



# SEEKONK HUMAN SERVICES

## Open Office



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

**July 2024**

**The office will be closed on:  
Thursday, July 4, 2024**

### **Hip Hop Chair Dance for Seniors! Wednesday, July 10, 2024 @ 11:30am**

The movement in this exercise class will keep you limber and can slow down the decline of cognitive disabilities. If you want to keep yourself mobile come and try out this Hip Hop Exercise class. This class is specifically designed for seniors. **\*This program is supported by a grant from the Seekonk Cultural Council. Preregistration is required.**



### **2nd Annual Men's Barbecue Wednesday, July 31, 2024 at 12:00 noon**

Join us for our barbecue party  
honoring Seekonk men  
age 60 and older

Wednesday, July 31st at noon  
at Seekonk Human Services  
540 Arcade Avenue

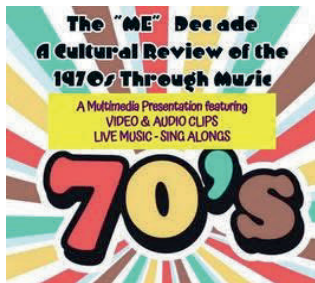


Hosted by  
Seekonk Human Services  
Sponsored by  
Friends of Friends  
Catered by The Cooks House

R.S.V.P. by Monday, July 22, 2024

### **Fran Hart "1970 - Me Generation"**

**Wednesday, July 17, 2024 @ 1:00pm**



The "Me generation" is a term referring to Baby Boomers in the U.S.A and the self-involved qualities associated with this generation. The 1970s it was dubbed the "Me decade" by writer Tom Wolfe. In this one-hour presentation by

Fran Hart, He will talk about some issues that marked the 70s. **\*This program is supported by a grant from the Seekonk Cultural Council. Preregistration is required.**

### **FARMERS' MARKET COUPONS**

Farmers' Market Coupons will soon be available for low income elders age 60 or older. Participants must reside in Seekonk. The coupons have a total value of \$50 and may be used to purchase fresh fruits and vegetables.

A limited number of coupons are available. Please call the office to see if you qualify!



### **Arts & Crafts**

**From 9:30am - 11:30am**

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

**July 5, 2024 - Felt Flowers (continued)**

**July 19, 2024 - Rock Painting**

**August 2, 2024 - Slate Signs**

**August 16, 2024 - Decoupage Shells**

**Contact the office for more information. Preregistration is required with payment. Projects are subject to change.**

### **Outdoor Activities**

**Bocce, Horseshoes & Cornhole @ 11:00am**



All activities will be played at 11:00am. Bocce will be on Mondays, Horseshoes on Tuesdays and Cornhole on Wednesdays. Preregistration is required by calling our office at 508-336-8772. Activities are weather dependent.

**Podiatry Clinic**  
**Wednesday, July 3, 2024**  
**10:00am - 2:00pm**

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, July 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. **Walk-ins welcome!**

**Let's Learn Together!**  
**Tuesday, July 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. 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.**

**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.**

**Get Help Paying Medicare Costs**

As of March 1, 2024 the income limits for the Medicare Savings Program (also known as MassHealth Buy-In) have increased and assets are no longer counted. The Medicare Savings Program can help pay for some or all of your Medicare premiums, deductibles, co-payments and co-insurances, depending on your income. If eligible, you will automatically receive extra help on your Part D prescription drug plan costs. To qualify, your monthly income should be at or below the following: Single \$2,824 Couple \$3,833. To see if you qualify for this program call the office at 508-336-8772 to speak with an Independent Medicare Consultant.

**Need HELP** with  
**Medicare Costs?**

**Women's Lunch**  
**Wednesday, July 3, 2024 at 11:30am at**  
**Hamilton Diner (Formerly Tai Pan)**  
**1641 Fall River Avenue**  
**Seekonk MA**

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.

**Card Games**

Play an old favorite or learn something new!

**Canasta**

Mondays at 11am

A card game of the Rummy family

**Hi-Low Jack (Pitch)**

Tuesdays & Thursdays at 1pm

Win the game by having the highest card played in the trump suit

**Mahjong**

Wednesdays at 1pm

Mahjong is a game of skill and chance that originated in China

**Cribbage**

Thursdays at 11am

The first person to peg 121 points and get to the end of the board is the winner

**BINGO**

Thursdays at 1pm

Regular games \$1.00 for 6 games

Specials \$2.00 per game

A game of chance played with cards having numbered squares corresponding to numbers drawn at random

**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 July menu is available at our office and on our Facebook page.

## Trusts Demystified: How Different Types of Trusts Can Benefit Seniors and Their Families

**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.*

Trusts are versatile and powerful estate planning tools that can provide a wide range of benefits for seniors and their families. Despite their complexity, understanding the various types of trusts and how they work can help older adults make informed decisions to protect their assets, provide for their loved ones, and achieve their estate planning goals. In this article, we'll demystify trusts by exploring different types and discussing how they can benefit seniors and their families.

### Understanding Trusts

At its core, a trust is a legal arrangement in which a trustee holds assets on behalf of beneficiaries according to the terms set forth in the trust document. Trusts can be established during a person's lifetime (living trusts) or upon their death (testamentary trusts), and they can serve a variety of purposes, including asset protection, wealth transfer, and tax planning. There are several types of trusts: **Revocable Living Trust, Irrevocable Trust, Special Needs Trust, and Charitable Trust.**

### Benefits for Seniors and Their Families:

- **Asset Protection:** Trusts can shield assets from creditors, lawsuits, and long-term care expenses, helping seniors preserve their wealth for future generations.
- **Probate Avoidance:** By bypassing the probate process, trusts enable faster distribution of assets to beneficiaries and maintain privacy for the family.
- **Medicaid/MassHealth Planning:** Irrevocable trusts can help seniors qualify for long-term care benefits while protecting assets for their spouse and/or heirs.
- **Legacy Planning:** Trusts allow seniors to dictate how their assets are distributed after their passing, ensuring their wishes are honored and their loved ones are provided for.

Trusts are valuable estate planning tools that offer seniors and their families numerous benefits, including asset protection, probate avoidance, and tax planning opportunities. By understanding the different types of trusts available and consulting with an experienced estate planning attorney, seniors can create personalized trust strategies to achieve their goals and secure their legacies for generations to come.

### 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.

# July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div> <div>10:00am - Movement &amp; Meditation</div> <div>10:00am - Legal Services</div> <div>11:00am - Bocce</div> <div>11:00am - Canasta</div> <div>1:00pm - Strength &amp; Cardio**</div>	<div>2</div> <div>9:00am - Zoom Drums Alive**</div> <div>10:00am - Water Colors*</div> <div>11:00am - Horseshoes</div> <div>11:45am - Cooks House Lunch</div> <div>1:00pm - Pitch (Hi-Lo Jack)</div>	<div>3</div> <div>8:45am - Stability &amp; Balance**</div> <div>9:30am - Drums Alive**</div> <div>9:30am - Sign Language</div> <div>10:00am - Podiatry Clinic</div> <div>11:00am - Cornhole</div> <div>11:30am - Women's Lunch</div> <div>1:00pm - Mahjong</div>	<div>4</div> <div>Closed for the holiday</div>	<div>5</div> <div>9:15am - Dance Cardio (Prerecorded)</div> <div>9:30am - Arts &amp; Crafts**</div> <div>10:30am - Tai Chi**</div>
<div>8</div> <div>10:00am - Movement &amp; Meditation</div> <div>11:00am - Bocce</div> <div>11:00am - Canasta</div> <div>1:00pm - Strength &amp; Cardio (Prerecorded)</div>	<div>9</div> <div>9:00am - Drums Alive (Prerecorded)</div> <div>10:00am - Water Colors*</div> <div>11:00am - Horseshoes</div> <div>11:45am - Cooks House Lunch</div> <div>1:00pm - Pitch (Hi-Lo Jack)</div>	<div>10</div> <div>9:30am - Drums Alive (Prerecorded)</div> <div>9:30am - Sign Language</div> <div>11:00am - Cornhole</div> <div>11:30am - Hip Hop Chair Dance</div> <div>1:00pm - Mahjong</div>	<div>11</div> <div>9:00am - Mat Exercise</div> <div>10:00am - Movement &amp; Meditation</div> <div>11:00am - Cribbage</div> <div>1:00pm - BINGO!</div> <div>1:00pm - Pitch (Hi-Lo Jack)</div>	<div>12</div> <div>9:15am - Dance Cardio (Prerecorded)</div> <div>10:30am - Tai Chi**</div>
<div>15</div> <div>10:00am - Movement &amp; Meditation</div> <div>11:00am - Bocce</div> <div>11:00am - Canasta</div> <div>1:00pm - Strength &amp; Cardio**</div>	<div>16</div> <div>9:00am - Zoom Drums Alive**</div> <div>10:00am - Water Colors*</div> <div>11:00am - Horseshoes</div> <div>11:45am - Cooks House Lunch</div> <div>1:00pm - Pitch (Hi-Lo Jack)</div>	<div>17</div> <div>8:45am - Stability &amp; Balance**</div> <div>9:30am - Drums Alive**</div> <div>9:30am - Sign Language</div> <div>9:30am - Blood Pressure Clinic</div> <div>11:00am - Cornhole</div> <div>1:00pm - 1970 - Me Generation</div> <div>1:00pm - Mahjong</div>	<div>18</div> <div>9:00am - Mat Exercise</div> <div>10:00am - Movement &amp; Meditation</div> <div>11:00am - Cribbage</div> <div>1:00pm - BINGO!</div> <div>1:00pm - Pitch (Hi-Lo Jack)</div>	<div>19</div> <div>9:15am - Dance Cardio**</div> <div>9:30am - Arts &amp; Crafts**</div> <div>10:30am - Tai Chi**</div>
<div>22</div> <div>10:00am - Movement &amp; Meditation</div> <div>11:00am - Bocce</div> <div>11:00am - Canasta</div> <div>1:00pm - Strength &amp; Cardio**</div>	<div>23</div> <div>9:00am - Zoom Drums Alive**</div> <div>10:00am - Water Colors*</div> <div>11:00am - Horseshoes</div> <div>11:45am - Cooks House Lunch</div> <div>1:00pm - Pitch (Hi-Lo Jack)</div> <div>2:30pm - Let's Learn Together</div>	<div>24</div> <div>8:45am - Stability &amp; Balance**</div> <div>9:30am - Drums Alive**</div> <div>9:30am - Sign Language</div> <div>11:00am - Cornhole</div> <div>1:00pm - Mahjong</div>	<div>25</div> <div>9:00am - Mat Exercise</div> <div>10:00am - Movement &amp; Meditation</div> <div>11:00am - Cribbage</div> <div>1:00pm - BINGO!</div> <div>1:00pm - Pitch (Hi-Lo Jack)</div>	<div>26</div> <div>9:15am - Dance Cardio**</div> <div>10:30am - Tai Chi**</div>
<div>29</div> <div>10am - Movement &amp; Meditation</div> <div>11:00am - Bocce</div> <div>11:00am - Canasta</div> <div>1:00pm - Strength &amp; Cardio**</div>	<div>30</div> <div>9:00am - Zoom Drums Alive**</div> <div>10:00am - Water Colors*</div> <div>11:00am - Horseshoes</div> <div>11:45am - Cooks House Lunch</div> <div>1:00pm - Pitch (Hi-Lo Jack)</div>	<div>31</div> <div>8:45am - Stability &amp; Balance**</div> <div>9:30am - Drums Alive**</div> <div>9:30am - Sign Language</div> <div>11:00am - Cornhole</div> <div>12:00pm - Men's Barbecue</div> <div>1:00pm - Mahjong</div>	<div>*Water Colors</div> <div>Residents \$3/Non-Residents \$5</div> <div>Paid one month at a time</div> <div>**Fitness Class</div> <div>Non-Residents \$2</div> <div>***Arts &amp; Crafts</div> <div>Residents \$5/Non-Residents \$10</div>	<div>Preregistration is required for all activities.</div> <div>Activities subject to change without notice.</div>

**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

### Vettix.org (Tickets for Veterans)

Vettix (aka Veteran Tickets Foundation's Tickets for Troops Program) is dedicated to giving back to those who gave us so much. They team up with major sports teams, leagues, promoters, organizations, venues and every day event ticket holders to provide free tickets to currently serving and veterans of all branches of the US military.

To date, the Veteran Tickets Foundation has provided event tickets to 22,516,550 events and have been given out in all 50 States and Washington, DC to our military, veterans and their families.

Vet Tix provides tickets to events which reduce stress, strengthen family bonds, build life-long memories and encourage service members and veterans to stay engaged with local communities and American life. They support our troops by honoring their service and providing positive family and life experiences, during and after their years of service to our country.

Vet Tix provides tickets to all branches of currently-serving military and veterans, including immediate family of troops KIA.

Vet Tix secures tickets to sporting events, concerts, performing arts, educational and family activities across the nation. Vet Tix applicants sign up online. They will verify their service. Veterans request tickets to events that interest them, then pay a small delivery fee to receive their free tickets.

Once you are registered, Vettix will send out emails to events that interest the veteran within a mileage radius that they are willing to travel to events.

Go online to [vettix.org](http://vettix.org) to register. If you wish to donate tickets, there is a way to do that on the site via the "Give Back" dropdown.

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

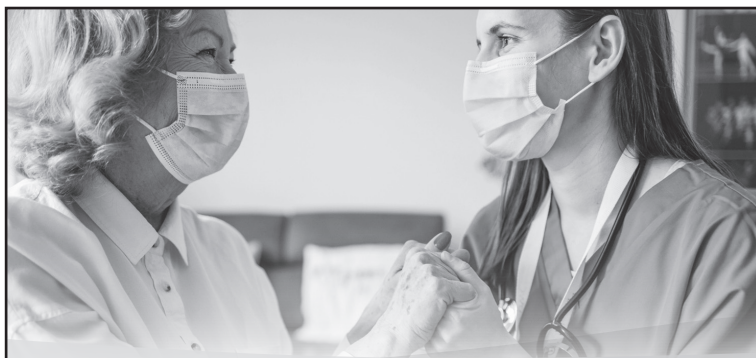


## Park & Recreation

Welcome to July! The National Recreation and Park Association has designated July as Parks and Recreation Month. Towns all across the nation will be highlighting their parks and recreation departments. Seekonk Parks and Recreation not only consists of myself, it also consists of the Parks and Recreation Committee. This committee is made up of five community members who bring many different perspectives to the committee. Together, we discuss, plan and implement projects of all kinds. The knowledge and ideas they bring are diverse and helpful. Another vital piece to our success is Seekonk DPW. They not only maintain the fields during the seasons, they have also helped on countless projects and taken my ideas and turned them into reality. I look forward to all we will be able to accomplish as a team in the coming years. We love hearing from the community on the ideas they have for what we can look into. Working together with members of the community and DPW we were able to construct a communication board at the Seekonk Playground. The communication boards were granted to us by the Doug Flutie Jr Foundation, and the base we used to display them was designed and constructed by DPW. Without members of the community letting us know of the program, we would not have been able to add such a valuable piece to the playground. Seekonk Parks and Recreation looks forward to the continued partnership with the community.







## 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.

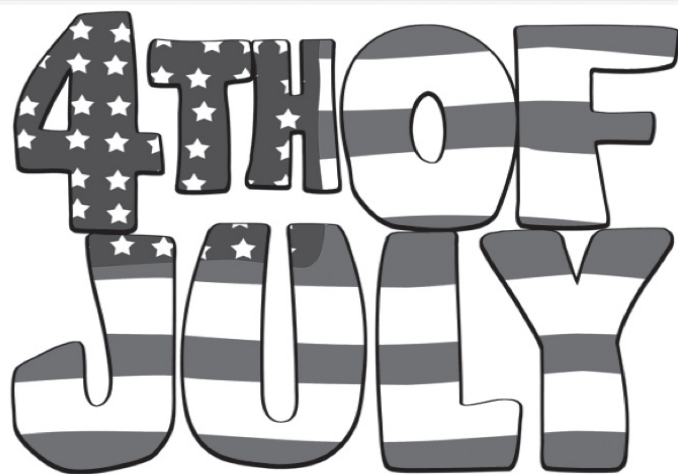
Contact us to learn about  
our full range of services.



HopeHealth  
10 Emory Street  
Attleboro, MA 02703  
(844) 671-4673  
[HopeHealthCo.org](http://HopeHealthCo.org)

# Thank you!

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



ON BLACKSTONE BOULEVARD

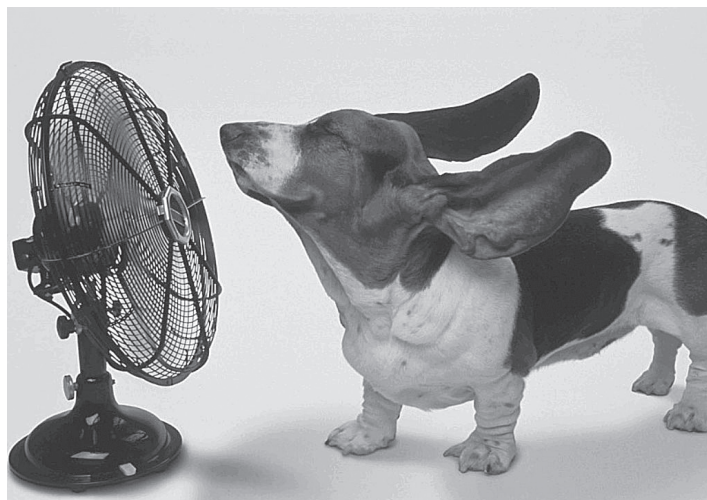


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Please contact Tom Reily  
**508-336-6633 x 337**

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

**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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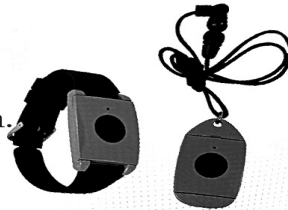
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*Thank you!*



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**Nutritional Cooking**  
**Wednesday, August 7, 2024 @ 1pm**



Do you like to eat healthy nutritious foods but get stumped on what to make? Then this class is perfect for you. Come join Heather MacKnight for this 45 minute nutritional cooking class.

During this class Heather will be making a homemade Caesar salad with homemade dressing and homemade croutons. Who doesn't like a homemade meal from scratch? Caesar salad is perfect for lunch on these hot summer days or added to a dish of your choice. Refreshments will be available. **Preregistration is required and opens July 15. \*A donation of \$4.00 is suggested.**

**Musical Entertainment**  
**by Singer, Lady D**  
**Wednesday, August 14, 2024 @ 1pm**



A Rhode Island native, Lady D loves to perform locally for all. Lady D is a multi-genre vocalist (jazz standards, Motown, Do-Wop, Disco, Smooth R&B, and Pop). She is known for singing in local restaurants in RI and MA, DePasquale Plaza Fed Hill, RI.

Come join as she sings songs from all genres. Light refreshments and pastry will be available. **Preregistration is required and opens July 15.**

**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

**Magic Show**  
**By Dennis the Magician**  
**Wednesday, August 21, 2024 @ 1pm**

Dennis is a full-time, professional NJ magician for the past 25+ years. His show features magic, comedy, illusions, live animals and audience participation. One of the most talented magicians in NJ, Dennis has performed in New Jersey, Pennsylvania, and New York areas. That's not to mention the many Birthday Party shows he's performed at various homes and restaurants. All of Dennis' shows are totally self-contained. From props to tables to music to curtains, he brings everything he'll need to deliver the coolest magic show in Massachusetts even laughs are included. Refreshments will be available. **Preregistration is required and opens July 15.**

**Healthy Aging - Lunch & Learn**  
**Wednesday, August 28, 2024 at 11:30am**

Nutritional Jeopardy for healthy aging! The presentation will be about seeing what you know about nutrition as well as learning with Bristol Elder Services Registered Dietitian, Dawn DiMarco. These days there is so much nutrition information going around between what you hear on TV, read in the news, or see online. Most nutrition advice in the media is not accurate. If you are looking for nutrition advice, always ask a Registered Dietitian. Lunch consists of Korean meatballs, Asian rice, oriental veggies, dinner rolls, lemonade and brownies. **Preregistration is required and opens July 15.**

**Human Services Council**

**Chairperson**  
Michelle Hines

**Vice Chairperson**  
Maria Duarte

Cheryl Camara

Beverly Della Grotta

Keith Perry

Josephine Veader

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