



FOOTPRINTS

Fall River Council on Aging

(508) 324-2401

"AND WHEN I TURNED
TO NOTICE...I SAW TWO
SETS OF FOOTPRINTS"....

January/February 2022



Tess Curran
Director of Health & Human Services
Government Center - Room 420
508-324-2410

"It is hard to believe 2021 is coming to a close. It has been a challenging year for us as we navigated the re-opening of the senior centers and we continue to monitor the COVID-19 pandemic. Jen and I along with Almerinda, Don, Charlene, Nancy and all our staff prioritize making the centers a safe environment for our seniors. I'd like to thank you for your patience and willingness to adapt with our new protocols at the centers. I know this has not been easy but with your help we have been able to keep our centers and our seniors safe.

I wish you a happy and healthy holiday season. I look forward to seeing you all in the New Year."

Tess



Fall River Covid-19 Vaccine Clinics

Receiving the Covid -19 Vaccine is the best way to protect yourself from severe disease, hospitalization, & death. All three of the Covid-19 Vaccines are safe & effective. If you are not already vaccinated, please seek out vaccinations at any of the clinics in the community. For more information, call the Health Dept at 508-324-2410, or call your primary care physician.

Vaccine & Booster Shots are available in the
 Health Dept at Government Center - Room 431
 Every Friday
 9:30am-1:30pm. Appointments are required.
 Contact the Health Dept at
 508-324-2410



DON'T FORGET

Masks are **MANDATED** at **ALL** Senior Centers

In
*Loving
Memory*



Ann Saucier
03/14/2021-12/10/2021
South Main Senior Center



Donna Arruda
05/21/1935-09/21/2021
Niagara Senior Center



District Attorney Thomas Quinn visited with the Fall River Elder Community at the Niagara, South Main, North End & Flint Senior Centers. The DA presented a special program, entitled "Frauds, Scams & Cons--Oh My!" DA Quinn reaffirmed his commitment to preventing elder abuse and elder fraud, while also focusing efforts on investigations & prosecutions.



HALLOWEEN FUN AT THE SENIOR CENTERS



Everyone had a blast celebrating Halloween at the centers. Some seniors wore orange & black, some decorated their face masks, while others chose to wear costumes. Fun was had by all!



Laurina Medeiros celebrated her 91st Birthday with a cake donated by her niece Joyce Rodrigues at the Flint Senior Center

**** Masks are still required at all centers. Masks were pulled down for picture purposes ONLY ****



Thanksgiving Luncheons





Holiday Luncheons







Mirror Image

Who is that person,
Looking out at me?
She looks familiar,
Even similar.
Same eyes, that twinkle,
But, more wrinkled.
Wait a minute!
It can't be!
It is!
It's ME!!

**Composed by:
Pauline Rego**

What's Cooking



Mississippi Pot Roast

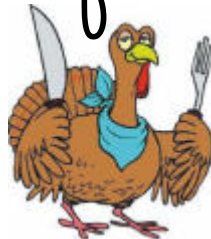
- 1 (3-4 pounds) chuck roast
- 1 packet ranch dressing
- 1 packet au jus gravy mix
- 1/4 cup butter
- 5-6 pepperoncini peppers

Place roast in slow cooker & sprinkle the top with the ranch dressing mix and the au jus mix. Place peppers on top of the mixes, and add the butter. Cook at low heat for 8 hours. Serve with egg noodles, rice, or mashed potatoes. Enjoy!

Thanks of Gratitude



Thank You to Gilmara Depina and the staff at We Care 365 for their donations to the South Main & North End Senior Centers for their Thanksgiving Luncheons



Thank You to Jean Malia for donating all the Turkeys for the Flint Thanksgiving Luncheon



Thank You to Laurel Jonas for volunteering her time at the North End Senior Center



Thank You Donna St. Cyr, Fatima Barbosa, Joyce Rodrigues and Terri Medeiros for volunteering to help serve Thanksgiving Lunch at the Flint Senior Center. Almerinda and her staff couldn't have done it, without you.

Thank You to Modern Pontes Bakery



Are you interested in community-based services and supports for older adults? Bristol Elder Services, Inc., designated by the Commonwealth as the central point for aging services in greater Attleboro, Fall River, and Taunton communities, is seeking a representative from Fall River to serve on its Board of Directors (Board). The Board is the Corporation's governing body and as such, sets strategy, policy, and carries out the functions of the agency.

The Board meets every month on the fourth Friday at 10:00 a.m. Although meetings are generally held in Fall River with an option to attend by webinar or teleconference, at present because of COVID, all meetings are virtual. The composition of members is set by the state and includes things such as having a majority over the age of 60. We aim to have a diversified group geographically, from various sectors (health care, private businesses), and cultures.

To learn more, contact Nancy Munson, CEO, at nancy.munson@bristolelder.org or 774-627-1304.



Martin Luther King Jr. Day

Our Main Office and Four Senior Centers will be closed on Monday, January 17th, 2022



Presidents' Day

Our Main Office and Four Senior Centers will also be closed on Monday, February 21, 2022



<p>Fall River Truesdale Clinic 1030 President Ave Suite 116 Fall River, MA Dr. Albert Daly</p>	<p>Introducing Our Newest Location!</p>  <p>Promoting foot health for over a decade</p> <p>www.dalyfootcare.com</p>	<p>Contact us Here: 508-676-3411 dalyfootcare@gmail.com Dr. Jack Daly</p>
--	---	--



Mayor - Paul E. Coogan
Government Center
Room 619
Office: 508-324-2600
mayor@fallriverma.org

"Happy New Year, Fall River! This time of year is a great opportunity to reflect on the past and make plans for the future.

Looking back, I am proud of how Fall River overcame the many ups and downs of 2021. Like many of you, I am excited for the "fresh start" that comes with the new year. In 2022, I look forward to spending time with residents, helping Fall River bounce back from the COVID-19 pandemic and working together to improve quality of life in our community. I hope you all have a happy and healthy start to what I hope will be a great year for the City of Fall River!"



Jennifer Millerick - Assoc. Director
Council on Aging
Government Center - Room 422
Office: 508-324-2401

Here's to a bright New Year and a fond farewell to the old; here's to the things that are yet to come, and to the memories that we hold. May we always be grateful for the past, find joy in the present, and remain excited for the future."

Wishing you all a Happy & Healthy New Year ."

Please remember my door is always open. Feel free to stop by or call with any questions, concerns or issues - Jen



Legislative Office Hours
at Fall River Senior Centers

Senator Michael Rodrigues

South Main Senior Center
1st Wednesday of each Month
10:30-12pm

North End Senior Center
2nd Tuesday of each Month
10:30am-12pm

Flint Senior Center
2nd Thursday of each Month
10:30am-12pm

Niagara-Maplewood Senior Center
2nd Friday of each Month
10:30am-12pm

Representative Alan Silvia

Niagara-Maplewood Senior Center
2nd Monday of each Month
10:30am

South Main Senior Center
4th Monday of each Month
11:00am

Representative Paul Schmid

Flint Senior Center
1st Monday of each Month
12:15pm-1pm

Representative Carole Fiola

North End Senior Center
3rd Tues of each Month
10:30am-11:15am

Flint Senior Center
3rd Tuesday of each Month
11:30am-12:15pm





Senator Michael Rodrigues
Office: 508-646-0650 (Fall River)
508-673-8408 (Somerset)
617- 722-1114 (Boston)

Hello friends! Happy New Year! I hope you all enjoyed a safe and joyful holiday season. As we brace for the cold winter months, please know that I am always available should you need any assistance. Please do not hesitate to contact me, or my office, at any of the above numbers or at Michael.Rodrigues@masenate.gov. Wishing you all good health in the year ahead!



Representative Carole Fiola
Office: 774-322-1313

Wishing you and your friends and families a happy and healthy New Year. As we enter the new year, 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. You can find continuous updates on my Facebook page at www.facebook.com/electcarole or on my website at www.carolefiola.com.



Representative Paul Schmid III
Office: 508-567-5675

Well Hello 2022! Another wonderful year in the books and 2022 is looking to be a better year than the last few that's for sure. As the weather gets a little colder I hope we can all take a moment to reach out to a friend, a neighbor, or a family member to keep them in our thoughts throughout the beginning of the New Year. 2022 will be the nicest year of the 20's yet if we all make each other feel loved!



Representative Alan Silvia
Office: 508-567-6474

"Hello Everyone, As we enter into this New Year, hoping the holidays were special with family and friends, wishing everyone a prosperous year '2022'. During these cold winter months take care of yourself and your family and friends. Please know that I am available as a resource, you can reach out to me and my office staff with concerns, questions or issues that require assistance. You can contact my office at 508.567.6474 (Fall River) 617.722.2230 (Boston) or at Alan.Silvia@mahouse.gov Stay safe remember to mask when necessary and social distance when possible."
Office hours M-F 9-4 P.M. Closed Wednesday. Open Saturday 9-1 P.M

NORTH END SENIOR CENTER

101 President Ave. - Executive Plaza
Coordinator - Joanne Mello
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:

Mahjong - 11am

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
Asst - Patricia Bouvier
508-324-2715

Monday:

Cards - 9:00am
Lunch- 11:15am
Bingo - 1:00pm

Tuesday:

Cards

Wednesday:

Cards - 9:00am
Lunch - 11:15am
Bingo - 1:00pm

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
Asst. - Lucy Leite
508-324-2712

Monday:

Lunch - 12:00pm
Bingo - 1:00pm

Tuesday

Arts & Crafts
Lunch - 12:00pm
Bingo - 1:00pm

Wednesday:

Breakfast Bingo 9:30am
(3rd Wed of the Month)

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:

No set schedule of events

Tuesday:

Low Impact Aerobics - 10:00am
Lunch - 12pm
Pitch - 1:00pm

Wednesday:

Exercise - 9:00am
Lunch - 12:00pm
Bingo - 1:00pm

Thursday:

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

Friday:

Exercise - 9:00am
Breakfast Bingo - 10am
Cards - 1pm

***Puzzle & Activity Room Available Daily**



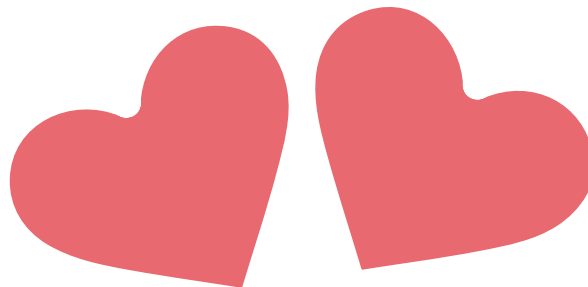
Fall River Council on Aging

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

COA Board of Directors
Carolyn Burton: Chairperson

Joy Reis
Natercia Pereira
Lorraine Sherry
Barbara Jean
William J. Walker
Susana Ribiero
Brenda Costa

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



THIS SPACE IS
AVAILABLE

MA reg 193504 Fully Insured



OAKLEY HOME ACCESS
Maximizing Mobility



FALL PREVENTION • ACCESSIBILITY • AGING IN PLACE
FREE HOME SAFETY ASSESSMENTS
GRAB BARS, STAIRLIFTS, RAMPS, & MORE
16 PRODUCTION ROAD | WALPOLE, MA
508.269.9227 | OakleyHomeAccess.com

We do rehab right.



Tell your healthcare provider you want
Catholic Memorial Home.

Choose Right!



Short-Term Rehab
Skilled Nursing Facility

508.679.0011
catholicmemorialhome.org

Catholic Memorial Home, Fall River • Member of the Diocesan Health Facilities

**ARE YOU REACHING
THE MEMBERS IN
YOUR COMMUNITY?**

TO ADVERTISE HERE CALL 800.477.4574
or visit www.lpicommunities.com/advertising



This Space
is Available

Trust us with your health.

Prima CARE has an excellent medical staff of over 160 providers. Our services include primary and specialty care, backed by state-of-the-art testing facilities. For the finest in care, choose Prima CARE

Prima CARE
by your side
prima-care.com

FALL RIVER • SOMERSET • SWANSEA • TIVERTON • WESTPORT

WE'RE HIRING

AD SALES EXECUTIVES

**BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at careers@4lpi.com
www.4lpi.com/careers



AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Duane Budelier** to place an ad today!
dbudelier@lpicommunities.com or (800) 950-9952 x2525

Peabody Properties, Inc.

Your trusted full-service real estate partner, providing the highest quality management, marketing, leasing, development and resident services to residential communities throughout the East Coast.

Our Homes
Your Lifestyle

Borden Place | FALL RIVER
111 Borden St. & 181 South Main St.,
(508) 673-8410 or (508) 673-3231

The above community is now accepting applications for their wait list!

For additional information on these & our many other communities, visit www.peabodyproperties.com or call **781-794-1000**.

- One & Two Bedrooms*
- Heat & Hot Water Included
- Walk-In Closets
- Full Appliance Kitchens
- Pet Friendly (40lb weight limit apply)
- Council on Aging Van Available
- Planned Resident Events & Activities
- Live-In Superintendent
- 24-Hour Emergency Maintenance
- 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.




CALL NOW TO LEARN MORE



- ◆ Round the Clock, On-Site Personal Care Staff
- ◆ On-site Licensed Nurse
- ◆ Home Style Dining
- ◆ Weekly Housekeeping and Linen Service
- ◆ Budget Friendly!

300 Rosebrook Way
Wareham | MA | 02571
(774)678-0613

Mention Code: SCFR



We've Missed You!

Welcome Back to Mass



Stay connected to our faith community no matter where you are by signing up to get our bulletin delivered straight to your email!

www.ParishesOnline.com

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

CALL 800.477.4574

This Space
is Available

**GROW YOUR
BUSINESS AND
SUPPORT YOUR
COMMUNITY**

Advertise Here!

CONTACT US AT 800.477.4574

**LET US PLACE
YOUR AD HERE.**

STAND OUT

with a PREMIUM DIGITAL AD
on PARISHESONLINE.COM



CONTACT US AT 800-477-4574

**SUPPORT YOUR
LOCAL PARISH.**

Buy a bulletin ad space today!



NEVER MISS A NEWSLETTER!

Sign up to have our newsletter
emailed to you at
www.mycommunityonline.com

