

Topsfield Council on Aging

SENIOR SCOOP

MARCH / APRIL 2020

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 who are sixty years of age and older or disabled adults.

Town Hall

8 West Common Street, 2nd Floor

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

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>



Friends of the Topsfield Council on Aging

After a mild winter, we are still eager to welcome spring, the season of renewal. Let this be the time when you renew promises made for the new year to engage with your local Council on Aging and take advantage of the opportunities to feed your mind, body, and soul!

In the months ahead, we look forward to celebrating significant anniversaries...**100 years of women voting** and **400 years since the Mayflower landed in Plymouth, MA!** We kickoff our tribute to the woman suffrage movement with a presentation at Topsfield Library by the first woman to run for president, Belva Lockwood, on Monday, March 2nd. Locally, our League of Women Voters, sponsors of the engaging Candidate Nights throughout the Tri-Towns each year, will share their own history. Our first look at the Mayflower's journey is through Hollywood's lens, when we watch a 1952 film called "Plymouth Adventure"; Vinny will be able to put his own spin on this early attempt to educate Americans about a milestone event in our history. We will follow this up with a documentary that more accurately depicts the Pilgrims' experiences. A visit to Plimoth Plantation that includes private tours will be the culmination of this exploration of local and national history. And a significant local anniversary...**Dance Out Dementia just turned 2!** Maggie Chiffer launched this innovative program in the winter of 2018. Her energetic dance class continues to grow. They have performed around the North Shore and in front of the Lieutenant Governor!

We will go *Back to Campus* at Merrimack College to watch "Seussical the Musical." This special intergenerational experience builds on last year's visit to the Dr. Seuss Museum, one of several that make up the Springfield Museums.

March and April are bursting with cultural opportunities...from working on a sparkling glass project with Denise to watching our three favorite Irish Step Dancers perform on the Public Hall stage to having Carol guide us on a tour of "Change," the art exhibit featuring several local artists; the 2019 tour was one of our favorite ArtVentures last year. Vinny will present his first interdisciplinary *Silver Screenings* when he partners with our Book Club to explore the life of exotic actress Hedy Lamarr.

Along the way we will provide educational sessions about changes in the SNAP (food assistance) Program and provide tips on increasing your food security.

During this important election year, we will offer programs to educate voters about processes and updates, including Early Voting. The Director of the NH Institute for Politics at Saint Anselm College will give us a private tour after Massachusetts voters head to the polls to vote in the Presidential Primaries. While we avoid discussing partisan politics, we believe it is important to let voters know what to expect at Town Meetings and at the polling site. During a year with four distinct elections, we are here to help answer questions that may arise about the town's voting processes.

Seize every day!

Paula, Beth, Greg, Ed, and Maggie

Regularly Scheduled Events

Game Day

Most Mondays
9:30 AM -12:30 PM



Technology Tips!

Learn how to use your smartphone, tablet & laptop
Last Monday of Month at 10 AM
THE FEBRUARY 24th SESSION IS CANCELLED
MAR. 30th
APR. 27th


Watercolor Class

Taught by North Shore Artist Bill Duke

Monday, MARCH 23rd

Monday, APRIL 13th

9:30 AM -12:30 PM

Prepay \$20 to reserve a seat 

Movie Mondays at 1 PM

MAR. 9th "Algiers"
MAR. 23rd New (movie) on NETFLIX
APR. 6th "Plymouth Adventure"
APR. 27th New (movie) on NETFLIX

Dance Out Dementia

Most Thursdays



3:00-3:45 PM
Public Hall

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.

Tai-Chi

Most Wednesdays 11:15 AM - 12:15 PM

Thursday Specialty Luncheons

Unless otherwise noted...
\$5 Town Hall 11:30 AM

Always RSVP (978) 887-6866

- 3/5: Birthday Lunch (Pasta)
- 3/12: Traveling Chef (Crepes) FREE!
- 3/19: Soup Fest (Irish soda bread)
- 3/26: Austrian Cuisine (finger sandwiches)
- 4/2: Birthday Lunch (Pasta casserole)
- 4/9: Traveling Chef (Taco Bar) FREE!
- 4/16: Salad w/ Protein (Chicken/Shrimp)
- 4/23: Seussings-Dr. Seuss Inspired Fare
- 4/30: Local Pizza Taste Off

handiCRAFTERS

Wednesdays 2:00 - 4:00 PM

Topsfield COA sponsors this off-site activity

All crafters are encouraged to bring their own projects to Little Brook Village's Community Room

ArtVenture

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

Some Thursdays at 12:15 PM +

Mahjongg

Wednesdays 1:00-3:30 PM

at TOPSFIELD LIBRARY



Speaking of TED

Most Fridays at 10:00 AM

Participate in lively discussions about thought-provoking TED Talks.

Highlights

>>> *SPRINGing forward*



Important dates in March & April

- ⇒ **March 3rd: PRESIDENTIAL PRIMARY**—St. Rose Hall 7 AM to 8 PM
- ⇒ **March: FEDERAL CENSUS 2020** is mailed out;
Complete form immediately to avoid follow-up solicitations
- ⇒ **April 15th: TAX FILING DEADLINE**

Have some FUN:

- ⇒ **April 4th: Grow Spring! EXPO**—10 AM to 3 PM at Proctor School NEW!!

Ongoing Initiatives: Dementia Friendly and Intergenerational

Dementia Friendly Topsfield:

Featured Partners

Maggie Chiffer: *Dance Out Dementia Class*

Introduced by Maggie Chiffer in 2018 as part of a Girl Scout Gold Award Project, Dance Out Dementia quickly became the most well-attended activity each week. Maggie's devoted students from Topsfield and beyond have danced for our Lt. Governor, demonstrated their prowess at Topsfield Fair, and kicked off Holiday on the Green. The Purple Team would do anything for their adored instructor.

Mary MacDonald: *Memory Cafés*

For more than a decade, Mary MacDonald has been transforming her bucolic property on Route 97 in Topsfield into a retreat center for those living with memory challenges and their care-partners. She and her husband Karl opened the first Outdoor Memory Café in America! Starting in 2016, Mary joined forces with Topsfield COA to offer an Indoor Memory Café first at Trinity Church. Topsfield's Indoor Memory Café is now offered in the Meeting Room of Topsfield Library on five Saturday mornings throughout the winter.

Indoor Memory Café:

Topsfield's Indoor Memory Café is supported by the Topsfield Cultural Council and Friends of the Topsfield COA. The final session of this winter season will be held on Saturday, March 14th at 10 AM in the Library Meeting Room. In preparation for heading outside in April, participants will make a sun hat. Walk-ins/Wheel-ins always welcome.

Outdoor Memory Café:

Runs April through October at Rest-Stop-Ranch, 202 Haverhill Road (Route 97).
Go to www.rest-stop-ranch.com

Intergenerational (IG) Update:



To kick off the new year, we celebrated a couple of special events. Co-sponsored by Topsfield COA, the Topsfield Library, and the Tri-Town Council, the Open Mic Night hosted by Creative Co-Op was a huge success. All who stepped onto the stage were inspirational, but the opening act, the inclusive Tri-Town Rock Band, set the tone for an incredible evening. We look forward to future collaborations. We invited Mrs. Murphy's class back to become resolutionsaries; all of the New Year's Resolutions that were shared were laudable. When 4th Grade Girl Scouts assisted at the February Indoor Memory Café, they brought tremendous energy and compassion.

We are excited to spend time with several generations at these upcoming IG events:

- ◆ **March 19th: Irish Step Dancers** perform on the Public Hall stage at 12:15 PM
- ◆ **April 7th: Students** at Essex Tech High School to serve lunch at Maple Street Bistro
- ◆ **April 23rd: Theater fans** of all ages see "Seussical the Musical" at Merrimack College


March

RSVP (978) 887-6866

Monday	Tuesday	Wednesday
2	3	4
9:30 Game Day 3:00 "Belva Lockwood" Special Presentation at LIB 3:00 Restorative Yoga	10:30 DINE OUT BOSTON! SCAMPO (\$25) Italian Restaurant  <i>1-2 PM Parkinson's Fitness</i>	9:00 Shop at Rowley Market Place 10:00 Coffee & Conversation: TRIAD TIPS: Online Safety 11:15 Tai-Chi 1:00 Mahjongg-LIB 2:00 handiCRAFTERS-LBV
9	10	11
9:30 Game Day 1:00 Movie Monday "Algiers" Featuring Hedy Lamarr 3:00 NO RESTORATIVE YOGA	9:30 TOUR NH Institute for Politics Saint Anselm College DINE The Common Man Windham, NH <i>1-2 PM Parkinson's Fitness</i> 4:00 COA Board Meeting	9:00 Shop at Rowley Market Place 10:00 Coffee & Conversation: 100 Years of the League of Women Voters 11:15 Tai-Chi 1:00 Mahjongg-LIB 2:00 handiCRAFTERS-LBV
16	17	18
9:30 Game Day 3:00 Restorative Yoga	<i>1-2 PM Parkinson's Fitness</i> 3:00 Rail Trail Stroll Walk One Mile of Rail Trail 4:00 St. Patrick's Day Party Masconomet High School 	9:00 Shop at Rowley Market Place 10:00 Coffee & Conversation: "MY FIRST 100 DAYS" Town Adm. Kevin Harutunian 11:15 Tai-Chi 1:00 Mahjongg-LIB 2:00 handiCRAFTERS-LBV
23	24	25
9:30 Game Day 9:30 Painting w/ Bill Duke 1:00 New (movie) on NETFLIX 1:00 Shopping Shuttle 3:00 Restorative Yoga	9:30 Museum of Science <i>Dogs! A Science Tail</i> Jimmy's Steer House 10 SHINE Counselor by app't-LIB <i>1-2 PM Parkinson's Fitness</i>	9:00 Shop at Rowley Market Place 10:00 Coffee & Conversation: COFFEE TALK with Bob Sapienza 11:15 Tai-Chi 1:00 Mahjongg-LIB 2:00 handiCRAFTERS-LBV
30	31	
9:30 Game Day 10:00 TECHNOLOGY TIPS 3:00 Restorative Yoga 4:00 Dine at Bradford Tavern 6:30 Music at Eden's Edge: "Music Speaks" FREE The Barn at Peirce Farm, Topsfield	TRIP DAY IS MONDAY THIS WEEK <i>1-2 PM Parkinson's Fitness</i>	


2020

RSVP (978) 887-6866

Thursday	Friday	Saturday/Sunday
<p>5</p> <p>9:00 VNA-WM 11:30 Birthday Lunch (Pasta) 12:15 ArtVenture: Glass Art with Denise (Pay \$10 Materials fee by 3/4) 3:00 Dance Out Dementia</p>	<p>6</p> <p>10:00 Speaking of TED</p>	<p>7/8</p> <p><u>Saturday</u></p>  <p><u>Sunday</u></p>
<p>12</p> <p>9:00 VNA-TH 11:30 Traveling Chef (Crepes) 12:15 ArtVenture: Sing-along with Hannah 3:00 Dance Out Dementia</p>	<p>13</p> <p>10:00 Speaking of TED</p>	<p>14/15</p> <p><u>Saturday</u> 8 - 10 AM Food Pantry-TR 10 AM INDOOR MEMORY CAFÉ -LIB Summer Craft Project <u>Sunday</u></p>
<p>19</p> <p>9:00 VNA-LBV 11:30 Soup Fest w/ Irish Soda Bread & Dessert 12:15 ArtVenture I: Irish Steppers 12:45 ArtVenture II: Carol White Guides Tour of "Change" at LIB 3:00 Dance Out Dementia</p>	<p>20</p> <p>10:00 Speaking of TED</p>	<p>21/22</p> <p><u>Saturday</u></p> <p><u>Sunday</u></p>
<p>26</p> <p>9:00 VNA-TH 10:00 Interdisciplinary Book Club 11:30 Austrian Cuisine 12:15 ArtVenture: Silver Screenings with Vinny 3:00 Dance Out Dementia</p>	<p>27</p> <p>10:00 Speaking of TED</p>	<p>28/29</p> <p><u>Saturday</u> 8 - 10 AM Food Pantry-TR <u>Sunday</u></p>


April

RSVP (978) 887-6866

Monday	Tuesday	Wednesday
		1 9:00 Shop at Rowley Market Place 10:00 Coffee & Conversation: What's New at Grow Spring! EXPO 2020? 11:15 Tai-Chi 1:00 Mahjongg-LIB 2:00 handiCRAFTERS-LBV
6 9:30 Game Day 1:00 Movie Monday "Plymouth Adventure" 3:00 Restorative Yoga	7 10:45 DINE Maple Street Bistro at Essex Technical High School 1-2 PM Parkinson's Fitness	8 9:00 Shop at Rowley Market Place 10:00 Coffee & Conversation: THE REAL PLYMOUTH ADVENTURE 11:15 Tai-Chi 1:00 Mahjongg-LIB 2:00 handiCRAFTERS-LBV
13 9:30 Painting w/ Bill Duke 9:30 Game Day 3:00 Restorative Yoga	14 9:30 SHOP, DINE & STROLL at Assembly Row Somerville 1-2 PM Parkinson's Fitness	15 9:00 Shop at Rowley Market Place 10:00 Coffee & Conversation: RETIRING THE BADGE: Police Chief Evan Haglund 11:15 Tai-Chi 1:00 Mahjongg-LIB 2:00 handiCRAFTERS-LBV
20  <i>Town Hall Closed</i>	21 INTERGENERATIONAL TRIP SCHEDULED FOR THURSDAY 1-2 PM Parkinson's Fitness	22 9:00 Shop at Rowley Market Place 10:00 Coffee & Conversation: TOWN MEETING PREVIEW 11:15 Tai-Chi 1:00 Mahjongg-LIB 2:00 handiCRAFTERS-LBV
27 9:30 Game Day 10:00 TECHNOLOGY TIPS 1:00 New (movie) on NETFLIX 1:00 Shopping Shuttle 3:00 Restorative Yoga	28 9:30 DINE Town Meeting, Lexington TOUR Louis May Alcott's Orchard House Living History Tour 10 SHINE Counselor by app't-LIB 1-2 PM Parkinson's Fitness	29 9:00 Shop at Rowley Market Place 10:00 Coffee & Conversation: Elementary School Updates 11:15 Tai-Chi 1:00 Mahjongg-LIB 2:00 handiCRAFTERS-LBV

2020

RSVP (978) 887-6866

Thursday	Friday	Saturday/Sunday
<p>2</p> <p>9:00 VNA-WM 11:30 BirthDay Lunch (Pasta from New Brothers, Danvers) 3:00 Dance Out Dementia</p>	<p>3</p> <p>10:00 Speaking of TED</p>	<p>4/5</p> <p><u>Saturday</u> 10 AM to 3 PM Grow Spring! EXPO Proctor School...NEW LOCATION!</p> <p><u>Sunday</u></p>
<p>9</p> <p>9:00 VNA-TH 11:30 Traveling Chef (Taco Bar) 12:15 LEARN: Priority Services Register Utilities: Life Sustaining Equipment 3:00 NO DANCE OUT DEMENTIA</p>	<p>10</p> <p>Good Friday</p> <p>10:00 Speaking of TED CANCELLED</p>	<p>11/12</p> <p><u>Saturday</u> 8 - 10 AM Food Pantry-TR</p> <p><u>Sunday</u></p> 
<p>16</p> <p>9:00 VNA-LBV 11:30 LUNCH Salad w/ Protein (chicken/shrimp) 12:30 LEARN: Increasing Food Security 3:00 Dance Out Dementia</p>	<p>17</p> <p>10:00 Speaking of TED</p>	<p>18/19</p> <p><u>Saturday</u></p> <p><u>Sunday</u></p>
<p>23</p> <p>9:00 VNA-TH 11:30 Dr. Seuss Fare 12:15 ArtVenture: "Seussings" 3:00 NO DANCE OUT DEMENTIA 6:15 Intergenerational Back to Campus at Merrimack College "Seussical the Musical" (\$10)</p>	<p>24</p> <p>10:00 Speaking of TED</p>	<p>25/26</p> <p><u>Saturday</u> 8 - 10 AM Food Pantry-TR</p> <p><u>Sunday</u></p>
<p>30</p> <p>10:00 Book Club 11:30 Local Pizza Taste Off 12:15 ArtVenture: Silver Screenings with Vinny 3:00 Dance Out Dementia</p>		

MARCH TRIPS

RSVP (978) 887-6866

MONDAY, March 2nd

"Belva Lockwood for President"



3 PM in Topsfield Library Meeting Room

Tuesday, March 3rd

DINE OUT BOSTON!

SCAMPO Restaurant

(\$25 pre fixe Italian menu)

Boston

Bus leaves Town Hall at 10:30

Tuesday, March 10th

TOUR

**SAINT ANSELM
COLLEGE**

NEW HAMPSHIRE
INSTITUTE OF POLITICS

DINE

The Common Man, Windham, NH

Bus leaves Town Hall at 9:30

Tuesday, March 17th

STROLL

**One Mile of the Topsfield Linear Common
(Rail Trail)**

Gather at Town Hall

DINE



Party

at Masconomet High School
**Free shuttle leaves Town Hall
for Masco at 3:45**

Tuesday, March 24th

EXPLORE

Dogs! A Science Tail



Museum of Science.

Boston

(\$22 payable on site)

DINE

Jimmy's Steer House

Saugus

Bus Leaves Town Hall at 9:30

MONDAY, March 30th

DINE

Bradford Tavern, Rowley



**MUSIC
at EDEN'S
EDGE**

*** FREE CONCERT ***

VISION 2020: PAIRINGS & SIDES

MUSIC SPEAKS!:

Toast to Vienna, Hungary & Ireland
The Barn at Peirce Farm

Bus leaves Town Hall at 4:00

**R
S
V
P**

APRIL TRIPS

RSVP (978) 887-6866

Tuesday, April 7th

DINE

Maple Street Bistro

**ESSEX NORTH SHORE
AGRICULTURAL & TECHNICAL SCHOOL**

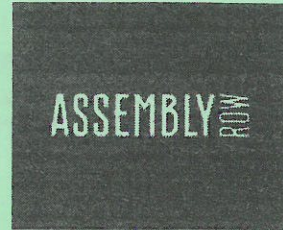
Danvers

(\$10 all inclusive)

Bus leaves Town Hall at 10:45

Tuesday, April 14th

SHOP, DINE & STROLL



Somerville

Bus leaves Town Hall at 9:30

**R
S
V
P**

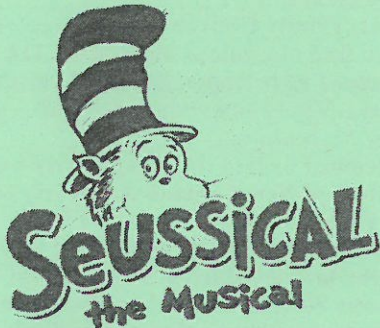
THURSDAY, April 23rd

INTERGENERATIONAL

Back to Campus

Merrimack College

North Andover



(\$10 all inclusive)

Bus leaves Town Hall at 6:00

Tuesday, April 28th

DINE

Town Meeting

Lexington

TOUR

**Louisa May
Alcott's**

Orchard House



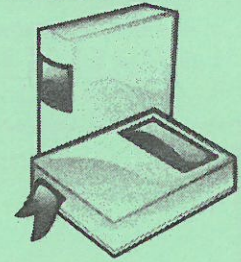
Concord

(\$16 all inclusive)

Bus leaves Town Hall at 9:30

BOOK CLUB

We look forward to taking an interdisciplinary approach in March when our Book Club will discuss "The Only Woman In the Room" that, according to Goodreads, "is a fictionalised account of screen siren Hedy Lamarr, known for her beauty, but not recognised until recently for her outstanding contribution to science." Vinny will then feature Hedy Lamarr in his *Silver Screenings* a few hours later.



Mar. 26th: The Only Woman in the Room by Marie Benedict

Apr. 30th: Educated by Tara Westover

May 28th: The Girl with the Dragon Tattoo by Stieg Larsson

The Topsfield COA Book Club selection is generally available at the Circulation Desk of the Topsfield Library five weeks prior to the meeting date.

Board of Directors

Penny Rogers: Chairperson
Charlotte O'Toole: Vice-Chairperson
Rusty Brady: Recording Secretary
Lynne Bermudez
George Berube
Kendra Berube
Joan Chiffer
Elaine Crippen
Kim Love
Ruth Lucy
Hannah Adelman Menzer

Upcoming Meetings:

Tuesday, March 10, 2020

Tuesday, April 14, 2020

@ 4 PM in Town Hall, 2nd Floor

All are welcome!

Friends of the Topsfield COA

Kathy Yanchus: Acting President
Susan Whelton: Recording Secretary
Chris Roman: Treasurer
Nancy Beirne
Mary Anne Cosgrove
Chris Cotti
Kathy Curran
Mary Margaret Keaney

**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

with assistance from Bonnie!

We are deeply indebted to Peg Beaugard, our Data Entry Technician who retired after 13 years of dedicated service to residents of Topsfield and beyond. We are excited to now have her join us as an active participant!

We welcomed our new Technology Tips guide, Tracy Stevenson, who is eager to go above and beyond to help us get comfortable with our "tech."

Coffee & Conversation guests sparked some interesting discussions and inspired insightful questions. Norm Isler shared his unique perspective on the Korean War while Al Smith told us "Everything We Ever Wanted to Know about Abe." A team from The Open Door in Ipswich provided helpful tips on "Nutritious Eating on a Budget." Our Town Clerk, Beth Willis, and the local 2020 Census Partnership Specialist inspired us to cast our ballots (4 times!), participate in Town Meeting, and complete the 2020 federal census immediately when we receive it in March.

We had several enriching intergenerational experiences. The Creative Co-Op's Open Mic Night featuring the amazing Tri-Town Rock Band was a blast. Mrs. Murphy's 4th graders gave us a sense of hope as they shared their selfless New Year's resolutions. Our Indoor Memory Café was energized by 4th Grade Girl Scouts who joined us in Partner Yoga. RSVP Coordinator Ruth Lindsay shared the "Health Benefits of Volunteering" while SeniorCare Inc.'s Deb Davidson, building on a Valentine's theme, revealed "Healthy (food) Choices for Healthy Hearts."

During ArtVentures, Trinity Church Music Director Laura Proctor helped us to find our voices while new COA Board Member Kendra helped us to design beautiful valentines for loved ones. As always, Vinny entertained with his incomparable *Silver Screenings*.

Gracious hosts welcomed us into their impressive workshops, the Furniture Institute of New England in Beverly and the Bubble Factory in Essex. We were treated by Music at Eden's Edge to a "Suite of Small Plates," a sampling of a variety of classical pieces, at the inviting Barn at Peirce Farm, Topsfield. We are grateful to our SHINE Counselor who scheduled additional appointments to ensure that demand was met during Medicare's Open Enrollment period. Thanks, also, to the AARP Tax Prep volunteers who are providing assistance right through mid April. We appreciate our dedicated Meals on Wheels drivers who have been traipsing through whatever Mother Nature has been dishing out.

We are forever grateful for our volunteers and partners!

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

At Home Elder Support

www.thompsonelderassist.com

978-239-1809



Be Independent for Life

Nichols Village

AN ACTIVE ADULT COMMUNITY

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

CALL 978-372-3930



(Former Site of Barton Stone)

Rita Buscarini
Associate

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

SPACE FOR SALE

Great Medium to Reach the Senior Citizens!

CALL 603-601-8047

Email: seniornewsletter@aol.com

OR WRITE TO:

SENIOR NEWS PUBLICATIONS,

7 PHILBROOK TERRACE, HAMPTON, NH 03842

TO ADVERTISE IN THIS 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!



North Shore Senior Care

Home Health Care Services

2 South Main St.
Middleton, MA 01949

978-223-3434

www.northshoreseniorcare.net

"Quality Of Life Begins At Home"

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

Tax Relief Fund for Seniors and Disabled

At the 2018 Annual Town Meeting, residents voted to create an **Elderly and Disabled Tax Fund (EDTF)**. The purpose of this fund is to grant awards to elderly and/or disabled homeowners of low-income to assist with paying real estate taxes.

A Board of Selectmen-appointed committee began meeting in August, 2019. In accordance with Massachusetts General Law, the members consist of the Chair of the Board of Assessors (Lynn Conant), Treasurer (Barbara Michalowski who recently retired), and three volunteer residents-Ed Roman, Eldon Goodhue, and David Larson, with Assessor Toulia Guarino playing a critical advisory role to the committee.

We are pleased to announce that the EDTF committee has completed the initial phase of its work to establish the criteria and process for granting awards. All aspects of the process from application to disbursement will be **CONFIDENTIAL**. The program will be launched when the fund reaches a minimum level.

Even though many consider Topsfield to be an affluent town as measured by a high median household income, there are residents, including senior citizens and adult-disabled, who struggle to pay the increasing tax bills. A voluntary checkoff box on the local tax bill gives taxpayers the opportunity to make tax-deductible contributions to the new fund. Online donations can also be made on the town's website.

Sending in even a small contribution with the tax bill will significantly impact those in need.

For more information about the Elderly and Disabled Tax Fund or other programs that can provide tax relief to qualifying senior citizens/adult-disabled, contact the Assessor's Office at (978) 887-1514.

Preventing the Spread of Germs and Flu

Presently, the risk of flu is a primary concern as Massachusetts is experiencing an active flu season. The Topsfield Board of Health recommends the following preventative measures to combat the flu:

- Wash your hands often with soap and water, or use an alcohol-based hand gel.
- Cough or sneeze into a tissue or into the inside of your elbow if you don't have a tissue. Throw tissues away and wash your hands. Always wash your hands after touching your eyes, nose or mouth.
- Use household cleaners to clean frequently touched surfaces, like doorknobs, toys, phones, and the car.
- Avoid close physical contact with people who are sick. Try to stay at least 3-6 feet from someone who shows symptoms.
- Get the flu vaccine every year as soon as it is available.
- And always, contact your doctor and stay home from work and school if you get sick with a flu-like illness (fever with cough or sore throat) and avoid contact with others so the virus does not spread. When dealing with the flu, stay at home until you have been free from fever for at least 24 hours after your last dose of fever-reducing medication (like Tylenol, Advil or Motrin). For most people this will mean staying at home for about 4 days.

For more information about flu risk and prevention in Massachusetts, please visit <https://www.mass.gov/info-details/what-should-i-know-about-flu> If you have further questions, please call the Topsfield Board of Health Agent, Wendy Hansbury, at 978-887-1520.

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.
- **DISABILITY RESOURCE CENTER:** The DRC in Salem, MA (with traveling counselors) supports people of all ages who have any type of disability to live independently and participate fully in community life. Many free services are available. Call: (978) 741-0077
- **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 located at Trinity Church (124 River Rd.) 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 (978) 281-1750
- **MEMORY CAFE:** The Memory Café in the Garden is held at Rest-Stop-Ranch (202 Haverhill Rd.) April - October. For more info, contact coordinator Mary MacDonald: (978) 887-4202
- **NORTH SHORE COMMUNITY ACTION PROGRAM:** Empowers people to achieve social and economic stability through an array of services and education. Call (978) 531-0767 x118
- **NOTARY PUBLIC:** Free Notary Services (EXCLUDING wills, real estate documents, trusts, codicils, depositions) in the COA and Town Clerk Offices. Call (978) 887-1523
- **PACE:** The goal of the Program of All-inclusive Care for the Elderly is to help clients live safely in their homes (rather than in skilled nursing facilities). Administered by MassHealth and Medicare, PACE provides a wide array of medical, social, recreational, and wellness services to those who are 55+ and meet the income and medical guidelines. Call: (877) 803-5564
- **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 of Aging provides a variety of services to senior citizens in Topsfield. Call (978) 281-1750 to discuss options possibly 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:** Transportation on the COA Bus is available for medical appointments most of the day on Mondays and Thursdays and on Wednesday afternoons. The bus takes shoppers to Rowley Marketplace most Wednesday mornings at 9 AM. Donations (\$2 for in town appts & 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.