

The Scoop



November/December 2021

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

Contact us at: (978) 887-1523, topsfildmacoa@gmail.com

This will be the final Scoop for 2021.

We hope to ring in 2022 with exercise classes with low or no cost to you. We plan to continue to take trips on Tuesdays (weather permitting) to some local attractions and restaurants. If you or a family member are new to the Council on Aging (COA) feel free to call or stop by the office and introduce yourself, our door is always open. Our goal is to keep folks active, engaged and aging in place with dignity. The COA office and our Area Agency, Senior Care, Inc. is here to help provide services to maintain a healthy lifestyle. Stop by to help with our puzzle, have a cup of coffee or tea, join one of our activities, volunteer your time or meet a friend and play a game. We hope you find something that interests you or share your interests with us. Come and get involved and practice positivity!

Be Well, The COA Team

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Town Hall Hours:

Monday – Thursday
8:00 AM -4:00 PM

Friday
8:00 AM – 12:00 PM

COVID-19 Vaccine Clinic:



The Town of Topsfield is among the local communities in the Greater Cape Ann Community Collaborative offering COVID vaccines.

To book an appointment, for the COVID-19 vaccination visit the Town of Topsfield Website at www.topsfield-ma.gov. Contact Topsfield Board of Health with questions (978) 887-1520.

Programming

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

(Maximum of 10 students)

Monday, November 1st (NO December class)

\$20.00 per class, includes all supplies!

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

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

Perfect for all levels!

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

Oil Painting Class with Joli **Two Mondays a month 9 A.M. – 12 P.M.**

(Maximum of 10 students)

November 8th & 22nd

& December 13th

\$20.00 per class, includes all supplies!

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

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

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

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

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

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

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

Virtual Supper Club **Wednesdays 5:00 P.M.**

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

TopsfieldSupperClub@gmail.com

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

Virtual Arthritis Class

Wednesdays 1:00 P.M.

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

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

Book Group

One Thursday a month 9:30 A.M.

November- No book Group

December 2nd – ***Susan, Linda, Nina and Cokie:*** The extraordinary Story of the Founding Mothers of NPR

By Lisa Napoli

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

ArtVenture: Silver Screening

Thursday, November 18th &

December 16th at 12:30 P.M.

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

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

Virtual Travel

Tuesday, November 9th, 23rd &

Thursday, December 9th at 10:00 A.M.

Join Chrysa on another wonderful Journey!

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

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

DiannaDaly@gmail.com

Helpful Services & Resources

Library Events:

Sculpture for Justice: Cyrus Dallin's Tributes to This Land's Indigenous Peoples

Zoom: Thursday, November 4th, 7:00—8:00 PM

Heather Leavell, Cyrus Dallin Art Museum Director and Curator, will discuss the following three Boston-area statues in the context of the sculptor's legacy as an educator and Indigenous rights activist: Menotomy Hunter (1911) in Arlington, MA; Massasoit Ousamequin (1921) in Plymouth, MA; and Appeal to the Great Spirit (1909) in Boston, MA. Leavell will illustrate how Dallin employed his position as an internationally acclaimed sculptor to advance Indigenous rights through humanizing portrayals of Indigenous peoples, extensive public education, and efforts to reform harmful federal vanishing policies. Learn about Dallin's close, collaborative relationships with Indigenous leaders and non-Native activists, and the positive impacts of their work together. Leavell will also discuss what allies today might learn from Dallin's example.

Lotus Flower Lantern Craft Zoom Workshop

Thursday, November 18th, 7:00-8:00 PM

A member of the Korean Spirit and Culture Promotion Project will give us step by step instructions to make a lovely lotus flower lantern using colored paper and wire frames.

We are limited to 25 spots, you will be able to pick up the lantern materials from the library the week of the program.

Registration is required. Topsfield Library
(978) 887-1528

Chefs for Seniors

Improving Senior's Lives Through Food!

Chefs for Seniors is a meal service that connects seniors with licensed professional chefs who prepare high quality, affordable and nutritious meals in the home. Meals are prepared in your kitchen, 12 seasonal menu options at a pleasantly surprising affordable rate. Call the COA at (978) 887-1523 for more information.

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:

(Meets the 2nd Tuesday of the month at 4:00 PM)

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
Bill Quinn	Member
Charlotte O'Toole	Associate Member

Friends of COA Board:

Kathy Yanchus	President
Kathy Curran	Vice-President
Pat MacLean	Treasurer
Susan Whelton	Secretary
Nancy Beirne	Member
Chris Roman	Member
Christine Cotti	Member
Mary Ann Cosgrove	Member
Mary Margaret Keaney	Member
Elaine Crippen	COA Board Liaison

COA contacts:

Kathleen Barbarisi COA Director
kbarbarisi@toppsfield-ma.gov

Beth Wideberg

Senior Administrative Assistant and
Meals on Wheels Coordinator
bwideberg@toppsfield-ma.gov

Advice from your Public Servants



Tips from the Police Department

We recently revealed our new cruiser and first electric police cruiser, a 2021 Ford Mustang Mach-E. The new cruiser meets all our Police Department needs and functions and will be more financially feasible through savings on fuel and maintenance. Be on the lookout for it and ask one of our officers for a ride!

No Shave November

Our officers will be participated in No Shave November in support of Home Base, a campaign to raise awareness and funds for critical, life-saving care that Home Base provides to Veterans and their Families to heal from the invisible wounds, such as PTSD and traumatic brain injury. Each officer that donates will be allowed to forgo shaving through the month of November.

Perkins Row Traffic Modifications

Perkins Row is now a one way from Steward School to Brookside Road to preserve the integrity of the Mile Brook Bridge on Perkins Row. We apologize for any inconveniences caused by this change, but we decided on this in the best interest of public safety.

Tips from the Board of Health

Spread Holiday Cheer, not Foodborne Illness!

With the holiday season just around the corner, the Topsfield Board of Health offers the following tips to avoid foodborne illness. The CDC reports that foodborne illness results in 128,000 hospitalizations and 3,000 deaths each year. The following tips for proper hygiene and safe food handling/preparation can minimize the risk of spreading foodborne illness:

- Wash hands thoroughly with soap and water for at least 20 seconds.
- Serve food on clean plates – don't reuse soiled plates that have held raw meat or poultry.
- Cook using a food thermometer to ensure food reaches a safe minimum temperature:
 - Ground beef, pork, lamb and veal: 160°F
 - Poultry (whole or ground): 165°F
 - Chill leftovers within 2 hours of cooking.
 - Discard any items that have been left out longer than 2 hours.
 - Keep hot foods hot (140°F or above) and cold foods cold (40°F or below).

For more information: The USDA Meat & Poultry Hotline: 1-888-674-6854

Massachusetts Partnership for Food Safety Education: <https://www.mafoodsafetyeducation.info/>

Tips from the Fire Department

Tree Safety-Buy the freshest tree possible. Make a new 2" cut in the trunk before putting it up. • Place your tree away from heat sources like radiators, woodstoves, and fireplaces. • Keep trees away from doorways and exits. • Use a non-tip style tree stand and extra guide wires. • Water a live tree daily. • Turn off tree lights and other electric decorations before going to sleep or leaving the house. Consider using a timer. • Buy artificial trees that are listed by an approved testing agency such as Underwriters Laboratory (UL). • Dispose of your tree properly, soon after the holidays. Compost or recycle it.

Lighting Safety- Buy lights and electric decorations that are listed by an approved testing agency. • Replace lighting that has frayed wires, broken plugs, sockets, or switches. • Never overload outlets. Use no more than three strands of lights on a single extension cord. • Never use candles on trees, near live or other flammable decorations. • Never leave burning candles unattended. Consider switching to electric or battery-operated candles. • Consider using energy efficient LED lights that stay cool. **Outdoor Lights** • Use only lights rated for outdoor use. • Plug outdoor decorations into a ground-fault circuit interrupter (GFCI). • Use electrical connection protectors. • Anchor outdoor lights and decorations with insulated holders or hooks.

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

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 TRIP – all trips are subject to change & cancellation.

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

Christmas New York Style: Historic Hudson Valley & New York City

Sunday December 5-6th, 2021 for a *2 Days/1 Night stay* – Enjoy the Natural Beauty and spectacular Riverside Estates. NY City Rockefeller Plaza embodies the Christmas season. From the wonder of the breathtaking stained-glass windows of Union Church designed by Henri Matisse & Marc Chagall, dramatic Lyndhurst Castle, and the Radio City Rockettes!

BOSTON POPS at Lowell Memorial Auditorium on Sunday, 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 (COA bus is full; tickets available to drive yourself)

North Shore Music Theater's A Christmas Carol on Sunday, December 5th at 2:00 PM Please RSVP to the COA (978) 887-1523 by November 5th. \$69.50/pp The COA will provide transportation.

Notes from the...

NSCAP Fuel Assistance

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

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

Services Available

Schedule an Appointment/Questions:

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

Application Status:

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

Medicare Open Enrollment

Medicare open enrollment is October 15th through December 7th. It's that time of year when Medicare beneficiaries receive mail from their health insurance companies and learn about the changes for 2022. Health insurance premiums change, health care and drug coverage changes, providers contract with different plans, and new benefits are introduced every year.

Services Available

SHINE is available for Medicare Open Enrollment and Medicare Plan Finder assistance by phone, email, and Zoom. To find a SHINE counselor call (978) 887-1523 or MassOptions at: 1-800-243-4636 for the SHINE regional office in your area. We are scheduling appointments through the Topsfield COA every Tuesday in November from 10-2.

For more information about Medicare 101 Workshops visit: www.SHINEMA.org or email us at SHINE@state.ma.us.

<https://youtu.be/DbVktvplucM> (how to instructions)

VNA 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 9-10AM.


Make an appointment by calling the COA at (978) 887-1523 to sign up with a Visiting Nurse.

Services Available

VNA nurse services include:
Cardiopulmonary check: B/P, pulse rate and rhythm, pulse oximeter, weight, or diabetes blood sugar checks. They can review medications, administer B12 shot monthly with an MD order and provide nutritional education if appropriate, education related to your diagnosis, and follow up with PCP's.

November 2021

November 2021						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9-12 Bill Duke watercolor Class 1:00 Curves – free Balance class @ COA 1-3 Mahjong 3:00 Virtual Restorative Yoga <i>All Saints Day</i>	Shine appointments Trip: Cracker Barrel old Country Store & Restaurant Primary Election at St. Rose Church	9:30 Market Basket 10:00 Coffee & Conversation* 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	10-12 Canasta 12:30 ArtVenture: make a Fall Flower arrangement with Tom <i>(sign up required)</i> 2:15 Stretch & Strengthen class	11:30 Tour and lunch at Turner Hill <i>(sign up required)</i> 1:00 Balance in Motion with Dianna	Day light savings; Fall Back Change your Smoke alarm batteries	
9-12 Oil Painting with Joli Wood 1-3 Mahjong 2:00 Bingo at Littlebrook Village (All Welcome!) 3:00 Virtual Restorative Yoga	10:00 Virtual Tour with Chrysa Shine appointments Trip: (Calling all crafters) Franklin Mills & Lunch 4:00 COA Board Meeting	9:30 Market Basket 10:00 Coffee & Conversation* 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	 Town Hall Closed for Veteran's Day!	10:00 Speaking of Ted 1:00 Balance in Motion with Dianna	8-10 Food Pantry at Trinity 10-12 Memory Café at Rest-Stop- Ranch @ the library <i>World Kindness Day</i>	<i>Claude Monet's Birthday</i>
1-3 Mahjong 3:00 Restorative Yoga	Shine appointments Trip: 9:30 Plymouth Plantation Museum & Turkey Lunch	9:30 Market Basket 9-10 VNA (Littlebrook Village) 10:00 Coffee & Conversation* 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	10-12 Canasta 12:30 ArtVenture: Silver Screening with Vinny 2:15 Stretch & Strengthen class 2-3:30 Vaccine Clinic <i>World Philanthropy Day</i>	1:00 Balance in Motion with Dianna		
9-12 Oil Painting with Joli Wood 1-3 Mahjong 3:00 Virtual Restorative Yoga	Shine appointments Trip: Market Basket (no MB on 11/24) 10:00 Virtual Tour with Chrysa	No Market Basket 10:00 Coffee & Conversation* 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club No Supper Club	 Happy Thanksgiving! Town Hall Closed	Town Hall Closed	8-10 Food Pantry at Trinity 10-12 Memory Café at Rest-Stop- Ranch	 1st day of Hanukkah Happy Hanukkah <i>Arvent</i>
1-3 Mahjong 3:00 Virtual Restorative Yoga	Shine appointments Trip: 9:30 Historic Ipswich with Gordon Harris (part 2) Special Election at St. Rose Church	*Coffee & Conversation: 11/3 Meet Stephanie Sweeney, Recreation Director 11/10 Veteran's Day Talk with Red Bullock 11/17 Learn how to use iPhone calendar 11/24 Detective Brendan Gahagan - scams				

December 2021						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Coffee & Conversation 12/1 Author, Joanne Travers 12/8 Dexter Bishop – Civil War 12/15 Anti-Inflammation Diet 12/22 COA 2022 Forum of the Future		9:30 Market Basket 1 10:00 Coffee & Conversation 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	9:30 Book Group 2 No Canasta 1:00 ArtVenture: Harmony with Hannah 2:15 Stretch & Strengthen class	10:00 3 Speaking of Ted 1:00 Balance in Motion with Dianna	4 3-7 PM Holiday on The Green	 5 North Shore Music Theater: A Christmas Carol by Charles Dickens Volunteer Day
	10:30 6 Boxwood Trees at Trinity Church <i>(sign up required)</i> 1-3 Mahjong 3:00 Virtual Restorative Yoga	Shine 7 appointments Trip: 9:30 Gingerbread Construction Co. & shopping at Lynnfield Market Place Civil Aviation Day	9:30 Market Basket 8 10:00 Coffee & Conversation* 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	10:00 VNA Clinic 9 10-12 Canasta 10:00 Virtual Tour with Chrysa 1:00 ArtVenture White Pack Cards with Kendra 2:15 Stretch & Strengthen class 2:00-3:30 FLU clinic	10 1:00 Balance in Motion with Dianna	11 8-10 Food Pantry at Trinity 10-12 Memory Café at Rest-Stop-Ranch @ the Library
9-12 Oil Painting with 13 Joli Wood 1-3 Mahjong 3:00 Virtual Restorative Yoga 2:00 Bingo at Littlebrook Village (All Welcome!)	Shine 14 appointments Trip: 9:30 Cape Ann Museum Gloucester, Ma 4:00 COA Board Meeting	9-10 VNA (Littlebrook Village) 15 9:30 Market Basket 10:00 Coffee & Conversation* 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	10-12 Canasta 16 12:30 ArtVenture Silver Screening with Vinny No Stretch & Strengthen class	1:00 Balance 17 in Motion with Dianna 4:30 Holiday Concert with Justyna Giernola , International Soprano - Public Hall	18	19 Boston Pops Lowell, Ma
20 1-3 Mahjong 3:00 Virtual Restorative Yoga	Shine 21 appointments Trip: 5:00 Local lights at night	22 9:30 Market Basket 10:00 Coffee & Conversation* 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	23 10:00 VNA Wellness Clinic 10-12 Canasta 3:00 Dance out Dementia	24 Town Hall Closed	 25 Merry Christmas Christmas	 26 Boxing Day
27 1-3 Mahjong 3:00 Virtual Restorative Yoga	Shine 28 appointments 10:00 Game & Puzzle Day at the COA with holiday treats, cocoa and holiday chatter	29 9:30 Market Basket 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club NO Supper Club	30 10-12 Canasta TBD Dance out Dementia 4:00 New Years Eve Celebration with Clyde Wheatly <i>(sign up required)</i>	 31 Town Hall Closed New Year's Eve		

Notes



Mr. Fix It

Are you in need of an Odd-job or **Repair**? If so, contact the Council on Aging at (978) 887-1523 to coordinate Mr. Fix It to come to your house/apartment to "Fix It"!

Yard Clean Up Services

Are you in need of yard help? For information on these services contact the COA (978) 887-1523 to inquire about yard work services.

Disability Resources Center (DRC)

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

Mass Family Caregiver & Support Program

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

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

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 LOCALLY

If you would like to support local Organizations, 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.

Senior & Veteran Tax Work-off

The Senior Tax work-off program offers homeowners from Topsfield who are 60+ years the opportunity to earn an abatement on their real-estate property tax bill. Applications can be found on the Topsfield Town Website www.topfield-ma.gov. Please fill out the form found on the website or by picking them up at the COA and submit it by the end of December.

Noticeboard



24/7 HELPLINE

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

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 To Schedule an Appointment/Questions call (978) 531-0767, ext. 136.

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.

Phone Call Check-In Program

This program pairs volunteers with community members for weekly conversations over the phone. The aim of this program is to help connect individuals who could use a friend to talk to. To enroll in our phone buddy program, please call the COA at (978) 887-1523.

Spotlights from The Community:

Mobile/Computer Hotspot Resources

A hotspot is a physical location device where people may obtain Internet access, typically using Wi-Fi technology, via a wireless local-area network using a router connected to an Internet service provider. Topsfield residents in need a hotspot for Wi-Fi service in your home or need a laptop?

Borrow a Hotspot or laptop for home use for a few months. We have a laptop and WiFi connection at the COA office which you are welcome to take home or use here by appointment.

Please, contact the Topsfield Council on Aging at (978) 887-1523 to borrow a hotspot, charger and a case or a laptop.

Hat Donations

The Crafter's Group, which meets at Town Hall each Wednesday from 1:30 to 3:30 and welcomes new members, is sponsoring a hat drive for the Merrimack Valley Hope Mission, an informal support group devoted to providing "basic needs" to those living in poverty and experiencing homelessness. The Crafter's Group will be making up kits with yarn, needles, and a simple knitting pattern to be distributed or delivered to anyone willing to make a hat for this deserving charity. If you are interested in participating in this worthy endeavor, please contact the Topsfield Council on Aging at (978) 887-1523 to request a kit.

Holiday on the Green

Topsfield's Holiday on the Green

Saturday, December 4th, 3:00-7:00 PM

Join this Fun, Free Family Event!

Tree lighting, Hayrides, Food Trucks, Artisan Village, Music, Snowmen Display, Maryellen McGee Award, Santa's Workshop, Live Animals, Santa, Memory Tree, a Bonfire & The Holiday Walk at Area Businesses.

Please consider volunteering!

We need people to help decorate or assist for an hour at the event or in preparation of the event. Please call Kathleen Barbarisi (COA) at (978) 887-1523

Organized by the Topsfield Recreation Committee

From the Rest-Stop Ranch

REST-STOP-RANCH NOTES:

Rest-Stop-Ranch, Memory Café

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

Sat - 10am - 12pm:

Nov. 13 - Paperwhite Mason Jars

Dec. 11 - Pine Cone Feeders

Jan. 8 - Desert Terrarium

Feb. 12 - Valentines with Dried Flowers

Mar. 12 - Sun Hats

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



Gracia Clemson
 Mary Jane Doyle
 Norma Peabody
 Elizabeth Stashis
 John Harvey
 George Sullivan Jr.

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

Difficulty level: Very Easy

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

Answer Key:

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

The Wrath of....

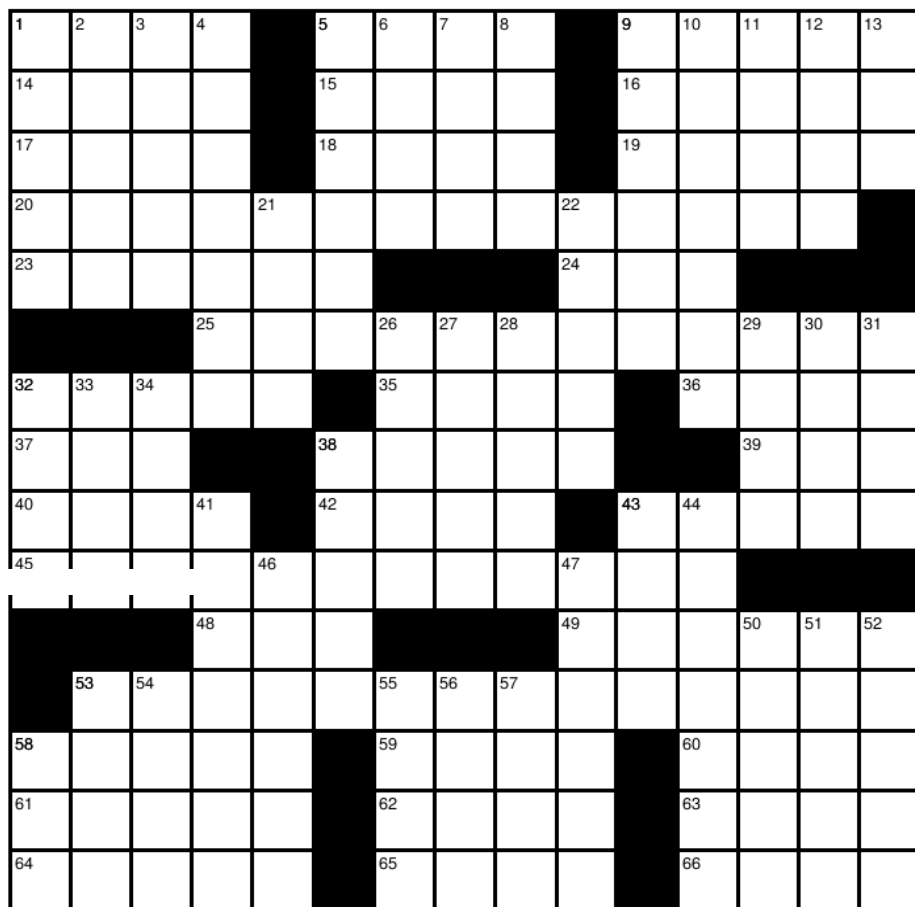
Robert Stockton

ACROSS

1. He may cross the line
5. Literary Finn
9. Divide
14. Desire
15. Eye with desire
16. Desire
17. Made mad
18. "Kaboom!"
19. Loosen up
20. CON
23. Affirm at the altar
24. Liza Doolittle's dwelling
25. CON
32. Drilled
35. Domain of Eos
36. Put to flight
37. Hollywood Gardner
38. Stan's comedic pal
39. Former fort near Salinas
40. "99 Luftballons" singer
42. Freshman, typically
43. Dates with a Dr., perhaps
45. CON
48. Word with go or by
49. Recited in rhyme, perhaps
53. CON
58. Tartan garment
59. "Night Sins" author Tami
60. SASE, typically
61. Dancer's support
62. Fit
63. "Dollhouse" heroine
64. Jerk
65. Mexican sauce
66. Eye affliction

DOWN

1. Sends to stores
2. Jazz Chick
3. Rich Little's trade
4. Place for a glasses case
5. Rub elbows
6. Unpleasant-sounding citrus



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7. They may have their own tartan
8. 1996 VP candidate
9. Cut corners
10. Factory configurations
11. "Mission: Impossible" composer Schifrin
12. "Meatballs" director Reitman
13. Popular cowboy nickname
21. Was laid low by a high?
22. Broadcasting pioneer Arledge
26. Jung contemporary
27. Yarns
28. "Dallas" family name
29. "Breakfast for Dinner" eatery
30. ____ cloud (home for comets)
31. Assents
32. "Kaboom!"
33. Out's partner
34. Punjabi princess
38. SNL alum, Cheri
41. Surreptitious romances
43. Love personified
44. Jazz-men Ellis and Russell
46. Type of bicycle
47. High point
50. Color lightly
51. Like wool sweaters, for some
52. Daphnis's love
53. Response to a rake
54. Legal opening?
55. Imitation
56. Bindlestiff
57. Eden event
58. NOVA network

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