



# MANSFIELD COA HAPPENINGS

OCTOBER 2022



	WHAT'S INSIDE
02	NEWS & EVENTS
03	NEWS & EVENTS
04	HEALTH & WELLNESS
05	SHINE FORM
06	RESOURCE GUIDE
07	COMMUNITY SERVICE AWARD
08	OCTOBER CALENDAR
09	IMPORTANCE OF EXERCISE
10	RECIPES

**TOWN MANAGER**  
Kevin Dumas  
**DIRECTOR**  
Josephine Madrazo  
**EDITOR**  
Kristen Madeira  
**COUNCIL ON AGING BOARD**  
Neal Boldrighini- Chair  
Richard Kelsay- Vice Chair  
Lee Ann Cerretani-Secretary  
Patricia Comperchio-Treasurer  
Paula Devine  
Joan Hoey  
Mary Hourigan

**Mansfield COA  
Social Services**  
Hours: Monday-Friday  
8:00am-3:30pm  
Social Services-508-261-7464  
Mansfield COA-508-261-7368  
  
Josephine Madrazo-Director  
Wendy Adams-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 Coordi-  
nator  
Elisha Ribeiro-Activities Coordi-  
nator

# NEWS & EVENTS



## INTRODUCING OUR NEW ASSISTANT DIRECTOR

We are excited to announce that Wendy Adams has joined us as our new Assistant Director. She has many years of experience working with older adults. We are excited to welcome her to our team. If you see Wendy around the office make sure to extend her a warm welcome.

## ELLIOTT PHYSICAL THERAPY WORKSHOP

Join Elliott Physical Therapy at the Mansfield Council on Aging on Tuesday October 18th at 12:30pm, where Physical Therapists will discuss the risks for falls, what to do if a fall occurs, and most importantly, how balance and exercise can reduce fall risk! At Elliott Physical Therapy, their goal is to provide exceptional care and empowering results to all patients. They are committed to providing exceptional customer service combined with an evidence-based approach to healing to help you achieve your goals! A light lunch will be served, pls call the COA by 10/13 to reserve your spot 261-7368



The walking club will meet at the following locations in October. We always welcome new members!

October 4th- Bike path meet at Cobb St.  
October 11th-Wrentham outlets meet at Nautica  
October 18th-Chocolate Factory meet at the COA  
October 25th-Downtown Mansfield meet at the COA



## CIDER SOCIAL & NEW ENGLAND TRIVIA

Join us at the COA on Thursday October 6th from 9:30-10:00am to enjoy some apple cider and cider donuts learning some New England Trivia. This is a free event but pls call COA 261-7368 to sign up by October 3rd.

## LIVE & LEARN-FLOPS what were they thinking?

Join Jay Elias from Dyer Lake Funeral Home on Thursday October 6th at 10:00am. Jay will be reminiscing about things that were created that were flops. This is a free program but pls call COA 261-7368 to sign up.



## HALLOWEEN CENTERPIECES CRAFTING

Join Elisha on Thursday October 13th from 10:00-11:15 to create the centerpieces for our Annual Halloween Lunch. Call COA to sign up 261-7368



## DAWALI

We will have a program on Dawali presented by Jyoti Joshi on Friday October 14th at 12:30pm. Come learn about Dawali, this 5 day festival of lights is one of India's most popular holidays. Traditional sweets and tea will be served. Please call COA to sign up 261-7368



## COOKIE DECORATING CLASS

Come decorate cookies on Thursday October 20th from 10:00-11:00am. Join City Girl cookies in creating (3) Halloween themed cookies. The cost is \$5.00 per person. Call to reserve your spot 261-7368



## MANSFIELD ELECTRIC HALLOWEEN LUNCH & COSTUME PARTY

The COA and Mansfield Electric will be hosting the annual Halloween party on Friday October 28th at 11:30am. Please come in your Halloween costume, best costume wins a prize of a FREE BUS trip of your choice. Lunch will be top round roast beef with brown gravy, Au Gratin potatoes, peas and carrots, bread and butter and of course we can't forget dessert. This event is generously sponsored by Mansfield Electric and is for Mansfield residents only. Sign-ups begin on October 3rd by calling COA 261-7368.



The Mansfield Board of Health will be at the COA on Thursday October 13th from 1pm-4pm giving flu shots. Walk ins are welcome. NO appts necessary. If you have an insurance card pls bring it.



Thelma Reid, a Mansfield resident and long time member of our COA recently passed away. Thelma was a wonderful and kind woman who will be truly missed. We thank the following people who have made a donation to our COA in memory of Thelma. Jane Alland, Evelyn Steele, Jerold & Lisa Murphy, Joan Hoey and The Jolicofu Family, Elsie Cary and Charles Cary, Lillian Stuart, Norma Barr and Marie Lowe



The Book club will be meeting on Thursday Oct 24th at 10:15. We are discussing the book *Surviving Savannah* by Patti Callahan. New comers always welcome!



# NEWS & EVENTS



## VETERANS DAY WE HONOR YOUR SACRIFICE

### VETERANS APPRECIATION LUNCHEON

In recognition of Veterans Day and with appreciation for their past military service, the Congregational Church of Mansfield will host its annual "Veterans Appreciation Luncheon" on Sunday November 6th at 11:30am in the church vestry, located at 17 West St. This popular and well received luncheon will feature a complimentary lunch, brief entertainment and an opportunity to thank those among us that have served our country. If you would like to join other vets for this distinctive event, please RSVP to the church office at 508-339-4793 or by email at [office@occmansfield.org](mailto:office@occmansfield.org). When you make a reservation please include your branch of service and a return phone number or email. Pls note that space is limited. A prompt response will guarantee a veteran's reservation.



**SATURDAY, OCTOBER 1, 2022  
NOON-7PM AT FULTON POND**

**Featuring Navy Band Northeast**



**LEAD SPONSOR**

**BayCoast  
BANK.**



### What's Happening - Fall Festival Schedule

Noon: Festival Opens - Visit Food Vendors, Ride the Ferris Wheel, Pet an Alpaca, See Live Art Performances, Visit the Beer Garden, Take a Paddle Boat Ride on Fulton Pond, and Visit the Kids Craft Booth. Sign up to Paint an Autumn Painting or String Some Beads to Add to Yarn Bombed Trees.

**1PM - Live Performance with Navy Band Northeast's Pops Ensemble**

1PM - Ride a Unicorn, Get your Face Painted for Free, Participate in Painting an Autumn Canvas.

2PM - 6PM Duke's Leap Band Performing live on the Big Stage.

2:30PM - Participate in our 2nd Painting of an Autumn Canvas.

4PM - Participate in our 3rd and Final Painting of an Autumn Canvas.

5PM - Watch the Lighting of Fire Cauldrons on Fulton Pond. Drum Nomads Will Play Nearby. Sample Some Desserts Under the Shade of Yarn Bombed Trees.

7PM - Festival Closes

To ensure the safety of your pets, the public is asked to refrain from bringing any pets due to the large number of people expected at the event.

**Thank You Sponsors! You Have Made This Festival Possible!**

**BayCoast  
BANK.**

**North Easton  
Savings Bank**

American Health Associates

**Jimmy's  
Pub & Restaurant**

**Walgreens**

**Bluestone  
BANK**



The Fuel Assistance Program is now open for the 2022-2023 heating season. If you would like to apply for fuel assistance or have questions about the program please call 508-261-7464 and we would be happy to help you. Please remember this program will assist you however you heat your home whether it be electric heat, oil, gas or propane. .



### OPEN ENROLLMENT

October 15-December 7, 2022

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. ■ To schedule an appt with a SHINE counselor please call the COA at 508-261-7368. There is a form on page 5 for you to bring to your appt.



### BRING A FRIEND TO OUR FRIENDS MEETING

Please join the Friends meeting on October 12th at 12:30pm. Bring a Friend!!!! Get to know us and what we do here at the COA. Drinks and pizza will be served. Pls sign up by Oct 7th by calling COA 261-7368.



### SENIOR SELF-DEFENSE & AWARENESS SENIOR SELF-DEFENSE AND AWARENESS

Are you a senior looking for ways to protect yourself? Personal safety comes from an awareness of surroundings and situations, a fearless and confident presence, and an understanding of your abilities. Mansfield Police Department is teaming with TRIAD to offer seniors a class focusing on risk awareness, risk reduction, and basic self-defense. This class consists of three 1.5-hour sessions that will help you feel more confident and knowledgeable of methods you can use to better protect yourself physically, financially, and situationally. The classes will be held at the Mansfield Public Safety Building on November 1st, 8th, and 14th from 1:00-2:30. Please call the COA 261-7368 to sign up as space is limited.

### NOVEMBER AT A GLANCE:

November 2nd 1:00-Cooking Demo with Chef Sean  
November 9th-10:00am- Veteran Talk with Michael Raymond  
November 10th 12:30pm-Astrology & Guided Meditation Workshop  
November 18th 11:30am Friendsgiving Luncheon  
November 22nd Fridays Holiday Far and Bake Sale. Time TBA

# HEALTH & WELLNESS

## 4 LEADING HIP FRACTURE RISKS FOR OLDER ADULTS

Experiencing a broken hip is painful at any age. It often requires surgery to repair the damage and can even result in life-threatening health complications. The hip fracture itself isn't usually the real problem. The culprit is the chain reaction of health issues older adults often experience after breaking a hip.

The risk for losing your life after a hip fracture increases even for adults as young as age 50. From infections to pneumonia, 1 in 3 people who break a hip will die from complications within a year. Almost everyone knows an older adult who never really recovered after they broke a hip.

Here are some tips on how you can lower your risk for suffering one.

### 1. GET SCREENED FOR OSTEOPOROSIS

The risk for developing osteoporosis increases with age. It's a condition many people aren't aware they have until they experience a fracture of some kind. There are screening tests your physician can order to identify if you have osteoporosis or the precursor for it known as osteopenia.

By undergoing routine bone density screenings, you may be able to avoid osteoporosis. Diet, exercise, and other lifestyle choices can all play a role.

### 2. SCHEDULE A HOME SAFETY AUDIT

Falls are the leading cause of broken hips, and most happen in a senior's private residence. That's why it's a good idea to take an objective look at your home — inside and out — to identify potential hazards.

If you aren't sure how to do this, ask your primary care physician for advice. They may have a checklist or online tool you can use. A physician may also recommend a physical

or occupational therapist who offers this service to older adults. Check with your insurance provider to see if it is covered.

### 3. HAVE REGULAR VISION EXAMS

Another risk factor for experiencing a broken hip is a vision impairment. Vision loss increases the odds for a fall, which in turn increases the risk for experiencing a broken hip.

Whether it's glaucoma, cataracts, or another issue, vision changes are common with aging. That's why it's important to see the eye doctor regularly. By undergoing a yearly vision exam, you give the eye doctor an opportunity to identify and intervene in problems early.

### 4. ENGAGE IN STRENGTH AND BALANCE EXERCISES

Core strength and good balance keep you limber and flexible no matter what your age. Both help lower your risk for a disabling fall. If you don't already exercise on a regular basis, talk with your physician for advice on getting started. They'll likely recommend a program that incorporates both aerobic activities, as well as strength training. The blog article 7 Kinds of Exercise for Seniors has some ideas for you to consider.



# SHINE OPEN ENROLLMENT

Medicare Open Enrollment      October 15th - December 7th

## Insurance and Drug Plan Pre-Enrollment Intake Form:

- ♦ You DO NOT need to fill out and submit this form if your drug coverage is included in your HMO or PPO plan and you have not changed medications, or are not experiencing high co-pays.
- ♦ If you want an in-person or phone appointment, please fill out this form and return it to the Mansfield COA 255 Hope St., Mansfield MA 02048  
***We will call you after we have completed your drug search***

Name \_\_\_\_\_ Phone \_\_\_\_\_  
D.O.B. \_\_\_\_\_  
Address \_\_\_\_\_

Name of current drug plan: \_\_\_\_\_ Pharmacy: \_\_\_\_\_  
Do you have a Supplement / Medigap Plan? \_\_\_\_\_

Medicare # \_\_\_\_\_ Part A effective date \_\_\_\_\_ Part B effective date \_\_\_\_\_  
Medicare.gov Account Info: Username: \_\_\_\_\_  
Password: \_\_\_\_\_

## LIST YOUR PRESCRIPTION MEDICATIONS:

### NAME OF DRUG (as it appears on bottle)

*Example: Lipitor*

_____
_____
_____
_____
_____
_____
_____
_____

### STRENGTH

*Example: 10 mg*

_____
_____
_____
_____
_____
_____
_____
_____

### DOSAGE

*Example: Twice Daily*

_____
_____
_____
_____
_____
_____
_____
_____



## **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

**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, wheel-chairs, 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.

**GATRA TRANSPORTATION-** This service will run Monday-Friday 7am-8pm and Saturday and Sunday 12pm-8pm. To request a pick up, rides can download the Transloc mobile app on their smartphone or dial 508-697-1911 where they will be assisted by a dispatcher. Any questions call GATRA customer service 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 we can assist you in applying for. You must meet certain guidelines. Call us for more info.

**TRIAD:** Mansfield Triad is a dynamic organization of older citizens and staff members from the Mansfield Council On Aging, Fire and Police Departments, the District Attorney's Office and the Bristol County Sheriff's Office. Mansfield Triad initiates and sponsors programs which enhance community safety for all citizens. They meet every 4th Wednesday each month at 1:15pm.

**FRIENDS:** The Friends of the Drop in Center (DIC) is a non-profit incorporated organization. The Friends have been incorporated since 1979. The purpose of the Friends Organization is to raise funds to help supplement special programs, luncheons, and items for the Council on Aging department. The Friends also help supplement the Council on Aging (COA's) newsletter mailing once a month. The Friends meet every month on the 2nd

## **DESCRIPTION OF THE EXERCISE PROGRAMS WE OFFER:** **NEW MEMBERS ALWAYS WELCOMED!!!**

**Strong Body & Mind** 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!

**Chair Yoga** A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits of chair yoga include improved flexibility

**Balance in Motion-** Develop balance, coordination, core strength, flexibility, and range of motion with this very gentle, upbeat, and supportive class for all fitness levels.

**Drums Alive-**Using rhythm as the source of inspiration for a group fitness experience that combines the benefits of a traditional physical fitness program with the brain-affected benefits of music and rhythm

**Line Dancing** Basic line dances focus on movements of the legs and feet, with more advanced dances including the arms and hands.

**Endurance:** For all fitness levels and will work for all major muscle groups in the body, while also incorporating active movements to fulfill your body's need for cardiovascular activity. And we cannot forget to stretch! We will be sure to lengthen those muscles, tendons, and ligaments.

**Tai Chi** 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

**Flexibility & Stretch** Stretching keeps the muscles flexible, strong, and healthy and we need that flexibility to maintain a range of motion in joints. Regular stretching keeps muscles long, lean, and flexible.

**Zumba**-Aerobic fitness exercise based on Latin American dance rhythms. Participants are taught some basic easy-to-learn movements

# Community Service Awards Nominations Now Open!



The Community Service Awards are presented annually to three honorees who exemplify the spirit of public service by sharing their time, talent, and energy for the betterment of our community.

The CSA Committee is seeking nominations for this year's awards. Nominations will be accepted through October 31st.

Visit the CSA Committee's webpage at [mansfieldma.com](http://mansfieldma.com) for complete information.

## Community Service Awards Winners by Category:



### **Debra Britt - 2021 Adult Recipient**

Adult Award: This Community Service Awards is open to Mansfield residents 19 years and older.



### **Charles Spath - 2021 Lifetime Achievement**

Lifetime Achievement Award: For 20 or more years of service. Nominee does not have to be a current Mansfield resident




### **Ryan Morley - 2021 Youth Recipient**

Youth Community Service Award: Open to Mansfield youths 18 years and younger.

***Submit your nomination for a deserving candidate today!***

# OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> WEBSTER LAKE TRIP 8:30 CARDS 9:00 GUITAR LESSONS W/ HARRY 9:00 STRONG BODY & MIND 9:00 CHAIR YOGA 11:00 PAINTING 1:00 CANASTA 1:00	<b>4</b> 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	<b>5</b> ENDURANCE 9:00 GUITAR LESSONS W/ HARRY 10:15 TAI CHI 12:00 SCRABBLE 1:00	<b>6</b> FLEXIBILITY & STRETCH 9:00 CIDER DONUTS 9:30 LIVE & LEARN 10:00 CHORUS 10:00 BINGO 12:30	<b>7</b> CARDS 9:00 WII BOWLING 9:00 ZUMBA 9:00 HEARING CLINIC 10:30 <b>NO</b> CHAIR YOGA 1:00
<b>10</b> 	<b>11</b> 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	<b>12</b> ENDURANCE 9:00 GUITAR LESSONS W/ HARRY 10:15 TAI CHI 12:00 FRIENDS 12:30 SCRABBLE 1:00	<b>13</b> FLEXIBILITY & STRETCH 9:00 CHORUS 10:00 HALLOWEEN CENTERPIECES 10:00 BINGO 12:30 PC CLASS 12:00 APPLE CLASS 1:00 FLU SHOT 1:00	<b>14</b> CARDS 9:00 WII BOWLING 9:00 ZUMBA 9:00 DAWALI 12:30 CHAIR YOGA 1:00
<b>17</b> CARDS 9:00 GUITAR LESSONS W/ HARRY 9:00 STRONG BODY & MIND 9:00 MENS COFFEE HOUR 9:30 CHAIR YOGA 11:00 PAINTING 1:00 CANASTA 1:00	<b>18</b> WALKING CLUB 8:30 DRUMS ALIVE 9:00 BALANCE IN MOTION 10:00 QUILT KNIT CRAFT 9:15 LINE DANCING 11:00 ELLIOTT PT 12:30 MAHJONG 1:00	<b>19</b> ENDURANCE 9:00 GUITAR LESSONS W/ HARRY 10:15 TAI CHI 12:00 SCRABBLE 1:00 CAREGIVER GROUP 1:00	<b>20</b> TURKEY TRAIN TRIP 9:00 FLEXIBILITY & STRETCH 9:00 CHORUS 10:00 COOKIE DECORATING 10:00 BINGO 12:30	<b>21</b> CARDS 9:00 WII BOWLING 9:00 ZUMBA 9:00 BEREAVEMENT 10:30 CHAIR YOGA 1:00
<b>24</b> CARDS 9:00 GUITAR LESSONS W/ HARRY 9:00 STRONG BODY & MIND 9:00 BOOK CLUB 10:15 CHAIR YOGA 11:00 PAINTING 1:00 CANASTA 1:00	<b>25</b> 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	<b>26</b> ENDURANCE 9:00 GUITAR LESSONS W/ HARRY 10:15 TAI CHI 12:00 SCRABBLE 1:00 TRIAD 1:15	<b>27</b> FLEXIBILITY & STRETCH 9:00 CHORUS 10:00 BINGO 12:30	<b>28</b> CARDS 9:00 <b>NO</b> WII BOWLING 9:00 <b>NO</b> ZUMBA 9:00 HALLOWEEN LUNCH /COSTUME PARTY 11:30 <b>NO</b> CHAIR YOGA 1:00
<b>31</b> CARDS 9:00 GUITAR LESSONS W/ HARRY 9:00 STRONG BODY & MIND 9:00 CHAIR YOGA 11:00 PAINTING 1:00 CANASTA 1:00	<b>NOV 1</b> 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	<b>2</b> ENDURANCE 9:00 GUITAR LESSONS W/ HARRY 10:15 TAI CHI 12:00 SCRABBLE 1:00 TRIAD 1:15	<b>3</b> FLEXIBILITY & STRETCH 9:00 CHORUS 10:00 BINGO 12:30	<b>4</b> CARDS 9:00 WII BOWLING 9:00 ZUMBA 9:00 CHAIR YOGA 1:00 HEARING CLINIC 10:30



## HOW TO SNEAK EXERCISE INTO YOUR DAY

### START WITH BEING INEFFICIENT.

Instead of taking the short cut, go the long way. Park a little bit further away from your office, the grocery store, wherever you go today! Don't wait for the elevator, take the stairs. If you're at home, take an unnecessary detour to the basement or the second level just for fun. Take a turn around the block, or just around your yard if you're short on time.

### GET INTO (HOUSE)CLEANING.

It's true, all of our household chores count as movement. Take your vacuum for a walk around the house, scrub the bathtub, start a load of laundry (in many homes this includes a trip up and down a set of stairs!), make the bed, cook dinner — whatever you do, put a little spring in your step, put on some music and make the most of moving your body.

### POWER UP WITH A 10-MINUTE WORKOUT.

Studies now show that a workout of any length not only "counts" as exercise, but that shorter workouts are just as beneficial as longer ones. So, stop worrying

about fitting another 45 minutes into your already overpacked day! Most of us can find 10 minutes at lunch, in the morning before hopping into the shower, or just after work, before starting whatever is next. Try some of these quick hit ideas at Self.

### STRETCH YOURSELF.

Daily stretching has all kinds of benefits, from stress relief to better posture. It's a great idea, no matter when you fit it into your day. You can stretch before you get out of bed in the morning or spend a few minutes following a spurt of activity. Maybe the only time you can find in the day is at night. If that's the case, don't stress! Stretching before bed can lead to better sleep!



©LPI

OCTOBER 2022



**MORSE & BEGGS**  
MONUMENT COMPANY  
~ Family Owned and Operated ~

Expertly Crafted Custom Memorials  
Cemetery Engraving and Bronze Products

2 Kelley Boulevard, No. Attleboro, MA  
**508-699-8981**  
[www.morseandbeggsmonument.com](http://www.morseandbeggsmonument.com)

We provide peace of mind to our members  
and those who love them.



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.

300 Branch Street, Mansfield  
Call us today 508-339-2119  
Hours: 8am-4pm M-F



## DID YOU KNOW?

### Doctor Referral is Not Required to Receive Treatment

Manage your pain without the need for more costly, invasive & potentially harmful treatments.



**elliott**  
PHYSICAL THERAPY

Milton	617.696.8141
Dorchester	617.506.7210
Hingham	781.875.1913
Easton	508.559.5108
North Attleboro	508.316.0559
Mansfield	508.639.5550
Hanover	781.347.3107

[www.elliottphysicaltherapy.com](http://www.elliottphysicaltherapy.com)

FAMILY OWNED AND OPERATED



# Recipes



## SUMMER SQUASH CASSEROLE

2 cups summer squash or zucchini  
1/2 cup mayo  
1/2 cup chopped onion  
1 egg, beaten

1 tsp. sugar  
1 cup grated Cheddar cheese  
1/2 stick margarine  
Salt, pepper, bread crumbs

Cook and drain the squash. It's not necessary to peel it. When soft, drain the squash and mash it. Add mayo, onion, egg, sugar and salt and pepper to taste. Put into greased small casserole dish. Sprinkle with cheese, then with bread crumbs. Dot with margarine. Bake uncovered 30 minutes at 350.

Recipe: Unknown but given by Loretta Mason



## SLOW COOKER SPLIT PEA SOUP

Ingredients:  
1 lb dried split green peas  
1/2 onion chopped  
3 carrots, peeled and sliced  
2 pieces of celery, sliced  
2 gloves of garlic, chopped

8 oz cubed ham  
1 qt. chicken stock  
4 sprigs fresh thyme  
2 sprigs parsley  
1 bay leaf  
Salt and pepper to taste

### Directions:

Place the split peas in a colander. Rinse them well and pick through for any tiny pebbles or debris. In the base of a slow cooker combine the peas, onion, carrots, celery, garlic, ham, chicken stock and 1 1/2 c of water. Tie the sprigs of thyme, parsley and bay leaf together with a piece of kitchen twine, wrapped around the bundle of couple times, then add to the slow-cooker. Cover and cook on high heat for 4-5 hours or low heat for 8-10 hours until the peas are tender and have split to thicken the soup. Season with salt and pepper to taste.

Recipe from [www.thepioneerwoman.com](http://www.thepioneerwoman.com)

*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](http://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](mailto: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**  
**month 10:30am - 12pm**  
**at the Mansfield COA**



**Expert Hearing Aid Service In the Comfort  
and Security of Your Home**

**Lauren Warburton**

Board Certified Hearing Instrument Specialist, Lic. #275

Call Today For A Free Hearing Test • **508-250-9324**

[www.athomehearinghealthcare.com](http://www.athomehearinghealthcare.com)  
MassHealth Provider / Most Insurances Accepted





# LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME

**Karen Fontaine**

kfontaine@lpicommunities.com

(800) 477-4574 x6350



WE SOLVE PROBLEMS  
ALWAYS NEAT ALWAYS PROFESSIONAL, AND READY TO SERVE YOU

### SERVICES

#### Clean Outs:

Residential Clean Outs: Basement, Attic, Garage, Yard  
Commercial Clean Outs: Home Organizers, Real Estate Agents, Contractors, Property Managers

**Bulk Removal:** We can remove that old coach, fridge, or any other piece of furniture from your home right away!

**3 Yard Waste Bags:** Want a hands on approach? Order one of our waste bags and fill it up, then we will take it out of your hands.

**Hired Labor:** Need a hand? We have skilled laborers to help you out.

To book your clean out now or get more information,  
call us at 1-508-922-0320 or book us online at [www.foxborocleanouts.com](http://www.foxborocleanouts.com)  
We don't just work in your community, we live in your community.

## 24/7 Senior Discount:

**\$35 OFF**

any service we offer Plumbing, Cooling & Heating!

**1-800-PLUMBER**  
**+AIR**

**PLUMBING • COOLING  
HEATING • EMERGENCY SERVICES**

*\*Ask about our HomeGuard Membership*

11 Robert Toner Blvd.  
Ste. 5 #303  
North Attleboro, MA 02760

**Call Today**  
**508-761-8700 or**  
**1-800-758-6237**

**Charlie Murch, Owner**

## Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

**AD CREATOR STUDIO**



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)



## Pumping, Inspection, Service & Repairs

All new clients get \$25.00 off their first pump!

*Pumping removes the buildup of sludge and scum, which slows down bacterial action in the tank. Your tank may need pumping each year depending on the size of your tank and the amount of waste you run through the system.*

See our website to learn when inspections are required and more about Title V

Available 24/7 in case of septic emergencies

(508) 216-6278 | [www.hometownpumping.com](http://www.hometownpumping.com)



*We don't just work in your community, we live in your community.*

# SUPPORT OUR ADVERTISERS!







Friends of the Drop In Center  
P.O. Box 232  
255 Hope Street  
Mansfield, MA, 02048

SENIOR EVENTS AND MAILING  
COMPLIMENTS OF  
THE FRIENDS OF THE DROP IN CENTER

NON PROFIT ORGANIZATION  
U.S. POSTAGE PAID  
PERMIT #51  
MANSFIELD, MA, 02048

**THRIVE**  
LOCALLY

# *Mansfield*

## PHYSICAL THERAPY

serving Mansfield since 1992

The Experts in Spine Rehabilitation and Recovery

Back Pain and Sciatica • Balance Disorders • Total Hip + Knee Replacement  
Orthopedic and Sport Therapy • Post-Operative Rehab • Chronic Pain

125 High Street, Mansfield

t. 508 - 261 - 1080

Contact @MansfieldPhysicalTherapy.com

A proud affiliate of  **connections**  
PHYSICAL THERAPY



## MEDICAL CANNABIS CERTIFICATIONS

**CALL MEDWELL TODAY - 774-517-5195**  
**OFFERING IN OFFICE AND TELEMED APPOINTMENTS**

**1200 WEST CHESTNUT STREET, BROCKTON, MA**  
**SPEAK TO A MEDWELL REP TODAY TO GET YOUR**  
**QUESTIONS ANSWERED AND TO BOOK AN APPT**  
**WEB: MEDWELLHEALTH.NET**

