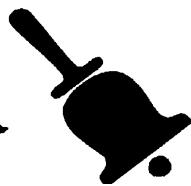




SEEKONK HUMAN SERVICES

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 17th 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 **Are You OK?** 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. Pregristration 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 programing 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 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.

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.

Important Dates:

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

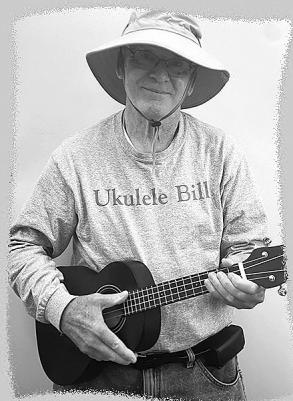
December 5th-12th: Sponsors decorate trees

December 12th – December 26th: Decorated trees on display

December 27th – 31st: Sponsors retrieve decorations



November 2021 Calendar

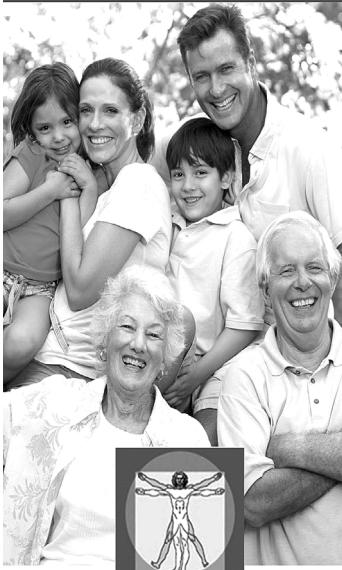


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HAPPY
Thanksgiving

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- ✓ Get you back in the game

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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

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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

PO. BOX 3288
10 NORTH MAIN ST.
FALL RIVER, MA 02322-3288



Local #215



Lodge #5

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



To be a sponsor in
the next
**Seekonk Town
Crier Newsletter!**
Please contact
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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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Phone: 508-379-9700
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

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Assistant Director

Ashley Cartwright, MBA

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Kimberly Mallon

Outreach Worker

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Office Clerk

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Irene Andrews

Anne Libby

Keith Perry

Josephine Veaider

Council meets fourth Monday of the month

@ 3:15pm at

**Seekonk Human Services
Conference Room**