



MANSFIELD COA HAPPENINGS

DECEMBER 2024



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WHAT'S INSIDE

- 02 NEWS & EVENTS
- 03 NEWS & EVENTS
- 04 BUDGET ARTICLE
- 05 CROSSWORD
- 06 RESOURCES
- 07 PICUTRES
- 08 DECEMBER CALENDAR
- 09 MEDICARE FRAUD
- 10 FRIENDS PAGE

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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

Phyllis Butler-Kitchen Staff
Paula Cowell-Kitchen Staff
Jina Ibrahim-Community Social Worker

Kelly Kemp- COA Secretary
Rose Kimmell-Outreach /Shine Counselor
Kristen Madeira-COA/SS Coordinator
Elisha Ribeiro-Activities Coordinator

NEWS & EVENTS



The following events highlighted in green are generously sponsored by the Friends of the Mansfield COA.

SOUND BATH

Join Rachel Reynhart on Tuesday December 17th at 11:30am to nurture your mind and body Pls call COA to sign up 261-7368.

ATWATER/DONNELLY WINTER HOLIDAY SHOW

Join us for this wonderful show performed by Atwater & Donnelly on Thursday December 19th at 12:30pm. Atwater- Donnelly Musical Duo return with Winter Holiday Show: In celebration of winter, light, and American diversity, Aubrey and Elwood sing ancient and new carols and songs of Christmas, winter solstice, Hanukkah, and Kwanzaa. Call COA to sign up 261-7368



SMART TRIVIA!

Join in this monthly activity on Tuesday December 3rd at 1:00pm. There will be prizes! Pls call COA to sign up 261-7368

Sign Up Nov. 13-27th

FRIDAY
DEC 13
11:30 AM
HOLIDAY LUNCHEON

- HAM & TURKEY DINNER •
- with 2 SIDES •
- DESSERT & BEVERAGE •
- MUSIC • RAFFLES • FUN •

ONLY \$10 PER PERSON

For Mansfield Residents



HOLIDAY HELPERS

Elisha is seeking holiday helpers to decorate the COA for the upcoming holiday season on Monday December 2nd from 10:00-2:00pm. We will be decorating the common areas from 10:00-11:30. Then will move onto decorating the tree from 12:30-2:00pm. Refreshments will be served! Pls call COA to sign up 261-7368



Memory Cafe is a social opportunity offered monthly to Seniors with memory impairment and their caregivers, family and friends, Light refreshments are served as well as a monthly group activity! Join us on Wednesday December 4th at 1:30 for a Holiday Sing a Long with Mansfield COA's very own Joyful Chorus. Call COA to sign up 261-7368



JOYFUL CHORUS CONCERT

The Joyful Chorus will be presenting their annual Holiday Concert on Thursday December 5th at 10:00am. Join in this festive annual event, a delightful selection of Holiday music led by Mary Hourigan with accompanist Dianne Caldwell. Light refreshments will be served. Pls call COA to sign up 261-7368

MONTHLY Q&A WITH MANSFIELD COMMUNITY NURSE
 Dayana Parisien RN, BSN will be at the COA on Wednesday December 18th at 10:30am an informal Q&A session. Call COA to sign up 261-7368

JEWELRY MAKING W/PAULA

Join Paula on Friday December 20th at 12:30 to create you own pendant using polymer clay Pls stop into COA w/payment of \$5.00 which goes to the Friends to be used for activities and events.



HOLIDAY LUNCH & NUTRITIONAL BINGO

Join us on Tuesday December 17th at 11:30 for a special Holiday lunch hosted by Bristol Elders Nutritionist Dawn DiMarco. We will be serving chicken cordon bleu, roasted potatoes, green beans & a snowflake roll. We will also be playing some nutritional bingo games. Pls call COA to sign up 261-7368



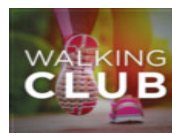
ANNUAL HOLIDAY YANKEE SWAP

You won't want to miss this fun gift exchange!!! Join us for our yankee swap on Wednesday December 18th at 10:30. Pls bring a wrapped gift (\$5.00 value) and watch as it is either passed on or kept...who will get the most coveted gift?! We will serve refreshments. Pls call COA to sign up 261-7368



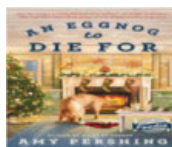
MEN'S COFFEE HOUR W/CINNAMON ROLLS

Our monthly men's coffee hour but with a special treat- hot cinnamon rolls! Monday December 23rd at 10:00am. Call to sign up 261-7368



The walking club will meet at the following locations in December! We love new members....

Dec 3rd-Choc Factory meet at COA
 Dec 10th-Capron Park- meet at parking lot
 Dec 17th- Bike Path meet at Fruit St.
 Dec 24- no walking. Merry Christmas!!!
 Dec 31st-no walking- Happy New Year!



The COA Book Club will be meeting on Monday December 30th at 10:15. We will be discussing An Eggnog to Die For by Amy Pershing. Pls see Elisha if you would like to join.

NEWS & EVENTS



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
Sharon COA-219 Massapoag Ave, Sharon, MA 02067
Phone: (781) 784-8000

Upcoming Meeting with the Planning Board at the COA

Mark your calendars! On December 10th at 1:00 pm, the Planning Board will visit the Council on Aging to discuss proposed zoning bylaw amendments set for the upcoming special town meeting. This is a valuable opportunity to learn about proposed changes and to ask any questions you may have. The amendments under consideration include:

1. Accessory Dwelling Units
 2. Zoning Map: R2 District Change
 3. R1 & R2 District Frontage Requirements and Lot Width Definition and Requirements
- Sewer Waiver for Assisted Care Retirement Facilities and Residential Facilities for residents 55 years of age or older
Please join us to stay informed and engage with the Planning Board on these important community updates. Pls call COA to sign up 261-7368

WINTER COAT DISTRIBUTION EVENT

Helping Hands of God (HHOG) and the Mansfield Police Department are joining forces to help keep families warm this winter by hosting a free winter coat distribution event on Sunday, December 8th, from 11:00 AM to 1:00 PM at the Mansfield Police Station, located at 500 East Street. This event is open to all, with no registration required, and offers coats in various sizes to ensure everyone from toddlers to adults can find a suitable fit. We ask that all individuals that request a jacket be at the event in person as supplies are limited and will be available on a first-come, first-served basis. This initiative aims to ensure that everyone in Mansfield can face the winter season warm and safe.



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; 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



Scout Troop 51
Christmas Trees
At Public Safety Complex
500 East Street (Route 106), Mansfield, MA
Opens Day After Thanksgiving at 9AM
Mon-Fri: 5PM-9PM Sat-Sun: 9AM-9PM
JANUARY 

Pls save the date for the following events in January. More info to follow in January newsletter.

1/8- 10:30- Simple Changes for a Healthier You w/Dr. Merchia and Joan Gagnon.

1/14 Meet the owner of Comm Can. And learn more about this cannabis dispensary.

1/15 10:30- Senior Medicare Patrol-Come and learn the latest Medicare scams targeting seniors

1/17 1:00pm-Presentation on "The Greatest Sitcoms of all Time" w/Mary Gitlin.

1/21 1:00pm A Chef Demo w/Chef Joe from The Residences at Great Woods

1/22 10:30am Butler Hospital Presents..."What is Normal Aging"

1/23 11:30 Hot Dog lunch returns

1/29 Shoulder and rotator cuff workshop w/ Accelerated Performance Rehab in Foxboro.

1/31 11:30 Annual Birthday Bash-Island Style w/Bill Reidy featuring songs from the great Jimmy Buffet



Getting Your Budget Back on Track

If you often look at your bank statement in puzzlement, trying to figure out where your money has gone, you're not alone. Many Americans struggle to keep their personal finances under control.

But creating and sticking to a budget might be easier than you think. Here are some tips from The Neat Company (www.neatco.com), a developer of scanning software solutions that helps its customers save, track, and manage information, including budgets:

Save your receipts. You need to know where your money goes before you can budget. Save the receipts from every purchase that you make over the next month.

Some companies will help you track your receipts in digital format on your computer. For example, with a product called NeatReceipts, you can scan your receipts into a computer, then create lists and digital folders that track your expenses.

Organize and store your bills and documents in one central location. Bills, financial statements, and other important documents often end up in various drawers or cabinets, making finding them a challenge. Store all of your documentation in one place, either by using a software-based planning system or creating a filing system at home.

Break down your spending. At the end of the month, review your receipts to see where your money went. You'll likely be surprised when you see how you spent it. NeatReceipts offers several reports to identify where you spend your money: food, utilities, household expenses, and more.

Take control of your spending. Once you see where you spend your money, you can determine where to cut expenses. For example, if you overspend on food, you might cut costs by eating out less, clipping coupons, or eating a vegetarian meal once weekly. If you're spending too much money on utilities, consider investing in energy-efficient appliances, turning off lights when you leave a room, and waiting to do your laundry until you have full loads of dirty clothes.

(Courtesy of NewsUSA)

Winter Wonderland

E F R B Y R E P P I L S C H I L L Y
P R E R S F F U M R A E F W D L O C
S O T T I N S Y B S L E Y Y D N I W
T Z N R O N L E C A L P E R I F O I
O E I B E C L H P S H O V E L V J E
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M G A C N L R A D F T A O C O C Z Q

Word List:

BELOWZERO	BLANKET	BLIZZARD	BLUSTERY
BOOTS	CABINFEVER	CHILLY	COATS
COCOA	COLD	EARMUFFS	FEBRUARY
FIREPLACE	FLURRIES	FROSTY	FROSTY
FROZEN	GLOVES	HAT	HEATER
HIBERNATE	ICICLE	ICY	JANUARY
JACKFROST	MITTENS	PLOW	SCARF
SHIVER	SHOVEL	SKATING	SKIING
SLED	SLIPPERY	SNOW	SNOWMAN
SNOWSTORM	SNOWSUIT	WINDY	WINTER

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 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 Gatra 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 and the District Attorney'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 10:30 & Friday 10:30 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 9:00 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.

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 9:30 the day before you would like to join.

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 of the Mansfield COA: As a 501(c)(3) non-profit volunteer organization, we enhance financial and operational support, plus community outreach, for the Mansfield Council on Aging. Through fundraising and manpower, we assist the Council, which provides Senior Enrichment Programs and Social Services. Through publicity, we increase the awareness of what the COA offers to our community. **Scan this QR code** to join The FRIENDS FB page. What We Do We Do For Seniors.



ENRICHMENT PROGRAMS OFFERED

Attorney Clougherty- 1st Thursday 2:00
Apple Class-2nd Thursday 1:00pm
Bingo Thursday 12:30
Book Club Last Monday each month 10:15
Cards Mondays 9:00
Canasta Mondays 1:00
Chorus Thursday 10:00
Cornhole 1st Friday 12:00
Guitar lessons Monday 9:00 Wednesday 9:00
Health Screening 2nd Tuesday 9:00
Hearing Clinic 1st Wednesday each month 10:30-By appt only
Knitting/Quilting Tuesday 9:15
Mahjong Tuesday 1:00
Men's Coffee Hour 3rd Monday 10:00
Memory Café-1st Wednesday 1:30
Painting Monday 1:00
Reflexology- 2nd Wednesday 9:00
Scrabble Monday Wednesday Friday 11:30
Wii Bowling Friday 9:00

.....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 by 9:30 the day before to sign up.



DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DEC 2 CARDS 9:00 GUITAR LESSONS W/HARRY 9:00 STRONG BODY & MIND 9:00 HOLIDAY HELPERS 10:00 CHAIR YOGA 10:30 SCRABBLE 11:30 PAINTING 1:00 CANASTA 1:00	3 WALKING CLUB 9:00 DRUMS ALIVE 9:00 QUILT KNIT CRAFT 9:15 BALANCE IN MOTION 10:00 MAHJONG 1:00 SMART TRIVIA 1:00	4 NO ENDURANCE 9:00 GUITAR LESSONS W / HARRY 9:00 ARTHRITIS EXERCISE 10:15 HEARING CLINIC 10:30 SCRABBLE 11:30 TAI CHI 12:00 MEMORY CAFÉ 1:30	5 FLEXIBILITY & STRETCH 9:00 JOYFUL CHORUS CONCERT 10:00 BINGO 12:30 BRIDGE 1:00 ATTY CLOUGHETY 2:00	6 NO SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 CHAIR YOGA 10:30 SCRABBLE 11:30 CORNHOLE 12:00 MAHJONG 12:30
9 CARDS 9:00 GUITAR LESSONS W/HARRY 9:00 STRONG BODY & MIND 9:00 CHAIR YOGA 10:30 SCRABBLE 11:30 PAINTING 1:00 CANASTA 1:00	10 WALKING CLUB 9:00 DRUMS ALIVE 9:00 HEALTH SCREENING 9:00 QUILT KNIT CRAFT 9:15 BALANCE IN MOTION 10:00 MAHJONG 1:00 PLANNING BOARD 1:00	11 ENDURANCE 9:00 GUITAR LESSONS W/ HARRY 9:00 REFLEXOLOGY 9:00 ARTHRITIS EXERCISE 10:15 SCRABBLE 11:30 FRIENDS MEETING 12:30 TAI CHI 12:00	12 FLEXIBILITY & STRETCH 9:00 BINGO 12:30 BRIDGE 1:00 APPLE CLASS 1:00	13 NO SEAT 9:00 CARDS 9:00 NO WII BOWLING 9:00 NO CHAIR YOGA 10:30 HOLIDAY LUNCHEON 11:30 SCRABBLE 11:30 MAHJONG 12:30
16 CARDS 9:00 GUITAR LESSONS W/HARRY 9:00 STRONG BODY & MIND 9:00 CHAIR YOGA 10:30 SCRABBLE 11:30 PAINTING 1:00 CANASTA 1:00	17 WALKING CLUB 9:00 DRUMS ALIVE 9:00 QUILT KNIT CRAFT 9:15 BALANCE IN MOTION 10:00 HOLIDAY LUNCH/BINGO 11:30 SOUND BATH 11:30 MAHJONG 1:00	18 ENDURANCE 9:00 GUITAR LESSONS W/ HARRY 9:00 ARTHRITIS EXERCISE 10:15 Q & A w/Nurse Dayana 10:30 YANKEE SWAP 10:30 SCRABBLE 11:30 TAI CHI 12:00 TRIAD 1:15	19 FLEXIBILITY & STRETCH 9:00 ATWOOD/DONNELLY 12:30 WINTER SHOW 12:30 NO BINGO 12:30 BRIDGE 1:00	20 SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 CHAIR YOGA 10:30 SCRABBLE 11:30 MAHJONG 12:30 JEWELRY MAKING 12:30
23 CARDS 9:00 GUITAR LESSONS W/HARRY 9:00 STRONG BODY & MIND 9:00 MENS COFFEE/CINNAMON ROLLS 10:00 CHAIR YOGA 10:30 SCRABBLE 11:30 PAINTING 1:00 CANASTA 1:00	24 WALKING CLUB 9:00 NO DRUMS ALIVE 9:00 QUILT KNIT CRAFT 9:15 NO BALANCE IN MOTION 10:00 COA CLOSSES AT 12:00 PM	25 	26 NO FLEXIBILITY & STRETCH 9:00 BINGO 12:30 BRIDGE 1:00	27 SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 CHAIR YOGA 10:30 SCRABBLE 11:30 MAHJONG 12:30
30 CARDS 9:00 GUITAR LESSONS W/HARRY 9:00 STRONG BODY & MIND 9:00 BOOK CLUB 10:15 CHAIR YOGA 10:30 SCRABBLE 11:30 PAINTING 1:00 CANASTA 1:00	31 WALKING CLUB 9:00 NO DRUMS ALIVE 9:00 QUILT KNIT CRAFT 9:15 NO BALANCE IN MOTION 10:00 MAHJONG 1:00	Jan 1 	2 NO FLEXIBILITY & STRETCH 9:00 BINGO 12:30 BRIDGE 1:00	3 SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 CHAIR YOGA 10:30 SCRABBLE 11:30 MAHJONG 12:30

Protect Yourself From Medicare Fraud!

Did you know that over \$60 billion of our tax dollars are lost to Medicare fraud annually?

Join a representative of the Massachusetts Senior Medicare Patrol (SMP) Program and participate in a discussion on how Medicare beneficiaries are instrumental in preventing, detecting, and reporting Medicare Fraud.

We all can have an active role in protecting Medicare for ourselves and future generations.

This **free** information workshop will provide you with the tools to become a more informed and engaged health care consumer, as well as explore the need to be vigilant and protect yourself from becoming victim to deceptive marketing and medical identity theft. Additionally, this informational session will provide you with other important information to assist you in navigating the increasingly complex healthcare system.

If you cannot attend this workshop but have questions about your healthcare bills, Medicare Summary Notices, Explanation of Benefits, or other billing statements, please call the MA SMP Program office at 800-892-0890. If you would like to order a free MA SMP Personal Healthcare Journal, "My Health Care Tracker," to keep track of your healthcare encounters, call 800-892-0890 or click on [Request My Health Care Tracker](#).

This website is supported in part by a grant (No. 90-MPPG0093-01) from the Administration for Community Living (ACL), U.S. Department of Health and Human Services (DHHS). Grantees carrying out projects under government sponsorship are encouraged to express freely their findings and conclusions. Therefore, points of view or opinions do not necessarily represent official ACL or DHHS policy.

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Licensed in MA, NH, CT,
RI, FL

I'm here to help you navigate Medicare
Medicare plans don't have to be confusing. Reach out to me for personalized support throughout the process, from learning about your Medicare plan options to enrolling in the right plan for you. Available for Phone and In Person Meeting Call **508.484.4000** No Fee for Services

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**RSSA**

I do not offer every plan available in your area. Currently we represent 11 of 14 organizations which offer 65 of 78 products in the Massachusetts area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program to get information on all of your options. Not affiliated with the federal Medicare program.

SUPPORT OUR ADVERTISERS!





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

Save the Dates: Our next **FRIENDS** meeting is **Weds. Dec. 11, at 12:30 at the COA**. Join us and enjoy light refreshments as we discuss support for COA Senior Enrichment Programs through fundraising, volunteering & publicity.

Friday, Dec. 13th FRIENDS Holiday Luncheon Sign up starts Nov. 13th at the front desk of the COA. Come join us for some holiday cheer with friends!

The **FRIENDS Holiday Fair & Bake Sale** was a huge success. Over 60 people volunteered to set up/tear down, actually run the fair, baked and or participated as a crafter. Thanks to all who helped to support our biggest fundraiser of the year. Special acknowledgement to Sue Hamilton and Marie Grygienc co-chairs of this event and to The Director of the COA, Jo Madrazzo and The Assistant Director, Wendy Adams who came in to support us on a Saturday. Thanks to all our effort we can now fund even more **FREE Senior Enrichment Programs** at our COA.

Did you know that your donations to the **FRIENDS** are tax deductible as we are a 501(c)(3) nonprofit organization. Please remember us in your estate plan.

Donations: Advised Fund Grant from Ron Porat.

Donations in Memoriam: In memory of **Loretta Mason**, from the COA Knitting, Crocheting and Craft Group.

Sign Up Nov. 13-27th

**FRIDAY
DEC 13
11:30 AM**

HOLIDAY LUNCHEON

- HAM & TURKEY DINNER •
- with 2 SIDES •
- DESSERT & BEVERAGE •
- MUSIC • RAFFLES • FUN •

ONLY \$10 PER PERSON

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COMMUNITY HIGHLIGHT
Photo courtesy of Sharon Senior Center. Photo by Sharon Senior Center.

SECTION HEADINGS
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FREE HEARING CLINIC
1st Wednesday of each month
10:30am-12:00pm
At the Mansfield COA

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