

The Scoop



September/October 2023

Topsfield Council on Aging (COA)

Town Hall (2nd floor), 8 West Common Street, Topsfield, MA 01983

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

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.



Living Life Locally is about Community and Lifestyle

**NATURE'S FIRST GREEN IS GOLD,
HER HARDEST HUE TO HOLD.
HER EARLY LEAF'S A FLOWER;
BUT ONLY SO AN HOUR.
THEN LEAF SUBSIDES TO LEAF.
SO EDEN SANK TO GRIEF,
SO DAWN GOES DOWN TO DAY.
NOTHING GOLD CAN STAY.
- ROBERT FROST**

**September and October will bring several wonderful
local happenings...**

Topsfield will host the Tomato Festival and 150th Birthday of the historic Town Hall. Tours of the clock tower will be given on Sunday, September 10, Trails & Sails will have events around town on September 15th, HomeGrown Market on the Town Common on Thursday, September 21, the Topsfield Fair, Friday September 29 through Monday, October 9 and a Flu Clinic at Town Hall, Thursday, October 12.

For information on the above events and more go to the Topsfield Social Media sights (Under town hours) or call the COA 978-887-1523. We look forward to seeing you both at the Council on Aging (COA) and around town.



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Town Hall Hours: Monday - Thursday

8:00am to 4:00pm

Fridays

8:00am to 12:00pm

Closed Friday 9/1/23

Connect with Topsfield on Social Media

FACEBOOK: facebook.com/townoftopsfield
INSTAGRAM: instagram.com/townoftopsfield
TWITTER: twitter.com/townoftopsfield

Programming

All activities that are not listed as Virtual are at the
Town Hall, 2nd floor. For activities that require sign up call (978) 887-1523

Watercolor Class with Bill Duke

9am-12pm

All supplies provided \$20 (Max 10 students)

Tuesday, September 12th & October TBD

To sign up, call (978) 887-1523

Oil Painting Class with Joli Wood

(Maximum of 8 students)

September 18th & October 2nd & 23rd 9am-12pm

\$25 per class, includes all supplies!

To sign up, call (978) 887-1523

LIVE & Virtual Yoga with Joan

Mondays - 3:00pm & Fridays - 8:00am

Perfect for all levels!

White Pack Cards with Kendra Berube

**Tuesday, September 26th & October 24th -
12:00pm**

To sign up, call (978) 887-1523

Create your own greeting cards. Supplies provided!

Tai Chi with Beth

Wednesdays - 11:15am

Improve balance, strength, flexibility & well-being.

Low impact movements.

Join Beth at Town Hall or Virtual.

Game Days

Enjoy pleasant conversation and exercise your mind
at one of our game days. Join us at Town Hall.

All are welcome!

Scrabble- Mondays 9:30am

Mahjong- Mondays 12:30pm

Canasta- Thursdays 9:00am

Market Basket Food Shopping

Wednesdays Pick ups - 9:00am & 1:00pm

Let the COA bus pick you up from your home, enjoy
great company, and get your errands done in Rowley
(Market Basket, TJ Maxx & CVS).

To sign up, call (978) 887-1523

Fireside Poetry with Jack Armitage

Wednesday, September 6th & October 4th 10:00am.

Whether you come to express yourself or want to sit and
listen to poetry, this is the group for you.

Virtual Supper Club with Joan

Wednesdays - 5:00pm

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

To participate email Joan, TopsfieldSupperClub@gmail.com

Book Club

4th Thursday of the month - 9:30am

September 28th & October 26th

For information call the COA at 978-887-1523

Silver Screening

Tuesday, September 19th & October 17th - 10:00am

Join Vinny at Town Hall

To sign up, call (978) 887-1523

Fit For Life with Pam

Town Hall Tuesdays & Thursdays - 2:00pm

This is a Low-Impact Interval Training Class, intended
for all fitness levels, focusing on cardiovascular,
strength, flexibility and balance conditioning.

Flower Arranging with Tom

Fresh Look Designs

1st Tuesday of the month - 12:30pm - \$15.00

September 5th & October 3rd

To sign up, call (978) 887-1523

Dancing with Erica

Mondays 4-5pm

September 11th, 25th & October 2nd, 23rd

All levels & ages welcome

Virtual Balance in Motion with Dianna

Fridays - 1:00pm

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

To participate email DiannaDaly@gmail.com

Helpful Services & Resources



Mr. Fix It - Electrician

Join volunteer Rob Roy, retired licensed electrician on **Monday, September 25th and October 30th from 9:00AM-12:00PM** at the COA (2nd floor of Town Hall).

Bring in any small electrical appliance or lamp that you need fixed (i.e. new plug, rewiring, etc.). Bring in your item during the above times to have your item evaluated and repaired if possible. You will only pay for the cost of any new parts used to repair the item you brought in. Rob will try to fix the appliance/lamp that day if repairable. You can drop it off with the item clearly marked with your name and phone number or wait while the repair is being done. Call the COA with an questions (978) 887-1523.

Virtual 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 9 years. Instructor, Dianna Daly, has had the pleasure of teaching her Balance in Motion class through Parkinson's Fitness in partnership with Topsfield COA for the past 5 years. Dianna's devoted students partake in a series of seated and standing movements, exercises, sometimes using props such as balls, towels, or balance pads to promote strength, flexibility, and balance. All participants will benefit from this unique experience.

Classes are Fridays, 1:00 pm
To receive the zoom link, send an email to diannadaly@gmail.com.



Annual Masco Music parents 501-(C)-3
Electronics (& More) Recycling Fundraiser
Saturday, September 23rd 9am-12pm
Masco Regional Middle School Front Parking Lot

Items We Accept and What We Charge to Take It:

Fill a Shoe Box with Small Items	\$20 items	\$30 Items	\$30 Item Continued
Examples: Cables/chargers cell phones/telephones e-book readers/tablets electric razors cameras modems/routers hair dryers ipods/mp3 players	Examples: Laptops/CPU's/keyboards printers/fax machines VCR's/DVD players stereos/speakers small microwaves countertop appliances leaf blowers/bicycles	Examples: air conditioners humidifier/dehumidifier Generators Mini fridge Window AC	Grills/propane tanks(<i>empty</i>) exercise equipment sump pumps larger microwaves space heaters snowblowers(<i>drained</i>) lawnmowers(<i>drained</i>)

\$40 for TV's up to 32"

\$50 for TV's 32"– 46"

\$60 for TV's over 46"

\$30 for each CTR/Flat Screen monitors (with or without computer)

Cash or Check payable to MMPA

Items that will not be accepted:

Anything containing PCB's or mercury, car batteries, Light bulbs, plastic toys & furniture.

We reserve the right to refuse questionable items.

For questions or information please visit mascomusic.org or email mascomusic@gmail.com

Medicare Open Enrollment: October 15 – December 7.

SHINE = Serving the Health Insurance Needs of Everyone... on or eligible for Medicare. Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare.

This is your opportunity to review your Medicare plans with a SHINE counselor to see what you can expect with your current plan in 2024 or to see if there is another plan that may be more cost-effective for you. You may also benefit from cost-saving programs that a SHINE counselor will explain to you. Your health insurance costs are an important part of your budget, and SHINE is available all year to help you review your plans and costs.

To schedule a SHINE appointment or for more information, call the COA at 978-887-1523.

Agencies & Organizations

Providing Vital Support

SeniorCare, Inc.

(978) 281-1750 or www.SeniorCare.com

Food Pantries:

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

PACE (Element Care)

(978) 803-5564 or www.elementcare.org
PACE & SNAP services go to www.mass.gov

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

Health, emotional support, and suicide prevention program run by Mass 211. 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.

Suicide Hotline

899 or email suicidepreventionlifeline.org

SHINE Counselor

Free Health Care Insurance Information Including Medicare. (800) 243-4636 or Mass.gov

Topsfield Police, Non-Emergency

(978) 887-6533

Topsfield Fire Department, Non-Emergency

(978) 887-5148



BOARDS:

COA Board:

(Meets the 2nd Tuesday of the month at 4:00 pm at Town Hall)

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

Friends of COA Board:

Kathy Yanchus	President
Kathy Curran	Vice-President
Pat MacLean	Treasurer
Susan Whelton	Secretary
Nancy Beirne	Member
Chris Roman	Member
Mary Ann Cosgrove	Member
Mary Margaret Keaney	Member
Sandy Guido	Member
Elaine Crippen	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

Conor McIntosh

Data Clerk & Technology Coordinator
cmacintosh@topsfield-ma.gov



Fire Safety Checklist for Caregivers of Older Adults

Older adults are more likely to die in home fires because they may move slower or have trouble hearing the smoke alarm. Make sure the people you know are prepared and safe.



Put a check in front of each statement that is true for your home.

Smoke Alarms

- ☐ Smoke alarms are on every level of the home.
- ☐ Smoke alarms are inside and outside sleeping areas.
- ☐ Smoke alarms are tested each month.
- ☐ Smoke alarm batteries are changed as needed.
- ☐ Smoke alarms are less than 10 years old.
- ☐ People can hear smoke alarms from any room.



Can everyone hear the alarm?

If not, consider another type of smoke alarm – like one that has a different sound or one that comes with a bed shaker or strobe light.

Cooking Safety

- ☐ The cooking area has no items that can burn.
- ☐ People stay in the kitchen when they are frying, grilling, boiling, or broiling food.

Smoking Safety

If they smoke, make sure they are a fire-safe smoker:

- ☐ People only smoke outside and never in bed.
- ☐ People put cigarettes out safely in an ashtray with a wide base that will not tip over.
- ☐ People never smoke around medical oxygen.

Heating Safety

- ☐ Space heaters are least 3 feet away from anything that can burn.
- ☐ People blow out candles before leaving the room.

Escape Plan

- ☐ There is a fire escape plan that shows 2 ways out of every room.
- ☐ Exits are always clear and not blocked with furniture or other items.
- ☐ Everyone knows where the safe meeting place is outside the home.
- ☐ The escape plan works for everyone, including people who use a wheelchair, a hearing aid, or glasses.
- ☐ There is a phone near the bed to call a local emergency number in case of a fire.



Can everyone get out?

Make sure people who use a wheelchair or a cane can get to them and get out quickly. Tell them to keep glasses or hearing aids next to the bed.

Carbon Monoxide Alarms

- ☐ Carbon monoxide alarms are located on each level of the home.
- ☐ Carbon monoxide alarms are less than 7 years old.

Electrical and Appliance Safety

- ☐ No electrical cords run under rugs.
- ☐ All electrical cords are in good condition and not broken or cut.
- ☐ People clean the dryer of lint after every use.
- ☐ All plug outlets are safe and do not feel warm when you touch them. (If they are warm, call the landlord or an electrician.)

Learn more about fire prevention:
www.usfa.fema.gov

U.S. Fire
Administration



FEMA



Information from the Tri-Town Public Health Nurse, Julia Lobel:

Q: Has your healthcare provider discussed having Narcan/naloxone on hand?

If your healthcare provider writes a script for an opioid medication (oxycodone (OxyContin), hydrocodone (Vicodin), morphine, and methadone) they may also write a script for Narcan (naloxone) to reverse the side effect that opioids can cause such as slowed breathing or dangerously shallow breathing. Healthcare providers will train a family member or friend on what side effects to look out for and train the friend or family member how to administer Narcan should the need arise. It is very important to keep opioid medications out of reach of children to prevent accidental overdose and keep them in a safe area to prevent misuse. The CDC indicates that the number of Americans aged 65 and older who died of a drug overdose **quadrupled** from 2002 to 2021. This can be from accidental overdose like taking more than prescribed when a dose is forgotten.

Talk to your doctor about any other medications you are using. Work out a plan to call your doctor if you continue to experience pain. Also ask about the serious side effects of opioids (like excessive sleepiness or craving more of the medication) so you and your family know when to call a doctor or call 911.

Anyone who uses opioids can experience an overdose, but certain factors may increase risk including but not limited to:

- Being 65 years and older
- Having sleep apnea or other sleep-disordered breathing
- Having kidney or liver failure
- Taking benzodiazepines with opioids including diazepam [Valium®] and alprazolam [Xanax®]
- Using Alcohol or other sedatives like certain sleep medicines and muscle relaxants with opioids
- Taking higher dosages of opioids (e.g., ≥50 MME/day)
- Having a history of overdose or a substance use disorder
- Returning to a high dose after losing tolerance (e.g., patients undergoing tapering or recently released from prison)

What's on the Horizon for Vaccines This Fall?

Influenza: Everyone over 6 months old is advised to get an annual flu vaccine. Evidence from the southern hemisphere is just coming through to indicate an early flu season, and the flu vaccine is looking like a good match (so far) for circulating strains. September/October is an ideal time to get your flu vaccine.

COVID: The FDA voted to update the fall COVID vaccine to match the XBB variant more closely; the updated vaccine will only have one strain of the virus in it (monovalent). The CDC will soon issue guidance on who should get the vaccine; it is likely that people over age 60 will need another dose. Firm recommendations should be available in mid to late September, and where the vaccine will be available will be determined.

RSV: Respiratory Syncytial Virus - RSV is a common respiratory virus that can affect everyone. This year a new vaccine has now been approved by the FDA. The CDC recommends that adults aged 60 and older may receive an RSV vaccine to help prevent severe disease.

Shingles: CDC recommends 2 doses of the zoster/shingrix vaccine for adults over the age of 50.

Pneumonia: CDC recommends pneumococcal vaccination for all adults 65 years or older.

Don't forget to check in with your primary care physician if you are immune compromised or have other chronic health needs that may affect your vaccine needs.

Topsfield Health Department will offer a **FLU Vaccine Clinic in the Public Hall**
Thursday - October 12th, 12-4pm

Please bring your insurance card, and wear a short sleeve shirt!

Link to sign up: <https://home.color.com/vaccine/register/topsfield?site=topsfield-town-hall>

Contact Topsfield COA if you need help signing up for Flu or COVID 19 vaccinations or if you are a homebound resident and need a home visit.

Scan QR code:



News from the Police Department



Payment by gift card? It's a scam!

1. You're directed to buy one or more gift cards — often referred to as “electronic vouchers” — as a quick means of making payment.
2. You're told to share the numbers on the back of the gift cards by reading them off or sending a picture.
3. The request comes from someone you wouldn't expect to ask for money this way:
 - A social security warning of a problem with your account
 - A utility company warning of an imminent shut-off.
 - A lottery company promises a big prize — once you pay some fees upfront.
 - A grandchild needed assistance or facing another financial emergency.

Xfinity Scam

A new scam is going around for Xfinity (Comcast). They are calling with router problems and looking at screen share. People should not stay on the phone with them. Hang up and call them back directly from their website phone number.

Paving Scam

Remember- if a deal sounds too good to be true...it probably is! Companies may knock on your door, saying they have extra materials and will pave your driveway for little to no cost. They will then say they did not have as much material as they thought and now will charge you more than \$1,000!

Decline their offer and call the Police!

Trips to Take:



Day Trips: Transportation on the COA bus is not provided on overnight trips (see information below)

- **The McCartney Years**, World's number one tribute to Paul McCartney & Luncheon on Thursday, September 21st, Danversport Yacht Club.
- **Mamma MIA - It's ABBA** & Luncheon on Thursday, November 16th at Danversport Yacht Club.
- **Boston Pops** at the Lowell Memorial Auditorium on Sunday, December 17th.

The Friends of COA have generously offered to pay anything over \$50.00 for each of the above trips Danversport show & lunch is \$89 however you pay \$50, and the Friends of the COA pay the balance of \$39.

Overnight Trips with Collette Travel — For more information call the COA (978) 887-1523.

Shades of Ireland - Group Tour April 26 - May 5, 2024 - 10 Days * 13 Meals

Highlights: Dublin, Blarney Castle, Killarney, Limerick, Cliffs of Moher, Galway and more.

Iceland - Group Tour October 2024 - Experience the “land of fire and ice” and chase the Aurora Borealis across an ethereal wonderland.

Please contact us to sign up or if you have questions on trips (978) 887-1523.

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sing To Me, Autumn by Patricia L. Cisco  <p>Sing to me, Autumn, with the rustle of your leaves. Breathe on me your spicy scents that flow within your breeze.</p> <p>Dance with me, Autumn, your waltz that bends the boughs of trees. Now tell me all the secrets you've whispered to the seas.</p> <p>Sleep with me, Autumn, beneath your starlit skies. Let your yellow harvest moon shimmer in our eyes.</p> <p>Kiss me, Autumn, with your enchanting spellbound ways That changes all you touch into crimson golden days.</p> <p>Love me, Autumn, and behold this love so true That I'll be waiting faithfully each year to be with you.</p>					1 Town Hall Closed 1:00 Virtual Balance in Motion	2
3 Closed	4 	5 12:30 Flowers with Tom (sign up) 2:00 Fit For Life with Pam	6 9:00 Market Basket 10:00 Fireside Poetry with Jack No Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	7 9:00 Canasta TBD -VNA Clinic (sign up) 10:00 Trip: Waterworks Museum & Lunch at Café Landwer 2:00 Fit for Life with Pam	8 8:00 Live & Virtual Yoga with Joan 1:00 Virtual Balance in Motion	9 8-10 Food Pantry at Trinity Church 10-12 Memory Café
10 Tomato Festival & 150th Birthday Celebration 	11 9:30 Scrabble 10:00 Tech tips with Conor 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan 4:00 Dance with Erica	12 9-12 Bill Duke's Painting Class 12:30 Mary Ann Nay - Constituent services 2:00 Fit For Life with Pam 4:00 COA Board Mtg 4:15 Party on the Patio-Danversport (sign up)	13 9:00 Market Basket 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	14 9:00 Canasta 10:00 Lunch Trip: Pickity Place, Mason, NH 2:00 Fit For Life	15 8:00 Live & Virtual Yoga with Joan 1:00 Virtual Balance in Motion	16 5:30 Police Movie Night Town Common
17	18 9-12 Joli's Oil Painting Class 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan	19 10:00 Silver Screening with Vinny (sign up) 2:00 Fit For Life with Pam	20 9:00 Market Basket 11:15 Tai-Chi 1:00 Market Basket 1:00 Quilling with Sue (sign up) 1:30 Crafters Club 5:00 Supper Club	21 9:00 Canasta 10:00 Trip: The McCartney Years-Danversport 2:00 Fit For Life with Pam 5-7 HomeGrown Market & Live music -Town Common	22 8:00 Live & Virtual Yoga with Joan 1:00 Virtual Balance in Motion	23 8-10 Food Pantry at Trinity Church 9-12 Electronic Recycling Day at Masconomet
24	25 9-12 Mr. Fix it 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan 4:00 Dance with Erica	26 10:00 Cape Ann Cannabis (sign up) 12:00 Cards with Kendra (sign up) 2:00 Fit For Life with Pam	27 9:00 Market Basket 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	28 9:00 Canasta 9:30 Book Club 10:00 Trip: Garden in the Woods & Lunch at Wayside Inn (sign up) 2:00 Fit For Life with Pam	29 8:00 Live & Virtual Yoga with Joan 1:00 Virtual Balance in Motion Topsfield Fair Opens 9/29-10/9	30

October 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9-12 Joli's Oil Painting Class 9:30 Scrabble 3:00 Live & Virtual Yoga with Joan 4:00 Dance with Erica Senior Day at Topsfield Fair \$10.	2	3 12:30 Flowers with Tom (sign up) 2:00 Fit For Life with Pam	4 9:00 Market Basket 10:00 Fireside Poetry reading 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	5 9:00 Canasta 11:00 Trip: Lunch Causeway in Gloucester & Tour the Sleeper McCain House 2:00 Fit For Life with Pam	6 8:00 Live & Virtual Yoga with Joan 1:00 Virtual Balance in Motion	7
8	9 Town Hall Closed	10 2:00 Fit For Life with Pam 4:00 COA Board Mtg.	11 9:00 Market Basket 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	12 9:00 Canasta 10:00 Trip: Shop in Ogunquit or Heritage Museum & Lunch 12-4 Flu Clinic 2:00 Fit For Life with Pam	13 8:00 Live & Virtual Yoga with Joan 1:00 Virtual Balance in Motion	14 8-10 Food Pantry at Trinity Church 10-12 Memory Café Rest-Stop-Ranch
15 Medicare open Enrollment begins (sign up) 10/15-12/7	16 9:30 Scrabble 12:30 Mahjong 1:00 BoxTop Fashion Show (sign up) 3:00 Live & Virtual Yoga with Joan	17 10:00 Silver Screening with Vinny (sign up) 12:00 Octoberfest Traveling Chef (sign up) 2:00 Fit For Life with Pam	18 9:00 Market Basket 11:15 Tai-Chi 1:00 Market Basket 1:00 Quilling with Sue (sign up) 1:30 Crafters Club 5:00 Supper Club	19 9:00 Trip: Franklin Park Zoo (sign up) 9:00 Canasta 2:00 Fit For Life with Pam	20 8:00 Live & Virtual Yoga with Joan 1:00 Virtual Balance in Motion	21
22	23 9-12 Joli's Oil Painting Class 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan 4:00 Dancing with Erica	24 SHINE appointments (sign up) 12:00 White Pack Cards with Kendra (sign up) 2:00 Fit For Life with Pam	25 9:00 Market Basket 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	26 9:30 Book Club TBD Trip: Boston Public Library tour & lunch 9:00 Canasta 2:00 Fit For Life with Pam	27 8:00 Live & Virtual Yoga with Joan 1:00 Virtual Balance in Motion 7:00 Community Playhouse Variety Show (Public Hall)	28 8-10 Food Pantry at Trinity Church
29	30 9-12 Mr. Fix It 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan	31 Happy Halloween  2:00 Fit For Life with Pam	Fall, leaves, fall By Emily Brontë Fall, leaves, fall; die, flowers, away; Lengthen night and shorten day; Every leaf speaks bliss to me Fluttering from the autumn tree. I shall smile when wreaths of snow Blossom where the rose should grow; I shall sing when night's decay Ushers in a drearier day.			



Notes from the...

RSVP Volunteers of the North Shore

RSVP Volunteers of the North Shore is an AmeriCorps Seniors RSVP Volunteer Program, and is sponsored and funded locally by SeniorCare Inc. Our mission is to improve lives and strengthen communities through service and volunteering.

For more information go to <http://thevolunteerlink.org> or call the COA at (978) 887-1523.

Services Available

Whatever your background, skills, and interests, RSVP will match you with a rewarding volunteer opportunity. Ongoing, short-term or one-time opportunities are available to fit every schedule. RSVP staff provide one-on-one support to ensure that you find your perfect match.

Notary



A Notary's duty is to screen the signers of important documents for their true identity, their willingness to sign without duress or intimidation, and their awareness of the contents of the document or transaction. Notary service is not available for deeds, mortgages, wills, living trusts, codicils or depositions.

Services Available

For Notary services call
Beth Wideberg

Council on Aging
978-887-1523

Call to schedule an appointment.
For seniors 60+ and immobile
services can be brought to you.

Behavioral Health Hotline

Going through a tough time?

If you or someone you care about is struggling with mental health or substance use, contact Massachusetts Behavioral Health Hot Line.

It's free, confidential and no health insurance is needed.

Services Available

Call or Text 24/7
833-773-2445

or

Chat live:

masshelpline.com/chat

Deaf or hard of hearing contact
MassRelay at **711**

Notes



SHRINER'S HOSPITAL



Donate Your **aluminum can pull tabs** at the Topsfield COA. They are collected to help the Shriners help kids! **Shriners Hospitals for Children in Boston & Springfield** have been collecting pull-tabs from beverage cans for more than 16 years, they recycle them and put the money toward programs that benefit children. About a half-million pounds of aluminum tabs have been collected & recycled. The cans may still be returned for deposit even after the tabs are removed.

THE FRIENDS OF COA

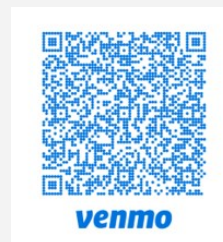
The Friends are grateful to receive all donations, especially those made in memory or honor of a loved one. Your donations directly impact your friends and neighbors by supporting the Topsfield COA programming and services.

Our May 2023-2024 Membership Drive is underway.

Please consider volunteering with us or joining.

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

Or use this QR code to donate.



The Friends of COA is a 501 (c) (3) Organization.



Since 1972, the national Senior Nutrition Program has supported nutrition services for older adults across the country. Funded by the Older Americans Act ([OAA](#)), local senior nutrition programs serve as hubs for older adults to access nutritious meals and other vital services that strengthen social connections and promote health and well-being.

The Theme for the Senior Nutrition Program's 50th anniversary is...

"Celebrate. Innovate. Educate."

MEALS ON WHEELS INFO:

Those aged 60 years and older or home-bound and unable to provide nutritious meals for themselves are all qualified to receive meals. For more information call SeniorCare at (866) 927-1050 or the COA Office at (978) 887-1523.

GIVE LOCALLY

If you would like to support local organizations, financial contributions are gratefully being accepted...

- **The Friends of the Topsfield Council on Aging:**
Mail checks payable to Friends of the Topsfield COA, P.O. Box 173, Topsfield, MA 01983.
- **Top Cupboard Food Pantry:**
Mail checks payable to Top Cupboard, P.O. Box 98, Topsfield, MA 01983.
- **Elderly and Disabled Tax Relief Fund:**
Provide property tax relief to qualifying senior citizens/disabled adults. Contact the Topsfield Assessor's Office at (978) 887-1514.

Donate Birthday Cards

Because of your generosity, residents turning 70 and above continue to receive birthday greetings with helpful contact information. 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 or bring them to the COA offices (2nd floor of Town Hall). The Friends of Topsfield COA appreciate your ongoing support.

Noticeboard



Trash & Recycling

Issues or questions regarding trash/recycling collection?

Call 1-800-323-4285 or visit the new Republic/JRM website

For customer support & service alert information, www.republicservices.com/customer-support

Scam Alert

Have you received a text from UPS or USPS stating that you have a package? Do not respond to the text, delete it. This is a very easy scam to fall for since you may be waiting for a package. Neither company will ask for money over the phone or by text. When in doubt delete or hang up and call a legitimate known phone number to check if there is a package you are waiting for.

TOPSFIELD COA BUS TRANSPORTATION

If you are 60+ and are in need of transportation to a doctor's appointment within a 12 mile radius call the COA office at (978) 887-1523.

Minimum of a 24 hour notice required. Hours of bus availability; 8:30AM to 3:30PM on Monday, Tuesdays & Fridays. Grocery Shopping every Wednesday 9:00AM & 1:00PM. Check our calendar for upcoming bus trips!

****As of September 1st the Rowley, MA Market Basket will no longer use plastic grocery bags. They are hoping that you will bring your own bags for shopping but will provide paper bags. ****

Library Home Delivery for the Homebound

The Topsfield Town Library and the Council on Aging work together to offer free delivery of materials to residents unable to visit the Library due to illness, transportation, immobility or age.

For information on this service go to: ask@topsfieldlibrary.org , www.topsfieldlibrary.org or (978) 887-1528 x2200.

Compost Facility

Passes Available For Purchase Online

The compost site facility at the Topsfield Public Works Facility, 279 Boston Street, opened for the season on SATURDAY, APRIL 15, 2023 and will be open every Saturday until November from 9am-1pm.

Compost site requirements:

- Topsfield Residents Only Season Pass \$75; One Time Access Ticket \$10; online purchase only, processing fees will apply. Visit the Town website at www.topsfield-ma.gov to purchase.
- Purchase must be made by a resident and you must enter your vehicle plate number at time of purchase to verify residency.
- Maximum 2 cubic yards per visit.
- Grass clippings, leaves, brush up to 4 inches in diameter allowed.
- No stumps, logs or animal waste
- If using a Contractor, the resident must purchase a Contractor One-Time Access Ticket for \$40 each. Contractors may NOT use a Resident One-Time Access ticket or season pass.

Make sure you print out the PDF that will be attached to the email with your payment receipt to take to the compost facility.

Spotlight Events



Join in the Fun!
for all ages!

DJ-Song Requests-Dance Contests
Tomato Games
Dunk Tank
Local Farmers' Market
Downtown Scavenger Hunt
Educational Exhibits
Homegrown Tomato Contests
Photo Booth
Tomato Art Stations
Community Groups
Tomato Recipe Contests
Lunch Food Court

**Celebrating
Our Community!**



Events From the Topsfield Library

Fiber Arts Talk and Demonstration with Beverly Cook
September 14th from 5:30-6:30

Activity Room, Topsfield Town Library

Beverly Cook was one of the fiber artists in the very popular piece on display and will demonstrate her technique. For lynnfieldarts.org/beverly-cook/



exhibit last January. She will have a more information about Beverly: [https://](http://lynnfieldarts.org/beverly-cook/)

Artist Talk with John Gentile
October 4th from 5:30-6:30

Activity Room, Topsfield Town Library

John Gentile is a local artist who loaned one of his pieces to the library. It's on display by the Circulation desk. He will be speaking about his life and art. For more information about John: <https://johngentileartist.com/>

Events From the Historical Society



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NEW ENGLAND'S RUM INDUSTRY

Thursday, September 14, 7:30 PM

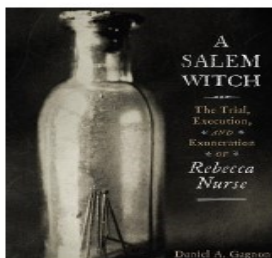
Andrew Cabot (1750-1791), ancestor of Privateer Rum founder Andrew Cabot, was a merchant, rum distiller, and successful American privateer during the American Revolution. Privateer's Bob McCoy presents the history of the rum industry in New England, as well as the story behind the company's founding. A tasting will follow the lecture and attendees will receive Privateer Rum swag. This program is for ages 21+



ENHC Trails & Sails - Parson Capen Open House

Friday, September 15, 9 - 12:00

Could the Witch Hysteria have been stopped in the Parson's study? Learn the history of this exactly restored house, and how it has survived for almost 350 years!



A SALEM WITCH - REBECCA NURSE

Thursday, October 12, 7:30 PM

Author Daniel Gagnon vividly recreates seventeenth-century Salem, and challenges older interpretations of Nurse's life and the 1692 witch hunt, revealing the Nurse family's earlier disputes. Were the accusations of witchcraft caused by mental illness or malicious intent? *A Salem Witch* reveals a remarkable woman whose legacy has transformed how the witch hunt has been remembered.





Joan Stevenson

Ronald Stevenson

John Cunningham

Judy Connelly

John Michael O'Brien, DMD

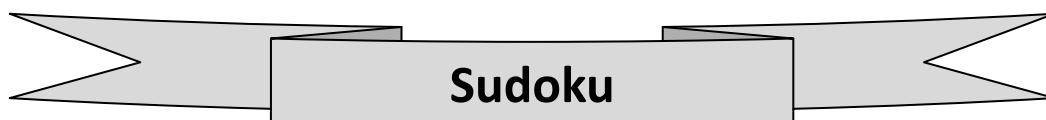
Joan Merritt

Brian Edward Carr

Paul Farrell

Marguerite Philpott

Donna Scott



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



SUPPORT THE COUNCIL ON AGING

Please consider making a tax-deductible donation in memory of or in honor of a loved one.
Donations support services and programs provided by the Topsfield Council on Aging.

Donations may be mailed to:

The Friends of the COA
PO Box 173, Topsfield, MA 01983



Programs and advertisements are a resource and do not constitute an endorsement by the
Town of Topsfield. Be a wise consumer and ask questions.

This newsletter is partially funded by the Executive Office of Elder Affairs, the
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Senior Citizen Newsletter

Topsfield Council on Aging
8 West Common Street
Topsfield, MA 01983

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