Topsfield Council on Aging

SENIOR SCOOP

MAY / JUNE 2019

Topsfield Council on Aging Mission Statement:
To design, implement and promote programs and services to support the independence, health and well-being of Topsfield residents, 60 years of age or older.

Town Hall

8 West Common Street

Days/Office Hours: MONDAY-THURSDAY 9 AM to 4 PM / FRIDAY 9 AM to 12 PM

Office Phone: (978) 887-1523

Bus Reservations & RSVPs: (978) 887-6866

LIKE US ON facebook **Friends of the Topsfield Council on Aging**

Cancellations due to inclement weather or other unusual circumstances will be announced as early as possible on Facebook and on the COA page of the town website: https://www.topsfield-ma.gov/topsfield-council-aging

During this season of rebirth and renewal, we look forward to engaging all of our senses to take in the best that this world and our community has to offer!
We will support our community partners, such as the Topsfield Historical Society and the local Cultural Council, as they host traditional events-the **Strawberry Festival**-and offer new programs-**"The History of Public Art"** as presented by our favorite turkey baster artist, Meg Black.
As always, TopsCOA will encourage all to get involved during the town's annual "democracy week" when residents are asked to exercise their democratic right to vote at our **Annual (open) Town Meeting on Tuesday, May 7th and then again at our Annual Town Election on Thursday, May 9th**. We always look forward to hosting the Town Moderator for Coffee & Conversation the morning after Town Meeting so that he can analyze the proceedings and answer any lingering questions.
For other Conversations, we will address topics ranging from **"Military Anniversaries of 2019"** to your **"Online Digital Afterlife."** We will host some sharing sessions as we discuss the triumphs and **bloopers of parenthood and recommended staycations** (because who wants to leave New England May - October?)
Our recurring programs are going strong. We are hoping that someone will step forward to serve as our **Technology Tips Guide**; the monthly program has been temporarily suspended. We always have room for more in our daily fitness classes. Now that the snow and ice have melted, there is no reason why you cannot pause and catch your breath in ***Restorative Yoga***, improve your balance in ***Tai Chi***, or find your rhythm in ***Dance Out Dementia.*** We will serve up a variety of foods to satisfy all palettes at our weekly luncheons. Seafood rolls, soups, chicken pot pie, and pizza are all on the menu. The Traveling Chef will be by to serve up an "American Carvery" and ice cream sundaes.
While we will remain within a 15 mile radius of Topsfield for our weekly adventures during May and June, we look forward to seeing the newly restored **"Cathedral of the Holy Cross"** in Boston, taking a **Carriage Museum Walking Tour** in Amesbury, and visiting gardens galore all around the North Shore, just when the spring blooms are at their peak.
On June 20th, we will celebrate one of the highlights of the year, our **Family & Friends Dinner**.
Our primary mission always remains helping Topsfield residents address the challenges associated with aging or disability. As big and small decisions need to be made to keep residents in the safest situations, we are here to advise and refer.
Remember to...
Seize every day!

Paula Burke, Beth Wideberg, Peg Beauregard, Greg Young & Ed Blum

Topsfield TRIAD & Scout Troop 81 bring you

Donation Pick-Up Service

"Declutter Your Life and GIVE LOCAL"

TRIAD strives to help seniors live independently and comfortably in their homes for as long as possible. To help achieve this mission, TRIAD is partnering with Scout Troop 81 to make it possible for senior citizens to donate unwanted items (see list below for approved donations) that are of value to others.

There are 2 collection dates for those who can get to the drop-off site at the Emerson Center Parking lot:
April 27th & May 4th / 9 AM - 3 PM

For those who are unable to transport acceptable donations to the collection site, arrangements have been made for a volunteer to pick them up from an in-home, central location (garage, driveway, breezeway, first floor room close to a convenient exit door). Volunteers cannot go through homes to remove items.

Saturday, May 4th
9 AM to 1 PM

Please call our RSVP Line by noon on May 3rd at (978) 887-6866 to arrange a pick-up.

We accept:

Kitchen Goods
pots, pans, small appliances (mixer, blender, toaster...) utensils, dishes, glassware, mugs, vases
Household Items
seasonal décor, lamps, radios, speakers...(all in good, working condition)
Toys, Games, Puzzles
Textiles (Cloth)
clothing, towels, bedding, curtains, fabric, purses, shoes
Furniture, Sports Equipment & Bikes, Tools, Yard & Garden, Books, Music & Videos, Computer Software
ALL ITEMS MUST BE CLEANED (NO MOLD OR MILDEW), WORKING, AND IN RESALABLE CONDITION

We CANNOT accept:

Particle Board Furniture
Sleep Sofas/Overstuffed Furniture
Encyclopedias/Magazines/Newspapers
Suitcases
Computers
Large Exercise Equipment
Steel Case Furniture
Large Appliances
Gas Grills
Tires
Hazardous Materials
(propane,batteries,tires,freon)
Car Seats
Metal Bed Frames(or mattresses)

For more info contact: info@Troop81.com or visit Troop81Topsfield.com

The ANNUAL MOTHER'S DAY YARD SALE will be held on the Town Common (in case of rain, Emerson Center) on Saturday, May 11th from 8:30 AM to 2 PM

COMMUNITY OUTREACH PROGRAMS

- **CARE PARTNER SUPPORT**: Group and/or individual support is available at 202 Haverhill Rd. Contact Mary MacDonald by email mary@marymacmissions.com or phone (978) 887-4202.
- **ELDER ABUSE HOTLINE**: To report any form (physical, verbal, etc.) of suspected elder abuse, call the statewide 24/7 hotline: (800) 922-2275
- **FOOD ASSISTANCE**: Call the COA Office or the DTA Line to see if you are eligible to receive food stamps/SNAP (Supplemental Nutrition Assistance Program) benefits: (877) 382-2363
- **FOOD PANTRY**: Top Cupboard Food Pantry is sponsored by the churches of Topsfield. The pantry is open on the 2nd & 4th Saturdays of every month from 8 to 10 AM. Food can also be delivered. For information call: (978) 887-5570 and/or see www.essexcountyhungerrelief.org
- **FUEL ASSISTANCE**: Need help with your heating bills? Weatherization Assistance and HEARTWAP Programs are available (see **NSCAP** below).
- **HEALTH INSURANCE**: A SHINE Counselor is available to answer health insurance questions on the fourth Tuesday of most months. Call (978) 887-6866 to arrange a private consultation. SHINE counseling services are also available at Beverly Hospital: Call (978) 922-3000 x2124
- **LIBRARY ON WHEELS**: Have library materials delivered at no charge directly to your home. Call (978) 887-1528 and ask for the Library Reference Dept. or email ask@topsfieldlibrary.org.
- **MEALS ON WHEELS**: Check your eligibility for this locally administered program by calling SeniorCare at (866) 927-1050.
- **MEMORY CAFE**: The Topsfield Memory Café operates indoors at Town Hall generally on the first Saturday of every month 10 AM to 12 PM from November - March. The Memory Café in the Garden is held at Rest-Stop-Ranch (202 Haverhill Rd.) April - October. For more info, contact coordinator Mary: email mary@marymacmissions.com or phone (978) 887-4202
- NORTH SHORE COMMUNITY ACTION PROGRAM: Designed to help people find the stability they need to rise out of poverty. Call (978) 531-0767 x118 to learn about an array of services.
- **NOTARY PUBLIC**: Free Notary Services (excluding wills and real estate documents) in the COA and Town Clerk Offices. Call (978) 887-1523
- **RMV**: Your local COA participates in the "RMV Near Me" Program. Save time by seeking out assistance with acquiring government issued IDs, accessible placards, etc.
- **SeniorCare Inc.**: Our Area Agency provides a variety of services to senior citizens in Topsfield. Call (978) 281-1750 to discuss options that may be available to you or your family members.
- **TAX FILING ASSISTANCE**: On Thursdays in February-April 15th, volunteers from AARP assist qualifying (low or middle income) seniors with preparing SIMPLE tax returns. In mid-January, call (978) 887-6866 to schedule an appointment in Topsfield.
- **TRANSPORTATION**: Bus transportation is available for medical appointments most of the day on Mondays and Thursdays and on Wednesday afternoons. The bus takes shoppers to Rowley Market Place most Wednesday mornings at 9:00. Donations ($2 for in town app'ts & shoppers; $4 out of town; FREE to Town Hall) offset costs. Call (978) 887-6866 to schedule a ride at least 2 BUSINESS DAYS ahead.
  Those who qualify may want to apply to MBTA's The Ride for more options: (617) 337-2727
- **VETERANS' SERVICES**: Our local Veterans' Service Officer (VSO), Dick Cullinan, assists veterans, their spouses, or surviving spouses determine eligibility for a broad range of benefits, programs, or services. Call (978) 380-8397 or email veterans@topsfield-ma.gov
- **VNA**: Complimentary VNA Keep Well & Blood Pressure Clinics are held on most Thursday mornings in Topsfield. See newsletter calendar for locations & times. No appointment necessary.

Regularly Scheduled Events at TOWN HALL

Game Day

Most Mondays

9:30 AM -12:30 PM

Technology Tips

Learn how to use your smartphone, tablet & laptop

We are in search of an instructor.
Please send referrals our way!

Monthly Monday Movie

Monday, MAY 13th at 1:00 PM

Monday, JUNE 10th at 1:00 PM

Restorative Yoga

Most Mondays 3:00 - 4:00 PM

Perfect for all levels! Bring a mat & blanket

Parkinson's Fitness Class

Most Tuesdays 1:00 - 2:00 PM

Coffee & Conversation

Most Wednesdays

10:00 -11:00 AM

Enjoy an easy exchange with specialists in a variety of fields in a comfortable setting.
TRIAD Tips are shared every other month.

Tai-Chi

Most Wednesdays 11:15 AM - 12:15 PM

Knitting & Crocheting Group

Wednesdays 2:00 - 4:00 PM

Bring your own supplies to **LITTLE BROOK VILLAGE**

Mahjongg

Wednesdays 1:30-3:30 PM

at TOPSFIELD LIBRARY

Watercolor Class

Taught by North Shore Artist Bill Duke

Monday, MAY 20th

Monday, JUNE 17th

9:30 AM -12:30 PM

Prepay $20 to reserve a seat

Dance Out Dementia

Most Thursdays

3:00-3:45 PM
Public Hall

Thursday Specialty Luncheons

Unless otherwise noted...

$5 Town Hall 11:30 AM

Always RSVP (978) 887-6866

5/2: **Birthday Lunch** (Pasta)

5/9: **Traveling Chef** (Roast Beef...FREE)

5/16: **Seafood Rolls** (Shrimp/Crab $8)

5/23: **Older Americans Celebration** (Chicken Pot Pie)

5/30: **Parents' Tribute Lunch** (Soup Fest)

6/6: **Birthday Lunch** (Pasta)

6/13: **All-American Lunch** (TBD and Traveling Chef Sundae Bar)

6/27: **Pizza Party**

ArtVenture

Find your inner artist, musician, photographer, dancer…

Some Thursdays at 12:15 PM

Speaking of TED

Choose TED Talks to view and discuss with the help of guides in a very casual format.

Fridays through May 17th at 10:00 AM

Highlights

May/June Highlights

Topsfield's Annual Democracy Week:

ANNUAL TOWN MEETING	Tuesday, May 7th	7 PM	Proctor School
ANNUAL TOWN ELECTION	Thursday, May 9th	7 AM-8 PM	St. Rose Hall

You will cast your most impactful votes at the Annual Town Meeting and at the Annual Town Election. Do your job and VOTE!

Topsfield COA offers free shuttle service to events related to Democracy Week. Call (978) 887-6866 by to schedule a pick-up.

Special COA/Town Events:

- **Saturday, May 4th: "History of Public Art" by artist Meg Black at Library at 3 PM**
- **Monday, June 3rd: Intergenerational Game Day/Picnic at Town Hall at 9:30 AM**
- **Saturday, June 8th: Strawberry Festival by THS on Common from 10 AM to 4 PM**
- **Thursday, June 20th: Family & Friends Dinner by Friends of the COA in Public Hall at 6 PM**

(Educational opportunity at 5 PM: Homeland Security presents Emergency Preparedness)

Ongoing Initiatives: Dementia Friendly and Intergenerational

Dementia Friendly Topsfield Task Force Update:

Given the exponential growth of the dementia friendly movement in Topsfield, the DFT task force has honed the DFT mission and created a vision statement. The new DFT mission is "to help make Topsfield, Massachusetts a dementia-friendly town by empowering businesses, organizations, municipal employees, and residents to advocate for and assist those community members living with dementia. DFT will accomplish this mission by providing information sessions, trainings, recommendations, and follow-up as needed." The new DFT vision statement is "to help make Topsfield, Massachusetts, a caring and supportive community for those residents living with dementia and their care -partners." These statements will serve to guide the task force's actions as well as further inform the community of our purpose.

Intergenerational (IG) Experiences Abound:

Topsfield COA is always eager to participate in events that bring "skipped generations" together. We love hanging out with the kids! We recognize the value to all when people across the generations spend time together and swap life stories. In April, we headed *Back to Campus*, to explore Bowdoin College and spend time with students. Seniors also registered to attend the 3rd Grade Concert at Steward School.
A team is working collaboratively to build an Intergenerational Garden between Proctor School and Town Hall where the community will come together to plant, nurture, and harvest fruits and vegetables. Our Dance Out Dementia students will be performing at an all ages dance recital in June.

Rest-Stop-Ranch is Open for Business through October

Rest-Stop-Ranch (202 Haverhill Road) has reopened for the season.
This Topsfield treasure offers a variety of programs that support care partners and loved ones:

- **Memory Cafés in the Garden**
- **Sunday Strolls**
- **Support Groups**
- **Unique Volunteer Opportunities**

Contact Mary at (978) 887-4202 for more information.

COA=Council on Aging; EM=Emerson; LIB=Topsfield Library; LBV=Little Brook Village

May

RSVP (978) 887-6866

Monday	Tuesday	Wednesday
		1 9:00 Shop at Rowley Market Place 10:00 Coffee & Conversation: **TRIAD TIPS: Meals on Wheels** 11:15 Tai-Chi 1:30 Mahjongg-LIB 2:00 Knitting-LBV
6 9:30 Game Day 3:00 Restorative Yoga	7 **10:30 TOUR** **NEW Water Treatment Plant** **DINE** **Northshore Education Consortium** ***1-2 PM Parkinson's Fitness*** **7 PM ANNUAL TOWN MTG**	8 9:00 Shop at Rowley Market Place 10:00 Coffee & Conversation: **ATM Demystified by Town Moderator** 11:15 Tai-Chi 1:30 Mahjongg-LIB 2:00 Knitting-LBV
13 9:30 Game Day **1:00 Movie Monday** **"The Lady Eve"** 3:00 Restorative Yoga	14 **10:15 Essex North Shore Agricultural & Technical School** **Maple Street Bistro, etc.** ***1-2 PM Parkinson's Fitness*** 4:00 COA Board Meeting	15 9:00 Shop at Rowley Market Place 10:00 Coffee & Conversation: **23andUs** 11:15 Tai-Chi 1:30 Mahjongg-LIB 2:00 Knitting-LBV
20 9:30 Game Day **9:30 Painting with Bill Duke** **1:00 Shopping in Seabrook** 3:00 Restorative Yoga	21 **9:30 Cathedral of the Holy Cross** **Christian Science Plaza** **The Continental Restaurant** ***1-2 PM Parkinson's Fitness***	22 9:00 Shop at Rowley Market Place 10:00 Coffee & Conversation: **A LIFE OF SERVICE with Capt. Gregory Smith, USN, Ret.** 11:15 Tai-Chi 1:30 Mahjongg-LIB 2:00 Knitting-LBV
27 Memorial DAY ***9 AM Memorial Day Observance*** *Veterans Memorial Green* *Town Hall Closed*	28 **9:30 Adventures in Amesbury** The Morning Buzz Café Amesbury Carriage Museum Walking Tour 10:00-12:00 **SHINE** Counselor by appointment-LIB ***1-2 PM Parkinson's Fitness***	29 9:00 Shop at Rowley Market Place 10:00 Coffee & Conversation: **Parenthood** 11:15 Tai-Chi 1:30 Mahjongg-LIB 2:00 Knitting-LBV

RSR=Rest-Stop-Ranch; TH=Town Hall; TR=Trinity Church; WM=Washington Meadows

2019

RSVP (978) 887-6866

Thursday	Friday	Saturday/Sunday
2 9:00 VNA-WM 11:30 **Birthday Lunch** (Pasta $5) **'n Learn: Disability Resource Center** 3:00 Dance Out Dementia	3 *COA Office Open 9 AM to 12 PM* **10:00 Speaking of TED** *7 PM Masco MS Play: "Honk" $10*	4/5 Saturday **3 PM ArtVenture: "History of Public Art"-LIB** *7 PM Masco MS Play: "Honk" $10*
9 7 AM-8 PM **TOWN ELECTION** *Free Shuttle by appointment* 9:00 VNA-TH **11:30 Traveling Chef-FREE** (American Carvery-Roast Beef) **12:15 n' Learn: Disaster Prep** **2:15 IG: Kindergarten Concert** 3:00 PM Dance Out Dementia	10 *COA Office Open 9 AM to 12 PM* **10:00 Speaking of TED** *7:30 PM THS: "One Man's Stand Against the Witch Trials"-Gould*	11/12 Saturday **9:30 Boxford House Tour** ($20) *8 - 10 AM Food Pantry-TR* *10 AM Memory Café in the Garden-RSR* Sunday ***Happy Mothers's Day!*** *11 AM Sunday Stroll-RSR*
16 9:00 VNA-LBV **10:00 Book Club** **11:30 Seafood Rolls**(Shrimp/Crab $8) **12:15 ArtVenture: Musician** **NO DANCE OUT DEMENTIA**	17 *COA Office Open 9 AM to 12 PM* **10:00 Speaking of TED**	18/19 Saturday
23 9:00 VNA-TH **11:30 Luncheon Celebrating Older Americans Month** (Chik Pot Pie $5) **12:15 Sharing Session: "Tales from Work/Volunteer Lives Past"** 3:00 Dance Out Dementia	24 *Town Hall Closed*	25/26 Saturday *8 - 10 AM Food Pantry-TR*
30 **11:30 Parents' Tribute Lunch** (Soup Fest $5) **12:15 Sharing Session: "Parental Bloopers"** 3:00 Dance Out Dementia	31 *Town Hall Closed*	

COA=Council on Aging; EM=Emerson; LIB=Topsfield Library; LBV=Little Brook Village

June

RSVP (978) 887-6866

Monday	Tuesday	Wednesday
3 9:30 **IG Game Day/Picnic with Proctor 4th Graders** 3:00 Restorative Yoga	4 **9:30** ***Adventures in Beverly*** **DINE** **Depot Diner** **TOUR** **Long Hill Estate** ($5) ***1-2 PM Parkinson's Fitness***	5 9:00 Shop at Rowley Market Place 10:00 Coffee & Conversation: **Military Anniversaries of 2019** 11:15 Tai-Chi 1:30 Mahjongg-LIB 2:00 Knitting-LBV
10 NO GAME DAY TODAY 1:00 **Movie Monday "Yankee Doodle Dandy"** 3:00 Restorative Yoga	11 **9:30 TOUR** **Jeremiah Lee Mansion & Gardens ($10) / Marblehead** **DINE** **Mission on the Bay / Swampscott** ***1-2 PM Parkinson's Fitness*** 4:00 COA Board Meeting	12 9:00 Shop at Rowley Market Place 10:00 Coffee & Conversation: **Pilot Tom Harris** 11:15 Tai-Chi 1:30 Mahjongg-LIB 2:00 Knitting-LBV
17 9:30 Game Day **9:30 Painting w/ Bill Duke** **1:00 Shopping in Seabrook** 3:00 Restorative Yoga	18 9:30 **TOUR** **Stevens-Coolidge Place ($10)** **North Andover** **DINE** **Joseph's Trattoria** **Haverhill** ***1-2 PM Parkinson's Fitness***	19 9:00 Shop at Rowley Market Place 10:00 Coffee & Conversation: **Online Afterlife / Digital Legacy** 11:15 Tai-Chi 1:30 Mahjongg-LIB 2:00 Knitting-LBV
24 9:30 Game Day 3:00 Restorative Yoga *10:15 TRIAD-LIB*	25 **9:30 TOUR** **Mount Auburn Cemetery ($10)** **DINE** **Greg's Restaurant** **Watertown** 10:00-12:00 **SHINE** Counselor ***1-2 PM Parkinson's Fitness***	26 9:00 Shop at Rowley Market Place 10:00 Coffee & Conversation: **Staycations** 11:15 Tai-Chi 1:30 Mahjongg-LIB 2:00 Knitting-LBV

RSR=Rest-Stop-Ranch; TH=Town Hall; TR=Trinity Church; WM=Washington Meadows

2019

RSVP (978) 887-6866

Thursday	Friday	Saturday/Sunday
		1/2 Saturday *10 AM Audubon Nature Festival* *Ipswich River Wildlife Sanctuary*
6 9:00 VNA-WM 11:30 **Birthday Lunch** (Pasta $5) **12:15 ArtVenture:** ***Patriotic Silver Screenings with Vinny*** **NO DANCE OUT DEMENTIA**	7 *Town Hall Closed*	8/9 Saturday 8 - 10 AM *Food Pantry-TR* *10 AM–4 PM Strawberry Festival*
13 9:00 VNA-TH 11:30 **All-American Lunch w/ Sundae Bar** (TBD $5) **'n Learn: World Elder Abuse Day** 3:00 Dance Out Dementia	14 *Town Hall Closed*	15/16 Saturday ***World Elder Abuse Awareness Day*** *10 AM Memory Café in the Garden-RSR* Sunday ***Happy Fathers's Day!*** *11 AM Sunday Stroll-RSR*
NO LUNCH TODAY 20 9:00 VNA-LBV **10:00 Book Club** **NO DANCE OUT DEMENTIA** **5:00 Emergency Preparedness Training / Homeland Security** **6:00 Family & Friends Dinner** with **The FIRST First Lady!**	21 *Town Hall Closed*	22/23 Saturday *8 - 10 AM Food Pantry-TR*
27 9:00 VNA-TH 11:30 **Pizza Party** ($5) 3:00 Dance Out Dementia	28 *Town Hall Closed*	29/30 **PLEASE NOTE** **Our regular programming WILL NOT RUN during the first 2 weeks of July.**

MAY TRIPS — RSVP (978) 887-6866

Tuesday, MAY 7th

TOUR

NEW Water Treatment Plant

led by Water Supt. Greg Krom

LUNCH

NORTHSHORE EDUCATION CONSORTIUM

Topsfield

Bus leaves Town Hall at 10:30

RSVP

SATURDAY, May 11th

BOXFORD HOUSE TOURS
(prepay $20)
Bus leaves Town Hall at 9:30

RSVP

Tuesday, May 14th

VISIT

ESSEX NORTH SHORE AGRICULTURAL & TECHNICAL SCHOOL

Maple Street Bakery

Blooming Designs

DINE

Maple Street Bistro ($10)

Bus leaves Town Hall at 10:15

RSVP

Tuesday, MAY 21st

VISIT

CATHEDRAL of the HOLY CROSS

Christian Science Plaza
Boston

DINE

Continental

Saugus

Bus leaves Town Hall at 9:30

RSVP

Tuesday, MAY 28th

Adventures in Amesbury

BREAKFAST

Morning Buzz Café

OUTDOOR WALKING TOUR

acm amesbury carriage museum

Bus Leaves Town Hall at 9:30

JUNE TRIPS — RSVP (978) 887-6866

Tuesday, June 4th

Adventures in Beverly

BREAKFAST

Depot Diner

WALKING TOUR

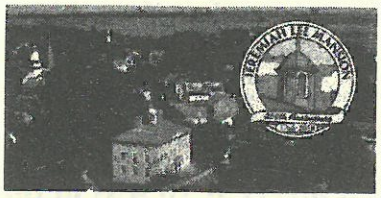
Long Hill Estate
($5 payable on site)

Bus leaves Town Hall at 9:30 AM

RSVP

Tuesday, June 11th

TOUR



Jeremiah Lee Mansion & Gardens
Marblehead
($10 payable on site)

DINE

MISSION ON THE BAY
Swampscott

Bus leaves Town Hall at 9:30

RSVP

Tuesday, June 18th

TOUR

Stevens-Coolidge Place

North Andover
($10 payable on site)

DINE

Joseph's Baking Co.

Joseph's Trattoria

Haverhill

Bus leaves Town Hall at 9:30

RSVP

Tuesday, June 25th

TOUR

Mount Auburn Cemetery
A National Historic Landmark

Cambridge
(prepay $10)

DINE

Greg's Restaurant
Watertown
"Proudly serving the Boston area for over 83 years"

Bus leaves Town Hall at 9:30

Highlights

May/June Highlights

Topsfield's Annual Democracy Week:

ANNUAL TOWN MEETING	Tuesday, May 7th	7 PM	Proctor School
ANNUAL TOWN ELECTION	Thursday, May 9th	7 AM-8 PM	St. Rose Hall

You will cast your most impactful votes at the Annual Town Meeting and at the Annual Town Election. Do your job and VOTE!

Topsfield COA offers free shuttle service to events related to Democracy Week. Call (978) 887-6866 by to schedule a pick-up.

Special COA/Town Events:

- **Saturday, May 4th: "History of Public Art" by artist Meg Black at Library at 3 PM**
- **Monday, June 3rd: Intergenerational Game Day/Picnic at Town Hall at 9:30 AM**
- **Saturday, June 8th: Strawberry Festival by THS on Common from 10 AM to 4 PM**
- **Thursday, June 20th: Family & Friends Dinner by Friends of the COA in Public Hall at 6 PM**

(Educational opportunity at 5 PM: Homeland Security presents Emergency Preparedness)

Ongoing Initiatives: Dementia Friendly and Intergenerational

Dementia Friendly Topsfield Task Force Update:

Given the exponential growth of the dementia friendly movement in Topsfield, the DFT task force has honed the DFT mission and created a vision statement. The new DFT mission is "to help make Topsfield, Massachusetts a dementia-friendly town by empowering businesses, organizations, municipal employees, and residents to advocate for and assist those community members living with dementia. DFT will accomplish this mission by providing information sessions, trainings, recommendations, and follow-up as needed." The new DFT vision statement is "to help make Topsfield, Massachusetts, a caring and supportive community for those residents living with dementia and their care -partners." These statements will serve to guide the task force's actions as well as further inform the community of our purpose.

Intergenerational (IG) Experiences Abound:

Topsfield COA is always eager to participate in events that bring "skipped generations" together. We love hanging out with the kids! We recognize the value to all when people across the generations spend time together and swap life stories. In April, we headed *Back to Campus*, to explore Bowdoin College and spend time with students. Seniors also registered to attend the 3rd Grade Concert at Steward School.
A team is working collaboratively to build an Intergenerational Garden between Proctor School and Town Hall where the community will come together to plant, nurture, and harvest fruits and vegetables. Our Dance Out Dementia students will be performing at an all ages dance recital in June.

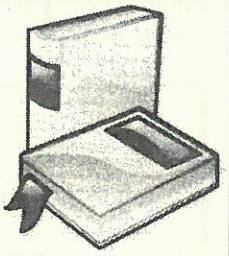
Rest-Stop-Ranch is Open for Business through October

Rest-Stop-Ranch (202 Haverhill Road) has reopened for the season.
This Topsfield treasure offers a variety of programs that support care partners and loved ones:

- **Memory Cafés in the Garden**
- **Sunday Strolls**
- **Support Groups**
- **Unique Volunteer Opportunities**

Contact Mary at (978) 887-4202 for more information.

BOOK CLUB



The TopsCOA Book Club is attracting new participants each month. The selections chosen by the participants for the next two months are:

MAY 16th: *Every Day is Extra* by John Kerry
JUNE 20th: *The Reckoning* by John Grisham

Both books will be available at the Circulation Desk of the Topsfield Library 5 weeks prior to the meeting dates.

The club meets at 10 AM in the Community Space on the 2nd floor of Town Hall.

Board of Directors

Penny Rogers-Chair
Bette Cullinan-Vice Chair
Charlotte O'Toole-Recording Secretary
Lynne Bermudez
Florence Brady
Joan Chiffer
Elaine Crippen
Martha Davis
Jolene Guerra
Kim Love
Ruth Lucy

Upcoming Meetings:
Tuesday, May 14, 2019
Tuesday, June 11, 2019
@ 4 PM in Town Hall

Friends of the Topsfield COA

Yvonne Anderson-President
Susan Whelton-Secretary
Chris Roman-Treasurer
Nancy Beirne
Gracia Clemson
Mary Anne Cosgrove
Chris Cotti
Kathy Curran
Mary Margaret Keaney
Kathy Yanchus

BECOME A FRIEND and/or SPONSOR to support Topsfield COA

Tax deductible donations can be mailed to:
P.O. Box 173 / Topsfield, MA

In Gratitude

Unfortunately, because of space and time constraints it is not possible in our bi-monthly newsletter to acknowledge the lives of all, both living and deceased, who have positively impacted the COA, but in this edition we do want to pay tribute to Audrey Iarocci, who lost a long, courageous battle last month. Throughout her years in Topsfield, Audrey volunteered in a variety of ways but many may not know that she was one of the founding Friends of the Topsfield COA. Our partners and fund raising arm celebrated their 25th anniversary last year and their contributions of time, treasure, and talent impact us now more than ever as each year we offer about 425 activities/ events, many subsidized by the Friends. None of this would be possible without the dedicated volunteers and staff who have served this department since its inception nearly 50 years ago. Thanks for choosing us, Audrey!

Keeping busy throughout March and April, we enjoyed fascinating Conversations with Leonard Rose, the town's Sealer of Weights and Measures, Bob Thompson, who passionately described his "best vacations ever," baseball ENTHUSIAST, Mike Smercyznski, and Gregor Smith, chair-person of the Town Hall Building Committee who continues to devote his time to the project to ensure that all is perfect!

In an ArtVenture that took us across the street to the library art gallery, local artist Carol White treated us to private reception of her own work and that of her talented friends. Another ArtVenture took us down Route 1 to Meridian Day Hab where we worked collaboratively with clients of Northeast Arc to create our own masterpiece. Justin Gordon, who has been producing the sand sculpture at the Topsfield Fair for the past 25 years, blew us away with photos of his creations in Topsfield and around the globe (he has been a world champion!) We were delighted that violinist Hannah Menzer followed up on her promise to entertain us.

Speaking of TED continues to build momentum; last week, the very inquisitive guests watched a TED Talk from 3 years ago in which the scientist credited with photographing a black hole just weeks ago predicted exactly what such a photo should look like.

In March, our Indoor Memory Café wrapped up after an engaging five-month season. Creative Director, Mary MacDonald, continues to pour her heart and soul into this important endeavor. You don't have to wait until November to participate in similar programs as a guest or volunteer. Mary's first love is the work she does at the wonderful retreat she has created in Topsfield at Rest-Stop-Ranch.

Nearly 60 seniors from Topsfield were lucky enough to join others from Boxford and Middleton to attend the St. Patrick's Day Dinner hosted by the Masco HS Student Council annually

We remain true to our vision to positively affect the lives of every person, business and organization within the communities we serve.

INSTITUTION FOR SAVINGS

BUILDING STRONGER COMMUNITIES TOGETHER SINCE 1820.

978-462-3106 • institutionforsavings.com

SENNOTT INSURANCE

(An Affiliate of Cross Insurance)

Home ~ Business

Auto ~ Life

16 South Main Street
Topsfield Crossing
Topsfield, MA
887-4900

Mackey FUNERAL HOME

Serving Boston's Northshore Since 1971

Carrying forward with the tradition of compassion, honor and reliability for Boston's North Shore families, at our new location in Middleton, Massachusetts.

Personalized Funeral Planning and Affordable Cremation Plans.

PRE PLANNING OPTIONS

Email: mackeyfh@gmail.com

Middleton, MA ~ 978-774-0033 ~ www.mackeyfuneralhome.com

BUYING

Coins, Coins, Coins!!

Silver ~ Gold ~ Jewelry

TOPSFIELD COIN & JEWELRY

Topsfield Village
30 Main St., Topsfield,MA
978-561-1893

MEMBER - WHITTIER HEALTH NETWORK

MASCONOMET Healthcare Center

SUBACUTE, LONG TERM & RESPITE CARE SERVICES

(978) 887-7002

www.whittierhealth.com

123 High Street, Topsfield, MA

Accepts all HMO's, Medicare and Commercial Insurance

TO ADVERTISE IN THIS SENIOR NEWSLETTER

Please call Steve Persichetti at 978-457-2612 for immediate response!!

OR email seniornewsletter@aol.com.

Your AD belongs right here!!

REACH YOUR CUSTOMERS 365 DAYS A YEAR!

Be Independent for Life

Nichols Village

AN ACTIVE ADULT COMMUNITY

One Nichols Way
Groveland, MA 01834
Nichols-Village.com

CALL 978-372-3930

At Home Elder Support

www.thompsonelderassist.com

978-239-1809

Thompson Elder Assist

SPACE FOR SALE

Please call Steve Persichetti at 978-457-2612 for immediate response!!

OR email seniornewsletter@aol.com

1889 Memorials

(Former Site of Barton Stone)

Rita Buscarini
Associate

22 Brown Square
Ipswich, MA 01938
Phone: (978) 356-2334
1889memorials@verizon.net

YOUR PERSONAL ASSISTANT

Here to make your life easier!

Need help with grocery shopping, errands, meals, transportation or other tasks?

Your Personal Assistant is here to help. Trustworthy, reliable, and dependable. Fully insured.

Your Personal Assistant
Deb Rogers-Thornton **978-815-6492.**

DONATIONS TO THE COUNCIL ON AGING

Please consider making a tax deductible donation in memory of or in honor of a loved one. Or, you can support a service provided by the Topsfield Council on Aging.

Donations may be mailed to The Topsfield Council on Aging, 8 West Common Street Topsfield, MA 01983 or to The Friends of the COA, PO Box 173, Topsfield, MA 01983

Disclaimer: 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."

Senior Citizen Newsletter

Topsfield Council on Aging
8 West Common St.
Topsfield, MA 01983

U.S. Postage
Paid
Topsfield, MA
Permit No. 51

(Deliver to Addressee or Current Resident)

If you do not want this newsletter mailed to you, please contact our office