



# SEEKONK HUMAN SERVICES

## Human Services



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

### October 2024

**The office will be closed on:**  
**Monday, October 14, 2024 for Columbus Day**

#### **Bright Moments Program - Michelle Haskins** **Wednesday, October 2, 2024 at 11:30am**

The Bright Moments Program is an evidence-based program that Bristol Hospice uses that was developed by legendary Betty Brennan. It gives light to life for our patients with dementia. Through person-centered care, we can manage symptoms of dementia using clinically proven *innovative & non-pharmacological methods*. Lunch will be provided to all who attend this program. **Preregistration is required.**

#### **Family Feud Game Show** **Wednesday, October 9, 2024 at 1:00pm**



Kevin brings the excitement of "LIVE" game shows right to your doorstep! Family Feud Gameshow is coming to Human Services on October 9, 2024 at 1:00pm. People play as teams and every member of the winning team receives a prize! So..... Let's start the Family Feud! **Preregistration is required.**

#### **"A Musical Journey Through the Years"** **Wednesday, October 16, 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! **This program is supported in part by a grant from the Seekonk Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. Preregistration is required.**



#### **Bristol Elder Service Presentation** **Monday, October 21, 2024 at 2:15pm**

Do you know what Bristol Elder Services has to offer? Laura Hembree will be doing a presentation along with providing information to explain what Bristol Elder Services has to offer. **Preregistration is required.**

#### **Healthy Aging - Lunch & Learn** **Wednesday, October 23, 2024 at 11:30am**

Nutritional Jeopardy for healthy aging! The presentation will be with a new set of questions and seeing if you know more about nutrition in this round, as well as learning with Bristol Elder Services Registered Dietitian, Dawn DiMarco. These days there is so much nutrition information going around most nutrition advice in the media is not accurate. If you are looking for nutrition advice, always ask a Registered Dietitian. Lunch is roasted turkey, gravy, mashed potatoes, green beans, dinner rolls, cake, and lemonade. **Preregistration is required.**

#### **Halloween Party** **Wednesday, October 30, 2024 at 11:30am**

Come join in on the fun at our annual Halloween party. We will have a costume contest with prizes, so wear your best costumes. This year we will be having entertainment by the Tribal Grooves Witches. Lunch will follow at 12:30pm. Lunch will be American Chop Suey and dessert. The fee for resident \$7.00, and non-residents \$10.00. **Preregistration is required.**

#### **Arts & Crafts**

##### **1st & 3rd Friday from 9:30am - 11:30am**

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

**October 4, 2024 - Pumpkin Decorating**

**Thank you to R & R Farm for donating pumpkins**

**October 18, 2024 - Autumn Decoupage Fairy Light Jars**

**November 1, 2024 & November 15, 2024 -**

Fall Theme Straw Hats painted with acrylic paints

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

**Podiatry Clinic**  
**Wednesday, October 2, 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.**

**Women's Lunch**  
**Wednesday, October 2, 2024 at 11:30am at**  
**LongHorn Steakhouse**  
**80 Highland 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 to sign up.

**Blood Pressure & Glucose Clinic**  
**Wednesday, October 16, 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, October 22, 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.**

**Halloween in Salem, MA**  
**Tuesday, October 29, 2024**  
**Price: \$79.00 Per Person**

**Departure at 8:00am Return Approx. 6:15pm**

Come join us as we are off to Salem, MA. On this tour, we will visit the Salem Witch Museum. Museum tour begins at 2:30pm. The Salem Witch Museum presents one of the most tragic stories in American history, the 1692 Witch Trials. Did you know the first movie Hocus Pocus was filmed in Salem, MA? You will have free time to shop at local stores before the museum. You can also taste the local flavors that historic Pickering Wharf has to offer. **Trip includes: motorcoach transportation, gratuity, museum tour, free time at local shop/stores, and Pickering Wharf. (LUNCH NOT included.) 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 October menu is available at our office and on our Facebook page.

**Encore Casino - Boston Harbor**

**Friday, November 15, 2024**

**Price: \$39.00 Per Person**

**Departure at 8:30am Return Approx. 5:30pm**

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, 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: motorcoach transportation, gratuity, casino time: 10am-4pm. Casino Pkg. \$20 free slot play. Payment due at registration.**

**Christmas Time in Newport, RI**

**Friday, December 13, 2024**

**Price: \$129.00 Per Person**

**Departure at 9:00am Return Approx. 6:00pm**

Join us as we travel to Newport, RI. It begins with a visit to the Breakers Mansion. The amazing holiday décor is sure to impress and put you in the Christmas spirit! You will be having a delicious lunch at Johnny's Restaurant. Lunch choices are: Baked Stuffed Scrod, Chicken Piccata or Pasta Primavera. Then we will have a 90 minute step-on-guide tour of the beautiful sights of Newport. You will also have free time in downtown Newport. **Trip includes: motorcoach transportation, gratuity, Visit to the Breakers Mansion, lunch, 90 minute step-on-guide tour, Free time in downtown Newport. Payment due at registration.**

**Tuesday Luncheon**  
**Tuesday's at 12:00pm**

Seekonk Human Services has partnered with The Hamilton Diner to offer weekly lunches! Lunches will cost \$5 for residents and \$6 for non residents. The menu will be available at the office and on Facebook. Sign ups due by the Thursday before the scheduled lunch. Payment due at the time of sign up.



## Do Not Leave Health Care Decisions to Chance

**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.*

### **When a Loved One Dies: A Checklist of Important Steps**

After a loved one passes away, there are numerous legal and financial matters to address. Here is a comprehensive checklist to help guide you through the process:

- \* **Obtain Certified Copies of the Death Certificate:** The funeral home will provide certified copies of the death certificate. The number needed will depend on the deceased's remaining assets.
- \* **Notify the Social Security Administration:** The funeral home typically contacts the Social Security Administration to report the death. The surviving spouse is entitled to a one-time death benefit of \$255 and if relevant, may begin receiving the deceased spouse's higher monthly social security payment.
- \* **Life Insurance Claims:** Contact the life insurance company to report the death. They will send a claim form and request a certified copy of the death certificate. Once submitted, the death benefit proceeds will be issued to the beneficiaries. Retirement plans, such as IRAs and annuities, follow a similar process.
- \* **Pension and Benefits:** If the deceased was receiving a pension from the VA or a former employer, notify the institution. The surviving spouse may be eligible for a death benefit or monthly pension payments.
- \* **Real Estate:** If the deceased owned real estate in joint tenancy or in a trust, file a certified copy of the death certificate with the county register of deeds. For vacant homes, check with the real estate insurance company regarding coverage limits.
- \* **Vehicles:** For jointly owned vehicles, file a death certificate with the local Department of Motor Vehicles (DMV).
- \* **Other Assets:** Handle remaining assets like bank accounts, CDs, stocks, and bonds similarly. Assets with Payable on Death (POD) or Transfer on Death (TOD) designations will require a death certificate provided to the respective financial institution. Any assets held by a trust typically avoid probate.
- \* **Probate Considerations:** Probate is required only for assets titled solely in the deceased's name without a surviving joint owner or beneficiary designation. In such cases, you will need to the Last Will and Testament with the probate court. If there is no Will, a probate estate will need to be opened, and Massachusetts law will dictate asset distribution.

Regardless of the asset amount or how they are titled, consulting a qualified probate attorney for guidance is always advisable after the loss of a loved one.

*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.

# October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Preregistration is required for all activities.</b>  <b>Activities subject to change without notice.</b>	1 9:00am - Drums Alive Prerecorded 10:00am - Water Colors* 12:00pm - Tuesday Luncheon 1:00pm - Pitch (Hi-Lo Jack)	2 8:45am - Stability & Balance** 9:30am - Drums Alive** 10:00am - 2:00pm - Podiatry Clinic 11:30am - Women's Lunch 11:30am - Bright Moments 1:00pm - Mahjong 3:00pm - Adult Coloring****	3 9:00am - Mat Exercise 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	4 9:15am - Dance Cardio**  9:30am - Arts & Crafts***  10:30am - Tai Chi**
7 10:00am - Movement & Meditation 10:30am - Cornhole 11:00am - Canasta 1:00pm - Strength & Cardio** 2:00pm - Oil Painting	8 9:00am - Drums Alive Prerecorded 10:00am - Water Colors* 12:00pm - Tuesday Luncheon 1:00pm - Pitch (Hi-Lo Jack)	9 8:45am - Stability & Balance** 9:30am - Drums Alive** 1:00pm - Family Feud Game Show 1:00pm - Mahjong 3:00pm - Adult Coloring****	10 9:00am - Mat Exercise 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	11 9:15am - Dance Cardio (Prerecorded)
14 <b>CLOSED FOR HOLIDAY</b>	15 9:00am - Drums Alive Prerecorded 10:00am - Water Colors* 12:00pm - Tuesday Luncheon 1:00pm - Pitch (Hi-Lo Jack)	16 8:45am - Stability & Balance** 9:00am - Blood Pressure Clinic 9:30am - Drums Alive** 1:00pm - Music by Tommy Rull 1:00pm - Mahjong 3:00pm - Adult Coloring****	17 9:00am - Mat Exercise 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	18 9:15am - Dance Cardio**  9:30am - Arts & Crafts***  10:30am - Tai Chi**
21 10:00am - Movement & Meditation 10:30am - Cornhole 11:00am - Canasta 1:00pm - Strength & Cardio** 2:00pm - Oil Painting 2:15pm - Bristol Elder Services Presentation	22 9:00am - Drums Alive Prerecorded 10:00am - Water Colors* 12:00pm - Tuesday Luncheon 1:00pm - Pitch (Hi-Lo Jack) 2:30pm - Let's Learn Together	23 8:45am - Stability & Balance** 9:30am - Drums Alive** 11:30am - Lunch & Learn 1:00pm - Mahjong 3:00pm - Adult Coloring****	24 9:00am - Mat Exercise 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	25 9:15am - Dance Cardio**  10:30am - Tai Chi**
28 10am - Movement & Meditation 10:30am - Cornhole 11:00am - Canasta 1:00pm - Strength & Cardio** 2:00pm - Oil Painting	29 8:00am - Halloween In Salem Trip 9:00am - Drums Alive Prerecorded 10:00am - Water Colors* 12:00pm - Tuesday Luncheon 1:00pm - Pitch (Hi-Lo Jack)	30 8:45am - Stability & Balance** 9:30am - Drums Alive** 11:30am - Halloween Party 1:00pm - Mahjong 3:00pm - Adult Coloring****	31 9:00am - Mat Exercise 10:00am - Movement & Meditation 11:00am - Cribbage 1:00pm - BINGO! 1:00pm - Pitch (Hi-Lo Jack)	*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 ****Independent activity

**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 4th Annual Veterans' Day rolling parade**  
**Date: Monday, November 11, 2024, Veterans' Meet at 9:00am**  
**Parade starts at 10:00am**

The Seekonk Veterans Council would like to invite all Seekonk Veterans to participate in a rolling parade, a parade of cars, motorcycles and military vehicles on Veterans Day 2024, Monday November 11th. The parade route starts at Briarwood Plaza and ends at the Seekonk Veterans Memorial Park. Kindly R.S.V.P. to my email or phone. This is a great opportunity for those in town to appreciate your service to the nation.



**Seekonk Veterans' Day Ceremony**  
**Date: Monday, November 11, 2024, 11:00am**  
**Location: Seekonk Veterans' Memorial Park, 410 Newman Avenue**

All are invited to join us for the Seekonk Veterans Day Ceremony where we will honor our nation's veterans.

James LaFlame, Seekonk Veterans Service Officer, Office 508-336-2940, E-mail: [jlafame@seekonk-ma.gov](mailto:jlafame@seekonk-ma.gov)

## Fire Prevention

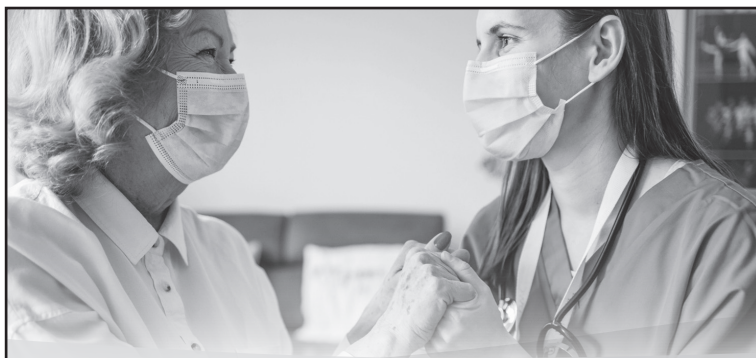
Fire prevention is in October, so here is some information regarding fires. Each year, fire claims the lives of 4,000 Americans and injures 20,000. Bedrooms are a common area of fire origin. Nearly 600 lives are lost to fires that start in bedrooms. Many of these fires are caused by misuse or poor maintenance of electrical devices, such as overloading extension cords or using portable space heaters too close to combustibles. Many other bedroom fires are caused by children who play with matches and lighters, careless smoking among adults, and arson.

The U.S. Fire Administration (USFA) and the Sleep Products Safety Council (SPSC) would like you to know that there are simple steps you can take to prevent the loss of life and property resulting from bedroom fires. For more information about fire prevention go to the Seekonk website at [seekonk-ma.gov](http://seekonk-ma.gov). On the website select Department, then select Fire, then select Fire Prevention & Safety. There you will find something you would need to know to prevent fires in your homes and much more.



## Medical Loan Closet

Our FREE Medical Loan Closet is available for Seekonk residents. Our inventory is dependent on donated items received, but may be limited based on need and space. For information call our office. **\*30 Day Rental**



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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.

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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



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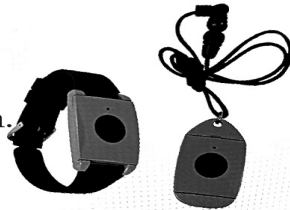
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Please contact Tom Reily  
508-336-6633 x 337**

### **Veterans' Day Celebration**

**Wednesday, November 6, 2023 @ 11:30am**

The annual Veterans Day luncheon will take place on Wednesday, November 6th at 11:30am. The musical entertainment for our Veterans' Day Celebration is to be determined. There will be a FREE lunch for Seekonk Veterans. Lunch will be spaghetti and meatballs. The fee for residents is \$7.00, and non-residents is \$10.00. Registration ends 11/1. **Preregistration is required and opens October 15th.**



### **Medicare Open Enrollment**

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2025. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During Medicare Open Enrollment, you can adjust your plan for the next year. Independent Medicare counselors help you understand *your* plan changes as well as *other options* you may have. Open Enrollment runs from **October 15 through December 7!**

**\*Please note all clients will be required to fill out a Medicare prescreening form to help us better serve you by looking up your current plan and comparing it to the future plans, if changes are necessary.**

### **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

### **Friendsgiving**

**Wednesday, November 13, 2023 @ 11:30am**

We invite you to our third annual Friendsgiving. Thanksgiving is a time to reflect on what and who we are grateful for over the past year. The best way to share those reflections is around the Thanksgiving table. Join us for a delicious Thanksgiving meal with good company and conversation. The cost for residents is \$10 and non-residents is \$13. Registration ends 11/6. **Preregistration is required and opens October 15th.**



### **Fuel Assistance**

Income guidelines: Maximum income for one person is \$49,196, for two people is \$64,333, for three people is \$79,470, and for four people is \$94,608. 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.

Fuel assistance begins November 1st. For assistance please call our office to schedule an appointment with our outreach worker. Applications are accepted until April 30, 2025.

### **Human Services Council**

#### **Chairperson**

Michelle Hines

#### **Vice Chairperson**

Maria Duarte

Cheryl Camara

Rick Forest

Beverly Della Grotta

Keith Perry

Josephine Veader

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