



Mansfield Council on Aging NEWSLETTER

November 2026

Welcome!

Our Mission

The Mansfield Council on Aging (COA) is a multi-faceted human services department which serves the needs of all residents aged 60 and over, their families and caregivers. The COA oversees Social Services for all Mansfield residents. The mission of the COA is to protect, preserve and improve the ability of older residents of Mansfield to remain healthy, safely independent in their homes, socially engaged, physically active and intellectually stimulated for as long as they wish and are able. This is to be accomplished through social services, nutrition, exercise, music and artistic programs. We strive to provide a safe, welcoming and accessible site for social, recreational and educational gatherings. In conjunction with local public safety departments, we promote wellness education and an awareness of the risks involved with aging in place.

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Happy Thanksgiving



Get in Touch!

255 Hope St. Mansfield, MA 02048
(508) 261-7368

<https://www.mansfieldma.com/174/Council-on-Aging-COA>

Office Hours: Monday-Friday | 8:00am-3:30pm



About Us



A Message from the Director



November is a time to reflect on what we're thankful for, honor those who have served our country, and appreciate the people who make our community special. As we recognize Veterans Day, I want to extend my sincere thanks to all the Veterans in our community for their service and sacrifice. We are grateful for the opportunity to honor you at our Veterans Appreciation Breakfast this month. Thanksgiving is also a reminder of how important it is to come together, whether it's sharing a meal, enjoying music, learning something new, or simply spending time with friends. We have some wonderful opportunities to do just that this month, and I hope you'll join us for Friendsgiving, our Open Mic, and the many other programs and events planned for November.

One of the things I appreciate most about the Mansfield COA is the way people come together, support one another, and make everyone feel welcome. Thank you for being part of that community and for helping make the COA such a special place. Wishing you and your loved ones a happy, healthy, and peaceful Thanksgiving. I look forward to seeing you around the COA!

Josephine Madrazo

Director Council on Aging/Social Services

Our Center Staff

Call us at (508) 261-7368



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Paula Cowell
Kitchen Staff

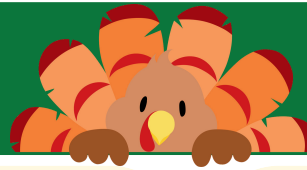


**Your COA
Team**

COA Board Members

Neal Boldrighini, Chair; Mike Healey, Vice Chair; Pat Comperchio, Treasurer; Kathy Fasoli, Secretary
Dick Kelsay, Paula Devine, LeeAnn Cerretani

News and Events



Friends of the COA

Events highlighted in green are generously funded by the Friends of the Mansfield Council on Aging.

Smart Trivia

Tues., Nov., 3rd 1:00pm

Join in this monthly activity. Teams of 2-3 compete against one another. Prizes given! Call to sign up.

Group Reiki Sessions w/Maria

Tues., Nov., 24th 1:30pm

Maria will hold her monthly group Reiki session. Call to sign up.

Grand-parenting with a Purpose Hosted by Harry Quinlin Mon., Nov., 9th 1:00pm

In this one hour seminar Harry speaks on the many ways grandparents can help grandchildren build character and confidence, and connection — with wisdom, presence, and perseverance. Many lessons that are good for you and your grandchildren. Call to sign up

Open Mic

Fri., Nov., 13th 12:00pm

Join us for a fun and welcoming open mic for seniors. Celebrating the joy of music and community. Whether you are a seasoned professional, a beginner, a vocalist or an instrumentalist we invite you to take the stage and share your music. Performers—pls see Elisha to reserve your spot. If you prefer to be in the audience call the front desk to sign up. Light refreshments served!



Friendsgiving Lunch

Thurs., Nov., 19th 12:00pm

Join us for our annual fun filled Friendsgiving celebration with a delicious turkey gobbler sandwich, chips, water and slice of pie. Followed by live entertainment from guitar performer Matt York. He will entertain us with a mix of rock, country and folk favorites. The cost is \$5.00 per person. Pls stop into the COA with payment to sign up. Thank you to MCOA for sponsoring this event.

The Living Universe Are We Alone?

Fri., Nov., 20th 12:30pm

Join the Mansfield COA and Mansfield Public Library for a presentation by Jamie Kerns. This is the 2nd presentation in our four part outer space series. The Living Universe explores what scientists are learning about the possibility of life beyond Earth and the questions that continue to inspire our search for life in the cosmos. Special thanks to the Mansfield Nonprofit gift fund for sponsoring this exciting series. Call to sign up.

Latest Scams

Hosted by Brian Rose with Bristol County Sheriff's Office

Wed., Nov., 18th 10:30am

Join Brian Rose as he shares info about the latest scams targeting seniors. He will teach us warning signs to watch for and tips to help us protect ourselves from becoming victims. Light refreshments served. Call to sign up.

Nature Photographer Bob Michealson

Mon., Nov., 16th 1:00pm

Bob Michealson will be at the COA sharing his photography of the White Tailed Deer. Bob's work has appeared in numerous magazines such as Field & Stream and has been broadcasted on many networks such as Science & History Channels. Call to sign up.



Veterans

Appreciation Breakfast

Thurs., Nov., 5th 9:00am

We invite Veterans age 60+ and a guest of their choice to join us for breakfast of scrambled eggs, bacon, sausage, and home fried potatoes. Please RSVP to the COA. Thank you to all Veterans for your service to our country.

Remembering September 11th 2001 25 Years Later

**Tues., Nov., 17th
10:30am**



We welcome Micheal Gomes, former New Bedford Fire Chief. Mike was among the firefighters who responded to NYC as part of an emergency response team—assisting with search, rescue and recovery efforts at Ground Zero. Join us as Mike shares his personal story and reflections on that day, honoring the lives lost and recognizing the courage and dedication of the first responders who answered the call. Call to sign up.



Lunch & Learn w/Atty Amy Azza

Fri., Nov., 6th 12:00pm

Join Attorney Amy Azza for an informational seminar on how to create an emergency medical folder. You will learn what to include in them, and how to draft all the documents such as Health Care Proxy, HIPAA, Durable Power of Attorney, Emergency contacts while enjoying a delicious catered lunch. Participants will receive their own emergency medical folder to bring home. Call to sign up.

News and Events

Memory Cafe w/Bombshell Betty

Wed., Nov., 4th 1:30pm

The Mansfield Memory Café is a program for participants who have memory impairment and their caregivers. Join us in November for a performance by Cabaret Vocalist Bombshell Betty! If you are interested in joining pls contact Jina Ibrahim.

Caregiver Support Group Mon., Nov., 2nd 1:00pm

Are you caring for a loved one and are looking for support? Join Jina Ibrahim, Mansfield Community Social Worker, Meghan Fitzpatrick of Old Colony Hospice & Pallative Care and Sydney Marchand as they co-host a monthly support group the 1st Monday each month at 1:00pm. Call to sign up.

Important SHINE Info

Medicare Open enrollment begins Oct.15th. If you would like to make an appt with a SHINE counselor pls be aware we are only able to assist Mansfield residents. Also, we ask that you fill out the SHINE form we have placed in this newsletter on page 6. Simply tear it out, fill out and drop off at the COA. We are unable to make appts without this form filled out beforehand. Copies are also available at the front desk at the COA. Lastly, pls note this is a very busy time of year for our SHINE counselors and appts fill up quickly so do not delay.

Senior Leaf Pickup Fri., Nov. 13th & 20th

The Mansfield Highway Department will offer leaf pick up for seniors on November 13 and 20th. Leaves must be bagged and ready for collection. To schedule a pick up please call the COA and add your name to the list by 11:30am on the Thursday before your desired pick up date.



The COA Walking Club

The walking club will be meeting at these locations at 9:00am in November.

Nov. 3rd. Mansfield Crossing

meet @Bertucci's

Nov. 10th Downtown meet @ COA

Nov. 17th Bike Path meet @Fruit St.

Nov. 24th Capron Park meet @parking lot



New Rules of Social Security Tues., Nov., 10th 1:00pm

Join Scott Cicerone of Centinel Financial Group and learn how the current Social Security rules could impact your retirement income decisions. Explore claiming strategies, healthcare costs and your overall retirement plans. Call to sign up.

Understanding the Zoning Articles Before Town Meeting Fri., Nov., 6th 10:30am

Join Sarah Raposa, Director of Mansfield Planning & Development for an informal information session on proposed zoning changes coming before Town Meeting. Learn how the changes involving accessory dwelling units (ADUs), sheds and garages, minimum home sizes, and floodplain regulations could affect Mansfield residents and property owners. Sarah will explain the proposals in plain language and answer questions. Call to sign up.

Mansfield Age-Friendly Action Plan Presentation Fri., Nov., 13th 10:30am

Join Sarah Raposa, Director of Mansfield Planning & Development for a presentation on Mansfield's draft Age-Friendly Action Plan. Learn about proposed priorities to help Mansfield remain a welcoming and supportive community as residents age, including housing, transportation, social participation, community services, and public spaces. Sarah will review the plan's recommendations and invite residents to share their feedback. Call to sign up

Mahjong Lessons



Sheila Levine is offering another 6 week Mahjong lesson series. This is a great opportunity to learn, play, and meet others while discovering this classic game. Lessons will be held from 12:00–2:00pm on November 16th, 23rd, 30th, Dec 7th, 21st and 28th. Participants must commit to attending the entire six-week series. Space is limited, so make sure to sign up early! We cannot accept drop-ins, and participants may not join after the series has started. Call COA to sign up.

"Your Lower Back"

Tues., Nov., 17th 1:00pm

Join Physical Therapists from Accelerated Performance Rehab as they host a program on "Your Lower Back". Light refreshments served. Call to sign up.

COA Book Club

Mon., Nov., 30th 10:15am

The book club is discussing *The Thirteenth Tale* by Diane Setterfield. Contact Elisha if you would like to join.

Crafts with Carol

Fri., Nov., 13th 12:30pm

Join Carol for a fun Fall themed craft! Call COA to sign up.

Rick's iPhone Class

Thurs., Nov., 12th 1:00pm

In November iPhone class will discuss how to spot fake delivery texts, phony account alerts, AI-powered scam and how to turn on the iPhone settings that stop them before they reach you. Call to sign up.



Tech Help

Thurs., Nov., 12th 2:15pm

Tech help will be offered only one Thursday this month due to Thanksgiving. If you need assistance with laptop, phone, tablet call to make a 15-20 min appt.

Essential Resources



The Council on Aging (COA)

The COA provides a variety of programs and services to help seniors maintain independence, well-being, and community engagement. Services include:

- Education, art and social events
- Health and wellness programs
- Legislative updates & outreach services
- Meals on-site & home delivery
- Transportation assistance
- Senior safety programs

Enrichment and Social Activities

Health and Fitness
Suggested Donation
\$3/Class

Well-Being

Mansfield COA can help with...

GATRA GO UNITED– Rides available Mon.– Fri 7 AM – 8 PM. Sat–Sun 12 PM– 8PM. Use GATRA GO app or call 1-800-698-7676.

Durable Medical Equipment– Free loan of walkers, wheelchairs, shower benches etc

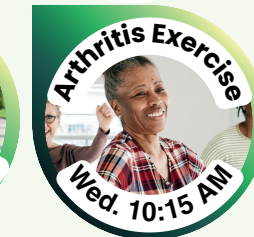
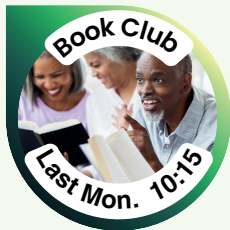
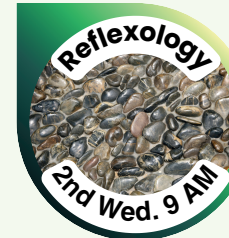
Local Food Support & SNAP– We assist with SNAP applications. Connect with Our Daily Bread Food Pantry at 15 West St. 508-339-1343

SHINE Counseling– Guidance on Medicare, Medigap, Advantage Plans, Drug Coverage and more.

Nutrition –Hot community lunch available daily– Call by 9:30 the day before. Meals-on-Wheels for seniors 60+ (Eligibility assessed by Bristol Aging and Wellness).

Fuel and Financial Assistance– Help with utilities, rent and federal aid programs (income guidelines apply.)

Shredding– Free Shredding bin sponsored by Senior Safety Alliance for documents.



MEDICARE OPEN ENROLLMENT

October 15th thru December 7th 2026

Once Completed, Return This Form To: Mansfield COA • 255 Hope St.

1. PERSONAL INFORMATION

Name: _____ Date of Birth: _____
Address: _____
City: _____ State: _____ Zip: _____ County: _____
Phone: (_____) _____ Year-Round Resident? ☐ Yes ☐ No
Email Address: _____ Primary Language: _____
How did you hear about us: _____

2. COVERAGE NEEDS & CURRENT PLANS

Interested in reviewing: Part D Drug Plan? ☐ Yes ☐ No Advantage Plan? ☐ Yes ☐ No
Name of current Part D Prescription OR Medicare Advantage plan: _____
Have a Supplement? ☐ Yes ☐ No Happy with your supplement? ☐ Yes ☐ No
Currently have other insurance coverage? ☐ Yes ☐ No If yes, type: _____
I need help for: ☐ Open Enrollment ☐ Initial Enrollment ☐ Special Enrollment ☐ Other: _____

3. MEDICARE CREDENTIALS & INCOME/SUBSIDY INFO

Medicare Card Information

Name: _____
Medicare Card #: _____
Part A Effective Date: _____
Part B Effective Date: _____

Medicare.gov Account Info

Username: _____
Password: _____
Security Question: _____
Answer: _____

Does monthly income fall below \$2,935 (Single) or \$3,966 (Married)? ☐ Yes ☐ No
Are you currently receiving: ☐ Extra Help ☐ MassHealth ☐ Medicare Savings Program (QMB, SLMB or QI)

4. PHARMACY & MEDICATION INFORMATION

Preferred Pharmacy: _____ Alternative: _____ Mail Order? ☐ Yes ☐ No
Medications not covered by current plan? ☐ Yes ☐ No List: _____

NOTE: You may attach a computerized listing from your pharmacist, or complete the chart below. Specify if brand name is mandated; otherwise generic is assumed.

Name of Drugs	Strength / Form	Daily Dose
Example: Lipitor	Example: 10 mg. tablet	Example: Twice Daily

5. APPOINTMENT PREFERENCES & NOTES

Problems, comments, or concerns to discuss: _____

Appointment Preferences: ☐ Mornings ☐ Afternoons
Best Time: _____

Appointment Format:
☐ Phone Appointment ☐ In-person

FOR OFFICE USE ONLY | Format: ☐ Phone ☐ In-person

Scheduled Date: _____ Time: _____ With: _____
Sent Comps, Materials, Link: ☐ Mail ☐ Emailed ☐ Fax Date: _____

November 2026 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cards 9:00 Guitar Lessons w/Harry 9:00 Strong Body & Mind 9:00 Chair Yoga 10:30 Paintings 1:00 Caregivers Support 1:00	3 Walking Club 9:00 Knit/Craft 9:00 Moving & Grooving 12:30 Intermediate Mahjong 12:00 Smart Trivia 1:00	4 Endurance 9:00 Guitar Lessons w/Harry 9:00 Arthritis Exercise 10:15 Hearing Clinic 10:30 Scrabble 11:00 Friends Meeting 12:30 Memory Cafe 1:30	5 Veteran's Bfast 9:00 Chorus 10:00 Bingo 12:20 Bridge 1:00 Reading Roundtable 1:00 Atty Clougherty 2:00	6 Rep. Chaisson 9:00 Seat 9:00 Cards 9:00 No WII bowling 9:00 Chair Yoga 10:30 Zoning Article Presentation 10:30 Scrabble 11:00 Intermediate Mahjong 12:00 Lunch & Learn w/ Amy Azza 12:00
9 Cards 9:00 Guitar Lessons w/Harry 9:00 Strong Body and Mind 9:00 Chair Yoga 10:30 Painting 1:00 Harry Quinlin 1:00 	10 Walking Club 9:00 Health Screening 9:00 Knit/Craft 9:00 Health Screening 9:00 Intermediate Mahjong 12:00 Moving & Grooving 12:30 Soc Sec. Presentation 1:00	11 Veteran's Day COA closed 	12 Chorus 10:00 Bingo 12:20 Bridge 1:00 Apple Class 1:00 Tech Help 2:15	13 Seat 9:00 Cards 9:00 WII Bowling 9:00 Chair Yoga 10:30 Age Friendly Presentation 10:30 Scrabble 11:00 Intermediate Mahjong 12:00 Open Mic 12:00 Crafts w/Carol 12:30
16 Cards 9:00 Guitar Lessons w/Harry 9:00 Strong Body and Mind 9:00 Men's Coffee Hour 10:15 Chair Yoga 10:30 Mahjong Lessons 12:00 Painting 1:00 Bob Michealson 1:00pm	17 Walking Club 9:00 Knit/Craft 9:00 Intermediate Remembering 9/11 10:30 Intermediate Mahjong 12:00 Moving & Grooving 12:30 Your Lower Back 1:00	18 Endurance 9:00 Guitar Lessons W/Harry 9:00 Reflexology 9:00 Arthritis Exercise 10:15 Scams w/Brian Rose 10:30 Scrabble 11:00 Senior Safety Alliance 1:00	19 Nurse Dayana 10:30 No Chorus 10:00 Friendsgiving Lunch 12:00 No Bingo 12:20 Bridge 1:00	20 Seat 9:00 Cards 9:00 WII Bowling 9:00 Chair Yoga 10:30 Scrabble 11:00 Intermediate Mahjong 12:00 The Living Universe 12:30
23 Cards 9:00 Guitar Lessons w/Harry 9:00 Strong Body and Mind 9:00 Chair Yoga 10:30 Mahjong Lessons 12:00 Painting 1:00	24 Walking Club 9:00 Knit/Craft 9:00 Intermediate Mahjong 12:00 Moving & Grooving 12:30 Reiki w/Maria 1:30	25 Endurance 9:00 Guitar Lessons W/Harry 9:00 Arthritis Exercise 10:15 Scrabble 11:00	26 Happy Thanksgiving COA closed 	27 COA closed 
30 Cards 9:00 Guitar Lessons w/Harry 9:00 Strong Body and Mind 9:00 Book Club 10:15 Chair Yoga 10:30 Mahjong Lessons 12:00 Painting 1:00 Coffee Hour w/Kosta 1:00				

Mansfield Senior Safety Alliance (MSSA)

Working Together to Keep Mansfield Seniors Safe, Healthy & Connected. The Mansfield Senior Safety Alliance (MSSA) is a community partnership that brings together the Mansfield Police Department, Mansfield Fire Department, Council on Aging, and Mansfield residents and community partners to strengthen older adults' safety and well-being.

Make a Difference Be Part of the Alliance

Here is an opportunity for residents and community partners to help make Mansfield a safer, more supportive community for older adults.

Community members are welcome to attend MSSA meetings, learn about issues affecting older residents, share ideas or concerns, and help connect neighbors with available resources. You don't need to be a member of an organization or have a specific role to get involved. If you care about the safety and well-being of Mansfield seniors, there is a place for you at the table.

JOIN US



Next MSSA Meeting: Wednesday, November 18th 1:00 p.m. Mansfield Council on Aging

MSSA meets on the fourth Wednesday of each month. Pls note in Nov., we will meet on Nov. 18th due to Thanksgiving. Community members are welcome to attend and learn more about the Alliance and how they can become involved.



Did you know the Mansfield Fire Department offers free Home Safety Evaluations through the Senior SAFE Program?

Mansfield Firefighters can visit your home for Free to help make sure your living space is safe, comfortable, and prepared for emergencies. During a brief visit, they can help with:

How to Schedule Your Free Visit: Call Fire Prevention directly:

Contact Captain Brousseau or Captain Thomas at **508-261-7492**, or email Captain Brousseau at **rbrousseau@mansfieldma.com**.

Or, you can reach out to the COA staff, and we would be happy to submit a referral on your behalf!



- **Smoke & CO Alarms:** Testing your existing detectors, replacing batteries, and installing free new alarms (including specialized bed-shaking alarms for the hard of hearing) if needed.
- **Fire & Home Hazard Checks:** Inspecting space heaters, dryer vents, electrical cords, and clear pathways.
- **Fall Prevention & Visibility:** Ensuring walkways are safe and that your house numbers are clearly visible from the street for emergency responders.
- **File of Life:** Providing a handy magnetic pouch for your refrigerator to store important medical info and medications for first responders.



Save the date for these December programs! Detailed info/sign up info in December newsletter!

12/4 Holiday Candlemaking w/Laura Lynch
 12/8 Holiday Sing A Long with Piano Man Mike Dardis
 12/9 Holiday Cookie Swap
 12/10 Joyful Chorus Holiday Concert
 12/11 Intergenerational Craft with Girl Scouts
 12/14 Meet Your Town Assessor
 12/15 Holiday Luncheon at Fresh Catch
 12/16 Holiday Yankee Swap
 12/18 Mansfield High Chorus



2026 Seniors Holiday Luncheon

Saturday December 5th 12:00pm

No Charge!
Gift Card Drawings!
Live Holiday Music!

*Hosted by the Mansfield Elks
 Emblem Club
 140 N. Main St. Mansfield*

Tickets will be available at the Mansfield COA beginning on November 2nd. Pls remember you must stop in to get your ticket they are not able to put tickets aside.

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Town of Mansfield, Mansfield, MA

06-5335



In the season of giving thanks, The Friends of the Mansfield COA are grateful to the North Easton Savings Bank for their generous donation.



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Town of Mansfield, Mansfield, MA

06-5335

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Azza Law
Amy N Azza, Esq.

Amy N. Azza, experienced attorney of 26 years, is accepting clients for wills, trusts, durable powers of attorney, health care proxies and probate administration.

WHY YOU NEED A WILL

Wills can distribute your property, name an executor, name guardians for children, forgive debts and more. Having a will also means that you, rather than your state's laws, decide who gets your property when you die.

WHY YOU NEED A HEALTH CARE PROXY

A health care proxy is a document that names someone you trust as your proxy, or agent, to express your wishes and make health care decisions for you if you are unable to speak for yourself.

WHY YOU NEED A DURABLE POWER OF ATTORNEY

A Durable Power of Attorney provides extensive power to the individual who is assigned that role. Absent an appointed Agent in a Durable Power of Attorney, it would be necessary for a family member or loved one to petition the court to become the guardian over the incapacitated person.



*Discover the Azza Difference
and call Amy Azza at 508 517 4310
or email azzalaw@outlook.com*

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Town of Mansfield, Mansfield, MA

06-5335



News from the Friends!

Next Meeting
Nov 4th
at
12:30 pm
(COA)
Please make
note the
general
membership
meeting will
be held the
FIRST
Wednesday to
accomodate
Nov 11
Veteran's Day.



The Friend's group extends a heartfelt thank you to all who supported the Oct 3 Craft Fair. The day was a huge success; funds were raised to support COA programs, new members were introduced to the COA/Friends, talent and treasures were shared with the community. Special thanks to: Knitting and Crochet Group, Painting Group, Sue Hamilton, Bonnie Sherlock, Charles Mulcahy, Ann Moulton, Jane Alland, Lynda Christiansen, Mary and George Chmielecki, Patricia Comperchio, Phyllis Stanovich, Nancy Graf, Paula Devine, MHS Boys Hockey Team



**Kick off to the Holiday Season
Bake Sale - HandCrafts
Cocoa Café - Raffles
at the Mansfield COA**



**SATURDAY
NOVEMBER 7
10AM - 2PM**



**SENIOR / LIBRARY
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 **Fall Is a Great Time for a Financial Check-In**

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