

# The Scoop

## January/February 2022



Council on Aging – Town Hall, 8 West Common Street, Topsfield, MA 01983  
Contact us at: (978) 887-1523, [topsfildmacoa@gmail.com](mailto:topsfildmacoa@gmail.com)

As we reflect on this past year with all the impact the pandemic challenges that we have faced we can't help but to stop and think how fortunate we are to work in such a wonderful town, Topsfield. We have watched people pull together and help each other, reach out and help a neighbor, make a phone call to check in with us, spend many hours volunteering time to do whatever it is to get the job done. Thank you for all your support, help, time and cooperation with the Council on Aging and the community and for your support. We couldn't have made it through this difficult time without all of you. For that we thank you.

*The COA Team*

### What does the Council on Aging (COA) Department do?

We are a department in Town Hall that assists residents, caregivers and families who are 60 or over or a disabled adult in need of referrals, information and advocacy. We offer transportation, exercise, art, history, music, Meals on Wheels, travel and much more.

We work with the Massachusetts Executive Office of Elder Affairs, our local Area Agency, Senior Care, Inc. and also Topsfield's Veterans Service Officer (VSO) with complete confidentiality.

We try to step into your shoes and understand your feelings and concerns. We strive our best to recognize your needs and connect you with the best solution/s.

Our objective is to give you and your family clarification so seniors can age in place with dignity.

Please contact our office if you have any questions.

We look forward to seeing you in 2022!

The Topsfield COA Team (978) 887-1523

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### Town Hall Hours:

**Monday – Thursday**  
8:00 AM -4:00 PM

**Friday**  
8:00 AM – 12:00 PM

# Programming

## **Watercolor Class with Bill Duke**

**One Monday a month 9 A.M. – 12 P.M.**  
(Maximum of 10 students)

**Monday, January 10<sup>th</sup> & February 14<sup>th</sup>**

\$20.00 per class, includes all supplies!

*To sign up, call (978)-887-1523*

## **Virtual Restorative Yoga**

**Mondays 3-4 P.M.**

Perfect for all levels!

*To sign up, call (978)-887-1523*

## **Oil Painting Class with Joli**

(Maximum of 10 students)

**January 10<sup>th</sup>, 2 P.M. – 5:00 P.M.**

**February 7<sup>th</sup> & 28<sup>th</sup>, 9 A.M. – 12 P.M.**

\$20.00 per class, includes all supplies!

*To sign up, call (978)-887-1523*

## **Coffee & Conversation**

**Some Wednesdays 10:00 A.M.**

Enjoy an easy exchange with specialists in a variety of fields.

*To sign up, call (978)-887-1523 Town Hall & Virtual*

## **Tai Chi**

**Wednesdays 11:15 A.M.**

Improve balance, strength, flexibility & well-being. Low impact movements.

*To sign up, call (978)-887-1523 Town Hall & Virtual*

## **Virtual Supper Club**

**Wednesdays 5:00 P.M.**

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

*TopsfieldSupperClub@gmail.com*

## **Virtual Arthritis Class**

**Wednesdays 1:00 P.M.**

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

*To sign up, call (978)-887-1523*

## **Book Group**

**One Thursday a month 9:30 A.M.**

January 27<sup>th</sup> - ***Founding Mothers: The Woman Who Raised our Nation*** by Cokie Roberts

February 24<sup>th</sup> - ***Vanderbilt: The Rise and Fall of an American Dynasty*** by Anderson Cooper, Katherine Howe

*To sign up, call (978)-887-1523*

## **Canasta —COME ONE, COME ALL....**

Join the **Canasta** group on **Thursdays, at 10:00 AM** at the COA. Don't know how to play, no problem. Assistance is available to all levels. Come Play!

## **ArtVenture: Silver Screening**

**Thursday, January 20<sup>th</sup> &**

**February 17<sup>th</sup> at 12:30 P.M.**

Find your inner artist, musician, photographer, dancer...

*To sign up, call (978)-887-1523 Town Hall & Virtual*

## **Virtual Travel**

**Friday, January 14<sup>th</sup>, 28<sup>th</sup> &**

**February 11<sup>th</sup>, 25<sup>th</sup> at 10:00 A.M.**

Join Chrysa on another wonderful Journey!

## **Virtual Balance in Motion**

**Fridays 1:00 P.M.**

**Parkinson's Fitness** with Dianna includes social time after class! To participate email

*DiannaDaly@gmail.com*

# Helpful Services & Resources



## Care.Coach

- Enhance Care
- Improve Health
- Reduce Costs

### Features Include:

Always on Wi-Fi enabled device to ensure 24x7 availability  
Hardware configurations for tech-averse individuals  
Auto app switching when call is connecting and ending  
Auto full screen answer (optional)  
A Care.Coach proprietary, HIPAA-compliant platform

Singing along with their favorite song  
Learning about food from different cultures  
Celebrating holidays  
Regular exercise  
Family Feud game night  
Listening to morning news  
Poetry readings  
Discussing health concerns  
Lifeline reminders  
Sharing favorite recipes  
Sharing morning prayers  
Fall prevention exercises  
Goal setting  
Movie recommendations  
Request to contact medical provider  
Requesting assistance from their Senior Care Manager  
To learn more about Care.Coach  
[srcare@seniorcareinc.org](mailto:srcare@seniorcareinc.org)  
978-281-1750

MOLST is an acronym for Medical Orders for Life-Sustaining Treatment. The MOLST Program is an initiative to facilitate end of life medical decision-making. To read more about the form and download a copy got to [www.molst-ma.org/download-molst-form](http://www.molst-ma.org/download-molst-form)

This is a helpful tool for understanding your wishes in case of an emergency where you were unable to communicate them yourself.

## 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 8 years. Instructor, Dianna Daly, has had the pleasure of teaching her Balance in Motion class through Parkinson's Fitness in partnership with the Topsfield COA for the past 4 years. Dianna's devoted students partake in a series of seated and standing movements, exercises, sometimes using props such as balls, towels, and balance pads to promote strength, flexibility, and balance. All participants will benefit from this unique experience.

To receive the Zoom link, send an email to [diannadaly@gmail.com](mailto:diannadaly@gmail.com)

**Classes are Fridays, 1:00 P.M.**

# Agencies/Organizations

## Providing Vital Support

### SeniorCare, Inc.

(978) 281-1750 or [www.SeniorCareInc.org](http://www.SeniorCareInc.org)

### Food Pantries:

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

### PACE (Element Care)

(978) 803-5564 or [www.elementcare.org](http://www.elementcare.org)

### Disability Resource Center

(978) 741-0077 or [www.DisabilityRC.org](http://www.DisabilityRC.org)

### Veterans Services Officer

(978) 380-8397 or [dick.cullinan@verizon.net](mailto: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

A mental health, emotional support, and suicide prevention program run by Mass211. 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.



### BOARDS:

#### COA Board:

(Meets the 2<sup>nd</sup> Tuesday of the month at 4:00 PM)

Penny Rogers	Chairperson
Lynne Bermudez	Vice-Chairperson
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
Kim Love	Recording Clerk
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
Christine Cotti	Member
Mary Ann Cosgrove	Member
Mary Margaret Keaney	Member
Elaine Crippin	COA Board Liaison

#### COA contacts:

Kathleen Barbarisi COA Director  
[kbarbarisi@topsfield-ma.gov](mailto:kbarbarisi@topsfield-ma.gov)

#### Beth Wideberg

Senior Administrative Assistant and  
Meals on Wheels Coordinator  
[bwideberg@topsfield-ma.gov](mailto:bwideberg@topsfield-ma.gov)

# Advice from your Public Servants



## Tips from the Police Department

### ***Arrest made in Grandchild in Jail Scam***

On Wednesday, December 1, 2021, Topsfield Police Officers intercepted a grandchild in jail scam that resulted in the arrests of **CYNTHIA ARROYO**, 41, of Framingham, **WASCAR CASTILLO**, 38, of Roxbury, and **ALIXON ROA ROMERO**, 34, of Roxbury.

Shortly after 1200PM, Topsfield Police Officers were made aware of a grandchild in jail scam, in which a victim was called by his "grandson in jail" who said he needed \$7,000 cash for bail. Suspects told the victim to get \$7,000 in cash for the bail and a courier would come by and pick up the cash in an envelope. **ARROYO** arrived and met the victim in his driveway. **ARROYO** took the envelope from the victim and left the scene in a vehicle. **ARROYO** was stopped by plain clothes and uniformed Topsfield Police Officers and was placed into custody after she attempted to escape. **CASTILLO** and **ROMERO** were in the vehicle and were also placed into custody. Officers conducted a search of the vehicle which resulted in the discovery of 80 grams of fentanyl and over \$13,000 in cash.

***This case would not have been successful if it were not for YOU! The target in this case was someone who knew about the scam ahead of time thanks to you spreading the word and getting this information out there that we constantly speak about. For all the victims in these horrible scams against our elder community, this was a win for all of you and we thank the COA and its members for their eagerness to spread awareness of these scams.***

## Tips from the Board of Health

The Board of Health would like to remind residents that it's important to plan ahead to stay safe this winter. Tips include:

- Make sure the number on your house is large (min. 3" in height) and clearly visible from the street.
- Ask for help shoveling heavy, wet snow.
- Create a support network and check in with friends/family if there is a power outage.
- If you are elderly or disabled, complete a 9-1-1 Disability Indicator Form and register it with Emergency Services.
- Plan a 'go' bag in case of emergency. The 'go' bag should include:

A gallon of water, list of medications, flashlight, radio, first aid kit, face mask, plastic sheeting & duct tape, manual can opener, wrench or pliers to turn off utilities, whistle, map of area, cell phone & charger, prescription medications, energy bars, important family documents, pet food, cash, extra eyeglasses.

For more information, contact the Board of Health for a copy of the Public Health Emergency Preparedness Handbook at 978-887-1520 or visit [www.mass.gov/knowplanprepare](http://www.mass.gov/knowplanprepare).

## Tips from the Fire Department

**Heating caused 6,692 fires over the past five years and is the number two cause of home fires in Massachusetts. Use your home heating system and space heating appliances wisely and responsibly. That's the way to Keep Warm and Keep Safe.**

### The ABCs of Fire Safety:

- Make sure there are working smoke alarms and carbon monoxide alarms on every level including one outside the bedrooms.
- Test smoke and carbon monoxide alarms monthly and change batteries twice a year, when you change the clocks.
- Hold home fire drills to practice the home escape plan.
- Practice home fire safety and set a good example for the children. Be Careful When Using Fireplaces and Solid Fuel Stoves If you heat your home by burning solid fuels (coal, firewood, pellets), be careful before, during and after using these kinds of fuels.
- Have the chimney professionally cleaned every year.
- Dispose of the ashes in a metal container, with a lid, away from the house, garage and porch. Space Heaters Need Space- Fires caused by space heaters are rare but often deadly. If you must use a space heater, do so safely.
- Do not use space heaters as your #1 heating source.
- Keep anything that can burn three feet away.
- Use only heavy-duty extension cords.
- Always turn off when going to bed or leaving home.
- Portable kerosene heaters are illegal in MA for home use. Maintain Natural Gas Equipment. Natural gas is a safe and efficient way to cook, heat our homes and hot water.
- Have your furnace and hot water heater professionally checked every year.
- Do not use or store gasoline or painting supplies inside where they can be ignited by the pilot light. Gas leaks can be dangerous – if you smell something like rotten eggs or you think there might be a leak, Move outdoors. Do not smoke or turn on or off electrical switches - sparks can cause an explosion.
- Dial 911 immediately.

Maintain Oil Heating Equipment-home heating with fuel oil is also safe and efficient.

- Have your furnace professionally cleaned and checked every year. Don't let the tank get completely empty. Call for service if the oil burner releases smoke or soot in the house.

Carbon Monoxide is the Silent Killer -heating equipment is the leading source of carbon monoxide (CO) in the home.

- Install carbon monoxide alarms on every level of your home.
- Don't use the gas stove or oven for heat.
- Have furnaces and chimneys checked annually by a professional.
- Keep appliance vents and exhaust pipes clear of drifting snow and bushes.

## **Trips to Take:**



**Trips will continue as the winter months melt away. We would love to have your feedback on future trips. Please let us know any suggestions for day and overnight trips that may be of interest to you. We will continue to work with the Ipswich Council on Aging to coordinate future trips. We welcome your suggestions. Feel free to email us at [topsfieldmacoa@gmail.com](mailto:topsfieldmacoa@gmail.com) or call (978) 887- 1523.**

# Notes from the...

## NSCAP Fuel Assistance

NSCAP is accepting applications for Fuel Assistance from now through April 30<sup>th</sup>. You should have received the application by mail if you were a prior applicant.

NSCAP began scheduling appointments in early October for first time applicants who pay for oil, kerosene or propane heat and in November for first time applicant who pay for gas or electric heat.

## Services Available

### **Schedule an Appointment/Questions:**

Please call (978) 531-0767 x136 to schedule an appointment or for any questions.

### **Application Status:**

To hear the status of your application please call (978) 531-8810 x136 or by email [fuelassistance@nscap.org](mailto:fuelassistance@nscap.org) for more information.

## New Recreation Director, Stephanie

Hello! I'm Stephanie Sweeney the new Recreation Director for Topsfield. My mission is to provide a diverse offering of programming and services that enhances one's quality of life and promotes inclusion and unity as a community. I want individuals of every age to be able to participate, thrive, discover, and explore their capabilities and the world around them through recreation and leisure. I am so excited to be a part of the Topsfield community and look forward to meeting and getting to know all of you!

## Services Available

The Recreation Department is conducting a town wide survey. The purpose of the survey is to assess and get a better understanding of the recreational and leisure aspirations of ALL Topsfield residents. This information will help the Recreation Department identify recreational priorities and develop a plan to launch programs, events and services. To take the survey go to Town website or pick one up at the Topsfield Town Hall or Library.

## VNA Wellness Visits

VNA Be Well Clinics will be held on the 2<sup>nd</sup> Thursday of the month 10-11AM, at the COA in Town Hall and the 3<sup>rd</sup> Wednesday of the month at Little Brook Village 9-10AM. Make an appointment by calling the COA at (978) 887-1523 to sign up with a Visiting Nurse.

## 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.



# January 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Happy New Year	2
 <b>1-3 Mahjong</b>  No class today	4	5 9:30 Market Basket  11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	6 <b>10-12 Canasta</b> 11:00 Dance out Dementia with Maggie  12:30 <b>White Pack Cards</b> with Kendra	7 1:00 Balance in Motion with Dianna	8 8-10 Food Pantry at Trinity  10-12 Memory Café at Rest-Stop-Ranch @ the Topsfield Library	9
10 <b>9-12 Bill Duke Watercolor</b> <b>NO Mahjong</b> <b>2-5 Joli's Oil Painting Class</b> 3:00 Virtual Restorative Yoga	11 <b>Trip: 9:30</b> Stonewall Kitchen & lunch (sign up)  <b>4:00 COA Board Mtg.</b>	12 9:30 Market Basket 10:00 Coffee & Conversation* 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	13 10:00 VNA clinic (sign up)  <b>10-12 Canasta</b> 11:00 Dance out Dementia with Maggie	14 <b>10:00 Virtual Tour</b> with Chrysa  1:00 Balance in Motion with Dianna	15	16
17 Town Hall is Closed for <b>Martin Luther King Day</b>	Concert at Masco - TBD (sign up)  1:00 Flower Arranging with Tom – Fresh Look Design (sign up)	19 9:00 VNA @ LB 9:30 Market Basket <b>11:15 Tai-Chi</b> 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	20 <b>10-12 Canasta</b>  12:30 ArtVenture: <b>Silver Screening</b> with Vinny	21 1:00 Balance in Motion with Dianna	22 8-10 Food Pantry at Trinity	 23  Sundance Film Festival
24 <b>1-3 Mahjong</b>  3:00 Virtual Restorative Yoga	25 <b>Trip: 9:30</b>  <b>Bamboo Restaurant in Bedford, MA &amp; Wegmans Grocery</b> (sign up)	26 9:30 Market Basket 10:00 Coffee & Conversation* 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	27 <b>9:30 Book Group</b> NO Canasta Grab & Go (sign up)  12:30 ArtVenture: <b>Craft Hour</b> 2:15 Stretch & Strengthen class	28 <b>10:00 Virtual Tour</b> with Chrysa  1:00 Balance in Motion with Dianna	29	30
31 <b>1-3 Mahjong</b>  3:00 virtual Restorative Yoga	<b>Coffee &amp; Conversation Key:</b> 1/12 Fire Department 1/26 Police Department					



# February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Black History Month	<b>Trip:</b> 9:30 <b>1</b>	9:30 Market Basket <b>2</b>	<b>3</b>	10:00 <b>4</b>	<b>5</b>	<b>6</b>
	Trip to Kittery Outlets, Yummies and Lunch (sign up)	11:15 Tai-Chi	<b>10-12 Canasta</b>	Speaking of Ted - TedTalks		
	Chinese New Year	1:00 Virtual Arthritis Exercise Class	<b>12:30 ArtVenture: Harmony with Hannah</b>	1:00 Balance in Motion		
		1:30 Crafters Club	2:15 Stretch & Strengthen class	<b>7-9 Open Mic Night</b>		
<b>7</b>	<b>Trip:</b> 9:30 <b>8</b>	9:30 Market Basket <b>9</b>	10:00 VNA <b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
9-12 Joli's Oil Painting class	Breakfast at the Ipswich Inn followed by Shopping at <b>Francie's Boutique</b> (sign up)	10:00 Coffee & Conversation*	Clinic (sign up)	<b>10:00 Virtual Tour</b> with Chrysa	8-10 Food Pantry at Trinity	
<b>1-3 Mahjong</b>	<b>4:00 COA Board Mtg.</b>	<b>11:15 Tai-Chi</b>	<b>10-12 Canasta</b>	1:00 Balance in Motion with Dianna	10-12 Memory Café at Rest-Stop-Ranch @ the Topsfield Library	
3:00 Virtual Restorative Yoga		1:00 Virtual Arthritis Exercise Class	2:15 Stretch & Strengthen class			
		<b>1:30 Crafters Club</b>				
		5:00 Supper Club				
9-12 Bill 	<b>Trip:</b> 9:30 <b>15</b>	9:00 VNA – LB <b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Duke watercolor class	Afternoon Tea at The Tea Leaf in Waltham & Watch	9:30 Market Basket	<b>10-12 Canasta</b>	1:00 Balance in Motion with Dianna		
<b>1-3 Mahjong</b>	Factory tour (sign up)	11:15 Tai-Chi	<b>12:30 ArtVenture: Silver Screening with Vinny</b>			
3:00 Virtual Restorative Yoga		1:00 Virtual Arthritis Exercise Class				
		1:30 Crafters Club				
		5:00 Supper Club				
<b>21</b>	<b>22</b>	9:30 Market Basket <b>23</b>	<b>9:30 Book Group</b> <b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Closed	<b>Trip:</b> 9:30 <b>Shopping &amp; The Park Lunch Restaurant Trip</b> (sign up)	10:00 Coffee & Conversation*	NO Canasta	<b>10:00 Virtual Tour</b> with Chrysa	8-10 Food Pantry at Trinity	
President's Day		11:15 Tai-Chi	<b>12:30 White Pack Cards</b> with Kendra (sign up)	1:00 Balance in Motion with Dianna		
		1:00 Virtual Arthritis Exercise Class	2:15 Stretch & Strengthen class			
		1:30 Crafters Club				
		5:00 Supper Club				
9-12 Joli's <b>28</b>	<b>Coffee &amp; Conversation Key:</b>					
Oil Painting	2/9 Board of Health					
<b>1-3 Mahjong</b>	2/23 Dietitian					
3:00 Virtual Restorative Yoga						

# Notes



## **Mr. Fix It**

Are you in need of an Odd-Job or **Repair**? If so, contact the Council on Aging at (978) 887-1523 to coordinate Mr. Fix It to come to your house/apartment to "Fix It"! (Please no calls for plumbing or electrical work)

## **Volunteer Snow Angels**

If you, your family member or friend is interested in helping a senior citizen in need of shoveling please call us at the COA (978) 887-1523.

## **Disability Resources Center (DRC)**

DRC is a cross-disability organization providing services to any person, regardless of age, who identifies as living with a disability. This free resource includes; Housing, Transportation, Assistive Technology, Vocational Opportunities, In-Home Support Services, Education, Employment, Legal Rights, Benefits & Veterans Services. For more information call (978) 741-0077.

## **Mass Family Caregiver & Support Program**

Family Caregiver Specialists can facilitate and refer you to free services and resources in your community and provide counseling and training and relieve you temporarily from caregiving responsibilities so you can get needed rest & respite.

Call MassOptions at (844) 422-6277. Or visit [Mass.gov/family-caregiver-support-program](http://Mass.gov/family-caregiver-support-program) for more information.

## **MESSAGE FROM**

### **THE FRIENDS OF THE TOPSFIELD COA**

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

Because of your generosity, residents turning 70 and above continue to receive birthday greetings with helpful contact info. 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. The Friends of Topsfield COA appreciate your ongoing support.

*Please see contact info below.*

## **GIVE LOCALLY**

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

### **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/adult-disabled. Contact the Topsfield Assessor's Office at (978) 887-1514.

## **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](mailto:ask@topsfieldlibrary.org) , [www.topsfieldlibrary.org](http://www.topsfieldlibrary.org)  
or (978) 887-1528 x2200

# Noticeboard



## 24/7 HELPLINE

Specialist and master-level clinicians offer confidential support and expert information to people with Alzheimer's or Dementia, as well as their caregivers, families and the public. Help is available 24/7, call day or night for immediate advice and support, (800)272-3900.

## NORTH SHORE COMMUNITY ACTION PROGRAM

The Fuel Assistance Program helps income-eligible households pay their winter heating bills and customers may qualify for discounts up to 29% off Electric & Gas. For more information call (978) 531-8810 or email [fuelassistance@nscap.org](mailto:fuelassistance@nscap.org) To Schedule an Appointment/Questions call (978) 531-0767, ext. 136.

## NOTARY SERVICE

The COA has a notary that can help Topsfield senior citizens notarize most documents. Wills & real estate documents are exempt. Please bring an ID and unsigned document when you arrive. To make an appointment call COA at (978) 887-1523.

## MEALS ON WHEELS

Those aged 60 years and older or homebound 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.

## TRANSPORTATION

Medical transportation can be coordinated through SeniorCare, Inc.

(978) 281-1750 x573 or

[www.SeniorCareInc.org](http://www.SeniorCareInc.org)

Those who qualify may apply to MBTA's the RIDE: (617)337-2727 or [trec@paratransit.org](mailto:trec@paratransit.org)

Gogograndparent helps older adults maintain their independence by accessing on-demand services like Uber & Lyft with a simple phone call (no smartphone required).

(978) 464-6872 or [Gogograndparent.com](http://Gogograndparent.com)

## AARP FOUNDATION TAX AIDE

Tax preparation for low to moderate income clients 60+ will take place at the Topsfield Library for simple tax filing preparation. Appointments will start, Thursdays, February 10 through April 14, 2022.

To sign up, please call the COA, after January 15<sup>th</sup> for an appointment at (978) 887-1523.

# Spotlights from The Community:

## Borrow a Portable Hotspot from COA

Portable Hotspots allow a person to get online from almost anywhere using a "WiFi enabled" device such as a phone, tablet or laptop.

To see if your device is WiFi enabled you can google "how to check if my device is WiFi enabled"

Please, contact the Topsfield Council on Aging at (978) 887-1523 for questions or to borrow a Hotspot or laptop.

## Public Health Thank You Day

November 22 was Public Health Thank You Day and, although belated, we thank our Board of Health Department for their endless work orchestrating the COVID-19 vaccination clinics here within our Topsfield community. Along with the Public Safety Team, the Board of Health and Topsfield town employees have done an outstanding job in getting as many residents vaccinated as possible and by making it convenient. They work tirelessly to protect our community. We thank you for what you have done and for what you continue to do.

## Open Mic Night

**Join the Creative Co-op, Topsfield Town Library, Tri-Town Council and Council on Aging for Open Mic Night**

**Friday, February 4<sup>th</sup> 7-9 PM  
At Town Hall**



Play an instrument, tell a joke, sing a song, read a poem, juggle, dance and more, whatever you want to share...**THE STAGE IS YOURS!!**

To participate, go to...

***creativecoopma.com***

(978) 561-6368

## From the Rest-Stop Ranch

### REST-STOP-RANCH NOTES:

#### Memory Café at the Topsfield Town Library

Rest-Stop-Ranch will be hosting a series of **Memory Café** program at the Library room on the following dates.

#### Sat - 10am - 12pm:

**Jan. 8** – Desert Terrarium

**Feb. 12** – Valentines with Dried Flowers

**Mar. 12** – Sun Hats

A Memory Café is a friendly gathering space where individuals with memory loss & their care-partners can relax, find friends and mutual support. Join us for networking, information, laughter, support and more.



# Chill

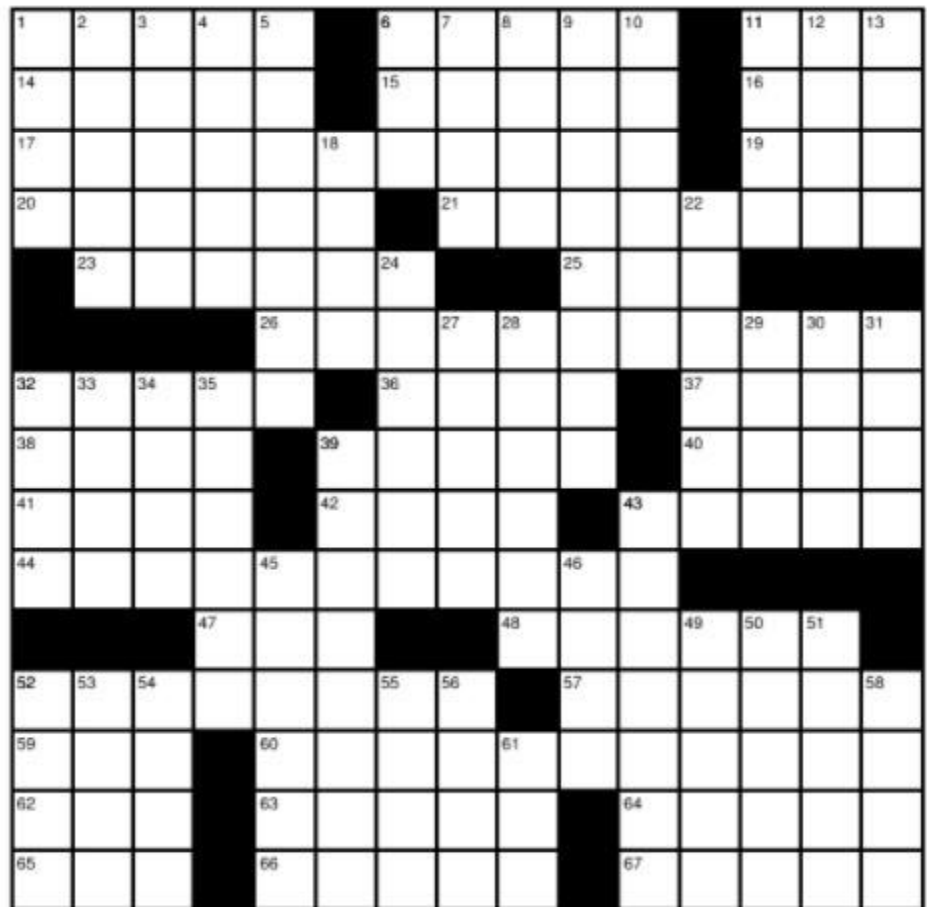
Robert Stockton

## ACROSS

1. Prepare for a long drive, perhaps
6. Loathing
11. Kind of line or code
14. Guam's Hagatña, once
15. Turner White
16. IM qualifier
17. \*Commuter's bane
19. With 13 down, "The \_\_\_\_ of \_\_\_\_": best-selling philosophy book
20. Roughly 1/3 of Africa
21. Communist comrade
23. Buddhist's goal
25. Farm female
26. \*Mormon, e.g.
32. Build up
36. Tones between fa and la
37. Count in Bach's trio
38. Faction
39. He wrote "The Facts in the Case of M. Valdemar"
40. Kind of lighting or ring
41. Dome home
42. Sty supper
43. Folk Rock favorite Sandy
44. \*Bachelor's degree offerer
47. Mimeo, e.g.
48. Church gathering
52. They'll fix a frame or delete a ding
57. Airheads
59. Letters before an alias
60. Enjoy a respite, and what to do with 17, 26 and 44 across
62. Shock
63. Shrek and Fiona, e.g.
64. Sunlit spaces
65. Word of affirmation
66. Popular Mazda roadster
67. Surgical glove material

## DOWN

1. Long-jawed fish
2. The waters of Spain



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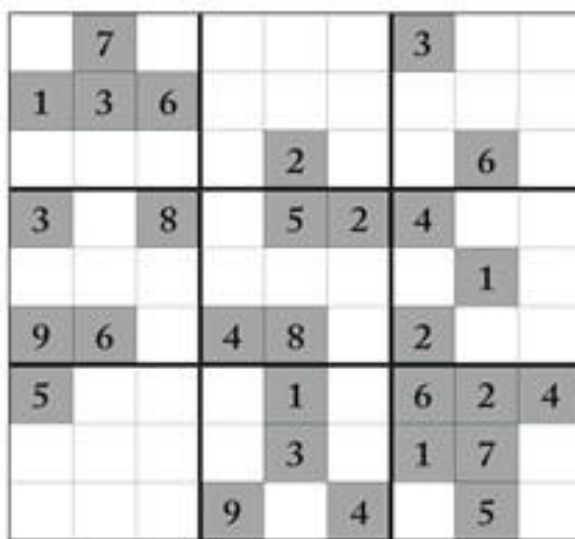
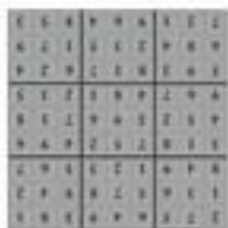
3. Malia's sister
4. Doff a derby
5. Walks the battlements
6. Fertility clinic stock
7. Barmy
8. Dope
9. "Cosmic seed" contents
10. Tropical parrots
11. Tubes at a trattoria
12. Apple offering since 1998
13. See 19 across
18. \_\_\_\_ avis
22. Common computer file name
24. "Chill! \_\_\_\_ good!"
27. 1972 Golden Globe winner for "Fiddler on the Roof"
28. Runs for the ring?
29. Ferrous metal
30. Noble gas
31. Make ship-shape
32. "Yeah, right!"
33. "Never Let \_\_\_\_"
34. 1st Amendment org.
35. Well built
39. Gulls
43. Kind of point or system
45. Habit
46. Roughly 1/4 of Mongolia
49. "... \_\_\_\_ man who wasn't there."
50. Scrub
51. Half of a 1963 Kingsmen hit
52. California peninsula
53. Word of affirmation
54. Challenge
55. Cajun mainstay
56. Actress Amanda of "Studio 60 on the Sunset Strip"
58. Sam & Dave's label
61. Airport screening org.

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



Jennie DiFillippo  
Edward Hezlett  
Barbara Crowe  
Elizabeth Wilson  
Ara Steven Aftandilian  
Raymond Kizior  
Pamela Niland

## Answer Key:



**Silently, like thoughts that come and  
go, the snowflakes fall, each one a gem**

William Hamilton Gibson