



# MANSFIELD COA

## HAPPENINGS

MARCH 2021



# Happy St. Patrick's Day

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**EDITOR:**  
Kristen Madeira

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



## COVID-19 Vaccine Importance and Safety

The COVID-19 vaccines are safe. The available COVID-19 vaccines are approved and recommended by the FDA and the CDC's Advisory Committee on Immunization Practices following standard testing and approval processes. The vaccine will work with your immune system so it will be ready to fight the virus. Vaccines undergo rigorous testing and large clinical trials before they are approved for widespread use. Vaccination is the best protection for these individuals to reduce the risk of severe illness due to COVID-19. Getting vaccinated may also protect others around you who have not yet received the vaccine.

While the vaccines have been shown to be effective in helping the person vaccinated not get seriously ill from COVID-19, they have not yet been proven to reduce that person's ability to transmit COVID-19 to others. Until we know more, continue to stay at least six feet away from other people, wear a mask, and wash hands often with soap and water or use hand sanitizer.

If you have any concerns about getting the vaccine due to a medical condition, please discuss these concerns with your primary care physician. For more information on COVID-19 vaccine safety visit [www.mass.gov/COVIDVaccineSafety](http://www.mass.gov/COVIDVaccineSafety).

## New Variants of the Virus that Causes COVID-19

Information about the characteristics of these variants is rapidly emerging. Scientists are working to learn more about how easily they spread, whether they could cause more severe illness, and whether currently authorized vaccines will protect people against them.

### What we know

Viruses constantly change through mutation, and new variants of a virus are expected to occur over time. Sometimes new variants emerge and disappear. Other times, new variants emerge and persist. Multiple variants of the virus that causes COVID-19 have been documented in the United States and globally during this pandemic.

The virus that causes COVID-19 is a type of coronavirus, a large family of viruses. Coronaviruses are named for the crown-like spikes on their surfaces. Scientists monitor changes in the virus, including changes to the spikes on the surface of the virus. These studies, including genetic analyses of the virus, are helping scientists understand how changes to the virus might affect how it spreads and what happens to people who are infected with it.

### What it means

Public health officials are studying these variants quickly to learn more to control their spread. They want to understand whether the variants:

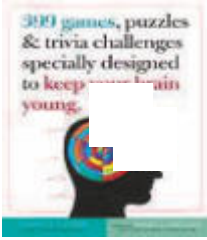
- Spread more easily from person-to-person
- Cause milder or more severe disease in people
- Are detected by currently available viral tests
- Respond to medicines currently being used to treat people for COVID-19. Change the effectiveness of COVID-19 vaccines

### What CDC is doing

CDC, in collaboration with other public health agencies, is monitoring the situation closely. CDC is working to monitor the spread of identified variants, characterize emerging viral variants, and expand its ability to find new SARS-CoV-2 variants. CDC is collaborating with EPA to confirm that disinfectants on EPA's [List N: Disinfectants for Coronavirus \(COVID-19\)](#)<sup>external icon</sup> inactivate these variant viruses. As new information becomes available, CDC will provide updates.

This information was provided by [www.Cdc.gov](http://www.Cdc.gov)

# NEWS AND EVENTS



## ACTIVITY GRAB BAGS

Activity grab bags are back! March activity grab bag includes- a hand cream, Irish tea, cookies, and the book "399 games, puzzles & trivia challenges specially designed to keep your brain young." Bags are limited and sign

ups will begin on Friday March 5<sup>th</sup>. You will be given a time and date to pick up your bag when you call to sign up.



## GRAB & GO MEAL

Gregg Abbott has generously donated an Italian themed Grab and Go meal in memory of his late mother Gerry Abbott. We would like to extend our heartfelt thank you to Gregg for this gener-

ous donation. Grab and Go will take place on Wednesday March 24<sup>th</sup>. Between 11:30-12:30pm. The meal will be provided by Deco's Pizza and Catering. The meal consists of a slice of cheese lasagna, garden salad with homemade Greek dressing and a slice of garlic bread, for dessert two mini cannolis from White's Bakery. Sign ups for this meal begin on Wednesday March 3<sup>rd</sup>. Please call the COA at 508-261-7368 to sign up

## LAST CALL FOR RECIPES FOR COA COOKBOOK

We have had a wonderful response to our COA Community Cookbook. If you are interested in submitting a recipe please do so by March 19<sup>th</sup> (the day before spring!) You may email it to :Elisha [eribeiro@mansfieldma.com](mailto:eribeiro@mansfieldma.com) or mail to Mansfield COA/ COOKBOOK  
255 Hope Street  
Mansfield, Ma 02048



## GET CRAFTY WITH ELISHA

Not your average shamrock (Craft) For luck all year long! Elisha will be hosting an in per-

son socially distant craft .Friday March 12<sup>th</sup> 11:30-12:30 pm - All supplies and instruction will be provided. Sign up by calling COA at 508- 261-7368 seats are limited.



We will be walking at the following locations during the month of March. If you would like to join the walking club please contact Elisha at the COA 508-261-7368. Walking

club will be cancelled during inclement weather

March 2nd 8:30am Downtown Mansfield (Meet at COA)

March 9th 8:30am Bike Path (Meet at Willow Crossing)

March 16th 8:30am Forest Park (Meet at Langshire/West Mansfield)

March 23rd 8:30am Mansfield Crossing (Meet at Bertucci's)

March 30th 8:30am Chocolate Factory (Meet at the COA)

## VIRTUAL BOOK CLUB

The Book Club will be meeting virtually on Monday March 22<sup>nd</sup> at 10:00am

The group will be discussing the book *The Gown* by Jennifer Robson. If you are interested in joining the COA Book Club please reach out to Elisha Ribeiro at 508-261-7368. We always welcome new members!

Please join my meeting from your computer, tablet or smartphone. <https://global.gotomeeting.com/join/923453501>

You can also dial in using your phone.

United States: +1 (872) 240-3212

Access Code: 923-453-501

**Triad**-The 3rd Wednesday of each month at 1:15 pm offered virtually.

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

<https://global.gotomeeting.com/join/412484909>

You can also dial in using your phone.

United States: +1 (571) 317-3122

Access Code: 412-484-909

**\*Health Screening** The 3rd Wednesday of each month is offered in-person from 10:00 am-1:00 pm. These screenings are conducted by Mansfield Community EMS. No appt necessary.

**\*Friends Meeting**-The 2nd Wednesday of each month offered virtually. Meetings are 12:30-2:00pm

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

<https://global.gotomeeting.com/join/897539229>

You can also dial in using your phone.

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

United States: +1 (312) 757-3121

- One-touch: tel:+13127573121,,897539229#



# NEWS & EVENTS

## BINGO IN PERSON AND VIRTUAL

Join us on March 4<sup>th</sup> and 18<sup>th</sup> at 11:30am for in person or virtual bingo!

If you are joining virtually at home bingo card pick up will be on the Tuesday prior to the game (Tuesday March 2<sup>nd</sup> and Tuesday March 16<sup>th</sup> at 10:30 am). Please remember you must sign up for In Person bingo in advance as space is limited. Sign up by calling the COA at 508-261-7368.

### Virtual Bingo–

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

<https://global.gotomeeting.com/join/407834733> You can also dial in using your phone. United States: +1 (646) 749-3122 Access Code: 407-834-733

## TIPS FROM SHINE!

Did you know that if you have a Medicare Advantage (MA) plan and want to change, you can? You have until March 31 to change to another MA plan or back to Medicare A & B with a drug plan. Call SHINE to learn more about your Medicare Advantage plan options at 1-800-243-4636.

Did you know that in 2021 more people qualify for help to pay for Medicare B and more through the Medicare Savings Program? If your income is under \$1,755/month and assets under \$15,940 you may qualify. Call SHINE for more information on programs that can save you money at 1-800-243-4636.

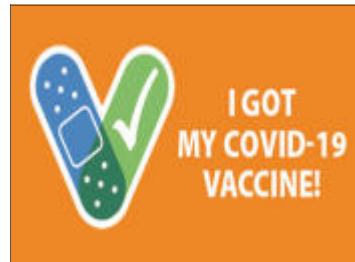
And lastly, the COVID vaccine is free. Insurance information may be asked for by those administering the vaccine to bill-back to insurance. However, you will not be charged. If you do not have insurance, you are still eligible to receive the vaccine free of charge. If someone says they can get you a vaccine quicker and all they need is your credit card or Medicare number, it is a SCAM. Hang up and report the call to your local police department. To find out more about when and where you can get vaccinated visit [www.mass.gov/covidvaccinephases](http://www.mass.gov/covidvaccinephases)

We are here to help with your health insurance questions or concerns. Call 508-261-7368 to speak with a SHINE counselor.

## TRIAD CORNER

### SHARPS COLLECTION PROGRAM

In affiliation with Sturdy Memorial Hospital, the Mansfield Fire Department will gladly accept your properly contained (in an approved bio-hazard container) sharps. The collection kiosk is located in the lobby of the Public Safety Building at 500 East St on the 1st floor. Also in the same lobby is a medication kiosk that collects unused and unwanted medications. Biohazard Containers & Drop Off Process: All sharps (used or not) must be in a Bio Hazard container. We usually have containers to replace used ones. We can no longer accept sharps in any other type of container. (No milk cartons, laundry detergent bottles, coffee cans etc.) When you arrive with your sharps that are not in an approved bio-hazard container, we will give you a container and ask that you take it home, transfer your sharps into the biohazard container, and then return the biohazard container when it is completely full. Please, do not ever leave your sharps container at an unattended fire station.



By Seena Gressin

Attorney, Division of Consumer & Business Education, FTC

Some of you are celebrating your second COVID-19 vaccination with the giddy enthusiasm that's usually reserved for weddings, new babies, and other life events. You're posting a photo of your vaccination card on social media. Please — don't do that! You could be inviting identity theft. Your vaccination card has information on it including your full name, date of birth, where you got your vaccine, and the dates you got it.

Want to share the news about your vaccination? How about a photo of a nifty adhesive bandage on the injection site? (You can show off your tattoos and deltoids at the same time.) Or, post a photo of your white or orange vaccine sticker. The stickers are really cool.

# ARTICLE OF THE MONTH

## HOW TO AGE WITH OPTIMISM

Having a “glass half full” approach to life has long been considered important for overall wellness. But evidence suggests that there may be truth in this folk wisdom.

Humana recently surveyed 2,000 people aged 60 and over and found that 87 percent of seniors who identify themselves as “most optimistic” reported their health as good to excellent. This is compared to 44 percent for those who said they’re “least optimistic.”

Also, the most optimistic people reported nine fewer physically unhealthy and seven fewer mentally unhealthy days per month than their least optimistic counterparts.

Seniors who rated themselves as most optimistic also reported positively on other attributes linked to health, including sleep, confidence, and overall happiness. the most attention.



- 91 percent of the most optimistic respondents reported feeling confident in the past week, while only 52 percent of the least optimistic respondents did, a difference of 39 percentage points.
- 90 percent of the most optimistic respondents reported feeling happy in the past week, compared to 44 percent of the least optimistic respondents, a difference of 46 percentage points.
- Only 31 percent of the most optimistic respondents reported getting a restless night's sleep in the past week, while 62 percent of the least optimistic respondents did, another difference of 31 percentage points.

Despite these impressive numbers, having an optimistic mindset is often easier said than done. The stresses of life, social stereotypes, and one's natural temperament can all impede approaching aging with optimism.

Dr. Yolangel Hernandez Suarez, Humana vice president and chief medical officer for care delivery, has the following advice for anyone struggling to stay on the sunny side of life:

- 1. Take ownership** and recognize that your health is your own. To achieve your best health, you need to set personal goals, just for you.
- 2. Engage** with your doctor or other health care professional and build a trusting relationship.
- 3. Find a higher purpose** that makes you excited to get up in the morning. Humana's survey found that the majority of respondents (86 percent) who identify as optimists also rank a sense of purpose as an important attribute for aging.
- 4. Remain socially engaged,** not isolated, and nurture close relationships. The importance of social engagement is recognized by the 71 percent of Humana

survey respondents who identify as optimists and get together with friends or relatives either monthly or weekly. Further, 80 percent of optimists say maintaining an active social life is an important motivator to stay healthy.

**5. Stay active** and remember that physical activity is important. Find something that's right for you and that you like to do. Almost all of the most optimistic survey respondents (97 percent) say remaining physically active is a major motivator for retaining good health.

**6. Practice gratitude** and make it a habit to look for and appreciate everything you're thankful for in life.

*(Courtesy of NewsUSA)*





# MARCH 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> SENIOR EXERCISE 11:30	<b>2</b> WALKING CLUB 8:30  TAI CHI 10:00	<b>3</b> ARTHRITIS EXERCISE 10:00  SENIOR EXERCISE 11:30	<b>4</b> VIRTUAL CORE & MORE 9:00  DRUMS ALIVE 9:00  BINGO VIRTUAL & INPERSON 11:30  VIRTUAL CHAIR YOGA 2:30	<b>5</b> CHAIR YOGA 10:00AM
<b>8</b> SENIOR EXERCISE 11:30	<b>9</b> WALKING CLUB 8:30  TAI CHI 10:00	<b>10</b> ARTHRITIS EXERCISE 10:00  SENIOR EXERCISE 11:30  FRIENDS MEETING-Remote 12:30pm	<b>11</b> VIRTUAL CORE & MORE 9:00  DRUMS ALIVE 9:00  VIRTUAL CHAIR YOGA 2:30	<b>12</b> CHAIR YOGA 10:00AM  SHAMROCK CRAFT W/ELISHA 11:30AM
<b>15</b> SENIOR EXERCISE 11:30	<b>16</b> WALKING CLUB 8:30  TAI CHI 10:00	<b>17</b> HEALTH SCREENING 10:00-1:00PM  TRIAD 1:15 virtual & In person)	<b>18</b> VIRTUAL CORE & MORE 9:00  DRUMS ALIVE 9:00  BINGO VIRTUAL & INPERSON 11:30  VIRTUAL CHAIR YOGA 2:30	<b>19</b> CHAIR YOGA 10:00AM
<b>22</b> VIRTUAL BOOK CLUB 10:00AM  SENIOR EXERCISE 11:30	<b>23</b> WALKING CLUB 8:30  TAI CHI 10:00	<b>24</b> ARTHRITIS EXERCISE 10:00  SENIOR EXERCISE 11:30  GRAB & GO MEAL 11:30	<b>25</b> VIRTUAL CORE & MORE 9:00  DRUMS ALIVE 9:00  VIRTUAL CHAIR YOGA 2:30	<b>26</b> CHAIR YOGA 10:00AM
<b>29</b> SENIOR EXERCISE 11:30	<b>30</b> WALKING CLUB 8:30  TAI CHI 10:00	<b>31</b> ARTHRITIS EXERCISE 10:00  SENIOR EXERCISE 11:30	<b>April 1</b> VIRTUAL CORE & MORE 9:00  DRUMS ALIVE 9:00  VIRTUAL CHAIR YOGA 2:30	<b>2</b> CHAIR YOGA 10:00AM

# COA/SOCIAL SERVICES RESOURCES

The Mansfield Council on Aging & Social Services Department are here to provide resources and assistance to Mansfield residents of all ages. Please call us at 508-261-7368 for more information on any of these services or to make an appt (all appts currently conducted over the phone)

## LOCAL FOOD RESOURCES

SNAP-Federal program that provides monthly cash benefits to purchase groceries on an EBT card. We can assist you right here at the COA with your application.  
Our Daily Bread Food Pantry-15 West St. Mansfield MA 508-339-1343

**GATRA Transportation**-The service will run Monday-Friday, 7:00 a.m. – 8:00 p.m. and Saturday & Sunday 12:00 p.m. – 8:00 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. **GATRA GO Connect 508-697-1911** For more information on all GATRA GO services – call GATRA GO customer service at 774-226-1270.

**FUEL ASSISTANCE/FINANCIAL ASSISTANCE**-There are several programs in Mansfield that assist residents with their utility bills etc. in addition to federal programs that we can assist you in applying for. You must meet certain guidelines and income eligibility. Call us for more info.

**SHINE COUNSELORS** work one-on-one with individuals providing information, counseling and assistance on health care programs including Medicare, Medigap, Medicare Advantage Plans, Medicare Prescription Drug Coverage, Public Benefits, One Care Plans, and more

**NUTRITION PROGRAM**-Popularly known as “Meals on Wheels”, Bristol’s Nutrition Program offers a well balanced meal each weekday to people 60 years or older. Meals are delivered to your home based on your mobility and ability to prepare meals. An in-home assessment by one of Bristol County Elder Services caseworkers determines whether you qualify for the program.

**EXERCISE & WELLNESS CLINICS**-Due to Covid our program offerings are limited but we are still running virtual and in person exercise classes. In addition Mansfield Community EMS program runs monthly health clinics here at the COA. See calendar for dates and times.

**COVID VACCINATION APPOINTMENTS**-We are happy to assist you in making your vaccination appointment at Gillette Stadium. It only takes a few minutes!

Social Security Offices  
Attleboro 1-888-655-6469  
Taunton 1-800-772-1213

Medical Transportation for  
Seniors/Disabled  
Contact the Mansfield Council on Aging  
508-261-7368

GATRA Dial-A-Ride  
Bill's Taxi  
1-800-529-8294

Mass. Commission for the Blind  
1-617-727-5550  
TDD 1-800-392-6556

Mass. Commission for the Deaf  
1-800-882-1155  
1-617-740-1600  
TTY 617-740-1700

Mansfield Veterans Services  
6 Park Row, Mansfield  
508-339-8151

## R.U.O.K?

A free service that could SAVE your life!

‘ARE YOU OK’ is a free telephone calling service provided by the Bristol County Sheriff’s Office in cooperation with your local Police Department and Council on Aging. The program is designed for senior citizens, disabled persons and shut-ins living alone in Bristol County.

How it works: The Bristol County Sheriff’s Department will make a phone call to an individual’s home at the same time each day. If there is no answer the Sheriff’s Dept will call back shortly. If no one answers the 2nd time, their First responder will be called immediately to check on their status.

Enroll today! Applications are available at the Bristol County Sheriff’s Office, the COA or by calling 1-508-994-8932



# WELLNESS

## IS STIGMA KEEPING YOU FROM GETTING A HEARING AID?

According to the National Institute on Deafness and Other Communication Disorders, only one out of five people who could benefit from a hearing aid wear one. Some simply don't know that they need one. Others don't want to feel old.

But much of the stigma surrounding hearing aids rings false. Siemens Hearing Instruments, ([www.medical.siemens.com](http://www.medical.siemens.com)), one of the largest manufacturers of hearing aids in the world, busts the following myths about hearing aids:

### Myth #1: Hearing Aids Will Make Me Look Old

Modern hearing aids are sleeker, better-looking, and more effective than the clunkers you remember your grandparents wearing. And nothing makes you seem old like constantly asking people to repeat themselves or speak louder.

### Myth #2: Hearing Aids Will Make Me Hear Screeching Noises

This problem, called "feedback," is caused when the microphones in the hearing aid amplify one another. Some hearing aids offer features that prevent feedback. For example, Siemens offers a line of hearing aids equipped with BestSound Technology, which features a feedback stopper.

### Myth #3: My Hearing's Not Bad Enough for Hearing Aids

Actually, it's better to start wearing hearing aids at the first sign of hearing loss. If your brain gets used to not processing sounds, you will have a harder time adjusting when you do get a hearing aid.

### Myth #4: Hearing Aids Won't Work for Me

You may have heard friends say that they gave up on hearing aids, but that doesn't mean the devices won't

work for you. Look for hearing aids that offer a wide range of features that might be right for different listening situations. For example, Siemens BestSound Technology offers special features for automatically focusing in different directions and learning your preferences for different environments.

### Myth #5: Hearing Aids Will Make My Hearing Worse

A properly fitted and maintained hearing aid will not damage your hearing. Visit an audiologist to make sure you purchase a hearing aid that will work for you.

(Courtesy of NewsUSA)

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# Recipes ©LPI



## CRISPY BAKED CHICKEN THIGHS

The most amazing oven baked chicken thighs. Crispy on the outside tender and juicy on the inside.

### Ingredients:

3 lbs chicken thighs (about 6-8)  
2 tbsp. olive oil  
2 tsp. salt  
2 tsp. garlic powder  
2 tsp. onion powder  
2 tsp. Italian seasoning  
1 tsp. black pepper  
1 tsp. paprika

Instructions: Preheat oven to 400 degrees. Line a baking sheet with foil for easy cleanup. Remove the chicken from packaging and pat dry with a paper towel. Arrange chicken on baking sheet and drizzle with the olive oil. In a small bowl mix together all the spices. Sprinkle the mixed spices over the chicken. Bake in preheated oven for 45 min. RECIPE [WWW.THESALTYMARSHMELLOW.COM](http://WWW.THESALTYMARSHMELLOW.COM)

## ROASTED BROCCOLI WITH PARMESAN

### Ingredients:

1 1/2 lbs broccoli cut into florets  
3-4 tbsp. olive oil  
1 tbsp. lemon juice  
Salt  
2-3 minced garlic cloves  
Ground pepper  
1/4 cup grated parmesan cheese

Instructions: Preheat oven to 425 degrees. In a large bowl toss the broccoli, garlic, olive oil and lemon juice until lightly coated. Arrange on the baking sheet and roast for 15-20 min. Don't worry if you see charring, the brown bits are the best!! Once out of the oven sprinkle with the parmesan cheese. Enjoy!!

[Www.simplyrecipes.com](http://Www.simplyrecipes.com)

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*Dr. Peyman Beigi, a graduate of Tufts University, School of Dental Medicine, is a proud member of the Massachusetts Dental Society & American Dental Association*

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