEEKONK POLICE

MASS C.O.P. Local #215 F.O.P. Lodge #5
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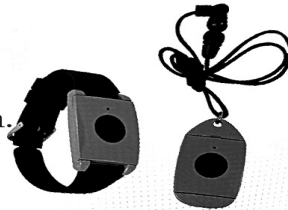
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508-336-6633 x 337**

Richard King - Radios Greatest Moments**Wednesday, April 10, 2024 at 1:00pm**

Richard King is an Old Time Radio collector & historian. For over 40 years, he's presented The Golden Age of Radio, a multimedia show, for community groups and organizations. From 1930s to 1950s, radio captured the imagination and hearts of America. He'll transport you back to that unforgettable era from its inventor beginnings, through its glory days, to its bittersweet end with the advent of TV. His presentation features epic historical events and all the top Old Time Radio programs. He'll return you to those thrilling days of yesteryear in his unique and entertaining show. If you are interested in this presentation, please contact our office at 508-336-8772 to register.

"A Musical Journey Through the Years"**Wednesday, April 24, 2024 at 1:00pm**

Take a "walk down memory lane" and share an hour of music, laughter and a really good time with Tommy Rull, singer/entertainer's show, "A Musical Journey



Through the Years". Enjoy the music of Sinatra, Neil Diamond, Kenny Rogers, Paul Anka, Elvis, Perry Como, Louis Armstrong, Engelbert, Barry Manilow and many others. Sing along to your favorite songs and if "the spirit moves you", get up and dance! If you are interested in this presentation, please contact our office at 508-336-8772 to register.

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

Silver Tea
May 8, 2024

You are cordially invited to attend a
Silver Tea
Honoring women in Seekonk
Age 75 and Older

The Tea will be held at
Seekonk Senior Center
540 Arcade Avenue
Wednesday, May 8, 2024
@ 12:00 noon

Hosted by Seekonk Human Services
&
Funded by Friends of Friends
Community Services Inc.

Limited Seating Available
R.S.V.P. (508) 336-8772 by April 22, 2024

Seekonk Residents Only

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