

Senior Scoop

March & April 2021



Council on Aging – Town Hall, 8 West Common Street, Topsfield, MA. 01983
Contact us at: (978) 887-1523, coa@topsfeld-ma.gov

The Topsfield Council on Aging's mission is to design, implement and promote programs and services to support the independence, health and well-being of Topsfield residents who are sixty years of age and older or disabled adults.

Quick Note:

My name is Kathleen Barbarisi and I am thrilled to be part of the Topsfield Community. I started on January 25th as the Council on Aging (COA) Director. I grew up in Topsfield and attended both the elementary schools as well as Masconomet Regional High School. For over eight years I have been worked as an Activities and Programming Director for Senior Living Residences. I am excited to be here in Topsfield and to have the opportunity to provide programs and services that will help enhance the well-being of those that choose to be engaged. I know these are difficult times and there is a hole in our lives during this pandemic. I hope that during these very unprecedented times you will feel comfortable reaching out to the COA for some engaging Virtual Programming, volunteer work, or to use one of the many services that the COA provides, or the support of some of the services we partner with. I hope that I have the opportunity to meet you all in person soon. But in the meantime, please feel free to call me and introduce yourself. Regards,

Kathleen

COVID-19 UPDATE

As of February 17, 2021, we are in Phase II of the Vaccine Roll-Out. This phase includes anyone that is 65-year-old or older. If you have not received your vaccine and you are 75 or older or know someone 75 or older please contact the Council on Aging at (978)887-1524 to get information on the next vaccine clinic. See the flow chart of the vaccine rollout within this newsletter.



Town Hall hours:

By appointment only
Monday-Thursday 8:00 A.M.- 4:00 P.M.
Friday 8:00 A.M. – 12:00 P.M.



Friends of the Topsfield Council on Aging

Virtual Zoom Programming

Technology Tips **Mondays at 11:00 A.M.**

March 8th:

Zoom Hosting for Beginners

April 12th:

Introduction to Online Subscriptions

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

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

Perfect for all levels!

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

Virtual Tours with Chrysa **Tuesdays at 10:00 A.M.**

Tour fabulous destinations around the world from the comfort of your couch!

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

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

Enjoy and 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

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

Book Club **Thursday 9:30 A.M.**

3/25 *A Tree Grows in Brooklyn*

by Betty Smith

4/22 *Cilka's Journey*

by Heather Morris

To participate please email

TopsCOABookClub@gmail.com

Speaking of Ted **Thursday 10:00 A.M.**

Lively discussion about thought-provoking

Ted Talk One Thursday a month: **March**

4th & April 1st

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

ArtVenture: Silver Screenings **Thursday 1:00 P.M.**

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

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

Dance Out Dementia **Thursdays 3:00 P.M.**

To participate please email

DanceOutDementia@gmail.com

Balance in Motion **Fridays 1:00 P.M.**

Parkinson's Fitness with Dianna

include social time after class! To

participate email

DiannaDaly@gmail.com

Monday Movies

postponed until further notice



Helpful Services & Recourses

VIRTUAL Computer Programming

You can participate in any of our virtual programs by using a computer, tablet, smartphone, or a regular phone. Participating is easy! We have coaches ready to assist.

Need a laptop? For information to borrow a laptop for a few months call (978) 887-1523 or Email: coa@topsfield-ma.gov

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. To book an appointment call Topsfield COA at (978) 887-1523 or (800) 243-4636.

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

SENIOR CARE

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 movement 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



Notes from the...

Library Notes

- The Topsfield Town Library and the Topsfield Council on Aging work together to offer free delivery of materials to residents unable to visit the Library due to illness, immobility, or age. The library provides the materials and the Council on Aging drivers deliver them to your home.

How to use the service

- If you are interested in this service, please fill out a home delivery form and return it to the Reference Desk via mail (1 South Common St., Topsfield, MA 01983) or via phone (978) 887-1528 or email ask@topsfieldlibrary.org

Wellness Visits

- VNA Be Well Clinic will be held on the 2nd & 4th Thursday of the month. For specific details on protocols and how to reserve an appointment, see the "Message from the Board of Health and Our Health Agent" included in this newsletter.



How to use the service

- Make an appointment by calling the COA at (978) 887-1523 to sign up with a Visiting Nurse. Please follow the State protocols during your visit.

AARP Tax Assistance

- Our AARP Volunteer Tax Aids are gearing up to offer free Tax Assistance starting March, 12th. There will be changes to the protocols and guidelines established by the State of MA, Town of Topsfield and AARP Tax-Aides.

How to use the service

- If you are interested in this service, please call the Council on Aging at (978) 887-1523. Your name will be put on the list to be called back when we start scheduling appointments. Appointments will be scheduled for Fridays between 12:30-4:30.

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






Special Thanks

I want to thank all that took the time to volunteer their time doing special programs, making phone calls, delivering meals, organizing special gifts/cards for the seniors and for the task of signing up so many seniors to receive their vaccines.

Every small task makes a tremendous impact!




*Thank
you* ❤️

MARCH 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 3:00 Restorative Yoga	2 10:00 Virtual Tour with Chrysa 3-4 Wellness During a Pandemic with Sally	3 10:00 Coffee & Conversations: Police Depart. - Scams updates 11:15 Tai-Chi 5:00 Supper Club	4 10:00 Speaking of TED 1:00 ArtVenture: Knitting discussion & resources with Tracy 3:00 Dance out Dementia	5 1:00 Balance in Motion with Dianna of Parkinson's Fitness	6	7
8 11:00 Technology Tips: Zoom hosting for beginners 3:00 Restorative Yoga	9 10:00 Virtual Tour with Chrysa 3-4 Wellness During a Pandemic with Sally 4:00 COA Board Meeting	10 10:00 Coffee & Conversations: Health Dept. 11:15 Tai-Chi 5:00 Supper Club	11 9:00 VNA Be Well Clinic 1:00 St. Patrick's Day Sing-a-long 3:00 Dance out Dementia	12 1:00 Balance in Motion with Dianna of Parkinson's Fitness	13 8-10 Food Pantry -Trinity Virtual Memory Café Hosted by Mary MacDonald of Rest*Stop*Ranch	14 Day light savings time begins Check your smoke detectors
15 3:00 Restorative Yoga The Ides of March	16 10:00 Virtual Tour with Chrysa 3-4 Wellness During a Pandemic with Sally	 17 St. Patrick's Day 10:00 Coffee & Conversations: The Moffett Girls Irish Step Dancers 11:15 Tai-Chi 5:00 Supper Club	18 1:00 ArtVenture: Screenings with Vinny 3:00 Dance out Dementia	19 1:00 Balance in Motion with Dianna of Parkinson's Fitness	20 1 st Day of Spring	 21 Harmony Day
 22 3:00 Restorative Yoga World Water Day	23 10:00 SHINE virtual appts. 10:00 Virtual Tour with Chrysa 3-4 Wellness During the Pandemic with Sally	24 10:00 Coffee & Conversations: Fire Dept. 11:15 Tai-Chi 5:00 Supper Club	25 9:00 VNA Be Well Clinic 9:30 Book Club 1:00 ArtVenture: White Pack Cards, card making 3:00 Dance out Dementia	26 1:00 Balance in Motion with Dianna of Parkinson's Fitness	27 8-10 Food Pantry -Trinity Passover begins at sunset	28
29 3:00 Restorative Yoga	30 10:00 Virtual Tour with Chrysa 3-4 Wellness During the Pandemic with Sally	31 10:00 Coffee & Conversations: Friends of COA 11:15 Tai-Chi 5:00 Supper Club	<div> <p><u>Wellness During the Pandemic</u> with Sally Palmer</p> <p>In this 8-week interactive program, to learn & practice stress management strategies by using Mindful Awareness to help achieve wellbeing in mind and body. Our practice will continue recognizing what effects the Pandemic has on each one of us and how to address these experiences with a healthy way of living.</p> <p>Tuesdays, March 2nd thru April 20th at 3:00 P.M.</p> </div>			

APRIL 2021

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

			10:00 Speaking 1 of Ted 1:00 ArtVenture: <i>Harmony with Hannah</i> No Dance out Dementia today  April Fool's Day	1:00 Balance2 in Motion with Dianna of Parkinson's Fitness Good Friday	Virtual Memory Café 3 Hosted by Mary MacDonald of Rest*Stop*Ranch	 Happy Easter! Easter
3:00 Restorative Yoga 5	10:00 Virtual Tour with Chrysa 6 3-4 Wellness During a Pandemic with Sally	10:00 Coffee & 7 Conversations: Town Administrator Kevin Harutunian 11:15 Tai-Chi 5:00 Supper Club	9:00 VNA- 8 Be Well Clinic 1:00 ArtVenture: 3:00 Dance out Dementia	1:00 Balance9 in Motion with Dianna of Parkinson's Fitness	8-10 Food Pantry -Trinity 10	11
11:00 12 Technology Tips: Intro to online subscriptions 3:00 Restorative Yoga	10:00 Virtual 13 Tour with Chrysa 4 PM COA <i>Board Meeting</i>	10:00 Coffee 14 &Conversations: Library update with Anna 11:15 Tai-Chi 5:00 Supper Club	1:00 15 ArtVenture: Silver Screening with Vinny 3:00 Dance out Dementia	1:00 16 Balance in Motion with Dianna of Parkinson's Fitness	17	18
3:00 Restorative Yoga 19	10:00 Virtual 20 Tour with Chrysa 3-4 Wellness During a Pandemic with Sally	10:00 Coffee 21 &Conversations: Low Vision Group With Katie 11:15 Tai-Chi 5:00 Supper Club World Creativity and Innovation Week	9:00 VNA 22 Be Well Clinic 9:30 Book Group 1:00 ArtVenture: 3:00 Dance out Dementia	1:00 23 Balance in Motion with Dianna of Parkinson's Fitness	 8-10 Food Pantry -Trinity 24 Guide Dog Day	25
3:00 Restorative Yoga 26	10:00 SHINE 27 virtual appts. 10:00 Virtual Tour with Chrysa 3-4 Wellness During the Pandemic with	10:00 Coffee 28 &Conversations: Alfalfa Farm Winery 11:15 Tai-Chi 5:00 Supper Club	1:00 29 ArtVenture: White Pack Cards, card making 3:00 Dance out Dementia	1:00 30 Balance in Motion with Dianna of Parkinson's Fitness Arbor Day 		

Advice from your Public Servants



Tips from the Criminal Investigations Division

As tax season approaches, please be aware of scams involving tax returns.

To avoid becoming a victim, remember the following information.

If you owe back taxes, the IRS will contact you by mail, and not by phone, email or social media.

The IRS never requests personal or financial information by email, text or social media.

The IRS does not leave prerecorded or urgent voicemails.

The IRS will not ask for payment using a pre-paid debit card, gift cards, a money order or wire transfer.

The IRS will not ask for a credit card number over the phone.

If you suspect a scam, hang up and contact the IRS directly at 800-829-1040 to verify. For more information, please visit [treasury.gov](https://www.treasury.gov)

If you fall victim to a scam, call us immediately at 978-887-6533

Thank you and stay safe.

Tips from the Board of Health

The Board of Health would like to remind residents that even though people are now being vaccinated against COVID-19, the pandemic is still a serious public health threat. As businesses start to reopen and restrictions are lifted, residents are urged to continue taking precautions to slow the spread of COVID-19. Stay at least six feet away from others, wear a face covering in public, wash hands often with soap and water and stay home and call your doctor if you feel sick. The Town of Topsfield has worked with our neighbors to conduct vaccine clinics for over 600 First Responders in Phase I and Senior Citizens 75+ in Phase II. For more information on where you are in the Massachusetts Department of Public Health 3-Phase vaccination program and to find a vaccination location:

- MDPH Information on Phases I, II and III at <https://www.mass.gov/info-details/massachusetts-covid-19-vaccination-phases>
- MDPH Vaccine Locator at <https://www.mass.gov/info-details/covid-19-vaccination-locations#map-of-vaccination-sites->
- Call the State's help line at 2-1-1
- Call the Topsfield Council on Aging COVID Help Line at 978-887-1524

For more information on COVID-19, visit the Town of Topsfield website at www.topsfield-ma.gov. If you have additional questions or comments, please contact the Topsfield Board of Health at 978-887-1520.

In Remembrance

LINDA BISSELL

LINDA BISSELL was a caring and friendly woman who showed great strength during her battle with pancreatic cancer. Linda was an active member of the Topsfield Congregation Church and COA. She enjoyed painting classes, Dance Out Dementia, yoga, and the many COA trips. She also loved to take frequent walks downtown. Linda was a dear friend to so many, and will be sorely missed.

JOHN SPENCER

JOHN SPENCER was a kind, intelligent and caring man who gave so much to the Town of Topsfield. He served on the Masconomet School Committee for fifteen years, and on the Select Board for four – most recently as its Chair. John loved Topsfield and its people. He worked to continually improve our schools and our downtown. His contributions will be felt for years to come. Everyone who met or worked with John felt heard and appreciated. He will be greatly missed.

BOB THOMPSON

BOB THOMPSON was a kind man with an infectious smile and quick wit. He was a member of the Middleton Congregational Church, danced with Dance Out Dementia, and participated in many Topsfield COA activities. He also went on frequent mission trips with E3 Partners, always keeping his strong faith at the center of his life. Bob was considered a true gentleman by all who knew him, and could brighten any room with his laughter and joy. Bob will be dearly missed by many.

THOSE WE
love
DON'T GO AWAY
they walk beside us
EVERYDAY
UNSEEN, UNHEARD
BUT ALWAYS NEAR
still loved
STILL MISSED
still very dear

Notes



TOPSFIELD MEMORY CAFÉ

The Topsfield Memory Cafe has gone virtual! This unique program hosted by Mary MacDonald on one Saturday a month between November and March, continues to be a multidisciplinary, socially inclusive, social and artistic experience. Storytelling, drumming, dancing, singing, drama, and visual arts all have a sensory part to play (sight, sound, smell, taste & touch) to help engage people living with dementia and care-partners in a fun, sensitive, and caring way. Our technical support team helps guests needing help connecting with their devices (phones, tablets, laptops).

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

LOW VISION GROUP

If you are living with limited vision or blindness, our low-vision group meets monthly in Ipswich to share information, laughs, support and friendship. The guest speaker in the month of May will be, Karen Hatcher, Director of the Older Independent Blind Program with the MA Commission for the Blind. She represents senior services for the Mass Commission for the Blind. Services and no cost products will be discussed at the meeting. The Low Vision Group will be meeting Tuesday, May 4th 10:00-11:30 at the Ipswich COA outdoor tent. Please call the Topsfield COA at (978) 887-1523 for more information.

MESSAGE FROM

THE FRIENDS OF THE TOPSFIELD COA

During this trying time of COVID-19, 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 Assessor's Office at (978) 887-1514

Noticeboard



STATE COVID INFO

Check the state COVID-19 vaccine website at mass.gov/covidvaccine for locations where you can schedule a vaccination, including mass vaccination centers, city and town clinics, and retail pharmacies. Another website that may be helpful to find appointments is MAimmunizations.org or by phone you can schedule a vaccine by calling 211

MEALS ON WHEELS

As of March 3rd, we will resume delivering meals on Wednesdays and Fridays. If you are interested in receiving meals or would like more information call (978) 887-1523 or (866) 927-1050

NORTH SHORE COMMUNITY ACTION PROGRAM

The Fuel Assistance Program that helps income-eligible households pay their winter heating bills or customers may qualify for discounts up to 29% off electric & Gas. For more information call (978) 531-8810 or email fuelassistance@nscap.org

TRANSPORTION

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.

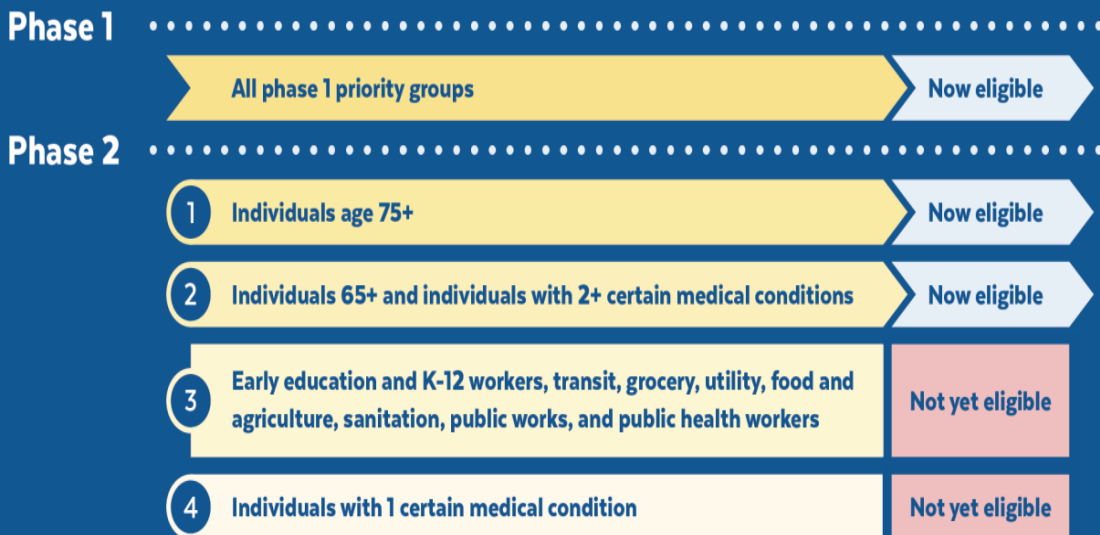
Car Doctor Saturdays 10-11 A.M.

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

For more programs go to: northshore1049.com

Spotlight

COVID-19 Vaccination in MA: Phase 1 & 2 Eligibility Status



Individuals 65 and older and 2+ medical conditions can now make an appointment for the COVID-19 vaccine. Because vaccine supply is severely limited, **you may need to wait several weeks to schedule an appointment. Appointments, while significantly limited at this time, can be scheduled online by visiting www.mass.gov/COVIDVaccineMap. Residents enter their zip code or select a location from the map on the website and follow prompts to schedule an appointment online.**

- Individuals 75 and older without access to the internet or who are unable to schedule their appointment online can call toll free [2-1-1](tel:211) or [\(877\) 211-6277](tel:8772116277) for assistance.
- If you have questions or need assistance scheduling an appointment, you may also contact the Council on Aging at 978-887-1523

Word Search

WILD CATS



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

Leopard
 Puma
 Jaguar
 Caracal

Tiger
 Oncilla
 Lynx
 Cougar

Panthera
 Lion
 Geoffroy
 Bobcat

Ocelot
 Kodkod
 Mountain
 Asiatic

Wildcat
 Jaguarundi
 Cheetah
 Andean



Laughing Matters

Ca You See Me?

An Englishman, a Frenchman, a Spaniard and a German are all standing watching an American street performer do some juggling. The juggler notices the four gentlemen have a very poor view, so he stands up on a wooden crate and calls out, "Can you all see me now?"

"Yes" "Oui" "Sí" "Ja"

Walk a Mile

Never criticize someone until you have walked a mile in their shoes. That way, when you criticize them, you'll be a mile away, and you'll have their shoes.

In Common

What do Alexander the Great and Winnie the Pooh have in common? Same middle name.

Little Boy

A boy asks his father, "Dad, are bugs good to eat?"

"That's disgusting. Don't talk about things like that over dinner," the dad replies.

After dinner the father asks, "Now, son, what did you want to ask me?"

"Oh, nothing," the boy says. "There was a bug in your soup, but now it's gone."

Sudoku (with answer key)

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

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