



MANSFIELD COA

HAPPENINGS

JANUARY 2021



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

GOODBYE 2020

HELLO 2021

LETTER FROM OUR COA DIRECTOR

Hello Friends,

2020 has been a historical year filled with many unforeseen challenges. The pandemic and political climate have evoked strong feelings and emotions. The country has faced immeasurable barriers. Our community has pulled together to work within those barriers to support, connect, and provide compassion to our residents. The Town of Mansfield COVID task force guided us in developing different action plans to meet the needs of our residents. Staff focused on providing meals on wheels, education, social service support, regular check-in calls to residents, and opportunities for social engagement. We understand how difficult this time has been for our members. During this time people have come together to support one another. Information on the vaccine distribution does give a feeling that there is a light at the end of the tunnel. As we continue to be diligent about wearing our masks, maintaining distance, and minimizing our outings know that things are getting better. Together we will get through this.

Happy New Year and welcome 2021

Sincerely,

*Josephine Madraza
COA/Social Services Director*

Happy New Year

NEWS & EVENTS

THANK YOU for your generosity

The Friend's of the Drop in Center would like to thank the following for their generous donations.

Frank and Pat Comperchio
Anna Prohodsky
Doreen and Charles Mulcahy
Paula and John Devine
Boston Cremation
Home Instead Senior Care
Michael Trowbridge

SAND BUCKETS

Boy Scout Troop 51 is supplying seniors and disabled households with buckets of sand for winter outside slip and fall prevention. To order a bucket of sand, please call the COA at 508-261-7368 and leave your name, address, telephone number and location you would like them to leave the bucket of sand. If you have an empty bucket from previous years, please leave the empty bucket for them to take back to reuse



SNAP

If you would like to apply for SNAP or simply have questions about the program please call us at 508-261-7368.

We can assist you in applying for new benefits or help you in the re-cert process. Due to Covid all appointments will be conducted over the phone.



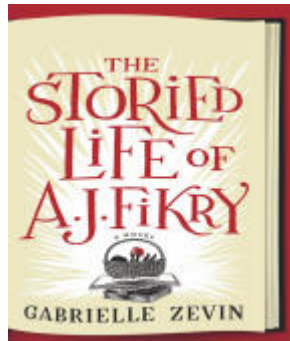
HAPPY BIRTHDAY TO YOU!!!!

Join us for a Drive through Birthday Celebration! Thursday January 21st 11:30-12:30pm Box Lunch Homemade meatloaf sandwich from Mansfield Deli & a Buttercream cupcake from Hometown Bakery. All of which has been generously sponsored by Attorney Eric Shepard. Sign up will begin on Wednesday January 6th - Wednesday January 13th at 12:00pm. Numbers are limited and is on a first come first serve basis.

VIRTUAL BOOK CLUB

Book Club will be held on January 11th at 10:00am

We will be discussing the *The Storied Life of A.J Fikry* By Gabrielle Zevin
Book Club will be held virtually you must register by calling COA 508-261-7368.
Book Club -Virtual 10:00- 11:00 am



<https://global.gotomeeting.com/join/923453501> Phone -1 (872) 240-3212
Access Code: 923-453-501

COA WALKING CLUB

The Walking Club meets Tuesday mornings at 8:30am-at the COA.

On January 19th only, walkers will meet at Mansfield Crossing.

If you are interested in joining the Walking Club contact Elisha at 508-261-7368.



NEWS AND EVENTS



BINGO VIRTUAL & IN PERSON

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

Thursday January 14th & 28th at 11:30a.m

BINGO CARD PICK UP WILL BE ON Tuesday the 12th & 26th between 10- 12p.m

You can also dial in using your phone.

United States: [+1 \(646\) 749-3122](tel:+16467493122)

Access Code: 407-834-733



NAME THAT FACE GAME

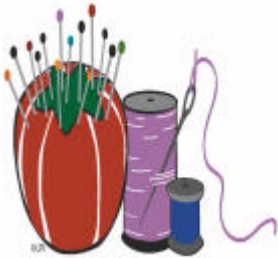
Join Elisha Virtually For Name that famous face!!
Wednesday January 13th at 11:00 am

Virtual /Name that Famous face!

<https://global.gotomeeting.com/join/264937213>

phone. 1 (872) 240-3412

Code:264-937-213



VIRTUAL KNIT QUILT & CRAFT

Join Elisha Virtually and share your latest creation!
Monday January 4th 10:00-11:00AM

<https://global.gotomeeting.com/join/829023005>

+1 (872) 240-3212

Access Code: 829-023-005

COA Board of Director's News

The Council on Aging Staff and Board would like to express our sincerest gratitude to Lynda Christianson and Norma Smith for your service on the COA Board of Directors. Board service is the toughest volunteer role, and you took on your Board duties with enthusiasm, grace, and earnestness.

We welcome our new Board Members LeeAnn Cerretani and Neal Boldrighini



COA COOKBOOK

We are still looking for additional recipes to add to the COA COOKBOOK. It can be very simple. How about

saucers? jelly or jams? homemade pickles? salads, breads?

How about a section dedicated to the HOLIDAYS any Holiday Celebration! Traditional or modern.

Send to Elisha at the COA eribeiro@mansfieldma.com or send by mail to

Mansfield COA/ COOKBOOK
255 Hope St.

Mansfield MA 02048



LOOKING TO CHAT?

Join Elisha For Coffee and Conversation Friday January 8th at 10:30 am [https://](https://global.gotomeeting.com/join/822683181)

global.gotomeeting.com/join/822683181

Phone (408) 650-3123

Code: 822-683-181



We are looking for your story, how you spent your time last year, are you an avid reader, crafter, did you take up a new hobby? or revisit an old one? Start or Finish something, a project? ... any creative ways to stay in touch with distant friends or family? Contact Elisha at the COA to set up a time to share your story -508-261-7368 Or email - eribeiro@mansfieldma.com

ARTICLE OF THE MONTH

REBUILDING YOUR SOCIAL LIFE IN RETIREMENT

Maintaining a close circle of friends can have a positive impact on well-being, especially as you grow older. From encouraging you to make better health choices to supporting you on difficult days, friends play a role in determining how long and how well we live.

One challenge older adults face, however, is how to maintain a social circle during retirement. Friends might move away to live closer to their adult children and grandchildren. Work relationships may fizzle after retirement. Late-life divorce, a growing trend, can cause a senior to be alone.

Here's what you should know about senior friendships and the steps you can take to rebuild your social circle.



The Value of Friendships

Research from the Blue Zones shows that when older adults have close friends, they are more likely to avoid some of the dangers associated with isolation. Those include diabetes, obesity, depression, and even early mortality.

Having friends helps you stay engaged with life and the world around you. From attending local events to exercising and volunteering, social networks give mental and physical well-being a boost.

If you are an older adult who is struggling to make new friends during retirement, we have some ideas you might find helpful.

Making New Friends During Retirement

Take a class

Tackling a new hobby gives your brain a healthy workout. It also provides you with an opportunity to meet new

people. Think about something you've always wanted to learn, and then find a place that offers classes. Maybe it's learning to play the guitar or the drums or how to speak French. Senior centers, libraries, parks, art museums, and community colleges usually offer inexpensive classes and programs.

Volunteer work

Another great way to meet like-minded people is by volunteering. Choose an organization or cause you believe in and volunteer to help. You'll likely find you enjoy the opportunity to share your time and talent.

Find a fitness group

Friends can influence how well you live. So, connecting with a group of fitness-conscious seniors will likely help you improve your overall well-being. Many health clubs, such as the YMCA, offer senior discounts.

Join a club

Shared interests and hobbies can also help senior friendships grow. If you are a gardener, for example, find a local

garden club you can join. Think about your favorite pastimes and explore the clubs available in your area.

Spiritual organizations

Seniors may find themselves more interested in activities that nurture their spiritual side. Establish or reestablish a relationship with a church or synagogue. It can provide you with an opportunity to meet new people.

Join a senior center

Most local communities have senior centers. These organizations offer a wide variety of programs and activities every day. Many also offer meals, and the cost is very reasonable. Getting involved can help you expand your social network and make new friends.

Have you struggled with maintaining a social circle as you've gotten older? What have you done to build new friendships?

TIPS FROM MANSFIELD TRIAD

How to stop unwanted calls **IF YOU USE VOIP**



Look into
internet-based
services. Your **carrier**
might be able to help.



Not sure if your home phone
uses the **internet** (VoIP)?
Check with your **carrier**.



With blocking services,
calls might be **stopped**, **ring silently**,
or go straight to **voicemail**.




Some services
are **free**, but
others charge
a monthly **fee**.



Report unwanted calls at
[ftc.gov/complaint](https://www.ftc.gov/complaint)

FEDERAL TRADE COMMISSION • [ftc.gov/calls](https://www.ftc.gov/calls)

JANUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dec 28 Senior Exercise 11:30	29 Walking Club 8:30am Tai Chi 10:00am Core & More 11:30am	30 Arthritis Exercise 10:00am Senior Exercise 11:30	31 Virtual Core & More 9:00am Drums Alive 9:00 Virtual NYE Party 11:30-12:30 Virtual Chair Yoga 2:30pm	-1- 
4 Virtual Knit Quilt Craft 10:00am Senior Exercise 11:30	5 Walking Club 8:30am Tai Chi 10:00am Core & More 11:30am	6 Arthritis Exercise 10:00am Senior Exercise 11:30	7 Virtual Core & More 9:00am Drums Alive 9:00 Virtual Chair Yoga 2:30pm	8 Chair Yoga 10:00am Virtual Coffee & Conversation 10:30
11 Virtual Book Club 10:00 am Senior Exercise 11:30	12 Walking Club 8:30am Tai Chi 10:00am Core & More 11:30am	13 Arthritis Exercise 10:00am Health Screening 10:00am-1:00pm Virtual Name that Face 11:00am Senior Exercise 11:30 Triad 1:15 (virtual/in person)	14 Virtual Core & More 9:00am Drums Alive 9:00 Bingo (Virtual & In person) 11:30am Virtual Chair Yoga 2:30pm	15 Chair Yoga 10:00am
18 	19 Walking Club 8:30am Tai Chi 10:00am Core & More 11:30am	20 Arthritis Exercise 10:00am Senior Exercise 11:30	21 Virtual Core & More 9:00am Drums Alive 9:00 Drive Up Bday Meal 11:30-12:30 Virtual Chair Yoga 2:30pm	22 Chair Yoga 10:00am
25 Senior Exercise 11:30	26 Walking Club 8:30am Tai Chi 10:00am Core & More 11:30am	27 Arthritis Exercise 10:00am Senior Exercise 11:30	28 Virtual Core & More 9:00am Drums Alive 9:00 Bingo (Virtual & In person) 11:30am Virtual Chair Yoga 2:30pm	29 Chair Yoga 10:00am

HEALTH & WELLNESS

WELLNESS

TIPS FOR WINTER WELLNESS

There are a number of techniques that can help keep your immunity high and your body in good condition to support wellness all season long so that you can enjoy the chillier months.

Get Up & Moving

Winter brings fewer hours of sunlight during the day, and per the National Sleep Foundation, darkness naturally causes the brain to release melatonin, a hormone that triggers sleepiness. Exercise can counteract this drowsiness.

Add Herbal Supplements

Herbal supplements can help support overall health. For example, the supplement turmeric, derived from root extracts of the *Curcuma longa* plant, is widely regarded to have numerous positive health implications.

Get Ample Rest

The National Sleep Foundation recommends older adults get at least 7-8 hours of sleep each night for optimal health.

Boost Immunity

During the winter months, when fresh fruit can be harder to find, supplements like

Echinacea & Vitamin C from Nature's Way can be another source of vitamin C.

Maintain Skin Health

You can take steps to minimize painful redness and flakiness or cracking by regularly moisturizing your skin with fragrance-free lotions and herbal oils.

Note: Always consult your healthcare provider when contemplating new ideas to promote better health.

(Courtesy of Family Features)



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Slow Cooker Pot Roast

Ingredients:

1 onion sliced
1/4 cup flour
1 (2 1/2 lb) boneless beef chuck roast
1 pinch of salt and pepper to taste
1 (1.2 ounce) packaged dry beef gravy mix
1 (1 ounce) package ranch dressing mix
1 (.7 ounce) package dry Italian style salad dressing mix
1/2 cup water
5 whole peeled carrots



Directions: Spray the inside of a slow cooker with cooking spray. Spread the onion out into the bottom of the cooker. Spread the flour out onto a work surface. Sprinkle the chuck roast with salt and pepper and roll the roast in the flour to coat all sides. Using the edge of a small sturdy plate pound the flour into the meat. Place the floured roast into the cooker on top of the onions. Whisk together beef gravy mix, ranch dressing mix and Italian dressing mix in a bowl and whisk the mixes with water until smooth. Pour over the roast then add the carrots. Cover the cooker, set to Low and cook until the roast is tender, about 8 hours.

Cannoli Dip

Ingredients:

2 cups ricotta cheese
1 (8ounce) package cream cheese
1 1/2 cup confectioners sugar
1 teaspoon vanilla extract
1 cup mini semisweet choc chips



Directions:

Beat ricotta cheese and cream cheese together in a bowl until smooth; add sugar and vanilla. Continue to stir mixture until sugar is completely incorporated. Fold chocolate chips through the cheese mixture. Cover bowl with plastic wrap and refrigerate until chilled, at least 10 minutes. Serve with graham crackers.

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www.BostonCremation.org



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