

# The Scoop

## May & June 2021



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

Happy Spring Everyone!

It has been a pleasure getting to know you virtually and via phone, but the time has come to meet you in person! I'm hoping you will all join me on Tuesday, May 11<sup>th</sup> at 1:00 for a one-hour performance featuring, James Michael. James is an award-winning world-class baritone vocalist. These festivities will all take place outside, under a tent, on the Town Common.

I have included a letter below from Maggie Chiffer. It has been a pleasure to have worked with you Maggie; your dedication, cheerfulness, passion and commitment will be profoundly missed. You have made a lasting impression on so many people while working at the COA. We all wish you the best in your new endeavors!

*Kathleen*

Hi Everyone,

I hope this message finds you well. With a heavy heart, I am writing to announce that I will be stepping down from my position as the Virtual Programming Specialist at the Topsfield COA as of Friday, April 30. This was an incredibly difficult decision for me to make, and one that I did not make lightly. My plan was always to leave my position at the COA when I left for college, but when the pandemic hit and I did not go to campus, I was able to stay on and transition the COA to a fully virtual format. It has certainly been difficult over this past year to juggle my studies, job, and other commitments, and as a result, I have decided that now is the best time for me to step down.

I want to take this moment to thank you all for the warmth and kindness you have shown me over these past three years (I can't believe it's been that long)! When I started as an intern in the COA office back in April 2018, I never could have imagined what was to come. It has been an honor and a privilege to work on behalf of the COA for the past three years. I consider myself lucky to call all of you friends, and I am going to miss you so much! With that being said, I am very happy to say that I WILL continue to offer my Dance Out Dementia classes to the Topsfield COA. I also hope to jump onto Zoom to see you all at virtual programs whenever I am able, and when everything is finally back to normal, you can count on me being a frequent visitor at COA events! For now, though, take care and stay safe, and I look forward to the day when we can all gather together again.

With Gratitude, Maggie Chiffer

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### 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.**

**May 17<sup>th</sup>:**

Zoom Hosting for Beginners

**June 14<sup>th</sup>:**

Introduction to Online Subscriptions

*To sign up, email [COA@topsfield-ma.gov](mailto:COA@topsfield-ma.gov)*

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

Perfect for all levels!

*To sign up, email [COA@topsfield-ma.gov](mailto:COA@topsfield-ma.gov)*

## **Virtual Tours with Chrysa** **Every other Tuesday 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](mailto: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](mailto: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](mailto: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](mailto:TopsfieldSupperClub@gmail.com)*

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

5/27 *The Warmth of other Suns*

by Isabel Wilkerson

6/24 *Fast Girls*

by Elise Hooper

To participate please email

*[TopsCOABookClub@gmail.com](mailto:TopsCOABookClub@gmail.com)*

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

Lively discussion about thought-provoking

Ted Talks one Thursday a month:

**May 6<sup>th</sup> & June 3<sup>rd</sup>**

*To sign up, email [COA@topsfield-ma.gov](mailto:COA@topsfield-ma.gov)*

## **ArtVenture: Silver Screenings** **Thursday, May 20<sup>th</sup> & June 17<sup>th</sup> 1:00 P.M.**

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

*To sign up, email [COA@topsfield-ma.gov](mailto:COA@topsfield-ma.gov)*

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

To participate please email

*[DanceOutDementia@gmail.com](mailto: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](mailto:DiannaDaly@gmail.com)*

## **Monday Movies**

postponed until further notice



# Helpful Services & Resources

## 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](mailto: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](http://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](mailto:diannadaly@gmail.com)



# 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:

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	Member; COA Liaison

#### COA contacts:

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

#### Beth Wideberg

Senior Administrative Assistant and  
Meals on Wheels Coordinator

# Advice from your Public Servants



## Tips from the Criminal Investigations Division

### Spring Updates:

Our Officers wore newly designed patches for the month of April in support of Autism Awareness Month. Patches are available for purchase in support of the Doug Flutie, Jr. Foundation for Autism. Please email [topsfieldrelief@gmail.com](mailto:topsfieldrelief@gmail.com) to request a patch.

April 24<sup>th</sup> was DEA National Drug Take Back Day. Reminder, our drug drop-off is available 24/7 in the lobby of the police station to dispose of any unused prescriptions for safe destruction.

We are planning the Memorial Day Parade in Topsfield for May 31 and anticipate it to be even bigger than last year! Be on the lookout for more details regarding the time, route, etc. soon!

### Tips from the Investigations Division:

There has been an increase in "mailbox" fishing. Thieves will "fish" out mail from collection boxes, looking for cash and checks to forge and deposit into their own accounts. Please be aware of this when placing checks or cash in the mail. Always, use the Post Office or USPS collection boxes that are very small so thieves cannot access. The USPS collection box downtown on Main Street is one of these safe collection boxes.

## Tips from the Board of Health

### Spring Reminders from the Board of Health:

With Spring in full swing and Summer on the way, the Topsfield Board of Health would like to remind residents that the COVID-19 pandemic is still a serious situation. Despite the State's widespread effort to vaccinate the population, the threat of COVID-19 and COVID-19 variants is real. Even if you have been vaccinated, it's important to follow the State's Guidelines:

- Wear a face covering when in public
- Avoid large crowds
- Wash hands frequently with soap and water
- If you feel sick, stay home and contact your doctor

### Food Safety:

With summer holidays upon us, it's important to remember to use care when serving food in hot weather to avoid food-borne illness. For more information on safe food handling and serving during the hot weather months, visit the CDC website for guidance on safe food handling

<https://www.cdc.gov/foodsafety/>.

### Ticks and Mosquitoes:

The Board of Health would also like to remind residents that tick and mosquito season is upon us. For more information on how to protect yourself from ticks and mosquitoes, visit the Topsfield Board of Health Tick and Mosquito web page at <https://www.topsfield-ma.gov/health-department/pages/mosquito-and-tick-information>

The Topsfield Board of Health wishes you a safe and healthy Spring!

# Advice from your Public Servants

## Tips from the Fire Department

Cooking is the #1 cause of fires in the home and the leading cause of fire related injuries. It is also the leading cause of fire injuries for seniors.

- **Cover a pan or grease fire with a lid** and turn off the heat. Baking soda also works.
- Don't move a burning pan.
- Don't use water or a fire extinguisher on a grease fire.
- **Stand by your pan.** Don't leave food, grease or oils cooking on the stove top unattended.

Gasoline and Lawn Mowers Gasoline vapors are highly flammable. They stay on your clothing and can ignite if you light a match or cigarette. Store gasoline only in approved containers, outside, or in a building not attached to the house. Never keep gasoline inside the home. Keep gasoline away from all heat sources such as smoking materials, pilot lights, campfires, and grills. Never fuel a lawn mower while it is hot. Let it cool off first. Keep hands and feet away from a lawn mower while it is running.

Barbecue Safely- Use all barbecue grills 10 feet away from the side of any building, outdoors. Never leave a burning grill unattended. Children should never play near grills or propane cylinders. Never use gasoline on any grill! Grills can only be used on first floor decks, balconies or patios if there is an outdoor stairway to the ground, or it is at ground level. Grills are prohibited on any porch, balcony, or deck that has a roof or overhang.

Gas Grills LP-gas is heavier than air and sinks. A leaky grill could pose a hazard to people below. Possible ignition sources include smoking materials, air conditioners, compressors, pilot lights and cars. Keep all LP-gas outside, 10 feet away from building openings such as doors, windows, dryer vents and 20 feet away from air intake vents and all ignition sources.

Charcoal Grills- Use only charcoal lighter fluid to start charcoal grills. Once coals are lit, never add more lighter fluid to the fire. Flames may travel up the stream of fluid resulting in serious burns. Dispose of ashes in a metal container.

## Walking Tips for Health

Starting with just 10 minutes. Gradually increase to 30 minutes over the coming three to seven days.

"Consistency is the key to long-term success," CNN fitness contributor Dana Santas explained in a story about getting back on the fitness wagon. And walking is more impactful than you may think. "Because walking is so accessible, people often discount its benefits," she wrote, adding that walking is "one of the most underrated fat-burning, mind-body exercises."

Walking is an opportunity for enjoyable multitasking; you could call a friend, listen to music, a podcast or audiobook (we suggest Rebecca Solnit's "Wanderlust," on the history of walking). Just be safe and aware of your surroundings.

Looking for a walking partner? Call the COA and let us know and we will connect you with other residents also interested in maintaining and improving health with a commitment to walk!  
(978) 887-1523

Topsfield Linear Common / Rail Trail – [www.ectaonline.org/trails](http://www.ectaonline.org/trails)

# 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](mailto:ipswichriver@massaudubon.org)

## Wellness Visits

VNA Be Well Clinic will be held on the 2<sup>nd</sup> & 4<sup>th</sup> Thursday of the month;  
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.



## 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 nutrition education if appropriate. Education related to your diagnosis, and follow up with PCP's.

## Hood's Pond Membership (65+)

Hood's Pond 2021 Senior Citizen Membership for anyone 65+ will be \$55. For a couple or single senior member.

The season runs late June to late August, based on staff availability.

## How to use the service

If you are interested in this service, please call the Council on Aging at (978) 887-1523 for a Membership form or sign up online at

[www.hoodspondtopsfield.com](http://www.hoodspondtopsfield.com)

Passes will be available at the pond starting on opening day.



# May 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><i>We roamed the fields and river sides, When we are young and gay; We chased the bees and plucked the flowers, In the merry, merry month of May. – Stephen Foster</i></p>					<p><b>1</b></p> <p>147<sup>th</sup> Kentucky Derby</p> 	<p><b>2</b></p>
<p><b>3</b></p> <p>3:00 Restorative Yoga</p> <p>7:00 PM Moderator Forum with Steve Whelan &amp; Kevin Harutunian</p>	<p> <b>4</b></p> <p>10:00 Historian John Horrigan - The Titanic</p> <p>Space Day</p>	<p><b>5</b></p> <p>10:00 Coffee &amp;Conversations: Connecting with Masco - Bill Hodges</p> <p>11:15 Tai-Chi</p> <p>5:00 Supper Club Cinco de Mayo</p>	<p><b>6</b></p> <p>10:00 Speaking of Ted</p> <p>1:00 ArtVenture: <i>Harmony with Hannah</i></p> <p>3:00 Dance out Dementia</p>	<p><b>7</b></p> <p>1:00 Balance in Motion with Dianna</p>	<p><b>8</b></p> <p>8-10 Food Pantry-Trinity</p> <p><b>10:00 Town Meeting</b></p> <p>Memory Café Rest-Stop-Ranch</p>	<p><b>9</b></p> <p>Sunday Stroll at Rest-Stop- Ranch</p> <p><i>Happy Mother's Day</i> </p>
<p><b>10</b></p> <p>3:00 Restorative Yoga</p>	<p><b>11</b></p> <p>10:00 Virtual Tour with Chrysa</p> <p><b>1:00 James Michael Live</b> under the tent</p> <p>4 PM COA Board Meeting</p>	<p><b>12</b></p> <p>10:00 Coffee &amp;Conversations: How to identify a stroke</p> <p>11:15 Tai-Chi</p> <p>5:00 Supper Club Nurses day</p>	<p><b>13</b></p> <p>9:00 VNA- Be Well Clinic</p> <p>1:00 ArtVenture: Joli-Oil Demo</p> <p>3:00 NO Dance class today</p>	<p><b>14</b></p> <p>1:00 Balance in Motion with Dianna</p>	<p><b>15</b></p>	<p><b>16</b></p>
<p><b>17</b></p> <p>11:00 Technology Tips</p> <p>3:00 Restorative Yoga</p>	<p><b>18</b></p> <p>10:00 What's next with Activities? Let's talk with Kathleen</p>	<p><b>19</b></p> <p>10:00 Coffee &amp;Conversations: <b>Chocolate</b> with Author, Chef Jaxson</p> <p>11:15 Tai-Chi</p> <p>5:00 Supper Club</p>	<p><b>20</b></p> <p>1:00 ArtVenture: Silver Screening with Vinny</p> <p>3:00 Dance out Dementia</p>	<p><b>21</b></p> <p>1:00 Balance in Motion with Dianna</p>	<p><b>22</b></p> <p>8-10 Food Pantry -Trinity</p>	<p> <b>23</b></p> <p>World Turtle Day</p>
<p><b>24</b></p> <p>3:00 Restorative Yoga</p>	<p><b>25</b></p> <p>10:00 Virtual Tour with Chrysa</p>	<p><b>26</b></p> <p>10:00 Coffee &amp;Conversations: <b>Memorial Day Service-</b> live &amp; virtual</p> <p>11:15 Tai-Chi</p> <p>5:00 Supper Club</p>	<p><b>27</b></p> <p>9:00 VNA 9:30 <b>Book Group</b></p> <p><b>1:00 White Pack Cards,</b> card making with Kendra</p> <p>3:00 Dance out Dementia</p>	<p><b>28</b></p> <p>1:00 Balance in Motion with Dianna</p>	<p><b>29</b></p>	<p><b>30</b></p>
<p> <b>31</b></p> <p><b>Memorial Day</b></p> <p>No COA activities</p>	<div>  <p><i>Happy Mother's Day!</i></p> </div>					



# June 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	 10:00 Historian John Horrigan	10:00 Coffee & Conversations: Historical Topsfield with Norm Isler 11:15 Tai-Chi 5:00 Supper Club Italian National Day	10:00 Speaking of Ted 1:00 ArtVenture: <i>Art Class with Bill Duke</i> 3:00 Dance out Dementia	1:00 Balance in Motion with Dianna	 World Environment Day	D-Day
3:00 Restorative Yoga	 10:00 Virtual Tour with Chrysa 4 PM COA Board Meeting World Oceans Day	10:00 Coffee & Conversations: Tick born illnesses 11:15 Tai-Chi 5:00 Supper Club	9:00 VNA- Be Well Clinic 1:00 ArtVenture: <i>Harmony with Hannah</i> 3:00 Dance out Dementia	1:00 Balance in Motion with Dianna	8-10 Food Pantry -Trinity	
11:00 Technology Tips 3:00 Restorative Yoga Flag Day	10:00 Historian John Horrigan	10:00 Coffee & Conversations: Detective Brendan Gahagan - 11:15 Tai-Chi 5:00 Supper Club	1:00 ArtVenture: Silver Screening with Vinny 3:00 Dance out Dementia	1:00 Balance in Motion with Dianna	Memory Café Rest-Stop- Ranch Emancipation Day	 <i>Happy Father's Day</i> Sunday Stroll at Rest-Stop- Ranch 1 <sup>st</sup> day of summer!
 3:00 Restorative Yoga World Music Day	10:00 Virtual Tour with Chrysa	10:00 Coffee & Conversations: General Lander and Friends with Dexter Bishop 11:15 Tai-Chi 5:00 Supper Club	9:00 VNA 9:30 Book Group 1:00 ArtVenture: White Pack Cards, card making with Kendra 3:00 Dance out Dementia	1:00 Balance in Motion with Dianna	8-10 Food Pantry -Trinity	
3:00 Restorative Yoga	10:00 Historian John Horrigan	10:00 Walking tour at the Ipswich Wildlife Sanctuary 11:15 Tai-Chi 5:00 Supper Club	 <i>Happy Father's Day!</i>			

# Notes



## 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](http://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](http://rest-stop-ranch.org/team)

## 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.*

## LOW VISION GROUP

If you are living with limited vision or blindness, a low-vision group meets monthly in Ipswich to share information, laughs, support and friendship. The guest speaker in May, 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 4<sup>th</sup> 10:00-11:30 at the Ipswich COA's outdoor tent. Tuesday, June 8<sup>th</sup> 10:00-11:30 Evan George, from Mass Office on Disability, Emergency Preparedness Training Coordinator talks about being prepared for any and all emergencies. Please call the Topsfield COA at (978) 887-1523 for more information.

## 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



## 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 under 60, but 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 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](mailto:fuelassistance@nscap.org)

## 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)

## 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](http://northshore1049.com)

# Spotlights From The Community:

## Annual Town Meeting & Town Election

The 2021 Annual Town Meeting will take place on Saturday, May 8<sup>th</sup> at 10:00 AM, on the Topsfield Town Common. The rain date will be Saturday, May 15<sup>th</sup> at 10:00 AM.

The 2021 Annual Town Election will take place on Thursday, May 20<sup>th</sup> at St. Rose of Lima Church, 12 Park Street. The polls will be open from 7:00 AM to 8:00 PM.

## Traveling Chef

The Traveling Chef, Grab and Go is our revised lunch program that will keep us socially distanced. We invite you on May 20<sup>th</sup> and June 17<sup>th</sup> 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! Looking for company? Join us on Zoom at 12:00 with your lunch for company while you eat!

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

Future Traveling Chef events will be Thursday, July 22<sup>nd</sup>, August 19<sup>th</sup>, and September 23<sup>rd</sup>.

## From the Library

The Four Billion Year Story of Topsfield **THURSDAY, MAY 27, 7:00—8:30 PM** via **Zoom**.



Ancient volcanoes? Mountains taller than the Himalayas? Colliding continents and roaming dinosaurs? When you think about the history of Topsfield how far back to you go? 100 years? 300 years? What about Four BILLION years?

If you've ever wondered about the ground beneath your feet, come discover the four-billion-year story of Topsfield from the dawn of life to our rapidly changing modern world with geologist and author Eamon McCarthy Earls.

This is a virtual program to be held on Zoom. Registration is required through the Library @ (978)887-1528.

## From the Library

Gifts from the Sea:  
Seascape Painting in the New  
England Tradition

**THURSDAY, JUNE 24<sup>TH</sup>**  
**7:00—8:00 PM** via **Zoom**

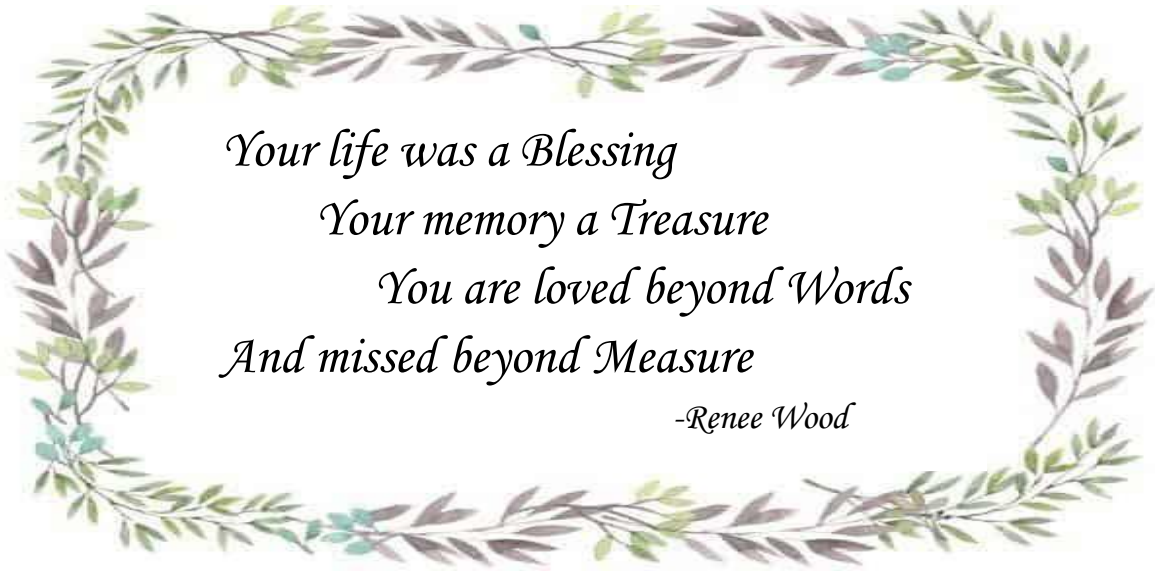


Local artist Meg Black will present seascape painting and its relationship to New England.

This presentation is funded by the Topsfield Cultural Council.

This is a virtual program to be held on Zoom. Registration is required through the Library @ (978)887-1528.

# In Remembrance



*Barbara Adams*

*Joe Bateman*

*Richard Collins*

*Roland Demers*

*Margaret Frost*

*Ruth Grady*

*Anne Rafferti*

*Pat Rolsma*



# A Puzzling Find

*Word Search*

BASEBALL



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

Spring means one thing in America: baseball season! Search for these team names to see how many you can find and if your home team made the list.

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

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