



# MANSFIELD COA HAPPENINGS

MARCH 2023



# HAPPY ST. PATRICK'S DAY

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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  
Wendy Adams-Assistant Director

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Rose Kimmell-Outreach /Shine Counselor

Maureen Kilgallon-Kitchen Staff

Kristen Madeira-COA/SS Coordinator

Elisha Ribeiro-Activities Coordinator

# NEWS & EVENTS



## NEW EXERCISE CLASS

We are so excited to be offering a new class beginning Friday March 3rd at 9:00am.

S.E.A.T. (Supported Exercise for Ageless Training) is a new, chair-based fitness program that strengthens the body and mind, while improving balance and flexibility through functional fitness.

The fabulous LeAnna Sheehan will be leading this class. You won't want to miss it. Sign up by calling the COA 261-7368

## TIME CHANGE FOR ZUMBA GOLD

Beginning March 7th Zumba class will now be held every Tuesday afternoon at 2pm.



## WALKING CLUB

The walking club will be meeting at the following locations in March at 8:30 New-comers are always welcome!!!!  
March 7th-Mansfield Crossing meet @Bertucci's  
March 14th-Bike Path meet @Cobb St.  
March 21st-Wrentham Outlets meet @Nautica  
March 28th-Chocolate Factory meet @COA

## FIRST BAPTIST CHURCH FOOD & FRIENDS

The First Baptist Church would like to inform Mansfield residents of all ages they host a free meal called Food & Friends every Tuesday at 4:30pm. Eat-in or take out. They are located at 52 N. Main St. Mansfield.



## PICK A PROJECT

Come into the COA on Wednesday March 22nd from 10:00-11:30

for a craft. Elisha is cleaning out the craft closet and has found something of everything. Pick a project, also some "to go" for yourself do at home or take to a friend. Call COA to sign up 261-7368



The Friends of The Drop In Center would like to thank the following people for their generous donations.

In memory of Doreen Mulcahy:  
Helen Sands & Mary Ellen Bombard

In memory of Jean Miller:  
Nancy Graf, Diane Price, Paula & John Devine, Joan Hoey, Kathy & Paul Fasoli

In memory of Kathy Fasoli's mother: Sheila Levine  
For Friends of the Drop In Center:  
Elizabeth Harsch  
In memory of Shirley Harrison:  
Sheila Levine



## MAKE & TAKE IRISH SODA BREAD

Join Elisha in making your own Irish soda bread from scratch

on Friday March 10th from 10:00-11:00am. We will bake it here at the COA. The cost of this program is \$3.00. Please stop into the COA with payment to sign up.



## ST. PATRICK'S DINNER

Join us on Thursday March 16th from 11:30-1:00pm for a traditional St. Patrick's Day corned beef and cabbage dinner. Dessert and coffee will also be served. The cost of this dinner is \$10.00 per person please stop into the COA with your payment to sign up.



## OPENING DAY AT FENWAY LUNCHEON

Join us in celebration of Red Sox opening day on Thursday March 30th at 11:30 for lunch. We will serve a Fenway Frank, chips, drink and an ice cream sandwich. Pls wear your Red Sox gear (or Red white blue) This lunch is \$2.00 pp and space is limited to 25 people. Sign-ups begin on March 9th. Please stop into the COA with your payment to sign up.

## LIVE & LEARN WITH JAY ELIAS

Jay Elias from Dyer Lake Funeral Home will be at the COA on Wednesday March 1st at 10:30am for one of his popular upbeat talks. This is a free program but please call the COA to sign up 261-7368

## WORKSHOP

## WORKSHOPS WITH PAULA DEVINE

Join our very own Paula Devine for a few dates in March for jewelry making and Spring card making. Friday March 3rd at 12:30 in creating your own one of a kind jewelry. This month the theme will be pendent and earrings.

Wednesday March 29th at 12:30 create your own Spring Card.

These programs are \$5.00 pp and all proceeds will be donated to the Friends of the Drop in Center. Please stop into the COA with payment to sign up.

## BOOK CLUB

The COA book club will meet on Monday March 27th at 10:15. They will be discussing the book *The Thursday Murder Club* by Richard Osman.



## ST. PATRICK'S DAY WITH ATWATER AND DONNELLY

Atwater and Donnelly the well known popular husband and wife duo will be performing American Celtic and original folk songs on Friday March 17th from 10:30-11:30am. This concert has been fully funded by the Mansfield Cultural Council. Pls call COA to sign up 261-7368



United Senior Advisors, Inc.  
Partners in Elder Care Planning

**Attorney Thomas P. Clougherty, Esq.,**  
**CFP®, CELA® -**  
**NAELA Member**

Please join Attorney Tom Clougherty for a 30-minute consultation to better understand the impact of long-term care costs, Medicaid, Veteran's Benefits and how to protect assets. It's never too late to start planning or to update your plan to protect yourself and your family! Attorney Clougherty will be here the first Thursday of every month from 2-3:30 beginning March 2nd.. Please call the COA at 508-261-7368 to schedule an appointment. *No drop-ins allowed.*



# NEWS & EVENTS



## TRIAD BASKET BINGO

Basket Bingo will be held on Wednesday April 19th from 4:00-6:00pm 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. Past programs included safety tour with Mansfield Fire and Police, Annual Pasta Dinner and intergenerational programming with Mansfield Recreation Summer camp and Bristol County Sheriff's K-9 officers. Please come and support safety in our community. If you are not able to attend but would like to make a donation for the raffle please call COA 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. Sign ups for this for this event will go on sale beginning March 27th at the COA.



On Thursday March 9<sup>th</sup> from 4:00pm-5:00pm students from Al Noor Academy are conducting a Calligraphy Workshop in the community room. This program is hosted by the Mansfield Council on Aging and Mansfield Public Library. Sign up by calling 508-261-7368

program is hosted by the Mansfield Council on Aging and Mansfield Public Library. Sign up by calling 508-261-7368

## Mansfield Public Library & Mansfield COA presents:

*My Story Begins: The Art of Self Reflection* Presented by Shelley Sandler Leahy, Assistant Professor of Interdisciplinary Studies

The simple act of writing can assist one in embracing their creativity and keeping memories alive. Studies have shown by journaling, the mind is kept healthier and active. Prompts will be given to get a discussion going towards the goal you want to achieve. All that is needed is a journal and a pen. It is time to unearth your wisdom, your rich inner treasures--it is time to tell your story.

This 4 session workshop is open to ages 60 and up. Date & Time: Every Tuesday in March (7th, 14th, 21st, 28th) 12:30-1:30PM  
Location: Mansfield Council on Aging Meeting Room  
Registration Required. Please call COA to sign up 261-7368 (Limit of 15 in each session)



## NEWS FROM FRIENDS OF THE DROP IN CENTER!!!!

The Friends invite you to their craft/bake Sale and Vendor Market on Saturday April 1st from 10am-3:00pm. They will have handcrafted crochet and quilted items, Artisans handmade jewelry, local honey and honey products, Tupperware and more! See you there!!!!



The Friends would like to remind their members that the annual \$10.00 membership dues are now due. If you would like information on becoming a member pls email [JMadrazo@mansfieldma.com](mailto:JMadrazo@mansfieldma.com) and she will get you in touch with a member of the Friends.

## MEDICARE SAVINGS PROGRAM

The Massachusetts Medicare Savings Programs can help pay for your Medicare Part B Premium, Part D premium and co-pays and for some it will pay for Medicare Part A and Part B deductibles and co-insurance. The eligibility guidelines have been increased as of March 1, 2023. If your income and assets are within the following, please call 508-261-7368 and ask to speak to a SHINE Counselor.

	Monthly Income	Assets *
Single Person	\$2,754.00	\$18,180.00
Married Couple	\$3,718.00	\$27,260.00

\*Your home, car, and life insurance are NOT counted as Assets.

## APRIL



April events at a glance...sign ups will begin in April please look in April calendar for sign ups details. But we want you to save the date.

Friday April 7th 12:30 Natural Spring Cleaning crafts with Elisha. Make your own natural all purpose cleansing spray. \$3.00 pp.

Tuesday April 11th 12:30 Guest Speaker Henry Quinlan to speak on the Ukrainian War and Vladimir Putin

Wednesday April 12th-Tupperware Bingo w/Sue Cyr.

Thursday April 13th 10:30 Concurring Clutter with guest speaker Janine Cavanagh

Friday April 14th=Volunteer Event

Wednesday April 19th- Triad Basket Bingo 4-6 pm

Friday April 21st-12:30 Singo w/ Jim the DJ Guy. Fun time music and bingo a great combo.

Tuesday April 25th 11:30-1:00 Hearts to Home Meals-a home delivery service is back to offer FREE sample lunches.





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Memory Café Wednesdays  
At Mansfield Senior Center  
255 Hope Street Mansfield, MA 02048  
March 1st  
1:00-2:30pm

Join Us for *Ageless Grace*  
With Joanne Douglas

This is a fun combination of Music, Movement,  
and Mindfulness that exercises both body and mind.  
It is entertaining and interactive from the safety of your chair!

Please RVSP to Wendy Adams  
[wadams@mansfieldma.com](mailto:wadams@mansfieldma.com) or 508.261.7368

A memory café is a safe and comfortable space where caregivers and their loved ones can socialize and enjoy appropriate, fun activities in the company of others with similar circumstances and provides a break from the normal routine.

Join us for free entertainment, activities, fun conversation and light refreshments **every First Wednesday of the month!**

*We ask caregivers to please remain with their loved one for the program*  
**Sponsors:**



The Neponset Valley Alzheimer's Partnership (NVAP) Respite/Help Fund Grant Program. This grant provides funds for short term respite care and financial assistance to benefit individuals with Alzheimer's disease or a related disorder and their family care partner. The program is intended to relieve the physical and emotional stress of the family care partner, who must cope with around-the-clock care of a person with Alzheimer's Disease or a related disorder.

The Respite/Help Fund Grant Program provides grants up to a maximum of \$300.00 for short-term respite care and financial assistance. Families choose and arrange for their own care providers, such as: a day care center, in-home companion care, or short-term respite care in a nursing home, assisted living facility or at home.

NVAP serves the communities of Attleboro, Avon, Canton, Dedham, Easton, Foxborough, Mansfield, Medfield, Millis, Norfolk, N. Attleboro, Norton, Norwood, Plainville, Sharon, Stoughton, Walpole, Wrentham, and Westwood.

Any family in which a person has a diagnosis of Alzheimer's Disease or a related disorder and who resides within the service area is eligible to apply for the Respite/Help Fund Grant Program. Please call the COA at 508-261-7368 and speak to Wendy Adams for an application.

**Wednesday Movie Matinee**  
"The Quiet Man (1952)"  
March 15th  
2:00PM  
Meeting Room  
Light refreshments provided  
Sponsored by  
**MANSFIELD COA**

**MANSFIELD COUNCIL ON AGING** IN PARTNERSHIP WITH:

**JOIN US**  
for tips and exercises to help you improve your **BALANCE** and reduce your **FALL RISK** at home!  
\*\* WALK-INS ARE WELCOME \*\*

**elliott**  
PHYSICAL THERAPY  
**PHYSICAL THERAPY & FALL RISK**  
DATE: 3/17/22  
TIME: 12PM-1PM  
LOCATION: Mansfield Library  
COFFEE & PASTRIES WILL BE PROVIDED  
\* Email Josephine with the Mansfield CoA by 3/10/22 at [jmadraza@mansfieldma.com](mailto:jmadraza@mansfieldma.com) if you are interested in attending

Mansfield Public Library  
255 Hope Street  
Mansfield, MA 02048

## 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

**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

**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

**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.

### **EXERCISE CLASSES- \$3.00 donation per class**

**Strong Body & Mind Monday 9am** 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 Monday 11am & Friday 1:00pm** A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support.

**Walking Club Tuesday 8:30am** great group that walks in various locations around town and surrounding area. See newsletter for locations.

**Drums Alive Tuesday 9:00-**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

**Balance in Motion Tuesday 10:00-** Develop balance, coordination, core strength, flexibility, and range of motion with this very gentle, upbeat, and supportive class for all fitness levels.

**Line Dancing Tuesday 11:00** Basic line dances focus on movements of the legs and feet, with more advanced dances including the arms and hands.

**Endurance Wednesday 9:00:** 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 Wednesday 12:00A** 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 & Strength Thursday 9:00** 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 Gold Tuesday 2pm** Aerobic fitness exercise based on Latin American dance rhythms. Participants are taught some basic easy-to-learn movements

**Arthritis Exercise Wednesday 10:15** The class consists of a warm up stretching, toning, hand weight training, balance, low impact endurance and ends with relaxation. Done seated.

**SEAT-**is a new, chair-based fitness program that strengthens the body and mind, while improving balance and flexibility through functional fitness.

**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.

**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.

**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.

**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 Wednesday at 12:30

### **ENRICHMENT PROGRAMS OFFERED**

Attorney Clougherty- 1st Thursday 2:00

Apple Class-2nd Thursday 1:00pm

Bereavement 3rd Friday 10:30

Bingo Thursday 12:30

Book Club 4th Monday 10:15

Cards Mondays 9:00

Canasta Mondays 1:00

Chorus Thursday 10:00

Guitar lessons Monday 9:00 Wednesday 10:15

Health Screening 2nd Tuesday 9:00

Hearing Clinic 1st Friday 10:30

Knitting/Quilting Tuesday 9:15

Mahjong Tuesday 1:00

Men's Coffee Hour 3rd Monday 9:30

Memory Café-1st Wednesday 1:00

Painting Monday 1:00

Reflexology- 2nd Wednesday 9:00

Scrabble Wednesday 12:00

Wii Bowling Friday 9:00

Women's Social Hour 3rd Wednesday 1:30

.....  
: **Don't forget.....we also have the**  
: **following.**

: **\*A free shredding bin for you to come in and**  
: **dispose of confidential documents**

: **\*Daily hot communal lunch. Pls call the day**  
: **before to sign up.**  
: .....



# Mansfield COA Blithewold Mansion & Tea Tour

Thursday, April 13, 2023  
\$115 per person

## Your Motorcoach Will Depart:

8:45am— Mansfield COA, 255 Hope Street  
Returns Approximately 5:45pm

We are heading to Bristol, Rhode Island's Blithewold Mansion for Spring Days with Tea! Celebrate spring at this beautiful thirty-three-acre estate on Narragansett Bay with a spectacular display of more than 50,000 daffodils. These brilliant yellow daffodils trumpet the arrival of spring at the mansion. Enjoy an afternoon of Tea at Blithewold Mansion. Savor the ambience of life during the Country Place Era as you dine on scones, tea sandwiches and more. After lunch, enjoy a little time strolling downtown Newport before heading home.

Includes: Roundtrip Transportation, Tour & Tea

## For Reservations Please Contact:

Visit the Mansfield COA & Speak with Kristen

FULL PAYMENT DUE UPON RESERVATION. NO REFUNDS

Trip Operated by Bloom Tours



MANSFIELD COA PRESENTS...  
NEWPORT FLOWER SHOW

Friday ~ June 23th, 2023  
\$129.00 Per Person

## Your Motorcoach Will Depart:

Mansfield Senior Center 9:00am  
Approximate Return Time 5:45pm

Come join us at the annual Newport Flower Show, entitled "The Grand Tour" an event held at Marble House. Visitors will enjoy the beauty of nature through creative displays where you will find judged floral displays. We will enjoy a buffet lunch today at the Atlantic Resort, overlooking Atlantic Ocean and Newport's Easton Pond. Enjoy some free time downtown before we depart home.

## To Make a Reservation Please Contact:

Visit the Mansfield COA & Speak with Kristen

Full Payment Due Upon Reservation



Trip Operated by Bloom Tours



# MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> ENDURANCE 9:00 GUITAR LESSONS W/ HARRY 10:15 ARTHRITIS EXERCISE 10:15 LIVE & LEARN 10:30 TAI CHI 12:00 SCRABBLE 12:00 MEMORY CAFÉ 1:00	<b>2</b> FLEXIBILITY & STRETCH 9:00 CHORUS 10:00 BINGO 12:30 ATTORNEY CLOUGHERTY 2:00	<b>3</b> SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 HEARING CLINIC 10:30 PAULA DEVINE WORKSHOP 12:30 CHAIR YOGA 1:00
<b>6</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>7</b> WALKING CLUB 8:30 DRUMS ALIVE 9:00 QUILT KNIT CRAFT 9:15 BALANCE IN MOTION 10:00 LINE DANCING 11:00 JOURNAL WORKSHOP 12:30 MAHJONG 1:00 ZUMBA 2:00	<b>8</b> ENDURANCE 9:00 REFLEXOLOGY 9:00 GUITAR LESSONS W/ HARRY 10:15 ARTHRITIS EXERCISE 10:15 TAI CHI 12:00 SCRABBLE 12:00 FRIENDS 12:30	<b>9</b> FLEXIBILITY & STRETCH 9:00 CHORUS 10:00 BINGO 12:30 APPLE CLASS 1:00 CALLIGRAPHY CLASS 4:00	<b>10</b> SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 IRISH SODA BREAD 10:00 CHAIR YOGA 1:00
<b>13</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>14</b> WALKING CLUB 8:30 DRUMS ALIVE 9:00 HEALTH SCREENING 9:00 QUILT KNIT CRAFT 9:15 BALANCE IN MOTION 10:00 LINE DANCING 11:00 JOURNAL WORKSHOP 12:30 MAHJONG 1:00 ZUMBA 2:00	<b>15</b> ENDURANCE 9:00 GUITAR LESSONS W/ HARRY 10:15 ARTHRITIS EXERCISE 10:15 TAI CHI 12:00 SCRABBLE 12:00 WOMENS SOCIAL HOUR 1:30 MOVIE 2:00	<b>16</b> NO FLEXIBILITY & STRETCH 9:00 NO CHORUS 10:00 ST. PATRICKS DINNER 11:30 NO BINGO 12:30	<b>17</b> SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 ATWATER & DONNELLY 10:30 BEREAVMENT 10:30 ELLIOTT THERAPY 12:00 CHAIR YOGA 1:00
<b>20</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>21</b> WALKING CLUB 8:30 DRUMS ALIVE 9:00 QUILT KNIT CRAFT 9:15 BALANCE IN MOTION 10:00 LINE DANCING 11:00 JOURNAL WORKSHOP 12:30 MAHJONG 1:00 ZUMBA 2:00	<b>22</b> ENDURANCE 9:00 CRAFT 10:00 GUITAR LESSONS W/ HARRY 10:15 ARTHRITIS EXERCISE 10:15 TAI CHI 12:00 SCRABBLE 12:00 TRIAD 1:15	<b>23</b> FLEXIBILITY & STRETCH 9:00 CHORUS 10:00 BINGO 12:30	<b>24</b> SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 CHAIR YOGA 1:00
<b>27</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>28</b> WALKING CLUB 8:30 DRUMS ALIVE 9:00 QUILT KNIT CRAFT 9:15 BALANCE IN MOTION 10:00 LINE DANCING 11:00 JOURNAL WORKSHOP 12:30 MAHJONG 1:00 ZUMBA 2:00	<b>29</b> ENDURANCE 9:00 GUITAR LESSONS W/ HARRY 10:15 ARTHRITIS EXERCISE 10:15 TAI CHI 12:00 SCRABBLE 12:00 PAULA DEVINE WORKSHOP 12:30	<b>30</b> FLEXIBILITY & STRETCH 9:00 CHORUS 10:00 FENWAY LUNCH 11:30 BINGO 12:30	<b>31</b> SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 CHAIR YOGA 1:00



# Federal Extra COVID SNAP Ending

## What is COVID SNAP?

During COVID, Massachusetts households have been getting extra SNAP at the beginning of each month to buy food.



Due to federal action, the **last COVID SNAP payment is March 2, 2023.**

## How will this impact my SNAP benefits?

Starting in April, you will get only 1 monthly payment. That is your normal benefit. Find the amount on DTA Connect or by calling 877-382-2363.

Reminder: Unused SNAP benefits roll over each month. Change the PIN on your EBT card regularly to protect your benefits.

**You may be able to increase your normal SNAP benefits** by telling DTA about:

- Medical costs over \$35 a month for anyone in your SNAP household who is 60 or older or has a disability,
- If your housing costs have gone up (rent/mortgage), and
- Child or disabled adult care costs.



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and those who love them.**



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300 Branch Street, Mansfield

Call us today 508-339-2119

Hours: 8am-4pm M-F



## DID YOU KNOW?

Doctor Referral is Not Always Required  
to Receive Treatment



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Hanover	781.347.3107

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



## SLOPPY JOES

Sloppy joes are comfort food to the max. Don't forget to serve with a side of crunchy potato chips!

Ingredients:

2 tbsp. butter  
2 1/2 lb ground beef  
1/2 whole large onion, diced  
1 whole large green bell pepper, diced  
5 cloves, garlic, minced  
1 1/2c. Ketchup  
1 c. water  
2 tbsp. brown sugar  
2 tsp chili powder  
1 tsp. dry mustard  
1/2 tsp. red pepper flakes  
Worcestershire sauce, to taste  
2 tbsp tomato paste  
Salt and pepper to taste  
Kaiser rolls  
Butter for rolls

Directions:

Melt butter to a large skillet over medium high heat. Add ground beef and cook until brown. Drain most of the fat and discard. Add onions, green pepper and garlic. Cook for a few minutes or until vegetables begin to get soft. Add ketchup, brown sugar, chili pepper, dry mustard and water. Stir to combine and simmer for 15 minutes, adding salt and pepper to taste. Also, add tomato paste, Worcestershire and Tabasco if desired. Taste and adjust seasonings as needed. Spread rolls with butter and brown on a griddle or skillet. Spoon meat mixture over the rolls, topping with a slice of cheese if you desire. Serve with chips, enjoy!!!!

*Did you know...*

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[www.BostonCremation.org](http://www.BostonCremation.org)

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that works for you and your goals.*

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month 10:30am - 12pm  
at the Mansfield COA



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