

Topsfield Council on Aging SENIOR SCOOP MAY / JUNE 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-CLOSED TEMPORARILY

Days/Office Hours: SEE UPDATES ON WEBSITE FOR TOWN HALL/COA HOURS

Office Phone: (978) 887-1523

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

In a speech delivered at the Democratic National Convention 80 years ago, Eleanor Roosevelt declared: *This is no ordinary time, no time for weighing anything except what we can best do for the country as a whole.* In April 2020 we find ourselves in circumstances unlike any we have ever witnessed. We are being asked to observe “social distancing” in order to protect people we don’t even know from being infected by an insidious virus. COVID-19 has transformed the year when we would see more clearly into the year when we are being asked to take one for the team by staying apart.

The Town of Topsfield has taken the lead on “flattening the curve” locally. By closing municipal buildings and town parks early, we reduced human to human interactions that threaten our very existence. The Topsfield Board of Health, the Topsfield Public Safety Team, and the Town Administrator’s Office have been working diligently on responses to this rapidly evolving situation. We are committed to doing everything we can to keep you safe and informed. Our first responders are doing great work, providing critical support around the clock to our residents. We are also constantly updating our website. To see the latest information (including for businesses), ways to provide/find assistance, and other helpful material about COVID-19, please visit: WWW.TOPSFIELD-MA.GOV

Let’s embrace this unique opportunity to formulate innovative ideas to promote interactions that do not involve close contact. Write letters to old friends. Call a long lost cousin. Bring a chuckle to a family member with a silly drawing. We could never have predicted that in 2020 we would get back to the basics and also stock up on toilet paper!

At Topsfield COA, collaborating with community partners and interfacing with other generations are priorities. But in the best interest of all, we must adhere to the advisory to “Stay at Home” at least into May. As necessity is the mother of invention, Topsfield COA and its partners like Top Cupboard Food Pantry have been exploring ways that we can ensure that residents are food secure and have all of their basic needs met. With those assurances, we are moving on to continuing to offer engaging and innovative programs even during this altered reality. With help from skilled volunteers, we are hoping to get everyone who would like to participate again or for the first time up and running in our virtual world. We have always said that Topsfield is a wonderful place to Age in Place and with Dignity. We are now demonstrating that it is not a bad place to be during a global crisis. While confident that we are serving most of our vulnerable citizens, we need your help identifying anyone who may be at-risk. Please do not hesitate to call us at (978) 887-6866 to share information confidentially about a neighbor or friend who may need assistance. We have a good track record of matching clients with the appropriate services based on their unique set of circumstances. Together we will weather this storm and come out stronger on the other side! And rest assured that Team Topsfield will continue to do everything we can to keep you safe informed throughout this crisis.

Town Administrator Kevin Harutunian & COA DIRECTOR Paula Burke

Message from Emergency Management Coord. Jen Collins-Brown

Local officials are constantly evaluating the health situation in town and will provide frequent updates related to COVID-19 when necessary.



Both the Governor of MA and the Town of Topsfield Select Board have declared a State of Emergency, which may enable reimbursement of some funds if federal money is made available due to this emergency.

The Topsfield Fire Department remains ready to respond to your needs. We have procedures and equipment to keep staff and patients as safe as possible. Due to the emergency conditions, we have begun manning our station 24 hours per day. Previously, the station was not staffed between the hours of 12:00 to 6:00 A.M., Sunday through Thursday nights.

Because the COVID-19 situation is very fluid, new information and guidelines are regularly being posted by the CDC and the Town of Topsfield posts updates on the front page of the website.

The virus is believed to spread mainly from person-to-person, between people who are in close proximity to each other (within 6 feet) and through respiratory droplets produced when an infected person coughs or sneezes.

Though not believed to be the primary way that the virus spreads, it is possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or their eyes. While the CDC also believes that people are most contagious when they are most symptomatic (sickest), they also believe it is possible to spread the virus when one is asymptomatic (displaying no symptoms.) Symptoms seem to appear 2-14 days after exposure.

PUBLIC HEALTH OFFICIALS URGE SENIORS AND THOSE WITH PRE-EXISTING HEALTH CONDITIONS TO CONTINUE TO STAY-AT-HOME FOR THE FORESEEABLE FUTURE, EVEN ONCE GOVERNMENTAL ORDERS/ADVISORIES ARE RELAXED!!

Anyone experiencing symptoms of COVID-19 (fever, cough, shortness of breath, possibly gastrointestinal issues) should self-quarantine and contact their Primary Care Physician.

MASSACHUSETTS DEPT. OF PUBLIC HEALTH RECOMMENDATIONS

Help Prevent COVID-19 with Social Distancing



Call/Facetime/online chat with friends and family.



Stay home as much as you can.



If you must go out:

- Don't gather in groups
- Stay 6 feet away from others
- Don't shake hands or hug

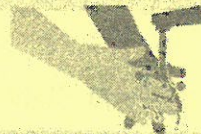


And please continue to wash your hands frequently.

www.mass.gov/COVID19 781.214.1

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like the flu and COVID-19:



Wash your hands often with soap and warm water, or use an alcohol-based gel.



Avoid touching your eyes, nose and mouth.



Clean things that are frequently touched (like doorknobs and countertops) with household cleaning spray or wipes.



Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, not your hands.



Stay home if you are sick and avoid close contact with others.



Think ahead about how to take care of yourself and your loved ones if the virus starts spreading in the community. Visit mass.gov/KnowPlanPrepare for a preparedness checklist.

For more visit www.mass.gov/2019coronavirus

Message from the Board of Health

The Board of Health, Public Safety Team, and the Town Administrator are working to communicate with Topsfield residents to help them understand and use the protocols and preventative measures recommended by the MA Department of Public Health (DPH) and the Centers for Disease Control and Prevention (CDC) to minimize the potential spread of the 2019 novel Coronavirus (COVID-19) individually and within the community. Please visit the town website for the latest information:

WWW.TOPSFIELD-MA.GOV

While this is happening, please remember to take precautions and safety measures to minimize exposure and spread of this disease. We have heard them repeatedly, and they are the most effective ways for individuals to protect their health. According to the CDC website, if you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease. The CDC is now advising all members of the community to wear non-medical grade, cloth face coverings when going out for essential tasks. The purpose of a cloth mask is to reduce the number of respiratory droplets individuals spread in the air and on surfaces from talking, coughing, or other activities. Using a cloth face covering DOES NOT REPLACE SOCIAL DISTANCING or prevent a person from COVID-19 infection. To obtain a cloth face covering produced by one of several local volunteers, contact the Board of Health: phone (978) 887-1520 or email health@topsfield-ma.gov. Social distancing, hand washing, not touching the face, and staying at home unless necessary are still the most reliable ways to remain healthy. For more information, please visit:

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

If you would like further information on the current status of the COVID-19 situation, please visit the state website at www.mass.gov/covid19 and the CDC website at www.cdc.gov/covid19. If you have questions or concerns, please let us know. The Board of Health office is available to the public by telephone or e-mail for any questions or concerns: (978) 887-1520 OR health@topsfield-ma.gov

New phrases in the era of COVID-19:

SOCIAL DISTANCING: staying six (6) or more feet away from another person so that airborne respiratory droplets may not infect another person.

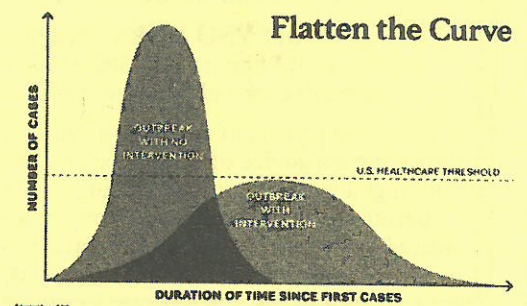
COMMUNITY SPREAD: people have been infected with a contagious disease in an area including some who are not sure how or where they became infected, and the disease is spread easily and sustainably in the community.

FLATTEN THE CURVE: a way of looking at the spread of contagious disease and how it impacts hospital and health care.

A lot of people getting sick during a short time will overwhelm the health care system; fewer people getting sick stretched over a longer period of time will allow hospitals to help more people, including those with other illnesses.

The current situation with COVID-19 has resulted in disrupted events and activities. Distress at this time is normal and the CDC has provided information addressing these challenges. For stress and coping information, visit: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Thank you for your cooperation; together we can slow the spread of this disease and protect ourselves and our neighbors near and far!



Subscribe to



EMERGENCY NOTIFICATION SERVICES

1) Register at www.ececc.org/alerts

2) Once registered, login to the portal and click "add subscriptions" to select the appropriate lists.

Users of a mobile device or tablet may be directed to an App Store!

Virtual Programming begins in May!

RSVP

*EMAIL (preferred): coa@topsfield-ma.gov
CALL: (978) 887-6866

*Please see dedicated RSVP email addresses (below) to participate in Book Club & Dance Out Dementia

Speaking of **TED** Ideas worth spreading

Participate in lively discussions about thought-provoking TED Talks.

Most Mondays 10:00-11:00 A.M.

Technology Tips!

During May and June, the primary focus of these sessions will be to assist clients with accessing our virtual programs. This program will adapt to meet the needs of the majority during this emergency. Thanks for your patience and understanding during these unusual times.

Movie Monday /
/ New on **NETFLIX**

MAY 18th: TBD

JUNE 15th: New on NETFLIX (TBD)


Some Mondays at 1:00 P.M.

Restorative Yoga

Perfect for all levels!

Most Mondays 3:00 - 4:00 PM

Virtual Tours with Chrysta

Tour museums & attractions around the 
from the comfort of your couch!

Most Tuesdays at 10:00 A.M.

Parkinson's Fitness Class

Most Tuesdays 1:00 - 2:00 P.M.



Coffee & Conversation

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

Most Wednesdays 10:00 -11:00 A.M.

Tai-Chi

Improve balance, strength, flexibility & well-being

Most Wednesdays 11:15 A.M. - 12:15 P.M.

Thursday Specialty Sessions 1:00 P.M.

5/7: "Surviving a Pandemic in Small Town America"

5/14: *Silver Screenings with Vinny*

5/21: Book Club

5/28: ArtVenture: "Masking in Style"

6/4: "Community Resources"

6/11: *Silver Screenings with Vinny*

6/18: Book Club

6/25: ArtVenture with Denise

BOOK CLUB

5/21 "The Girl with the Dragon Tattoo"
by Stieg Larsson



6/18 "Funny, You Don't Look Autistic: A Comedian's Guide to Life on the Spectrum" by Michael McCreary

To participate...

EMAIL: topscoabookclub@gmail.com

Some Thursdays at 1:00 P.M.

ArtVenture

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

Some Thursdays at 1:00 P.M.



Dance Out Dementia

To participate...

EMAIL: danceoutdementia@gmail.com

Most Thursdays 3:00-3:45 P.M.

Topsfield COA is Going VIRTUAL!

Topsfield Council on Aging is Converting to Virtual Programming

Until it is safe for groups to gather again, we will offer the same programs you have grown to love and maybe even more to make staying apart more tolerable.

Basic instructions are listed here, but technical help is just a phone call/email away.

At the outset, it may take a small investment of time and patience, but we will ensure that all who want to participate in our programs and reunite with friends are able to do so!

Since the office is not always staffed, we ask you to RSVP BY EMAIL, if possible.

RSVP

EMAIL (preferred):

coa@topsfield-ma.gov

CALL:

(978) 887-6866

Please note that Book Club and Dance Out Dementia participants should email the addresses listed separately in those designated boxes on the Virtual Programming page.

STEP 1: Determine which activities you would like to participate in.

STEP 2: Email coa@topsfield-ma.gov to register for those activities.

STEP 3: Participate in a brief TEST if instructed to do so. Instructors, on a different day and time, may conduct a Zoom Test to be sure that all participants are up and running before the actual activity is taking place.

STEP 4: Follow steps below to participate in TEST/ACTIVITY.

How to join a Zoom meeting/event if you are using GOOGLE CHROME or FIREFOX:

- 1) You will receive an individual invitation for each event/activity you wish to join.
- 2) Open the email and click on the BLUE LINK
- 3) If you are asked, "Do you want to allow this page to open "zoom.us <<http://zoom.us/>>?", click ALLOW
- 4) Enter your name and click JOIN
- 5) Click JOIN WITH AUDIO
- 6) Click JOIN WITH VIDEO

General Reminders:

- 1) Be sure the volume is turned all the way up on your device (top row on computer keyboard).
- 2) Be sure the camera on your device is not blocked (small hole at top of computer screen).
- 3) If you are using an iPhone or iPad, be sure you have downloaded the free Zoom app.

Technical assistance will be available throughout the conversion to online programming.


The adjustment may take a little time, but a commitment to learning now will lead to many opportunities to engage again with friends old and new for as long as gathering in person is potentially harmful.

Dance Out Dementia instructor, Maggie, has blazed the trail with her students and recently wrote:

Dance Out Dementia has gone virtual! In place of in-person classes, Maggie has started live virtual dance classes every Thursday at 3:00 PM using a platform called Zoom. Zoom is a free program that can be easily accessed on any computer, tablet, smart phone, or other electronic device. Dance Out Dementia's virtual classes are a great way to get your body moving with gentle seated stretches and dance combinations, while also staying connected with others and having tons of fun! Classes are sure to be filled with smiles, laughter, and of course, lots of jazz hands! If you would like to join these virtual classes or want more information, please email Maggie at: danceoutdementia@gmail.com

May

RSVP (978) 887-6866

Monday	Tuesday	Wednesday
<p style="text-align: right;">4</p> <p>10:00 Speaking of TED</p> <p>3:00 Restorative Yoga</p>	<p style="text-align: right;">5</p> <p>10:00 Virtual Tour with Chrysa NEW!</p> <p>1-2 PM Parkinson's Fitness</p>	<p style="text-align: right;">6</p> <p>10:00 Coffee & Conversation: "Responding in a Pandemic" Emergency Management Coordinator, Chief Collins-Brown</p> <p>11:15 Tai-Chi</p>
<p style="text-align: right;">11</p> <p>10:00 Speaking of TED</p> <p>11:00 TECHNOLOGY TIPS</p> <p>3:00 Restorative Yoga</p>	<p style="text-align: right;">12</p> <p>10:00 Virtual Tour with Chrysa</p> <p>1-2 PM Parkinson's Fitness</p>	<p style="text-align: right;">13</p> <p>10:00 Coffee & Conversation: "My First 156 Days" Town Administrator, Kevin Harutunian</p> <p>11:15 Tai-Chi</p>
<p style="text-align: right;">18</p> <p>10:00 Speaking of TED</p> <p>1:00 Movie Monday TBD</p> <p>3:00 Restorative Yoga</p>	<p style="text-align: right;">19</p> <p>10:00 Virtual Tour with Chrysa</p> <p>1-2 PM Parkinson's Fitness</p>	<p style="text-align: right;">20</p> <p>10:00 Coffee & Conversation: "An Online Memorial Day Observance" Dexter Bishop</p> <p>11:15 Tai-Chi</p>
<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>2020 MEMORIAL DAY</p>  </div> <p style="text-align: right;">25</p> <p>Topsfield's Annual Observance CANCELLED</p> <p>Call and thank a veteran!</p>	<p style="text-align: right;">26</p> <p>10:00 Virtual Tour with Chrysa</p> <p>1-2 PM Parkinson's Fitness</p>	<p style="text-align: right;">27</p> <p>10:00 Coffee & Conversation: "My Online Life" Group Discussion</p> <p>11:15 Tai-Chi</p>

2020

RSVP (978) 887-6866

Thursday	Friday	Saturday/Sunday
	1	2/3 <u>Saturday</u> <u>Sunday</u>
7 1:00 Learn "Surviving a Pandemic in Small Town America" Health Agent, Wendy Hansbury 3:00 Dance Out Dementia	8	9/10 <u>Saturday</u> <u>Sunday</u>
14 1:00 ArtVenture: <i>Masking in Style</i> 3:00 Dance Out Dementia	15	16/17 <u>Saturday</u> <u>Sunday</u>
21 1:00 Book Club <i>The Girl with the Dragon Tattoo</i> by Stieg Larsson 3:00 Dance Out Dementia	22	23/24 <u>Saturday</u> <u>Sunday</u>
28 1:00 ArtVenture: <i>Silver Screenings with Vinny</i> 3:00 Dance Out Dementia	29	30/31 <u>Saturday</u> <u>Sunday</u>

June

RSVP (978) 887-6866

Monday	Tuesday	Wednesday
1	2	3
10:00 Speaking of TED 3:00 Restorative Yoga	10:00 Virtual Tour with Chrysa <i>1-2 PM Parkinson's Fitness</i>	10:00 Coffee & Conversation: TRIAD TIPS 11:15 Tai-Chi
8	9	10
10:00 Speaking of TED 11:00 TECHNOLOGY TIPS 3:00 Restorative Yoga	10:00 Virtual Tour with Chrysa <i>1-2 PM Parkinson's Fitness</i> 4:00 COA Board Meeting	10:00 INTERGENERATIONAL Coffee & Conversation: "What's in a Flag?" Team Murphy (4th Graders) 11:15 Tai-Chi
15	16	17
10:00 Speaking of TED 1:00 New (movie) on NETFLIX 3:00 Restorative Yoga	10:00 Virtual Tour with Chrysa <i>1-2 PM Parkinson's Fitness</i>	10:00 Coffee & Conversation: "Tending to Your Mental Health" 11:15 Tai-Chi
22	23	24
10:00 Speaking of TED 11:00 TECHNOLOGY TIPS 3:00 Restorative Yoga	10:00 Virtual Tour with Chrysa <i>1-2 PM Parkinson's Fitness</i>	10:00 Coffee & Conversation: "Safe Staycations" Group Discussion 11:15 Tai-Chi
29	30	
LIMITED PROGRAMMING DURING FOURTH OF JULY WEEK	<i>1-2 PM Parkinson's Fitness</i>	

2020

RSVP (978) 887-6866

Thursday	Friday	Saturday/Sunday
4	5	6/7 <u>Saturday</u> <u>Sunday</u>
1:00 Learn "Community Resources" 3:00 Dance Out Dementia		
11	12	13/14 <u>Saturday</u> <u>Sunday</u>
1:00 ArtVenture: <i>Silver Screenings with Vinny</i> 3:00 Dance Out Dementia		
18	19	20/21 <u>Saturday</u> <u>Sunday</u>
1:00 Book Club <i>Funny, You Don't Look Autistic: A Comedian's Guide to Life on the Spectrum</i> by Michael McCreary		
25	26	27/28 <u>Saturday</u> <u>Sunday</u>
1:00 ArtVenture with Denise 3:00 Dance Out Dementia		

Other Topics of Interest:



Federal funding for Councils on Aging is contingent upon counts that are taken every 10 years.

Follow instructions included on forms that arrived in the mail to ensure that you are counted in 2020!

The Tax Filing date for both the IRS and the State of MA has been pushed out to July 15, 2020.

A very limited number of appointments with AARP Tax Prep volunteers are available upon request.

Call (978) 887-6866 to reserve your slot.



Due to the COVID-19 outbreak, Tax Day is now July 15.

©IRS

Take Care of Your Mental/ Emotional Health:

Call & Talk

508-532-2255

OR TEXT 1-877-74-7441

MESSAGE FROM YOUR VETERANS' SERVICES OFFICER

Veterans' services go on with adjustments for your safety during the COVID Crisis.

Contact VSO Dick Cullinan:

Cell Phone: (978) 380-8397

Email: dick.cullinan@verizon.net

"Please keep yourself and your loved ones safe by following the advice of trusted experts. We all went through long and rigorous training on our path to becoming military veterans. Now we are being ordered to sit on the couch and watch a movie or read a book. I think we can handle that!"

GIVE LOCAL

Make financial contributions to local charitable organizations/funds that are making a significant impact now:

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

In ordinary times, this section includes heartfelt thanks to those who have assisted above and beyond during the previous months. In order to add important information related to the COVID emergency, we will briefly thank those organizations listed to the left under

"GIVE LOCAL"

They are helping to ensure that Topsfield residents remain food secure during this crisis.

In particular, Top Cupboard Food Pantry and the Tri-Town School Union have stepped up to supplement the Meals on Wheels Program, which is expanding.

DO NOT HESITATE TO CALL TO REQUEST ASSISTANCE:

- Meals on Wheels: SeniorCare (978) 281-1750
- Meal Assistance Program by Tri-Town School Union
Email SGreenberg@tritownschoolunion.com
- Food Pantries:
 - Top Cupboard (978) 807-8775
 - The Open Door (978) 283-6776 x214
 - ACORD (978) 468-7424
- Topsfield COA: (978) 887-6866

SUPPORT LOCAL

Help support businesses offering TAKE-OUT / DELIVERY

- ⇒ Alex's Roast Beef, Pizza & Seafood (978) 887-1222
- ⇒ Commons Caterers (978) 887-4100
- ⇒ Dunkin' (978) 887-3335
- ⇒ Osteria Peppino Pizzeria (978) 561-1361
- ⇒ Topsfield Bake Shop (978) 887-0795
- ⇒ Topsfield House of Pizza (978) 887-9642
- ⇒ Valley View Farm Cheese (978) 887-8215

Help support ESSENTIAL BUSINESSES:

- ⇒ Country Farms (978) 561-1457
- ⇒ Gil's Grocery (978) 887-5921
- ⇒ Lela's Variety (978) 561-1877
- ⇒ Dawson's Hardware (978) 887-2343
- ⇒ Essex County Co-Op (978) 887-2300
- ⇒ Petco (978) 887-7387

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



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Rita Buscarini
Associate

22 Brown Square
Ipswich, MA 01938
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1889memorials@verizon.net

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"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

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

COMMUNITY OUTREACH PROGRAMS

CARE PARTNER SUPPORT/MEMORY CAFES, etc.: Group and/or individual support are available.

Contact Mary MacDonald by email mary@marymacmissions.com or phone (978) 887-4202

DISABILITY RESOURCE CENTER: The DRC in Salem, MA has counselors working remotely who will provide an array of services at no cost for people of all ages with any disability to help clients live independently and participate fully in community life. 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 DTA Assistance Line to see if you are eligible to receive food stamps/SNAP (Supplemental Nutrition Assistance Program) benefits: (877) 382-2363

FOOD PANTRY: Top Cupboard is operating remotely. To place an order and have food delivered call (978) 807-8775. Additional resources available to Topsfield residents: www.essexcountyhungerrelief.org

FUEL ASSISTANCE: Need help with your heating bills? Weatherization Assistance and HEARTWAP Programs are available (see NSCAP below).

GENERAL (FREE, CONFIDENTIAL) ASSISTANCE FROM STATE: Dial 2-1-1 or visit www.mass211.org

GROCERY STORES: Currently, most stores selling groceries have designated the first hour(s) of operation for senior citizens only. Check with your favorite store about special hours and to explore delivery options (e.g. Henry's delivers to Topsfield on Tuesdays/Thursdays for \$25).

HEALTH INSURANCE: Topsfield's dedicated SHINE Counselor is available to answer health insurance questions remotely. Call (978) 887-6866 to arrange a private consultation. Alternatively, you may call a general SHINE mailbox at (978) 946-1374 and leave a message.

LIBRARY SERVICES: Call (978) 887-1528, email ask@topsfieldlibrary.org or visit www.topsfieldlibrary.org for the latest updates.

MEALS ON WHEELS: Topsfield seniors concerned about food security during these challenging times are encouraged to check their eligibility for our locally administered Home-Delivered Meals Program by calling SeniorCare, Inc.: (978) 281-1750

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: Currently, banks may continue to notarize documents by appointment only.

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 Mass Health 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 Element Care in Beverly, MA: (978) 712-3360

PERSONAL RESPONSE SYSTEMS... maintain security, independence and peace of mind for those living alone. Lahey Health at Home offers *Lifeline PRS*. Call (781) 756-4752

RMV: Some RMV centers are open with limited service by appointment only. Visit the RMV's Online Service Center for over 40 transactions that can be completed online. Most expiration dates have been extended.

SeniorCare Inc.: Our Area Agency on Aging provides a variety of services to senior citizens in Topsfield. Call (978) 281-1750 to discuss options that may be available to you or family members.

TAX FILING INFORMATION: THE FEDERAL/STATE TAX FILING DEADLINES HAVE BEEN PUSHED OUT TO JULY 15th. AARP Tax Prep Assistance has been suspended.

The local tax deadline has been pushed out from May 1st to June 1st. Local real estate tax relief may be available through a confidential application process. Contact Topsfield's Assessor: (978) 887-1514

TRANSPORTATION: In an effort to keep clients, volunteers, and staff safe, COA transportation services have been temporarily suspended.

Those who qualify may elect to apply to MBTA's The RIDE: (617) 337-2727 or trec@paratransit.org

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.

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

VNA: Nurse, Joan Fitzpatrick, is available by email Joan_Fitzpatrick@vnacare.org & phone (508) 340-5492