



MANSFIELD COA HAPPENINGS

SEPTEMBER 2021



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MANSFIELD COUNCIL ON AGING
255 Hope St.
Mansfield, MA 02048
Monday—Friday
8:00am—3:30pm

Always
be kinder
than you
feel.

NEWS & EVENTS



We have missed celebrating with you! The Friends of the Drop-in Center have organized a celebration to officially welcome you back to the

COA. We hope that you will join us on Thursday, September 23rd at 11:30 am for lunch and entertainment. This program is sponsored through Blue Cross

Blue Shield of Massachusetts. The Friends had applied for the One Community grant and were awarded the funds to host this event. One Community is BCBS's signature volunteer event. 10 BCBS volunteers will lend their time to aid in the facilitation of this event. This event is free and requires pre-registration. Sign ups for this lunch begin on September 7th by calling the COA at 508-261-7368. Lunch will be catered by

Morins and includes grilled salmon, smoked sliced brisket, chopped salad, roasted potatoes, and cupcakes for dessert. Entertainment by Good Thomas.



APPLE WORKSHOP

Rick is back at the COA in September to resume his Apple Workshops. They will take place the 2nd Tuesday of each month at 2:00pm. The first one will be on Tuesday September 14th at 2:00. Please call the COA to sign up. 508-261-7368

JOYCE IS BACK TEACHING EXERCISE CLASSES

Joyce is back at the COA in September teaching her Arthritis Exercise and Tai Chi. Please see calendar for days and times.

JOYFUL CHORUS RETURNS

The Joyful Chorus is back at the COA meeting every Friday morning at 9:00am. We hope to welcome back old members and new members! Please call the COA at 508-261-7368 to sign up.

Walking Club

The walking club will meet at the following locations on Tuesday mornings at 8:30am. If you want to join us please call Elisha 508-261-7368

Sept. 7th - Bike Path - Park on Cobb St.

Sept. 14th - Capron Park - Parking lot

Sept. 21st Mansfield Crossing - Meet at Bertucci's

Sept.- 28th La Salette



Borderland Presentation

Please join us on Friday September 10th at 11:30 am for a program on Borderland. Borderland chronicles the life of visionary Blanche Ames and the 20th century uprising surrounding the pro-suffrage/anti-suffrage debate. The film was released in commemoration of the 100th anniversary of the passage of the 19th amendment, and it is a deep dive into the fascinating life of Ames and her quest for voter rights and women's equality. This program is free but please call the COA to sign up 508-261-7368

The Presenter for this program is - Edmund Hands. He is a local teacher of history with extensive experience in social studies curriculum mapping. He serves as a consultant for the Massachusetts Elementary School Principal's Association for curriculum development. Author of Easton's Neighborhoods, Hands holds a B.A. in History from Bridgewater State and an M.A. in Latin American History from U. Mass Amherst. Hands is available for scholar led discussions

TRIP ANNOUNCEMENT

Our trips are well underway and have been a great success. We are happy to book the outings and that you are enjoying them so much. However, beginning with the Salem Cross Christmas trip, all payments will be due at the time of sign up and are non-refundable. Unfortunately, we have had circumstances where people sign up for trips and do not pay, or cancel last minute. The COA submits payment in advance to the tour company to secure trips, therefore, last-minute cancellations are problematic. We thank you in advance for your understanding.



APPLE CIDAR SOCIAL

Swing by the COA for a Cool Glass of Spiced Apple Cider and a Cider donut on Thursday Sept 16th 10:30am No signups required just stop in

BOOK CLUB

The COA Book Club will meet Monday September 27th at 10:15 we will be discussing *The Underground Railroad* by Colson Whitehead.

CRAFTS WITH ELISHA



Join Elisha on Thursday September 30th 10:30 am Have you heard of PAPER

QUILLING? Join us for this easy fun popular craft



PAINT BY NUMBER PART 2! - Thursday September 9th - 10:30am if you joined in August

you can finish your masterpiece!

Please call the COA to sign up 508-261-7368

NEWS & EVENTS

SENIOR TAX WORK OFF PROGRAM

Applications for the Mansfield Real Estate Tax Work Off program for NEW applicants will be taken starting August 30th. This program enables adults age 60 and older to work in a volunteer position within a town department, including the public schools, in exchange for a real estate tax credit up to \$1,500.00. Residents wishing to participate in this program must contact Kristen Madeira at 508-261-7368 by September 27th. You must be a Mansfield homeowner age 60 or older, able to produce a copy of the most recent tax bill with the applicants name on the bill. Please remember jobs will be offered to eligible applicants based on department availability, qualifications and compatibility with the requirements of the positions.

Information for the Volunteer

- \$13.50 per hour with no benefits. Please note that as the minimum wage is adjusted the number of hours will go down as the rate per hour is based on the state's minimum wage.
- Earnings are subject to withholding for federal income tax purposes
- Earnings (minus OBRA required withholdings) to be credited towards the senior's property tax obligations to the Town of Mansfield.
- The maximum number of hours a senior can work under the program is 111 hours per tax year Nov 1- Oct 31.



It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this

information: it explains the changes in your plan for 2022. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly! During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand *your* plan changes as well as *other options* you may have. Call in early September to discuss your insurance questions, or schedule your SHINE phone or face-to-face appointment, during the Open Enrollment from **October 15 through December 7th**!

REMINDER: Bring your card and drug list to your appointment! To make an appointment with a SHINE counselor, call the Mansfield COA in early September and ask for Rose. Remember that appointments fill fast during Open Enrollment.



TRIAD PASTA DINNER

Please join us at the COA for pasta and meatballs on Wednesday, September 29th at 5:00 pm for the 21st Annual Triad Pasta Dinner. Tickets go on sale beginning September 1st at

the COA and are a \$5 donation. The presentation will be made by Officer Ken Wright and Bentley. Bentley is an Assistance Dog who has been trained extensively. His tasks include helping people with controlling daily anxiety, regulate intense emotions, and improve moods. Bentley is attentive to people's needs and offers unconditional support and affection. He is loved in Mansfield!

SPECIAL THANKS TO SAMSONITE'S ONGOING GENEROSITY TO MANSFIELD'S COUNCIL ON AGING

When Shwayder was president of Samsonite from 1910 to 1960, he gave all company employees and plant visitors a special marble encircled by a bronze band on which was written the Golden Rule. The marble was to serve as a reminder to live and work according to the universal philosophy, "Do unto others as you would have them do unto you." This philosophy lives on through Samsonite's commitment to charities like ours. Samsonite has been a generous benefactor to our organization for many years. This year Samsonite donated approximately 100 pieces of new luggage to the Friends of the Drop-in Center - the COA's fundraising arm. This donation was used to hold a sale on July 30th bringing in close to \$3,000. Funds like this are used by the Friends of the Drop In Center to pay for special events that benefit seniors in our town. Friends of the Drop-In Center and the COA would like to recognize Samsonite's ongoing commitment and continued support. Thank you!

Free every month twice a month!

- HIGH BLOOD PRESSURE
- HIGH CHOLESTEROL
- HIGH BLOOD SUGAR
- DON'T REALLY KNOW

DO YOU KNOW YOUR NUMBERS?

FREE HEALTH SCREENINGS

2nd Tuesday monthly at the COA 255 Hope St 12:30-3:30pm
3rd Wednesday monthly at Town Hall 6 Park Row 1pm-4pm

Screenings offered:

- Blood Pressure
- Blood Sugar
- Cholesterol
- Hands only CPR (only takes 4 minutes!)
- and associated prevention information

Provided by
Mansfield Fire
Department
Community EMS
Team in
conjunction with
Mansfield Board
of Health

For any questions call MFD Captain Marc Coyette @ 508-851-6469

HEALTH & WELLNESS

INDEPENDENT VERSUS ASSISTED LIVING

If you or an older family member are considering moving to a senior living community, you may be wondering what type of care is best. People often find it confusing to understand how independent living differs from assisted living. It's an important distinction.

Both types of senior housing are popular with seniors and their families. They provide older adults with an environment that supports their quality of life during retirement. Each is designed to offer services and amenities that meet the unique needs of seniors who are at different stages of life.



WHAT IS INDEPENDENT LIVING?

Independent living communities are an ideal retirement option for active seniors. They offer a lifestyle free from the burdens and financial costs of home ownership. Most independent living communities include maintenance, housekeeping, snow removal, lawn care, and trash removal in their basic fee.

Because residents don't have to worry about the demands of keeping up a home, they have more time to pursue hobbies, favorite pastimes, and other interests. Independent living communities typically offer a wide array of life-enrichment activities. They range from yoga and tai chi to card clubs, movie nights, and art classes.

Independent living communities often host local group outings, organize travel to destinations near and far, and coordinate volunteer projects.

A few of the benefits of moving to an independent living community include:

- **Fitness classes:** Wellness programs like chair yoga, stretching, swimming, walking, weight training, and Pilates are common.

- **Life enrichment:** On-campus lectures, musical entertainment, art classes, religious services, craft workshops, gardening, and volunteer projects are all popular activities.

- **Informal gatherings:** Another advantage of an independent living community is how easy it is to expand social networks. There are many informal opportunities to make new friends, from residents gathering over a cup of coffee in the dining room to a friendly game of billiards in the game room.

- **Safe environment:** These communities also offer peace of mind. Accessible bathrooms, fire-suppression systems, grab bars, and handrails are usually standard.

What Is Assisted Living?

An assisted living community offers the same benefits as independent living, but with an added layer of care and support. They offer assistance with tasks that are referred to as activities of daily living. Those include help with medication management, assistance with personal care, and support with toileting.

Another question people often ask is how assisted living communities differ from nursing homes. The primary distinction is that while assisted living residents require support with the activities of daily living, nursing home residents usually have more complex medical needs. This care is usually provided by skilled nurses, therapists, and other licensed medical professionals.

In an assisted living community, the services generally offered include:

- Help with bathing, grooming, and dressing
- Monitoring of chronic health conditions
- Nutritious meals and snacks
- Toileting and continence care assistance
- Medication administration and reminders
- Transportation for appointments and errands

TRIAD CORNER

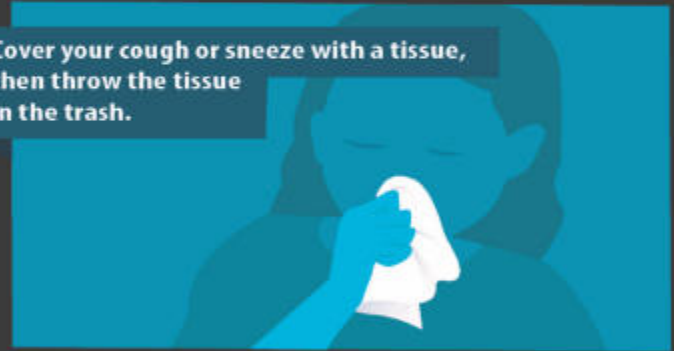
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

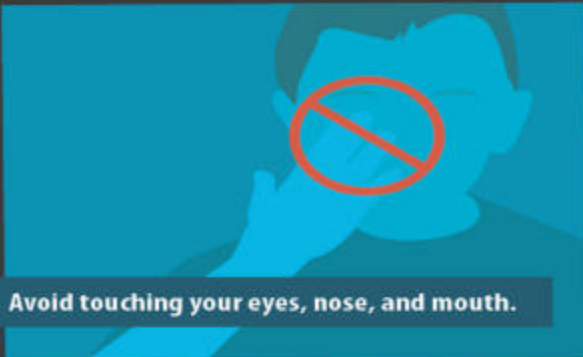
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



[cdc.gov/COVID19](https://www.cdc.gov/COVID19)

314271-4 March 30, 2020 4:08 PM

PUZZLES OF THE MONTH

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

6						3	2	
	4		2			6	8	5
	3	2			5	9		
7			5		3		4	
8		5		9				7
4	6			2		5		
				8				
			3					
		6	9					

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DIFFICULTY: ★☆☆☆☆

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "J" = "H"

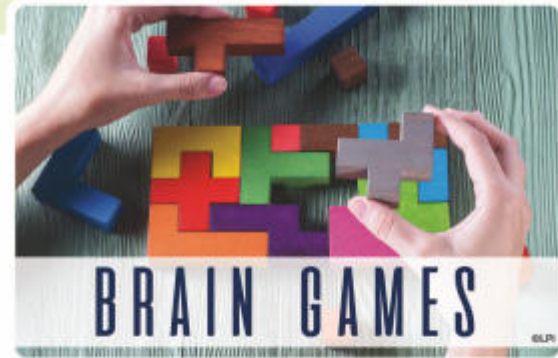
"BU YXX TSDSATP HA JHK KS XHHG
YU UJBAIP, YAT AHU HA JHK UJSZ
YMS UJSOPSLSP."

— NYMX EQAI

PREVIOUS SOLUTION: "It all depends on how we look at things, and not on how they are themselves." — Carl Jung

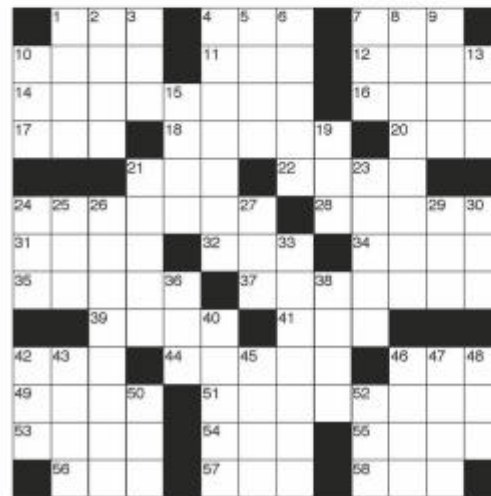
3	8	6	9	4	7	1	5	2
2	7	1	3	5	6	4	9	8
5	9	4	1	8	2	7	6	3
4	6	3	7	2	8	5	1	9
8	1	5	6	9	4	2	3	7
7	2	9	5	1	3	8	4	6
1	3	2	8	6	5	9	7	4
9	4	7	2	3	1	6	8	5
6	5	8	4	7	9	3	2	1

Answer to Sudoku



CROSSWORD PUZZLE

- ACROSS
- Surety (Lat.)
 - Cubic feet per second (abbr.)
 - Father of Jehoshaphat
 - Stamp-sheet segment
 - Sultry
 - Culmination
 - Wont
 - Melville's captain
 - Droop
 - Inuit boat
 - Legal gambling (abbr.)
 - Shoshonean
 - Leftside (pref.)
 - Extent
 - Taint
 - Tolstoy heroine
 - Sixth sense
 - Fresh-water duck
 - Act
 - Fr. historical provinces
 - Secretary (abbr.)
 - Evil
 - lit. exclamation
 - Perturb
 - Object of worship
 - Hindu garment
 - Abnegate
 - Razor-billed auk
 - Corrode
 - Down (pref.)
 - Mulberry of India
 - Single room occupancy (abbr.)
 - Altar constellation
- DOWN
- Old Texas linear measure
 - Anagram (abbr.)
 - Dry wine
 - Anglican bishop's garment
 - Central points
 - Plagiarize
 - Amer. Automobile Assn. (abbr.)
 - Sailboat
 - Love (Lat.)
 - Additional postscript (abbr.)
 - Central points
 - Recede
 - Ballet skirt
 - Ketone (pref.)
 - Way
 - Important
 - But (Sp.)
 - Within (pref.)
 - Dropsy
 - Extrasensory perception (abbr.)
 - Roam
 - Eng. cathedral city
 - Allspice
 - Five-franc piece
 - Rom. author
 - WWI battle
 - Television channel
 - FDR's dog
 - Wither
 - Growl
 - Eight (pref.)
 - Drug
 - Enforcement Admin. (abbr.)
 - Adjective-forming (suf.)
 - Fiddler crab genus



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A48

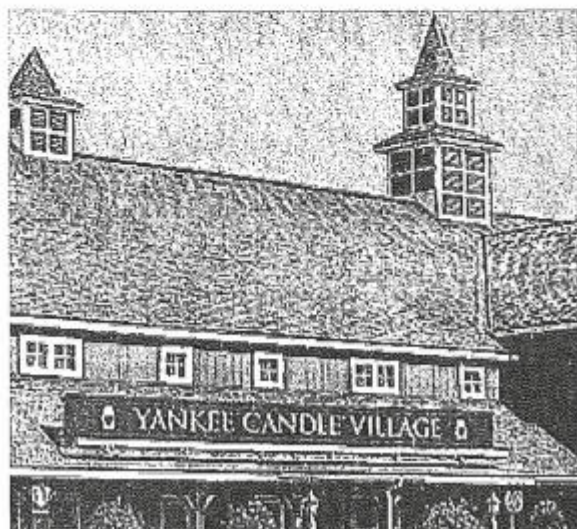
The Mansfield COA Merrily Presents!
**A Salem Cross
Christmas**

December 1, 2021 (Wednesday)

*Featuring Christmas Music &
Outstanding Cuisine at Salem Cross Inn
& The Brilliant Bright Nights Lights*



9:00 AM Depart from the Mansfield Council on Aging and travel to West Brookfield, Massachusetts, where you'll visit *The Honey Bee Orchards Gift Shop, where you can purchase pure unadulterated honey, along with homemade preserves and jellies.* Now you'll visit the well renown and historic *Salem Cross Inn for a delicious four course luncheon, featuring Soup du Jour, a Garden Salad, Salem Cross' famous flaky Chicken Pie or Maple Salmon and a Scrumptious Dessert.* As you enjoy the holiday ambiance of the beautifully decorated Salem Cross Inn, you'll listen to the sounds of Christmas music. *You will also enjoy a visit to the Yankee Candle Shop's elaborate Bavarian Christmas Village display in Deerfield. The time has come to head for the Bright Nights, New England's most distinctive display, where you'll wonder at the artistry of the lights.* You'll arrive back home at approximately 7:00 PM after a delightful day enjoying the seasonal Christmas Spirit at Salem Cross & Bright Nights.



Tour Date: December 1, 2021 (Wednesday)

Tour Cost: \$99.00 Per Person

<<>> Tour Includes <<>>

Honey Bee Orchards Visit

Delicious Four Course Salem Cross Luncheon

<Select Entrée: __Chicken Pie: __Maple Salmon>

Yankee Candle Shop In Deerfield


Bright Nights at Forest Park

Luxury Silver Fox Motor Coach

Tour Contact: Kristen Madeira @ 508.261.7368

Important: Fox Tours is requiring groups to ensure that

SEPTEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUG 30 CARDS & GAMES 9:00 GUITAR LESSONS W/ HARRY 9:00 STRONG BODY & MIND 9:00 BOOK CLUB 10:15 FISHER HOUSE TOUR 11:00 PAINTING 1:00 CANASTA 1:00	AUG 31 WALKING CLUB 8:30 DRUMS ALIVE 9:00 QUILT KNIT CRAFT 9:15 MAHJONG 1:00 CHAIR YOGA 2:00	SEPT 1 ENDURANCE 9:00 BRIDGE 1:00 STRENGTH CIRCUIT 2:00	2 DRUMS ALIVE 9:00 BINGO 12:30	3 WII BOWLING 9:00 CHORUS 9:00 CHAIR YOGA 10:00 HEARING CLINIC 10:30
6 	7 WALKING CLUB 8:30 DRUMS ALIVE 9:00 QUILT KNIT CRAFT ...9:15 TAI CHI 10:15 MAHJONG 1:00 CHAIR YOGA 2:00	8 ENDURANCE 9:00 ARTHRITIS EXERCISE 10:15 FRIENDS MEETING 12:30 BRIDGE 1:00 STRENGTH CIRCUIT 2:00	9 DRUMS ALIVE 9:00 CRAFT W/ELISHA 10:30 BINGO 12:30	10 WII BOWLING 9:00 CHORUS 9:00 CHAIR YOGA 10:00 BORDERLAND PRESENTATION 11:30
13 CARDS & GAMES 9:00 GUITAR LESSONS W/ HARRY 9:00 STRONG BODY & MIND 9:00 PAINTING 1:00 CANASTA 1:00	14 WALKING CLUB 8:30 DRUMS ALIVE 9:00 QUILT KNIT CRAFT ...9:15 TAI CHI 10:15 HEALTH SCREENING 12:30 MAHJONG 1:00 CHAIR YOGA 2:00 APPLE CLASS 2:00	15 ENDURANCE 9:00 MENS COFFEE CLUB 9:30 ARTHRITIS EXERCISE 10:15 BRIDGE 1:00 STRENGTH CIRCUIT 2:00	16 DRUMS ALIVE 9:00 APPLE CIDAR DOUNTS 10:30 BINGO 12:30	17 WII BOWLING 9:00 CHORUS 9:00 CHAIR YOGA 10:00 BEREAVEMENT GROUP 11:30
20 CARDS & GAMES 9:00 GUITAR LESSONS W/ HARRY 9:00 STRONG BODY & MIND 9:00 PAINTING 1:00 CANASTA 1:00	21 WALKING CLUB 8:30 DRUMS ALIVE 9:00 QUILT KNIT CRAFT 9:15 TAI CHI 10:15 MAHJONG 1:00 CHAIR YOGA 2:00	22 ENDURANCE 9:00 ARTHRITIS EXERCISE 10:15 BRIDGE 1:00 TRIAD 1:15 STRENGTH CIRCUIT 2:00	23 WELCOME BACK LUNCH 11:30	24 WII BOWLING 9:00 CHORUS 9:00 CHAIR YOGA 10:00
27 CARDS & GAMES 9:00 GUITAR LESSONS W/ HARRY 9:00 STRONG BODY & MIND 9:00 BOOK CLUB 10:15 PAINTING 1:00 CANASTA 1:00	28 WALKING CLUB 8:30 DRUMS ALIVE 9:00 QUILT KNIT CRAFT 9:15 TAI CHI 10:15 MAHJONG 1:00 CHAIR YOGA 2:00	29 ENDURANCE 9:00 ARTHRITIS EXERCISE 10:15 BRIDGE 1:00 STRENGTH CIRCUIT 2:00 PASTA DINNER 5:00	30 DRUMS ALIVE 9:00 CRAFT W/ELISHA 10:30 BINGO 12:30	OCT 1 WII BOWLING 9:00 CHORUS 9:00 CHAIR YOGA 10:00

CALLING ALL NEW AND OLD MEMBERS OF THE FRIENDS

The Friends of the Drop In Center is the fundraising arm for the COA, sponsoring programs and services to benefit Mansfield adults over 60 and the COA. The Friends also sponsor seasonal parties and special luncheons for its members. Monthly meetings are held on the second Wednesday of each month at 12:30 PM. Membership is open to all Mansfield residents 18 and over. Please fill out and either drop off or mail the membership form along with the annual dues of \$5.00 to the Council On Aging at 255 Hope Street, Mansfield 02048.

I AM INTERESTED IN HELPING WITH

- Holiday Fair
- Holiday Party
- Spring Fair
- Summer Celebration
- COA Newsletter
- Other

**APPLICATION FOR FRIENDS OF THE DROP IN CENTER
MANSFIELD, MA COUNCIL ON AGING, 255 HOPE STREET**

NAME _____

ADDRESS _____

PHONE# _____ MOBIL # _____

E-MAIL _____



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Call us today 508-339-2119
Hours: 8am-4pm M-F



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Dorchester	617.506.7210
Hingham	781.875.1913
Easton	508.559.5108
Mansfield	508-639-5550
North Attleboro	508.316.0559

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Recipes



Pasta Italiano with Onion and Pork

1-1/4 pounds pork loin sirloin chops or pork shoulder blade steaks
2 teaspoons each ground cumin and chili powder
2 tablespoons olive oil
1 medium onion (10 ounces), cut into narrow wedges
1 can (14-1/2 ounces) Italian recipe stewed tomatoes
1 package (9 ounces) fresh linguini pasta
Grated Parmesan and fresh or dried minced herbs

Trim the fat from the chops or blade steaks. Trim the meat from bones, and cut into small cubes. Dust pork with cumin and oregano. Heat oil in skillet over medium-high heat. Add onions and pork and saute; until cooked through, about 8 minutes. Add tomatoes and heat. Cook linguine in boiling water about 2 minutes or as package directs. Drain and serve with pork-onion sauce on top. Sprinkle with cheese and herbs. Makes 4 servings.

(Courtesy of NewsUSA)

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1-800-758-6237**

Charlie Murch, Owner

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed
to you at www.mycommunityonline.com





Friends of the Drop In Center
 P.O. Box 232
 255 Hope Street
 Mansfield, MA, 02048

SENIOR EVENTS AND MAILING
 COMPLIMENTS OF
 THE FRIENDS OF THE DROP IN CENTER

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