



540 Arcade Avenue ~ Seekonk, MA ~ 508-336-8772

Monday through Thursday 8:30am - 4:30pm ~ Fridays 8:30am - 12:30pm

\*Evening appointments available upon request

## November 2020



Seekonk Human Services

Will be closed For  
Veterans' Day

Wednesday, November 11, 2020

Thanksgiving Holiday  
Closing early on  
Wednesday, November 25, 2020  
@ 12:30pm  
Closed on  
Thursday & Friday,  
November 26 and 27, 2020



### Activities and Clinics Guidelines

Outdoor activities will be capped at 15 people. Masks are not required for outdoor activities as long as proper social distancing is taking place. Health clinics will be inside with mask requirements as well as a COVID form upon arrival.

\*Sign ups required 24 hour in advance for all Outdoor Activities & Health Clinics. For all appointments and health clinics, please call, 508-336-8772 upon arrival to check in.

### 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 pre packaged. 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. Please call 508-336-8772 to hear November's menu and to order!

### Activities

Guided Meditation  
Monday, November 2 & 16, 2020 @ 11am

Zoom Trivia\*  
Tuesdays at 1:30pm—2:00pm

Chair Yoga  
Wednesdays @ 10am

Zoom BINGO!\*  
Thursdays at 1pm

\*Please contact the office to access BINGO cards

Zumba  
Friday @ 9am

Tai Chi  
Fridays at 10:15am

Podiatry Clinic  
Thursday, November 12 @ 10am—2:30pm

Blood Pressure & Glucose Clinic  
Wednesday, November 18 @ 9:00am

\*Note: Zoom activities can be done on a laptop, tablet, smart phone or by dialing in the specific number for that activity. If you would like to participate but don't have a tablet, please call the Seekonk Public Library at 508-336-8230. If you are interested in participating in a zoom activity call the office to sign up. If you have a registered email address please inform us so we can send you the log in information for the class!

### THANKSGIVING

If anyone is in need of assistance this Thanksgiving or know someone who is in need, please call our office at 508-336-8772. All clients must have a current intake on file. The deadline for a Thanksgiving meal or basket is Wednesday, November 18, 2020.

## MEDICARE OPEN ENROLLMENT

Need Help  
with your Medicare  
Plan Comparisons  
for 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. Call now to discuss your insurance questions, schedule your SHINE phone appointment by calling 508-336-8772. 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.**

## 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 \$37,360, for 2 people is \$48,855, for 3 people is \$60,351, and for 4 people is \$71,846.

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

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

## Veterans' Services

The Seekonk Department of Veterans' Services recently sent out a letter to all registered voters who are listed as Veterans. I know this is not a complete listing of all Seekonk Veterans', so I will use this platform to continue to get the word out about three topics. Here is the body of the letter:

Dear Seekonk Veteran,

1. The Seekonk Veterans Council would like to formally invite you to participate in a rolling parade, a parade of cars and motorcycles on Veterans Day 2020, Wednesday November 11<sup>th</sup> at 9am. The proposed 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.
2. In regards to the memorial park, pavers are still available at the memorial. They are \$200 for a 12"x12" paver. It should also be noted that they are not limited to just Seekonk Veterans, the memorial is for all Veterans.
3. I know many Seekonk Veterans are receiving federal benefits, mostly due to service related disabilities. For those of you who may not know, Massachusetts has a unique program to assist low income/low asset Veterans. This program assists by paying for health insurance, pharmacy co-pays, fuel assistance, monthly stipends, as well as pre-approved emergency repair costs. Please contact me if you think you may qualify.

Those interested in participating in the parade may contact me via telephone (508)336-2940 or email [jlaflame@seekonk-ma.gov](mailto:jlaflame@seekonk-ma.gov). Email is the preferred way to R.S.V.P. as follow up will be much easier. If you don't have email, a phone call will suffice.

Several Veterans have inquired about the "dress code" for the rolling parade. There is none, but if you have an old uniform that still fits, a ball cap from your branch of service or war in which you served, or hat from a service organization, i.e. American Legion, VFW or DAV...that is great. Your families are welcome to ride along, as families are the unsung heroes for the Veterans.

Finally, the paver application is available the Veterans' Services section of the town website using this link: [http://www.seekonk-ma.gov/sites/g/files/vyhlif1191/f/uploads/brick\\_order\\_form1.pdf](http://www.seekonk-ma.gov/sites/g/files/vyhlif1191/f/uploads/brick_order_form1.pdf)

James LaFlame  
Veterans' Services Officer

**\* NOTE: Seekonk Human Services offers many legal, financial, recreational, medical screening and/or other activities and services by volunteers or nominal cost practitioners. Seniors participating in these services/activities do so with the understanding that Seekonk Human Services, the Town of Seekonk or its employees do not assume any legal or other responsibility for any advice or services rendered by such volunteers or nominal cost practitioners.**



## PUT HEARING HEALTH ON THE TOP OF YOUR “TO DO” LIST

### To Do:

- 1. Hearing assessment
- 2. Dentist
- 3. Eye dr.
- 4. Yoga schedule
- 5. Oil change

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Michael Nogueira, Hearing  
Instrument Specialist Lic. #471

WHEN CALLING, PLEASE MENTION CODE AG60-1

\*See office for details.

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**(508) 809-4417**

Christopher Brissette, Hearing  
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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

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**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@bistollegal.com

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



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