



MANSFIELD COA HAPPENINGS

DECEMBER 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



JOYFUL CHORUS CONCERT
"Christmas is Here!"- well, not quite, but that is the program that will be presented by our Joyful Chorus on Thursday December 14th at 10:00 am. Please come and bring your friends to hear a medley of familiar holiday songs, plus a couple that may be new to you. There is a possibility that Mrs. Claus may make an appearance. Light refreshments will be provided. No reservations are required. Everyone is welcome!



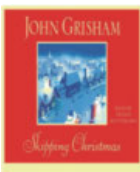
Coping with the Holidays Bereavement Group

As we approach the Holidays and the New Year, grief from the loss of a loved one can become more intense and we may have difficulty planning how to get through the "celebration". Please call the COA at 508-261-7368 to register for this group and find support and share ideas. The group will be led by Gail Conley, LICSW and will meet on Friday December 8th and 15th at 10:30.



THE GREAT COOKIE EXCHANGE

On Wednesday December 20th from 1:30-3:00pm we are having a fun cookie exchange. Bring two dozen Holiday cookies to exchange with friends. Coffee and Tea will be served. Please call COA to sign up 261-7368



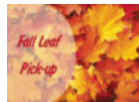
The COA Book Club will be meeting on Monday December 18th at 10:15. We will be discussing Skip-ping Christmas by John Grisham. Pls call Elisha to join 261-7368

NEW EXERCISE CLASS

We will be offering a self defense class every Wednesday at 1:00pm taught by Master Elijah Swain. This class a combination of basic strikes, tactics, and techniques. They have been developed and proven with a present day approach to the prevention of assaults and the application of self-defense concepts. Sign up by calling COA 261-7368

MEET OUR NEW ARTHRITIS EXERCISE INSTRUCTOR

Andrea Van Vliet will be taking over our arthritis exercise class on Wednesdays at 10:15am Pls come meet Andrea and try her class. My name is Andrea Van Vliet and I am a certified Yoga and Ch`air Fitness instructor. I have been passionate about Health and Wellness for as far back as I can remember. I fell in love with taking care of my body both inside and out, and decided I wanted to help others do the same. One of my biggest joys in life is to be able to share and spread my knowledge to people of all ages and levels. My goal as an instructor is to help my students become the best version of themselves, both physically and mentally, while having fun at the same time.



SENIOR LEAF PICK UP

The Mansfield Highway department will be doing senior leaf pick up on December 1st and December 8th. If you would like them to pick up your leaves please call the COA to add your name to the list. 261-7368. Please note you need to call no later than 11:30am on the Thursday before pick up otherwise we cannot facilitate the pickup.



BACK TO HOME HEALTHCARE PROGRAM WITH BREAKFAST BAR

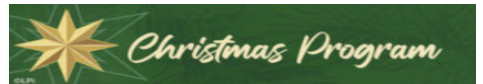
Join Back to Home Healthcare on Friday December 29th at 9:00am for a light breakfast and discussion. Learn the Difference between hospice and palliative care. Pls call COA to sign up 261-7368

Sign up closes November 30th.



ANNUAL YANKEE SWAP

Join us on Thursday December 21st at 10:30 for our annual yankee swap. Everyone brings a \$5.00 wrapped gift to participate. Pls call COA to sign up 261-7368



MANSFIELD HIGH STUDENT HOLIDAY CONCERT & HOT CHOCOLATE BAR

Join us on Wednesday December 6th at 10:30 for a lovely holiday concert put on by students from Mansfield High School. We will also have a hot chocolate bar for all to enjoy. Pls call COA to sign up 261-7368

JEWELRY MAKING WITH PAULA

Join Paula on Friday December 1st at 12:30. There is a \$5.00 fee that Paula donates to the Friends. Call COA to sign up 261-7368

LIVE & LEARN WITH JAY ELIAS

Jay Elias will be here on Wednesday December 20th at 10:30 for his popular talks! Call COA to sign up 261-7368

NEWS & EVENTS



CHANGE TO OUR MONTHLY HEARING CLINIC

We offer a hearing clinic each month on the first Friday however effective December 1st it will no longer be a walk in service you will need to call COA to make an appt. 261-7368.



THE GAME SHOW GUY, HOLIDAY EDITION

Join Kevin, The Game Show Guy on Friday December 8th at 12:00 for a fun afternoon of games and prizes.

Call COA to join 261-7368



SOUND BATH

Join Rachel Reynhart on Tuesday December 19th at 11:30am 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

SAND BUCKETS

Boy Scout Troop 51 is once again supplying seniors and disabled households with buckets of sand for winter outside slip and fall prevention. To order a bucket of sand, please call the COA at 508-261-7368 and leave your name, address, telephone number, and location you would like them to leave the bucket of sand. If you have an empty bucket from previous years, please leave the empty bucket for them to take back to reuse.

Tax Preparation

We have reached out to AARP to schedule tax prep appointments and unfortunately, they do not have enough volunteers to cover Mansfield. They are going to have volunteers at the following COAs. Please reach out to them directly.
Plainville COA- 9 School St, Plainville, MA 02762
Phone: (508) 699-7384
Wrentham COA-400 Taunton St, Wrentham, MA 02093
Phone: (508) 384-5425
Norton COA- 55 W Main St, Norton, MA 02766
Phone: (508) 285-0235
Attleboro COA- 25 S Main St, Attleboro, MA 02703
Phone: (774) 203-1900
Sharon COA-219 Massapoag Ave, Sharon, MA 02067
Phone: (781) 784-8000



INCLEMENT WEATHER POLICY

Winter begins December 21st and with New England's unpredictable weather we need to be prepared. The COA would like to remind Mansfield seniors of the following inclement weather policies that are in place:

*The COA follows Mansfield Public Schools cancellations. If schools are canceled for the day, COA programs are canceled Home Delivery

Meals may be canceled.

*If the school start time is delayed, depending upon the weather conditions, COA programming may *be* delayed or canceled.

*During adverse weather conditions staff will be in the office as soon as possible and it is advisable to call the COA to determine the status of the programming and meals for the day;

*During inclement weather, even if the COA programs are canceled, GATRA, Medical Transportation through Bill's Taxi may be still open. For ride status, please call Bill's Taxi at 1-800-529-8294;

*As with all situations, safety is the best policy. If conditions are unsafe, stay home until conditions improve;

*If during a weather emergency you are in need of emergency assistance, call 911!

For any questions regarding the weather policies, please contact the COA at 508-261-7368

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.



The COA walking club will meet at the following locations in December. If you would like to join please contact Elisha at 261-7368.
Dec 5th-Chocolate Factory meet

at COA

Dec 12th-Mansfield Crossing meet at Bertucci's

Dec 19th-LaSalette Shrine, meet there.

Dec 26th- NO walking.





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

December 6, 2023
1:00-2:30pm
Join Us for a Holiday
Sing-A-Long with
Members from Joyful Chorus
Wear your Holiday Colors

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

Sponsors:






A Fond Farwell to Louise Baroncelli

With bittersweet emotions, we announce the retirement of Louise Baroncelli. Louise has been a dedicated employee of the town of Mansfield since 1996. Louise has been the welcoming face of the COA for 27 years. Her presence has been an essential part of the operations of the COA. As Louise embarks on this new chapter in her life, we extend our heartfelt appreciation for her contributions. Her legacy will live on in the memories and lives she has touched. Thank you, Louise, for 27 wonderful years of service, laughter, and commitment. Wishing you all the best.



Save the dates for these upcoming events in January.....

Game Show Guy January 12th 12:00pm

Hot Dog Lunch January 18th 11:30am

Annual Bday Bash with Entertainer Robert Black Elvis
Friday January 19th 11:30am

Wednesday January 31st Home Instead Program to discuss Home Safety

Tips for a Dementia-Friendly Holiday Celebration from the Alzheimer's Foundation of America

For many, the holiday season is a joyful one spent together with loved ones—including families affected by dementia. Being adaptable and building an inclusive environment are key to creating dementia-friendly holidays and celebrations.

Adapt past favorite traditions or create new ones. Build on old traditions where you can, such as enjoying favorite music or movies. Start new ones around things the persons can, and likes to do, such as touring neighborhood holiday lights, and do it together. For example, if the person used to do all the holiday cooking, make it a new tradition to cook together as a family. If they oversaw hanging holiday lights, make it a group effort.

Avoid overdecoration Excess stimuli may be challenging for someone with dementia. Too many flickering lights or an abundance of decorations can be overstimulating and disorienting.

Create a safe and calm space Avoid fragile decorations (which can shatter and create sharp fragments) and ones that could be mistaken for edible treats (which can create a choking hazard or broken teeth). Reduce clutter to avoid potential tripping hazards.

Holiday Celebrations. Like with traditions, adapting celebrations is key for a dementia-friendly holiday. Try to focus on what they enjoy while keeping in mind their safety and comfort.

Before the celebration

Prepare the person. Help build familiarity and comfort by showing them photos of the guests or arrange a phone call/Facetime chat with the visitors beforehand.

Be open with guests. Consider sharing beneficial information with guests beforehand, such as ways they can communicate with the person, what they respond well to, and what may upset them—especially visitors who don't regularly interact with the individual. This will guide them on how they can be helpful and supportive.

During the celebration

Preserve normal routine. Changes in daily routine can be challenging for someone living with dementia. If the person usually takes an afternoon walk, build in time for that. If they go to bed early, hold the celebration earlier in the day so that everyone can participate.

Connect with loved ones through technology. Videoconference technology (i.e., Facetime, Zoom, Skype) can include others who can't attend in person.

Take a Strengths-Based and Person-Centered Approach. Focus on what the person is still able to do and what they choose to do now, rather than dwelling on what they used to do.

The AFA Helpline is available seven days a week to help provide additional information about creating dementia-friendly holidays or any other caregiving questions. Connect with a licensed social worker by calling 866-232-8484.

5 Tips for Keeping Your New Device Safe and Secure

What better gift is there than getting a fresh new phone, tablet, or laptop? Upgrading your hardware can be a very exciting time — there are so many things to enjoy about new technology: Sharper cameras, more memory, faster browsing, and clearer screens are just the start, and you probably won't think twice about getting a resilient new case to protect it all. But it's important to ensure that your new device stays protected inside and out. It doesn't take long for unprotected new devices to attract malware or start leaking data. What's more, as cyberthreats evolve by the minute, protecting your device is a journey that requires ongoing vigilance. So, here's what you need to know to keep your device as safe on the inside as the day you unboxed it:

1) Install all the updates, straight away:

Installing software updates is one of the most important things you can do to stay cybersecure, and downloading software patches is the first thing you should do on a brand-new device. Be sure to check for and install available updates immediately and set up automatic updates moving forward. And next time an app offers you an update, click "yes" instead of "no," "cancel," or "remind me later."

2) Get smart about passwords:

Strong passwords keep your data safe, so don't let yourself choose feeble passwords, and don't reuse or share them. Remember, the first rule of passwords is you do not talk about passwords. Focus on creating the longest passwords you can and save yourself the bother of having to remember them by using a password manager. As well as remembering your passwords for you, a password manager will ensure they are hard to guess and stored securely.

3) Two (factors) are better than one:

Enable two-factor authentication (2FA) on your new device to ensure only you can unlock it. 2FA means you will be required to verify

your identity using two authentication factors, such as a password or PIN in combination with fingerprint or face recognition. This keeps your data safe even if somebody steals your device and guesses your password.

4) Be alert for scams:

Scams come in all shapes and sizes, but no matter how they're dressed up, they always want something valuable, urgently. Be on the lookout for calls, texts, emails, or other scams that ask you to click on links or hand over personal information, even if they look like they've come from somebody you know.

5) Use protection:

Install an anti-malware program on your phone or computer so that you are protected from malware, malicious websites, unwanted tracking, unwanted apps that slow down your device, and other threats. Malwarebytes has a popular free tool to scan and remove any malware lurking on your device, as well as proactive protection to keep you continuously safe online. Finally, consider using a VPN to keep your personal information private when you are online.

Keep these tips in mind to ensure that you don't get into trouble on your new devices. Whether Apple or Android, Mac or PC, no device is immune to malware. Be sure to apply online protection best practices no matter what device, network or operating system you use.

(Courtesy of Brandpoint)



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 10:15 AM 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

Self Defense Wednesdays 1pm- This class a combination of basic strikes, tactics, and techniques. They have been developed and proven with a present day approach to the prevention of assaults and the application of self-defense concepts

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-By appt only

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

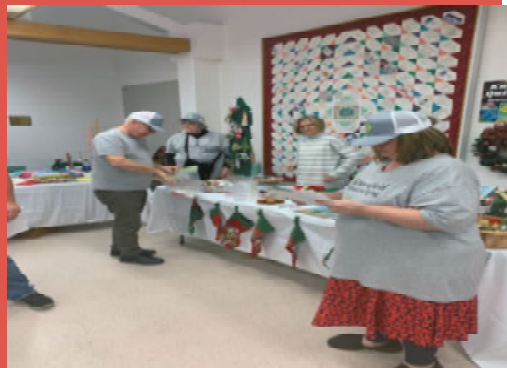
Wii Bowling Friday 9:00

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.**
:



DECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOV 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	NOV 28 WALKING CLUB 8:30 DRUMS ALIVE 9:00 QUILT KNIT CRAFT 9:15 BALANCE IN MOTION 10:00 MAHJONG 1:00	NOV 29 ENDURANCE 9:00 GUITAR LESSONS W/HARRY 10:15 TAI CHI 12:00 SCRABBLE 11:30 TRIAD 1:15 ARTHRITIS EXERCISE 2:00 DECK THE COA HALLS 10:00AM—2:00PM	NOV 30 FLEXIBILITY & STRETCH 9:00 CHORUS 10:00 BINGO 12:30	DEC 1 SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 HEARING CLINIC 10:30 JEWELRY MAKING 12:30 MAHJONG LESSONS 12:30 CHAIR YOGA 2:00
4 CARDS 9:00 GUITAR LESSONS W/HARRY 9:00 STRONG BODY & MIND 9:00 CHAIR YOGA 11:00 SCRABBLE 11:30 CRAFTING 12:30 PAINTING 1:00 CANASTA 1:00	5 WALKING CLUB 8:30 DRUMS ALIVE 9:00 QUILT KNIT CRAFT 9:15 BALANCE IN MOTION 10:00 MAHJONG 1:00	6 NO ENDURANCE 9:00 GUITAR LESSONS W/HARRY 10:15 NO ARTHRITIS EXERCISE 10:15 HOLIDAY CONCERT 10:30 TAI CHI 12:00 SCRABBLE 11:30 SELF DEFENSE 1:00 MEMORY CAFÉ 1:00	7 FLEXIBILITY & STRETCH 9:00 CHORUS 10:00 BINGO 12:30	8 SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 BEREAVEMENT 10:30 GAME SHOW GUY 12:00 MAHJONG LESSONS 12:30 CHAIR YOGA 2:00
11 CARDS 9:00 GUITAR LESSONS W/HARRY 9:00 STRONG BODY & MIND 9:00 FLEX AND STRETCH 10:00 CHAIR YOGA 11:00 SCRABBLE 11:30 PAINTING 1:00 CANASTA 1:00	12 WALKING CLUB 8:30 DRUMS ALIVE 9:00 HEALTH SCREENING 9:00 QUILT KNIT CRAFT 9:15 BALANCE IN MOTION 10:00 MAHJONG 1:00	13 ENDURANCE 9:00 REFLEXOLOGY 9:00 GUITAR LESSONS W/HARRY 10:15 ARTHRITIS EXERCISE 10:15 TAI CHI 12:00 SCRABBLE 11:30 FRIENDS 12:30 SELF DEFENSE 1:00	14 NO FLEXIBILITY & STRETCH 9:00 JOYFUL CHRISTMAS CONCERT 10:00 BINGO 12:30 APPLE CLASS 1:00	15 NO SEAT 9:00 CARDS 9:00 NO WII BOWLING 9:00 BEREAVEMENT 10:30 HOLIDAY LUNCH 11:30 NO MAHJONG LESSONS 12:30 NO CHAIR YOGA 2:00
18 CARDS 9:00 GUITAR LESSONS W/HARRY 9:00 STRONG BODY & MIND 9:00 BOOK CLUB 10:15 CHAIR YOGA 11:00 SCRABBLE 11:30 PAINTING 1:00 CANASTA 1:00	19 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	20 ENDURANCE 9:00 GUITAR LESSONS W/HARRY 10:15 ARTHRITIS EXERCISE 10:15 LIVE & LEARN 10:30 TAI CHI 12:00 SCRABBLE 11:30 SELF DEFENSE 1:00 NO WOMENS SOCIAL HOUR 1:00 GREAT COOKIE EXCHANGE 1:30	21 FLEXIBILITY & STRETCH 9:00 CHORUS 10:00 YANKEE SWAP 10:30 BINGO 12:30	22 SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 COA CLOSSES AT NOON
	26 NO WALKING CLUB 8:30 DRUMS ALIVE 9:00 QUILT KNIT CRAFT 9:15 BALANCE IN MOTION 10:00 MAHJONG 1:00	27 ENDURANCE 9:00 GUITAR LESSONS W/HARRY 10:15 ARTHRITIS EXERCISE 10:15 TAI CHI 12:00 SCRABBLE 11:30 SELF DEFENSE 1:00 TRIAD 1:15	28 FLEXIBILITY & STRETCH 9:00 CHORUS 10:00 BINGO 12:30	29 SEAT 9:00 CARDS 9:00 NO WII BOWLING 9:00 BACK TO HOME HEALTHCARE 9:00 NO MAHJONG LESSONS 12:30 CHAIR YOGA 2:00

Ways to Avoid a Life-Changing Fall

Advances in healthcare and other technology are increasingly allowing aging Americans to live longer at home. However, many are unable to continue to do so once they take a serious fall at home. The following steps can be taken to prevent debilitating falls from ever taking place:

- **Recognize Your Risk.** Various health issues, medications, alcohol, or dehydration may increase your risk for a fall. Being aware helps you prepare.
- **Optimize Your Health.** Take responsibility for staying as healthy and fit as possible by remaining active, drinking enough water, limiting alcohol, avoiding smoking, and eating a healthy diet with plenty of calcium and vitamin D.

- **Fall-Proof Your Home.** Walk through your home to identify and fix any possible dangers. You can find great resources for this in the AAOS and Orthopaedic Trauma Association Falls Awareness and Prevention Guide (<https://www.orthoinfo.org/globalassets/pdfs/aaosfallprevention.pdf>).
- **Wear the Right Shoes.** Limit footwear to well-fitting, low-heeled shoes or slippers with rubber or other non-skid soles. Also watch for untied shoelaces. (Courtesy of BPT)



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DECEMBER 2023



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~ Family Owned and Operated ~

Expertly Crafted Custom Memorials
Cemetery Engraving and Bronze Products

2 Kelley Boulevard, No. Attleboro, MA
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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!



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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.

FRIENDS Membership. Stop in at the front desk to apply with your \$10 annual dues.

Congratulations to our two new **FRIENDS** Board of Directors; **VP, Carol Smith** and **Secretary, Susan Hamilton**. Welcome aboard and thank you for all the strategic input and contributions you have already made. We appreciate you both!

Save the Date: Our next **FRIENDS** meeting is **Weds. Dec. 13, 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, was a huge success with a tremendous turnout from Mansfield Area Residents. Thank you to the Committee Chairs, Susan Hamilton, Vivian Bissett, and Marie Grygienc, the volunteers that worked so hard and the COA staff and their families who also came to support this fundraising and community event.

Please continue to enjoy the **FRIENDS** sponsored, **COA Senior Enrichment Programs**, such as the monthly **Hot Dog Luncheon** and **The Game Show Guy**. See more information inside this newsletter.

Donations to FRIENDS A huge thank you to Sheila Buck, Carol Carlson, Arlene Heckman and Joan Hoey, 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.

Sign up closes November 30th.



**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

Did you know...

Although we specialize in cremation,
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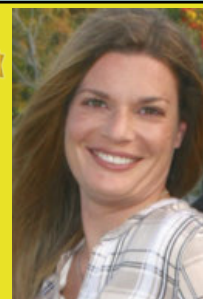


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