

Topsfield Council on Aging SENIOR SCOOP

NOVEMBER & DECEMBER 2020 / JANUARY & FEBRUARY 2021

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-OPEN FOR ESSENTIAL APPTS

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

Office Phone: (978) 887-1523

RSVPs: CALL (978) 887-1523 OR EMAIL coa@topsfield-ma.gov

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



KEEPING THE VIRUS AT BAY IN THE BAYSTATE

This edition of the Senior Scoop looks a little different. Included are calendars for November through February. The purpose for this is two-fold...First, to give people hope during what may be a very challenging season and second, to ensure a smooth transition as I step away from my role. Serving my neighbors and friends, old and new, over the past 25 years in a variety of ways has been an honor. But having you entrust me as your Council on Aging Director for the past four years has been the privilege of a lifetime. I have had the opportunity to work with amazing people in the department and throughout Topsfield and the region. I leave knowing that an incredibly talented and dedicated team of staff and

volunteers is here to serve you and help us all navigate these uncertain times.

Those who participate in activities know that I always say the best way to thank us for providing wonderful programs and services is to participate. I mean that now more than ever. We all need each other to get through these difficult days. I am confident that the systems are in place to keep residents in Topsfield safe and productive as the world battles a virus. Trust your Public Safety Team, which is among the best in the business. Your new Town Administrator will continue to lead by motivating and inspiring.

In the pages that follow, you will find a variety of virtual activities that tend to your mental, physical, and emotional health. Attendance is brisk at these online events so there is no reason to be alone, even when we must stay apart. Make an early New Year's resolution to decompress in Restorative Yoga, to take a Virtual Tour with Chrysa, to hang out with The Supper Club, or participate in any of the dozen activities that are offered weekly. Don't ever hesitate to take advantages of the services that are offered at no cost to keep people safe and improve lives...Meals on Wheels, SHINE Counseling, AARP Tax Prep Sessions, volunteer shoppers.

In acknowledging the people who work hard every day to enhance the lives of the residents in Topsfield, we must focus on volunteers. More than 50 volunteers form the backbone of TopsCOA. From the Board members who quickly embrace new ideas and challenges, to the Friends of the COA who provide so much more than financial support, to the Meals on Wheels drivers who go out in all kinds of weather and spend extra time lifting spirits, to volunteer shoppers, callers, and drivers, to guest presenters who enrich our lives, and to so many others who work behind the scenes to make TopsCOA extraordinary. I leave with complete confidence that the Topsfield Council on Aging will thrive for years to come. Take care of each other and do not hesitate to ask for help...it is always just a phone call away.

YOU REMAIN IN MY  ALWAYS!

-Paula Burke

Virtual Programming

RSVP

CALL: (978) 887-1523

***EMAIL:** coa@topsfield-ma.gov

*See dedicated email addresses to join Book Club, Dance Out Dementia, The Supper Club, Balance in Motion

Technology Tips-Virtual

Some Mondays at 11:00 A.M.

November 16th "Online Shopping"

January 11th "Smartphone Skills"

Monday Movies

On hold until 2021

Restorative Yoga-Virtual

Perfect for all levels!

Most Mondays 3:00 - 4:00 PM

Virtual Tours with Chrysa

Tour fabulous destinations around the



from the comfort of your couch!

Most Tuesdays at 10:00 A.M.

Mindfulness in a Pandemic

The final two sessions of the 8 week workshop will be held:

November 3rd and 10th at 3:00 P.M.

Attendance at prior sessions is not required.

Coffee & Conversation-Virtual



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

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

Tai Chi-Virtual

Improve balance, strength, flexibility & well-being

Most Wednesdays 11:15 A.M. - 12:00 P.M.

The Supper Club-Virtual

Enjoy good times with friends, new & old, as we participate in casual conversation & guided activities (e.g. "Name that Tune")

Most Wednesdays 5:00-5:40 P.M.

To participate...

EMAIL: TopsfieldSupperClub@gmail.com

Speaking of **TED** -Virtual

Ideas worth spreading

Participate in lively discussions about thought-provoking TED Talks.

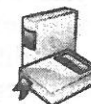
*NEW SCHEDULE—One Thursday per month:

Nov. 5th, Dec. 3rd., Jan. 7th, Feb. 4th

BOOK CLUB-Virtual

Thursday, November 19th at 9:30 AM

"Lady Clementine" by H. Terrell



NO BOOK CLUB IN DECEMBER

Thursday, January 28th at 9:30 AM

Thursday, February 25th at 9:30 AM

EMAIL: TopsCOABookClub@gmail.com

ArtVenture-Virtual

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

Some Thursdays at 1:00 P.M.



Dance Out Dementia Virtual

To participate...

EMAIL: DanceOutDementia@gmail.com

Balance in Motion-Virtual

Presented by Dianna of PARKINSON'S FITNESS
Includes social time after class!

Most Fridays at 1 P.M.

To participate...

EMAIL: DiannaDaly@gmail.com

Virtual Programs & Helpful Services!

TopsCOA is sponsoring more than a dozen virtual activities and events. With a laptop or desktop computer, a tablet, a smartphone, or even a regular phone, participating is easy. We have coaches ready to assist.

TopsCOA also has laptops that may be borrowed for a few months to give clients the opportunity to test drive this type of device before investing in one themselves.

If you have questions about anything related to the COA's Virtual Programming...

CALL: (978) 887-1523

***EMAIL: coa@topsfield-ma.gov**

***Please note that Book Club, Dance Out Dementia, The Supper Club, and Balance in Motion participants should RSVP directly to the email addresses listed in those specific boxes on the VIRTUAL PROGRAMMING Page or call the office for assistance.**

2020 HOLIDAY PARTY to be Virtual Event on December 16th at 5 P.M.

Inspired by a spooktacular fall Signature Event, the COA's Annual Holiday Party will be reimagined. If you are not participating in the COA's Virtual Programming, this is the time to jump in! Our first ever Virtual Holiday Party will feature a trip around the world with our favorite tour guide, Chrysa, a special Holiday Party Edition of *Silver Screenings*, and Virtual Caroling!!
RSVP using the contact info above.

Parkinson's Fitness presents BALANCE IN MOTION with Dianna

Parkinson's Fitness is a non-profit organization dedicated to fighting Parkinson's disease through exercise and movement classes, arts and educational programs. PF has been working around the North Shore for over 8 years, offering at least 40 classes each month along with hosting a yearly symposium and specialized singing, drumming and art workshops. PF's specialized instructor, Dianna Daly, has had the pleasure of teaching her Balance in Motion class through Parkinson's Fitness in partnership with the Topsfield COA for the past 4 years. Dianna's devoted students partake in a series of seated and standing movement exercises, sometimes using props such as balls, towels, and balance pads to promote strength, flexibility, and balance. All participants will benefit from this unique experience.
To receive the Zoom link, send an email to diannadaly@gmail.com

VNA BE WELL CLINICs Resume in November!

For specific details on protocols and how to reserve an appointment, see the "Message from the Board of Health and Our Health Agent" included in this newsletter.

SHINE Offers Free, Unbiased Assistance with All of Your Medicare Choices!

Are you confused by all of the information you're receiving on Medicare Advantage plans, Medigap plans and prescription drug plans? Overwhelmed with mailings and solicitations from insurance companies? Are you concerned about making the right choice tailored to your specific needs?



The SHINE program is a federally funded, free health insurance counseling program for Medicare beneficiaries. We are staffed by highly trained, knowledgeable counselors who can offer you an unbiased review of ALL of your Medicare choices across all insurance companies and plan types offered in Massachusetts. Whether you are new to Medicare, reviewing your prescription drug coverage, or seeking assistance with the high costs of health care, our counselors are ready to assist you. During the current COVID-19 pandemic, counselors are still available for one on one appointments, either by phone or via video conferencing. The easiest way to locate a counselor and book an appointment is to call your local Senior Center. To learn more about SHINE or to find a counselor in your area, we invite you to learn more about us at our website www.shinema.org.

To inquire about SHINE services, receive forms, and schedule an appointment by phone if necessary, call the Topsfield COA:

(978) 887-1523


November

RSVP (978) 887-1523

Monday	Tuesday	Wednesday
2 3:00 Restorative Yoga	3 10:00 NO VIRTUAL TOUR  Polls Open 7 AM to 8 PM 3:00 Mindfulness during a Pandemic 7	4 10:00 Coffee & Conversation: "Veterans Day Observance" 11:15 Tai-Chi 5:00 The Supper Club
9 3:00 Restorative Yoga	10 10,11,12 SHINE Appts 10:00 Virtual Tour with Chrysa 3:00 Mindfulness during a Pandemic 8 4:00 COA Board Meeting	11  <i>Town Hall Closed</i>
16 11:00 TECHNOLOGY TIPS "Online Shopping" 3:00 Restorative Yoga	17 10:00 Virtual Tour with Chrysa 3:00 Remote Meditation led by PACE	18 10:00 Coffee & Conversation: PARKINSON'S FITNESS NO TAI CHI 5:00 The Supper Club
23 NO COA ACTIVITIES THIS WEEK	24 10,11,12 SHINE Appts NO COA ACTIVITIES THIS WEEK	25 NO COA ACTIVITIES THIS WEEK
30 NO RESTORATIVE YOGA		

2020

RSVP (978) 887-1523

Thursday	Friday	Saturday/Sunday
<p style="text-align: right;">5</p> <p>10:00 Speaking of TED 1:00 Sing-along w/ Eric & Hannah 3:00 Dance Out Dementia 11 AM to 3 PM Free Flu Vaccine Clinic at Topsfield Fairgrounds CALL (978) 887-1520 TO REGISTER</p>	<p style="text-align: right;">6</p> <p>1:00 Balance in Motion with Dianna of Parkinson's Fitness</p>	<p style="text-align: center;">7/8</p> <p><u>Saturday</u> 10 AM Virtual Memory Café hosted by Mary MacDonald of Rest-Stop-Ranch</p> <p style="text-align: right;"><u>Sunday</u></p>
<p style="text-align: right;">12</p> <p>9:00 VNA Be Well Clinic 1:00 ArtVenture: <i>Silver</i> Screenings with Vinny 3:00 NO DANCE OUT DEMENTIA</p>	<p style="text-align: right;">13</p> <p>1:00 Balance in Motion with Dianna of Parkinson's Fitness</p>	<p style="text-align: center;">14/15</p> <p><u>Saturday</u> 9 - 10 AM Food Pantry-TR</p> <p style="text-align: right;"><u>Sunday</u></p>
<p style="text-align: right;">19</p> <p>9:30 Book Club 1:00 Friendsgiving 3:00 Dance Out Dementia 7 PM VIR Treating & Preventing Seasonal Affective Disorder-LIB</p>	<p style="text-align: right;">20</p> <p>1:00 Balance in Motion with Dianna of Parkinson's Fitness</p>	<p style="text-align: center;">21/22</p> <p><u>Saturday</u></p> <p style="text-align: right;"><u>Sunday</u></p>
<p style="text-align: right;">26</p> <div style="text-align: center;">  <p>HAPPY THANKSGIVING</p> </div> <p style="text-align: center;"><i>Town Hall Closed</i></p>	<p style="text-align: right;">27</p> <p>1:00 Balance in Motion with Dianna of Parkinson's Fitness</p> <p style="text-align: center;"><i>Town Hall Closed</i></p>	<p style="text-align: center;">28/29</p> <p><u>Saturday</u> 9 - 10 AM Food Pantry-TR</p> <p style="text-align: right;"><u>Sunday</u></p>


December

RSVP (978) 887-1523

Monday	Tuesday	Wednesday
	<p style="text-align: right;">1</p> <p>10,11,12 SHINE</p> <p>10:00 Virtual Tour with Chrysa</p>	<p style="text-align: right;">2</p> <p>10:00 Coffee & Conversation: "Protecting Fish Brook, A Documentary"</p> <p>11:15 Tai-Chi</p> <p>5:00 The Supper Club</p>
<p style="text-align: right;">7</p> <p>3:00 Restorative Yoga</p>	<p style="text-align: right;">8</p> <p>10:00 Virtual Tour with Chrysa</p> <p>4 PM COA Board Meeting</p>	<p style="text-align: right;">9</p> <p>10:00 Coffee & Conversation: DOWNTOWN REVITALIZATION UPDATE w/ Lynne Bermudez</p> <p>11:15 Tai-Chi</p> <p>5:00 The Supper Club</p>
<p style="text-align: right;">14</p> <p>3:00 Restorative Yoga</p>	<p style="text-align: right;">15</p> <p>10:00 Virtual Tour with Chrysa</p>	<p style="text-align: right;">16</p> <p>10:00 NO COFFEE & CONVERSATION</p> <p>11:15 Tai-Chi</p> <p>5:00 VIRTUAL HOLIDAY PARTY</p>
<p style="text-align: right;">21</p> <p>NO COA ACTIVITIES THIS WEEK</p>	<p style="text-align: right;">22</p> <p>NO COA ACTIVITIES THIS WEEK</p>	<p style="text-align: right;">23</p> <p>NO COA ACTIVITIES THIS WEEK</p>
<p style="text-align: right;">28</p> <p>NO COA ACTIVITIES THIS WEEK</p>	<p style="text-align: right;">29</p> <p>NO COA ACTIVITIES THIS WEEK</p>	<p style="text-align: right;">30</p> <p>NO COA ACTIVITIES THIS WEEK</p>

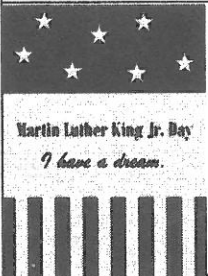
2020

RSVP (978) 887-1523

	Thursday	Friday	Saturday/Sunday
	3	4	5/6
	10:00 Speaking of TED 1:00 SeniorCare Update NO DANCE OUT DEMENTIA	1:00 Balance in Motion with Dianna of Parkinson's Fitness	<u>Saturday</u> <i>10 AM Virtual Memory Café hosted by Mary MacDonald of Rest-Stop-Ranch</i> <u>Sunday</u>
	10	11	12/13
	9:00 VNA Be Well Clinic 1:00 ArtVenture: Silver <i>Screenings with Vinny</i> 3:00 Dance Out Dementia	1:00 Balance in Motion with Dianna of Parkinson's Fitness	<u>Saturday</u> <i>9 - 10 AM Food Pantry-TR</i> <u>Sunday</u>
	17	18	19/20
	1:00 Q & A with Town Administrator Kevin H 3:00 Dance Out Dementia	1:00 Balance in Motion with Dianna of Parkinson's Fitness	<u>Saturday</u> <u>Sunday</u>
	24	25	26/27
	NO COA ACTIVITIES THIS WEEK	 <i>Town Hall Closed</i>	<u>Saturday</u> FOOD PANTRY CLOSED TODAY <u>Sunday</u>
	31		
	NO COA ACTIVITIES THIS WEEK		

January

RSVP (978) 887-1523

Monday	Tuesday	Wednesday
4	5	6
3:00 Restorative Yoga	10:00 Virtual Tour with Chrysa	10:00 Coffee & Conversation: COA BOARD & FRIENDS 11:15 Tai-Chi 5:00 The Supper Club
11	12	13
11:00 Technology Tips "Smartphone Skills" 3:00 Restorative Yoga	10:00 Virtual Tour with Chrysa 4 PM COA Board Meeting	10:00 Coffee & Conversation: MYSTERY GUESTS 11:15 Tai-Chi 5:00 The Supper Club
18	19	20
 <p>Martin Luther King Jr. Day <i>I have a dream.</i></p> <p><i>Town Hall Closed</i></p>	10:00 Virtual Tour with Chrysa	10:00 Coffee & Conversation: AARP Tax Prep 11:15 Tai-Chi 5:00 The Supper Club
25	26	27
3:00 Restorative Yoga	10:00 Virtual Tour with Chrysa	10:00 Coffee & Conversation: BOARD OF HEALTH 11:15 Tai-Chi 5:00 The Supper Club


2021

RSVP (978) 887-1523

	Thursday	Friday	Saturday/Sunday
		<p>1</p> <p>Happy New Year 2021</p> <p><i>Town Hall Closed</i></p>	<p>2/3</p> <p><u>Saturday</u></p> <p><u>Sunday</u></p>
	<p>7</p> <p>10:00 Speaking of TED</p> <p>1:00 ArtVenture: Virtual Tour of Boston Public Library</p> <p>3:00 Dance Out Dementia</p>	<p>8</p> <p>1:00 Balance in Motion with Dianna of Parkinson's Fitness</p>	<p>9/10</p> <p><u>Saturday</u></p> <p>9 - 10 AM Food Pantry-TR</p> <p>10 AM Virtual Memory Café hosted by Mary MacDonald of Rest-Stop-Ranch</p> <p><u>Sunday</u></p>
	<p>14</p> <p>9:00 VNA Be Well Clinic</p> <p>1:00 ArtVenture: <i>Silver Screenings with Vinny</i></p> <p>3:00 Dance Out Dementia</p>	<p>15</p> <p>1:00 Balance in Motion with Dianna of Parkinson's Fitness</p>	<p>16/17</p> <p><u>Saturday</u></p> <p><u>Sunday</u></p>
	<p>21</p> <p>1:00 TBD</p> <p>3:00 Dance Out Dementia</p>	<p>22</p> <p>1:00 Balance in Motion with Dianna of Parkinson's Fitness</p>	<p>23/24</p> <p><u>Saturday</u></p> <p>9 - 10 AM Food Pantry-TR</p> <p><u>Sunday</u></p>
	<p>28</p> <p>9:00 VNA Be Well Clinic</p> <p>9:30 Book Club</p> <p>1:00 Valentine Workshop <i>Pre-registration required!</i></p> <p>3:00 Dance Out Dementia</p>	<p>29</p> <p>1:00 Balance in Motion with Dianna of Parkinson's Fitness</p>	<p>30/31</p>

February


RSVP (978) 887-1523

Monday	Tuesday	Wednesday
1 3:00 Restorative Yoga	2 10:00 Virtual Tour with Chrysa	3 10:00 Coffee & Conversation: CARES ACT COORDINATOR UPDATE 11:15 Tai-Chi 5:00 The Supper Club
8 3:00 Restorative Yoga	9 10:00 Virtual Tour with Chrysa <i>4 PM COA Board Meeting</i>	10 10:00 Coffee & Conversation: TBD 11:15 Tai-Chi 5:00 The Supper Club
15  <i>Town Hall Closed</i>	16 10:00 Virtual Tour with Chrysa	17 10:00 Coffee & Conversation: TBD 11:15 Tai-Chi 5:00 The Supper Club
22 3:00 Restorative Yoga	23 10:00 Virtual Tour with Chrysa	24 10:00 Coffee & Conversation: PUBLIC WORKS UPDATE 11:15 Tai-Chi 5:00 The Supper Club

The next TopsCOA Senior Scoop will span

2021

RSVP (978) 887-1523

Thursday	Friday	Saturday/Sunday
4 10:00 Speaking of TED 1:00 SeniorCare Update 3:00 Dance Out Dementia	5 1:00 Balance in Motion with Dianna of Parkinson's Fitness	6/7 <u>Saturday</u> 10 AM Virtual Memory Café hosted by Mary MacDonald of Rest-Stop-Ranch <u>Sunday</u>
11 9:00 VNA Be Well Clinic 1:00 Sharing Session: LOVE STORIES 3:00 Dance Out Dementia	12 1:00 Balance in Motion with Dianna of Parkinson's Fitness	13/14 <u>Saturday</u> 9 - 10 AM Food Pantry-TR  <u>Sunday</u>
18 1:00 ArtVenture: <i>Silver Screenings with Vinny</i> 3:00 Dance Out Dementia	19 1:00 Balance in Motion with Dianna of Parkinson's Fitness	20/21 <u>Saturday</u> <u>Sunday</u>
25 9:00 VNA Be Well Clinic 9:30 Book Club 1:00 TBD 3:00 Dance Out Dementia	26 1:00 Balance in Motion with Dianna of Parkinson's Fitness	27/28 <u>Saturday</u> 9 - 10 AM Food Pantry-TR <u>Sunday</u>

March & April as we return to bi-monthly distribution.

Advice from Your Public Servants



Tips from the Criminal Investigations Division

As the holiday season approaches, scam and fraud attempts escalate.

NEVER SEND \$ TO ANYONE OVER THE PHONE OR ONLINE!!

Family Emergency Scams

NEVER wire money to anyone claiming to be your relative in an emergency! The most common scams target elders. Scammers tell them that a grandchild is in trouble or has been in an accident. They also say that a courier will pick up cash or a bank check from them.

Unemployment Fraud

During this unusual time, false unemployment claims have increased. Employers have been receiving notices for fake unemployment benefits for employees. The U.S. Secret Service has issued an alert and victims of unemployment fraud are asked to:

- ♦ File a police report and include as much information as possible
- ♦ Visit the online link <https://www.mass.gov/info-details/report-unemployment-benefits-fraud>

If you have questions regarding fraud &/or scams, contact Detective Brendan Gahagan:

CALL (978) 887-6533 x338 or EMAIL bgahagan@topsfieldpolice.com

Message from the Board of Health and Our Health Agent

Flu Vaccine Clinic

The Topsfield Board of Health will be hosting a Flu Vaccine Clinic on Nov. 5 from 11 am – 3 pm at Coolidge Hall inside the Topsfield Fairgrounds. Due to COVID-19 restrictions, this clinic is by appointment only. Call the Topsfield Board of Health to register at (978) 887-1520. Please bring your insurance card to this free clinic. Wear a face covering as we will be practicing COVID-19 social distancing protocols.

Wellness Clinics

The Topsfield Board of Health, Council on Aging, and VNA Care will be holding wellness clinics at Town Hall on the following dates:

- * November 12, 2020
- * December 10, 2020
- * January 14, 2021
- * January 28, 2021
- * February 11, 2021
- * February 25, 2021

Due to COVID-19 restrictions, Town Hall is open by appointment only. Please contact the COA Office to schedule your Wellness appointment and when you arrive that day as you will be met at the parking lot entrance of Town Hall to be escorted to the VNA Nurse. Call (978) 887-1523

The Board of Health recommends the following preventative measures to combat illness:

- Wear a face covering.
- 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, and phones.
- Practice Social Distancing: avoid close physical contact with people who are sick and try to stay at least 6 feet from people outside of your household.
- Get the flu vaccine every year as soon as it is available (see above for info about clinic on 11/5)

For more information about flu risk and prevention in Massachusetts, visit:

<https://www.mass.gov/info-details/what-should-i-know-about-flu>

For more information on COVID-19, visit:

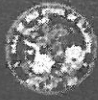
www.topsfield-ma.gov or <https://www.mass.gov/info-details/covid-19-updates-and-information>

Questions?? Call the Topsfield Board of Health Agent, Wendy Hansbury, at 978-887-1520 or email health@topsfield-ma.gov

-Health Agent Wendy Hansbury & the Topsfield Board of Health

Holiday Season Safety Tips Shared by the Illinois DPH

FOR REFERENCE ONLY / DO NOT CONTACT THE ILLINOIS DPH



State of Illinois
Illinois Department of Public Health

COVID-19 Holiday Season Safety Tips

The holidays bring opportunities to celebrate special traditions and meaningful moments with the people in our lives. As you prepare for November and December holidays, including but not limited to: Día de Los Muertos; Diwali; Kwanzaa; Thanksgiving; Hanukkah; Christmas Eve/Christmas; and New Year's Eve. When planning these Holiday Planning Safety Tips can help protect you, your family, friends, and your community from COVID-19.

Travel Considerations

If traveling this holiday season, consider the mode of transportation (plane, car, bus, train), the dates you will be traveling, and your risk to COVID-19 exposure while traveling. Carry a small personal sanitizing kit that contains hand sanitizer, disinfecting wipes, and extra masks.

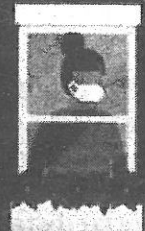
Driving your own vehicle will reduce your exposure to COVID-19. If you need to use commercial or public transportation, be aware of and try to avoid the busiest travel times. Also, reconsider travel during the holiday season and consider holding special remote gatherings or small gatherings at home.



Overnight Guests

If you plan to have or be an overnight guest, the host and guests should communicate about what is expected ahead of time.

Identify a room where an individual can isolate should they develop symptoms or test positive while visiting. Make sure everyone understands the importance of wearing a mask and social distancing. Ensure that soap and sanitizer are available, and clean frequently touched surfaces.



Holiday Shopping

Consider alternative ways to purchase gifts other than visiting stores in person, where possible.



Stay home if you have tested positive or have symptoms of COVID-19, which can include fever or chills, cough, shortness of breath, or other symptoms.

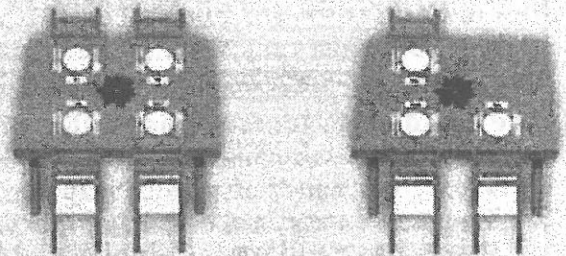
Lower Risk: Consider shopping online.

Medium Risk: If you choose to shop in person, wear your mask and maintain 6 feet of distance between you and others. Try to shop at off-peak times when there are fewer shoppers.

Higher Risk: High-risk activities include in-person sale promotions or holiday activities that encourage large crowds and lining up for limited supply deals, which make social distancing a challenge.

Holiday Meals

- Limit the number of people for which social distancing is possible before, during, and after the meal.
- Consider single-use disposable utensils and dishware for serving and eating meals.
- Wash and disinfect guest areas before and after holiday gatherings.



Additional Considerations

- Avoid the throng of people shopping for holiday meals by purchasing groceries online.
- Delivering holiday foods, dessert, or décor at the door of extended family, elders, friends, or neighbors is another warm and safer way to celebrate a season of giving.
- Consider virtual caroling or reciting as an option.



Questions about COVID-19?
Call 1-800-889-3931 or email dph.sick@illinois.gov
Illinois Department of Public Health - www.dph.illinois.gov

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AARP Tax Prep

Our AARP Volunteer Tax Aides are gearing up to offer free Tax Assistance beginning in February according to safety protocols and guidelines established by the State of MA, Town of Topsfield, and AARP Tax-Aides.

Beginning January 11th, call the COA Office for more information: (978) 887-1523

Topsfield Memory Cafe

The Topsfield Memory Cafe has gone virtual! This unique program hosted by Mary MacDonald on one Saturday a month between November and March, continues to be a multidisciplinary, socially inclusive, social and artistic experience. Storytelling, drumming, dancing, singing, drama, and visual arts all have a sensory part to play (sight, sound, smell, taste & touch) to help engage people living with dementia and care-partners in a fun, sensitive, and caring way. Our technical support team provides assistance to guests needing help connecting with their devices (phones, tablets, laptops).

Contact Mary MacDonald, Foundress & Owner of Rest.Stop.Ranch, to participate: (978) 887-4202

**Take Care of Your
Mental/Emotional Health:**

Call & Talk

508-532-2255

OR TEXT 508-747-7474

MESSAGE FROM

THE FRIENDS OF THE TOPSFIELD COA
During the season of Thanksgiving, the Friends are grateful to receive all donations, but especially those made in memory of loved ones lost. Your donations directly impact your friends and neighbors by supporting TopsCOA programming and services. Because of your generosity, residents turning 70 and above continue to receive birthday greetings with helpful contact info. If you have birthday cards to donate, place them in an envelope labeled "COA" and drop them in the Town Hall mail slot to the left of the historic front door. Your Friends of Topsfield COA appreciate your ongoing support.

Please see contact info below.

GIVE LOCAL

If you would like to support local organizations that have been making a difference since this public health crisis began, financial contributions are gratefully being accepted...

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

AGENCIES/ORGANIZATIONS PROVIDING VITAL SUPPORT:

- **SeniorCare, Inc.** (978) 281-1750
www.SeniorCareInc.org
- **Food Top Cupboard** (978) 807-8775
Pantries: The Open Door (978) 283-6776 x214
ACORD (978) 468-7424
- **PACE (Element Care)** (877) 803-5564
www.elementcare.org
- **Disability Resource Center** (978) 741-0077
www.DisabilityRC.org
- **Veterans Services Officer** (978) 380-8397 OR
dick.cullinan@verizon.net

In Remembrance

JIM ROUVALIS

Friend Shirley Connelly wrote this on Jim's Tribute Wall after learning of his passing on September 19th:

I knew Jim as a driver of the Senior Van and Meals on Wheels. When we had luncheons on the Common Jim always shared his beautiful dahlias with us and ALWAYS gave me one at the end of our luncheon. We have had many interesting conversations both on the van and when he had me on his Meals on Wheels route. He will be missed not only by me but all of the seniors whose lives he touched.



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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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.

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Senior Citizen Newsletter

Topsfield Council on Aging
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