



SEEKONK HUMAN SERVICES

Town Officer



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

December 2021

This office will be closed on
December 23, & December 24, 2021
December 30, & December 31, 2021

Holiday Celebration **December 8, 2021 at 11:30am**



Join us to celebrate the holidays! Ruth Harcovitz will be here on Wednesday, December 8, 2021 at 11:30am. Lunch will be served after the performance and will include Pasta &

Meatballs, Salad and Dessert. Preregistration is required. Cost is \$7 Seekonk Residents and \$10 for Non-Residents Please call, 508-336-8772.

Strength and Cardio at 1:00pm **Instructed by Kelly Sipe**

Strength and Cardio is our newest fitness class to join our schedule. The class is taught by certified instructor, Kelly Sipe. This class helps build strength (fight osteoporosis and muscle loss) using body weight, exercise bands and hand weights. The class will improve strength and cardiovascular fitness with energizing exercise circuits. Lastly, the class will build power and endurance with a mix of functional strength training exercises for everyday activities. The fee for this class is \$2.00 for Seekonk residents and \$3.00 for non-residents. Preregistration is required by calling 508-336-8772. **Classes will be on December 6, 2021, December 20, 2021 & December 27, 2021**

FITNESS CLASS FEES

Starting January 1, 2022 there will be a \$2.00 charge for Non-Seekonk Residents for the all instructor paid classes (Strength & Cardio, Drums Alive, Zumba, and Tai Chi). All Seekonk residents will be free of charge. Fees are subject to change.

Community Education

Wednesday, December 15, 2021 @ 11:30am

The town appreciates and understands the importance of being informed. Each month we invite a town Department Head to be a guest speaker and present a free educational workshop in relation to their specific department. It is important to keep up with the latest town scoop! This month on December 15th at 11:30am, we will have Seekonk's Town Director of Communication, Donna Wunschel. Ms. Wunschel will be here to discuss the latest on the Communications of Dispatching for the Police Department in town. She will be able to answer any questions that anyone may have. Pastry and coffee will be served. Preregistration is required for this activity, please call the office at 508-336-8772.

Lyons Paws of Comfort

Wednesday, December 22, 2021 at 11:30am **Lisa from Prosper Life will provide the snacks**

Southeastern MA Dogs of Comfort Lions Club is coming to Seekonk Seniors for a visit and they want you to come and receive lots of love from these wonderful canines! We hope you will come and enjoy this loving experience! These dogs are trained to provide comfort as we serve communities wherever needed. Anything is PAWSible... WE ARE LIONS!

Snacks will be provided for all who attended this activity. Preregistration is required for this activity, please call the office at 508-336-8772 to register.

How can the Paws of Comfort Lions help your community? By visiting Schools, Churches, Nursing Homes, Hospitals, Events and more.

Our Global Causes: Donations have been made to Mass. Eye & Ear, Joslin Diabetes Center, Boston Children's Hospital, as well as Camps, Schools, and back into our community.

December Happenings

Arts & Crafts Mondays in December 1:00pm

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

December 6 - Santa Cheese Grater
December 13 - Faux Window
December 20 - Burlap Christmas Tree
December 27 - Glass & Wine Bottles Decor

Podiatry Clinic Wednesday, December 8, 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, December 15, 2021 9:00am - 11:00am

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

Let's Learn Together! Tuesday, December 28, 2021 at 2:00pm Borrowing Library Audiobooks & E Books

If winter weather or quarantine keeps you at home, find out how you can access library audiobooks, ebooks and more remotely with your device! Librarian Michelle Gario will lead this 90 minute basics class. Bring your library card and your own laptop, tablet or smartphone; Please make sure your device is fully charged. Contact the Seekonk Human Services to preregister for this activity at 508-336-8772



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.

BLUEBERRY PIE BAR

Ingredients: 1 Box of yellow cake mix, 1 stick (1/2 cup) butter and 1 can blueberry pie filling.

Directions: **1.** Preheat oven to 350. **2.** Cut the butter into small cubes. In a large bowl, cut the butter cubes and cake mix together with a pastry cutter, or two forks, until crumbly. Set aside 1 cup of the mixture. **3.** Line a 13x9" baking dish with parchment paper or cooking spray, dump in the remaining cake mix/butter mixture into the bottom of the baking dish and press it down with your fingers to pack it together over the bottom baking dish and slightly up the sides. **4.** Drop spoonfuls of the pie filling over the packed crust mixture, and carefully spread it with the back of a spoon as evenly as possible. **5.** Sprinkle the reserved cup of the crust mixture over the pie filling and bake for 35-45 minutes. **6.** Cool Completely, cut into 12 squares, and serve. **Calories 288 a piece, Fat 9g, Sugar 31g, Sodium 323mg, Protein 1.80g, Fiber 1.30g**



2022 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 \$499/ month 30-39 credits \$274/ month

Part B Premium

The monthly standard Medicare Part B premium in 2022 for Medicare beneficiaries will be \$170.10 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 thresh-old 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 2022Part B monthly premium and Part D adjustment amount are based on one's 2020 tax return.

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 2021. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE 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.**

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 \$2.50 per meal which will be due at the time of pickup. Pick up will be between 11am - 12pm. December's menu is available on our Facebook Page and by calling our office at 508-336-8772.

Community Questions for our Police Liaison

Officer Maria Vincenzo 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.

Fuel Assistance

If you had fuel assistance last year, be on the look-out for your application. File the application as soon as you get it. If you have never had fuel assistance and would like to apply or if you need help filing your application, please call Seekonk Human Services at 508-336-8772 to make an appointment with the Outreach Department. **Fuel Assistance begins November 1st.**

Income Guidelines: Maximum income for 1 person is \$40,951, for 2 people is \$53,551, for 3 people is \$66,151, and for 4 people is \$78,751

Income includes your social security, pensions and any interest income. Needed Documents:

- **Proof of income:**
 - o 4 consecutive pay stubs
 - o Social Security Award Letter or 1099
 - o Pension (Current 1099)
 - o Interest Dividends (1099)
 - o List of everyone in household plus their income
- **Homeowner's must include:**
 - o Mortgage statement
 - o Real estate tax bill
 - o Insurance bill
 - o Recent copy of electric bill and gas/oil bill
- **Renters Include:**
 - o Rent receipt
 - o Recent copy of electric bill and gas/oil bills
- **Other Documents Needed**
 - o License
 - o Social Security Cards for all members in household
 - o Birth certificates for members under the age of 18
 - o Food Stamps - copy of verification

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.

*** 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.



Veterans ID Cards

There are many types of identification cards you can use to show you're a Veteran. You only need to have one of them for this purpose. Learn about the different types of VA ID cards and other Veteran ID options.

Department of Defense Identification Card

A Department of Defense (DoD) Identification Card is used to show your military status and to get access to services at military bases. You may also use this card to get discounts offered to Veterans at many stores, businesses, and restaurants. If you have a DoD Identification Card, you don't need to request another type of photo ID card to prove you're a Veteran or to get retail or business discounts.

DoD ID cards are limited to Active Duty, National Guard or Reserves and retired military personnel.

Veteran Health Identification Card

When you're enrolled in VA health care, you get a Veteran Health Identification Card (VHIC) that you use to check in to your appointments at VA medical centers. You may also use this card to get discounts offered to Veterans at many stores, businesses, and restaurants. If you have a VHIC, you don't need to request another type of photo ID card to prove you're a Veteran or to get retail or business discounts.

Veteran ID Card

A Veteran ID Card (VIC) is a form of photo ID you can use to get discounts offered to Veterans at many kstores, businesses, and restaurants. When you have this card, you won't need to carry around your military discharge papers or share sensitive personal information to receive discounts. If you have a VIC, you don't need to request another type of photo ID card to prove you're a Veteran or to get retail or business discounts.

You may be eligible if you meet both of the requirements listed below.

Both of these must be true. You:

- Served on active duty, in the Reserves, or in the National Guard (including the Coast Guard), and
- Received an honorable or general discharge (under honorable conditions)

If you received an other than honorable, bad conduct, or dishonorable character of discharge, you're not eligible for a Veteran ID Card. If you have an uncharacterized or unknown discharge status, we'll have to verify your eligibility before we approve your application.

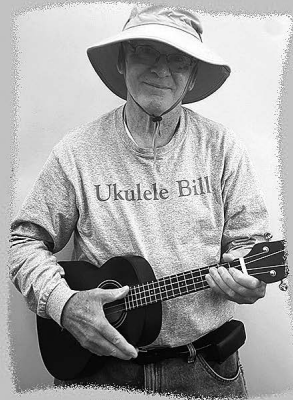
The only way to get a Veteran ID Card is online at on the VA's website. Just click on "Get Veteran ID cards" on the VA homepage (www.va.gov).

Please contact me with any questions you may have pertaining to Veterans ID cards.

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

FRIDAY

| | 1 | 2 | 3 |
|---|---|--|---|
| *Arts & Crafts Residents \$5/Non-Residents \$7 *Drums Alive Non-Residents \$2 *Strength and Cardio Residents \$2/Non-Residents \$3 | We ask that everyone please preregister for all activities. This will help ensure we have proper seating available. | 9:30am - Drums Alive 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat | 9:30am - Zumba 10:30am - Tai Chi |
| Activities subject to change without notice | | 1:00pm - Cribbage | |
| 10:00am - Chair Yoga 12:00pm - Knitting 1:00pm - Arts & Crafts* 1:00pm - Strength and Cardio 1:00pm - Cornhole | 6 7 8 9 | 9:30am - Drums Alive 10:00am - Podiatry Clinic 11:30am Holiday Celebration 12:30pm - Lunch 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat | 9:30am - Zumba 10:30am - Tai Chi |
| 10:00am - Chair Yoga 12:00pm - Knitting 1:00pm - Arts & Crafts* | 13 14 15 | 9:00am - Zoom Drums Alive 9:30am - Blood Pressure Clinic 9:30am - Drums Alive 11:30am - Community Education Donna Wunschel-Comm. Direct. 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat | 9:30am - Zumba 10:30am - Tai Chi |
| 10:00am - Chair Yoga 12:00pm - Knitting 1:00pm - Arts & Crafts* 1:00pm - Strength and Cardio 1:00pm - Cornhole | 20 21 22 | 9:00am - Zoom Drums Alive 10:00am - Sign Language 1:00pm - Cards (Hi-Lo Jack) 1:30pm - Zoom Trivia | CLOSED CHRISTMAS EVE  |
| 10:00am - Chair Yoga 12:00pm - Knitting 1:00pm - Arts & Crafts* 1:00pm - Strength and Cardio 1:00pm - Cornhole | 27 28 29 30 | 9:30am - Drums Alive 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat | We Are Closed Today Office Hours: Mon, Tues, Thur 8:30am - 4:30pm Wednesday 8:30am - 5:30pm Friday 8:30am - 12:00pm For information on Activities Call 508-336-8772 |
| | | |  Closed for the Holidays! See you in January! |



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Merry Christmas



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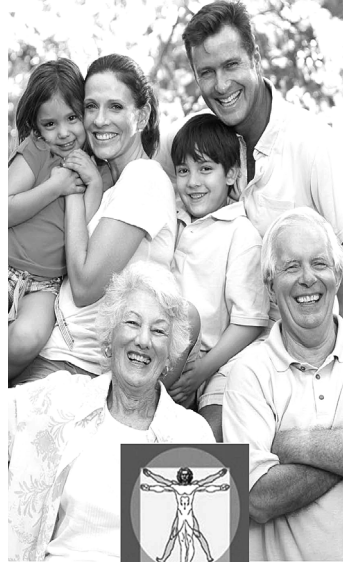
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EAST PROVIDENCE

927B Warren Avenue
East Providence, Rhode Island 02914
Telephone: (401) 438-0905
Fax: (401) 438-0903
Monday – Thursday: 7:00 am – 7:00 pm
Friday: 7:00 am – 5:00 pm
Saturday: 7:00 am – 12:00 pm

CUMBERLAND

2295 Diamond Hill Road
Cumberland, Rhode Island 02864
Telephone: (401) 305-3858
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
Telephone: (401) 471-7510 Fax: (401) 471-7511
Monday – Thursday: 7:00 am – 6:00 pm
Friday: 7:00 am – 5:00 pm

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



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



Lodge #5

SEEKONK POLICE

MASS C.O.P. Local #215 F.O.P. Lodge #5
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Seekonk, Massachusetts 02771



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



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

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

What If I Cannot Find the Original Will?

By: Brandon C. Walecka, Esq.

Walecka Law, P.C.

774-203-9003

Brandon@WaleckaLaw.com

I sometimes receive a call from a family after someone passes telling me that they cannot find the original Last Will and Testament.

Without the original Will, estate administration involves an application by a proposed Personal Representative ("PR", formerly known as the Executor) and usually a bond is needed. A surety company will issue the bond to protect the heirs and creditors should the PR fail to carry out their duties. Depending on the size of the estate, this bond can be several thousand to tens of thousands of dollars. Further, in order to sell any real estate property with no Will, the court will likely require additional steps are taken by the PR to ensure that the sale prices are fair and reasonable.

If a copy of the Will has been found but not the original, and there is no belief or evidence that the decedent destroyed the original intentionally, then Probate can still be accomplished with additional steps. Additional legal papers must be filed explaining to a judge that there was a thorough search and the original was not found, but there is no belief that it was intentionally destroyed. If the judge is satisfied, then the copy can be admitted to Probate and the named PR can carry on the role of estate administration. A hearing before the judge may or may not be necessary.

To avoid this outcome ask yourself some important questions like do you know where your original Last Will and Testament is stored? Is it accessible? Does your family know where to find it? Has your estate planning attorney retired? Was he or she storing the original Will? Has your Will been reviewed recently? Maybe it is time to review your Will to ensure it accomplishes your goals, reflect your wishes, and is available when needed.

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

Director

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

Human Services Council

Chairperson

Michelle Hines

Vice Chairperson

Beverly Della Grotta

Irene Andrews

Anne Libby

Keith Perry

Josephine Veader

Council meets fourth Monday of the month

@ 3:15pm at

**Seekonk Human Services
Conference Room**