

Topsfield Council on Aging SENIOR SCOOP SEPTEMBER / OCTOBER 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-OPEN FOR ESSENTIAL APPTS

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

Office Phone: (978) 887-1523

RSVPs: CALL (978) 887-1524 OR EMAIL topsfieldMAcoa@gmail.com

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



COVID-19 Resources

- Stay informed! [Mass.gov/covid19](https://www.mass.gov/covid19)
- Ask Questions! Call 2-1-1
- Get Alerts! Text COVIDMA to 888-777
- Watch Updates! [YouTube.com/MassGovernor](https://www.youtube.com/MassGovernor)

Lifelong learners at TopsCOA have been busy throughout the summer (actually since May 1st) DISCOVERING the history of the Tower of London and other exotic locations around the globe when Chrysa takes us on stimulating virtual tours, LEARNING how to identify Fake News, UNDERSTANDING how one qualifies to be a Disney Princess, and so much more. We had engaging experiences with children of all ages during Intergenerational Week. Our Dementia Friendly Topsfield Task Force introduced us to amazing resources that are available to all as we cope

with being socially distanced. Those looking to stay fit and ward off the pandemic pounds have been participating in "Restorative Yoga," "Tai Chi," and "Dance Out Dementia." We belted out familiar tunes when Eric and Hannah led us in our first ever virtual sing-along. SeniorCare's leadership team spent time with us reviewing the services they are providing during this public health crisis. There truly is something for everyone at Topsfield COA and then there's even more...

We look forward to introducing a new program specifically designed to help us identify strategies that will help us cope in 2020, the year of the COVID Crisis. Our talented yoga instructor, Sally Palmer, will put on her "Mindful Awareness" hat and, over an eight week period, address such topics as *Facing Fear* and *Mindful Eating*.

To sign up for any of our complimentary activities, EMAIL topsfieldMAcoa@gmail.com or CALL (978) 887-1524. Joining a Zoom meeting with friends new and old is as simple as clicking on a link in an email or typing a few characters into boxes on a website.

You may qualify for a free, new tablet through SeniorCare, or you can borrow a laptop from the Topsfield COA's new supply to gain familiarity with the online experience. Volunteer computer coaches are available to help you get up and running on Zoom in order to participate in our programming and to connect with friends and family.

Be sure to exercise your right to vote in the upcoming elections! Detailed information about Vote by Mail and Early Voting provided by the Town Clerk can be found later in this newsletter.

Seize the day!

Paula Burke, Beth Wideberg, Greg Young, Ed Blum, and Maggie Chiffer

Virtual Programming

RSVP

*EMAIL: topsfieldMAcoa@gmail.com

CALL: (978) 887-1524

*Please see dedicated email addresses (below) to join Book Club, Dance Out Dementia & The Supper Club

Technology Tips!

Some Mondays at 11:00 A.M.

September 14th: TBD

October 19th: "Mastering Zoom"

Monday Movies

SEPTEMBER 28th: TBD

OCTOBER 26th: 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 world from the comfort of your couch!

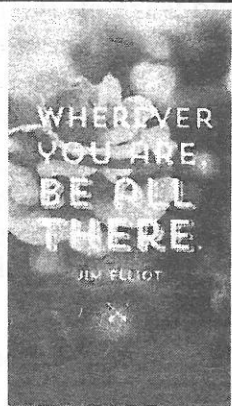
Most Tuesdays at 10:00 A.M.

Mindfulness in a Pandemic

An 8 week program running
Sept. 15th to Nov. 10th
to help you
tend to your mental, emotional
& physical health!

Tuesdays 9/15 to 11/10

3:00 - 3:45 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. - 12:00 P.M.

The Supper Club-NEW!

Enjoy good times with friends, new & old, as we
participate in casual conversation & guided
activities (e.g. "Complete the Phrase")

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

To participate...

EMAIL: TopsfieldSupperClub@gmail.com

Speaking of TED

Ideas worth spreading

Participate in lively discussions
about thought-provoking TED Talks.

RESTARTS ON THURSDAYS ON 9/17

Many Thursdays 10:00-11:00 A.M.

BOOK CLUB

Thursday, September 24th at 10 A.M.

"The Gifted School"

by Bruce Holsinger



Thursday, October 22nd at 10 A.M.

"Educated"

by Tara Westover

EMAIL: TopsCOABookClub@gmail.com

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.

ALL TopsCOA PROGRAMMING IS VIRTUAL!

Topsfield COA's conversion to VIRTUAL PROGRAMMING has gone smoothly. More than one hundred people regularly participate. We are working diligently to make this available to all. Even if you have never used technology before, we may be able to help you get online to join in our programs, take advantage of the many free offerings now available online and interact safely with family and friends, near and far.

Contact Us / RSVP

*EMAIL: topsfieldMAcoa@gmail.com

*Please note that Book Club, Dance Out Dementia and The Supper Club participants should RSVP to the email addresses listed in those boxes on the VIRTUAL PROGRAMMING page.

CALL: (978) 887-1524

OCTOBERFEST: The Virtual Edition

Save the Date...

for Octoberfest: The Virtual Edition! We couldn't let a pandemic stop one of our TopsCOA Signature Events. This year's Octoberfest takes place over Zoom on **Wednesday, October 21st at 5:00 P.M.** and will be a costume party for those who wish to dress up. Prepare for an evening of camaraderie, fun, and entertainment!

RSVP at (978) 887-1524 or topsfieldMAcoa@gmail.com

NEW VIRTUAL PROGRAM: Mindfulness in a Pandemic

In this 8 week, interactive workshop, we will explore and practice mindful exercises and strategies we can use to achieve balance in our daily lives for managing stress. Mindful living brings relaxation, calm and peace to our fast paced lives and has helped individuals suffering with stress, anxiety, depression and pain. Topics covered include the following:

- What is Mindfulness and Living in the Present Moment?
- Awareness of Stress in the Mind and Body
- Charting Your Stress-You are Not Your Thoughts
- Noticing How Your Thoughts Affect You
- Facing Fear and How to Re-Program Your Brain to Be Less Anxious
- Reactivity- How to Control It
- Mindful Eating-The Body Scan Exercise
- STOP Exercise

Intergenerational Pursuits

Even a pandemic could not deter us from enjoying our 4th Annual Intergenerational Week! Revamping the format to operate completely online did not douse the enthusiasm of any generation. Chrysa took us on a safari and made us feel like we were there with her family in South Africa by sharing captivating photos. Team Murphy past, Mrs. Murphy's students from last year, joined us for a scavenger hunt. The incredible Janet Brown, together with her co-host Maggie Chiffer, guided the Book Club in an animated discussion of "My Grandmother Asked Me to Tell You I'm Sorry." This was Janet's first Zoom experience and she rocked it! Finally, Vinny treated our favorite Brownie Troop to *Silver Screenings: The Disney Princess Edition*.

One thing that is certain during these uncertain times is that we will continue to create more intergenerational experiences. We truly are ALL IN THIS TOGETHER!



Dementia Friendly Topsfield

The DFT Taskforce has been making appearances at various COA programs to introduce their Virtual Resource Guide and suggest best practices for its use. Although the Guide was created in order to assist care partners with structuring their loved one's days, it is a truly wonderful resource for all. Check it out on the COA website under the DFT tab. Find incredible resources for people of all ages at:

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

September

RSVP (978) 887-1524

Monday	Tuesday	Wednesday
	<p style="text-align: right;">1</p> <p>10:00 NO VIRTUAL TOUR TODAY</p>  <p>Polls Open 7 AM to 8 PM</p>	<p style="text-align: right;">2</p> <p>10:00 Coffee & Conversation: "2020 Anniversaries"</p> <p>11:15 Tai-Chi</p> <p>5:00 The Supper Club</p>
<p style="text-align: right;">7</p>  <p><i>Town Hall Closed</i></p>	<p style="text-align: right;">8</p> <p>10:00 Virtual Tour with Chrysa</p> <p>4:00 COA Board Meeting</p>	<p style="text-align: right;">9</p> <p>10:00 Coffee & Conversation: TBD</p> <p>11:15 Tai-Chi</p> <p>5:00 The Supper Club</p>
<p style="text-align: right;">14</p> <p>11:00 TECHNOLOGY TIPS</p> <p>3:00 Restorative Yoga</p>	<p style="text-align: right;">15</p> <p>10:00 Virtual Tour with Chrysa</p> <p>3:00 Mindfulness during a Pandemic 1</p>	<p style="text-align: right;">16</p> <p>10:00 Coffee & Conversation: "Laughter Yoga"</p> <p>11:15 Tai-Chi</p> <p>5:00 The Supper Club</p>
<p style="text-align: right;">21</p> <p>3:00 Restorative Yoga</p>	<p style="text-align: right;">22</p> <p>10:00 Virtual Tour with Chrysa</p> <p>3:00 Mindfulness during a Pandemic 2</p>	<p style="text-align: right;">23</p> <p>10:00 Coffee & Conversation: "Giving it All to Topsfield" Retiring P & C Supt. Steve Shepard</p> <p>11:15 Tai-Chi</p> <p>5:00 The Supper Club</p>
<p style="text-align: right;">28</p> <p>1:00 Movie Monday</p> <p>3:00 Restorative Yoga</p>	<p style="text-align: right;">29</p> <p>10:00 Virtual Tour with Chrysa</p> <p>3:00 Mindfulness during a Pandemic 3</p>	<p style="text-align: right;">30</p> <p>10:00 Coffee & Conversation: State Senator JOAN LOVELLY</p> <p>11:15 Tai-Chi</p> <p>5:00 The Supper Club</p>

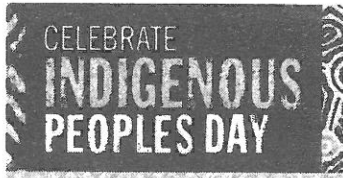
2020

RSVP (978) 887-1524

Thursday	Friday	Saturday/Sunday
<p style="text-align: right;">3</p> <p>10:00 NO Speaking of TED</p> <p>1:00 ArtVenture: Trailers</p> <p>3:00 Dance Out Dementia</p>	<p style="text-align: right;">4</p> <p><i>Town Hall Closed</i></p>	<p style="text-align: right;">5/6</p> <p><u>Saturday</u></p> <p style="text-align: right;"><u>Sunday</u></p>
<p style="text-align: right;">10</p> <p>10:00 NO Speaking of TED</p> <p>1:00 Senior Medicare Patrol</p> <p>3:00 Dance Out Dementia</p>	<p style="text-align: right;">11</p>	<p style="text-align: right;">12/13</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;">17</p> <p>10:00 Speaking of TED RELAUNCH!</p> <p>1:00 ArtVenture: <i>Silver Screenings with Vinny</i></p> <p>3:00 Dance Out Dementia</p>	<p style="text-align: right;">18</p>	<p style="text-align: right;">19/20</p> <p><u>Saturday</u></p> <p style="text-align: right;"><u>Sunday</u></p>
<p style="text-align: right;">24</p> <p>10:00 Speaking of TED</p> <p>1:00 Book Club "The Gifted School"</p> <p>3:00 Dance Out Dementia</p>	<p style="text-align: right;">25</p>	<p style="text-align: right;">26/27</p> <p><u>Saturday</u> 9 - 10 AM Food Pantry-TR 7 PM Mulefoot in Concert on Zoom!</p> <p style="text-align: right;"><u>Sunday</u></p>


October

RSVP (978) 887-1524

Monday	Tuesday	Wednesday
5	6	7
3:00 Restorative Yoga	10:00 Virtual Tour with Chrysa 3:00 Mindfulness during a Pandemic 4	10:00 IG Coffee & Conversation: "Indigenous Peoples Day" 11:15 Tai-Chi 5:00 The Supper Club
12	13	14
 <i>Town Hall Closed</i>	10:00 Virtual Tour with Chrysa 4 PM COA Board Meeting	10:00 Coffee & Conversation: "Abatements & Excise Taxes" Town Assessor Toula Guarino 11:15 Tai-Chi 5:00 The Supper Club
19	20	21
11:00 TECHNOLOGY TIPS 3:00 Restorative Yoga	10:00 Virtual Tour with Chrysa 3:00 Mindfulness during a Pandemic 5	10:00 Coffee & Conversation: "I'm All Booked Up" Library Director Laura Zalewski 11:15 Tai-Chi 5:00 OCTOBERFEST The Virtual Edition
26	27	28
1:00 Monday Movie 3:00 Restorative Yoga	10:00 Virtual Tour with Chrysa 3:00 Mindfulness during A Pandemic 6	10:00 IG Coffee & Conversation: "Plymouth 400" 11:15 Tai-Chi 5:00 The Supper Club

2020

RSVP (978) 887-1524

Thursday	Friday	Saturday/Sunday
<p style="text-align: right;">1</p> <p>10:00 Speaking of TED</p> <p>1:00 Public Safety Team Update</p> <p>3:00 Dance Out Dementia</p>	<p style="text-align: right;">2</p>	<p style="text-align: center;">3/4</p> <p><u>Saturday</u></p> <p style="text-align: right;"><u>Sunday</u></p>
<p style="text-align: right;">8</p> <p>10:00 Speaking of TED</p> <p>1:00 FAIRy Tales</p> <p>3:00 Dance Out Dementia</p>	<p style="text-align: right;">9</p>	<p style="text-align: center;">10/11</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;">15</p> <p>10:00 NO Speaking of TED</p> <p>1:00 ArtVenture: <i>Silver Screenings with Vinny</i></p> <p>3:00 Dance Out Dementia</p>	<p style="text-align: right;">16</p>	<p style="text-align: center;">17/18</p> <p><u>Saturday</u></p> <p style="text-align: right;"><u>Sunday</u></p>
<p style="text-align: right;">22</p> <p>10:00 Speaking of TED</p> <p>1:00 Book Club "Educated"</p> <p>3:00 Dance Out Dementia</p>	<p style="text-align: right;">23</p>	<p style="text-align: center;">24/25</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;">29</p> <p>10:00 Speaking of TED</p> <p>1:00 TBD</p> <p>3:00 Dance Out Dementia</p>	<p style="text-align: right;">30</p>	<p style="text-align: center;">31</p> <p><u>Saturday</u></p> <p style="text-align: center;"></p>



Octoberfest: Virtual Edition!

Gather With Us:

10/21/20 @ 5:00 pm on Zoom

This is the power of
gathering: it inspires us,
delightfully, to be more
hopeful, more joyful,
more thoughtful: in a
word, more alive.

-Alice Waters



This Year's Event Will Include:

Trivia Game
Local Keynote Speaker
Spotlight on COA Programming
Sing-along
Topsfield Bakeshop treat

Register NOW!

by sending an email to: topsfildMAcoa@gmail.com or calling: (978) 887-1524

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 on a grab 'n go model. Call (978) 807-8775 for more info.

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) 887-1524 to arrange a 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@toppsfieldlibrary.org or visit www.toppsfieldlibrary.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: Local banks may offer notary services. By appointment only, notaries are available in Town Hall: (978) 887-1524 and (978) 887-1505.

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 RELIEF 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

Advice from Your Public Servants



We have partnered with CARFAX to make it easier for the public to obtain their motor vehicle accident report and operator exchange form. If you are involved in an accident, an Officer will provide you with a crash card. You will then be able to obtain your crash report for free on CrashDocs.org. Using the new CARFAX system eliminates the inconvenience on the public to come to the police station to obtain their crash report.

We will also be hosting a Basic Firearms Safety Course. If anyone is interested in signing up contact Detective Brendan Gahagan at (978) 887-6533 x338 or bgahagan@topsfieldpolice.com.

Tips from the Criminal Investigations Division

Family Emergency Scams

Do not wire money to anyone claiming to be your relative in an emergency! The most common scams are targeting the elder community. Scammers are telling them that a grandchild is in trouble or has been in an accident. They are also telling victims that a Courier will pick up cash or a bank check from them. Please share this information with your elderly family members to prevent them from being a victim.

Unemployment Fraud

We have received a significant number of reports regarding false claims of unemployment benefits. The U.S. Secret Service has issued an alert regarding these fraudulent claims and victims are being asked to take the following steps:

File a police report and include as much information as possible.

If you are a victim of unemployment fraud, please visit the link:

<https://www.mass.gov/info-details/report-unemployment-benefits-fraud>

Any questions regarding fraud &/or scams, contact Detective Brendan Gahagan:

Phone: (978) 887-6533 x338

Email: bgahagan@topsfieldpolice.com

Topsfield Board of Health Tips

As autumn approaches, so does cold and flu season. The Topsfield Board of Health will be hosting two no-cost Flu Vaccine Clinics this fall, offering intra-muscular, intra-nasal and high dose options. Dates and times will be announced on Facebook, the Town website, Topsfield Cable Television, the kiosk in front of Town Hall and in local newspapers. The Board of Health reminds everyone that the best way to prevent illness is to follow the Governor's safety guidelines: wear a face covering, maintain social distancing, wash hands frequently, use hand sanitizer and if you feel sick, stay home and contact your doctor.

For more information on COVID-19, please visit the Town of Topsfield website at www.topsfield-ma.gov

If you have questions for the Board of Health, please contact the office at 978-887-1520 or health@topsfield-ma.gov

-Health Agent Wendy Hansbury &
the Topsfield Board of Health

**DON'T GET
THE FLU.
DON'T SPREAD
THE FLU.**

GET VACCINATED.

cdc.gov/flu



Advice from Your Public Servants

Emergency Management Coordinator

Porch Fire Safety

Rear porch fires are a major cause of fast moving fires that can threaten our densely built neighborhoods. Porch fires can burn for a long time undetected by occupants or interior smoke alarms. These fires can quickly spread to multiple structures.



Smoking

- Put it out. All the way out. Every time!
- Wet butts down and use heavy metal cans filled with sand for disposal.
- Never discard cigarettes in mulch or potted plants!
- Never toss cigarette butts from porches or windows.

Generator safety

Learn to use generators safely to prevent fires, carbon monoxide (CO) poisoning & electrocution. Generators can be helpful when the power goes out for an extended period of time.

Purchasing and preparing to use a generator

- ◆ Purchase one that has been approved by a nationally recognized testing agency such as Underwriter's Laboratory (UL).
- ◆ Have a licensed electrician install a transfer switch.
- ◆ Never plug a generator directly into a wall outlet to avoid back feeding which can electrocute utility workers.
- ◆ Read and follow the manufacturer's instructions before you need to use the generator.
- ◆ Install working CO alarms on every level of the home.

Using a generator safely

- ◆ Place the generator outdoors facing away from doors, windows and vents. Never use a generator inside a house, basement or crawl space – not even inside a garage with the door open. When possible, place the generator 5-10 feet away from the house.
- ◆ Plug appliances directly into the generator or use heavy-duty, outdoor rated extension cords, not to exceed the number of outlets on the generator. Make sure cords are free of cuts and tears and have all three prongs – especially the grounding pin.
- ◆ Keep the generator dry. Operate on a dry surface under an open canopy or tent.
- ◆ Dry your hands before touching the generator.
- ◆ Let the generator cool before refueling. Fuel spilled on hot engine parts can ignite.
- ◆ Store and transport gasoline safely.
- ◆ Transport gasoline standing upright, in an approved container in the trunk of your car or back of a pick-up truck. You can transport a maximum of 21 gallons without a permit from the fire department, provided no single container exceeds 7 gallons.
- ◆ Store gasoline in a shed or detached garage away from the house. Never store gasoline inside a home or an attached garage. Secure the shed or garage if possible, and keep flammable liquids out of reach of youngsters.
- ◆ Store gasoline far from any fuel burning appliance such as a furnace, water heater or woodstove. Vapors can travel back to their ignition source and ignite.

Contact us at (978) 887-5148

-Fire Chief and Emergency Management Director Jen Collins-Brown

Everything You Need to Know



about Voting in the Fall of 2020

An Act Relative to Voting Options in Response to COVID offers 3 options for voting in the fall 2020 elections

1) **Vote by Mail**

2) **Vote Early in Person**

3) **Vote on Election Day**

Election Days

(Polling site at St. Rose of Lima Church Hall 7 A.M. to 8 P.M.)

Tuesday, September 1st

Tuesday, November 3rd

All registered voters qualify to vote by mail for the fall 2020 elections. Application post cards will be mailed to ALL registered voters, at their mailing address, who have not already applied to receive a Vote by Mail ballot. Post cards should be delivered by September 14th for the Presidential Election.

Completed applications can be returned: 1) by mail (postage is pre-paid in the post card application mailed to you); 2) placed in the secure mail slot located at the street-side entrance to Town Hall; 3) scanned and emailed to clerk@topsfield-ma.gov

Voters who receive a Vote by Mail Ballot but do not return it prior to Election Day may appear to vote in person at the polls. Any voter who has returned a Vote by Mail Ballot (or voted early in person) CANNOT vote on Election Day. Mailed ballots include a postage pre-paid envelope that is addressed to the Town Clerk's Office.

You may return your ballot by mail or hand-deliver it by depositing it in the secure mail slot at the street-side entrance to Town Hall.

Take Care of Your Mental/Emotional Health:

Call & Talk

508-532-2255

OR TEXT (978) 741-7411

MESSAGE FROM THE FRIENDS OF THE TOPSFIELD COA

The Friends of the Topsfield COA are sending birthday cards to residents turning 70 and above. We are currently using donated birthday cards. If you have birthday cards you would like to donate, please place them in an envelope labeled "COA" and drop them in the Town Hall mail slot to the left of the historic front door. Each greeting card contains helpful contact info. Your Friends of Topsfield COA appreciate your ongoing support.

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

GLORIA CELSO felt extraordinarily blessed and wanted to do whatever she could to help others. Delivering Meals on Wheels in all kinds of weather, she brightened the days of hundreds of clients and saved lives along the way. Veterans all over Topsfield and beyond have been comforted by the handcrafted blankets she donated anonymously. Her caring and selfless nature has been passed down to family members who are carrying on her legacy!

STU MORRELL was "highly intelligent, strong minded, capable and persevering. He was an honest, ethical man and held in high regard those who worked hard doing quality work." When he visited TopsCOA, he loved telling his personal military tales. He beamed with pride as he shared details and photos of his brother Bruce's interment at Arlington National Cemetery.

MR. HOUDINI, much beloved companion and pal of Walter Harmer and unofficial mascot of Topsfield COA, continues to watch over us. Houdini, you brightened our lives and put smiles on our faces. We hope that dog heaven has an endless supply of peanuts!

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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