

# FOOTPRINTS



“And When I Turned to Notice...  
I Saw Two Sets of Footprints...”



## FALL RIVER COUNCIL ON AGING

July/August 2021

Phone 508-324-2401



WELCOME BACK!!!



## A LETTER TO THE SENIORS



I would like to welcome you all back to the Fall River Senior Centers. This past year, we have all been through a lot. For anyone that's been impacted by Covid-19 this past year, or lost a loved one, our hearts go out to all of you. We did have to change a few things within our senior centers to keep everyone safe, but we will be back better than ever. Please be patient with us, as the staff and I try to make the new changes as easy as possible for you all. I'd also like to introduce myself. Hello, my name is Jennifer and I am your new associate director for Council on Aging. I am looking forward to meeting all of you.

~Jen



## BLOOD PRESSURE/GLUCOSE CLINICS SCHEDULE

**\*Please Note\***

The time for the clinics will now be held  
10:30-11:45am

Both blood pressure and glucose will be  
done on the same day.

### **North End Senior Center**

101 President Ave., Fall River  
(508) 324-2711

**July 28th & August 25th, 2021**

### **Flint Senior Center**

1423 Pleasant St., Fall River  
(508) 324-2712

**July 21st and August 18th, 2021**

### **Niagara/Maplewood Senior Center**

550 Tucker St., Fall River  
(508) 324-2717

**July 14th & August 11th, 2021**

### **South Main Senior Center**

114 South Main St., Fall River  
(508) 324-2715

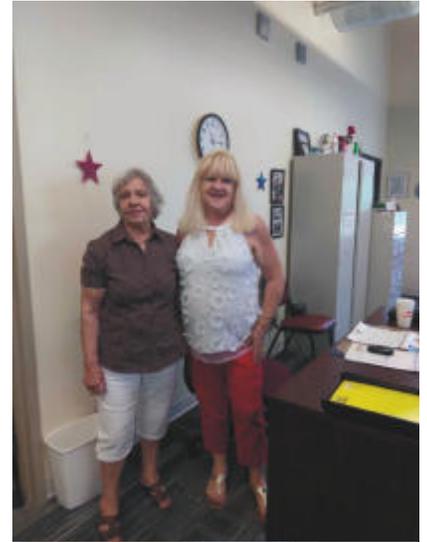
**July 12th & August 4th, 2021**

If you have any questions concerning these clinics, please call the senior center you plan on attending at the numbers listed above.

Many thanks to **Deb Kosier, RN, BSN** and **Leslie Moniz RN** for providing this valuable service to the senior community of Fall River.



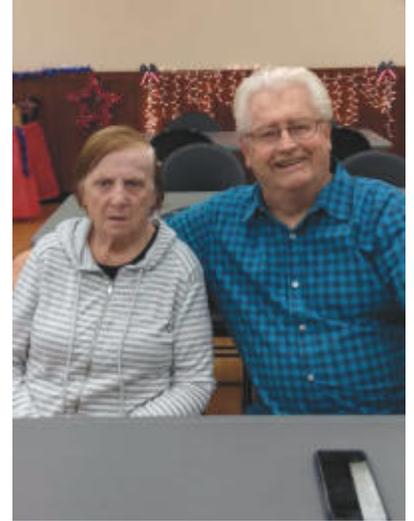
~Flint Senior Center Fun~  
69 Alden St, Fall River, MA



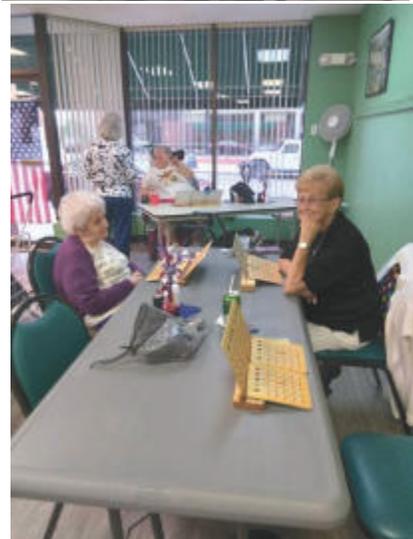
~N. Main Senior Center Fun~  
101 President Ave. Fall River, MA



~Niagara Senior Center Fun~  
550 Tucker St. Fall River, MA



~S. Main Senior Center Fun~  
114 South Main St. Fall River, MA





**Let's Review** - Storms with winds less than 39 MPH are [tropical depressions](#) Storms with maximum sustained winds of 39 MPH or higher are called [tropical storms](#). Storms with maximum sustained winds of 74 MPH or higher are [hurricanes](#). Some of the threats from a hurricane are extremely high winds, a possible storm surge and rip currents, heavy rainfall & inland flooding and tornadoes. The most likely time to experience a hurricane here in Massachusetts is late August through September.

**Terms you should know:**

**Hurricane Watch** - Hurricane conditions are possible within the next 48 hours.

**Tropical Storm Watch** - Tropical Storm conditions are possible within the next 48 hours.

**Hurricane Warning** - Winds greater than or equal to 74 MPH associated with a hurricane will hit within 24 hours

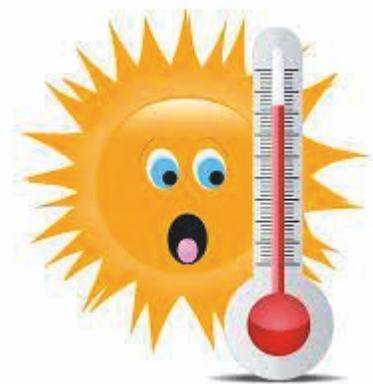
**Tropical Storm Warning** - Sustained winds of 39-74 MPH associated with a tropical storm will affect within 24 hours

**Prepare:** [Know the zone](#) you live in.--If its prone to flooding be prepared to evacuate. [Prepare for power outages](#)--have backup batteries for devices such as flashlights & radios, put fresh batteries in smoke and CO detectors, charge cell phones & electronics, set your fridge and freezer to the lowest possible setting hours before the storm so things are super cold, fill the gas tank of your car, and if you have life support devices or medical equipment that require electricity, notify your utility company and work with your medical provider to prepare for the possible loss of power. [Prepare several days of medication](#) so that you will have it should you have to evacuate your home. [Prepare your home](#)--secure or bring in outdoor furniture, toys, trash cans, etc., clear gutters so rain water flows away from your house, turn off propane tanks if you are not using them, make sure the sump pump in your basement is working properly (if you have one), know where the main switches for electricity and gas are in your home so that you can turn them off if so instructed. [Continue to monitor media](#) for emergency information and follow instructions from public safety officials. [Stay indoors](#) and away from windows. [Call 211](#) to obtain shelter locations and other disaster information. [Be a good neighbor](#) and check on family, friends and the elderly, those who live alone, and those with medical conditions.

Summer is here and the temperature is climbing. Every summer many people die of health problems caused by the high heat & humidity. This type of weather is more likely to create health problems for older adults for a multitude of reasons--some of which include aging related physical changes in the body, chronic health conditions and even side effects of medications being taken.

So ..when the temperature goes above **90 degrees**, older adults need to take precautions. You should follow the ensuing advice.

- **Stay out of the sun if possible**- go out doors in the early morning or later in the evening when the temp is lower
- **Air Condition is your best bet** - spend as much time in an air-conditioned space--home, shopping mall, Senior Center, etc..
- **Stay hydrated** - Drink lots of cool water & juices
- **Dress with care** - loose fitting, light colored clothing
- **Use sunscreen** - make sure your sunscreen has an SPF 15 or higher
- **Cool down** - Take showers or baths in water that is lukewarm, not hot. No time for a shower or bath? Wet wash cloth or towels with cool water and put them on your wrists, ankles, arm pits and neck.



**HOT**



# MOVIE MATINEE

## North Main Senior Center



**Movie: News of the World**  
**Date: Wednesday—July 28th, 2021**  
**Showtime: 1:00pm**  
**Price: \$2.00**  
**\*Snacks Will Be Served\***

**Please Call Don to Reserve a Seat**  
**508-324-2711**



## American Goulash



- 1 lb ground beef
- 1 small onion diced
- 1 tsp minced garlic
- 1 (15 oz) can crushed tomatoes
- 1 (8 oz) can tomato sauce
- 1 tsp sugar
- 1 tsp Italian seasoning
- salt & pepper, to taste
- 1 cup elbow macaroni pasta, cooked measured before cooking

- 1) In a large sauce pan, over medium heat. brown beef along with onion & garlic
- 2) Drain excess grease
- 3) Stir in tomatoes (with juices) & tomato sauce
- 4) Season with sugar, Italian seasoning, salt & pepper
- 5) Stir well & bring to a boil
- 6) Reduce heat & simmer for about 10 minutes
- 7) Then add in cooked pasta & stir
- 8) Allow to simmer for another 5 minutes then serve
- 9) Sprinkle with a little grated parmesan cheese

An out-of-towner drove his car into a ditch in a desolated area. Luckily a local farmer came to help with his big strong horse named Buddy. He hitched Buddy up to the car and yelled “Pull, Nellie, pull!” Buddy didn’t move. Then the farmer hollered “Pull, Buster, pull!” Buddy didn’t respond. Once more the farmer commanded “Pull, Coco, pull!” Nothing. Then the farmer nonchalantly said “Pull, Buddy, pull!” And the horse easily dragged the car out of the ditch. The motorist was most appreciative and very curious. He asked the farmer why he called his horse by the wrong name three times. The farmer said, “Oh, Buddy is blind and if he thought he was the only one pulling, he wouldn’t even try!”



# SUPPORT OUR ADVERTISERS!



# SENIOR CITIZEN ACTIVITIES

## NORTH END SENIOR CENTER

101 President Ave.—Executive Plaza  
 Coordinator—Donald Jackson  
 508-324-2711

**Monday:**  
 Pitch—1:00pm  
 Knitting/Crochet Group—1:00pm

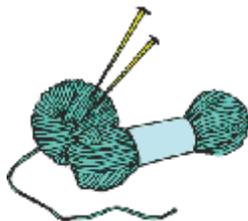
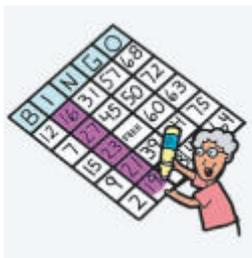
**Tuesday:**  
 Lunch—11:30am  
 Bingo—1:00pm  
 Slam Bam Bingo—1:00pm  
 (Last Tues. of each month)

**Wednesday:**  
 No set schedule of events

**Thursday:**  
 Lunch—11:30am  
 Bingo—1:00pm

**Friday:**  
 Bingo—1:00pm

**\*Bilingual Portuguese Staff Available**



## SOUTH MAIN SENIOR CENTER

114 South Main St.  
 Coordinator—Nancy Suspiro  
 Assistant—Patricia Bouvier  
 508-324-2715

**Monday:**  
 Lunch—11:15am  
 Bingo—1:00pm

**Tuesday:**  
 Cards

**Wednesday:**  
 Cards—9:00am  
 Lunch—11:15am  
 Bingo 1:00pm  
 (Sen. Michael Rodrigues Office)  
 Caitlin Rowley—10:30am  
 (First Wednesday of every month)

**Thursday:**  
 Cards

**Friday:**  
 Cards—9am  
 Lunch—11:15am  
 Bingo 1:00pm

**\*Puzzle & Game area available daily**



## FLINT SENIOR CENTER

69 Alden St.  
 Coordinator—Almerinda Medeiros  
 508-324-2712

**Monday:**  
 Lunch—12:00pm  
 Bingo—1:00pm  
 Rep. Paul Schmid—11:30am  
 (1st Monday of the month)

**Tuesday:**  
 Arts & Crafts

**Wednesday:**  
 Breakfast Bingo—9:30am  
 (Third Wed. of the month)

Lunch—12:00pm  
 Bingo 1:00pm

**Thursday:**  
 Arts & Crafts  
 Lunch—12:00pm  
 Bingo—1:00pm

**Friday:**  
 Movie Day

**\*Bilingual Portuguese Staff Available**



## Niagara-Maplewood Senior Center

550 Tucker St.  
 Coordinator—Charlene Miville  
 508-324-2717

**Monday:**  
 Lunch—11:30am  
 Bingo—1:00pm

**Tuesday:**  
 Low Impact Aerobics—10am  
 Pitch—1:00pm

**Wednesday:**  
 Exercise—9:00am  
 Lunch—11:30am  
 Bingo—1:00pm

**Thursday:**  
 Low Impact Aerobics—10:00am  
 Jambalaya Jammers—TBA  
 (12:00pm-3:00pm)

**Friday:**  
 Exercise—9am  
 Lunch—11:30am  
 Bingo—1:00pm

**\* Puzzle & Activity Room Available Daily**

### Fall River Council on Aging

Paul E. Coogan, **Mayor**  
Tess Curran MPH, Director  
Health & Human Services  
Jennifer Millerick MA  
Associate Director COA

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Brenda Costa

Editor: Jennifer Millerick MA  
Questions? Call 508-324-2401

### SOUTHCOAST HEALTH VAN



**Southcoast Hospitals Group  
Mobile Health Services**

A Community Outreach of Charlton  
Memorial,  
St. Luke's & Tobey Hospitals.  
The public is invited for **FREE** screen-  
ings:  
Blood Pressure, Cholesterol, Blood Glu-  
cose, Cancer screenings. Nutritional in-  
formation,  
vaccines & education.

#### Local Schedule

*Please call the numbers listed below to find  
A location near you.*

*Call: 1-508-973-7131*

### COUNCIL ON AGING TRANSPORTATION SERVICES

**Medical/Dental Transportation:** For Fall River Seniors, the COA provides transportation (Tues, Wed, & Thurs) for seniors 60 y/o and older to medical & dental appointments. Appointment times are mornings only with times being 8:30am, 9:15am, 10:00am, 10:45am, 11:30am & 12:15pm. The 12:15pm apt is a one-way ride only, as drivers complete their day at 1:00pm.

**Grocery Shopping Transportation:** To be announced at a later date

**Veteran Transportation:** Transportation for Fall River veterans to the Providence & Brockton VA medical center will leave between 8am & 8:20am. To return on this shuttle you must be finished with your medical apt by 12pm at the latest. Appts must be booked a minimum of days ahead.

**SRTA Shuttle to Boston:** The COA can also book a ride for elders who reside in Fall River on the SRTA shuttle to Boston are doctors/hospitals. The cost for the shuttle is \$25.00 per person and it departs on Thursdays.

Any questions please call the COA at 508-324-2401

## Comments From Our Legislative Delegation

**Government Center  
Room 619  
Office 508-324-2600  
mayor@fallriverma.org**



“We are so pleased to welcome residents back to our Senior Centers. This last year has certainly been a challenging one, and we have anxiously waited for the day that we could open our doors to our residents again. As I enter this new, more normal, chapter in my term as Mayor, I look forward to visiting with you all as we enjoy the events and programs that will be offered at the Senior Centers.”

Welcome Back & Happy Summer! - Mayor Paul E. Coogan

“Happy Summer, everyone! It has been a long and difficult year, but things are finally getting back to normal. Not only are all MA residents 12+ now eligible to receive the COVID-19 vaccine, but Massachusetts has also fully reopened. With hard work, dedication, and adaptability, I am proud to say that we are getting through this pandemic together.”

My office continues to be available to you for any issues, concerns, or ideas that you have. Please do not hesitate to contact my office at 774-322-1313 or by email at [Carole.Fiola@mahouse.gov](mailto:Carole.Fiola@mahouse.gov). Also, you can find continuous updates on my Facebook page at [www.facebook.com/electcarole](http://www.facebook.com/electcarole) or on my website at [www.carolefiola.com](http://www.carolefiola.com).”



Rep. Carole Fiola  
Office: 617-722-2430

# SUMMER EVENTS



THE CITY OF FALL RIVER & NARROWS CENTER FOR THE ARTS -PRESENT-



## SUMMER EVENINGS IN THE PARK

<b>ORIFFIN PARK</b> JULY 1 & AUGUST 4	<b>POULOS PARK</b> JULY 31 & AUGUST 11
<b>PULASKI PARK</b> JULY 14 & AUGUST 18	<b>RUGGLES PARK</b> JULY 26 & AUGUST 26

LIVE MUSIC ARTS & CRAFTS FOOD & FUN

FREE! Every Wednesday night in July & August 5:30 - 8 p.m.



## FALL RIVER FARMERS' MARKETS

OUTDOORS JUNE 15 - OCTOBER!

<b>Tuesdays 11am - 2pm</b> Saint Anne's Hospital 795 Middle St, Fall River, MA	<b>Bus Route 3:</b> S. Main & Middle
<b>Wednesdays 2 - 5pm</b> HealthFirst Family Care Center 387 Quarry St, Fall River, MA	<b>Bus Route 4:</b> Pleasant & Quarry
<b>Fridays 2 - 5pm</b> Cardinal Medeiros Towers 1197 Robeson St, Fall River, MA	<b>Bus Route 4:</b> Robeson & Starkey

OPENING WEEK! 6/15, 6/16, 6/18

SNAP/CHIP, Cash, Cards & WIC/Senior Coupons

All Markets OPEN to the PUBLIC!

608-289-1814 kschwalbe@somapartne.org  
608-324-2405 ulobovskaya@fallriverma.org



FREE FOOD. FREE MOVIES. FREE SUMMER FUN.

## OUTDOOR MOVIE NIGHTS WITH THE FALL RIVER HOUSING AUTHORITY

MONDAY NIGHTS 6PM-10PM. NO TICKETS NEEDED. OPEN TO THE PUBLIC. BRING YOUR OWN BLANKET OR CHAIR!

<b>SCOOBI!</b> July 12th - Pleasant View Scoob	<b>Trolls WORLD TOUR!</b> July 26th - Sunset Hill Trolls World Tour	<b>Tom &amp; Jerry</b> August 9th - Maple Gardens Tom & Jerry
<b>MOANA</b> August 16th - Father Diaferio Moana	<b>COGO</b> August 23rd - Heritage Heights Cogo	Thank you to: Fall River Housing Authority Fall River Senior Center Fall River Public Library Fall River Police Department Fall River Fire Department

FALL RIVER Housing Authority

For more info, contact Joseph Gervino, PR&E Program & Services Coordinator @ (508) 473-2327

## Fall River Farmers & Artisans Market

A new outdoor farmers, artisan, and vintage market happening on Old Second Street!

Support your local makers, artists, artisans, farmers, and small businesses.

Every other Sunday  
July 11th - October 17, 2021  
11:00am - 3:00pm  
Old Second Street  
Downtown Fall River

Join us for the fun at Fall River F&A!

Music, Live Art, Kids Activities, Vintage Items, Handmade Goods, and Farm Fresh Local Foods! There's something for everyone!

Sponsored by:  
Dow Southcoast Chapter of Farmworker Fall River Arts & Culture Coalition (FRACC)  
Viva Fall River  
Crabfish Shop



## J.C. HAIR CENTER

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**\$9.95**

Tues. - Sat.

9:00am - 5:00pm

Mon.

9:00am - 1:00pm

Closed Sun.

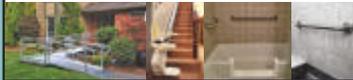
2 BARBERS

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MA reg 193504



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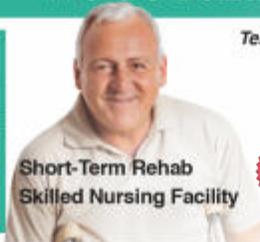
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- Professional On-Site Management
- Close to SERTA bus line, restaurants, shops, banks, library & I-195
- Community for 62 years+ and HP and disabled person 18 years+

\*Income limits apply. Rents and income limits based on HUD schedule and subject to change. Please inquire in advance for reasonable accommodations. Information contained herein subject to change without notice.



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

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