



MANSFIELD COA HAPPENINGS

MAY 2022



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MANSFIELD COUNCIL ON AGING

255 Hope St.

Mansfield, MA 02048

Monday–Friday

8:00am–3:30pm

508-261-7368



NEWS & EVENTS

GERMAN CONVERSATION GROUP

The German conversation group will be meeting at the COA on Tuesday May 3rd at 10:00am. People who speak German and would like to practice speaking it with others are welcome to join us. Light refreshments will be served. For more information pls call Mary Hourigan 774-266-0501



TRIAD BASKET BINGO

Basket Bingo will be held on May 18th from 5:00-7:00pm at the

COA. This fun event is sponsored by the Mansfield Triad which is comprised of the COA, Mansfield Fire, Police, Bristol County Sheriff's Dept & Bristol County DA's office. Triad sponsors programs for the safety and well-being of the older residents in Mansfield. Proceeds from this event will help Triad continue to provide community safety programming in Mansfield. If you are not able to attend but would like to make a donation for the raffle please contact Josephine at 261-7368. Tickets are \$10 to play 20 games of bingo and is open to people 18 yrs. of age and older. There is also a 50/50 raffle. One set of bingo papers and refreshments are included in the price. Additional papers can be purchased at the door for \$5.00. Pls stop by the COA to get your tickets.



BOOK CLUB

Book Club will meet on May 23rd at

10:15am. We will be discussing *The Stranger in the Woods* by Michael Finkel. Call Elisha to join 261-7368



NEW!!!! SCRABBLE GROUP

We received lots of interest in our new scrabble group. This group will meet on Wednesday at 1:00. No sign ups required. All levels welcome.



Hearts to Home Meals for seniors are back at the COA on May 24th from 11:30-1:00pm. You will have your choice of Sweet Onion Lemon Chicken or Homestyle Meatloaf. This is a free event but space is limited so please call COA at 261-7368 to reserve your seat. Sign ups begin on May 5th. This event is open to those who did not participate in last months Heart to Home Meal event.



GATRA

Come and learn what Gatra On Demand Connect has to offer. They will be at the COA on May 12th from 10:00-11:00am. Please call COA to sign up 261-7368



Howie Newman's Musical Baseball Show

Join Howie at the COA on Friday May 20th from 12:30-1:30pm. He will sing baseball songs, play some baseball trivia and tell us stories about his sportswriter days on the Red Sox beat. He covered baseball for the Boston Globe, Lowell Sun, Patriot Ledger and Associated Press. This event is sponsored by The Mass Cultural Council and The Friends of The Drop in Center. Refreshments sponsored by IB Realty. Please call the COA to sign up 261-7368



The Walking Group will meet at the following locations in May. We love new members! Pls call Elisha to join 261-7368
 May 3rd-Mansfield Crossing; meet at Bertucci's
 May 10th-Capron Park
 May 17th-Bike Path meet at Cobb St.
 May 24th-LaSalette
 May 31st-Balcom St. meet @ 137 Balcom St.



A CHEF DEMO

Chef Sean Cunniff from The

Residence at Great Woods will be at the COA on May 25th from 1:00-2:00pm. You will get a chance to sample his Gluten Free Clam Chowder and enjoy a seasonal dessert. Space is limited so please call COA to reserve your seat. Sign ups begin on May 5th.



CRAFTS WITH ELISHA

Join Elisha for crafts:

May 5th 10:30 to make some fun Mexican Fiesta earrings.

May 19th 10:30 to make water-color flowers.

Please call COA 261-7368 to sign up.

MATINEE MOVIES IN MAY

- : Join us at the COA on Fridays
- : at 11:45am for a relaxing movie.
- : Snacks will be served!
- : Friday May 6th-Calendar Girls
- : Friday May 13th-Get Low
- : Friday May 27th-Happy Tears.
- : Please call COA to sign up.




A VETERANS MEMORIAL DAY REMEMBRANCE

Join Earl Mason,

Kevin McNatt, and Neal Bol-drighini for conversation and light refreshments on May 26th at 10:30am at the COA. In May of 2021, a group of volunteers from the COA began a multi-year Veteran Memorial Beautification Project. Our hosts will recount stories of local veterans who gave their lives for our country and share with you how they beautified the monuments around town that honor their sacrifice. Pls call the COA to sign up for this program 261-7368

TRIAD CORNER

Smoke Alarms



Working smoke alarms save lives. However, people who are deaf or hard of hearing may not be able to depend on the traditional smoke alarm to alert them to a fire.

for People who are Deaf or Hard of Hearing

Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. For added safety, interconnect all the smoke alarms. If one sounds, they all sound. This gives people more time to escape.

SAFETY TIPS

- Smoke alarms and alert devices are available for people who are deaf or hard of hearing.
- Strobe lights flash when the smoke alarm sounds. The lights warn people of a possible fire.
- When people who are deaf are asleep, a pillow or bed shaker can wake them so they can escape. The shaker is activated by the sound of a smoke alarm.
- When people who are hard of hearing are asleep, an alert device that uses a loud, mixed, low-pitched sound can wake them. They may find a pillow or bed shaker helpful. These devices are triggered by the sound of the smoke alarm.
- Research the products and select the ones that best meet your needs.

WHERE TO FIND EQUIPMENT


Search home improvement store websites or use a general search engine to look for strobe light smoke alarms. BRK/First Alert, Gentex, and Kidde brands offer this type of smoke alarm. Find smoke alarm accessories such as pillow or bed shakers, transmitters, and receivers at lifetonesafety.com, safeawake.com and silentcall.com. Choose devices that have the label of a recognized testing laboratory.


FACT

Home fire sprinklers keep fires small. This gives people more time to escape in a fire.

AND DON'T FORGET...

Test all smoke alarms at least once a month using the test button.





NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

nfpa.org/disabilities - nfpa.org/education ©NFPA 2017



MANSFIELD FIRE DEPT & MANSFIELD TRIAD RESIDENTIAL LOCK BOX PROGRAM

The Mansfield Fire Dept has been able to acquire residential lock boxes with funds provided through the Massachusetts SAFE for seniors programs. These lock boxes will be available for Mansfield residents. The boxes will be installed on the exterior of your home for use in the event of a medical emergency. The boxes will be installed by the Mansfield Fire Dept staff and free of charge. There are no monthly fees. These boxes will provide emergency access to paramedics and firefighters in the event you cannot answer your door during an emergency. Qualifications for this program are as follows:

- 1) Residents of the Town of Mansfield
- 2) Do not live in a multifamily complex that has a commercial lock box system.
- 3) Although this program is geared to community members aged 60 and older residents who are disabled and/or suffer from a major medical condition can apply. For further information contact the COA 261-7368 or Capt. Marc Goyette 508-851-6469

Why do I need Prescription Advantage?

“Why do I need Prescription Advantage?” This question is often asked. Many say, “I don’t need it. I already have a Medicare Part D plan” or “I have coverage from my former employer.” Even with Part D or other coverage, **there are many reasons to join Prescription Advantage, including:**

- It does not replace your existing coverage, it supplements it;
- It can lower your co-pays if you reach that coverage gap, also known as the “donut hole”;
- It allows you to change your Medicare plan outside of Medicare’s open enrollment;
- At certain income levels it’s FREE!

Prescription Advantage also provides benefits for individuals age 65 and older who are not eligible for Medicare, as well as those under age 65 with a qualified disability.

Find out how Prescription Advantage can help you by **calling 1-800-243-4636** or visiting www.prescriptionadvantagemma.org

Prescription Advantage is administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs.

TRIPS IN JUNE - STOP INTO COA TO SIGN UP

<>>The Mansfield COA Presents!<<<

The Famous Boston Ducks!

Featuring the same Ducks used in the Victory Parades for the World Champion Boston Red Sox, New England Patriots & Boston Bruins.

<>> June 9, 2022 (Thursday) <<<



9:00 AM Depart from the Mansfield Council on Aging on your luxury Silver Fox Coach and travel to *Boston, the 'Home of the bean and the cod.'* On arrival you will *tour the Boston Common where you'll view the beautiful Public Gardens. A full course luncheon is included at the excellent Cheesecake Factory where you can order off the menu.* Enjoy the view of the Charles River and rowers dashing across the water! *Then you'll take a narrated tour on one of the famous Boston Ducks, amphibious vehicles formerly used by the U.S. Army. Your narrator will point out all the Boston sights and you'll actually take a plunge into the Charles River for a*

brief cruise. If it looks and swims like a duck - then it must be a Boston Duck!!! Arrival home is expected at 5:30 PM with fond memories of your ducky Boston day.

TOUR DATE: June 9, 2022 (Thursday)

TOUR COST: \$119.00 Per Person

TOUR INCLUDES:

Boston Duck Tour and Cruise

Luncheon at the Cheesecake Factory Restaurant

Choose Entrée Off Menu: Includes Beverage and Delicious Dessert

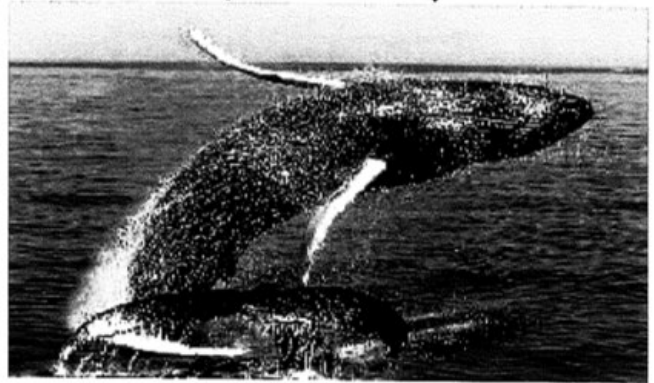
Luxury Silver Fox CD/DVD Motor Coach

PLEASE CONTACT: Kristen Madeira @ 508.261.7368

Important: Fox Tours is requiring groups to ensure that all passengers have had the Covid-19 vaccine as a prerequisite to travel to ensure safety & well-being. Current CDC guidelines require all passengers to wear masks while traveling on the coach.

If it swims like a duck and quacks like a duck, then it's a duck!

The Mansfield COA Proudly Presents!



Nature's Most Awesome Beauty!!!

<>> Plymouth Whale Watch <<<

<>> June 22, 2022 (Wednesday) <<<

10:00 AM Depart from the Mansfield Council on Aging onboard your luxury Silver Fox Coach for a trip to *Plymouth, Massachusetts and an unforgettable excursion across Cape Cod Bay to Stellwagen Bank, feeding ground of the world's largest mammals.* Sightings include Humpback, Finback, Minke and Pilot whales, as well as dolphins, porpoises and seals. *An onboard naturalist, a professional marine biologist, will be with you to provide an informative description of the whales you are likely to see as well as to answer any questions that you may have on your four hour cruise.* Spending time so close to these beautiful animals is an experience you just can't miss! *Before you depart on your afternoon cruise, you will enjoy a delicious luncheon at the John Carver Inn, featuring entrées of Baked Scrod or Cranberry Chicken. You'll also enjoy a visit to Plymouth's Iconic Plymouth Rock.* You'll arrive home this evening at approximately 6:30 PM after a delightful day experiencing one of Nature's most beautiful sights.



TOUR DATE: June 22, 2022 (Wednesday)

TOUR COST: \$119.00 Per Person

TOUR INCLUDES:

* *Luncheon (Baked Scrod or Chicken)*

<Please Choose Entrée On Sign Up!>

* *Narrated Four Hour Whale Watch*

CONTACT: Kristen Madeira

@ 508.261.7368

Important: Fox Tours is requiring groups to ensure that all passengers have had the Covid-19 vaccine as a prerequisite to travel to ensure safety & well-being. Current CDC guidelines require all passengers to wear masks while traveling on the coach.

HEALTH & WELLNESS

Melanoma Can't Wait — What Everyone Should Understand About This Deadly Cancer

As summer kicks off, it's a great time to learn about advances in skin cancer detection and the proactive measures everyone can take throughout the year to monitor for and prevent skin cancer.



ADVANCES IN SKIN CANCER DETECTION — NO SCALPEL NEEDED:

Today advances in science and the precision of genomics enable melanoma to be detected at the earliest stages without a biopsy using a non-invasive adhesive patch test. This adhesive patch test, made by DermTech, collects skin cells from the surface of an entire lesion without a biopsy and reduces the chance of missing a melanoma to less than 1%, where a biopsy has as high as a 17% chance of missing a melanoma.

"It is critical to catch and treat melanoma early for the best chance of survival. Having this adhesive patch test offers a way to effectively rule out melanoma and objectively assess a suspicious lesion in a non-invasive manner," said Dr. Julie Karen, a board-certified dermatologist in New York City who specializes in skin cancer and laser surgery. "This test is also a critical tool that can be extraordinarily helpful when practicing dermatology via telemedicine, as a doctor can order the test to be sent to the patient's home to be administered by the patient under their doctor's supervision, and results are achieved within a few days after test completion."

HOW TO SPOT SKIN CANCER EARLY (HINT: CHECK OFTEN):

Dr. Karen shared that, "The good news is, there are a few simple steps people can take to be vigilant about finding melanoma in its early stages. I stress each of these key actions with all of my patients, but everyone can and should implement these as part of their regular health habits, because melanoma won't wait."

1. Perform Regular Self-Exams and Note Observations

Performing regular skin self-exams allows a person to more easily spot new growths or abnormal changes in existing moles and freckles. It is best to write down notes on changes you observe and take photos to keep track

of changes or concerning areas. Any spot, new or old, that is changing in appearance or symptoms or stands out should be immediately brought to the attention of a physician.

2. Remember Your ABCs as You Assess Your Moles

If you're trying to determine when to see a dermatologist about one of your moles, let the rules of ABCDE guide you.

- Asymmetrical: One half is different than the other.
- Border: Irregular, scalloped or poorly defined border.
- Color: Varied tones from one area to another. May include shades of tan, brown, black, white, red, or blue.
- Diameter: Melanomas are typically 6 millimeters or larger.
- Evolving: A mole or skin lesion that looks different from the rest or is changing in size, shape, or color.

3. Visit A Dermatologist Every Year

A visit to the dermatologist for a full-body skin check is recommended on an annual basis even for completely healthy individuals who have no history of skin cancer. However, if you find something suspicious during your self-exam, don't wait for your annual visit.

Finally, Dr. Karen stresses that, "If an in-person visit isn't possible, virtual telehealth visits are always, without question, a better option than delaying a visit with your dermatologist, especially if you have a concerning lesion or skin spot."

For more information on the importance of early melanoma detection, visit: dermtech.com/early-melanoma-detection.

(Courtesy of Brandpoint)

MANSFIELD COA/SOCIAL SERVICES RESOURCE GUIDE.

LOCAL FOOD RESOURCES/SNAP

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, rent 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

DURABLE MEDICAL EQUIPMENT-If you are in need of durable medical equipment give us a call. We offer free loans of walkers, crutches, shower benches, wheelchairs, canes.

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 meals on wheels. We also offer daily hot congregate lunches. Please call the COA 2 days before to sign up.

EXERCISE & WELLNESS CLINICS-The COA offers a large variety of exercise classes! The instructors are top notch and always welcome new members. We also offer a monthly hearing clinic in addition to a health screening clinic run by the Mansfield Community EMS program.

ENRICHMENT PROGRAMS-The COA offers many different programs such as our newly formed Men’s Coffee Club, Bingo, Painting classes, crafts, a variety of card games daily, guitar lessons and Wii games just to name a few. Please check the calendar for days and times and come on by!

Mansfield COA/Social Services Staff Directory

Hours: Monday-Friday 8:00am-3:30pm
Social Services-508-261-7464
Mansfield COA-508-261-7368

Josephine Madrazo-Director
Lynette Boldrighini-Assistant Director

Kate Allen-Meals on Wheels Driver
Louise Baroncelli- Receptionist
Phyllis Butler-Kitchen Staff
Jina Ibrahim-Community Social Worker
Rose Kimmell-Outreach /Shine Counselor
Maureen Kilgallon-Kitchen Staff
Kristen Madeira-COA/SS Coordinator
Elisha Ribeiro-Activities Coordinator

EXERCISE CLASS DESCRIPTIONS-\$3.00 DONATION PER CLASS

STRONG BODY & MIND-Studies have shown that exercise is as important to our brains as to our bodies! Strong: Body and Brain offers a fun and energetic workout for all fitness levels. This workout will offer seated as well as standing options to build strength, stamina, balance, flexibility and brain power!

DRUMS ALIVE-Drums Alive® combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. Drums Alive® is a program that fosters a healthy balance physically, mentally, emotionally and socially
Tai Chi for Arthritis is a 12 Form Sun Style, evidenced based Tai Chi exercise program developed by Dr. Paul Lam to specially reduce pain and stiffness, and improve quality of life for people with Arthritis and related conditions. Although especially effective for Arthritis, it is a great start for beginners to improve health and wellness. Appropriate for all fitness levels and can be done seated.

CHAIR YOGAChair yoga for seniors is a great way to overcome many age-related issues and ailments. The stretches are performed with the balance (safety) of sitting in a chair. As you age, you might have more time to take care of yourself and do the things that make you happy in life

ENDURANCE-Wouldn't it be great if we could do a simple single exercise and be able to check off our daily fitness goal for the day? It's simply not that easy. Endurance is a class for all fitness levels and will work all major muscle groups in the body, while also incorporating active movements to fulfill your bodies need for cardiovascular activity. And we cannot forget to stretch! We will be sure to lengthen those muscles, tendons, and ligaments. Workouts will vary week to week so that you will never get bored

STRENGTH CIRCUIT-Strength work will be the focus of this class. Working arms, core and leg muscles. All levels welcomes and can be done seated.

ARTHRITIS EXERCISE Arthritis exercise are evidenced based exercises that help people with arthritis and other related conditions, though you don't have to have arthritis to participate. The focus of the class is on movement of the body. The class consists of a warm-up, stretching, toning, weight training, balance, low impact endurance and relaxation. Participants are encouraged to do what they are comfortable with. Appropriate for all fitness levels and can be done seated.



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MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
CARDS & GAMES 9:00 GUITAR LESSONS W/ HARRY 9:00 STRONG BODY & MIND 9:00 PAINTING 1:00 CANASTA 1:00	WALKING CLUB 8:30 DRUMS ALIVE 9:00 NO QUILT KNIT CRAFT 9:15 GERMAN GROUP 10:00 TAI CHI 10:15 MAHJONG 1:00 SAFETY COURSE 1:30 (HELD AT PUBLIC SAFETY BLDG) CHAIR YOGA 2:00	ENDURANCE 9:00 ARTHRITIS EXERCISE 10:15 GUITAR LESSONS W/ HARRY 10:15 BRIDGE 1:00 SCRABBLE 1:00 STRENGTH CIRCUIT 2:00	DRUMS ALIVE 9:00 BINGO 12:30 CRAFTS 10:30	WII BOWLING 9:00 CHORUS 9:00 CHAIR YOGA 10:30 HEARING CLINIC 10:30 MOVIE 11:45
9	10	11	12	13
CARDS & GAMES 9:00 GUITAR LESSONS W/ HARRY 9:00 STRONG BODY & MIND 9:00 PAINTING 1:00 CANASTA 1:00	WALKING CLUB 8:30 DRUMS ALIVE 9:00 QUILT KNIT CRAFT 9:15 TAI CHI 10:15 HEALTH SCREENING 12:30 MAHJONG 1:00 SAFETY COURSE 1:30 (HELD AT PUBLIC SAFETY BLDG) CHAIR YOGA 2:00	ENDURANCE 9:00 GUITAR LESSONS W/ HARRY 10:15 ARTHRITIS EXERCISE 10:15 FRIENDS 12:30 BRIDGE 1:00 SCRABBLE 1:00 STRENGTH CIRCUIT 2:00	DRUMS ALIVE 9:00 GATRA 10:00 BINGO 12:30 HEALTH SCREENING 12:30	WII BOWLING 9:00 CHORUS 9:00 CHAIR YOGA 10:30 MOVIE 11:45
16	17	18	19	20
CARDS & GAMES 9:00 GUITAR LESSONS W/ HARRY 9:00 STRONG BODY & MIND 9:00 MEN'S COFFEE HOUR 9:30 PAINTING 1:00 CANASTA 1:00	WALKING CLUB 8:30 DRUMS ALIVE 9:00 QUILT KNIT CRAFT 9:15 TAI CHI 10:15 MAHJONG 1:00 CHAIR YOGA 2:00	ENDURANCE 9:00 GUITAR LESSONS W/ HARRY 10:15 ARTHRITIS EXERCISE 10:15 BRIDGE 1:00 SCRABBLE 1:00 NO STRENGTH CIRCUIT 2:00 BASKET BINGO 5:00	DRUMS ALIVE 9:00 BINGO 12:30 CRAFTS 10:30	WII BOWLING 9:00 CHORUS 9:00 CHAIR YOGA 10:30 BEREAVEMENT 10:30 HOWIE NEWMAN 12:30
23	24	25	26	27
CARDS & GAMES 9:00 GUITAR LESSONS W/ HARRY 9:00 STRONG BODY & MIND 9:00 BOOK CLUB 10:15 PAINTING 1:00 CANASTA 1:00	WALKING CLUB 8:30 DRUMS ALIVE 9:00 QUILT KNIT CRAFT 9:15 NO TAI CHI 10:15 HEART TO HOME MEALS 11:30 MAHJONG 1:00 CHAIR YOGA 2:00	ENDURANCE 9:00 GUITAR LESSONS W/ HARRY 10:15 ARTHRITIS EXERCISE 10:15 BRIDGE 1:00 SCRABBLE 1:00 CHEF DEMO 1:00 TRIAD 1:15 STRENGTH CIRCUIT 2:00	DRUMS ALIVE 9:00 VETERANS MEMORIAL DAY REMEMBRANCE 10:30 BINGO 12:30	WII BOWLING 9:00 CHORUS 9:00 CHAIR YOGA 10:30 MOVIE 11:45
30	31	JUNE 1	JUNE 2	JUNE 3
	WALKING CLUB 8:30 DRUMS ALIVE 9:00 QUILT KNIT CRAFT 9:15 TAI CHI 10:15 MAHJONG 1:00 CHAIR YOGA 2:00	ENDURANCE 9:00 GUITAR LESSONS W/ HARRY 10:15 ARTHRITIS EXERCISE 10:15 BRIDGE 1:00 SCRABBLE 1:00 STRENGTH CIRCUIT 2:00	DRUMS ALIVE 9:00 BINGO 12:30	WII BOWLING 9:00 CHORUS 9:00 CHAIR YOGA 10:30

3 NATURAL REMEDIES FOR SPRING ALLERGIES

1. Limit time outdoors:

When peak allergy season arrives, it might help to limit the amount of time you spend outdoors. When you do head outside, take a few precautionary steps. Make sure you wear a mask that covers your mouth and nose. Another way to limit exposure is to take off your shoes and change your clothes in the garage or mud room. This not only reduces the amount of pollen you might be breathing in, but also prevents pollen from making its way into the house.

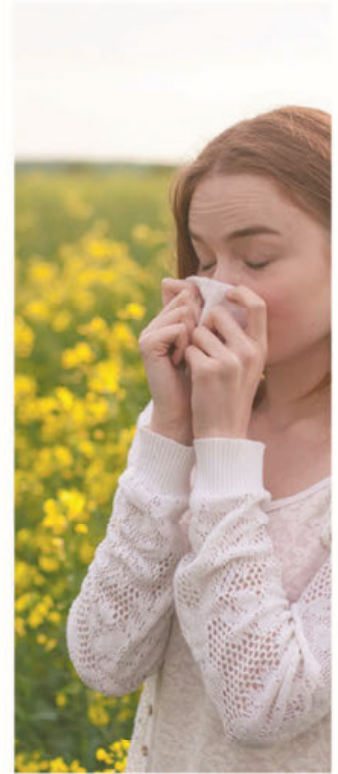
2. Control your environment:

When the pollen count is high or when it's windy outdoors, keep your windows closed to limit the amount of pollen and dust from

getting inside. Instead, use your air conditioner to cool the house. The same is true if you are inside a car. While the fresh air might feel good, you are exposing yourself to allergens as you travel.

3. Work around the pollen count:

Be sure to monitor the pollen count. This is easier if you take advantage of one of the many free weather apps you can download on your smart phone. Your local television station likely has one. If not, The Weather Channel does. You can use your zip code to track allergens that are high in your area. If none of the remedies listed above help, your primary care physician might need to order allergy testing. This will help pinpoint the source(s) of your allergies making them easier to treat.



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APRIL 2022



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We provide peace of mind to our members
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A ActiveDay

At Active Day, every day is dedicated to the independence and dignity of seniors and disabled members of all abilities. And while members enjoy themselves in our adult day care centers, their families experience a renewed sense of security and fulfillment.

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Call us today 508-339-2119
Hours: 8am-4pm M-F



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2021
wellness
goals!



For Your Safety, We Now Offer Telehealth
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SmartPhone.

elliott
PHYSICAL THERAPY

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Dorchester	617.506.7210
Hingham	781.875.1913
Easton	508.559.5108
Mansfield	508-639-5550
North Attleboro	508.316.0559

www.elliottphysicaltherapy.com



Recipes ©LPI



The Pioneer Woman's Pan Fried Pork Chops

Ingredients:
 7—8 pieces breakfast chops (very thin bone-in pork chops)
 1 c. flour
 1 tsp. salt
 1 tsp. pepper
 Cayenne pepper, to taste
 1/2 c canola oil
 1 tbsp butter

Directions:

Rinse pork chops, salt and pepper both sides. Combine all dry ingredients, dredge each side of the pork chops in the flour mixture, than set aside on a plate. Heat oil over med high heat. Add butter. When butter is melted and butter/oil mixture is hot, cook 3 pork chops at a time, 2 to 3 minutes on the first side; 1 to 2 minutes on the other side. Remove to a plate and repeat with remaining pork chops. Delicious and simple! Serve with mashed potatoes!



Concession Stand Crackers

Ingredients:
 1 c chocolate melting wafers
 2 heaping tablespoons Nutella
 1 sleeve saltine crackers
 3 c. chopped sandy such as M&M's, Reese Pieces

Directions:

Combine the chocolate and Nutella in a microwave safe bowl and microwave until melted, stirring every 30 seconds.

Line a baking sheet with waxed paper. Dip the crackers partway in the chocolate and let the excess drip back into the bowl. Lay on the baking sheet and sprinkle with chopped candy. Let set 15 minutes.

Did you know...

Although we specialize in cremation, we also offer affordable "Modern Day" Funerals from \$3995. Call us today and learn more.



287 Main Street Malden, MA 02148 781-322-0909
 115 North Main Street Mansfield, MA 02048 508-339-7595
 116 Franklin Street Quincy, MA 02169 617-472-5319
www.BostonCremation.org

SANTORO Financial Planning Group



As the seasons' change, so do your financial needs. Let our personalized experience continue to guide you to a financial future that works for you and your goals.

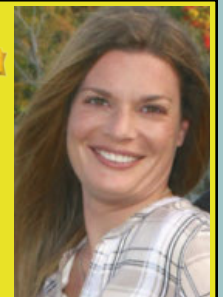
For trusted financial guidance contact David Santoro
 508.286.7900 | David@santorofpg.com

Securities and advisory services offered through Commonwealth Financial Network*, Member FINRA/SIPC, a Registered Investment Adviser. Fixed insurance products and services offered by Santoro Financial Planning Group.

VETERAN-OWNED BUSINESS



FREE HEARING CLINIC
 the First Friday of every
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 at the Mansfield COA



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