

The Scoop

September/October 2021



Council on Aging – Town Hall, 8 West Common Street, Topsfield, MA. 01983
Contact us at: (978) 887-1523, topsfildmacoa@gmail.com

Thank you, Council on Aging Board (COA), Friends of COA Board, Volunteers and all the departments for your tireless efforts on supporting the COA with all our activities, trips and especially the Antique Car Show! It warms my heart to see the comradery happening in Topsfield!

Programs are in-person at Town Hall as well as virtual via Zoom. Call the COA to receive a calendar, schedule doctor appointments, bus trips to local favorites, for the Wednesday trip to Rowley Market Basket grocery shopping and to let us know what you would like to see on future newsletters/calendars.

In this Issue:

Page 2.....	Programming
Page 3.....	Services & Resources
Page 4.....	Agencies & Organizations
Page 5.....	Advice from Public Servants
Page 6.....	Trips to Take
Page 7.....	Notes
Page 8.....	September Calendar
Page 9.....	October Calendar
Page 10.....	Notes
Page 11.....	Noticeboard
Page 12.....	Spotlights from the Community
Page 13.....	A Puzzling Find
Page 14.....	In Remembrance



Town Hall hours:

Monday – Thursday
8:00 AM – 4:00 PM
Friday (closed 9/3/21)
8:00 AM – 12:00 PM



Friends of the Topsfield
Council on Aging

COVID-19 Vaccine Clinic:



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

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

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

What: COVID-19 Vaccine Clinic

Where: Bee Building, Topsfield Fair Grounds (Sept. 2nd
Town Hall starting September 9th

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

Programming

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

(Maximum of 10 students)

September 20th and October 18th

\$20.00 per class, includes all supplies!

To sign up call (978)-887-1523

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

Perfect for all levels!

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

Oil Painting Class with Joli **One Monday a month 9 A.M. – 12 P.M.**

(Maximum of 10 students)

September 13th, 27th & October 11th, 25th

\$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, email COA@topsfield-ma.gov

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

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

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

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

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

TopsfieldSupperClub@gmail.com

Grocery Shopping

At Market Basket

Wednesdays starting at 9 A.M

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

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

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

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

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

September – Us Against You by Fredrik Backman

October – The Brilliant Life of Eudora Honeysett by Annie Lyons

To participate please email

COA@topsfield-ma.gov

ArtVenture: Silver Screening **Thursday, September 16th & October 21st 1:00 P.M.**

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

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

Virtual Travel

Tuesday, September 14th, 28th & October 12th, 26th at 1:00 P.M

Join Chrysa on another wonderful Journey!

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

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

DiannaDaly@gmail.com

Helpful Services & Resources

Computers and WiFi Resources

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

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

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

SHINE

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

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

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. Join Chef Michael on October 20th to learn more about these wonderful services and maybe even a little sampling of his delicious cooking!

BALANCE IN MOTION with

Dianna—Parkinson's Fitness (PF)

Parkinson's Fitness is a non-profit organization dedicated to fighting Parkinson's disease through exercise and movement classes, arts and educational programs. PF has been working around the North Shore for over 8 years. Instructor, Dianna Daly, has had the pleasure of teaching her Balance in Motion class through Parkinson's Fitness in partnership with the Topsfield COA for the past 4 years. Dianna's devoted students partake in a series of seated and standing movements, exercises, sometimes using props such as balls, towels, and balance pads to promote strength, flexibility, and balance. All participants will benefit from this unique experience.

To receive the Zoom link, send an email to diannadaly@gmail.com

Classes are Fridays, 1:00 P.M.



Agencies/Organizations

Providing Vital Support

SeniorCare, Inc.

(978) 281-1750 or www.SeniorCareInc.org

Food Pantries:

- Top Cupboard (978) 807-8775
- The Open Door (978) 283-6776 x214

PACE (Element Care)

(978) 803-5564 or www.elementcare.org

Disability Resource Center

(978) 741-0077 or www.DisabilityRC.org

Veterans Services Officer

(978) 380-8397 or dick.cullinan@verizon.net

United Way 211

Whether you want to give or get help, **2-1-1** is the confidential, free, 24-hour a day, and multilingual way to locate hundreds of human services in your area.

Call2Talk

A mental health, emotional support, and suicide prevention program run by Mass211. It operates 24/7 and provides confidential, compassionate listening to assist people – including those who may be despondent or considering suicide – during stressful times call 211.

Elder Abuse Hotline

Call (800) 922-2275 to report any form (physical, verbal, etc.) of suspected elder abuse, statewide 24/7 hotline.



BOARDS:

COA Board:

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

Friends of COA Board:

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

COA contacts:

Kathleen Barbarisi COA Director
kbarbarisi@topsfield-ma.gov

Beth Wideberg

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

Advice from your Public Servants



Tips from the Police Department

We would like to announce a Commemoration Event on the 20th Anniversary of the September 11th attacks on our nation. On September 11, 2021, we will be having a service beginning at 9AM on the Town Common. After the commemoration, we will have coffee and refreshments for attendees for a meet with your public safety team members. Representatives of the Police, Fire and DPW departments will be present for conversation. Each department will also have vehicles present for demo and viewing. We hope to see everyone there!

Tips for Apple iPhone Users to avoid accidental 9-1-1 calls

Since this newer IOS update to iPhone and apple watches, our accidental 9-1-1 calls have increased dramatically. The Emergency SOS button will call 9-1-1 when you rapidly press the side button 5 times. This feature can be accidentally enabled in your pocket, in the hands of your children using your phone, bending your wrist with your apple watch certain ways, and many other accidental reasons.

Should you wish to DISABLE this feature, please follow the steps below:

Open the Settings app on the iPhone

Scroll to Emergency SOS

If the Button for "Call with Side Button" is enabled it will be green. If you'd like to DISABLE this feature, click the button so it turns gray/off.

Please keep Location Services TURNED ON in your phones Locations settings to Allow "Emergency SOS" to determine your location in the event of an emergency.

Tips from the Board of Health

The Topsfield Board of Health would like to remind residents that the COVID-19 pandemic is not over. With new variants spreading, it is important to continue to take precautions against the spread of COVID-19. To protect yourself and your loved ones, follow the CDC recommendations and remember that masking protects from other illnesses as well as COVID-19:

- Get vaccinated!
- Wash hands frequently with soap and water.
- If unable to maintain a 6-foot distance from others in public, wear a face covering.
- If sick, call your doctor and stay home.

The Topsfield Board of Health will continue to conduct COVID-19 vaccine clinics every Thursday from 2 – 3:30 pm as well as hosting two Flu Vaccine Clinics this Fall. Check the Town of Topsfield website for dates and details at www.topsfield-ma.gov. More information on COVID-19 vaccine may be found at <https://www.mass.gov/covid-19-vaccine>.

The Topsfield Board of Health is always here for questions or assistance at 978-887-1520 or health@topsfield-ma.gov. Stay safe and healthy!

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 TRIPS – all trips are subject to change & cancellation.

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

GREAT TRAINS & GRAND CANYONS: October 24-29 (6 days/ 5 night). Features a combination of American West highlights, with the scenery of Grand Canyon National Park and the red rocks of Sedona; the Native American history at the Montezuma Castle National Monument; and the Old West nostalgia of two train rides and five nights in picturesque Sedona, Arizona.

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

About Nature: A Walking Play at Appleton Farms on Thursday, September 16, 2021 5:30-7PM \$45/pp Tickets are limited! The Trustees and TigerLion Arts present Nature, the mythic telling of Emerson and Thoreau's mutual love affair with the natural world. This year, the nationwide touring production comes to Massachusetts for a special Trustees-only tour with performances at Fruitlands Museum in Harvard, Appleton Farms in Ipswich, and Bird Park in Walpole. Call Topsfield COA office to sign up (978)887-1523

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

Notes from the...

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

Elder Abuse Hotline

Each year, an estimated 5 million older adults are abused, neglected, or exploited. Protective services are provided to adults age 60+ without regard to income.

Concerned About your or an Elder's Safety or Well Being?

Services Available

SeniorCare

Call the Elder Abuse Hotline 24/7
1-800-922-2275

There is a new link to file an online Adult Protective Services report:

<https://hssmaprod.wellsky.com/intake/>

Learn more at:

<https://seniorcareinc.org/protective-services/>

Farmers' Market Nutrition Program

Pick up your \$25. Farmers' Market Coupon Books at the COA. You must be 60 years old or older and meet the 2021 Income Guidelines:

Household size of one with a Monthly Income of \$1,986 monthly or less and annual Income of \$23,828 or less. Household size of 2 Monthly Income \$2686 or less and annual Income of \$32,828 or less. Contact COA for larger household size income range.


Get more information by calling the COA at (978) 887-1523

Services Available

How to use your Coupons:

1. Find your market online
[Mass.gov/massgrown](https://mass.gov/massgrown)
2. Plan your visit, arrange transportation
3. Each coupon is worth \$2.50 and no change can be given. If your items cost more, you must pay the difference
4. Look for the Farmers' Market Coupons Accepted sign to find a FMNP farmer.
5. Don't Forget the following your coupon booklet and SNAP/EBT card- Many markets accept SNAP and participate in HIP
6. These coupons expire after October 21, 2021

September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday
10:00 Coffee & Conversation* 1st -Police Depart. -Scams updates 8th -SHINE/Medicare with Marylou 15th -Coffee at Francie's Boutique 22th -Root beer Floats & Conversation! 29th -Gordon Harris - Historian Wednesdays– Grocery Shopping at 9:00 (Call 978-887-1523 to sign up)		10:00 Coffee & Conversation* 1 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club Classical Music Month	10:00 Speaking of Ted 2 1:00 ArtVenture: 2:15 Stretch & Strengthen class	3 Town Hall Closed 1:00 Balance in Motion with Dianna	4	5
6 Town Hall Closed Labor Day Rosh Hashanah - Jewish New Year	7 12:30 Trip: The Paper Store in North Beverly & Cherry Farm Creamery	8 10:00 Coffee & Conversation* 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	9 10:00 VNA - Well Clinic 1:00 ArtVenture: Tell your Story Scrapbook Class 2:15 Stretch & Strengthen class	10 1:00 Balance in Motion with Dianna	11 8-10 Food Pantry at Trinity 10-12 Memory Café at Rest-Stop-Ranch	12 12-3 Tomato Festival 
9-12 Oil Painting with Joli Wood 13 1-3 Mahjong 2:00 Bingo at Littlebrook Village (All Welcome!) 3:00 Restorative Yoga	14 9:30 Trip: Picknick -Ipswich Bay Yacht Club 10:00 Virtual Tour with Chrysta 4:00 COA Board Meeting	15 9-10 VNA – Well Clinic @ LB *10:00 at Francie's Boutique (20% OFF) 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	16 1:00 ArtVenture: Silver Screening with Vinny 2:15 Stretch & Strengthen class 5:30 PM A Walking Play @ Appleton Farm (sign up required)	17 1:00 Balance in Motion with Dianna	18  Oktoberfest	19
9-12 20 Bill Duke watercolor Class 1-3 Mahjong 3:00 Restorative Yoga	21 9:30 Trip: Ogunquit, Me. For Lunch and Shopping	22 10:00 Coffee & Conversation* 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	23 9:30 Book Group 10:00 VNA Clinic 11:00/11:15 <i>Traveling Chef Grab & Go (sign up required)</i> 1:00 ArtVenture: +Craft Hour - Denise Autumn	24 10:00 Trip Service Dog Project Either stay on the bus or take a tour 1:00 Balance in Motion with Dianna	25 8-10 Food Pantry at Trinity 4-7 Potluck supper Rest-Stop-Ranch	26
9-12 Oil Painting with Joli Wood 27 1-3 Mahjong 3:00 Restorative Yoga	28 10:00-12:00 Shine appointments 9:30 Flying Horse outdoor Sculpture Exhibit - Pingree & Great Marsh Brewery lunch 10:00 Virtual Tour with Chrysta	29 10:00 Coffee & Conversation* 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	30 1:00 ArtVenture: White Pack Cards with Kendra	LB= Littlebrook Village +Craft Hour on September 23 rd will Pumpkin & Ghost Pins!		

October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 Coffee & Conversation* 6th - What you need to know about SeniorCare with Meagan Riche 13th – V is the Valley Folksongs with Jack DesBois 20th - Chef Michael with Chefs for Seniors 27th- Norman Isler – American Revolution and Forward +Craft Hour on October 28 th will be Holiday Sea Glass Picture! Wednesdays– Grocery Shopping at 9:00 (Call 978-887-1523 to sign up)				1	2	3
Senior Day at the Topsfield Fair please sign up for transportation 1-3 Mahjong 3:00 Restorative Yoga	4 See Monday for this week's trip to the Topsfield Fair World Teachers Day	5 10:00 Coffee & Conversation* 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	6 10:00 Speaking of Ted 1:00 ArtVenture: V is the Valley Folksongs with Jack DesBois	7 1:00 Balance in Motion with Dianna	8 8-10 Food Pantry at Trinity 10-12 Memory Café at Rest-Stop-Ranch	9 10-2 Sunday Stroll at Rest-Stop-Ranch
9-12 Oil Painting with Joli Wood 1-3 Mahjong 2:00 Bingo at Littlebrook Village (All Welcome!) 3:00 Restorative Yoga	10 9:30 Trip: Tour of the Turner Hill Mansion & Lunch 10:00 Virtual Tour with Chrysa 4:00 COA Board Meeting	11 10:00 Coffee & Conversation* 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	12 10:00 VNA – Well Clinic 1:00 ArtVenture: White Pack Cards with Kendra	13 1:00 Balance in Motion with Dianna	14 8-10 Food Pantry at Trinity 4-7 Potluck supper at Rest-Stop-Ranch	15 10-2 Sunday Stroll at Rest-Stop-Ranch
9-12 Bill Duke watercolor Class 1-3 Mahjong 3:00 Restorative Yoga	16 9:30 Trip: Historic Bus Tour of Ipswich with Historian Gordon Harris & Lunch at Ipswich Brewery	17 9-10 VNA – Well Clinic @ LB 10:00 Coffee & Conversation* 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	18 12:00 Octoberfest Event at Town Hall 1:00 ArtVenture: Silver Screening with Vinny	19 1:00 Balance in Motion with Dianna	20 8-10 Food Pantry at Trinity 4-7 Potluck supper at Rest-Stop-Ranch	21 10-2 Sunday Stroll at Rest-Stop-Ranch
9-12 Oil Painting with Joli Wood 1-3 Mahjong 3:00 Restorative Yoga Pablo Picasso's Birthday	22 10:00-12:00 Shine appointments 9:30 Trip: Lowell Tour & Lunch 10:00 Virtual Tour with Chrysa	23 10:00 Coffee & Conversation* 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	24 9:30 Book Group 10:00 VNA – Well Clinic 1:00 ArtVenture: Craft Hour with Denise	25 1:00 Balance in Motion with Dianna	26 8-10 Food Pantry at Trinity 4-7 Potluck supper at Rest-Stop-Ranch	27 10-2 Sunday Stroll at Rest-Stop-Ranch
				29	30	 Happy Halloween! Halloween



LOW VISION GROUP

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

The Low Vision Group will be meeting:

Tuesday, September 7th 10:00-11:30 AM
Grant Harrison, from the Massachusetts Specialized Equipment Distribution Program will demonstrate free or reduced cost telephone equipment to individuals with vision and hearing loss.

Tuesday, October 5th 10:00 to 11:30
A rep from Senior Care Inc. will be talking about the “Consumer directed Care” program. This state funded program allows consumers to employ friends and family to assist with daily living.

If you are living with limited vision or blindness, our low-vision group meets monthly to share information, laughs, support and friendship. Transportation is available.

New members always welcome!

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

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”!

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 that have been making a difference since this public health crisis began, financial contributions are gratefully being accepted...

• **Top Cupboard Food Pantry:**

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

• **Friends of the Topsfield Council on Aging:**

Mail checks payable to Friends of the
Topsfield COA, P.O. Box 173, Topsfield, MA
01983

• **Elderly and Disabled Tax Relief Fund:**

Provide property tax relief to qualifying senior citizens/adult-disabled. Contact the Topsfield Assessor’s Office at (978) 887-1514

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:

Tomato Festival

Topsfield Tomato Festival September 12



The first Topsfield Tomato Festival will be held on the Proctor School Grounds on Sunday, September 12, 2021 from Noon - 3 pm. There will be games, contests, live music, mini horses and tomatoes!

Traveling Chef

The Traveling Chef, Grab and Go is our revised lunch program that will keep us socially distanced. We invite you on September 23rd and October 19th to participate in this new Traveling Chef lunch program. Reservations need to be made **two weeks** prior to the lunch date. You will pick up your meal at the Town Hall. The meals come cold and you will bring it home to heat and enjoy!

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

Topsfield Fair

Topsfield Fair

Oct 1st — 11th

**Senior Day is Monday,
October 4th**

Transportation is available
please call the COA at (978)
887-1523 to schedule a ride!

The 203rd Topsfield Fair will be
held on October 1 – 11, 2021!



From the Rest-Stop Ranch

REST-STOP-RANCH NOTES:

ENJOY wheelchair-accessible gardens:
Monthly outdoor events (free-of-charge) for
seniors and care-partners.
Access to an outdoor restroom is
available. Carry-in/Carry-out picnics. For
the events schedule and access to RSVP
online go to: rest-ranch.org/events

Join our Team!

Volunteers are needed in the garden, at
events, and at the office.
Contact Mary MacDonald, Foundress &
Owner of Rest-Stop-Ranch, with questions
or to participate: (978) 887-4202.
Our team member application is available
online: rest-stop-ranch.org/team

Dance Fever

Robert Stockton

ACROSS

1. Iron boxer Tyson
5. Small app?
9. Elbow
14. "Iliad" spear carrier
15. "The Biggest Little City in the World"
16. It may leave you in tears
17. *6 friends were showing off at the Disco. The librarian whispered:
20. Acclimated
21. "Robin Hood" extras
22. 1984 clut classic feature Emilio Estevez
24. Sea of ____ (Black Sea arm)
25. *The chess teacher instructed:
30. Friend of Eliphaz, Bildad and Zophar
33. US weather agcy.
34. Milton's Muse
35. March time
37. "All aboard!" bldg.
40. Disco dance hit by the Village People
41. Thanks for the escargot
43. Scale adjustment
45. Nintendo DS competitor
46. *The patrolman announced:
50. "I must agree!"
51. Japanese earthenware
55. Like Everest, barely
59. Enlightens
60. *Their friends weren't impressed. The pastry chef, roofer, and haberdasher replied:
62. Something to start with
63. Managed, with "out"

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20								21						
22							23		24					
				25				26				27	28	29
30	31	32		33						34				
35			36		37			38	39		40			
41				42				43			44		45	
46					47	48				49				
				50				51				52	53	54
55	56	57					58		59					
60								61						
62							63				64			
65							66				67			

© 2009

64. Prefix with sweet or tones
65. Safari member
66. Motored
67. Idle on Broadway
11. 1962 hit singer of "The Wanderer"
12. Joint affliction suffered by Franklin
13. Fangorn dwellers
18. Skeletor's nemesis
19. Hard to make out
23. The Tar Heel St.
26. If you make it right, you might gain time
27. Seductress
28. Abbreviated add-ons
29. Dawn, Dove, or Dial
30. First name at Woodstock
31. Where to watch Euripides
32. Shoulder of a sort
36. Brave land of song
38. Cabinet organizers
39. Dialer's digits
42. Close enough
44. Relish
47. Oom-pah instrument
48. Creator and chronicler of Yossarian
49. Feared fly
52. Poe family name
53. The "Cruise Ship Capital of the Word"
54. Caper
55. Yegg's take
56. Philippine island or its seaport
57. Berry famed for anti-oxidant properties
58. Nevada city ENE of 15 across
61. Famous Turner in Atlanta

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

In Remembrance



Bob Page
 Frank Butler
 Jerry Buckley
 Wayne Rogers
 Mariba Marchewka
 Marcy Armitage
 Catherine Weigel

MIKE		PROG		NUDGE
ARES		RENO		ONION
HEY	CHECK	THIS		OUT
ENURED		PEASANTS		
REPOMAN		AZOV		
	WATCH	MYMOVES		
JOB		NOAA		ERATO
IDES		RRSTA		YMCA
MERC		TARE		PSP
I	AMON	THEBEAT		
	TRUE	SATSUMA		
SCALABLE		CUESIN		
WECAN		ALLTOP		THAT
ABANG		EKED		SEMI
GUIDE		RODE		ERIC

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

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