

# FOOTPRINTS

“And When I Turned to Notice...  
I Saw Two Sets of Footprints...”



FALL RIVER COUNCIL ON AGING



**Wishing you a season filled with warm moments and cherished memories. May peace, prosperity, and happiness be yours throughout the holidays and New Year!”**

*Mayor Jasiel F. Correia II*

**Happy Holidays**

## Lessen the Stress of the Holidays

Too often the Holidays make us feel tense, irritable and anxious. But— they are supposed to be a time for joy and eager anticipation. The stress and anxiety of the Holidays can often bring on physical as well as emotional symptoms. Some of the common physical symptoms of significant stress include: stomach ache, muscle tension, headache, rapid breathing, fast heartbeat, sweating, shaking, dizziness, change in appetite, trouble sleeping, abdominal pain and fatigue. Some of the emotional signs may be feelings of impending doom, panic or nervousness (especially in social situations), difficulty concentrating, restlessness and irrational anger. In mild stress, the same symptoms can be present but not as severe. Here are some things you can do to reduce the tension and anxiety you may feel:

**Reach out** – call or meet one of your friends for a relaxing activity; a cup of coffee, go to a movie, or have lunch. **JUST TALK!**

**Schedule an activity** - that you know will relax you and make the time for it – listen to music, read a book, bake, walk the dog, etc.

**Laugh** – watch a comedy or TV show you know will give you a good chuckle, converse with a friend you know will crack you up, read the comics in the local paper, etc.

**Get moving** – **EXERCISE**. Go out for a brisk walk, do chair exercises, dance (see the next item on the list and kill two birds with one stone!), etc.

**Crank up the music** – Get out your favorite CDs, records, 45s – whatever – and sing along, just listen, or even dance. Or listen to soothing music that may lower your blood pressure and/or heartrate.

**Be grateful** – Think about all the things that are wonderful in your life and push out those negative thoughts.

Wishing you a joyous, happy, and stress-free holiday season!

**“Christmas is most truly Christmas when we celebrate it by giving the light of love to those who need it most.”**

**Ruth Carter Stapleton**

**“I wish we could put up some of the Christmas spirit in jars and open a jar of it every month.”**

**Harlan Miller**

## **BLOOD PRESSURE CLINICS SCHEDULE**

In an effort to provide health and wellness to the Fall River community, the Fall River Council on Aging is very pleased to announce that Jacqui Arruda, LPN, Care Transitions Liaison for Gentiva Home Health, 275 Martine St., Suite 104, in Fall River, will now be conducting the blood pressure clinics in all of our senior centers.

**PLEASE NOTE:** The times of the clinics have changed and will now be held from **11 a.m. until 12 noon.**

The dates for **November** and **December** are :

**North End Senior Center**  
101 President Ave., Fall River  
(508) 324-2711  
**Nov. 1 and Dec. 6, 2016**

**Flint Senior Center**  
1423 Pleasant St., Fall River  
(508) 324-2712  
**Nov. 7 and Dec. 5, 2016**

**Niagara/Maplewood Senior Center**  
552 Tucker St., Fall River  
(508) 324-2717  
**Nov. 16 and Dec. 21, 2016**

**South Main Senior Center**  
114 South Main St., Fall River  
(508) 324-2715  
**Nov. 28 and Dec. 28, 2016**

If you have any questions concerning these clinics, please call the senior center you plan on attending at the numbers listed above.





## The Elephant Sanctuary in Tennessee August 25, 2016



On a beautiful late summer afternoon, Liisa Budge-Johnson, the Elephant Sanctuary Ele-Ambassador, regaled us with interesting and amusing tales of elephants who are living at the Elephant Sanctuary in Hohenwald, Tennessee. We learned many facts about the 2 different kinds of elephants (Asian and African), how specific elephants got to spend their days at the sanctuary, that only female elephants are housed at the facility, and the way many of the elephants who are currently at the sanctuary were treated in their younger days. There were some sad stories and some very entertaining stories with great photos of the sanctuary facilities and the elephants who reside there along with many other abandoned animals. These other abandoned animals are often dropped off under cover of darkness, because people think that, since it is an elephant sanctuary, they can drop off the animals they no longer want, and they will be taken care just like the elephants. After the presentation, of about one and a quarter hours, a light supper of delicious meatball subs, potato chips, and red velvet cake was served. Many thanks to Don Jackson for agreeing to host this presentation at the North End Senior Center. We hope to have other such programs in the coming year.



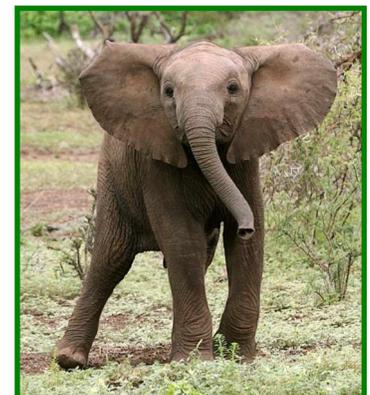
The seniors at the North End Center listen as someone asks a question about the elephants and their home at the sanctuary.



Liisa Budge-Johnson gets very animated as she lectures about her friends the elephants at the Elephant Sanctuary



Liisa shows an old photo of the elephants coming to town with a circus. One of the elephants in the photo is actually at the sanctuary.



## TWILIGHT BINGO AT SOUTH MAIN SENIOR CENTER

On Tuesday, August 23, 2016 a large group gathered at the South Main Senior Center to feast on pizza and a garden salad before playing Bingo late in the afternoon. There was also a drawing for two special prizes. Rite Aid donated four, ten dollar gift cards which were part of the winnings of the Bingo games. At the Bingo break there was a Hoodsie Cup for everyone! Laughter and conversation flowed all afternoon, so it would seem that everyone who participated had a great time. Stay tuned for more of these late afternoon events!



### David Mello to Perform Again

David Mello from the Fall River Public Library will be entertaining our seniors once more, at the North End Center. Mr. Mello came this past spring with Ann Marie and her guitar and enchanted the crowd with his wonderful stories and songs to which everyone could sing along. The 45 minute presentation flew by and came to an end before we knew it. Please come and join us for an encore performance on November 18, 2016 at 10:45 AM. We eagerly welcome David Mello who comes laden with more stories and songs. **Do not miss this show!!! You will regret it.**



Janice Destin presents a fancy box containing one of the prizes to Mary Arruda while Francis Gates cheerfully looks on.

### **Fall River Senior Centers will be closed on the following dates:**

**November 11—Veteran's Day**

**November 24 & 25—Thanksgiving**

**December 26—Christmas celebrated**

**January 2, 2017—New Year's Day celebrated**

**Our very best to you and yours for a wonderful holiday season.**



Pat Chagnon, Marylou Green, and Helen Ouimette think the food is just great! Wait 'til we get to the Hoodsie Cups!!



## Assistive Equipment and Technology

MassMATCH is the Commonwealth's initiative to maximize assistive technology. They hope to put adaptive technology in the hands of consumers so that they are able to be more independent and allow them equal participation in what life has to offer. At [www.getATstuff.com](http://www.getATstuff.com), a free classified ad site, people wanting adaptive equipment/technology and those who wish to donate or sell this type of item can connect. Items such as wheelchairs, walkers, accessible computers or communication devices may be offered. Visit their web site, call MassMATCH at (866) 682-9955, or email them at [massmatch@state.ma.us](mailto:massmatch@state.ma.us).

There is also the Massachusetts Assistive Technology Loan Program (<http://www.massloan.org>) which is funded through state and federal resources. This program provides people with disabilities and their families access to low-interest loans to purchase assistive technology devices that they may need.



## THURSDAY AFTERNOON AT THE MOVIES AT THE SOUTH MAIN SENIOR CENTER

Please join us at South Main Senior Center on Thursday afternoons to watch a movie, have some popcorn, and engage in some camaraderie. What time? - 1:15PM

**Watch 5 movies and earn a free lunch at the center!!!**

**Nov. 1— Forrest Gump**— Tom Hanks, Sally Fields—The movie follows the life of Forrest Gump—a challenged person with a low IQ but high confidence. Through many trials, he continues to believe that good things will happen as he goes after his dreams.

**Nov. 8—You've Got Mail**—Tom Hanks, Meg Ryan—Two extreme business rivals who despise each other fall in love on the Internet.

**Nov. 15—The Wedding Singer**—Adam Sandler, Drew Barrymore—Robbie, a singer, and Julia, a waitress, are both engaged, but to the wrong people. Fate intervenes to help them find each other.

**Nov. 22—To Sir With Love**—Sidney Poitier—An idealistic teacher and his experiences teaching a group of rowdy teen - age students from the slums of London.

**Nov. 29—Stepmom**— Julia Roberts, Susan Sarandon—A divorced mom learns she has cancer and she must come to terms with her ex-husbands new girlfriend becoming their "stepmom" and a part of the family.

**Dec. 6—Miracle on 34th Street**—Maureen O'Hara, Edmund Gwenn, Natalie Wood—A nice old man who claims to be the real Santa Claus is institutionalized as insane; a young lawyer defends him in court as the real thing.

**Dec. 13—The Santa Claus** - Tim Allen—A man who inadvertently kills Santa on Christmas Eve is magically recruited to take his place.

**Dec. 20—It's a Wonderful Life**—Jimmy Stewart, Donna Reed—An angel helps a compassionate but despairing and frustrated businessman by showing him what life would have been like if he'd never been born.

**Dec. 27—Poseidon Adventure**— Gene Hackman., Ernest Borgnine—A group of passengers struggle to survive when their ocean liner is capsized by a tidal wave.



"Grace isn't a little prayer you chant before receiving a meal. It is a way to live."  
Jacqueline Winspear

# Happy Thanksgiving



May your stuffing be tasty  
 May your turkey plump,  
 May your potatoes and gravy  
 Have nary a lump.  
 May your yams be delicious  
 And your pies take the prize,  
 And may your Thanksgiving dinner  
 Stay off your thighs!

## Independence at Home

HopeHealth will be presenting a discussion on seniors remaining independent and able to stay in the home. Useful resources, tips, and services, that can assist you in achieving independence at home as a goal, will be explored as well as knowing when staying at home is no longer a sustainable option. Please join us at one of the conversations on the dates and times listed below:

South Main Senior Center – November 4, 2016 10:00

Flint Senior Center – November 14, 2016 10:30

Niagara/Maplewood Senior Center –  
 November 16, 2016 10:30

North End Senior Center – November 17, 2016 10:15

Due to space constraints, the Legislative page had to be omitted from this issue. Rep. Fiola, Rep. Schmid, Rep. Silvia, and Sen. Rodrigues wish to express their best wishes for a joyous, safe, exciting, and memorable holiday season to you and yours.



## Laff a Little

### The Burglar

A burglar broke into a house one night. He shined his flashlight around looking for valuables, and when he picked up a VCR to place in his sack, a strange, disembodied voice echoed from the dark saying, “Jesus is watching you.” He nearly jumped out of his skin, clicked his flashlight out and froze. When he heard nothing more after a bit, he shook his head, promised himself a long vacation after his next big score, then clicked the light back on and began searching for more valuables. Just as he pulled the stereo out so he could disconnect the wires, clear as a bell he heard, “Jesus is watching you.” Freaked out, he shined his light around frantically, looking for the source of the voice. Finally, in the corner of the room, his flashlight beam came to rest on a parrot. “Did you say that?” he hissed at the parrot. “Yep,” the parrot confessed, then squawked, “I’m just trying to warn you.” The burglar relaxed. “Warn me, huh? Who the heck are you?” “Moses,” replied the bird. “Moses?” the burglar laughed. “What kind of people would name a parrot Moses?” The bird promptly answered, “Probably the same kind of people that would name a 140 pound Rottweiler Jesus.”

Wanting to borrow money to take a 6 month fishing trip, a fisherman went to the bank where he had done business for years. The bank refused the loan. He went to another bank where he had never done business and obtained the loan without any difficulty. Then he bought a 6 pound fish, had it wrapped, put it in his safe-deposit box at the first bank and joyfully left town for six months.

## VETERAN’S EXPO

On Sat., Nov. 19, 2016 from 10—2 at the BCC Student Center, Building G, there will be a Veteran’s Expo. This expo will showcase various resources available from the Dept. of Veterans Affairs, various non-profit organizations, MA State Veteran’s services, and Veteran’s Service Organizations. If you or your spouse served in the US military, you may be eligible for benefits you don’t even know about. Come and find out if you qualify for services or benefits. There will be free food and beverages, a Benefits Claim Clinic, and VA Hospital Enrollments. For more info, call Ray Laboy at 508-679-9277. Hope to see you there!!

**Saturday, November 19, 2016**  
**10:00—2:00**

**Bristol Community College**  
**Student Center, Building G**

## Fire Safety in the Home

October was Fire Safety Month. Fire Inspector Jeff Medeiros and Lieutenant Richard Emond presented a video and facilitated a discussion pertaining to fire safety and various items in the home that, when used incorrectly, can cause a fire to start. He mentioned that the City had partnered with the Red Cross this year and so could now offer CO detectors as well as smoke detectors to seniors **for free**. The Fall River Fire Dept. will even install the smoke alarms at no charge as long as they do not need to be wired in. Inspector Medeiros also stated that any home with hard-wired smoke detectors that were 10 years or older would have to have the detectors replaced due to a new law in the state of MA. Smoke Detectors should not be over 10 years old and CO Detectors only last for 7 years before they must be replaced.

Most of home fires occur due to unattended cooking, which is all too preventable. Other frequent causes of home fires include: Space heaters or candles which are placed too close to something which can burn (newspapers, drapes, furniture, etc.) and which are possibly left on overnight with no oversight; overloaded outlets or circuits; flammable liquids stored inside the home; grills used indoors; and smoking indoors. Always have an escape route and plan an alternate way out if the primary route is blocked. As soon as you detect a fire, leave immediately with all family members and pets your home.



## Senior Center Holiday Party Wednesday, December 14, 2016

**Please sign up for the annual holiday party to be held at each senior center. Choose a center and sign up on one list only—as the parties will all be held on the same day at the same time. The menu will be the same and posted at all centers. See Almerinda, Claudette, Don, or Joyce to sign up. The food will be great, the Bingo will be spectacular, and the company even better! Looking forward to seeing you all at one of the centers on Dec. 14<sup>th</sup>. Happy Holidays, joy and peace to one and all!**

# SENIOR CITIZENS CALENDAR

## NORTH END SENIOR CENTER

101 President Avenue - Executive Plaza  
Coordinator - Donald F. Jackson

324 -2711 Voice/TDD 324-2000

### **Monday**

Chorus Practice..... 9:30 a.m.  
Pitch..... 1:00 p.m.

### **Tuesday**

Lunch ..... 11:30 a.m.  
Bingo..... 1:00 p.m.  
Slam Bam Bingo  
(Last Tuesday of every month)..... 1:00 p.m.

### **Wednesday**

SHINE Counselor..... 9 a.m.  
(Appointment only - call 1-800-987-2510)  
Mini Golf..... 1 to 2:30 p.m.

### **Thursday**

Lunch ..... 11:30 a.m.  
Bingo..... 1:00 p.m.

### **Friday**

Bingo..... 1:00 p.m.

**Bilingual Staff Available**

## FLINT SENIOR CENTER

1423 Pleasant Street

Coordinator - Almerinda Medeiros  
324-2712 Voice/TDD 324-2000

### **Monday -**

Lunch & Bingo 11 a.m. -2:30 p.m.  
Rep. Paul Schmid  
(1st Monday of month)..... 11:30 a.m.

### **Tuesday -**

SHINE COUNSELOR..... 9 a.m.  
(Appointment only - call 1-800-987-2510 )  
Zumba ..... 10:30 to 11:15 a.m.

### **Wednesday**

Breakfast Bingo.....9:30 to 11:30 a.m.  
(Third Wed. of the month)

### **Thursday -**

Arts & Crafts .....9:30 a.m. to 12 noon  
Lunch & Bingo ..... 12 Noon to 2:30 p.m.

### **Friday - Movie Matinee Day**

(see article) .....1 pm

**Bilingual Staff Available**

## Niagara/Maplewood Senior Center

550 Tucker Street

Coordinator—Joyce Berube  
508-324-2717 Voice/TDD 324-2000

### **Monday**

Bingo - 1:00 P.m.  
SHINE Counselor..... 9 a.m.  
(By appointment only - call 1-800-987-2510)

### **Tuesday**

Yoga ..... 9 to 9:50 a.m.  
Low Impact Aerobics ..... 10 to 10:45 a.m.  
Pitch..... 1:00 to 3:00 p.m.

### **Wednesday**

Bingo..... 1:00 p.m.  
Bongo Bingo .....(Second Wednesday  
of every month) ..... 1:00 p.m..

### **Thursday**

Yoga ..... 9 to 9:50 a.m.  
Low Impact Aerobics ..... 10 to 10:45 a.m.  
Mini Golf ..... 10 to 11:30 a.m.  
Jambalaya Jammers..... 12 noon to 3 p.m.

### **Friday**

Bingo..... 1:00 p.m.

**Bilingual Staff Available**

## SOUTH MAIN SENIOR CENTER

114 South Main Street

Coordinator-Claudette Sisson  
324-2715

### **Monday**

Lunch ..... 11:15-12:00 p.m.  
Bingo.....1:00 -3:00 p.m.

### **Tuesday**

Cards ..... 9:00-12:00 a.m.

### **Wednesday**

Cards ..... 9:00-11:00 a.m.  
Lunch ..... 11:15-12:00 p.m.  
Bingo .....1:00-3:00 p.m.

### **Thursday**

Cards .....9:30—12:00 pm  
Thursday at the Movies ..... 1:15 pm

### **Friday**

Cards .....9:00-11:00 a.m.  
Lunch ..... 11:15-12:00 p.m.  
Bingo.....1:00-3:00 p.m.

Puzzle and game area available daily.

## Fall River Council on Aging

Jasiel F. Correia II, Mayor  
Henry R. Vaillancourt MD,MPH,  
Director Community Services  
Laurel Jonas MA,  
Associate Director COA

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Questions? Call 508-324-2401

## SOUTHCOAST HEALTH VAN



### **Southcoast Hospitals Group Mobile Health Services**

A Community Outreach of Charlton Memorial, St. Luke's & Tobey Hospitals. Public invited for FREE screenings: Blood pressure, Cholesterol, Blood Glucose, Cancer screenings, Nutritional information, vaccines & education.

### Local November Schedule

**Nov. 18**—Stop & Shop Somerset  
9 AM—3 PM  
**Nov. 25**—CVS 550 Pleasant St.  
Fall River 10 AM—4 PM

*Call 1-800-497-1727 for  
information.*

## Fall Prevention

Lisa Lebreux from Catholic Memorial Home spoke to the seniors about preventing falls at home. Sixty percent of falls happen in or around the house. These falls are the most common causes of non-fatal injury and hospital visits for the elderly. Injuries include hip fractures or broken bones which lead to the loss of mobility and other health issues.

Health conditions such as muscle weakness, vision problems, arthritis, depression, memory loss, and use of multiple prescription medications all contribute to the increase in fall probability. To reduce the probability of falling at home, get some exercise -which keeps up your strength. Have your vision checked yearly and **WEAR YOUR GLASSES**. Wear sensible shoes with non-skid soles both inside and outside the home – do not walk barefoot or in your socks. Check your medications, their side effects, and interactions with your doctor or pharmacist often, as some side effects and interactions can make falling more likely

Identify hazards in your home, such as: clutter on the floors (magazines, newspapers, etc.), put higher wattage bulbs in light fixtures (make sure you don't exceed the manufacturers specifications) so you can see more clearly; remove tripping hazards (cords in pathways, scatter rugs, etc.); install handrails and lighting on stairways; put items used most often on lower cabinet shelves to eliminate having to stand on something to reach what you need; install grab bars in the shower and by the toilet; use non-slip mats in the shower; and make sure your bedside lamp is easily reached. If you've fallen more than once in the last 6 months, please speak with your doctor.

## **NIAGARA/MAPLEWOOD'S HARVEST HOEDOWN**

On Thursday, October 13, Joyce Berube and the staff of the Niagara/Maplewood Senior Center hosted a Harvest Hoedown featuring the Jambalaya Jammers band, dancing, a Chinese auction, and dinner. There was a full house dining on meat pie, mashed potatoes and gravy, corn, peas, and marble cake for dessert. The place was really jumpin' with the dancing after dinner and the auction. It seemed a shame to wrap it all up at 8:00 PM! But – home we all went after a fun-filled evening crammed full of good food, good friends, and good music.



Almerinda, Joyce, Patti Linhares (a retired senior center coordinator) and Don pose for the camera before serving the delicious dinner.



People dancing to the beat of the Jambalaya Jammers.



# COA MOVIE MATINEE DAY



*The Flint Senior Center will continue to host the very successful COA Movie Matinee Day, sponsored by the Council on Aging.*

**Every Friday, free movies will be shown at 1:00 p.m.**

*Popcorn and soda will be available for a minimal fee. Where else can you enjoy a great movie, popcorn and a soda for 75 cents? Come and join us for a really good time!*

**During the months of November and December, the following movies will be shown:**

**Nov. 4—What Women Want**—Mel Gibson, Helen Hunt—After an accident, an executive gains the ability to hear what women are actually thinking.

**Nov. 11 - Closed—Veteran's Day**

**Nov. 18—Sister Act 2**—Whoopie Goldberg, Maggie Smith—The sisters come back to Delores' show to encourage her to return as Sister Mary Clarence and teach music in their parochial school that is doomed for closure.

**Dec. 2—Dear Santa**—A comedy about a die-hard party girl (Crystal) struggling to change her ways. If she fails, her credit cards will be cancelled by her wealthy parents. Crystal finds a letter to Santa from a 7 year old girl who is asking him to find her widowed father. She finds him, indeed, and the story continues from there!

**Dec. 9—Love's Christmas Journey**—A recently widowed woman (Ellie) visits her brother (Aaron) and his children at Christmastime. She does her best to enjoy the holidays. Her brother travels out of town and Ellie agrees to watch the children. Holiday festivities are threatened when her brother goes missing.

**Dec. 16—I'll Be Home For Christmas**—A college student has trouble getting home for Christmas after being hazed by his friends. While struggling to get home, he learns quite a bit about himself and the true meaning of Christmas.



**“Until one feels the spirit of Christmas, there is no Christmas. All else is outward display—so much tinsel and decorations. For it isn't the holly, it isn't the snow. It isn't the tree nor the firelight's glow. It's the warmth that comes to the hearts of men when the Christmas spirit returns again.” Unknown**

**“Mankind is a great, an immense family. This is proved by what we feel in our hearts at Christmas.”**

**Pope John XXIII**



### Thanksgiving Celebrations

The Fall River Senior Centers will be holding Thanksgiving celebrations in November: the Flint Center will be having a “Pumpkin Pie Bingo” and Thanksgiving Luncheon on November 17, 2016; the North End Center will be having their traditional open-faced turkey sandwich with the usual sides (stuffing, gravy, and cranberry sauce) also on November 17<sup>th</sup>; the South Main Senior Center will hold a “Bountiful Harvest Luncheon” and special Bingo on November 16<sup>th</sup> –the lunch menu includes an open-faced turkey sandwich, gravy, mashed potatoes, vegetable and apple crisp for dessert. Finally, the Niagara/Maplewood Center is planning a luncheon for November 16<sup>th</sup> consisting of an open-faced turkey sandwich, stuffing, gravy and cranberry sauce. Costs will be posted at each center. Please reserve your seat early - you don’t want to miss out!

# Winter S Words

SFCRA

SAOENS

SVEHOL

ESASTK

SEDL

SIGLEH BSLEL

NSOFEAWLK

SONNWMA

SORONMTWS

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

### Medicare Open Enrollment

The 2016 Annual Enrollment Period for Medicare will run from October 15 – December 7, 2016. Please make sure that, if you want to change your options, you do it by Dec. 7<sup>th</sup>. **Do not** throw away any correspondence you receive from Medicare or Medicaid about changes to your current plans which begin 1/1/2017.

The SHINE counselor is available at the North End Center on Wednesday and at the Niagara/Maplewood Center on Monday and Tuesday for any questions you may need to ask or have answered. Please call 508-222-1399 to make an appointment.

Flint Senior Center has 12 appointment times available in November. Call 508-324-2412 to make an appointment.



## AT THE NORTH END

The North End Senior Center is showing movies every other Friday morning at 10:00 AM. Please come and watch with us! The movie schedule is listed below. Light breakfast goodies, coffee and tea will be available. Hope to see you there!

Nov. 4 2016 – **Total Recall** - Arnold Schwarzenegger  
When a man goes for a virtual vacation on Mars through his memory implant, an unexpected and harrowing series of events forces him to go to the planet for real—or does he?

Nov 11, 2016 – **Veteran's Day** Program closed

Nov. 18, 2016—No movie—David Mello to entertain

Nov. 25, 2016—**Thanksgiving break**—closed

Dec. 2, 2016—**The Incredible Journey** Three pets, one cat and 2 dogs, lose their owner when they are all on vacation. This is the true story of their return home.

Dec. 16., 2016—**The Polar Express** A young boy goes on a Christmas Eve magical journey to the North Pole on the Polar Express. During his adventure, he learns about friendship, bravery, and the true spirit of Christmas.



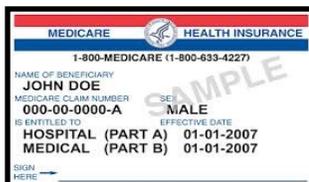
## Ginger-Apricot Cranberry Sauce

12 oz. fresh cranberries      3/8 cup sugar  
 1/2 cup orange juice      1/4 tsp ginger  
 1/2 cup apricot jam      2 oz. diced dried apricots

Stir all ingredients together in heavy pot and bring to a boil. Reduce heat to medium and cook, stirring, until the berries pop and sauce starts to thicken – it will thicken more as it cools. Cool to room temperature, cover and chill.



Dorrie Greenspan



## Learn About your Medicare Options with Fallon Health

Join Fallon Health at an informational presentation to learn about the Medicare Advantage and Medicare Supplement plan options available to you. Fallon offers plans that meet the needs and budget of almost anyone. And, with more than 35 years of providing coverage to those with Medicare, Fallon has become a plan that people can rely on.

North End Center — Nov. 1 at 10:30  
 Flint Senior Center—Nov. 14 at 10:30  
 South Main Center—Nov. 16 at 10:00

## Impossible Custard Pie

2 cups milk  
 1 cup flaked sweetened coconut  
 3/4 cup sugar  
 4 eggs  
 1 1/2 tsp vanilla extract  
 1/2 cup Bisquick

Put all ingredients in blender and blend. Pour into greased pie plate and bake at 350 degrees for 40 min. Check after 30 min. When done, Knife inserted will come out clean. Sprinkle with more flaked coconut or dust with a bit of nutmeg.

Joanne Maloney and Dot Oliveira





**Get the Food you Need to Stay Healthy  
Apply for SNAP/Food Stamps**

Project Bread's FoodSource Hotline offers free confidential screenings for SNAP/Food Stamp eligibility as well as assistance completing the application over the phone. Counselors are also available to help current recipients ensure they are receiving the maximum benefits.

**Call today! 1-800-645-8333**  
**Mon. – Fri. 8am -7pm & Sat. 10am-2pm**  
**\*Special hours for seniors:**  
**Mon. & Wed. 2pm – 7pm**

**FALL RIVER SCLERODERMA  
SUPPORT GROUP**

Christine Maroney and Donna Bernier, co-leaders of the Fall River Scleroderma Support Group (affiliated with the New England Chapter of the Scleroderma Foundation) continue to welcome new members to their group.

The organization is made up of scleroderma patients and their caregivers in the Fall River and surrounding Bristol County area. Their goal is to educate, support and share one another's knowledge regarding this illness.

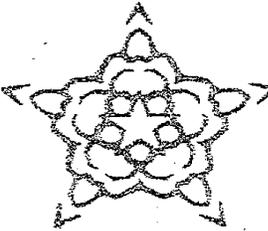
For those of you who may be unfamiliar with scleroderma, it is an autoimmune disease of the connective tissue featuring thickening and hardening of the skin, and is characterized by the formation of scar tissue in the skin and organs of the body.

The group meets monthly on the third Tuesday of each month at Stop & Shop, 501 Rodman St., Fall River in the 2<sup>nd</sup> floor Conference Room. The meetings are held from 6:30 to 8:30 p.m. The dates for Nov. and Dec., 2016 are as follows:

**November 15, 2016**  
**December 20, 2016**

If interested in joining this fine organization, please call Christine Maroney at (508) 675-4152, or Donna Bernier at (774) 488-6775, or email Donna at [don-nabdab2@hotmail.com](mailto:don-nabdab2@hotmail.com). see you there!

**Winter S Words**

SFCRA		SCARF	
SAOENS		SEASON	
SVEHOL		SHOVEL	
ESASTK		SKATES	
SEDL		SLED	
SIGLEH BSLEL		SLEIGH BELLS	
NSOFEAWLK		SNOWFLAKE	
SONNWMA		SNOWMAN	
SORONMTWS		SNOWSTORM	

ONE	KIND	WORD	CAN	WARM
THREE	WINTER	MONTHS.		

