

The Scoop

July/August 2021



Council on Aging – Town Hall, 8 West Common Street, Topsfield, MA. 01983

Contact us at: (978) 887-1523, coa@topsfeld-ma.gov

Kathleen's Korner:

The Town Hall is now open Monday – Thursday. Please see the hours to the bottom right. It is my sincere hope that you will come and participate in the programs that are offered at the Council on Aging. I hope I have the pleasure of seeing you soon.

I am asking everyone to conduct an act of kindness in honor of those that have become ill or passed from COVID-19. It can be as simple as calling someone and saying something nice, buying someone a cup of coffee, bringing some flowers from your garden, opening a door for someone, let someone go in the intersection you are crossing in your car. Whatever makes someone smile...a little kindness goes so far!

Stay Safe!

Kathleen

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Town Hall hours:

Monday 8 A.M. – 7 P.M.

Tuesday-Thursday 8 A.M.- 4 P.M.

Closed on Fridays for the months of
July & August



Friends of the Topsfield
Council on Aging

COVID-19 Vaccine Clinic:

The Town of Topsfield is among the local communities in the Greater Cape Ann Community Collaborative offering COVID vaccines locally. COVID-19 Vaccines will be offered on Thursdays through the end of August.

To book an appointment,
visit <https://vaxfinder.mass.gov/>

Walk-ins are accepted or contact the Topsfield Board of Health at 978-887-1520 to make an appointment.

What: COVID-19 Vaccine Clinic

Where: Bee Building, Topsfield Fair Grounds

When: Thursdays from 2:00 P.M. – 3:30 P.M.

Programming

Watercolor Class with Bill Duke **One Monday a month 9 A.M. – 12 P.M.**

(Maximum of 10 students)

July 19th and August 16th

\$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, email COA@topsfield-ma.gov

Virtual Arthritis Class **Wednesdays 1:00 P.M.**

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

To sign up, email COA@topsfield-ma.gov

Coffee & Conversation **Wednesdays 10:00 A.M.**

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

To sign up, email COA@topsfield-ma.gov

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

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

To sign up, email COA@topsfield-ma.gov

The 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

Grocery Shopping

At Market Basket

Wednesdays starting at 9 A.M

Please call COA to sign up at least one day before the trip. (978) 887-1523

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

July - No Book Group

8/12 Intergenerational Book – *Lies My Teacher Told Me: Everything your American History Textbook Got Wrong* by James W. Loewen

To participate please email
COA@topsfield-ma.gov

ArtVenture: Silver Screenings **Thursday, July 15th & August 12th 1:00 P.M.**

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

To sign up, email COA@topsfield-ma.gov

Dance Out Dementia **Thursdays 2:00 P.M.**

To participate please email
DanceOutDementia@gmail.com

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

Computers and WiFi Resources

Need a laptop? Borrow a laptop for home use for a few months.

We have a laptop and WiFi connection at the COA office which you are welcome to use here by appointment.

Or- bring your own device and use it here with our WiFi connection by appointment. Call (978) 887-1523

SHINE

The SHINE program is a federally funded, free health insurance counseling program for Medicare beneficiaries. We are staffed by highly trained, knowledgeable counselors who can offer you an unbiased review of ALL of your Medicare choices across all insurance companies and plan types offered in Massachusetts. Whether you are new to Medicare, reviewing your prescription drug coverage, or seeking assistance with the high costs of health care, our counselors are ready to assist you. During the current COVID-19 pandemic, counselors are still available for one on one appointments, either by phone or via video conferencing. Appointment available the 4th Tuesday of each month. Call Topsfield COA at (978) 887-1523

To learn more about SHINE go to their website SHINEMA.org or their YouTube channel, SHINE-Massachusetts SHIP.

SENIOR CARE, INC. - Gloucester
SeniorCare Inc. is a non-profit organization that provides a one-stop portal for information and services to elders and adults with disabilities on Massachusetts' North Shore
(866) 927-1050

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

Classes are Fridays, 1:00 P.M.



Agencies/Organizations Providing Vital Support

SeniorCare, Inc.

(978) 281-1750 or 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

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

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:

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

Beth Wideberg

Senior Administrative Assistant and
Meals on Wheels Coordinator

Advice from your Public Servants



Tips from the Police Department

Family Emergency Scams 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.

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!

Tips from the Board of Health: Summer Reminders

Summer is the time for picnics, beach, boating and outdoor activities, but too much sun exposure can lead to sunburn, eye damage, heat exhaustion or heat stroke, and skin cancer.

The Topsfield Board of Health offers some tips to help you stay safe while enjoying summer activities:

- Stay in the shade as much as possible. At the beach, use an umbrella.
- Use sunscreen according to manufacturer's instructions (at least 30 SPF or more). Use extra caution during the hours between 10 am and 4 pm when summer sun is strong. Reapply sunscreen after swimming. In bright sunlight, sunburn on unprotected skin can occur in less than ten minutes.
- Wear sunglasses with UV protection.
- Wear a hat to shade your ears, neck, and face and shirts that have built-in UV protection.
- Stay well-hydrated in order to avoid heat stroke and/or heat exhaustion. Symptoms of heat exhaustion include headache, nausea, weakness, weak pulse, disorientation, fainting, and cold sweat. Heat stroke can develop if these symptoms are allowed to continue and can be extremely dangerous and even life threatening.
- When feeling overheated and/or unwell, get out of the sun and into a cool place. Drink fluids, but avoid alcohol and caffeine. If no improvement, contact your doctor or get emergency services.
- Stay informed about heat advisories, excessive heat watches, air quality alerts and other weather warnings.

For more information on:

Hot weather safety: <https://www.nia.nih.gov/health/hot-weather-safety-older-adults>

Sun safety: https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

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

Trips to Take:

The Topsfield COA is working in collaboration with Ipswich COA to provide more trip opportunities. **All trips are subject to change & cancellation.** Brochures for these trips are available at the Topsfield and Ipswich Senior Centers. **Please contact Kathie Eliopoulos**, Ipswich Senior Center at **(978) 356-6650** to sign up or with questions.

DAY TRIPS –

JIMMY BUFFET AT FOSTERS: Tuesday, July 13—enjoy a clambake at Foster’s Clambake Restaurant in York, ME while listening to great music from a tribute band. \$109/pp

NEWPORT PLAYHOUSE: Sunday, July 18—enjoy lunch and two shows. \$112/pp

BOSTON RED SOX and the Tampa Bay Rays -Third Base Side Grandstand seats. Thursday, August 12--\$109.00/pp

CHARLES RIVER CRUISE: Saturday, September 11—cruise along the shores of the Charles River and Boston Harbor and enjoy lunch at the S&S Deli. \$99/pp

CAROLE KING: Wednesday, September 22—at Danversport Yacht Club, a tribute to this multi-award-winning artist. Enjoy a delicious lunch of stuffed chicken breast or baked scrod. \$72/pp

SALEM CROSS INN CHRISTMAS: Wednesday, December 15—enjoy lunch of roast pork loin or classic Yankee pot roast at the Salem Cross Inn, visit Yankee Candle and Bright Nights! \$109/pp

NEW YEAR’S EVE CELEBRATION: Friday, December 31—at the Danversport Yacht Club. Enjoy an early celebration to the New Year with a delicious lunch of stuffed chicken breast or baked scrod and dance to the music of the Tom LaMark Orchestra. \$79/pp
NO TRANSPORTATION PROVIDED FOR THIS EVENT!!!!

EXTENDED STAY TRIPS – all trips are subject to change & cancellation.

Brochures for these trips are available at the Topsfield & Ipswich Senior Centers.

MOUNTAIN VIEW GRAND RESORT: September 6-8 (3 days/2 nights). Includes 6 meals, grand resort amenities & activities, wine tasting, local tours and more.

MAINELY CHRISTMAS SPECIAL: December 2-3 (2 days/1 night). Join us on a magical 2-day adventure to Boothbay Harbor for one of the most spectacular lighting displays in all of New England. Includes dinner and a full breakfast, admission to Gardens Aglow and shopping in York and Freeport.

BOSTON POPS at Lowell Memorial Auditorium December 19, 2021. Call **Topsfield COA office to sign up (978)887-1523**. Doors open at 1:30 for a 2:30 performance. The Topsfield COA will provide transportation. Reserve your spot now. \$65.00/pp

Notes from the...

Ipswich River Wildlife Sanctuary

Ipswich River, One of Mass Audubon's Largest Sanctuaries, offers more than 12 miles of interconnecting trails.

Visitor Center: May 1 - October 31:
Tuesday through Friday 9am - 4pm

November 1-April 30th: Tuesday through
Sunday 9am - 4pm

Trails: Open dawn to dusk, Tuesday through
Sunday

How to use the service

Call or go on the website to get more information on the wonderful programs and hikes that you can participate in.

87 Perkins Row
Topsfield, MA 01983
978-887-9264
[Visit their website](#)
ipswichriver@massaudubon.org

Wellness Visits

VNA Be Well Clinics will be held on the
2nd & 4th Thursday of the month 10-11AM,
at the COA in Town Hall and the 3rd
Wednesday of the month at Little Brook
Village.

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, wgt.
diabetes blood sugar checks. They
can review medications, administer
B12 monthly with an MD order and
provide nutritional education if
appropriate, education related to your
diagnosis, and follow up with PCP's.

Osteoporosis Information

Is Osteoporosis Common?





About 54 million Americans have low bone mass, placing them at increased risk for osteoporosis. Studies suggest that approximately one in two women and up to one in four men age 50 and older will break a bone due to osteoporosis. Come learn more about osteoporosis and have a bone density exam on July 7th 10:00AM at the COA in Town Hall.

Services Available

Coffee & Conversation on Wednesday,
July 7th at 10:00 AM, discussion on
Osteoporosis and how to prevent it,
presented by the VNA. You will also be
invited to have a bone density exam if
you choose to.

August 25th at 10:00 AM, Diabetes and
how you can control it.

July 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>* Coffee & Conversation:</p> <p>7/7 Join VNA – Bone Density</p> <p>7/14 Join Council on Aging</p> <p>7/21 Join Board of Health</p> <p>7/28 Join Town Administrator, Kevin Harutunian</p>			<p> 1</p> <p>1:00 ArtVenture: <i>Harmony with Hannah</i></p> <p>2:00 No Class (Dance out Dementia)</p> <p>Joke Day</p>	<p>2</p> <p>Town Hall Closed</p> <p>1:00 Balance in Motion with Dianna</p>	<p>3</p>	<p>4</p> <p></p> <p>Happy 4th of July!</p> <p>Independence Day</p>
<p>5</p> <p>Town Hall is closed</p> <p></p>	<p>6</p> <p>11:00 <i>Salem Lowe Restaurant and a scenic drive through Salem!</i> <u>Sign up required.</u></p>	<p>7</p> <p>10:00 Coffee & Conversations*</p> <p>11:15 Tai-Chi</p> <p>1:00 Virtual Arthritis Exercise Class</p> <p>1:30 Crafters Club</p> <p>5:00 Supper Club</p>	<p>8</p> <p>10 VNA - Well Clinic</p> <p>1:00 ArtVenture: White Pack Cards with Kendra</p> <p>2:00 Dance out Dementia</p>	<p>9</p> <p>Town Hall Closed</p> <p>1:00 Balance in Motion with Dianna</p>	<p>10</p> <p>8-10 Food Pantry at Trinity</p> <p>Memory Café: Rest-Stop-Ranch 10-12</p>	<p>11</p>
<p>12</p> <p>1-3 Mahjong</p> <p>3:00 Restorative Yoga</p>	<p>13</p> <p>11:30 Tour & Picnic at Rest-Stop-Ranch's beautiful gardens in Topsfield <u>Sign up required.</u></p>	<p>14</p> <p>10:00 Coffee & Conversations*</p> <p>11:15 Tai-Chi</p> <p>1:00 Virtual Arthritis Exercise Class</p> <p>1:30 Crafters Club</p> <p>5:00 Supper Club</p>	<p>15</p> <p>1:00 ArtVenture: Silver screen with Vinny</p> <p>2:00 Dance out Dementia</p>	<p>16</p> <p>Town Hall Closed</p> <p>1:00 Balance in Motion with Dianna</p>	<p>17</p>	<p>18</p> <p>Join Joan Larson at the Breakaway in Danvers for Karaoke night 5:30 to eat 6:00 for music</p>
<p>9-12 19</p> <p>Bill Duke watercolor Class</p> <p>1-3 Mahjong</p> <p>3:00 Restorative Yoga</p>	<p>20</p> <p>Trip Boylston, MA. to Tower Gardens & Box lunch & Tour – <u>Sign up required.</u></p>	<p>21</p> <p>VNA - LBV</p> <p>10:00 Coffee & Conversations*</p> <p>11:15 Tai-Chi</p> <p>1:00 Virtual Arthritis Exercise Class</p> <p>1:30 Crafters Club</p> <p>5:00 Supper Club</p>	<p>22</p> <p>11:00 VNA - Well Clinic</p> <p>11:00/11:15 <i>Traveling Chef Grab & Go</i> (sign up required)</p> <p>2:00 Dance out Dementia</p>	<p> 23</p> <p>Town Hall Closed</p> <p>1:00 Balance in Motion with Dianna</p> <p>Olympic Games</p>	<p>24</p> <p>8-10 Food Pantry at Trinity</p>	<p>25</p>
<p>9-12 Oil 26</p> <p>Painting with Joli Wood</p> <p>1-3 Mahjong</p> <p>3:00 Restorative Yoga</p>	<p>27</p> <p>10:00-12:00 Shine appointments</p> <p>10:00 Trip to Cracker Barrel Restaurant & Old Country Store <u>Sign up required.</u></p>	<p>28</p> <p>10:00 Coffee & Conversations*</p> <p>11:15 Tai-Chi</p> <p>1:00 Virtual Arthritis Exercise Class</p> <p>1:30 Crafters Club</p> <p>5:00 Supper Club</p>	<p>29</p> <p>1:00 ArtVenture:</p> <p>2:00 Dance out Dementia</p>	<p>30</p> <p>Town Hall Closed</p> <p>1:00 Balance in Motion with Dianna</p>	<p>31</p>	

August 2021

TUESDAY

THURSDAY

SATURDAY

SUNDAY

Visit the Lily garden at Rest-Stop-Ranch every Friday. RSVP for parking space at rest-ranch.org/events or by calling (978) 887-4202						 1	
						Horses' Birthday	
All Welcome. free-of-charge							
1-3 Mahjong 2 3:00 Restorative Yoga Forgiveness Day	Trip to Portsmouth, NH and lunch at Dinnerhorn or Bratskeller 3 <u>Sign up required</u>	11:15 Tai-Chi 4 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	5 2:00 Dance out Dementia	Town Hall Closed 6 1:00 Balance in Motion with Dianna Beer Day	Memory Café: Rest-Stop-Ranch 10-12 7	8 Cat Day	
11:00-2:00 9 Intergenerational Car Show, game & cookout 1-3 Mahjong	10:00 White Pack Cards with Kendra 10 1:00 Intergenerational trip to Putnam Pantry <u>Sign up required</u>	10:00 Coffee & Conversations* 11 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club Creative Co-op talent show (Time TBD)	10:00 VNA - Clinic 12 9:30 Book Group 1:00 Silver Screening Intergenerational with Vinny & pizza party 2:00 Dance out Dementia	Town Hall Closed 13 1:00 Balance in Motion with Left-handers Day	8-10 Food Pantry at Trinity Church 14	15	
9:00-12:00 16 Bill Duke watercolor Class 1-3 Mahjong 3:00 Restorative Yoga	10:00 (12:45) Trip to Mason, NH - lunch at Pickity Place 17 <u>Sign up required.</u>	VNA - LBV 18 10:00 Coffee & Conversations* 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	10:00 concert: Hannah & Eric 19 11:00/11:15 Traveling Chef Grab & Go (sign up required) 2:00 Dance out Dementia	Town Hall Closed 20 1:00 Balance in Motion with Dianna	11-5 Music Festival 21 on the Topsfield Commons 	22	
 23 9-12 Oil Painting with Joli Wood 1-3 Mahjong 3:00 Restorative Yoga Lighthouse/Lightship Weekend	10:00-12:00 Shine appointments 24 11:00 Trip to Rockport, shopping & Lunch <u>Sign up required.</u>	10:00 Coffee & Conversations* 25 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	9:00 VNA - Well Clinic 26 1:00 ArtVenture: 2:00 No Class (Dance out Dementia)	Town Hall Closed 27 1:00 Balance in Motion with Dianna 8-10 Food Pantry at Trinity Church	28 (Food Pantry on Friday 8/27) at Trinity Church	29	
1-3 Mahjong 30 3:00 Restorative Yoga	Port City Sandwich Company, 31 10:00 Plum Island Soap Dianne Desserts <u>Sign up required.</u>	* <u>Coffee & Conversation:</u> 8/4 NO Coffee and Conversation 8/11 Join Mrs. Murphy and her 4 th Grade Class (Intergenerational) 8/18 Join Detective Brendan Gahagan 8/25 Join the VNA – Diabetes					

Notes



Vintage Baseball

The **Essex Base Ball Organization**, a non-profit "vintage" baseball group that plays baseball as it was played in the 19th century. They are based out of Newbury, MA and have four teams in our organization. One of our goals is to teach the history of baseball through games and demonstrations. In addition to playing a full schedule of games every summer, we run youth clinics in which we teach children the evolution of the game through hands on activities.

Spencer Peirce Little Farm

Prices:

Historic NE Members: FREE

Non-Members: \$5

Phone:

978.462.2634

Email:

historyball@yahoo.com

MESSAGE FROM

THE FRIENDS OF THE TOPSFIELD COA

The Friends are grateful to receive all donations, but 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 LOCAL

If you would like to support local organizations that have been making a difference since this public health crisis began, financial contributions are gratefully being accepted...

Top Cupboard Food Pantry:

Mail checks payable to Top Cupboard,
P.O. Box 98, Topsfield, MA 01983

Friends of the Topsfield Council on Aging:

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

LOW VISION GROUP

If you are living with limited vision or blindness, a low-vision group meets monthly at Ipswich COA to share information, laughs, support and friendship.

The Low Vision Group will be meeting Tuesday,
July 6th 10:00 to 11:30 Karen Hatcher from elder services at Mass Commission for the Blind will be talking about all aspects of how to prevent falls indoors and outdoors.

Tuesday, August 3rd 10:00-11:30
Chrys Peralta, Occupational Therapist from Mass Assoc. for the Blind will be talking about the best way to manage and navigate your home with vision loss.

Transportation is available at no cost
Please call the Topsfield COA at
(978) 887-1523 for more information.

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 public. Help is available 24/7, call day or night for immediate advice and support, (800)272-3900.

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 (978) 887-1523 or (866) 927-1050.

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

TRANSPORTATION

Medical transportation can be coordinated through SeniorCare, Inc.

(978) 281-1750 x573 or

www.SeniorCareInc.org

Those who qualify may apply to MBTA's the RIDE: (617)337-2727 or 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

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.

LOCAL RADIO

NorthShore 104.9 Keep it local Radio
"Weekend Shows"

Computer Doctor, Saturdays 6:30-7 A.M.

Car Doctor Saturdays 10-11 A.M.

At Home Sundays 7-7:30 A.M.

For more programs go to: northshore1049.com

Spotlights From The Community:

Virtual Program

Journey Through the Past: The Titanic

Award-winning historian John Horrigan talks about an 'unsinkable' ship that sank on its maiden voyage – the RMS Titanic. He will plot the ship's course and review all distress messages sent by telegraph from the mighty RMS Titanic. Then he will describe the frantic scramble for lifeboats as the band played Nearer, My God, To Thee and the subsequent rescue of over seven hundred survivors. Finally, there will be a review on how the failure of rivets helped sink the ship. Join us for this unique presentation that is presented by the Topsfield Council on Aging.

<https://www.youtube.com/watch?v=XWueM2La130>

Traveling Chef

The Traveling Chef, Grab and Go is our revised lunch program that will keep us socially distanced. We invite you on July 22nd and August 19th to participate in this new Traveling Chef lunch program. Reservations need to be made **two weeks** prior to the lunch date. You will pick up your meal at the Town Hall. The meals come cold and you will bring it home to heat and enjoy!

To sign up please call (978) 887-1523 two weeks before the date.

Future Traveling Chef event will be Thursday, September 23rd.

New: Oil Painting Class

Painting in Oils – 3-hour monthly workshop sessions

Monday, July 26th and
August 23rd from 9:00 A.M. – 12:00 P.M.
\$20.00 per class, includes all supplies!

We will learn the basics of working and painting with water-mixable oils. Skills covered include review of materials, color theory and mixing, learning how to “see” color and value, selecting composition, and painting from photographs and/or life using Joli’s 5-step process.

Group & personal critiques given throughout the course. Group painting of various subjects with a concentration on landscape features such as skies, water, and trees. Come, learn, and have fun!

Class limited to 10 participants. All materials provided.

Please Call the COA to sign up at
(978) 887-1523

From the Rest-Stop Ranch

REST-STOP-RANCH NOTES:

ENJOY wheelchair-accessible gardens:
Monthly outdoor events (free-of-charge) for seniors and care-partners.

Access to an outdoor restroom is available. Carry-in/Carry-out picnics. For the events schedule and access to RSVP online go to: rest-ranch.org/events

Join our Team!

Volunteers are needed in the garden, at events, and at the office.

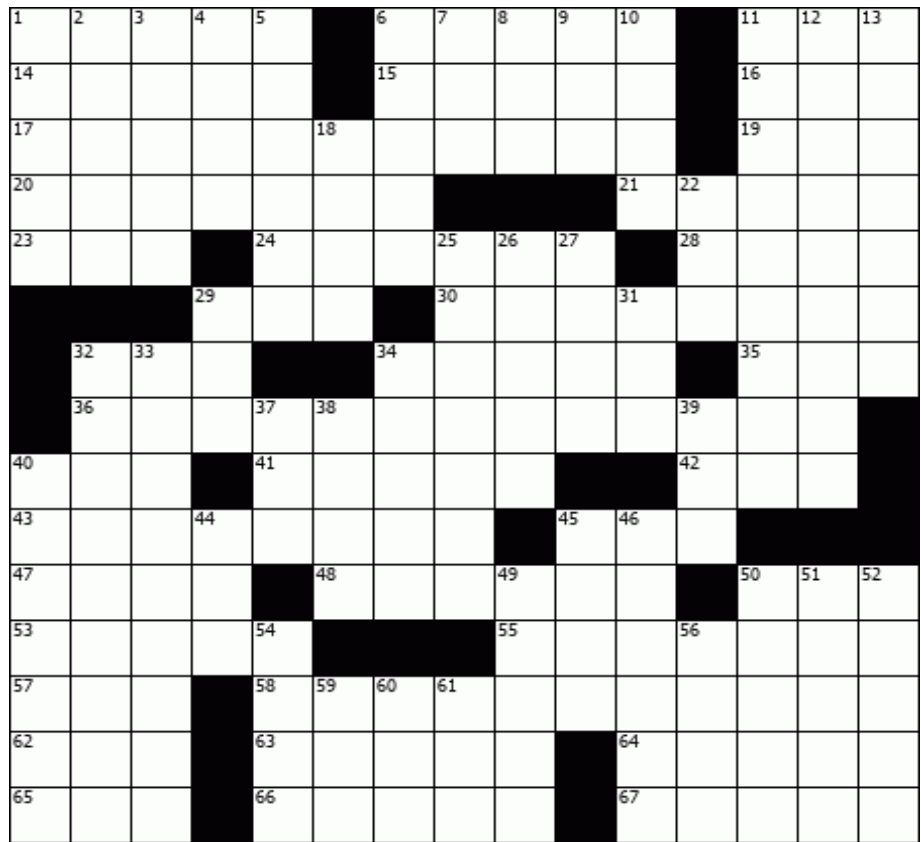
Contact Mary MacDonald, Foundress & Owner of Rest-Stop-Ranch, with questions or to participate: (978) 887-4202.

Our team member application is available online: rest-stop-ranch.org/team

A Puzzling Find

Across

1. They get some attention in yearbooks
6. Tiny bit
11. Jefferson Davis's nat.
14. Like "The Raven"
15. Blur rival
16. Tetr- doubled
17. Game blending Top 40 music with hide and seek?
19. Senators, Coyotes, etc.
20. Form-fit
21. ____ barrel
23. Skater Midori
24. Fungo of "Get Fuzzy," e.g.
28. List on multi-purpose product labels
29. Gals' guys, for short
30. Where to find a single ornamental clip?
32. ____-Caps (concession stand candies)
34. Anthony Edwards, in "Top Gun"
35. Baby docs
36. Some nickels in the pile's midst?
40. Gear part
41. New ____
42. Dinghy pusher
43. Eternal damnation in a doggie bag?
45. Food additive that triggers umami taste buds
47. "As seen on TV" brand of nose hair trimmers and stove top cleaners
48. Didn't fall behind
50. It may get smoked
53. Nigeria's former capital
55. How some pie is served
57. Suffix for American or idol
58. Cookie Monster's lament after bombing an English test?
62. Wide boot size
63. Illegal maneuver, on many roads
64. Art school temps
65. Near-grads
66. Cause cravings
67. Down at the heels



Down

1. Oscar winner for "Goodfellas"
2. Move a ficus
3. New England college town
4. Oven ____ (Arby's ad pitchman)
5. Trip
6. "____ is human..."
7. Crowd noise
8. "____ said..."
9. Passport holder: abbr.
10. Old gas station still found in Canada
11. Big wagon
12. Liev of 2004's "The Manchurian Candidate"
13. Books that help you find yourself?
18. Palette options
22. Saturn SUV introduced in 2002
25. Place to shout from
26. Cain's son
27. "Legalize It" singer
29. Big snake
31. Grant-granting org.
32. Genre for Lush and Ride, named for the lead singer staring at the floor
33. Boudoir wear
34. Overcharge
37. U preceders
38. Got on, as a train
39. December drink
40. Relleno needs
44. ____-tze (Chinese philosopher)
45. Spice up cider
46. Makes more fish
49. Pollute
50. Teeming crowd
51. Did the math
52. Like some divorces
54. Porn, to porn haters
56. Little pouty face
59. Hot time in Paris
60. Blood-smelling word
61. Old analog synthesizer brand

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

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

In Remembrance



Charles Cheston

Bissrat (“Bizzy”) Mersha

Winifred (Winnie) Sanders

Robert Thompson