



MANSFIELD COA HAPPENINGS

SEPTEMBER 2022



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

Josephine Madrazo-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

NEWS & EVENTS



JOYFUL CHORUS

Do you like to sing? Did you hear the program presented by our COA

Joyful Chorus in June and were inspired to join us? If so, please give Mary Hourigan a call at 774-266-0501 and we will sign you up. Mary and Diane Caldwell are the leaders of this growing group of enthusiastic men and women, who will begin fall practices on **Thursday, September 8 at 10:00am**. Returning chorus members, please note the new DAY and TIME. Diane and Mary are looking forward to another exciting musical year with the Joyful Chorus. Won't you join us?!



NEW CLASS ALERT!!!!

We are excited to announce we have two new exercise classes to offer our Mansfield seniors beginning in September.

1) Tai Chi will be held Wednesday afternoons from 12:00-1:00 Taught by Elijah Swain. Tai Chi is a slow and gentle exercise that is suitable for older adults, even if they are managing chronic conditions. It offers the benefits of flexibility, muscle strengthening, and endurance training. Tai Chi can improve the health of seniors without worsening existing impairments

2) Chair Yoga will be held Mondays at 11:00 and Fridays at 1:00 taught Chair yoga can improve your flexibility, concentration and strength, while boosting your mood, and reducing stress and joint strain Please call the COA to sign up for these classes 261-7368



SENIOR TAX WORK OFF PROGRAM

Applications for the Mansfield Real Estate Tax Work Off program for NEW applicants is currently underway until the end of September. Residents wishing to participate in this program must contact Kristen Madeira at 508-261-7368 by September 27th. Call Kristen at the COA for more info 261-7368



Representative Adam Scanlon will be holding office hours at the COA on Thursday September 15th beginning at 12:00pm.

This is an opportunity for you to come and share your concerns, ideas, questions about state issues that are important to you. Walk-ins are welcome but you are encouraged to make an appointment by calling the COA. 261-7368

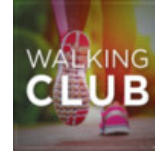
JEWELRY DONATIONS

Friends of the DIC is once again accepting jewelry donations. Costume jewelry as well as gold or silver items. Gold and silver pieces (ONLY) can be broken: an orphan earring, crimped chain or other damage is fine. Please drop at Front Desk in a zip lock bag. Thank you.



FOOD & FRIENDS KITCHEN

The First Baptist Church 52 North Main St. in Mansfield offers a **Food and Friends Kitchen** - Serving a meal at 4:30 PM every Tuesday to those in need of a hot meal and some companionship. Held in Fellowship Hall with coffee, tea, juice, and snacks served to those who come a bit early. Any questions pls call Betty Cheyene 508-369-8481



The walking club will meet at the following locations in September. Please call the COA if you would like to join them.

September 6th Rails to trails (Bike Path) meet parking lot behind Jimmy's Restaurant.

September 13th Chocolate Factory Meet at the COA

September 20th Wrentham Outlets Meet at Nautica

September 27th CAPE COD CANAL! meet at 9:00am at Buzzards Bay Parking Lot



The Book Club will be meeting on Monday September 26th at 10:15am. We will be discussing Killers of

the Flower Moon by David Grann. Please call COA if you would like to join 261-7368

Crafts with Elisha

Join Elisha on Thursday September 22nd from 10:00-11:00am to make your own GREEN TEA / OATMEAL SOAP. Make your own bar and learn the benefits. \$3.00 per person includes all supplies. Please call COA to sign up 261-7368



CAREGIVERS MONTHLY SUPPORT GROUP

Gail M Conley, LICSW of Old Colony Hospice and Palliative Care will be facilitating a Caregiver Support Group here at the Mansfield COA. The group will be meeting the 3rd Thursday of each month beginning on Thursday September 15th from 1:00-2:00pm. The Caregiver program provides information, assistance, and resources to support your caregiving efforts. Our hope is to empower caregivers to provide the best possible care through enhancing coping skills, increasing knowledge, and minimizing the stress of caregiving. This program is offered to people of any age who provide care to a person age 60 or older; persons age 60 years or older who are the primary caregivers of an adult developmentally disabled child. Please call the COA to sign up 261-7368

NEWS & EVENTS



LIVE & LEARN A Program Designed to Enhance Your Personal Wellness and Awareness

The fun and fascinating stories behind some beloved advertising jingles moderated by Jay M. Elias, Esq. General Counsel Dyer-Lake Funeral Home and Cremation Services. Jay will be at the COA for this fun program on Thursday September 8th from 10:00-11:00am. Please call the COA to sign up 261-7368



TRIAD PASTA DINNER

Annual Triad Pasta Dinner will be held on Tuesday, September 21st at 4:30pm at the Mansfield Council on Aging. Tickets are on sale now at the COA and are for a \$5 donation. Presentations will be made by

Bristol County Sheriff Thomas Hodgson Sheriff Hodgson who will discuss community programs his office has implemented like the "R.U.O.K." Program in which senior citizens sign on to be telephoned every morning as part of a monitoring/response system; PROJECT LIFESAVER, a new bracelet-tracking-device system for Alzheimer patients, as well as the IRIS SCANNING PROGRAM, the latest innovation in identification technology being used to identify lost or missing persons and children. Identity Theft, and Crime Awareness.



Healthy Incentives Program (HIP)

If you are a SNAP household you are automatically enrolled in the Healthy Incentives Program (HIP). You can use your SNAP benefits to buy fruits

and vegetables from a HIP authorized farm vendor and you will receive \$1 for each dollar you spend on eligible fruits and vegetables, up to a monthly limit. **Important:** You must have a SNAP balance to earn the HIP incentive benefit. For more information: mass.gov/service-details/healthy-incentives-program-hip-for-clients



Who is Paul Revere in history?

Join us on September 15th at 10:30am as *Historian* Richard Nichols details the story of Paul Revere an American silversmith and a

patriot in the American Revolution. He is most famous for alerting Colonial militia of the British invasion before the Battles of Lexington and Concord. Richard will illustrate the dangerous, rewarding and heartwarming story of his life and accomplishments. Pls call COA 261-7368 to sign up.



MOVIES AT MMAS

Mass Cultural Council is sponsoring silver screen movies at the MMAS Theater located at 888 S. Main St. in Mansfield. The movies will be on Thursdays mornings at 10:30am in September and October. They are free to Mansfield residents over the age of 60. Space is limited so pls call the COA 261-7368 to sign up.

Sept 15th-Key Largo
September 29th-Grand Hotel
October 13th-Show Boat
October 27th-Casa Blanca



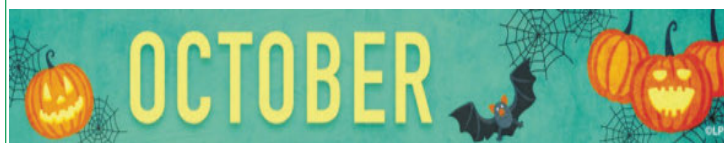
OPEN ENROLLMENT

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from your plan by the end of September. It is

important to **understand** and **save** this information: it explains the changes in your plan for 2023. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand *your* plan changes as well as *other options* you may have. Call in early September to discuss your insurance questions, or schedule your SHINE phone or face-to-face appointment, during the Open Enrollment from **October 15 through December 7th!** **RE-MINDER: Bring your card and drug list to your appointment!**

To make an appointment with our SHINE counselors, call the COA 261-7368 in early September. Remember that appointments fill fast during Open Enrollment.



OCTOBER AT A GLANCE:

THURSDAY October 6th: New England Trivia
FRIDAY October 14th-12:30 Diwali Celebration
THURSDAY October 13th- Pumpkin Painting
FRIDAY October 28th-11:30 Mansfield Electric Lunch Halloween

HEALTH & WELLNESS

THE ART OF MEAL PLANNING

Meal or menu planning can be a hot ticket to easy homecooked meals, stress free grocery shopping, and peaceful evenings — but who has the time? The secret to peace of mind and menu success is finding what works for you. A quick poll of families around you will reveal that you probably know someone who plans meals a month at a time, someone who has never planned a menu, and someone who works on a week-by-week plan. You too can be a meal planning guru, and there's no right way to do it. Follow these tips for easy-peasy menu making.

MAKE TIME COUNT

One of the easiest ways to start a meal planning project is to make some time assessments. Look at your week to see where you have nights with extra time to cook something new or more elaborate, which nights you'll just have to get take-out, which nights might benefit from a crock-pot style meal, when the weather is perfect for the grill, and when something quick like pasta is key.

SPREADSHEETS FOR THE WIN

Consider your core recipes and start by plugging those into a table (Pro-tip: Include the recipe book and the page number so that your spouse or an older child could start the meal for you!). Add the main entrée protein to the table for each recipe. Maybe add a column for a note about how much time you need to prepare each meal. Add in any "odd" ingredients that you might not

normally have in your pantry — this way if you decide on that recipe, you'll be able to make sure those are on your shopping list. You could also add a note about any side dishes that would go well to help round out the meal.

THE PANTRY TRICK

Stock your pantry with non-perishable staples that will work in several recipes, so you always have them on hand. For example, boxes of chicken broth for pan sauces or soups, cans of crushed tomatoes for making quick red sauces, pasta and rice for easy sides or entrées. Keep your refrigerator full of basics like celery, carrots, onions, and potatoes, milk, eggs, butter, and leafy greens. Choose to freeze some of your proteins so you can grab those out the day you need them. Keep a list of your frozen items, and anything that may need using up, and build your menus from there.

SHOP LIKE A PRO

Just a little bit of prep can make grocery shopping for meal planning a snap. Don't forget to take advantage of things like ordering online for store pick-up to get your pantry stocked. Spend your grocery time on choosing fresh produce, bakery, and meats, and let someone else pick out the cans of tomatoes, bags of chocolate chips, and frozen items. Looking to save a few extra dollars? Take a few minutes to read your local store ads to see what's on sale — you might choose to put chicken, ground beef or pork on the weekly menu based on the current offerings.



Sign-ups for The Pops trip are beginning September 12th. Please come into the COA to sign up. Payment due at sign up.



Thursday, December 8, 2022

\$135 per person

Your Motor coach Will Depart:
12:00PM ~ Mansfield COA
Returns Approximately: 7:00 PM

Join the Mansfield COA & Bloom Tours for a performance filled with holiday music favorites, the traditional Pops sing-a-long, and even a visit from jolly old Santa Claus!

Before the show, we will enjoy lunch at Venezia. Please choose from either their Boston Baked Haddock, Steak Tips, or Chicken Parmigiana. Leave room for coffee and dessert!

FOR RESERVATIONS:

PLEASE VISIT THE MANSFIELD COA & SPEAK WITH KRISTEN

FULL PAYMENT DUE AT TIME OF RESERVATION

TRIP OPERATED BY BLOOM TOURS



ENRICHMENT ACTIVITIES

***Pls refer to calendar for specific times**

Reminder: You must sign up if you would like to attend.

Monday-cards, guitar lessons, painting class, canasta, book club, men's coffee hour

Tuesday-walking club, quilt/knitting club, Mahjong

Wednesday-guitar lessons, scrabble

Thursday-chorus, bingo, pc class, Apple class,

Friday-Wii Bowling

HEALTH PROGRAMS (free)

Hearing Clinic-1st Friday of every month 10:30

Health Screening (blood pressure, blood sugar, cholesterol) 2nd Tuesday of every month 12:30

EXERCISE CLASSES

(\$3.00 donation per class)

***Pls refer to calendar for specific times**

Reminder: You must sign up if you would like to attend

Monday-Strong Body & Mind, Chair Yoga

Tuesday-walking club, Balance in Motion, Drums Alive, Line Dancing

Wednesday-Endurance, Tai Chi

Thursday-Flexibility & Stretch

Friday-Zumba, Chair Yoga

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 congregating 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!

CALLING ALL NEW AND OLD MEMBERS OF THE FRIENDS

The Friends of the Drop In Center is the fundraising arm for the COA, sponsoring programs and services to benefit Mansfield adults over 60 and the COA. The Friends also sponsor seasonal parties and special luncheons for its members. Monthly meetings are held on the second Wednesday of each month at 12:30 PM. Membership is open to all Mansfield residents 18 and over. Please fill out and either drop off or mail the membership form along with the annual dues of \$5.00 to the Council On Aging at 255 Hope Street, Mansfield 02048.

I AM INTERESTED IN HELPING
WITH

- ☐ Holiday Fair
- ☐ Holiday Party
- ☐ Spring Fair
- ☐ Summer Celebration
- ☐ COA Newsletter
- ☐ Other

APPLICATION FOR FRIENDS OF THE DROP IN CENTER MANSFIELD, MA COUNCIL ON AGING, 255 HOPE STREET

NAME _____
ADDRESS _____
PHONE# _____ MOBIL # _____
E-MAIL _____



ATTENTION

MANSFIELD RESIDENTS
60+ YEARS OLD

ADULT ACTING CLASS- WEDNESDAYS-9:30-11:00AM

SEPTEMBER 14, 21, 28 OCTOBER 5, 12, 19, 26 & NOVEMBER 2ND

REGISTER SEPTEMBER 1ST -12TH BY CALLING THE COUNCIL ON AGING AT
1-508-261-7368. ACTING CLASSES WILL BE PROVIDED & HELD AT
MASS ARTS CENTER-888 S MAIN ST, MANSFIELD, MA 02048



Free every month twice a month!

☐ HIGH BLOOD PRESSURE
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☐ HIGH BLOOD SUGAR
☒ DON'T REALLY KNOW

DO YOU KNOW YOUR NUMBERS?

FREE HEALTH SCREENINGS



2nd Tuesday monthly at the COA 255 Hope St 12:30-3:30pm
3rd Wednesday monthly at Town Hall 6 Park Row 1pm-4pm

Screenings offered:

- Blood Pressure
- Blood Sugar
- Cholesterol
- Hands only CPR (only takes 4 minutes!)
- and associated prevention information

Provided by
Mansfield Fire
Department
Community EMS
Team in
conjunction with
Mansfield Board
of Health

For any questions call MFD Captain Marc Goyette @ 508-851-6469

SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST 29	30	30	SEPT 1	SEPT 2
CARDS 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 BALANCE IN MOTION 10:00 QUILT KNIT CRAFT 9:15 LINE DANCING 11:00 MAHJONG 1:00	ENDURANCE 9:00 GUITAR LESSONS W/ HARRY 10:15 SCRABBLE 1:00	FLEXIBILITY & STRETCH 9:00 BINGO 12:30	WII BOWLING 9:00 ZUMBA 9:00 HEARING CLINIC 10:30
5	6	7	8	9
	WALKING CLUB 8:30 DRUMS ALIVE 9:00 BALANCE IN MOTION 10:00 QUILT KNIT CRAFT 9:15 LINE DANCING 11:00 MAHJONG 1:00	ENDURANCE 9:00 GUITAR LESSONS W/ HARRY 10:15 TAI CHI 12:00 SCRABBLE 1:00	FLEXIBILITY & STRETCH 9:00 CHORUS 10:00 LIVE & LEARN 10:00 PC CLASS 12:00 BINGO 12:30 APPLE CLASS 1:00	WII BOWLING 9:00 ZUMBA 9:00
12	13	14	15	16
CARDS 9:00 GUITAR LESSONS W/ HARRY 9:00 STRONG BODY & MIND 9:00 CHAIR YOGA 11:00 PAINTING 1:00 CANASTA 1:00	WALKING CLUB 8:30 DRUMS ALIVE 9:00 BALANCE IN MOTION 10:00 QUILT KNIT CRAFT 9:15 LINE DANCING 11:00 HEALTH SCREENING 12:30 MAHJONG 1:00	ENDURANCE 9:00 GUITAR LESSONS W/ HARRY 10:15 TAI CHI 12:00 FRIENDS 12:30 SCRABBLE 1:00	BLOCK ISLAND 8:30 FLEXIBILITY & STRETCH 9:00 CHORUS 10:00 PAUL REVERE 10:30 REP SCANLON 12:00 BINGO 12:30 CAREGIVERS SUPPORT 1:00	WII BOWLING 9:00 ZUMBA 9:00 CHAIR YOGA 1:00
19	20	21	22	23
CARDS 9:00 GUITAR LESSONS W/ HARRY 9:00 STRONG BODY & MIND 9:00 CHAIR YOGA 11:00 PAINTING 1:00 CANASTA 1:00	WALKING CLUB 8:30 DRUMS ALIVE 9:00 BALANCE IN MOTION 10:00 QUILT KNIT CRAFT 9:15 LINE DANCING 11:00 MAHJONG 1:00	ENDURANCE 9:00 GUITAR LESSONS W/ HARRY 10:15 TAI CHI 12:00 SCRABBLE 1:00 TRIAD PASTA DINNER 4:30	FLEXIBILITY & STRETCH 9:00 CHORUS 10:00 CRAFT 10:00 BINGO 12:30	WII BOWLING 9:00 ZUMBA 9:00 BEREAVEMENT 10:30 NO CHAIR YOGA 1:00
26	27	28	29	30
CARDS 9:00 GUITAR LESSONS W/ HARRY 9:00 STRONG BODY & MIND 9:00 MENS COFFEE 9:30 BOOK CLUB 10:15 NO CHAIR YOGA 11:00 PAINTING 1:00 CANASTA 1:00	WALKING CLUB 8:30 DRUMS ALIVE 9:00 BALANCE IN MOTION 10:00 QUILT KNIT CRAFT 9:15 LINE DANCING 11:00 MAHJONG 1:00 PASTA DINNER 4:30	ENDURANCE 9:00 GUITAR LESSONS W/ HARRY 10:15 TAI CHI 12:00 SCRABBLE 1:00 TRIAD 1:15	FLEXIBILITY & STRETCH 9:00 CHORUS 10:00 BINGO 12:30	WII BOWLING 9:00 ZUMBA 9:00 NO CHAIR YOGA 1:00

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), 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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SEPTEMBER 2022



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www.elliottphysicaltherapy.com



Recipes

SAUSAGE GRAVY

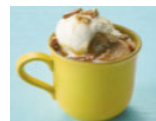
Ingredients:

1 lb. breakfast sausage, like Jimmy Dean
 1/2 sweet onion, chopped
 1/3 c. all purpose flour
 3 1/2c whole milk
 1/2 tsp seasoned salt
 1 1/2 tsp. pepper
 1 tsp. dried sage or thyme, optional
 Salt- to taste
 Biscuits, for serving.

Directions:

Pull off small pieces of the breakfast sausage with your fingers and add them to a large skillet in a single layer. Sprinkle the chopped onion evenly over top. Place over medium heat and cook, stirring occasionally, until the sausage is no longer pink and the onion is softened, 8-10 min. Reduce heat to medium-low. Sprinkle the flour over the sausage and stir to coat. Let cook for 2 minutes, stirring occasionally, until the flour is lightly toasted. While stirring, pour in the milk. Increase the heat to medium-high. Once the mixture boils and thickens, reduce heat to medium low. Add the seasoned salt, pepper and sage and thyme if using. Let simmer for 10 min stirring occasionally. Season with salt and pepper. Serve over warm biscuits.

Recipe from www.thepioneerwomen.com



BUTTERSCOTCH PECAN MUG CAKE

Ingredients:

2 tbsp. salted butter
 3 tbsp milk
 1/4 tsp vanilla
 1/4 c flour
 3 tbsp brown sugar
 1/4 tsp baking powder
 1/4 tsp ground cinnamon
 2 tbsp chopped pecans
 Vanilla ice cream for topping
 Butterscotch sauce for topping
 Directions: Put the butter in a 12 oz microwave safe mug and melt for 10-15 seconds. Add the milk and vanilla and stir with a fork. Add the flour, brown sugar, baking powder, cinnamon and salt. Stir until smooth. Stir in pecans. Microwave on high for 1 min 20 seconds or until toothpick comes out clean. Top with ice cream and butterscotch sauce.

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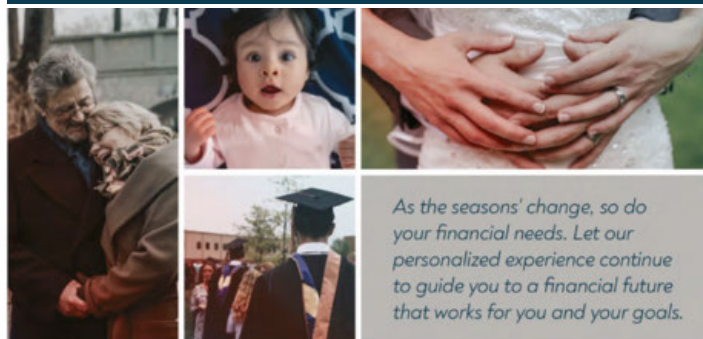
287 Main Street
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 781-322-0909

115 North Main Street
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www.BostonCremation.org

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VETERAN-OWNED BUSINESS



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