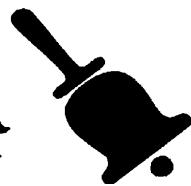




SEEKONK HUMAN SERVICES

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

August 2021

New Hampshire's Turkey Train Thursday, October 7, 2021 \$119 per person

Join us as we travel to central New Hampshire and Lake Winnipesaukee on board our deluxe motorcoach for a day of fun and the wonderful sights of Fall Foliage. Enjoy what millions of travelers come to New Hampshire for each year, the changing of the season and the magnificent fall foliage that can only be seen in New Hampshire. We arrive in Meredith, NH on the shores of Lake Winnipesaukee for the Turkey Train. ALL ABOARD the dining car to enjoy our Turkey luncheon provided by Hart's Turkey Farm. Our meal includes Roast Turkey, whipped potatoes, butternut squash, beverage, and a delicious sundae to top it all off. Take in the foliage as the train rides along the shores of the Lake and through wooded areas to take in the fall foliage. During our adventurous day out we will make a Mystery Stop that is sure to "sweeten your day." We will depart after our train ride with great memories of this fun day out! Cost includes Motorcoach Transportation, Lunch, Tax, Gratuity, Touring as described & Best of Times Travel Tour Director. The cost does not include drivers gratuity.

Indoor Cornhole! Starting Monday, August 2, 2021 @ 1:00pm

Seekonk Human Services is pleased to announce our newest activity - Indoor Cornhole! It's not your typical Cornhole game though - you have to get it in one of the holes and earn points! The person/team with the highest score wins! Indoor cornhole will be offered Monday's at 1pm. Call 508-336-8772 to register!



FARMERS' MARKET COUPONS

Farmers' Market Coupons are available for low income elders age 60 or older who have a monthly income less than \$1,986 or annual income less than \$23,828. Participants must reside in Seekonk. The coupons have a total value of \$25 and may be used to purchase fresh fruits and vegetables. A limited number of coupons are available. Coupons are available on a first come first basis. Please call 508-336-8772 to see if you qualify!



WE'RE WELCOMING KNITTING BACK!! Mondays @ 12:00pm



Do you like knitting? Are you interested in making hats, mittens, lap blankets and more? If you answered yes to these questions, it's time to join the knitters at Human Services. We ask that everyone pre-registers by calling 508-336-8772. We look forward to seeing you!

Sign Language September 21, 2021 Tuesdays @ 10:00am

Sign Language will be starting again at the Seekonk Human Services Center, on Tuesdays, September 21, 2021. For more information contact Nancy Smutek at 508-336-9547.



Hip Hop Dance Chair Exercise Wednesday, August 4, 2021 @ 11:00am

MUSICDance.edu will be here for the Seniors that likes to move and be involved. Seniors do a complete warm-up and class that begins and ends in the chairs. Sponsor by Seekonk Cultural Council. Lisa Leboux from Prosper at Fall River will supply snacks. Please call 508-336-8772 to reserve your spot!

August Happenings

Arts & Crafts* **Mondays in August** **1:00pm**

Preregistration is required for this class. The cost for this class is \$5 for Seekonk residents and \$7 for Non-Seekonk residents.

- ◊ August 2 - Ribbon Wreath
- ◊ August 9 - Pen & Cell Phone Holder
- ◊ August 16 - Candle Holder
- ◊ August 23 - Shadowbox Frame
- ◊ August 30 - Wooden Pumpkin

Podiatry Clinic* **Wednesday, August 11, 2021** **10am - 2pm**

Dr. Lechan will provide monthly Podiatry Clinics. Appointment are required. Items needed are insurance cards with your doctor's names, date of last doctor's visit, summary of last visit, and list of medications. *Please check with your insurance regarding co-pays.

Blood Pressure & Glucose Clinic **Wednesday, August 18, 2021** **9:00am - 11:00am**

Seekonk Human Services has partnered with the **Seekonk Fire Department** to provide free monthly blood pressure & glucose screenings.

Drums Alive

Tuesdays on Zoom at 9:00am & **Wednesdays in Person at 9:30am**

Drums alive will be offering zoom classes on Tuesday's starting August 10th at 9am. Wednesday's classes are at 9:30am. The cost for Drums Alive (in person and zoom) for non-residents will be \$2 per person, registration is required for both classes. Join us for a fun and invigorating program. With instructor Kelley Brophy. The Drums Alive program will help improve mental awareness, chase away negative thoughts, and promote overall good feeling. Come by and join the fun! Space is limited. Please call 508-336-8772 to reserve your spot! *Class is not offered on the first Tuesday of the month.



Drums Alive®

Email List

Join our email list! Things are changing so quickly these days and we want to be able to get the word out to you quickly. Please give us a call and give us your email address; we want to share fun activities, links to Zoom and other virtual programing you may like.

2021 Medicare Premiums

Part A Premium

Individuals who did not work 40 credits will pay a monthly Part A premium based on the amount of credits they worked.

0-29 credits \$471/ month **30-39 credits** \$259/ month

Part B Premium

The monthly standard Medicare Part B premium in 2020 for Medicare beneficiaries will be \$148.50. It may be a little less for those protected under the hold harmless provision.

The Part B premium a beneficiary pays each month is based on his or her annual income. Specifically, if a beneficiary's "modified adjusted gross income" (MAGI) is greater than the legislated threshold amounts the beneficiary is responsible for a larger portion of the estimated total cost of Part B benefits. This larger portion is called IRMAA (Income Related Monthly Adjustment Amount). The Affordable Care Act requires Part D enrollees whose incomes exceed the same thresholds pay a monthly adjustment amount. The monthly Part D adjustment will be taken out of a beneficiary's Social Security check and paid to Medicare. These enrollees will pay the regular plan premium to their Part D plan. Social Security will inform beneficiaries of their adjustment. Appeals procedures will be included.

The 2021 Part B monthly premium and Part D adjustment amount are based on one's 2020 tax return.

If you need help on any aspect of your health insurance, SHINE offers free counseling. Call Seekonk Human Services and ask for a SHINE counselor..

*** NOTE: 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 not assume any legal or other responsibility for advice of services rendered by such volunteers or nominal cost practitioners.**

Together We Can Stay Healthy

**5 Tips to Prevent
Respiratory Illness**



NUTRITIONAL MEALS TO GO

Tuesdays & Wednesdays

Seekonk Human Services will be working with Bristol Elder Services to provide nutritional meals for lunch on Tuesdays and Wednesdays to go. Meals come completely cooked and prepackaged. All you need to do is heat it up! Meals need to be ordered the day before by 9:30am. Payment is \$2.25 per meal which will be due at the time of pickup. Pick up will be between 11am— 12pm. If you are unable to pick up at that time or are experiencing financial hardship please reach out to the office to speak with the Outreach Department. August's menu will be available to the right, our Facebook Page, and by calling our office at 508-336-8772.

ATTORNEY: OVERVIEW OF LEGAL SERVICES

Elizabeth Elmasian will be available for phone consults to discuss the following topics.

1. Power of Attorney - A description of the legal document, what it consists of and when such a document is necessary.
2. The explanation and description of a Health Care Proxy and Living Will; the difference between both documents and which is recognized in Massachusetts
3. A brief overview, purpose and need for a Will. Explanation of intestacy laws without a will

***Please call to set up your phone appointment at 508-336-877**

FILE OF LIFE

File of Life folders are available at the Center. Keep it on your refrigerator or car to alert emergency responders of your medical information during an emergency. During those times of stress, it is difficult to remember medications and dosages. These files could save your life or the life of a loved one. Pick up yours, fill it out and place it on your refrigerator or car —call to pick one up!

Community Questions for our Police Liaison



Officer Maria Vicenzo is welcoming community questions to be answered. Questions can be mailed to the center, dropped off in person, or placed in our lock box that is attached to the building at the entrance. We will post answers to the questions in the monthly newsletter and on our Facebook page, if requested. If you prefer to be called, please leave your contact information and we will be in contact.

August 2021 Menu

TUESDAY	WEDNESDAY
3 Turkey Stir-Fry 486 Lo Mein Noodles 28 WW Roll 160 Pineapple 1	4 Beef and Cabbage Casserole 300 Country Veg 32 Multigrain Bread 190 Fresh Plum 0
Calories: 614 Fat: 14% Sodium: 847mg Carb: 97g	Calories: 559 Fat: 26% Sodium: 695mg Carb: 73g
10 Grilled Chicken 320 Peach Salsa 45 Parsley Mashed Potatoes 53 Brussels Sprouts 12 WW Bread 160 Mixed Berries 4	11 Irish Beef Stew with Vegetables 277 Roasted Potatoes 33 Oatmeal Roll 121 Fresh Orange 0
Calories: 614 Fat: 22% Sodium: 766mg Carb: 83g	Calories: 697 Fat: 37% Sodium: 602mg Carb: 76g
17 Hot Dog 550 Mustard Packet 55 Baked Beans 36 Zucchini and Summer Squash 3 Hot Dog Roll 210 Mixed Fruit 10	18 Chicken Curry 375 Rice Pilaf 134 Tarragon Carrots 77 WW Bread 160 Pineapple 1
Calories: 730 Fat: 39% Sodium: 1037mg Carb: 81g	Calories: 580 Fat: 22% Sodium: 920mg Carb: 78g
24 Chicken A La King 183 Confetti Rice 43 Scandinavian Blend Vegetable 42 WW Roll 160 Mandarin Oranges 6	25 Hamburger 200 Cheddar Cheese 187 Ketchup 82 Potato Wedges 27 Hot German Slaw 81 Hamburger Roll 230 Cantaloupe 12
Calories: 617 Fat: 29% Sodium: 606mg Carb: 71g	Calories: 790 Fat: 42% Sodium: 991mg Carb: 72g
31 Omelet w/Broccoli and Cheese 388 Hash Browns 136 California Vegetable 27 Fruit Loaf 160 Orange Juice 0	* Indicates a food with sodium. The sodium item is in parentheses daily totals are listed and margarine are totals but are not listed
Calories: 740 Fat: 38% Sodium: 883mg Carb: 88g	

Veteran's Corner

Property Tax Exemptions

As July 1st marks the beginning of the fiscal year, I get a lot of requests for assistance with real estate tax exemptions, mostly for those Seekonk Veterans that have a Veterans Administration disability rating. That requires a recent copy of your disability rating letter from the V.A., your DD214 (military discharge) and the application. Once the Tax Assessor's office has a copy of your DD214, they won't need it again, but the updated letter and application are required every year. For those already receiving a tax abatement, you should have already received your new application in the mail.

Here are the different categories of exemptions under Massachusetts General Law:

Eligible veterans, spouses, and parents

To qualify, all veterans (and spouses where applicable) must:

- Be legal residents of Massachusetts.
- Be occupying the property as his/her domicile on July 1 in the year of application.
- Have lived in Massachusetts for at least six months prior to entering the service (spouses exempted) or,
- Have lived in Massachusetts for five consecutive years immediately prior to filing for a property tax exemption.

In most cases a surviving spouse receives the exemption if he/she was receiving it before the veteran passed away. However, surviving spouses receiving exemption under Clauses 22 and 22D lose the exemption upon remarriage.

M.G.L. ch. 59, s.5, clause 22

Clause 22 allows for a \$400.00 tax exemption for the following persons:

- 10% (or more) service-connected disabled veteran;
- Purple Heart recipient;
- Gold Star mothers and fathers;
- Spouse of veteran entitled under Clause 22;
- Surviving spouses who do not remarry.

M.G.L. ch. 59, s.5, clause 22A

Clause 22A allows for a tax exemption of \$750.00 if the veteran meets the following:

- Loss or loss of use of one hand above the wrist, or one foot above the ankle or one eye;
- Congressional Medal of Honor;
- Distinguished Service Cross;
- Navy Cross or Air Force Cross.

M.G.L. ch. 59, s.5, clause 22B

Clause 22B allows for tax exemption of \$1,250.00 if the veteran meets the following:

- Loss or loss of use of both hands or both feet;
- Loss or loss of use of one hand and one foot as described above;
- Loss or loss of use of both eyes (blind).

M.G.L. ch. 59, s.5, clause 22C

Clause 22C allows for tax exemption of \$1,500.00 if the veteran:

- Is rated by the VA to be permanent and totally disabled and has specially adapted housing.

M.G.L. ch. 59, s.5, clause 22D

Clause 22D is for surviving spouses (who do not remarry) of soldiers, sailors, or members of the Guard whose death occurred as a proximate result of an injury sustained or disease contracted in a combat zone, or who are missing in action with a presumptive finding of death, as a result of combat as members of the armed forces of the United States.

- Total exemption so long as the spouse does not remarry.

M.G.L. ch. 59, s.5, clause 22E

Clause 22nd E allows for \$1,000.00 for veterans that are 100% disabled by the VA.

Please contact me with any questions you may have pertaining to tax exemptions for Massachusetts Veterans.

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



August 2021 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00am - Chair Yoga		9:30am - Drums Alive	10:00am - Chair Yoga	9:30am - Zumba
12:00pm - Arts & Crafts*		11:00am Hip Hop Exercise	1:00pm - BINGO!	10:30am - Tai Chi
12:00pm - Knitting		1:00pm - Mahjong		
1:00pm - Zoom BINGO!	9	1:30pm - Zoom Trivia	1:30pm - Zoom Coffee Chat	1:00pm - Cribbage
10:00am - Chair Yoga	10	9:30am - Drums Alive	9:30am - Mens Breakfast	9:30am - Zumba
12:00pm - Arts & Crafts*		10:00am - Podiatist	Toti's, Seekonk	10:30am - Tai Chi
12:00pm - Knitting		1:00pm - Cards (Hi-Lo Jack)	10:00am - Chair Yoga	
1:00pm - Zoom BINGO!	16	1:30pm - Zoom Trivia	1:00pm - Mahjong	1:00pm - BINGO!
10:00am - Chair Yoga	17	9:00am - Zoom Drums Alive	1:00pm - Cribbage	1:00pm - Cribbage
12:00pm - Arts & Crafts*		9:30am - Drums Alive	10:00am - Women's Brunch	9:30am - Zumba
12:00pm - Knitting		1:00pm - Cards (Hi-Lo Jack)	Toti's, Seekonk	10:30am - Tai Chi
1:00pm - Zoom BINGO!	23	1:30pm - Zoom Trivia	10:00am - Chair Yoga	
10:00am - Chair Yoga	24	9:00am - Zoom Drums Alive	1:00pm - BINGO!	
12:00pm - Arts & Crafts*		1:00pm - Cards (Hi-Lo Jack)	1:00pm - Mahjong	10:30am - Tai Chi
12:00pm - Knitting		1:30pm - Zoom Trivia	1:30pm - Zoom Coffee Chat	
1:00pm - Zoom BINGO!	30		10:00am - Chair Yoga	9:30am - Zumba
10:00am - Chair Yoga	31	9:00am - Zoom Drums Alive	1:00pm - BINGO!	10:30am - Tai Chi
12:00pm - Arts & Crafts*		1:00pm - Cards (Hi-Lo Jack)	1:00pm - Cribbage	
12:00pm - Knitting		1:30pm - Zoom Trivia		
1:00pm - Zoom BINGO!				
<p>*Arts & Crafts Residents \$5/Non-Residents \$7</p> <p>Activities subject to change without notice</p>				
<p>Office Hours: Mon, Tues, Thur 8:30am - 4:30pm Wednesday 8:30am - 5:30pm Friday 8:30am - 12:00pm</p>				
<p>We ask that everyone please preregister for all activities. This will help ensure we have proper seating available.</p>				

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*See office for complete details.

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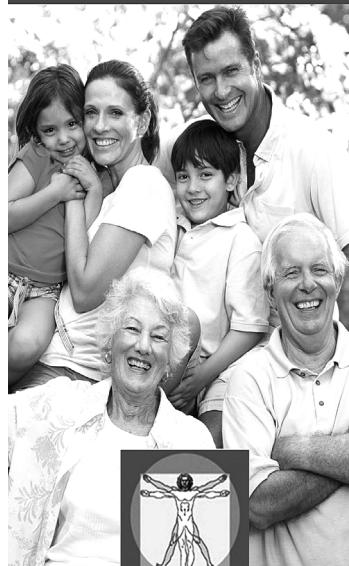
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CUMBERLAND

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Cumberland, Rhode Island 02864
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Fax: (401) 305-3859
Monday – Thursday: 7:00 am – 7:00 pm
Friday: 7:00 am – 5:00 pm

WARWICK

2080 Warwick Avenue
Warwick, Rhode Island 02889
Telephone: (401) 921-0160
Fax: (401) 921-0139
Monday – Thursday: 7:00 am – 7:00 pm
Friday: 7:00 am – 5:00 pm

EAST GREENWICH

2639 South County Trail
East Greenwich, Rhode Island 02818
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for your support
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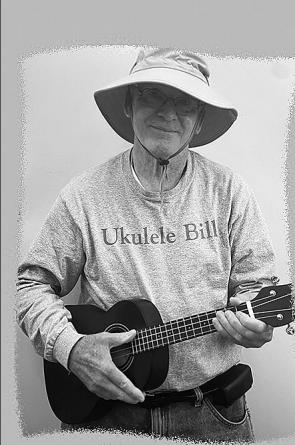
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RIDE MATCH

If you are looking for more transportation options, go on this website: massridematch.org. On this website you can locate providers of transportation. You can learn how to locate transportation by clicking on "Learn How To Use Ride Match". To see if there is transportation offered near you, click on the word "Home". Under the words "Transportation Providers By City/Town. Click in "Select Your City or Town", scroll down and click on your town or city, you are looking for. It is here that you can view all the Transportation businesses in your area that may be able to give you a ride to places you may need to go to. You can find out details by clicking on "View Details".



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Seekonk Human Services Staff
P. 508-336-8772 F. 508-336-2239

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Brittney Faria, LSWA

Assistant Director

Ashley Cartwright, MBA

Clerical Assistant

Kimberly Mallon

Outreach Worker

Veronica Brickley, LPN LSWA

Community Liaison

Maggie Perkins

Office Clerk

Sharon Bettencourt

Veterans Service Officer

James LaFlame

TECHNOLOGY HELP FOR SENIORS

Do you know a senior citizen who could benefit from easy-to-follow instructions about how to use technology? Yes? Then check out this website for free tutorials and simple instructions on important technology including: zoom, online shopping, and email. www.tech-savvy-seniors.org



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.

The center is open Monday, Tuesday, Thursday 8:30am to 4:30pm, Wednesday 8:30am—5:30pm and Friday 8:30am to 12:30pm. Come and enjoy the activities and companionship at your center.

Human Services Council

Chairperson

Michelle Hines

Vice Chairperson

Beverly Della Grotta

Irene Andrews

Anne Libby

Keith Perry

Josephine Velder

Council meets fourth Monday of the month

@ 3:15pm at

Seekonk Human Services

Large community room