



SEEKONK HUMAN SERVICES

Human Center



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

May 2024

**The office will be closed on:
Monday, May 27, 2024 for Memorial Day**

**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.

Seekonk Residents Only

***Reservation required**

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

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

May 3, 2024 - Wine Glass Painting

May 17, 2024 - Fabric Wreaths

June 7, 2024 - Sea Glass Art

June 21, 2024 - Felt Flowers

Contact the office for more information. Preregistration is required with payment.



**Mother's Day Ice Cream Social
Monday, May 13, 2024 at 2:00pm**

Let's celebrate with an ice cream social! Come on down to enjoy some ice cream inside or outside on the picnic tables (weather pending) and good company. This event is open to all! A suggested donation of \$2 is encouraged to help offset the cost but is not required. **Preregistration is required.**

**Music Bingo
Celebrating Older Americans Month
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.**



**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, pasta salad, coleslaw, cupcakes and Crystal Light. **Preregistration is required.**



**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 comfortable clothing and yoga socks, or choose to go barefoot. Make sure to bring water! If you are interested in trying this class out, **Preregistration is required.**

Podiatry Clinic
Wednesday, May 1, 2024 & May 29, 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 our office to make an appointment.**

Blood Pressure & Glucose Clinic
Wednesday, May 15, 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, May 28, 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. This program is moderated by Seekonk Public Library staff. Bring your own tablet, phone, or laptop. Please make sure your device is fully charged. **Preregistration is required.**

Older Americans Month 2024 is celebrated every **May**. This year's theme, "**Powered by Connection,**" recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. It emphasizes the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other related issues. Here are some ways to participate: **1. Share Facts:** Spread awareness about the mental, physical, and emotional health benefits of social connection and how it contributes to overall well-being. **2. Promote Resources:** Encourage older adults to engage in community events, social clubs, and volunteer opportunities. **3. Connect Locally:** Help older adults access local services, such as transportation, that can facilitate meaningful relationships.



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, May 1, 2024 at 11:30am at
Grist Mill
390 Fall River Avenue,
Seekonk, MA 02771

This 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.

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. **Preregistration is required.**



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 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.

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.

The May menu is available at our office and on our Facebook page.

An Estate Planning Warning for Married Massachusetts Residents who are Not US Citizens

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.

Married couples in Massachusetts can take advantage of unlimited gifting between spouses. This is an effective and useful strategy that makes planning to minimize estate taxes relatively straightforward in most situations.

What if one spouse is a non-citizen, however? The estate tax rules are different. It is still possible to protect your assets and provide for your spouse, though you just must plan more carefully.

The unlimited marital deduction: The reason there are no estate taxes at the first death when both spouses are US citizens is due to a deduction in the estate tax world known as an *unlimited marital deduction*. So, regardless of the wealth of the couple, there's no estate tax at the first death. All assets are passed to a surviving spouse who is a U.S. citizen, so the unlimited marital deduction just zeroes out that tax.

If the spouse is not a U.S. citizen: However, if a spouse were not a U.S. citizen, there would be a significant tax. There is no unlimited marital deduction. This is the case because the government's concern is that if the non-citizen spouse inherited all the wealth from their deceased spouse, there is a possibility they may return to their home country where the U.S. government would never be able to levy the estate tax against their estate.

There are solutions: There are solutions to this. It's best to do advanced planning while you and your spouse are alive to ensure that this tax doesn't get levied on the widow(er) who's a non-U.S. citizen. But don't fret, there are options for our clients in which one or both spouses are non-U.S. citizens.

So, seek out proper legal advice from a qualified estate planning attorney to ensure you're not subject to this tax.

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.

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.

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<div><div>**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</div></div>	<div><div>Preregistration is required for all activities.</div><div>Activities subject to change without notice.</div></div>	<div><div>8:45am - Stability & Balance** 9:30am - Drums Alive** 10:00am - Podiatry Clinic 11:30am - Women's Lunch at Crist Mill - 390 Fall River Avenue 1:00pm - Mahjong</div></div>	<div><div>9:00am - Mat Exercise 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)</div></div>	<div><div>9:15am - Dance Cardio** 9:30am - Arts & Crafts*** 10:30am - Tai Chi**</div></div>
<div><div>10:00am - Movement & Meditation 11:00am - Canasta 1:00pm - Strength & Cardio**</div></div>		<div><div>8:45am - Stability & Balance** 9:30am - Drums Alive** 12:00pm - Silver Tea 1:00pm - Mahjong</div></div>	<div><div>9:00am - Mat Exercise 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)</div></div>	<div><div>9:15am - Dance Cardio (Prerecorded) 10:30am - Tai Chi**</div></div>
<div><div>2:00pm - Oil Painting</div></div>		<div><div>1:00pm - Mahjong</div></div>		
<div><div>10:00am - Movement & Meditation 11:00am - Canasta 1:00pm - Strength & Cardio**</div></div>		<div><div>8:45am - Stability & Balance** 9:00am - Blood Pressure Clinic 9:30am - Drums Alive**</div></div>	<div><div>9:00am - Mat Exercise 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)</div></div>	<div><div>9:15am - Dance Cardio** 9:30am - Arts & Crafts*** 10:30am - Tai Chi**</div></div>
<div><div>2:00pm - Ice Cream Social 2:00pm - Oil Painting</div></div>		<div><div>11:00am - Tribal Grooves**</div></div>		
<div><div>10:00am - Movement & Meditation 11:00am - Canasta 1:00pm - Strength & Cardio**</div></div>	<div><div>9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:45am - Cooks House Lunch</div></div>	<div><div>8:45am - Stability & Balance** 9:30am - Drums Alive 1:00pm - Music Bingo</div></div>	<div><div>9:00am - Mat Exercise 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)</div></div>	<div><div>9:15am - Dance Cardio 10:30am - Tai Chi**</div></div>
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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



SEEKONK MEMORIAL DAY PARADE

SATURDAY, MAY 25TH, 2024

10:00AM STEP OFF

STARTS AT SEEKONK HIGH SCHOOL

ENDS AT HURLEY MIDDLE SCHOOL



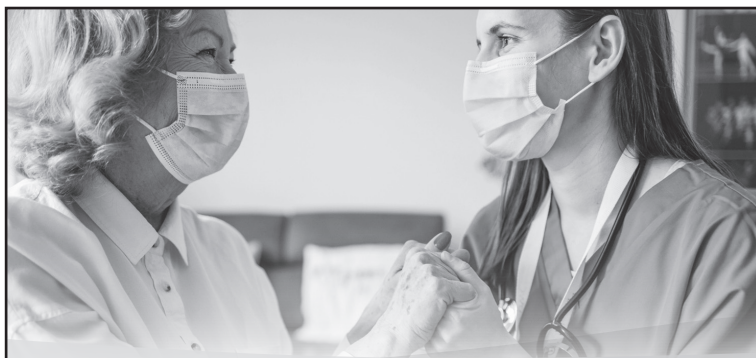
SEEKONK MEMORIAL DAY CEREMONY

SEEKONK VETERANS MEMORIAL PARK

410 NEWMAN AVENUE

11:30AM

- For any additional information, questions or if you have a group that would like to participate; please contact Seekonk Veterans Services at (508)336-2940 or via 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

Thank you!

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



ON BLACKSTONE BOULEVARD



ON THE EAST SIDE



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wingateliving.com



**To be a sponsor
in the next
Seekonk Town Crier
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

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



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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Tom Reily
508-336-6633 x 337**



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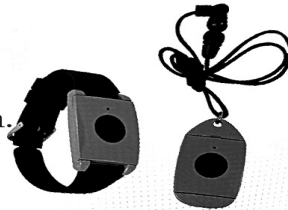
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Seekonk Town Crier
for your support of
our newsletter*

Thank you!



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Please contact Tom Reily
508-336-6633 x 337**

JUMPIN' JUBA - Steve Hurl **Wednesday, June 5, 2024 at 1:00pm**

Jumpin' Juba play blues-based roots-rock and classic rock for your listening and dancing pleasure. They are requested favorites at many MA senior centers. The group features Steve Hurl on electric finger-style and slide guitar plus vocals, with Dave Lockeretz on upright bass. **This program is supported by a grant from the Seekonk Cultural Council. Registration opens May 15th.**



Author Alison O'Leary - "Seen by Sea" **Wednesday, June 12, 2024 @ 1:00pm**

Alison topic is about ****Seen by Sea: An Appreciation of the New England Coast**. Enjoy the sights and histories of New England's many ports from Providence to Bar Harbor, with insight into industries, immigrants, and traditions that shaped our coastal towns. **Registration opens May 15th.**

4th of July Celebration **Wednesday, June 26, 2024 @ 11:30am**

Join us for an afternoon of patriotic songs, fun and a lunch. Musical entertainment will be Frank Noonan. Lunch will be hot dogs & hamburgers. The fee for resident \$7.00, and non-residents \$10.00. **Registration opens May 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

Parks & Recreation

May is here and the weather is slowly starting to warm up. Hopefully for most of us, that means more time being spent outside. If you have not been continuing to do so during winter, it is definitely time to start wearing your sunscreen, and making sure you have plenty of water on hand for your travels. Don't forget some snacks to keep you energized. Trail mix is a great option because there are so many ways to customize it to your taste preferences. I am a fan of the Gorp style with peanuts, M&M's, cheerios and raisins. Some prefer to have no candy, but add in pretzels, coconuts or other dried fruits. There really is no wrong way to make it! Down below are some quick ideas for some flavored water recipes from healthyfamilyproject.com. Pinterest is also a great resource for finding new flavor combinations. Try looking up some trail mix ideas also! Stay safe on the trails, stop to admire the flowers and enjoy your adventures!!

Infused Water Combos

 Strawberry + lemon + Basil	 Orange + Ginger
 Watermelon + Mint	 Citrus + Cucumber + Mint
 Strawberry + Cucumber	 Lemon + Lime + Mint
 Strawberry + Kiwi + Lime	 Pineapple + Mango
 Lemon + Cucumber	 Cantaloupe + Honeydew + Watermelon

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