

The Scoop

MAY/JUNE 2023



Topsfield Council on Aging (COA)

Town Hall (2nd floor), 8 West Common Street, Topsfield, MA 01983

Contact us at: (978) 887-1523, topsfieldmacoa@gmail.com

Let's Live Local...



Living Life Locally is about Community and Lifestyle

When you shop local, you're making the decision to invest in your community. Here is information you may want to know about some of Topsfield's businesses?

The Essex Co-Op gives a 10% discount to senior citizens on Tuesdays and a 10% discount every day to veterans.

Tom from Fresh Look Designs & Gifts offers a flower arranging class the first Thursday of the month at the Senior Center.

Did you know that Creative Co-Op offers adult classes in the evening. Check out their website at www.creativecoopma.com

Home Grown Market will be the 3rd Thursday of each month June through September. This is a free event with music.

There are free exercise classes five days a week Monday through Friday at the Senior Center.

BoxTop Consignment & Thrift Shop at 7 School Ave not only is a wonderful way to shop on a budget but they are also very generous in giving back. Among other organizations they have been very generous to the Friends of the COA and the VNA.

Alfalfa Farm Winery starting in May has wine tasting and sells their own wine. Saturdays & Sundays 1-5pm.

Are you looking for a volunteer opportunity? If you have a skill, hobby or information that you would like to share with the COA, give us a call, we would love to hear from you.

The COA Team

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Town Hall Hours:

Monday –Thursday

8:00am to 4:00pm

(Mondays 8:00am to 7:00pm
starting June 5th)

Friday

8:00am to 12:00pm

(Closed on Fridays starting
June 2nd)

Topsfield Social Media

FACEBOOK: facebook.com/townoftopsfield

INSTAGRAM: [Instagram.com/townoftopsfield](https://instagram.com/townoftopsfield)

TWITTER: twitter.com/townoftopsfield

Programming

All activities that are not listed as Virtual are at the
Town Hall, 2nd floor. For activities that require sign up call (978) 887-1523

Watercolor Class with Bill Duke **One Monday a month 9am-12pm**

(Maximum of 10 students)

May 15th , June 12th

\$20.00 per class, includes all supplies!

To sign up, call (978) 887-1523

Oil Painting Class with Joli Wood

(Maximum of 8 students)

May 1st & 22nd / June 5th & 26th - 9am to 12pm

\$25 per class, includes all supplies!

To sign up, call (978) 887-1523

LIVE & Virtual Yoga with Joan **Mondays 3:00pm & Fridays - 8:00am**

Perfect for all levels!

White Pack Cards with Kendra Berube

May

No May class - June 8th - 11:00am

To sign up, call (978) 887-1523

Create your own greeting cards. Everything you need will be

Tai Chi with Beth **Wednesdays - 11:15am**

Improve balance, strength, flexibility & well-being.

Low impact movements.

Join Beth at Town Hall or virtual.

Game Days

Enjoy pleasant conversation and exercise your mind
at one of our game days. Join us at Town Hall.

All are welcome!

Scrabble-- Mondays 9:30am

Mahjong-- Mondays 12:30pm

Canasta-- Thursdays 9:30am

Market Basket Food Shopping

Wednesdays Pick ups - 9:00am & 1:00pm

Let the COA bus pick you up from your home, enjoy
great company, and get your errands done in Rowley
(Market Basket, TJ Maxx & CVS).

To sign up, call (978) 887-1523

Virtual Arthritis Class **Wednesdays - 11:00am**

Join Carol Pallazolla with PACE at Element Care for a
virtual arthritis class.

Meeting ID: 838 1992 4499 **Passcode:** 123456

Virtual Supper Club **Wednesdays - 5:00pm**

Enjoy good times with friends and
participate in casual conversation & guided activities.

To participate email Joan, TopsfieldSupperClub@gmail.com

Book Club **4th Thursday of the month - 9:30am** **May 25th & June 22nd**

For information call The COA at 978-887-1523

Silver Screening

Thursday, May 18th & June 15th - 12:00pm

Join Vinny at Town Hall (note time change)

Fit For Life with Pam

Town Hall Tuesdays & Thursdays - 2:00pm

This is a Low-Impact Interval Training Class, intended
for all fitness levels, focusing on cardiovascular,
strength, flexibility and balance conditioning.

Flower Arranging

With Tom from Fresh Look Designs

1st Thursday of the month - 12:30pm - \$15.00

May 4th at 12:30pm & June 1st at 9:30am

Decluttering Class with Lisa

May 17th - 9:30 How to clean out your Junk Drawer

June 14th -12:30 Organizing for Crafts/Collections

Virtual Balance in Motion **Fridays - 1:00pm**

Parkinson's Fitness with Dianna includes social time
after class!

To participate email DiannaDaly@gmail.com

Helpful Services & Resources



Mr. Fix It - Electrician

Join volunteer Rob Roy, retired licensed electrician on May 16th and June 6th from 9:00AM-12:00PM at the COA (2nd floor of Town Hall).

Bring in any small electrical appliance or lamp that you need fixed (i.e. new plug, rewiring, etc.). Bring in your item during the above times to have your item evaluated and repaired if possible. You will only pay for the cost of any new parts used to repair the item you brought in. Rob will try to fix the appliance/lamp that day if repairable. You can drop it off with the item clearly marked with your name and phone number or wait while the repair is being done. Call the COA with questions (978) 887-1523.

Virtual BALANCE IN MOTION with Dianna– Parkinson's Fitness (PF)

Parkinson's Fitness is a non-profit organization dedicated to fighting Parkinson's Disease through exercise and movement classes, arts and educational programs. PF has been working around the North Shore for over 9 years. Instructor, Dianna Daly, has had the pleasure of teaching her Balance in Motion class through Parkinson's Fitness in partnership with Topsfield COA for the past 5 years. Dianna's devoted students partake in a series of seated and standing movements, exercises, sometimes using props such as balls, towels, or balance pads to promote strength, flexibility, and balance. All participants will benefit from this unique experience.



Classes are Fridays, 1:00 pm
To receive the zoom link, send an email to diannadaly@gmail.com.



Dementia
Friendly
Topsfield

Join the Dementia Friendly Topsfield Task Force as we go **purple** in June!

This June, join the COA's Dementia Friendly Topsfield Task Force (DFT) in going purple to observe Alzheimer's and Brain Awareness Month. Alzheimer's and Brain Awareness Month was designated by the Alzheimer's Association in order to create awareness about the disease as well as other brain impairments. According to the Alzheimer's Association, "Everyone's brain is at risk to develop Alzheimer's, the only leading cause of death that cannot be prevented, cured or even slowed." Join the DFT each Wednesday morning in June to help fight the Alzheimer's epidemic while also learning about the latest scientifically backed ways to keep your brain healthy. Please save the dates below (all programming runs from **9:00am - 10:30am each day**) and join us for any or all of the following:

Wednesday, June 7: Attend the Dementia Friends Information Session and learn more about dementia, its affects, and what you can do to help people affected by dementia in our community. *More details to follow.*

Wednesday, June 14: Attend our Brain Health Workshop and Reception to learn the most current science behind keeping your brain as healthy as possible for as long as possible. After the workshop, join us for a reception featuring brain-healthy foods. *More details to follow.*

Wednesday, June 21: On the Longest Day (the day of the summer solstice, the day of the most light), the DFT Task Force will host a Luminary Ceremony to honor loved ones impacted by Alzheimer's and other dementias. *More details to follow.*

Wednesday, June 28: Instead of Game Night, the DFT Task Force has partnered with The Supper Club to bring you Game Morning. Join us for an epic trivia battle! There will be prizes and, we guarantee, lots of laughter because The Supper Club always brings the fun! *More details to follow. If you have any questions, please contact Joan Chiffer, the DFT Chair, at: dementiafriendlytopsfield@gmail.com*

Agencies & Organizations

Providing Vital Support

SeniorCare, Inc.

(978) 281-1750 or www.SeniorCare.com

Food Pantries:

- Top Cupboard, Topsfield (978) 807-8775
- The Open Door, Gloucester (978) 283-6776 x214

PACE (Element Care)

(978) 803-5564 or www.elementcare.org

PACE & SNAP services go to www.mass.gov

Disability Resource Center

(978) 741-0077 or www.DisabilityRC.org

Veterans Services Officer

(978) 380-8397 or dick.cullinan@verizon.net

United Way 211

Whether you want to give or get help, **2-1-1** is the confidential, free, 24-hour a day, and multilingual way to locate hundreds of human services in your area.

Call2Talk

Health, emotional support, and suicide prevention program runs by Mass 211. It operates 24/7 and provides confidential, compassionate listening to assist people— including those who may be despondent or considering suicide— during stressful times call 211.

Elder Abuse Hotline

Call (800) 922-2275 to report any form (physical, verbal, etc.) of suspected elder abuse, statewide 24/7 hotline.

Suicide Hotline

899 or email suicidepreventionlifeline.org

SHINE Counselor

Free Health Care Insurance Information Including Medicare. (800) 243-4636 or Mass.gov

Topsfield Police, Non-Emergency

(978) 887-6533

Topsfield Fire Department, Non-Emergency

(978) 887-5148



BOARDS:

COA Board:

(Meets the 2nd Tuesday of the month at 4:00 pm at Town Hall)

Penny Rogers	Chairperson
Lynne Bermudez	Vice-Chairperson
Kim Love	Recording Clerk
George Berube	Member; Triad Liaison
Rusty Brady	Member
Joan Chiffer	Member; DFT Chair
Elaine Crippen	Member; Friends Liaison
Hannah Menzer	Member; Intergenerational Liaison
Kendra Berube	Member; Triad Liaison
Steve Walsh	Member
Bill Quinn	Member
Charlotte O'Toole	Associate Member

Friends of COA Board:

Kathy Yanchus	President
Kathy Curran	Vice-President
Pat MacLean	Treasurer
Susan Whelton	Secretary
Nancy Beirne	Member
Chris Roman	Member
Mary Ann Cosgrove	Member
Mary Margaret Keaney	Member
Sandy Guido	Member
Elaine Crippen	COA Board Liaison

COA Contacts:

Kathleen Barbarisi

COA Director
kbarbarisi@topsfield-ma.gov

Beth Wideberg

Senior Administrative Assistant and
Meals on Wheels Coordinator
bwideberg@topsfield-ma.gov

Data Clerk & Technology Coordinator
TBD



News from the Police Department

TIPS FROM THE CRIMINAL INVESTIGATION DIVISION

Family Emergency Scams are on the rise again!

Do not wire money to anyone claiming to be your relative in an emergency! The most common scams are targeting the elder community. Scammers are telling victims that a grandchild is in trouble or has been in an accident. They are also telling victims that a Courier will pick up cash or a bank check from them. Please share this information with your elderly family members to prevent them from being a victim.

National Grid Scam

Callers claiming to be from National Grid have been calling Topsfield residents stating, "we will shut off your gas/electricity today if you do not pay your outstanding bill". This is a scam; National Grid does not conduct business this way!

Paving Scam

Remember- if a deal sounds too good to be true...it probably is! Companies may knock on your door saying they have extra materials and will pave your driveway for little to no cost. They will then say they did not have as much material as they thought and now will charge you more than \$1,000! Decline their offer and call the police!

Stay Safe!

News from the Fire Department

The Disability Indicator (DI) Program has been around for many years offering a FREE, voluntary service allowing residents of the Commonwealth who have a landline phone service to self-identify by choosing a disability indicator code that best represents themselves. When the individual dials 9-1-1 the code then displays on the NG9-1-1 screen alerting the dispatcher that the caller may require a unique safety, rescue, or communication method.

The State 911 Department is excited to share that the Disability Program is no longer only available on landline devices. Effective The Program is compatible with LANDLINE, WIRELESS and VoiP devices making it more accessible and inclusive to residents.

In addition to this change, the location of where the DI code will appear on the NG9-1-1 screen when a member of the Program dials 9-1-1 has changed. On the ALI screen, under the "Telephony Information" section, you will find a "DI" field. If the calling party is enrolled in the Disability Indicator Program the "DI" field will read "**SEE MAP**" (see picture to the right).

On the map, the disability indicator code will be spelled out on the blue incident tile. You can see in the example pictured to the left; the calling party had self-identified as speech impaired and blind. Please note, the image of the incident tile shown to the left has been magnified for display purposes.

The DI form for residents to use to enroll in the Program can be found on our website www.mass.gov/e911 under "Information for Call Centers." If you have any questions regarding the DI Program or the information shared above, please email 911DisabilityIndicator@mass.gov.

News from the Board of Health

Ticks & Mosquitos Due to the mild winter, ticks are abundant and mosquito season is here. To prevent tick bites, use repellent according to manufacturer instructions, avoid areas thick with brush, tuck pantlegs into socks, toss clothes worn outdoors into a hot dryer and check your body thoroughly after doing yard work. Deer ticks are the size of a pinhead, so be aware of any unusual bumps. To prevent mosquito bites, use repellent according to manufacturer instructions, avoid exposure at dawn and dusk when mosquitoes are most active, wear long sleeves and long pants if out during these hours and rid your yard of any standing water that could serve as a mosquito breeding ground.

COVID 19 The Topsfield Board of Health will be hosting COVID-19 Vaccine Clinics in May and June in the Conference Room on the Second Floor of Town Hall (beside the Council On Aging Office) offering primary series and booster doses for all ages, 6 months and older. The new Pfizer and Moderna Bivalent vaccines are available. Please see the Town Website www.topsfield-ma.gov for dates/registration. If someone needs a COVID vaccine during the summer, please contact the Board of Health office at 978-887-1520 or the Tri-Town Public Health Nurse Julia.Lobel@middletonma.gov.

From Julia Lobel RN, Tri-Town Public Health Nurse:

Q: Do I need another BIVALENT COVID-19 Booster?

A: NO! Not at this time, everyone needs only 1 dose of the updated COVID-19 BIVALENT booster vaccine. So if you have already received a booster dose (after September 1, 2022) you do not need another dose yet. The FDA and CDC have not yet announced how often people will need booster doses of the COVID vaccines. Some doctor's offices and commercials are causing confusion, as they are encouraging people who have NOT YET received the updated booster to go get one, not a second one though!

The Board of Health wishes you a safe and happy summer!

Trips to Take:



Day Trips: Transportation on the COA bus is not provided on overnight trips (see information below)

- **Texas Tenors**, Show & *Luncheon*, Tuesday, June 20th at the Danversport Yacht Club \$89-pp. \$50 pp. (COA Bus).
- **The McCartney Years**, World's number one tribute to Paul McCartney & Luncheon on Thursday September 21st, Danversport Yacht Club. (COA Bus)
- **The Corvettes** Doo Wop Revue and Lobsterbake at Fosters Lobsterbake in Maine Tuesday 8/8/23 \$89-pp. \$50.00 (includes transportation with Best of Times if 10 or more book this trip)

The Friends of COA have generously offered to pay anything over \$50.00 for each of the above trips.

Overnight Trips with Collette Travel — For more information call the COA (978) 887-1523
On May 30th at 11:30 Sam from Collette will be at the Public Hall for information on the two trips below, please join us. There will be a Traveling chef meal to follow if you choose to stay.

Shades of Ireland - Group Tour April 26 - May 5, 2024 - 10 Days * 13 Meals

Highlights: Dublin, Blarney Castle, Killarney, Limerick, Cliffs of Moher, Galway and more.

Iceland - Group Tour October 2024 - Experience the "land of fire and ice" and chase the Aurora Borealis across an ethereal wonderland.

Notes from the...

MassHealth Members

Attention MassHealth Members...

If you have MassHealth, you need to take steps now to keep your health coverage this year. MassHealth wants to help you and your family stay covered.

800-841-2900 / TTY: 711

or

www.masshealthrenew.org

Services Available

1. Update your information
2. Check your mail
3. Respond to MassHealth

Act Now. Stay covered. For help please call
MassHealth 800-841-2900 / TTY: 711

COA 978-887-1523

SeniorCare 978- 281-1750

Notary

A Notary's duty is to screen the signers of important documents for their true identity, their willingness to sign without duress or intimidation, and their awareness of the contents of the document or transaction. Notary service is not available for deeds, mortgages, wills, living trusts, codicils or depositions.

Services Available

For Notary services call
Beth Wideberg

Council on Aging
978-887-1523

Call to schedule and appointment.
For seniors 60+ and immobile
services can be brought to you.

Visiting Nurse Association (VNA)

Visiting Nurse Association

Blood Pressure and Wellness Clinics will be held on the **2nd Thursday of the month 10:00-11:00AM** at the **COA in Town Hall on the second floor.**




Make an appointment by calling the COA (978) 887-1523.

Services Available



VNA nurse services include:

Cardiopulmonary check: B/P, pulse rate and rhythm, pulse oximeter, weight, or diabetes blood sugar checks. They can review medications, administer B12 shot monthly with an MD order and provide nutritional education if appropriate, education related to your diagnosis, and follow up with PCP's.

May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
The Month of May is Older American's Month	1 9-12 Joli's Oil Painting Class 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan 4:00 Monday Night at the Movies	2 Trip: 9:30 Tour of Wellesley College Gardens (free) & Lunch - The Local Kitchen & Drink 2:00 Fit For Life with Pam 7:00 Annual Town Meeting—Masco.	3 9:00 Market Basket 9:30 <i>Fireside Poetry reading</i> —Jack Armitage 11:00 Virtual Arthritis Exercise Class 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	4 9:30 Canasta 12:30 Flower arranging with Tom (sign up) 2:00 Fit For Life with Pam	5 8:00 Live & Virtual Yoga with Joan 9-11:30 Open Art Studio 1:00 Virtual Balance in Motion Cinco De Mayo	6	
	7	8 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan	9 10:00 Trust talk with Susan Grady, Attorney at Law 11:30 Historic tour at Grand Army of the Republic Hall 1-2 Mary Ann Nay Constituent services 2:00 Fit For Life with Pam 4:00 COA Board Mtg	10 9:00 Market Basket 11:00 Virtual Arthritis Exercise Class 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	11 9:30 Canasta 10:00 VNA Clinic 2:00 Fit for Life with Pam (no card making in May)	12 8:00 Live & Virtual Yoga with Joan 1:00 Virtual Balance in Motion 4:00 Block Party at the Garage	13 8-10 Food Pantry at Trinity Church 10-12 Memory Café 12-1 Meet & Eat both at the Rest-Stop-Ranch 11:00 Block Party at the Garage
	14 Happy Mother's Day! 	15 9-12 Bill Duke Watercolor Class (sign up) 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual	16 9-12 Mr. Fix It Trip: 9:30 Museum of Fine Arts trip Bring your lunch or have lunch at the museum 2:00 Fit For Life with Pam	17 9:00 Market Basket 9:30 Declutter Meeting with Lisa 11:00 Virtual Arthritis Exercise Class 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	18 9:30 Canasta 12:00 Silver Screening with Vinny 2:00 Fit For Life 2:30-4:00PM COVID-19 Clinic 5:00 Senior Soiree (Dinner) at Trinity Church (sign up)	19 8:00 Live & Virtual Yoga with Joan 9-11:30 Open Art Studio 1:00 Virtual Balance in Motion	20
	21	22 9-12 Joli's Oil Painting Class 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan	23 SHINE Apt. (sign up) Trip: 11:15 Bee Gees Tribute & Lunch at Danversport Yacht Club 2:00 Fit For Life with Pam	24 9:00 Market Basket 9:30 Declutter with Lisa (sign up) 11:00 Virtual Arthritis Exercise Class 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	25 9:30 Book Club 9:30 Canasta 2:00 Fit For Life with Pam	26 8:00 Live & Virtual Yoga with Joan 1:00 Virtual Balance in Motion	27 8-10 Food Pantry at Trinity Church
	28	29 Closed for Memorial Day 	30 11:30 Guest speaker -trips to Ireland & Iceland 12:00 (sign up) Traveling Chef - Carving Station Trip: 1:30 Tour of Harbor Sweets, Salem, ma (sign up) 2:00 Fit For Life with Pam	31 9:00 Market Basket 11:00 Virtual Arthritis Exercise Class 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	 <i>May is the day that I will play!</i>		

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		June “Far up in the deep blue sky, Great white clouds are floating by; All the world is dressed in green; Many happy birds are seen, Roses bright and sunshine clear Show that lovely June is here.” F. G. Sanders		1 9:30 Canasta 9:30** (time change) Flower arranging with Tom (sign up) 12:00 Traveling Chef -Kabobs (sign up) 2:00 Fit For Life with Pam	2 Town Hall Closed 1:00 Virtual Balance in Motion	3 Explore Topsfield 9:15-10:15am Pye Brook Park Please Register 887-0335
4 9-12 Joli’s Oil Painting Class 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan 4:00 Monday Night at the movies	5	6 9-12 Mr. Fix It Trip: 9:30 Real Pirates and lunch at Reds Tavern, Salem, Ma. 2:00 Fit For Life with Pam	7 9:00 Market Basket 9:00 Brain Health 12:00 <i>Fireside Po- etry reading</i> 11:00 Virtual Arthritis Exercise Class 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	8 9:30 Canasta 10:00 VNA Clinic 11:00 White Pack Cards-Kendra (sign up) 2:00 Fit For Life with Pam 2:30-4:00PM COVID-19 Clinic	9 Town Hall Closed 1:00 Virtual Balance in Motion	10 8-10 Food Pantry at Trinity Church 10-12 Memory Café Rest-Stop-Ranch 10-4 Strawberry Festival 
11 9-12 Bill Duke Watercolor Class (sign up) 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan	12	13 Trip: 10:00 USS Constitution and Lunch at The Barking Crab (sign up) 1:00-2:00 Mary Ann Nay - Constituent Services 2:00 Fit For Life with Pam 4:00 COA Board Mtg.	14 Flag Day 9:00 Market Basket 9:00 Brain Health 11:00 Virtual Arthritis Exercise Class 11:15 Tai-Chi 12:30 Declutter with Lisa (sign up) 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	15 9:30 Canasta 12:00 Silver Screening with Vinny 2:00 Fit For Life with Pam 5-7 Home Grown Market	16 Town Hall Closed 1:00 Virtual Balance in Motion	17
18 Happy Father’s Day! 	19 Town Hall Closed for Juneteenth	20 Trip: 11:15 The Texas Tenors & Luncheon at Danversport Yacht Club 2:00 Fit For Life with Pam	21 The Longest Day 9:00 Market Basket 9:00 Brain Health 11:00 Virtual Arthritis Exercise Class 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	22 9:30 Book Club 9:30 Canasta 2:00 Fit For Life with Pam	23 Town Hall Closed 1:00 Virtual Balance in Motion	24 8-10 Food Pantry at Trinity Church
25 9-12 Joli’s Oil Painting Class 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan	26	27 SHINE appointments (sign up) Trip: 9:30 Lunch at Award winning Vida Cantina & Portsmouth drive (sign up) 2:00 Fit For Life with Pam	28 9:00 Market Basket 9-10:30 Brain Health & Brain Games 11:00 Virtual Arthritis Exercise Class 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club	29 9:30 Canasta 2:00 Fit For Life with Pam	30 Town Hall Closed 1:00 Virtual Balance in Motion	FYI- No COVID Clinics in the months of July & August

Notes



THE FRIENDS OF COA

The Friends are grateful to receive all donations, especially those made in memory or honor of a loved one. Your donations directly impact your friends and neighbors by supporting the Topsfield COA programming and services.

Our May 2023-2024 Membership is underway.

Please consider volunteering with us or joining.

Mail checks payable to Friends of the Topsfield COA, P.O. Box 173, Topsfield, MA 01983.

Or use this QR code to donate.

The Friends of COA is a
501 (c) (3) Organization.



Since 1972, the national Senior Nutrition Program has supported nutrition services for older adults across the country. Funded by the Older Americans Act ([OAA](#)), local senior nutrition programs serve as hubs for older adults to access nutritious meals and other vital services that strengthen social connections and promote health and well-being.

The Theme for the Senior Nutrition Program's 50th anniversary is...

"Celebrate. Innovate. Educate."

MEALS ON WHEELS INFO:

Those aged 60 years and older or home-bound and unable to provide nutritious meals for themselves are all qualified to receive meals. For more information call SeniorCare at (866) 927-1050 or the COA Office at (978) 887-1523.

Need Assistance with Medicare?

SHINE (Serving Health Insurance Needs of Everyone)

Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. SHINE counselors will also assist if you find yourself enrolled in a plan that is not in your best interest by reviewing your coverage with you and helping to determine if you are qualified to make a change at this time of year.

To schedule a SHINE appointment, call 978-887-1523 or use the Regional number: 978-946-1374.

GIVE LOCALLY

If you would like to support local organizations, financial contributions are gratefully being accepted...

- **The Friends of the Topsfield Council on Aging:**
Mail checks payable to Friends of the Topsfield COA, P.O. Box 173, Topsfield, MA 01983.
- **Top Cupboard Food Pantry:**
Mail checks payable to Top Cupboard, P.O. Box 98, Topsfield, MA 01983.
- **Elderly and Disabled Tax Relief Fund:**
Provide property tax relief to qualifying senior citizens/disabled adults. Contact the Topsfield Assessor's Office at (978) 887-1514.

Donate Birthday Cards

Because of your generosity, residents turning 70 and above continue to receive birthday greetings with helpful contact information. If you have birthday cards to donate, place them in an envelope labeled "COA" and drop them in the Town Hall mail slot to the left of the historic front door or bring them to the COA offices (2nd floor of Town Hall). The Friends of Topsfield COA appreciate your ongoing support.

Library Home Delivery for the Homebound

The Topsfield Town Library and the Council on Aging work together to offer free delivery of materials to residents unable to visit the Library due to illness, immobility or age.

For information on this service go to:
ask@topsfieldlibrary.org , www.topsfieldlibrary.org or
(978) 887-1528 x2200.

Noticeboard



Spring White Goods/Metal Collection

May 17th, 18th & 19th

The Spring White Goods/Metals Curbside Collection will occur on your regular trash collection day on May 17th, 18th or 19th.

- Metal Goods must contain at least 80% metal and be no longer than 6 feet in length.
- No freezers, refrigerators, air conditioners or any item containing Freon/coolant of any type.
- Gasoline powered appliances must have gas & oil removed.
- Items must be curbside by 7AM. No trash stickers are necessary for this collection.
- Please be patient the trucks fill up quickly.

For more information on trash pickup please go to www.topsfield-ma.gov

SHRINER'S HOSPITAL

Donate Your **Can Tabs** at the Topsfield COA. They are collected to help the Shriners help kids! **Shriners Hospitals for Children in Boston & Springfield** have been collecting pull-tabs from beverage cans for more than 16 years, they recycle them and puts the money toward programs that benefit children. About a half-million pounds of aluminum tabs have been collected & recycled.

The cans may still be returned for deposit even after the tabs are removed.



TOPSFIELD COA BUS TRANSPORTATION

If you are 60+ and are in need of transportation to a doctor's appointment within a 12 mile radius call the COA office at (978) 887-1523.

Minimum of a 24 hour notice required. Hours of bus availability; 8:30am to 3:30am on Mondays, Thursdays & Fridays. Grocery Shopping every Wednesday 9:00AM & 1:00PM. Check our calendar for upcoming bus trips!

Top Cupboard Food Drive

The Topsfield COA will be collecting donations for the Top Cupboard Food Pantry for the month of May. Donations can be brought to the 2nd floor of Town Hall throughout the month of May.

Most Requested Items: (small sizes needed)

- | | |
|------------------------|-----------------------|
| • Coffee | • Paper Products |
| -Regular & Decaf | -Paper Towels |
| -Ground & Instant | -Toilet Paper |
| • Tea | -Kleenex |
| • Peanut Butter | • Personal Items |
| • Jelly / Jam | -Shampoo |
| • Canned Tuna | -Conditioner |
| • Olive Oil | -Soap |
| • Cereals (low sodium) | -Toothpaste |
| • Ensure | • Dish Detergent |
| • Condiments | • Laundry Detergent |
| -Ketchup / Mustard | • Cleaning Supplies |
| • Cookies | -All-Purpose Cleaners |
| • Crackers | -Clorox Wipes |
| • Snacks | • \$20 Gift Cards |
| • Cranberry Juice | |

The compost site facility at the Topsfield Public Works Facility, 279 Boston Street, opened for the season on SATURDAY, APRIL 15, 2023 and will be open every Saturday until November from 9am-1pm.

Compost site requirements:

- Topsfield Residents Only Season Pass \$75; One Time Access Ticket \$10; online purchase only, processing fees will apply. Visit the Town website at www.topsfield-ma.gov to purchase.
 - Purchase must be made by a resident and you must enter your vehicle plate number at time of purchase to verify residency.
 - Maximum 2 cubic yards per visit.
 - Grass clippings, leaves, brush up to 4 inches in diameter allowed
 - No stumps, logs or animal waste
 - If using a Contractor, the resident must purchase a Contractor One-Time Access Ticket for \$40 each. Contractors may NOT use a Resident One-Time Access ticket or season pass.
- Make sure you print out the PDF that will be attached to the email with your payment receipt to take to the compost facility.*

Spotlight

Farmers Market Coupons

USDA has announced that MDAR was awarded funds to implement Senior Farmers' Market Nutrition Program initiatives to sustain, improve, and expand our operations and services to strengthen farmers' markets and provide more support for local farmers.

Massachusetts will be utilizing these funds to **increase the SFMNP benefit from \$25.00 to \$50.00 per person.**

They plan to implement this initiative by increasing the value of each coupon from \$2.50 to \$5.00 each. This means that participating individuals will continue to receive a booklet with 10 coupons, nonetheless the entire booklet will be valued at \$50. We should have the coupons by the end of June.

Qualified customers will receive a \$50. booklet that can be used to purchase herbs, honey, fruits and vegetables at accepted Farmer's Markets. A list of markets will be given to you at the time you sign up for your coupon booklet. To receive information on the program or qualifications call Topsfield COA at (978) 887-1523.

Consumer Directed Care Program

Consumer Directed Care is available to people who have been assessed and found eligible for many state-funded home care programs. The consumer becomes the employer, is allowed to choose their home care worker (or workers), set their schedule, and assign tasks that fit specific needs that may not be allowed with a traditional home care agency, such as assisting with pets, certain cleaning tasks, and assistance with unique medical care as they train the worker themselves in carrying out these tasks. A "Fiscal Intermediary" (FI) agency takes care of the payroll, tax withholding and other accounting tasks that are required of a legal employer. The FI agency is contracted and paid by SeniorCare. The rate of pay for the worker, who submits a weekly timesheet, is determined by state mandates. The consumer is responsible for the hiring, training, scheduling and—if needed—the termination of the home care worker. The number of hours a consumer is allowed is determined by SeniorCare during the enrollment process.

The consumer chooses their own worker, but must follow some basic rules. The worker may be a family member, but may not be the consumer's spouse. The worker must be:

1. Legally authorized to work in the United States and have a Social Security number
2. Able to pass a CORI screening
3. Able to understand and carry out directions from the consumer
4. Willing to receive training and supervision for all designated tasks

Consumer Directed Care is an excellent option for elders wishing to take more control of their care. If the consumer needs assistance with managing the responsibilities of being an employer, a surrogate may be brought into the picture. A surrogate may manage the entire program for the consumer or may assist with specific tasks. The surrogate can be a spouse, friend, neighbor or family member. The surrogate cannot be the worker.

For more information about Consumer Directed Care, please call Topsfield's Area Agency (AA) SeniorCare, Inc. at 978-281-1750 and ask to speak with an Information & Referral Specialist or with your Care Manager if you are already a SeniorCare consumer.

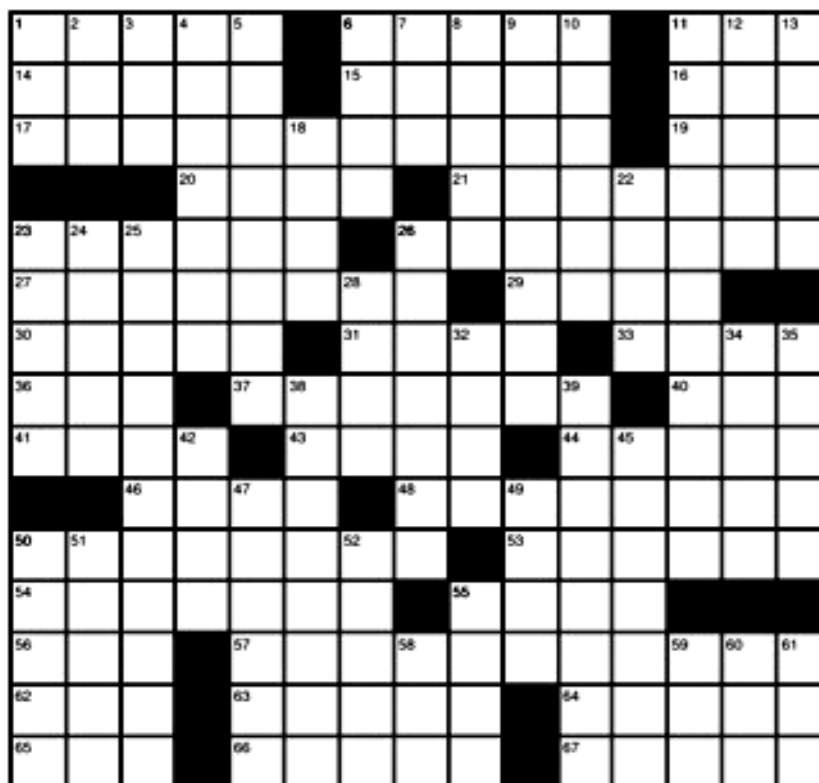
Crossword

Building Up Business

Robert Stockton

ACROSS

1. A mission to remember
6. Church of Eng. descendant
11. Pigskin org. for 2 seasons
14. Popular fungus
15. Scout rider
16. Take off
17. Furnishings business that might leave you cowed?
19. Hostelry
20. "The Lost Boys" actor Corey (1971-2010)
21. Souvenir from a tropical vacation
23. Winter Olympian Baiul
26. In a safe manner
27. Weight
29. ____ II (razor brand)
30. Indian princess
31. Ending for silver or pewter
33. Dash device
36. OPEC member with the motto "By the people and for the people"
37. Many poets
40. Doo-wop syllable
41. Part of an equitable division
43. Children's author Blyton
44. Subject of a piratical address
46. "Oh, woe!"
48. Inaccurately designated
50. Ignition specialist
53. Back on board
54. Is beaten by
55. Online qualifier
56. Sound of delight



© 2010

57. All-night diner that makes you feel right at home?
62. Buckeyes' sch.
63. Online commerce
64. Altogether
65. Kind of cat or chance
66. They are nothing in music
67. Mid-April concerns

DOWN

1. Feedback generator
2. Canterbury can
3. Verb before "thou"
4. Natural gas, mostly
5. Shrub on a southern roadside
6. Dict. info
7. Rented mail dest.
8. Foolish
9. Less lenient
10. Be of like mind

11. Hamburger business that gives you the royal treatment?
12. With 47 down, Regis Philbin catch-phrase
13. Comic Bruce
18. Platinum record certifier
22. Proof word
23. Talk show host who notable endorsed Barack
24. Noted eucalyptus eater
25. Eyewear business fit for a castaway?
26. Beachfront fog
28. English actress Nell
32. Perform a second time
34. Vivacity
35. Composer of "The Seasons" pratorio

38. Risk being lost?
39. Platinum record, e.g.
42. Ice in a very large drink
45. Home of Horseshoe Curve since 1854
47. See 12 down
49. Arrived
50. Distant
51. Apollo 14 astronaut Stuart
52. Family room furniture
55. Afflictions
58. Honda sub-compact
59. Pittsburgh based steel giant, formerly
60. Noted T-Rex in the Chicago Field Museum
61. Dash lengths

This puzzle was created using CrossFire (<http://beckeoperlabs.com/crossfire>)



Francis Mulligan

Peggy Roaf

Joyce Ann Bergsten

James Long

Helen Talberth

Al Di Donato

Kenneth Flewelling

Dorothy Bruce

Frances Madaleine Killeen

Anne-Marie Yoe

Mildred Baxter Perkins

Richard Adelman

Answer Guide & Humor

A	L	A	M	O		E	P	I	S	C		W	F	L
M	O	R	E	L		T	O	N	T	O		H	I	E
P	O	T	T	E	R	Y	B	A	R	N		I	N	N
			H	A	I	M		N	I	C	E	T	A	N
O	K	S	A	N	A		S	E	C	U	R	E	L	Y
P	O	U	N	D	A	G	E		T	R	A	C		
R	A	N	E	E		W	A	R	E		T	A	C	H
A	L	G		R	H	Y	M	E	R	S		S	H	A
H	A	L	F		E	N	I	D		M	A	T	E	Y
			A	L	A	S		S	O	C	A	L	L	E
A	R	S	O	N	I	S	T		A	S	T	E	R	N
L	O	S	E	S	T	O		I	M	H	O			
O	O	H		W	A	F	F	L	E	H	O	U	S	E
O	S	U		E	T	A	I	L		I	N	S	U	M
F	A	T		R	E	S	T	S		T	A	X	E	S

1. How do you keep a bagel from getting away?
2. How does the moon cut his hair?
3. Why did the golfer bring an extra pair of pants?
4. Why are Koala's actual bears?

Answers:

1. Put Lox on it
2. Eclipse it
3. In case he got a hole in one
4. They don't koalify



Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!

SUPPORT THE COUNCIL ON AGING

Please consider making a tax-deductible donation in memory of or in honor of a loved one.
Donations support services and programs provided by the Topsfield Council on Aging.

Donations may be mailed to:

The Friends of the COA
PO Box 173, Topsfield, MA 01983



Programs and advertisements are a resource and do not constitute an endorsement by the
Town of Topsfield. Be a wise consumer and ask questions.

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Senior Citizen Newsletter

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