



MANSFIELD COA

HAPPENINGS

OCTOBER 2020



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MANSFIELD COUNCIL ON AGING
255 Hope St.
Mansfield, MA 02048
Monday—Friday
8:00am—3:30pm
508-261-7368



NEWS AND EVENTS



Community VNA

Zoom Classes with Local Councils on Aging

Hosted by Dawn McKetchnie, Community VNA

Fall Safety & Prevention Class

Tuesday, October 13 at 1:00 -2:00 PM on Zoom

One in four Americans over the age of 65 falls each year. The good news is: there are many ways to prevent falls! We'll talk about risks, and how to make your home safer. We'll show you simple exercises to improve balance, and demonstrate how to get up safely after a fall. Join this informative session from your computer, tablet or smart phone.

Hosted by Dawn McKetchnie from Community VNA

TO JOIN, go to <http://zoom.us/join/> and type in Meeting ID: **828 1923 6024
Or use this link: <https://us02web.zoom.us/j/82819236024>

Please Contact Elisha in Activities to register for this class by email eribeiro@mansfieldma.com or by phone at 508-261-7368.

Afternoon Tea Online Tue, October 20 at 1-2 PM on Zoom

There's a lot to process about the world and what's happening. Pour a cup of tea, coffee, or a favorite beverage at home and join our discussion about current events. No topics are off limits, but we will take care to let each person speak and be heard.

Hosted by Dawn McKetchnie from Community VNA

TO JOIN, go to <http://zoom.us/join/> and type in Meeting ID: **842 0945 1005
Or use this link: <https://us02web.zoom.us/j/84209451005>

Please contact Elisha in Activities to register for this class by email eribeiro@mansfieldma.com or by phone at 508-261-7368.

Flu Shot Clinic

Flu shots will be provided at the Mansfield Council on Aging at 255 Hope St. on October 14th from 1:00 pm-4:00 pm. You must bring the insurance card you use for prescriptions to receive the shot at no cost. Preregistration is required by calling COA 508-261-7368 When you arrive on the day of the clinic a member of the Mansfield Fire Department will be outside to greet and direct you.

The Community EMS program through the Mansfield Fire Department will be offering frail homebound seniors flu shots at their homes. If you are interested in receiving this service please contact the COA at 508-261-7368. Supplies are limited.

Gatra Go.

While Dial a Ride is currently not running there is another option Gatra provides. Micro-transit is an on-demand service which allows transit riders to request a vehicle to pick them up and drop them off where needed.

The service will run complementary to fixed-route bus services currently provided in the Route 1, 140, and 106 corridors, which includes portions of the towns of Mansfield, Plainville, and Foxborough. The service will run Monday-Friday, 7:00 a.m. - 7:00 p.m. To request a pick up, riders can download the [Transloc mobile app](#) on their smartphone or dial 508-697-1911, where they will be assisted by a dispatcher. For more information call GATRA GO customer service at 774-226-1270.

October Book Club

The Pearl That Broke Its Shell
Tue, Oct 13, 2020 11:00 AM - 12:00 PM (EDT)

Please join my meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/923453501>

You can also dial in using your phone.

(For supported devices, tap a one-touch number below to join instantly.)

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- One-touch:

<tel:+18722403212,923453501>
#

Access Code: 923-453-501



NEWS AND EVENTS



We would like to thank Linda McNamee ,Linda and Lester Fleishman, Pamela McKinnon Fraites and Palma Coccia for their generous donations to the Mansfield Council on Aging.

October 15–December 7, 2020 (Changes will take effect on January 1, 2021)

During this period:

You can change from Original Medicare to a Medicare Advantage Plan. ■ Change from a Medicare Advantage Plan back to Original Medicare. ■ Switch from one Medicare Advantage Plan to another Medicare Advantage Plan. ■ Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage. ■ Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage. ■ Join a Medicare Prescription Drug Plan. ■ Switch from one Medicare Prescription Drug Plan to another Medicare Prescription Drug Plan. ■ Drop your Medicare prescription drug coverage completely.

This year SHINE appointments will look different at the COA; appointments will take place over the phone, by mail or via internet email. Unfortunately, due to time constraints relating to COVID changes, appointments may be limited. Other options available include www.Medicare.gov for anyone that feels they can navigate Medicare on their own and 1-800-medicare (1-800-633-2273) open 24 hours a day where a Medicare representative will assist you with your prescription drug list and formulary over the phone.

If you would like more information or feel your current plan is not meeting your health care needs, please call the COA at 508-261-7368 and ask to speak to a SHINE counselor.

Fuel Assistance

The Fuel Assistance program is now open for the 2020-2021 heating season. If you would like help in applying or need assistance with your re-app please call us at 508-261-7368 Due to Covid all appointments will be conducted over the phone,



Be on the lookout the week of Halloween YOU MAY GET BOOED by the COA STAFF. What is getting BOOED? It is a good thing!

The COA Staff will be out and about in town the week of Halloween delivering some treats...no tricks !

FOR THE LOVE OF ART

Mass Music & Arts Society (MMAS) provides our community with art and entertainment. MMAS has a small staff with a great deal of responsibility. They are in search of experienced people who have experience in marketing, program development, fundraising, computers, boards and committees, and most importantly a willingness to help. There are a lot of things that need to get done, but volunteers have fun and share in the unique experience of bringing live theatrical entertainment to the community. If you are interested in volunteering you may fill out a Volunteer Application online by going to <https://mmas.org/volunteer/> Or calling [508-339-2822](tel:508-339-2822).



VOTING FAQ'S

How to Vote in Massachusetts' 2020 Election: What You Need to Know

By [Jill Gambon](#), August 18, 2020, AARP

Massachusetts expanded mail-in voting options this year, allowing all registered voters to safely cast ballots from home amid the coronavirus pandemic, and also extended its early voting window:

- Voters won't need an excuse to cast an absentee ballot this year, and state officials are sending mail-in ballot applications to all registered voters. The first wave of applications has been sent to voters who were registered before July 1, with a second wave coming in September. Early in-person voting for the November general election will be open from Oct. 17 to Oct. 30.

How do I register to vote?

You can register online, by mail, or in person. The [secretary of the commonwealth's website](#) allows you to register to vote, update your address or party affiliation, and to check if you're already registered.

If you prefer to register to vote by mail, [download a voter registration form](#) from the secretary of the commonwealth's website and submit it to your [town clerk or election official](#). You'll need to include your driver's license number or the last four digits of your Social Security number. If you don't have a driver's license or Social Security number, or if you forget to submit the information, you'll need to include a copy of a valid photo ID, utility bill, bank statement, or paycheck confirming your name and address. You can also present this information at your polling place on Election Day.

You can register to vote in person at any city or town hall, at the Registry of Motor Vehicles (RMV) or the Massachusetts secretary of the [commonwealth's elections division in Boston](#). And starting this year, Massachusetts residents who are also U.S. citizens will be automatically registered (unless they were opt-out) if they apply for or renew their driver's license or state identification through the RMV. You'll be similarly registered if you apply for health insurance through MassHealth or the Commonwealth Health Connector.

Oct. 24 is the last day to register to vote or change your party for the Nov. 3 general election. Massachusetts does not have same-day voter registration.

How can I get a mail-in ballot? Are there important deadlines?

No-excuse mail-in ballot applications will be sent to all registered voters this year. If you were registered to vote before July 1, you should have received an application. The second round of mail-in applications will be sent out in September to voters who are newly registered and haven't already applied for a mail-in ballot. You can also [apply for a mail-in ballot](#) at the secretary of the commonwealth's website. Applications must be received by your [local election office](#) by Oct. 28.

Mail-in ballots can be returned by mail or in-person to your [election office](#) by 8 p.m. on Nov. 3. You can also drop your ballot into a designated ballot box before the end of the day on Nov. 3. Contact your election office to find the box nearest you.

Ballots sent by mail must be postmarked by Nov. 3 and received by election officials no later than Nov. 6.

VOTING FAQ'S

Are mail-in ballots and absentee ballots the same thing?

Not in Massachusetts. A mail-in ballot can be cast without an excuse. But you'll need an excuse to cast an absentee ballot, which has traditionally been for voters who are out of town on Election Day, have a disability that will keep them from voting in person, or have a religious belief that prevents them from going to the polls.

Members of the military and registered voters who live outside of the U.S., as well as incarcerated voters and those who have been admitted to the hospital within a week of Election Day, can also apply for an absentee ballot. Absentee applications can be submitted by mail, email, or fax and can be obtained from your [election office](#), by calling 800-462-VOTE or by emailing elections@sec.state.ma.us.

Your election office must receive your application by Oct. 28. If you received your application in the mail, you'll also receive a pre-addressed, postage-paid return envelope. Gov. Charlie Baker has been using federal funds from the CARES Act to help cover postal costs of vote-by-mail ballot applications.

How do I know that my mail-in ballot is secure?

Ballot envelopes have bar codes that local officials scan when they receive the ballots. The state voter database records when each ballot has been received so that the same person cannot vote twice. Election officials verify the authenticity of a mail-in ballot by matching the signature on the ballot's envelope with the signature they have on file. Officials keep ballots in vaults or other secure facilities.

You can track your ballot through a tool on the [secretary of the commonwealth's website](#).

When is Election Day? When are polls open?

Tuesday, Nov. 3. Polls are open from 7 a.m. to 8 p.m. Some communities may opt to open polls earlier, so contact your election office to determine when and where to cast your ballot.

Can I vote in person before Election Day?

Yes. Early in-person voting will be held Oct. 17 through Oct. 30. Each city and town determine the hours and locations for early in-person voting. But this year, all cities and towns will be required to offer early in-person voting on Saturdays and Sundays, as well as weekdays.

The state government will post a list of early-voting dates, times, and locations for each community at least one week before early voting starts.

What are the key races in my state?

U.S. president

U.S. Senate: Incumbent Sen. Edward Markey (D) vs. Kevin O'Connor (R)

U.S. House: All 9 seats

State Senate: All 40 seats

State House: All 160 seats

<https://states.aarp.org/massachusetts/election-voting-guide>

ARTICLE OF THE MONTH

CARING FOR CAREGIVERS: HOW TO PREVENT CAREGIVER BURNOUT

While caring for an older family member — whether it be a spouse, parent or grandparent — can be a rewarding experience, it can also be a difficult and overwhelming task. This is especially true if your loved one lives with Alzheimer's disease or other dementia-related illnesses.

Whether it's out of love or obligation, caring for a chronically ill or disabled family member (and potentially his or her financial and legal interests) can come at the expense of the caregiver's quality of life. In addition to maintaining a healthy, active lifestyle outside of caregiving responsibilities, it is important for those caring for a loved one to learn ways to avoid health hazards and stay well-informed of any changes in their loved one's condition. Add work and children to care for to the equation and it's a formula that can lead to stress, exhaustion, and even potential health issues.

The additional duties often required to provide care for a loved one can lead to physical or emotional fatigue, often referred to as "caregiver burnout." If you're caring for an older adult, the Alzheimer's Foundation of America recommends these tips to help manage stress before caregiving leads to burnout.



Know the signs of burnout.

By the time many caregivers suspect signs of burnout, they're likely already suffering symptoms related to their responsibilities. Being aware of some of the warning signs can help caregivers properly manage stress and protect themselves. Warning signs include:

- Overwhelming fatigue or lack of energy
- Experiencing sleep issues
- Significant changes in eating habits or weight
- Losing interest in activities you once enjoyed
- Neglecting personal physical and emotional needs
- Becoming unusually impatient, irritable or argumentative
- Having anxiety about the future or a feeling of hopelessness
- Suffering from headaches, stomachaches or other physical ailments
- Experiencing depression or mood swings

- Having difficulty coping with everyday tasks
- Lower resistance to illnesses

Educate yourself about the disease

It's likely the loved one you care for has several health problems, takes multiple medications and sees multiple health care providers to manage his or her conditions. As a first step in learning more about Alzheimer's disease and other dementia-related illnesses, visit alzfdn.org or nia.nih.gov/alzheimers for information.

Think positive

Focus on the capabilities and strengths that are still intact and enjoy your relationship with your loved one while you are still together. Look for ways to include him or her in your daily routines and gatherings to make as many memories as possible. *Find more caregiver resources and tips at alzfdn.org.*

Tips for Managing Caregiver Stress
Stress can affect anyone, and

caregivers may find themselves faced with additional stressors. To help manage stress and avoid caregiver burnout, keep these tips from the Alzheimer's Foundation of America in mind:

- Maintain a positive attitude
- Be flexible and accept the circumstances
- Be honest and open about your feelings
- Take it one day at a time
- Get a good night's sleep
- Incorporate stress management techniques, such as meditation or deep breathing, as well as exercise into your daily routine
- Drink plenty of water and eat a healthful diet full of fruits and vegetables
- Set realistic goals and go slow

*Source: Alzheimer's Foundation of America
(Courtesy of Family Features)*

THIS DAY IN HISTORY

OCTOBER 1, 1880: Thomas Edison began the commercial production of electric lamps

OCTOBER 2, 1967: The first African-American member of the U.S. Supreme Court, Thurgood Marshall, was sworn in.

OCTOBER 3, 2003: Ray Horn, of the duo "Siegfried & Roy," was attacked by Montecore, a tiger debuting in his first show.

OCTOBER 4, 1895: The first U.S. Open golf tournament took place in Newport, RI. Nineteen-year-old Horace Rawlins won the tournament.

OCTOBER 5, 1974: American David Kunst completed the first journey around the world on foot, crossing four continents and walking 14,450 miles.

OCTOBER 6, 1961: U.S. president John F. Kennedy advised American families to build or buy bomb shelters to protect them in the event of a nuclear exchange with the Soviet Union.

OCTOBER 7, 2001: Barry Bonds of the San Francisco Giants hit his 73rd home run of the season and set a new major league record, which still stands today.

OCTOBER 8, 2001: Two Russian cosmonauts made the first spacewalk outside of the international space station without a shuttle present.

OCTOBER 9, 1936: The first generator at Boulder Dam (later known as Hoover Dam) began transmitting electricity to Los Angeles, CA.

October 10, 1977: Joe Namath played the last game of his National Football League career.

October 11, 1984: American Kathryn D. Sullivan became the first female astronaut to walk in space.

OCTOBER 12, 1960: Soviet premier Nikita Khrushchev pounded a shoe on his desk during a dispute at a U.N. General Assembly.

October 13, 2010: After being trapped for 69 days, 33 miners were rescued from the San Jose mine near Copiapo, Chile.

October 14, 1947: Chuck Yeager became the first person to break the sound barrier when he flew the Bell X-1 rocket plane.

October 15, 1815: Napoleon Bonaparte began his exile on the remote island of St. Helena in the Atlantic Ocean.

October 16, 1987: After being trapped 58 hours, rescuers freed Jessica McClure from an abandoned well in Midland, TX.

October 17, 1989: An earthquake measuring 7.1 on the Richter scale hit the San Francisco Bay area.

October 18, 1767: The boundary between Maryland and Pennsylvania officially became known as the Mason-Dixon Line.

October 19, 1959: At the age of 12, Patty Duke made her Broadway debut in "The Miracle Worker."

October 20, 1973: After 14 years of construction, the Sydney Opera House in Australia was opened by Queen Elizabeth II.

October 21, 1945: Women in France were allowed to vote for the first time.

October 22, 1939: The first televised pro football game was telecast from New York. Brooklyn defeated Philadelphia 23-14.



October 23, 1956: Twelve-year-old Steveland Morris Judkins, later known as Little Stevie Wonder, recorded his first single called "Thank You for Loving Me All the Way."

October 24, 1949: The cornerstone for the U.N. Headquarters was laid in New York City.

October 25, 1955: The Tappan Company introduced the first microwave for home use.

October 26, 1970: "Doonesbury," the comic strip by Gary Trudeau, premiered in 28 newspapers across the U.S.

October 27, 1947: "You Bet Your Life," starring Groucho Marx, premiered on ABC radio. It was later shown on NBC television.

October 28, 1965: The Gateway Arch along the waterfront in St. Louis, MO was completed.

October 29, 1945: The first commercial ballpoint pens went on sale at Gimbels department store in New York at the price of \$12.50 each.

October 30, 1974: "The Rumble in the Jungle" boxing match took place between Muhammad Ali and George Foreman. Ali won by knockout in the 8th round.

October 31, 1926: Magician Harry Houdini died of gangrene and peritonitis resulting from a ruptured appendix after being unexpectedly punched in the stomach.

HEALTH & WELLNESS

7 KINDS OF EXERCISE FOR SENIORS

Exercise is important at every stage in life. It is essential for cardiovascular fitness, diabetes prevention or management, and maintaining muscle tone and core strength. Working out has proven benefits for not only your physical health but also your mental and emotional well-being.

Regular exercise allows you to sleep better, manage stress, maintain stronger bones, and protect brain health. It also helps promote better balance, which results in fewer falls among older adults.

What types of exercise should you explore if you are a senior?



WE HAVE A FEW SUGGESTIONS FOR YOU TO CONSIDER AND LEARN MORE ABOUT.

1. WALKING

While walking may not seem like a very strenuous fitness activity, it is an excellent form of exercise. It can decrease stress and improve balance and cardiovascular health. And it requires only a pair of sturdy walking shoes to get started.

2. GO4LIFE

If you prefer a more goal-oriented, structured exercise program, consider Go4Life. This free program, created by the National Institute on Aging at NIH, makes it easier to focus on fitness. It offers a variety of fitness resources for seniors, from workout videos to tools for tracking goals and progress.

3. SWIMMING

Another great form of exercise for older adults is swimming. If your local fitness center offers what is referred to as a warm therapy pool, all the better. It is easy on older joints and may be especially beneficial for those who suffer

from osteoarthritis. Swimming also helps you relax and sleep better.

4. YOGA

One of the best things about yoga for seniors is how easy it is to practice from a seated position. Chair yoga helps build strength and endurance, while also protecting balance and mobility. Each of these is essential for avoiding falls.

5. TAI CHI

Tai chi is an exercise that combines slow, graceful movements with breath control. Because it is gentle, it is an excellent option for seniors who are just starting to incorporate exercise into their routine.

6. SILVERSNEAKERS

Participating in a fitness class designed for seniors can be less intimidating than exercising on your own, especially when you are first getting started. Many insurance companies offer their clients memberships to local

fitness centers through a program known as SilverSneakers. Visit the SilverSneakers website to instantly check your eligibility and learn more.

7. CYCLING

One final suggestion to explore is bike riding. It's a terrific way to enjoy the great outdoors. But for days when it's rainy or snowing, an alternate solution is an exercise bike. You can likely find a good used one for a reasonable price. Visit Cycling for Seniors for more tips, advice, and rules of the road.

TALK WITH YOUR DOCTOR FIRST

If you've been living a fairly sedentary life, we suggest you discuss each of these options with your primary care physician. They can help you set safe, realistic goals for beginning your exercise program.



Pumpkin Spice Smoothie

1/2 cup canned pumpkin
 1/3 cup plain yogurt (regular or Greek style)
 1/3 cup milk (skim, whole milk or almond milk your choice)
 2 tbsp. of oats
 2-3 tsp of honey (your choice on sweetness)
 1/2 tsp nutmeg
 1/2 tsp cinnamon
 3-5 ice cubes
 Add all ingredients to blender and blend until smooth (about a minute)
 Drink and enjoy!



Make this delicious smoothie on you own or gather your ingredients and make it together with Elisha LIVE on Go to Meeting by phone or computer.
 Pumpkin Spice Smoothies with Elisha
 Tue, Oct 20, 2020 11:00 AM - 12:00 PM (EDT)

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TECHNOLOGY

IDENTITY THEFT 101: WHAT YOU NEED TO KNOW

Internet Identity Theft

Information can be stolen from the databases of third-party entities. Every time you log onto a website you are potentially giving away information.

Gone Phishing

Just like fishing, phishing uses a lure to catch its next victim. This often comes in the form of spam e-mail or a pop-up warning that looks like it came from a company you trust. Legitimate companies will never ask for personal information via e-mail.

Buying the Pharm

Pharming happens when a cybercriminal cracks a vulnerability in an Internet Service Provider or DNS server and hijacks the domain name of a well-known site.

Beware the Spyware

Spyware is technology that surreptitiously gathers information by logging all of your keystrokes, or by using Trojans to collect information from your computer when you click on a pop-up ad or view spam e-mail. While it may seem impossible to protect



yourself, there are companies that have made it its mission to defend consumers. Gabriel Collaboration Suite is free to try. For more information, go to www.gabrielsecure.com or the Google Play Store.

(Courtesy of NewsUSA)

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