



# 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

### November 2021

**This office will be closed on  
Thursday, November 11, 2021**

**Closing at 12:30pm November 24, 2021**

**Closed on November 25, & November 26, 2021**

#### Veterans' Celebration

**November 10, 2021 at 11:30am**

Frank Noonan performs as a "One Man Band" on vocal, horns and backing tracks. The music he plays is from: The Great American Songbook, the Roaring 20's - 40's, Rock Around the 50's, Contemporary light Rock and Roll of the 60's to 80's, Holiday and Patriotic specials with trumpet and trombone. Our guest speaker will be Seekonk's Veterans Services Officer, James LaFlame. He will be here to speak to you about the 2 Veterans' Day events and answer any questions. Veterans will receive a personal size flag. Lunch will be meatball subs, chips and dessert. Cost will be \$5.00 but Veterans will eat for FREE. Preregistration is required for everyone, payment required at registration 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 November 1, 2021, November 8, 2021 & November 22, 2021**

#### Community Education

**Wednesday, November 17, 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 November 17<sup>th</sup> at 11:30am, we will have Seekonk's Town Recreation, John Pozzi. Mr. Pozzi will be here to discuss the latest news regarding the recreational activities that are offered in town. He 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 to register.

#### Bristol Sheriff Department

**Tuesday, November 16, 2021 at 1:00pm**

**R.U.O.K. Program & Ice Cream Social**

The Bristol County Sheriff, **Thomas Hodgson** will be here to explain how the Telephone Reassurance Program **"R.U.O.K.?" (Are You O.K.?)** program works. There will also be an Ice Cream Social. Preregistration is required for this activity, please call the office at 508-336-8772.

#### Let's Learn Together!

**Tuesday, November 30, 2021 at 2:00pm**

**All About Apps**

Michelle Gario will lead this 90 minute class. Come to this session to review how to find and install apps on your cell phone or tablet. Bring your own smartphone or tablet; Please make sure your device is fully charged. Please contact the Seekonk Human Services to preregister for this activity at 508-336-8772

## **November Happenings**

### **Arts & Crafts Mondays in November 1:00pm**

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

- \* November 1 - Holiday Wagon
- \* November 8 - Holiday Shadowbox
- \* November 15 - Button Wreath
- \* November 22 - Winter Decoration
- \* November 29 - Cheese Grater Santa

### **Podiatry Clinic Wednesday, November 10, 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, November 17, 2021 9:00am - 11:00am**

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

### **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 and meatballs, salad and dessert. Preregistration is required. Cost is \$7 for residents and \$10 for nonresidents.

### **FEE UPDATES**

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.

## **YESTERDAY Once More**

**November 18, 2021**

**\$96 per person**

**LIVE at Danversport Yacht Club-Danvers, MA**

From the creators of the hit shows OH WHAT A NIGHT! Comes a unique new musical revue celebrating four of the most iconic singing groups known for their soaring vocal harmonies - **Yesterday Once More**. In addition to instantly recognizable hits of some of the most popular music ever recorded, Yesterday Once More stars four dynamic performers whose lush harmonic interpretations are featured as an ensemble and individually.

From **The Carpenters** "Close To You" to **ABBA's** "Dancing Queen"....and **The Mamas and Papas'** "California Dreaming" to the **5th Dimension's** "Up Up And Away, you'll enjoy non-stop hits, colorful choreography and informative and humorous banter. For everyone who remembers this music it's a return to rich harmonies and relatable songs. For anyone who simply loves great pop music and amazing vocal blends, this is a show not to be missed. **Price includes:** Transportation, Plated Luncheon, Meal Tax & Gratuity and Show Ticket. **Meal Choice:** Chicken Parmesan or Baked Scrod. Also, Included: Salad, Potato, Vegetables, Breads, Dessert & Coffee/Tea.

### **Thanksgiving Assistance**

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 17, 2021.

### **Holiday Assistance**

If you or someone you know is in need of help during the holiday season for a meal or basket, please have them call us at 508-336-8772, to see if we are able to assist.

Families with children under the age of 12 that are in need of help with gifts, please call us at 508-336- 8772 to inquire about an application for Christmas is for Kids. Applications are due by Friday, December 3, 2021.

### **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 programming you may like.

### 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. November'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.

## The Seekonk Veterans' Council

### Holiday Festival

Christmas trees dedicated and decorated in memory of loved ones or sponsoring organizations will create a wonderful winter wonderland in front of the Seekonk Veterans' Memorial Park along Route 152 during the month of December.

Trees will be approximately 6' tall and prepositioned with electrical for convenience. Sponsorship is \$35 per tree. Sponsors will provide all decorations.

If you are interested in sponsoring a tree in honor of a loved one or sponsoring organization, you may visit the Seekonk Veterans' Services Officer, James LaFlame, at the Seekonk Senior Center (540 Arcade Avenue). You may also contact him via phone at 508-336-2940 or via email at [jlaflame@seekonk-ma.gov](mailto:jlaflame@seekonk-ma.gov).

### Important Dates:

December 4<sup>th</sup>: Last day to sign up for sponsorship (if trees still available)


December 5<sup>th</sup>-12<sup>th</sup>: Sponsors decorate trees

December 12<sup>th</sup> – December 26<sup>th</sup>: Decorated trees on display

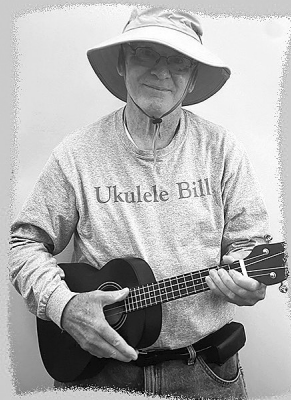
December 27<sup>th</sup> – 31<sup>st</sup>: Sponsors retrieve decorations



# November 2021 Calendar

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
10:00am - Chair Yoga	1	9:00am - Zoom Drums Alive	2	9:30am - Drums Alive	3	10:00am - Chair Yoga	4	9:30am - Zumba	5
12:00pm - Knitting		10:00am - Sign Language		1:00pm - Mahjong		1:00pm - BINGO!		10:30am - Tai Chi	
1:00pm - Arts & Crafts*		1:00pm - Cards (Hi-Lo Jack)		1:30pm - Zoom Coffee Chat		1:00pm - Cribbage			
1:00pm - Strength and Cardio									
1:00pm - Cornhole									
10:00am - Chair Yoga	8	9:00am - Zoom Drums Alive	9	9:30am - Drums Alive	10		11	9:30am - Zumba	12
12:00pm - Knitting		10:00am - Sign Language		10:00am - Podiatry Clinic				No Tai Chi Class	
1:00pm - Arts & Crafts*		1:00pm - Cards (Hi-Lo Jack)		11:30am Veteran's Celebration					
1:00pm - Strength and Cardio				12:30pm - Lunch					
1:00pm - Cornhole				1:00pm - Mahjong					
1:00pm - Cornhole				1:30pm - Zoom Coffee Chat					
10:00am - Chair Yoga	15	9:00am - Zoom Drums Alive	16	9:00am - Blood Pressure Clinic	17	10:00am - Chair Yoga	18	9:30am - Zumba	19
12:00pm - Knitting		10:00am - Sign Language		9:30am - Drums Alive		10:00am - Women's Brunch		10:30am - Tai Chi	
1:00pm - Arts & Crafts*		1:00pm - Bristol Sheriff Dept.		11:30am - Community Education		1:00pm - BINGO!			
1:00pm - Arts & Crafts*		RYOK Program Ice Cream Soc.		John Pozzi - Recreation Dept.					
1:00pm - Cornhole		1:00pm - Cards (Hi-Lo Jack)		1:00pm - Mahjong		1:00pm - Cribbage			
1:00pm - Cornhole				1:30pm - Zoom Coffee Chat					
10:00am - Chair Yoga	22	9:00am - Zoom Drums Alive	23	9:30am - Drums Alive	24		25		26
12:00pm - Knitting		10:00am - Sign Language		Closing at 12:30pm for the Thanksgiving Holiday					
1:00pm - Arts & Crafts*		1:00pm - Cards (Hi-Lo Jack)							
1:00pm - Strength and Cardio									
1:00pm - Cornhole									
1:00pm - Cornhole									
10:00am - Chair Yoga	29	9:00am - Zoom Drums Alive	30	*Arts & Crafts				Office Hours:	
12:00pm - Knitting		10:00am - Sign Language		Residents \$5/Non-Residents \$7				Mon, Tues, Thur 8:30am - 4:30pm	
1:00pm - Arts & Crafts*		1:00pm - Cards (Hi-Lo Jack)		*Drums Alive Non-Residents \$2				Wednesday 8:30am - 5:30pm	
1:00pm - Strength and Cardio				*Strength and Cardio				Friday 8:30am - 12:00pm	
1:00pm - Cornhole				Residents \$2/Non-Residents \$3					
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Entertainer, Singer & Musician



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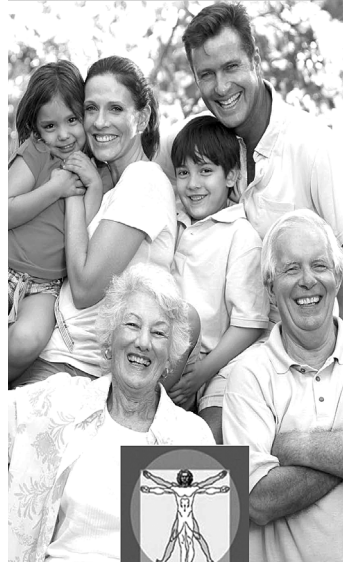


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### EAST PROVIDENCE

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

HAPPY  
*Thanksgiving*

## WINGATE RESIDENCES

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*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

**SEEKONK POLICE**

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**To be a sponsor in  
the next  
Seekonk Town  
Crier Newsletter!  
Please contact  
Tom Reily  
508-336-6633 x 337**



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



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[www.bearmountainhc.com](http://www.bearmountainhc.com)**



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

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

## What is a Trust?

**By: Brandon C. Walecka, Esq.**

Walecka Law, P.C.

774-203-9003

Brandon@WaleckaLaw.com

I often hear from prospective clients who ask, "What is a Trust?" A trust essentially is an agreement between two or more people to hold assets (e.g., a house, bank account investment, etc.) for the benefit of someone else—for the benefit of a beneficiary. So, it is a document, and a legal document at that.

I like to use the analogy that you should think of a trust as a basket, and in most cases the trust is not working for you unless you actually place some of your assets into that "basket." Estate planning attorneys call that "funding the trust." Sometimes I meet with a prospective client who did planning previously but the trust is only partially or incompletely funded. The failure to properly fund the trust can have unintended consequences for you and your loved ones, such as probate upon your passing (a costly, public, and lengthy court process), increased taxes, unintended individuals inheriting assets, and other consequences.

People who choose to create trusts do so for different reasons and therefore, I customize and personalize my draft of each trust for each particular client. Some common reasons why an individual would create a trust include: to avoid probate; to wipe out or minimize estate taxes; to protect assets from the cost of long-term care; to protect the assets from their children's creditors, or divorce; or for special needs children and special needs planning.

There is a vast range of different types of trusts. For example, there are revocable trusts and irrevocable trusts. Most revocable trusts allow the creator (you) to retain control over the assets you put into your trust. Whereas an irrevocable trust, in contrast, surrenders some level of control for intended reasons, such as reducing taxes or protecting from the cost of long-term care.

As you can see, a lot goes into creating a trust and determining what type is appropriate for each person. Consult a qualified estate planning attorney so you have peace of mind that you have created a plan that accomplishes your goals.

### **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**