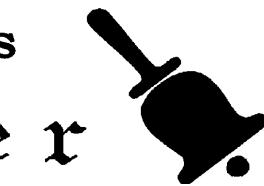




SEEKONK HUMAN SERVICES

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

April 2024

**The office will be closed on:
Monday, April 15, 2024 for Patriots' Day**

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.



Arts & Crafts From 9:30am - 11:30am

The fee for residents is \$5 and non-residents is \$10.

April 5, 2024 - Diamond Art pt.1

April 19, 2024 - Diamond Art pt.2.

May 3, 2024 - Wine Glass Painting

May 17, 2024 - Fabric Wreaths

Contact the office for more information 508-336-8772. Payment is due at registration.



**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

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, April 3, 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, April 17, 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, April 23, 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, April 3, 2024 at 11:30am at
Longhorn Steakhouse
80 Highland 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
Friday, June 28, 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 waterfront. 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. **Payment due at registration.**

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. April's menu is available on our Facebook Page and by calling our office at 508-336-8772.

Funeral Expenses and Medicaid

By: Brandon C. Walecka, Esq.
Walecka Law, P.C.
774-203-9003
Brandon@WaleckaLaw.com

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.

Whenever I talk to a family whose loved one is close to spending down the required amount of assets to qualify for Medicaid (MassHealth in Massachusetts), the topic of funeral and burial expenses comes up. Most people are aware that Medicaid permits setting aside funds to cover arrangements, but many are a bit unclear on the details, so here I will present some of the basics.

Burial Plots - Medicaid permits the purchase of a burial plot for the applicant and their spouse.

Burial Accounts - Medicaid permits an application to set aside \$1,500 for burial expenses for the applicant and the applicant's spouse so long as such funds are specifically designated for burial and not commingled with other assets. If this is done properly, these burial accounts do not count toward the \$2,000 (or \$130,380 for married couples) asset limit.

Prepaid Funeral Contract - For many individuals, this \$1,500 account is insufficient to cover the complete costs of burial or cremation in Massachusetts. Instead, a prepaid funeral contract is used and is permitted under Medicaid rules. This contract is an agreement in which the purchaser pays for a funeral in advance that the funeral home agrees to provide. The contract must be irrevocable (meaning it cannot be cancelled and the funds returned).

Because of the requirement by Medicaid that an applicant spend down to below \$2,000 (or \$130,380 for married couples) in assets, to achieve eligibility, a prepaid contract is often an early and important spend down option. Typically, the family meets with a funeral home of their choice to review their personal wishes and create this contract. It is important to review with the funeral home what happens to these prepaid funds under certain circumstances, including: until your passing, to the interest income on the money, if the funeral home goes out of business, and if you move out of state or die while away?

With a prepaid funeral contract, you pay for all of your own funeral and burial or cremation expenses in advance. When you pass away, your family notifies the provider, and they then handle everything.

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.

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
10:00am - Movement & Meditation	1 9:00am - Zoom Drums Alive**	2 8:45am - Stability & Balance**	3 9:00am - AARP Taxes	4 9:15am - Dance Cardio**
11:00am - Canasta	10:00am - Water Colors*	9:30am - Drums Alive**	9:00an - Mat Exercise	5 9:30am - Arts & Crafts***
1:00pm - Strength & Cardio**	11:45am - Cooks House Lunch	10:00am - Podiatry Clinic	10:00am - Movement & Meditation	10:30am - Tai Chi**
2:00pm - Oil Painting	1:00pm - Pitch (Hi-Lo Jack)	11:30am - Women's Lunch at Longhorn Steakhouse-80 Highland	11:00am - Cribbage	
		1:00pm - Mahjong	1:00pm - BINGO!	
		1:00pm - Pitch (Hi-Lo Jack)	1:00pm - Pitch (Hi-Lo Jack)	
10:00am - Movement & Meditation	8 9:00am - Zoom Drums Alive**	9 8:45am - Stability & Balance**	10 9:00am - AARP Taxes	11 9:15am - Dance Cardio
11:00am - Canasta	10:00am - Water Colors*	9:30am - Drums Alive**	9:00an - Mat Exercise	(Prerecorded)
1:00pm - Strength & Cardio**	11:45am - Cooks House Lunch	10:00am - Sign Language	10:00am - Movement & Meditation	
2:00pm - Oil Painting	1:00pm - Pitch (Hi-Lo Jack)	1:00pm - Radios Greatest Moments	11:00am - Cribbage	
		1:00pm - Mahjong	1:00pm - BINGO!	
		1:00pm - Pitch (Hi-Lo Jack)	1:00pm - Pitch (Hi-Lo Jack)	
CLOSED FOR PATRIOTS' DAY	15 9:00am - Zoom Drums Alive**	16 8:45am - Stability & Balance**	17 9:00am - Mat Exercise	18 9:15am - Dance Cardio
	10:00am - Water Colors*	9:00am - Blood Pressure Clinic	10:00am - Movement & Meditation	(Prerecorded)
	11:45am - Cooks House Lunch	9:30am - Drums Alive**	11:00am - Cribbage	
	1:00pm - Pitch (Hi-Lo Jack)	10:00am - Sign Language	1:00pm - BINGO!	
		11:00am - Tribal Grooves**	1:00pm - Pitch (Hi-Lo Jack)	
		1:00pm - Mahjong	1:00pm - Pitch (Hi-Lo Jack)	
10:00am - Movement & Meditation	22 9:00am - Zoom Drums Alive (Prerecorded)	23 9:30am - Drums Alive (Prerecorded)	24 9:00am - Mat Exercise	25 9:15am - Dance Cardio
11:00am - Canasta	10:00am - Water Colors*	10:00am - Movement & Meditation	(Prerecorded)	
1:00pm - Strength & Cardio (Prerecorded)	11:45am - Cooks House Lunch	11:00am - Cribbage		
2:00pm - Oil Painting	1:00pm - Pitch (Hi-Lo Jack)	1:00pm - BINGO!		
	2:30pm - Let's Learn Together	1:00pm - Mahjong	10:30am - Tai Chi**	
		1:00pm - Pitch (Hi-Lo Jack)		
10:00am - Movement & Meditation	29 9:00am - Zoom Drums Alive**	30 *Water Colors Residents \$3/Non-Residents \$5 Paid one month at a time **Fitness Class Non-Residents \$2 ***Arts & Crafts Residents \$5/Non-Residents \$10	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.
11:00am - Canasta				
1:00pm - Strength & Cardio (Prerecorded)				
2:00pm - Oil Painting				

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.

Veterans Corner

Millions of Veterans Exposed to Environmental Hazards are now eligible for VA Healthcare

Millions of U.S. veterans are eligible, beginning March 5, for healthcare with the Department of Veterans Affairs under an accelerated effort to provide benefits and services to those exposed to toxic substances while serving.

The VA announced Monday that all veterans who have served in a combat zone since the Vietnam War, as well as those who participated in training or operations and came into contact with hazardous materials, will be able to enroll in VA health care.

Under the PACT Act, more than 100,000 veterans have enrolled in VA health care and roughly 760,000 disability claims have been approved. VA officials did not detail exactly how many veterans now will be eligible for care under the expansion but said the figure is in the "millions."

The expansion allows all veterans who deployed to combat zones in support of the Vietnam, Persian Gulf, Iraq and Afghanistan wars to enroll in VA healthcare. In addition, veterans who never deployed but were exposed to pollutants while participating in a known "toxic exposure risk activity," or TERA, either in the U.S. or abroad, will be eligible.

That would include exposure while on active duty, active-duty training or inactive-duty training to: air pollutants from burn pits, particulate matter, sulfur or oil well fires; chemicals such as pesticides, herbicides, contaminated water or depleted uranium from embedded shrapnel; occupational hazards such as lead, industrial solvents, toxic paint, asbestos and firefighting foam; radiation, including nuclear weapons handling, maintenance and detonation, x-rays and occupational exposure; and chemical or biological weapons or nerve agents.

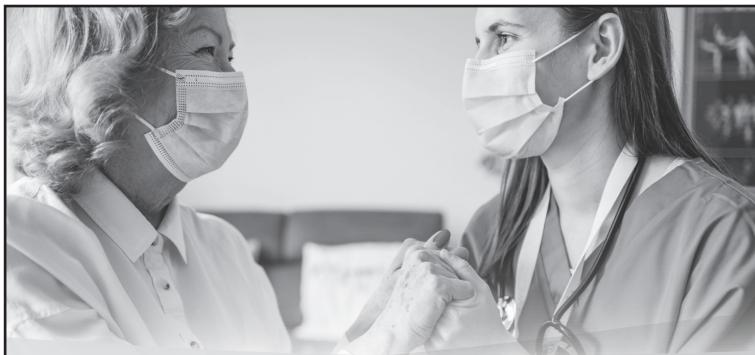
According to the VA, the department will use service records and other resources to determine whether a veteran participated in a TERA. Veterans are not required to have a service-connected disability or file a compensation claim to be eligible for VA care. New enrollees will have access to a toxic exposure screening provided by their primary care physician and may be referred to specialty care depending on need.

They also will be assessed for placement in the VA's priority-based health system and referred to the Veterans Benefits Administration if they qualify for additional benefits. Priority group placement determines whether a veteran is required to make copayments for appointments or prescriptions, depending on treatment or the medications.

If you have any questions regarding your ability to receive VA Healthcare due to toxin exposure, 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





Award-winning care. Right by your side.

We're ranked among the nation's top hospice and home care programs by the **SHPBest Superior Performer** award — and HopeHealth Community VNA is the only home health organization in the state to earn the distinction five years in a row.

Contact us to learn about our full range of services.



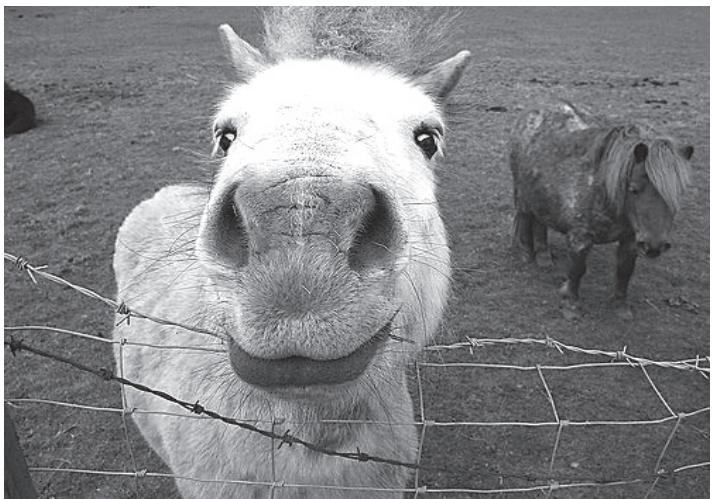
HopeHealth
10 Emory Street
Attleboro, MA 02703
(844) 671-4673
HopeHealthCo.org

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Thank you!
On behalf of the
Seekonk Town Crier
for your support
of our newsletter



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Newsletter!**
**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

PO. BOX 3288
10 NORTH MAIN ST.
FALL RIVER, MA 02322-3288



Local #215

SEEKONK POLICE

MASS C.O.P. Local #215 F.O.P. Lodge #5
Taunton Avenue P.O. Box 353
Seekonk, Massachusetts 02771



Lodge #5

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

Thank you!



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Please contact Tom Reily
508-336-6633 x 337

Podiatry Clinic - For May 2024

Dr. Lechan will be having two clinics in May 2024. Wednesday May 1 and May 29, 2024 from 10am - 2pm.

Music Bingo

Wednesday, May 22, 2024 at 1:00pm

Do you love music? Do you love Bingo? Then you'll love Musical Bingo. It will be held at Seekonk Human Services, You will hear all the songs you grew up listening to in a Bingo format. It's the best of both worlds. Great music. Great friends. Great prizes. Don't miss it! **Preregistration is required by calling our office at 508-336-8772. Registration opens April 15th.**



Healthy Aging - Lunch & Learn

Wednesday, May 29, 2024 at 11:30am

Bristol Elder Services Registered Dietitian, Dawn DiMarco will be doing Nutrition Trivia. If you are looking for nutrition advice, always ask a Registered Dietitian. The menu is Chicken salad, hamburger buns, pasta salad, coleslaw, cupcakes and crystal light. **Preregistration is required by calling our office at 508-336-8772. Registration opens April 15th.**



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

Park & Recreation - Erica Harris-Grimes

Hello! I just want to take a moment to introduce myself. My name is Erica Harris-Grimes, and I am the Park and Recreation Coordinator for the town of Seekonk. I have seen so many of you in the building, however, I have not been able to meet you all yet. While pieces of my job do have me working with the youth sports in town, I am also responsible for providing other opportunities for all ages. I am always looking for new experiences to offer. The activities and experiences I can offer, do not only need to be sports. If there is something you are looking for, please let me know. I am looking forward to planning new and upcoming events. I am really enjoying my job, and one of the best parts is meeting all of the community.



With the calendar months flying by, the warmer weather will be here before we know it. I am looking forward to all the outdoor options the nice weather will be bringing. Soon, it will be perfect time to take advantage of the trails in town. One of my favorite trails to walk is the Gамино Pond area. There are multiple trails in the area to walk. There are also so many places to stop and see nature's beauty. With it being linked up to the meadows, there are also benches to sit on and enjoy your surroundings. Maybe I will see you out on the trails!

Human Services Council

Chairperson

Michelle Hines

Vice Chairperson

Maria Duarte

Irene Andrews

Cheryl Camara

Beverly Della Grotta

Keith Perry

Josephine Veder

**Council meets fourth Monday of the month
@ 3:15pm at
Seekonk Human Services
Conference Room**