### **Topsfield Council on Aging**

# **SENIOR SCOOP**

#### **MARCH 2017**

**Mission Statement:** 

To design, implement and promote programs and services to support the independence, health and well-being of Topsfield residents, 60 years of age or older.

### COA @ Trinity Episcopal Church

124 River Road

ACTIVITIES, EVENTS & DROP-IN CENTER INQUIRIES, APPOINTMENTS, VISITS

Days/Hours: MONDAY, WEDNESDAY, & THURSDAY 9:30 AM to 2:30 PM

\*New\*

#### COA @ temporary Town Hall

\*New\*

New England Business Park / 461 Boston Street E6

Days/Office Hours: MONDAY-THURSDAY 8 AM to 3 PM; Friday 9 AM to 12 PM

**Contact:** 



Office Phone: (978) 887-1523

**Bus Reservations & RSVPs: (978) 887-6866** 

Friends of the Topsfield Council on Aging

Well it took a village or a good part of one to relocate Topsfield Town Hall up on Route 1 to the New England Business Park at 461 Boston Street where we can be found in the rear (E6) adjacent to the New Meadows Golf Course/Wildes Road. Topsfield residents are very fortunate that this wonderful space was available for us to lease during the 18-24 month period while our historic Town Hall is renovated and expanded. Coordinator Donna Rich did an incredible job of managing the move while continuing to pay attention to decisions that must be made with respect to the huge construction project. Seniors who were instrumental in helping before and after the move were Vinny and Dick. Bonnie, however, was our all-star. She assisted just about every department before and after the move.

We always try to staff our office but when programs are running that require both Beth and I to attend, the office shuts down temporarily during our regularly posted hours (see above). Now that the office is located at the northern end of town on Route 1, we encourage people who need to meet with us to consider scheduling an appointment for the hours when we are at Trinity-Monday, Wednesday, and Thursday between 9:30 AM and 2:30 PM. While we are not always there during those hours, we can rearrange our schedules to meet clients there. We want to make things as convenient as possible during the dislocation. Trust me, our new wing will be worth the wait. In the meantime, we have two wonderful spaces in which to conduct business and activities. In March, we are looking forward to celebrating St. Patrick's Day over the course of several days including on Friday, March 17th at 4 PM at the annual dinner hosted by Masconomet High School, taking the 2 day *Insider's Tour of West Point* (call Norm Isler at 978-887-9724 to register for one of the last slots), and seeing John Legend perform at Salem State University. Seize the day!

Paula Burke & Beth Wideberg & Peg Beauregard

# **Regularly Scheduled Events**

#### **Game Day**



including Scrabble

**Most Mondays** 

9:30 AM -12:30 PM

#### **Technology Tips**

Learn how to use your smartphone, tablet and laptop

typically when Game Day is held

11:00 AM -12:00 PM

#### **Watercolor Class**

Taught by North Shore Artist Bill Duke

March 20th

9:30 AM -12:30 PM

\$20 includes all supplies

Prepay to reserve your spot



#### **Coffee & Conversation**

**Most Wednesdays** 

10:00 AM -11:00 AM

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

#### Tai-Chi

**Most Wednesdays** 

11:15 AM - 12:15 PM

#### **Zumba with Kathy**

**Most Thursdays** 

10:00 AM -11:00 AM \$3

#### **Thursday Specialty Luncheons**

11:30 AM

\$5 @ Trinity Church unless otherwise noted

Members of the Friends of the Topsfield COA pay a discounted fee of \$4

Always RSVP (978) 887-6866

Wk 1: Birthday Lunch-Italian + whoopie Pies

Wk 2: Lunch 'n Learn-(Chinese) NORTHEAST ARC SERVICES

Wk 3: Irish Lunch: Beef Stew (& other soups) & Soda Bread

Wk 4: **Spring into Lunch-**Salad topped with grilled chicken



#### **Knitting** / Crocheting Group

Wednesdays at LBV

2:00 PM - 4:00 PM

Bring your own supplies

#### **ArtVenture**

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

**Most Thursdays** 

1:00 PM

## **Outreach in Your Community**

- **BUS TRANSPORTATION**: Bus transportation is available for appointments on Monday and Wednesday afternoons and on Thursday mornings and for shopping at 9:30 AM on Wednesdays. Donations offset expenses. Call (978) 887-6866 to schedule any pick-up at least 48 hours in advance.
- **CAREGIVER SUPPORT**: Group and/or individual support is available. Contact Mary MacDonald by email mary@marymacmissions.com or phone (978) 887-4202.
- **FOOD PANTRY**: Top Cupboard Food Pantry is sponsored by the churches of Topsfield. The pantry is open on the 2nd & 4th Saturdays of every month. Food can also be delivered. For information call (978) 887-5570 or visit www.topcupboard.org.
- **FUEL ASSISTANCE**: Need help with your heating bills? Weatherization Assistance and HEARTWAP Programs are available. (See NSCAP below)
- **GROCERY SHOPPING**: The COA bus is available to bring seniors to Market Basket on Wednesday mornings. Register by calling (978) 887-6866.
- **INSURANCE**: A SHINE Counselor is available to answer your insurance questions. Call (978) 887-6866 to set up a private consultation.
- **LIBRARY**: Library materials can be delivered to your home. Call (978) 887-1528 and ask for the Library Reference Department or email ask@topsfieldlibrary.org.
- **MEALS ON WHEELS**: Check your eligibility for this locally administered program by calling SeniorCare at (866) 927-1050.
- **NORTH SHORE COMMUNITY ACTION PROGRAM**: Designed to help people find the stability they need to rise out of poverty. Call (978) 531-0767 x118 to learn about an array of services.
- **NOTARY PUBLIC**: Free Notary Services are available at the COA Office or in your home. Call (978) 887-1523 for details.
- **RMV**: Your local COA participates in the "RMV Near Me" Program. Save time and effort by seeking out our assistance with procuring government issued IDs, acquiring accessible placards, etc.
- **SHREDDING**: Properly destroy sensitive documents & files in the Topsfield COA Office during regular business hours. Please call the office to reserve a time.
- TAX FILING ASSISTANCE: Volunteers from AARP assist qualifying (low or middle income) seniors with preparing SIMPLE tax returns. Call (978) 887-6866 to schedule an appointment in Topsfield.
- **VETERANS' SERVICES**: Our local Veterans' Service Officer Dick Cullinan helps veterans, their spouses or surviving spouses determine eligibility for a broad range benefits, programs or services. Call (978)380-8397 or email veterans@topsfield-ma.gov.
- VNA: VNA Keep Well Clinic are held most Thursdays in Topsfield. See monthly calendar for locations & times. Call (888) 663-3688 x1326 to schedule an appointment.

#### **MARCH TRIPS**

Tuesday, March 7th



**Dine Out** & Stroll in **Boston** 

Take advantage of special pricing as Boston celebrates the rebranded Restaurant Week.
Weather will dictate the strolling locations.

**Bus leaves Trinity at 9:30** 

Friday, March 17th

St. Patrick's Day Dinner 4:00-6:30 PM

Hosted by the Masconomet Student Council Bus starts pick-ups at 3:30 RSVP by 3/9 (978) 887-6866

Tuesday, March 21st

"Town Hall North" Tour

Enjoy a private tour of Topsfield's temporary Town Hall.

Find all of those familiar faces in their new offices at the

New England Office Park
at 461 Boston St. (Route 1 North)

Then dine on a "modern Mediterranean" lunch at Ithaki in Ipswich



**Bus leaves Trinity at 10:00** 

Tuesday, March 14th

Adventures in Gloucester

Dine at the 1606 Restaurant inside the stunning Beauport Hotel





Visit some of Gloucester's most famous landmarks including the "Man at the Wheel".

**Bus leaves Trinity at 10:00** 

Thursday, March 30th

An Evening with John Legend

Singer, song-writer, actor, humanitarian at Salem State University



One of Hollywood's faves is coming to the North Shore to receive an award for his humanitarian efforts and to perform. Do not miss out on this unique opportunity.

(\$29)
Includes transportation and curbside drop-off/pick-up
Bus leaves Trinity at 5:45

R

R

S

V

P

S

 $\mathbf{V}$ 

P

#### **MARCH LUNCHEONS**

S

R

P

R

S

V

P

Thursday, March 2nd

#### **March Birthday Lunch**

Join us to celebrate with a pasta dish and assorted whoopee pies prepared by the **Topsfield Bake Shop** 

Trinity Church @ 11:30 **\$5** 

(free for those with March birthdays)



Thursday, March 9th

R Lunch 'n Learn

NORTHEAST ARC SERVICES

V guided by Jerry McCarthy

P | Feast upon Chinese Food from Iron Chef



Trinity Church @ 11:30 **\$5** 

Thursday, March 16th

**Irish Lunch** 

Beef Stew (& other soups) & Soda Bread

Trinity Church @ 11:30 **\$5** 



Thursday, March 23rd

Welcome a new season as we

**Spring into Lunch** 



Enjoy salad topped with grilled chicken

Trinity Church @ 11:30 **\$5** 

# **MARCH**

Monday	Tuesday	Wednesday
ALL TRIPS DEPART FROM TRINITY CHURCH 124 RIVER ROAD		9:30 Shop in Rowley 10:00 Coffee & Conversation <b>Skilled Nursing Essentials</b> 11:15 Tai-Chi 2:00 Knitting-LBV
9:30 Game Day 11:00 Technology Tips	9:30 <b>Dine Out Boston</b> (at <b>Ristorante Fiore</b> for lunch \$15-\$25) and Stroll in North End and at nearby Faneuil Hall optional	9:30 Shop in Rowley 10:00 Coffee & Conversation <b>Water Dept. Superintendent</b> 11:15 Tai-Chi 2:00 Knitting-LBV
9:30 Game Day 11:00 Technology Tips- CANCELLED	14 10:00 Adventures in Gloucester Lunch at Beauport Hotel Tour iconic sites in "America's Oldest Seaport"  4:00 COA Board Mtg—TH	9:30 Shop in Rowley 10:00 Coffee & Conversation Life in the USO with Shirley Connelly 11:15 Tai-Chi 2:00 Knitting-LBV
Welcome Spring!  9:30 Watercolor Class w/ Bill Duke (\$20)  9:30 Scrabble Only  10:15 TRIAD-LIB	21 10:00 Tour of (temporary) Town Hall North (461 Boston St. E6) Lunch at Ithaki in Ipswich Beach Quest (weather permitting)	9:30 Shop in Rowley 10:00 Coffee & Conversation The Best of Science & Technology in 2016 11:15 Tai-Chi
Insider's Tour Continues 9:30 Game Day 11:00 Technology Tips 10:00-12:00 SHINE Counselor available by Appointment	Decompression Day!	9:30 Shop in Rowley 10:00 Coffee & Conversation <b>Better Business Bureau 101</b> 11:15 Tai-Chi 2:00 Knitting-LBV

# 2017

	Thursday	Friday	Saturday/Sunday	
	9:30 VNA-WM 10:00 Zumba with Kathy (\$3) 11:30 <b>Birthday Lunch</b> (\$5) Italian w/ Whoopie Pies 1:00 ArtVenture: <b>Demo at</b> <b>Topsfield Bake Shop</b>	COA office hours: 9 AM-12 PM	4/5	
	9:30 VNA-TR 10:00 Zumba with Kathy (\$3) 10:00 Book Club 11:30 Lunch (Chinese-\$5) 'n Learn NORTHEAST ARC 1:00 ArtVenture: Project at Meridian Day Hab	10 COA office hours: 9 AM-12 PM	11/12 <u>Saturday</u> 8:00-10:00 AM Food Pantry TR	
	9:30 VNA-LBV 10:00 Zumba with Kathy (\$3) 11:30 Irish Lunch-Beef Stew & Soda Bread (\$5) 1:00 ArtVenture: IPSWICH RIVERDANCE: Irish Step Dancing Demo & Lesson	4:00 <b>St. Patrick's Day Dinner-</b> Masconomet H.S. RSVP (978) 887-6866 by 3/9  COA office hours: 9 AM-12 PM	18/19 Saturday 10 AM - 3 PM Grow Spring! EXPO Downtown Topsfield FREE SHUTTLE FROM PROCTOR SCHOOL COURTESY OF COA	
	9:30 VNA-TR 10:00 Zumba with Kathy (\$3) 11:30 <b>Spring into Lunch</b> -Salad topped with Grilled Chicken (\$5) 1:00 ArtVenture: "New Visions" at Town Library	COA office hours: 9 AM-12 PM	25/26 Saturday 8:00-10:00 AM Food Pantry TR / Sunday Insider's Tour of West Point Contact Norm Isler (978) 887-9724	
	9:30 No VNA Clinic 10:00 Zumba with Kathy (\$3) 11:30 "Osteria" Pizza Party(\$5) 1:00 ArtVenture: Local Nature Photographer Peter Miller 5:45 JOHN LEGEND @ SSU (\$29)	COA office hours: 9 AM-12 PM	<b>April 1</b> /2  April Fool's Day	

#### **BOOK CLUB rescheduled for March 9th!**

Thanks to Mother Nature's late winter emergence, our February Book Club meeting has been rescheduled for Thurs. **March 9th** at 10 AM at Trinity Church. Hopefully, the extra time gave everyone the chance to complete *Absolutely American* by David Lipsky.

We will participate in the Community Read as we dive into *Life is Good* by Bert and John Jacobs for our April selection. So that we may include members of the TriTown School Union team, we will meet on the first Thursday of the month, **April 6th**, at 10 AM at Trinity Church to discuss this uplifting book as a community.

#### **Board of Directors**

Penny Rogers-Chair

William Quinn-Vice Chair

Charlotte O'Toole-Recording Sec.

Florence Brady

Annette Cohen

Elaine Crippen

Bette Cullinan

Martha Davis

Alfred DiDonato

Jolene Guerra

Ruth Lucy

Next Meeting: March 14, 2017 @ 4:00 PM in TH

#### Friends of the COA

Yvonne Anderson-Acting President

Kathy Faust-Secretary

Chris Roman-Treasurer

Merelyn Adams

Gracia Clemson

Chris Cotti

Kathy Curran

Mary Margaret Keaney

BECOME A FRIEND & SUPPORT TopsCOA!
P.O. Box 173 / Topsfield, MA

#### In Gratitude

The highlight of February for the Topsfield COA was without question the incredible dinner hosted by the Congregational Church of Topsfield. From the fanciful decorations to the exquisitely prepared dinner and desserts to the wonderful entertainment, it was surely a night to remember. Thank you to organizers Jim Barnes and Susan Warner and their team. Thanks, also, Kathy Szymanski for your leadership in the kitchen. Ed Jelinek, we loved hearing the accordion music while dinner was served and the trio that sang love songs to wrap up the evening. Marlena Voss you blew us away with a beautiful rendition of John Legend's "All of Me". Joe Gibbons, as always, you sounded fabulous on the piano. Your incredible team of volunteers truly made us feel adored. We hope you know how much your efforts are appreciated! At our Coffee & Conversations, we enjoyed hearing Tales of COA Past from former MOW Coordinator Marylou Tingle, stories of public works present from Highway Supt., etc. David Bond, a dissection of the poetic nature of the Gettysburg Address by Al Smith, and the history of the Community Club and the BoxTop Shop that has been lovingly tended to by an army of volunteers for nearly 100 years. Thank you to Bambi Snodgrass for sharing her wealth of knowledge as she gave us helpful Technology Tips. We appreciate Ruth, Theresa and Diane from Senior Care coming out to speak about programs/services they offer. We are grateful that a new intern, Haley, walked into our lives and shared her talent on Day 2!