



MANSFIELD COA HAPPENINGS

NOVEMBER 2023



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**Mansfield COA
Social Services**
255 Hope St.
Mansfield MA 02048
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 Coordinator
Elisha Ribeiro-Activities Coordinator

NEWS & EVENTS

LIVE & LEARN!

Jay Elias will be here on Wednesday November 1st at 10:30 for his entertaining talks. Please call COA to sign up 261-7368.



Join us on Friday November 17th at 11:30 for a fun Friendsgiving Lunch. Lunch will be a turkey gobler sandwich from Mansfield Deli, chips and a cookie. We will have some fun trivia and raffles. The price is 5.00 per person. Pls stop into the COA between Nov 6-13th with payment to sign up.



MASS AUDUBON PROGRAM

Join an educator from The Mass Audubon on Monday November 6th at 10:30 as they educate us on becoming a neighborhood naturalist, what happens in New England as summer turns to Fall and Fall turns to Winter. Pls call the COA to sign up 261-7368. This program was generously funded by Mansfield Local Cultural Council.



ENTERTAINER MATT YORK PRESENTS THE HIGHWAYMEN

Join Matt York on Monday November 13th at 10:30 for songs and stories. The Highwaymen, Willie Nelson, Johnny Cash, Kris Kristofferson and Waylon Jennings. Pls call COA to sign up 261-7368. This program has been generously sponsored by The Friends of the Mansfield COA.



BRISTOL ELDER SERVICES

Bristol Elders will be here on Tuesday November 14th at 10:00pm to discuss all the services they offer. They will also be able to answer any questions you may have. Pls call COA to sign up 261-7368



COA BOOK CLUB MEET THE AUTHOR!!!

The book club meets on Monday November 27th at 10:15. Come meet author Debi Graham-Leard to discuss her book *The Uninvited Guest*. In addition she will also have her latest book *Regrets Only* with her for a signing. Pls call Elisha if you would like to join. 261-7368



SOUND BATH

Join Rachel Reynhart on Tuesday November 21st at 11:30 to nurture your mind and body. Sound bath is a deeply immersive, full body listening experience that intentionally uses sound to invite gentle yet powerful therapeutic and restorative processes to nurture your mind and body. Pls call COA to sign up 261-7368

TRIAD-House Number Program

The Mansfield Fire Department has a program where they offer one free luminescent house number sign to Mansfield residents who are aged 60 and above. This program is available to those who live in a single-family residence or an apartment house that is not located within a complex. The sign is designed to help town first responders quickly locate a residence during an emergency. To order a house number sign, please contact the COA at 508-261-7368.



CRAFTING WITH PAULA DEVINE

Paula will be here on November 3rd at 12:30 for jewelry making. There is a \$5.00 per person fee which will go directly to the Friends to be used to fund future. Pls stop into COA to sign up 261-7368



FALL FLOWER FRIENDSGIVING CENTERPIECES

Come join Elisha on Thursday November 16th from 10:30-11:30 in creating some beautiful floral centerpieces for all to enjoy at the upcoming Friendsgiving lunch. This event is generously funded by Massachusetts Cultural Council Festival Grant "It's never too late to create" one of the upcoming events funded by this grant. Thank you to MCC for their support. Pls call COA to sign up 261-7368



DECK THE COA HALLS

Please join us on Wednesday November 29th between 10:00am-2:00pm for this wonderful tradition of decorating the COA (inside and outside) for the Holiday season. Including the COA Christmas tree!!! Come for a bit or stay the whole time! No need to sign up just stop in.



FUEL ASSISTANCE

The Fuel Assistance Program is now open for the 2023-2024 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.

NEWS & EVENTS

Sign Up Nov. 13-30th

FRIENDS OF THE MANSFIELD Council on Aging

FRIDAY DEC 15 11:30 AM

HOLIDAY LUNCHEON

- CHARCUTERIE TRAY •
- BAKED STUFFED CHICKEN/2 SIDES
- DESSERT & BEVERAGE •
- MUSIC-DJ GOOD THOMAS •
- 50/50 RAFFLE • A GIFT FOR ALL •

ONLY \$10 PER PERSON

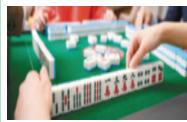


WHEN: December 2, 2023
AT: Noon to 2 pm
WHERE: Mansfield Lodge of Elks - 140 North Main Street, Mansfield

Entertainment Prizes

Tickets are available at the Council on Aging
 -limited seating by reservation only
 Doors open 11:45 am

Sponsored by: Mansfield Elks & Emblem



MAHJONG LESSONS

Have you ever wanted to join our mahjong group but don't know how to play? Well now is your chance to learn. Sheila Levine will be giving free mahjong lessons here at the COA every Friday in November at 12:30 beginning November 3rd. Pls call to sign up 261-7368



OPEN ENROLLMENT

October 15–December 7, 2023 (Changes will take effect on January 1, 2024) During this period:

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. ■ Drop your Medicare prescription drug coverage completely. To schedule an appt with a SHINE counselor please call the COA at 508-261-7368.



12/6-Student Concert. Hot Cocoa Bar 10:30am
 12/13- Annual Yankee swap \$5 pp 10:30
 12/14 Joyful Chorus Christmas Concert 10:00
 12/15- Annual Holiday Lunch 11:30
 12/20-Christmas Cookie Exchange, bake 2 dozen of your best to swap 1:30

Homebound Mansfield Catholics

If there are any Catholic seniors who are unable to attend Mass, but would like to receive Communion, please do not hesitate to contact St. Mary's parish office to arrange for a visit. The parish office number is (508) 339-2981.

Walk Your Way to Health

The walking club will meet at the following locations in November. If you would like to join pls call Elisha at 261-7368.

Nov 7th-Balcom St. Meet @137 Balcom St.
 Nov 14th-Bike Path. Meet at Cobb St.
 Nov 21st-Wrentham Outlets. Meet at Nautica
 Nov 28th-Downtown Mansfield. Meet at COA

There are many ways that fraudsters attempt to steal money from unaware victims. Fraudsters are using text messages, social media, and phone calls to mimic IRS employees demanding money. Never give out personal information over the phone, contact the local police if you believe you're a victim of this type of scam, and document all the relevant details about the contact. Fraudsters will demand payment immediately in the form of prepaid debit cards, cryptocurrency, or wire transfers. A real IRS employee will never demand payment immediately, will NOT request prepaid debit card payment, and will always allow taxpayers a chance to appeal the fees. The IRS has a great article for reference:
[Irs.gov/newsroom/irs-warning-scammers-work-year-round-stay-vigilant](https://irs.gov/newsroom/irs-warning-scammers-work-year-round-stay-vigilant)
 Here is the link for the unemployment scams:

[Report Unemployment Identity Fraud | U.S. Department of Labor \(dol.gov\)](https://www.dol.gov/eis/whistleblower)

Here is the link for where to report scams:
[Where to report scams | USAGov](https://www.usagov.gov)



Memory Café Wednesdays At Mansfield Senior Center 255 Hope Street Mansfield, MA 02048

**November 1, 2023
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 RSVP to Wendy Adams
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.



You're Invited!! MANSFIELD'S 37th ANNUAL FAMILY THANKSGIVING DINNER

The Friends of the Elderly Annual Family Thanksgiving dinner will continue its traditional dinner for its 37th year. Local and area residents – young folks, old folks, singles, and families – are invited to join us for a free, delicious, homemade Thanksgiving dinner on Thanksgiving Day, November 23, 2023, from 1:00-2:30 PM at the Congregational Church, 17 West Street, Mansfield, across from the South Common. This event is open to all residents in the Mansfield, Foxboro, Sharon, Norton, Easton, Plainville, Attleboro, and N. Attleboro areas. Dine-in reservations are helpful but not required. To place your reservation, please call Randy Pickus at (508) 851-9414 or email randyepickus@gmail.com no later than November 17, 2023. Mansfield residents who cannot attend but wish to have their Thanksgiving meal delivered by our awesome volunteers or would like to arrange to pick up their meal at the church, please call Ms. Pickus at (508) 851-9414 no later than November 17, 2023. Donations will be greatly appreciated as the meal is made possible through the generosity of many individuals and businesses in Mansfield and surrounding towns. Donations can be sent to Friends of the Elderly, c/o Randy Pickus, 2 Fairfield Park, Mansfield, MA 0204

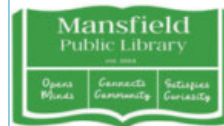
Dementia: Reducing Increased Risk of Irritability Caused by Time Changes

By Valerie Feurich, Positive Approach to Care Team Member
How do you feel when Daylight Savings Time sets in? Many people experience irritability, drowsiness, and other side effects when time jumps forward or back by an hour. Dementia disrupts a person's circadian rhythm, making time shifts even harder to adjust to. Care partners often report a worsening of sundowning (a state of confusion occurring in the late afternoon and lasting into the night) with an increase in symptoms such as pacing, wandering and restlessness.

Here are 5 tips to help the person living with dementia better adjust to daylight savings time.

- Be mindful of lighting and temperature.
- Shift your days' structure gradually.
- Encourage exercise and movement.
- Provide opportunities for engagement.
- Ensure all basic needs are met before bedtime.

To see the full article visit <https://teepasnow.com/blog/dementia-reducing-increased-risk-of-irritability-caused-by-time-changes/>



Memory Care Kits

Are you a caretaker for someone dealing with memory loss? The Mansfield Public Library has a collection of Memory Care Kits available for check out in our Library of Things. These include fidget widgets, aqua painting, lacing kits, and memory books.

These are wonderful activities that will stimulate memory and enhance time spent together.

Homebound Delivery Service

The Mansfield Public Library has a delivery option to provide library materials for Mansfield residents who are confined to their homes by an illness or injury, either temporary or long term, and are therefore unable to travel to the library. Requests for materials will be filled and delivered to your home by a library staff member. Materials will be delivered and retrieved on the same day, once a month. This service is free and based on staff availability. For information on any of our library programs, please contact Catherine Coyne, Library Director, 508-261-7380 x 4 or ccoyne@sailsinc.org



HOLIDAY CRAFT FAIR BAKE SALE

HOLIDAY GIFTS & DECOR, JEWELRY,
CROCHETED, QUILTED, & HANDMADE ITEMS FOR
ALL AGES, AG DOLL CLOTHES, HONEY,
WREATHS, SOAPS, WOOD CRAFTS,
HOME BAKED GOODS, PLUS MORE!

Saturday, Nov. 4th 10-3
255 Hope Street - COA Building
Mansfield, MA

The **FRIENDS** support the  **Mansfield Council on Aging**



Mansfield Community Assistance Fund

In difficult times, families struggle to pay for heating, energy and utility costs due to loss of employment, unexpected healthcare costs or serious illness-there are many reasons and we are here to help. In a cooperative effort by West Side Benevolent Circle, Town of Mansfield Council on Aging & Social Services, Mansfield Bank, and Mansfield Electric, a charitable donation fund has been established to provide financial assistance directly to Mansfield residents who are struggling to pay for their energy bills. If you are in need of assistance with your utility bills please call Social Services to get more information 508-261-7464

MANSFIELD COA PRESENTS....

~BOSTON HOLIDAY POPS ORCHESTRA~



BOSTON

POPS

Wednesday, December 20, 2023

\$135.00 per person

Your Motor coach Will Depart:

1:30pm Mansfield Senior Center

Returns Approx: 6:15pm

Join 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!

For Reservations Please Contact:

Visit the Mansfield COA & Speak with Kristen

Full Payment Due Upon Reservation



TRIP OPERATED BY BLOOM TOURS



MANSFIELD COA PRESENTS:
FOXWOODS CASINO

Tuesday, January 23, 2024

\$35 Per Person

Your Motorcoach Will Depart:

8:30AM ~ Mansfield COA

Returns Approximately: 5:30PM

No one offers more gaming choices than Foxwoods Resort Casino, the internationally recognized gaming destination. With its six casinos, Foxwoods offers more than 7,400 slot machines, 388 table games, and the world's largest bingo hall. Keno lovers can play the ever-popular Keno throughout the property, as well as in a comfortable Keno lounge. Foxwoods offers many dining options. You can also enjoy the 300,000 square foot indoor Tanger Outlet Mall at Foxwoods!! 80 discount stores and casino fun make for a great day!!

Trip Includes:

*Casino Time: 10:00am-4:00pm

*Deluxe Motorcoach Transportation

For Reservations Please Contact:

Visit the Mansfield COA & Speak with Kristen

FULL PAYMENT DUE UPON RESERVATION. NO REFUNDS

Tour Operated By Bloom Tours

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

GATRO GO UNITED- This service will run Monday-Friday 7am-8pm and Saturday and Sunday 12pm-8pm. To request a pick up, riders can download the Gatro Go mobile app on their smartphone where they will be assisted by a dispatcher. Any questions call GATRA customer service 1-800-698-7676

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 2:00 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.

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 12:00 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 & 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.

Arthritis Exercise Wednesday 2:00PM The class consists of a warm up stretching, toning, hand weight training, balance, low impact endurance and ends with relaxation. Done seated.

SEAT Fridays 9:00-is a new, chair-based fitness program that strengthens the body and mind, while improving balance and flexibility through functional fitness.

Flex & Stretch- 2nd MONDAY 10:00am- Learn how to fit some easy stretches into your day

Nia Moving to Heal - MONDAYS (except 2nd Monday) 10:00am The moving to heal practice will help participants learn to slow down and personalize movement to fit their body's way while focusing on the sensation of feeling better move by move, breath by breath and improve feelings of wellness regardless of physical condition

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

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 Monday and Wednesday 11:30

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.**
:



NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 ENDURANCE 9:00 GUITAR LESSONS W/ HARRY 10:15 LIVE & LEARN 10:30 TAI CHI 12:00 SCRABBLE 11:30 MEMORY CAFÉ 1:00 ARTHRITIS EXERCISE 2:00	2 FLEXIBILITY & STRETCH 9:00 CHORUS 10:00 BINGO 12:30 ATTORNEY CLOUGHERTY 2:00	3 SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 HEARING CLINIC 10:30 MAHJONG LESSONS 12:30 JEWELRY MAKING 12:30 NO CHAIR YOGA 2:00
6 CARDS 9:00 GUITAR LESSONS W/ HARRY 9:00 STRONG BODY & MIND 9:00 MOVING TO HEAL 10:00 MASS AUDOBON 10:30 CHAIR YOGA 11:00 SCRABBLE 11:30 PAINTING 1:00 CANASTA 1:00	7 WALKING CLUB 8:30 DRUMS ALIVE 9:00 QUILT KNIT CRAFT 9:15 BALANCE IN MOTION 10:00 MAHJONG 1:00	8 ENDURANCE 9:00 REFLEXOLOGY 9:00 GUITAR LESSONS W/ HARRY 10:15 TAI CHI 12:00 SCRABBLE 11:30 FRIENDS 12:30 ARTHRITIS EXERCISE 2:00	9 FLEXIBILITY & STRETCH 9:00 CHORUS 10:00 BINGO 12:30 APPLE CLASS 1:00	10  <i>Veterans Day</i>
13 CARDS 9:00 GUITAR LESSONS W/ HARRY 9:00 STRONG BODY & MIND 9:00 NO FLEX AND STRETCH 10:00 MATT YORK 10:30 NO CHAIR YOGA 11:00 SCRABBLE 11:30 PAINTING 1:00 CANASTA 1:00	14 WALKING CLUB 8:30 DRUMS ALIVE 9:00 HEALTH SCREENING 9:00 QUILT KNIT CRAFT 9:15 BALANCE IN MOTION 10:00 BRISTOL ELDERS TALK 10:00 MAHJONG 1:00	15 ENDURANCE 9:00 GUITAR LESSONS W/ HARRY 10:15 TAI CHI 12:00 SCRABBLE 11:30 WOMEN'S SOCIAL HOUR 1:30 ARTHRITIS EXERCISE 2:00	16 FLEXIBILITY & STRETCH 9:00 CHORUS 10:00 FALL CENTERPIECES 10:30 BINGO 12:30	17 NO SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 FRIENDSGIVING 11:30 MAHJONG LESSONS 12:30 CHAIR YOGA 2:00
20 CARDS 9:00 GUITAR LESSONS W/ HARRY 9:00 STRONG BODY & MIND 9:00 MEN'S COFFEE 9:30 MOVING TO HEAL 10:00 CHAIR YOGA 11:00 SCRABBLE 11:30 PAINTING 1:00 CANASTA 1:00	21 WALKING CLUB 8:30 DRUMS ALIVE 9:00 QUILT KNIT CRAFT 9:15 BALANCE IN MOTION 10:00 SOUND BATH 11:30 MAHJONG 1:00	22 ENDURANCE 9:00 GUITAR LESSONS W/ HARRY 10:15 TAI CHI 12:00 SCRABBLE 11:30 ARTHRITIS EXERCISE 2:00	23  <i>Happy Thanksgiving</i>	24
27 CARDS 9:00 GUITAR LESSONS W/HARRY 9:00 STRONG BODY & MIND 9:00 BOOK CLUB/MEET AUTHOR 10:15 CHAIR YOGA 11:00 SCRABBLE 11:30 PAINTING 1:00 CANASTA 1:00	28 WALKING CLUB 8:30 DRUMS ALIVE 9:00 QUILT KNIT CRAFT 9:15 BALANCE IN MOTION 10:00 MAHJONG 1:00	29 ENDURANCE 9:00 GUITAR LESSONS W/ HARRY 10:15 TAI CHI 12:00 SCRABBLE 11:30 ARTHRITIS EXERCISE 2:00 DECK THE COA HALLS 10:00AM—2:00PM	30 FLEXIBILITY & STRETCH 9:00 CHORUS 1000 BINGO 12:30	DEC 1 SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 MAHJONG LESSONS 12:30 CHAIR YOGA 2:00

4 Tips to Get Your Car Ready for Winter

While most people know they need a good quality ice scraper and a pair of heavy gloves to keep in the car, there's more to getting ready for winter. Here are 4 tips to help your winter preparedness efforts.

1. Schedule an oil change and checkup

While this might seem pretty basic, it's easy to overlook having an oil change when you don't log many miles on your car each year.

2. Inspect the tread and condition of tires

The snowy, slippery roads of winter make tires an important part of your vehicle's safe operation. When you take your car in for its checkup, ask the mechanic to check the treads on the tires. You can also keep an eye on the treads throughout the winter with this simple test: Place a penny into several tire treads, making sure Lincoln's head is upside down. If you can see most of Lincoln's head, it's a good bet the treads are worn, and you probably need new tires.

3. Monitor tire pressure

Winter can cause tire pressure to fluctuate, so you'll need to monitor it often. If your vehicle doesn't automatically do this for you, invest in a good quality tire gauge. Store it in your glove box for easy access. It's more convenient than trying to use one at the gas station when the weather is bad.

4. Put together an emergency bag

Winterizing your car should also include packing a winter weather bag in case you experience a roadside emergency. A few items to include in your emergency kit include:

- Blankets
- Boots
- Water or sports drink
- Non-perishable snacks
- Flashlight and batteries
- Battery-powered emergency radio
- Battery-powered cell phone charger

One last suggestion is to explore local transportation programs and ride sharing services. If you aren't comfortable driving on a cold winter's day but need to get out to an appointment or for groceries, knowing there are other options available is essential.

©LPI

NOVEMBER 2023



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

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



Keeping you and
your *loved ones* active
all year long!



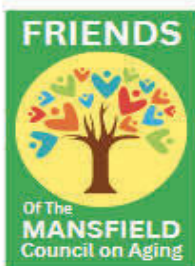
elliott
PHYSICAL THERAPY

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Hanover	781.347.3107
North Attleboro	508.316.0559
Milton	617.696.8141
Dorchester	617.506.7210
Mansfield	508.639.5550
Easton	508.559.5108
Needham	781.675.2526

www.elliottphysicaltherapy.com

FAMILY OWNED AND OPERATED





Our Mission As a non-profit volunteer organization, we enhance financial and operational support, plus community outreach for the Mansfield Council on Aging.

Sign Up For Membership. Stop in at the front desk to apply with your \$10 dues.

Save the Dates:

Our next **FRIENDS** meeting is **Weds. Nov. 8 at 12:30.** Enjoy light refreshments as we discuss support for COA Senior Enrichment Programs through fundraising, volunteering & publicity.

FRIENDS Holiday CRAFT FAIR & BAKE SALE, Saturday, Nov. 4th 10-3.

We have planned a larger Craft Fair this year. We have several tables full of diverse hand crafted items, home baked goods, coffee, hot cocoa, & tea. There will be a 50/50 Raffle, individual **FRIENDS** craft raffles, plus more. Join us to start or finish your holiday shopping!

FRIENDS Holiday Luncheon, Weds. December 15th at 11:30.

Only \$10 for an appetizer, hot meal, dessert, and music. **Sign up is from Nov. 13-30th.** Only 80 seats are available.

Please continue to enjoy the **FREE COA/FRIENDS Senior Enrichment Programs**, as we put your donations to work. This month enjoy the popular **Hot Dog Luncheon, The Game Guy, Sound Bath, and The Highwaymen in Music.** See more information inside this newsletter.

Donations to FRIENDS A huge thank you to John Akerman and Kim Nolan for their generous donations. We put your donations to work to fund FREE Senior Enrichment Programs every month at the COA.

Donations to The **FRIENDS** are **TAX deductible** as we are a 501(c)(3) organization. Consider The FRIENDS of the Mansfield COA for a Donation, Memorium Donation, or in your Estate Planning.

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

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