

The Scoop

July/August 2023



Topsfield Council on Aging (COA)
Town Hall (2nd floor), 8 West Common Street, Topsfield, MA 01983
Contact us at: (978) 887-1523, topsfieldmacoa@gmail.com

The Topsfield Council on Aging's mission is 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.



Let's Live Local...

Living Life Locally is about Community and Lifestyle

Please check in...The Council on Aging (COA) asks everyone to please check into the MySeniorCenter computer software program each time you visit or volunteer at the COA. This important information is used to track and report activities, events, and transportation that we offer. Feel free to stop by the office to sign up or update your information and or receive a scan card. We are currently focusing on updated emergency contact information. This information is completely confidential however it could be crucial in the event of a medical emergency.

We are giving you advanced notice that our trip day going forward will be changed from Tuesdays to Thursdays starting September 5th. Therefore, Tuesdays will now be available for medical transportation and Thursday will be the day we take scheduled trips.

The dog days of summer are upon us. We ask you to reach out if you find yourself in need of a cooling station, have any mechanical issues with fans or air conditioners. The Town of Topsfield as well as the COA provides a variety of resources to help you remain comfortable in spite of the extreme heat. We are here as a resource for you please don't hesitate to reach out to us at (978) 887-1523.

The Topsfield COA Team

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Town Hall Hours: Monday

8:00am to 7:00pm

Tuesday - Thursday

8:00am to 4:00pm

Closed on Fridays



Connect with Topsfield on Social Media

FACEBOOK: facebook.com/townoftopsfield

INSTAGRAM: instagram.com/townoftopsfield

TWITTER: twitter.com/townoftopsfield

Programming

All activities that are not listed as Virtual are at the
Town Hall, 2nd floor. For activities that require sign up call (978) 887-1523

Watercolor Class with Bill Duke **One Monday a month 9am-12pm**

(Maximum of 10 students)

July 10th NSAA Trip, & class August 14th

\$20.00 per class, includes all supplies!

To sign up, call (978) 887-1523

Oil Painting Class with Joli Wood

(Maximum of 8 students)

July 17th & 31st August 7th & 21st - 9am to 12pm

\$25 per class, includes all supplies!

To sign up, call (978) 887-1523

LIVE & Virtual Yoga with Joan

Mondays - 3:00pm & Wednesday - 8:00am

Perfect for all levels!

White Pack Cards with Kendra Berube

Wednesday, July 19th & August 9th - 11:00am

To sign up, call (978) 887-1523

Create your own greeting cards. Supplies provides

Tai Chi with Beth **Wednesdays - 11:15am**

Improve balance, strength, flexibility & well-being.

Low impact movements.

Join Beth at Town Hall or Virtual.

Game Days

Enjoy pleasant conversation and exercise your mind
at one of our game days. Join us at Town Hall.

All are welcome!

Scrabble- Mondays 9:30am

Mahjong- Mondays 12:30pm

Canasta- Thursdays 9:00am

Market Basket Food Shopping

Wednesdays Pick ups - 9:00am & 1:00pm

Let the COA bus pick you up from your home, enjoy
great company, and get your errands done in Rowley
(Market Basket, TJ Maxx & CVS).

To sign up, call (978) 887-1523

Fireside Poetry with Jack Armitage

Wednesday - 10:00am, July 5th,

No August class

Whether you come to express yourself or want to sit
and listen to poetry, this is the group for you.

Virtual Supper Club with Joan

Wednesdays - 5:00pm

Enjoy good times with friends and
participate in casual conversation & guided activities.

To participate email Joan, TopsfieldSupperClub@gmail.com

Book Club

4th Thursday of the month - 9:30am

August 24th (No club in July)

For information call The COA at 978-887-1523

Silver Screening

Thursday, July 20th & August 17th - 12:00pm

Join Vinny at Town Hall (note time change)

Fit For Life with Pam

Town Hall Tuesdays & Thursdays - 2:00pm

This is a Low-Impact Interval Training Class, intended
for all fitness levels, focusing on cardiovascular,
strength, flexibility and balance conditioning.

Flower Arranging with Tom

Fresh Look Designs

1st Thursday of the month - 12:30pm - \$15.00

July 6th & August 3rd

Decluttering Class with Lisa

Wednesday, July 12th - 10:00am

Come listen to all the wonderful ways to simplify your
surroundings!

Virtual Balance in Motion with Dianna

Fridays - 1:00pm

Parkinson's Fitness with Dianna includes social time
after class!

To participate email DiannaDaly@gmail.com

Helpful Services & Resources



Mr. Fix It - Electrician

Join volunteer Rob Roy, retired licensed electrician on **July 6th and August 7th from 9:00AM-12:00PM** at the COA (2nd floor of Town Hall).

Bring in any small electrical appliance or lamp that you need fixed (i.e. new plug, rewiring, etc.). Bring in your item during the above times to have your item evaluated and repaired if possible. You will only pay for the cost of any new parts used to repair the item you brought in. Rob will try to fix the appliance/lamp that day if repairable. You can drop it off with the item clearly marked with your name and phone number or wait while the repair is being done. Call the COA with any questions (978) 887-1523.

Virtual BALANCE IN MOTION with Dianna– Parkinson's Fitness (PF)

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 9 years. Instructor, Dianna Daly, has had the pleasure of teaching her Balance in Motion class through Parkinson's Fitness in partnership with Topsfield COA for the past 5 years. Dianna's devoted students partake in a series of seated and standing movements, exercises, sometimes using props such as balls, towels, or balance pads to promote strength, flexibility, and balance. All participants will benefit from this unique experience.



Classes are Fridays, 1:00 pm
To receive the zoom link, send an email to diannadaly@gmail.com.

Senior Farmers Market Coupons:

The Seniors Farmers' Market Nutrition Program (SFMNP) is designed to:

- Provide low-income seniors with access to locally grown fruits, vegetables, honey, and herbs.
- Increase the domestic consumption of agricultural commodities through farmers' markets, roadside stands, and community-supported agricultural programs.

Aid in the development of new and additional farmers' markets, roadside stands, and community support agricultural programs.

Look for more information in the Topsfield COA daily emails or call us at (978) 887-1523 for more information.

Tax Free Holiday

A preliminary date has been set for the annual Massachusetts sales tax holiday weekend. State Senate President Karen Spilka told the State House News Service that lawmakers plan to set August 12-13 as the legally required tax-free weekend for 2023.

Most items under \$2,500 bought on those days will be exempt from the 6.25% sales tax. The holiday weekend was made permanent in 2018 in an effort to boost small businesses around the state by getting people out to shop.

Sales tax will still apply to anyone going out to eat at a restaurant. The same goes for buying a car or boat, regardless of price. There will also still be taxes in place for alcohol and marijuana sales.

Here's a list of what does NOT qualify:

Meals, Motor vehicles, Motorboats, Gas, Steam, Electricity, Telecommunications services, Tobacco products, Marijuana or Marijuana products, Alcoholic beverages, and any single item whose price is more than \$2,500.

For more information, visit the state's [website](http://www.mass.gov), www.mass.gov.

Agencies & Organizations

Providing Vital Support

SeniorCare, Inc.

(978) 281-1750 or www.SeniorCare.com

Food Pantries:

- Top Cupboard, Topsfield (978) 807-8775
- The Open Door, Gloucester (978) 283-6776 x214

PACE (Element Care)

(978) 803-5564 or www.elementcare.org
PACE & SNAP services go to www.mass.gov

Disability Resource Center

(978) 741-0077 or www.DisabilityRC.org

Veterans Services Officer

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

United Way 211

Whether you want to give or get help, **2-1-1** is the confidential, free, 24-hour a day, and multilingual way to locate hundreds of human services in your area.

Call2Talk

Health, emotional support, and suicide prevention program runs by Mass 211. It operates 24/7 and provides confidential, compassionate listening to assist people— including those who may be despondent or considering suicide— during stressful times call 211.

Elder Abuse Hotline

Call (800) 922-2275 to report any form (physical, verbal, etc.) of suspected elder abuse, statewide 24/7 hotline.

Suicide Hotline

899 or email suicidepreventionlifeline.org

SHINE Counselor

Free Health Care Insurance Information Including Medicare. (800) 243-4636 or Mass.gov

Topsfield Police, Non-Emergency

(978) 887-6533

Topsfield Fire Department, Non-Emergency

(978) 887-5148



BOARDS:

COA Board:

(Meets the 2nd Tuesday of the month at 4:00 pm at Town Hall)

Penny Rogers	Chairperson
Lynne Bermudez	Vice-Chairperson
Kim Love	Recording Clerk
George Berube	Member; Triad Liaison
Rusty Brady	Member
Joan Chiffer	Member; DFT Chair
Elaine Crippen	Member; Friends Liaison
Hannah Menzer	Member; Intergenerational Liaison
Kendra Berube	Member; Triad Liaison
Steve Walsh	Member
Bill Quinn	Member
Charlotte O'Toole	Associate Member

Friends of COA Board:

Kathy Yanchus	President
Kathy Curran	Vice-President
Pat MacLean	Treasurer
Susan Whelton	Secretary
Nancy Beirne	Member
Chris Roman	Member
Mary Ann Cosgrove	Member
Mary Margaret Keaney	Member
Sandy Guido	Member
Elaine Crippen	COA Board Liaison

COA Contacts:

Kathleen Barbarisi

COA Director
kbarbarisi@topsfield-ma.gov

Beth Wideberg

Senior Administrative Assistant and
Meals on Wheels Coordinator
bwideberg@topsfield-ma.gov

Conor McIntosh

Data Clerk & Technology Coordinator
cmacintosh@topsfield-ma.gov



News from the Police Department

Payment by gift card? It's a scam!

1. You're directed to buy one or more gift cards — often referred to as “electronic vouchers” — as a quick means of making payment.
2. You're told to share the numbers on the back of the gift cards by reading them off or sending a picture.
3. The request comes from someone you wouldn't expect to ask for money this way:
 - A social security warning of a problem with your account
 - A utility company warning of an imminent shut-off.
 - A lottery company promises a big prize — once you pay some fees upfront.
 - A grandchild needed assistance or facing another financial emergency.

Xfinity Scam

A new scam is going around for Xfinity (Comcast). They are calling with router problems and looking at screen share. People should not stay on the phone with them. Hang up and call them back directly from their website phone number.

Paving Scam

Remember- if a deal sounds too good to be true...it probably is! Companies may knock on your door, saying they have extra materials and will pave your driveway for little to no cost. They will then say they did not have as much material as they thought and now will charge you more than \$1,000!

Decline their offer and call the Police!

News from the Fire Department



Burn First Aid

- Stop, Drop, and Roll to extinguish a clothing fire.
- For minor burns, run cool water over the burn immediately
- Seek emergency medical help immediately for more serious burns...Call 911.
- Use sunscreen to avoid sunburns.

When your Car Overheats

- Turn off your car and wait at least on-half hour before attempting to open the radiator.
- Use a heavy rag or cloth to open the radiator.
- Stand back as far as possible. Keep your face out of the way in case the radiator should rupture!
- Opening hot car radiators can cause serious burns. These burns can be prevented with patience and appropriate precautions.
- When your car overheats, or has been running for a while, pressure builds up inside the radiator.
- If you open a hot car radiator, hot steam and liquid can splash on your face and hands and cause severe burns.

Barbecue Safety

- Use all barbecue grills 10 feet away from the side of any building, outdoors.
- Never leave a burning grill unattended. Children should never play near grills or propane cylinders.
- Grills can only be used on first floor decks, balconies or patios if there is an outdoor stairway to the ground or it is a ground level.
- Grills are prohibited on any porch, balcony, or deck that has a roof or overhang.

Gasoline and Lawn Mowers

- Gasoline vapors are highly flammable. They stay on your clothes and can ignite if you light a match or cigarette.
- Store gasoline only in approved containers, outside or a building not attached to the house, and never in the home.
- Keep gasoline away from all heat sources such as smoking materials, pilot lights, camp fires, and grills.
- Never fuel a lawn mower while it is hot. Let it cool first!
- Keep hands and feet away from a mower while it is running.

News from the Board of Health

Summer brings beautiful weather, outdoor activities, and get-togethers with friends and family. The Board of Health offers a few tips to ensure that these activities don't include food-borne illness, sunburn, or heat stroke.

Food Preparation:

Use care when storing meat and poultry. Store uncooked meat and poultry on a refrigerator shelf below fruits and vegetables so they cannot drip onto ready-to-eat foods. Use a food thermometer to ensure that meat and poultry are thoroughly cooked. Wash raw vegetables in a clean sink, especially if it has recently held raw meat or poultry. Foods that contain potentially hazardous ingredients such as mayonnaise left in the sun can cause sickness. Discard potentially hazardous foods that have been left out for more than four hours. For more information on safe food handling, visit the USDA website at www.usda.org

Sun Safety:

Be aware of the UV Index and take precautions to limit sun exposure on days when the UV index is 3 or higher. UV (ultraviolet) rays are an invisible type of radiation that can damage skin cells and cause cancer. They are strongest during the mid-day hours, so avoid direct sun during this time to reduce the risk of sunburn. Wear a hat or clothing that blocks the sun, use sunscreen with an SPF value of at least 15, according to the manufacturer's directions, and do not use sunscreen on children under the age of 6 months. For more information on sun safety, visit https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

Heat Safety:

The heat index is the combination of humidity and air temperature. It's important to be aware of the heat index and take the following precautions to avoid heatstroke:

- Schedule outdoor activities carefully to avoid direct sun without shade.
- Don't overdo strenuous activities that will raise your core body temperature when the index is high.
- Do not leave children or pets in cars.
- Drink plenty of fluids and avoid sugary or alcoholic drinks that can cause you to lose body fluid.
- Keep your pets hydrated.
- Check on your elderly friends.

Have a safe and healthy summer!

Trips to Take:



Day Trips: Transportation on the COA bus is not provided on overnight trips (see information below)

- ***Singin' in the Rain***, Ogunquit Play House, and Lunch, Ogunquit, ME, Thursday, July 13th
- ***The Corvettes*** Doo Wop Revue and Lobsterbake at Fosters Lobsterbake in Maine **Monday 8/7/23** (includes transportation with Best of Times if 10 or more book this trip)
- ***The McCartney Years***, World's number one tribute to Paul McCartney & Luncheon on Thursday, September 21st, Danversport Yacht Club.
- ***Mamma MIA - It's ABBA*** & Luncheon on Thursday, November 16th at Danversport Yacht Club.

The Friends of COA have generously offered to pay anything over \$50.00 for each of the above trips Danversport show & lunch is \$89. but you pay \$50. and the Friends of the COA pay the balance of \$39.

Overnight Trips with Collette Travel — For more information call the COA (978) 887-1523

2 Nights/3 Days in New York - September 13th-15th for \$789pp, Double Occupancy.

Shades of Ireland - Group Tour April 26 - May 5, 2024 - 10 Days * 13 Meals

Highlights: Dublin, Blarney Castle, Killarney, Limerick, Cliffs of Moher, Galway and more.

Iceland - Group Tour October 2024 - Experience the "land of fire and ice" and chase the Aurora Borealis across an ethereal wonderland.

Please contact us to sign up or if you have questions on trips (978) 887-1523.

Notes from the...

Element Care

Element Care provides you with an entire team of clinical and social service professionals who pro-actively manage your health. They work together with you and your family to develop a highly personalized, flexible care plan that is continually updated to address your changing needs, so you can live and thrive at home for as long as possible.

Services Available

For eligibility you must be 55 years old or older, live in the service area and want to live at home but need enough assistance to qualify for nursing home care. Your ability to live safely at home as assessed by a team of experts.

To learn more about Element Care
Elementcare.org
1 (877) 803-5564 (TTY 771)

Notary



A Notary's duty is to screen the signers of important documents for their true identity, their willingness to sign without duress or intimidation, and their awareness of the contents of the document or transaction. Notary service is not available for deeds, mortgages, wills, living trusts, codicils or depositions.

Services Available

For Notary services call
Beth Wideberg

Council on Aging
978-887-1523

Call to schedule an appointment.
For seniors 60+ and immobile
services can be brought to you.

Visiting Nurse Association (VNA)

Visiting Nurse Association

Blood Pressure and Wellness Clinics will be held on the **2nd Thursday of the month 10:00-11:00AM** at the **COA in Town Hall on the second floor.**



Make an appointment by calling the COA (978) 887-1523.

Services Available

VNA nurse services include:

Cardiopulmonary check: B/P, pulse rate and rhythm, pulse oximeter, weight, or diabetes blood sugar checks. They can review medications, administer B12 shot monthly with an MD order and provide education related to your diagnosis, and follow up with PCP's.

July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div>Saturday</div> <div>1</div> </div> <div>2</div>	<div>3</div> <div>9:30 Scrabble</div> <div>12:30 Mahjong</div> <div>3:00 Live & Virtual Yoga with Joan</div>	<div>4</div> <div>Closed for the 4th of July</div> 	<div>5</div> <div>8:00 Yoga with Joan</div> <div>9:00 Market Basket</div> <div>10:00 <i>Fireside Poetry</i> reading –Jack Armitage</div> <div>11:15 Tai-Chi</div> <div>1:00 Market Basket</div> <div>1:30 Crafters Club</div> <div>5:00 Supper Club</div>	<div>6</div> <div>9-12 <i>Mr. Fix It!</i></div> <div>9:00 Canasta</div> <div>12:30 Tom—Flower arranging (sign up)</div> <div>1:00 Bone Density Clinic (sign up)</div> <div>2:00 Fit For Life with Pam</div>	<div>7</div> <div>Town Hall Closed</div> <div>1:00 Virtual Balance in Motion</div>	<div>8</div>
<div>9</div>	<div>10</div> <div>9:30 Scrabble</div> <div>10:00 Bill Duke Show at NSAA (sign up)</div> <div>12:30 Mahjong</div> <div>3:00 Live & Virtual Yoga with Joan</div> <div>4:00 Monday Night at the Movies; <i>Living</i> with Bill Nighy</div>	<div>11</div> <div>Summer BBQ at the COA (sign up)</div> <div>1:00 Ice-cream trip to White Farms, Ipswich (sign up)</div> <div>1-2 Mary Ann Nay Constituent services</div> <div>2:00 Fit For Life with Pam</div>	<div>12</div> <div>8:00 Yoga w/Joan</div> <div>9:00 Market Basket</div> <div>10:00 Declutter Meeting with Lisa</div> <div>11:15 Tai-Chi</div> <div>1:00 Market Basket</div> <div>1:00 Quilling w/ Sue</div> <div>1:30 Crafters Club</div> <div>5:00 Supper Club</div>	<div>13</div> <div>9:00 Canasta</div> <div>10:00 VNA Clinic</div> <div>Trip: 10:00 Lunch and Show: Singin' in The Rain In Ogunquit, ME</div> <div>2:00 Fit for Life with Pam</div>	<div>14</div> <div>Town Hall Closed</div> <div>1:00 Virtual Balance in Motion</div>	<div>15</div> <div>8-10 Food Pantry at Trinity Church</div> <div>10-12 Memory Café</div> <div>12-1 Meet & Eat both at the Rest-Stop-Ranch</div>
<div>16</div>	<div>17</div> <div>9-12 Joli's Oil Painting Class</div> <div>9:30 Scrabble</div> <div>12:30 Mahjong</div> <div>3:00 Live & Virtual Yoga with Joan</div>	<div>18</div> <div>Trip: 10:00 Asian Market & Lunch in Burlington, MA (sign up)</div> <div>2:00 Fit For Life with Pam</div> <div>4:00 COA Board Mtg</div>	<div>19</div> <div>8:00 Yoga with Joan</div> <div>9:00 Market Basket</div> <div>11:00 Cards with Kendra</div> <div>NO Tai-Chi</div> <div>1:00 Market Basket</div> <div>1:30 Crafters Club</div> <div>5:00 Supper Club</div>	<div>20</div> <div>9:00 Canasta</div> <div>12:00 Silver Screening with Vinny</div> <div>2:00 Fit For Life</div> <div>5-7 HomeGrown Market & Car Show - Town Common</div>	<div>21</div> <div>Town Hall Closed</div> <div>1:00 Virtual Balance in Motion</div>	<div>22</div>
<div>23</div>	<div>24</div> <div>9:30 Scrabble</div> <div>12:30 Mahjong</div> <div>3:00 Live & Virtual Yoga with Joan</div>	<div>25</div> <div>SHINE Apt. (sign up)</div> <div>12:00 BBQ Traveling Chef (sign up)</div> <div>Trip: 1:15 Newburyport Soap Company & Tendercrop Farm (sign up)</div> <div>2:00 Fit For Life with Pam</div>	<div>26</div> <div>8:00 Yoga with Joan</div> <div>9:00 Market Basket</div> <div>NO Tai-Chi</div> <div>1:00 Market Basket</div> <div>1:30 Crafters Club</div> <div>5:00 Supper Club</div>	<div>27</div> <div>9:00 Canasta</div> <div>2:00 Fit For Life with Pam</div> <div>No Book Club</div>	<div>28</div> <div>Town Hall Closed</div> <div>1:00 Virtual Balance in Motion</div>	<div>29</div> <div>8-10 Food Pantry at Trinity Church</div>
<div>30</div>	<div>31</div> <div>9-12 Joli's Oil Painting Class</div> <div>9:30 Scrabble</div> <div>12:30 Mahjong</div> <div>3:00 Live & Virtual Yoga with Joan</div>	<p>Bill Duke, the COA watercolor instructor, has the honor of a "SOLO SHOW" at the <i>North Shore Arts Association</i> (NSAA) at 11 Pirates Lane, Gloucester, MA 01930 from Saturday, July 8th to Thursday, July 20th. It will be open from 10 AM to 5 PM on Weekdays and 12 Noon to 4 PM on Sundays.</p> <p>The COA will be going on a trip on Monday, July 10th for a one on one tour with Bill Duke. Call (978) 887-1523 to sign up!</p> 				

August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*** The Corvettes Doo Wop Revue - Monday, August 7th Traditional Maine Lobster-bake at Fosters Lobster-bake, York, ME Enjoy Music & a 11/4 Lb. Lobster. This \$89. event is now \$50. Sponsored by the Friends of Topsfield COA		1	2 8:00 Yoga with Joan 9:00 Market Basket NO Fireside Poetry reading 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	3 9:00 Canasta 12:30 Flower arranging with Tom (sign up) 1:00 Must Know Info about Tick Born Diseases 2:00 Fit For Life with Pam	4 Town Hall Closed 1:00 Virtual Balance in Motion	5
6 9-12 Mr. Fix It 9-12 Joli's Oil Painting Class 9:30 Scrabble 10:00 Trip *** York, ME (sign up) 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan 4:00 Mon. Movie	7	8 Trip- See Monday 1:00-2:00 Mary Ann Nay - Constituent Services 2:00 Fit For Life with Pam	9 8:00 Yoga with Joan 9:00 Market Basket 11:00 White Pack Cards-Kendra (sign up) 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	10 9:00 Canasta 10:00 VNA Clinic 2:00 Fit For Life with Pam	11 Town Hall Closed 1:00 Virtual Balance in Motion	12 8-10 Food Pantry at Trinity Church 10-12 Memory Café Rest-Stop-Ranch
13 9-12 Bill Duke Watercolor Class (sign up) 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan	14	15 Trip 11:00 Lunch at the Boat House Grille, 1:00- 2:20 Essex River Cruise Essex, MA (sign up) 2:00 Fit For Life with Pam No COA Board Mtg.	16 8:00 Yoga with Joan 9:00 Market Basket 11:15 Tai-Chi 12:30 Declutter with Lisa (sign up) 1:00 Market Basket 1:00 Quilling with Sue (sign up) 1:30 Crafters Club 5:00 Supper Club	17 9:00 Canasta 12:00 Silver Screening with Vinny 2:00 Fit For Life with Pam 5-7 Home Grown Market (Town Common)	18 Town Hall Closed 1:00 Virtual Balance in Motion	19
20 9-12 Joli's Oil Painting Class 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan	21	22 Trip: 10:00 The Fuller Garden & Lunch at Al's Seafood, North Hampton, NH (sign up) 2:00 Fit For Life with Pam	23 8:00 Yoga with Joan 9:00 Market Basket 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	24 9:30 Book Club 9:00 Canasta 2:00 Fit For Life with Pam	25 Town Hall Closed 1:00 Virtual Balance in Motion	26 8-10 Food Pantry at Trinity Church
27 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan	28	29 SHINE appointments (sign up) Trip: 10:00 Lunch at Causeway & walk the Gloucester Blvd.. (sign up) 2:00 Fit For Life with Pam	30 8:00 Yoga with Joan 9:00 Market Basket 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	31 9:00 Canasta 2:00 Fit For Life with Pam	September 1 Town Hall Closed 1:00 Virtual Balance in Motion	

Notes



SHRINER'S HOSPITAL



Donate Your **Can Tabs** at the Topsfield COA. They are collected to help the Shriners help kids! **Shriners Hospitals for Children in Boston & Springfield** have been collecting pull-tabs from beverage cans for more than 16 years, they recycle them and put the money toward programs that benefit children. About a half-million pounds of aluminum tabs have been collected & recycled. The cans may still be returned for deposit even after the tabs are removed.

THE FRIENDS OF COA

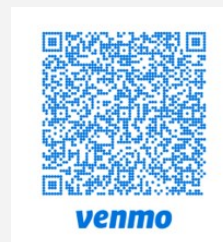
The Friends are grateful to receive all donations, especially those made in memory or honor of a loved one. Your donations directly impact your friends and neighbors by supporting the Topsfield COA programming and services.

Our May 2023-2024 Membership Drive is underway.

Please consider volunteering with us or joining.

Mail checks payable to Friends of the Topsfield COA, P.O. Box 173, Topsfield, MA 01983.

Or use this QR code to donate.



The Friends of COA is a 501 (c) (3) Organization.



Since 1972, the national Senior Nutrition Program has supported nutrition services for older adults across the country. Funded by the Older Americans Act ([OAA](#)), local senior nutrition programs serve as hubs for older adults to access nutritious meals and other vital services that strengthen social connections and promote health and well-being.

The Theme for the Senior Nutrition Program's 50th anniversary is...

"Celebrate. Innovate. Educate."

MEALS ON WHEELS INFO:

Those aged 60 years and older or home-bound and unable to provide nutritious meals for themselves are all qualified to receive meals. For more information call SeniorCare at (866) 927-1050 or the COA Office at (978) 887-1523.

GIVE LOCALLY

If you would like to support local organizations, financial contributions are gratefully being accepted...

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

Donate Birthday Cards

Because of your generosity, residents turning 70 and above continue to receive birthday greetings with helpful contact information. 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 or bring them to the COA offices (2nd floor of Town Hall). The Friends of Topsfield COA appreciate your ongoing support.

Noticeboard



Trash & Recycling

Issues or questions regarding trash/recycling collection?

Call 1/800-323-4285 or visit the new Republic/JRM website

For customer support & service alert information, www.republicservices.com/customer-support

Library Home Delivery for the Homebound

The Topsfield Town Library and the Council on Aging work together to offer free delivery of materials to residents unable to visit the Library due to illness, transportation, immobility or age.

For information on this service go to: ask@topsfieldlibrary.org , www.topsfieldlibrary.org or (978) 887-1528 x2200.

Need Assistance with Medicare?

SHINE

(Serving Health Insurance Needs of Everyone)

Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. SHINE counselors will also assist if you find yourself enrolled in a plan that is not in your best interest by reviewing your coverage with you and helping to determine if you are qualified to make a change at this time of year. To schedule a SHINE appointment, call 978-887-1523 or use the Regional number: 978-946-1374.

TOPSFIELD COA BUS TRANSPORTATION

If you are 60+ and are in need of transportation to a doctor's appointment within a 12 mile radius call the COA office at (978) 887-1523.

Minimum of a 24 hour notice required. Hours of bus availability; 8:30am to 3:30am on Monday, Thursday & Fridays. Grocery Shopping every Wednesday 9:00AM & 1:00PM. Check our calendar for upcoming bus trips!

Starting in September Dr. appointments should be made on Tuesdays not Thursdays.

Compost Facility

Passes Available For Purchase Online

The compost site facility at the Topsfield Public Works Facility, 279 Boston Street, opened for the season on SATURDAY, APRIL 15, 2023 and will be open every Saturday until November from 9am-1pm.

Compost site requirements:

- Topsfield Residents Only Season Pass \$75; One Time Access Ticket \$10; online purchase only, processing fees will apply. Visit the Town website at www.topsfield-ma.gov to purchase.
- Purchase must be made by a resident and you must enter your vehicle plate number at time of purchase to verify residency.
- Maximum 2 cubic yards per visit.
- Grass clippings, leaves, brush up to 4 inches in diameter allowed.
- No stumps, logs or animal waste
- If using a Contractor, the resident must purchase a Contractor One-Time Access Ticket for \$40 each. Contractors may NOT use a Resident One-Time Access ticket or season pass.

Make sure you print out the PDF that will be attached to the email with your payment receipt to take to the compost facility.

Stroke Awareness

What is a Stroke?

Many people think strokes happen in the heart, or it is the same thing as a heart attack, but a stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked or bursts. When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it and brain cells die.

Strokes can be caused when blood clots or fatty deposits (cholesterol) break off and obstruct the flow of blood to the brain (called an ischemic stroke) or when by a blood vessel weakens, balloons and ruptures and prevents blood flow to the brain (called a hemorrhagic stroke).

A TIA (transient ischemic attack), or "mini stroke", is caused by a temporary clot.

A stroke can cause brain damage, long-term disability, or even death.

Risk Factors:

- ◇ High blood pressure
- ◇ High Cholesterol
- ◇ Heart disease
- ◇ Diabetes
- ◇ Sickle Cell Disease

Behaviors / Lifestyle Risk Factors:

- Eating a diet high in saturated & trans fats, and cholesterol
- Tobacco use
- Obesity
- Sedentary lifestyle

Genetic Risk factors:

Age - The older you are, the more likely you are to have a stroke. The chance of having a stroke doubles about every 10 years after age 55. Although stroke is common among older adults, many people younger than 65 years also have strokes. In fact, about one in seven strokes occur in adolescents and young adults ages 15 to 49.3. Experts think younger people are experiencing strokes because more young people have obesity, high blood pressure, and diabetes.

Sex - Stroke is more common in women than men, and women of all ages are more likely than men to die from stroke. Pregnancy and use of birth control pills pose special stroke risks for women.

Race or ethnicity - People who are non-Hispanic Black or Pacific Islander may be more likely to die from a stroke than non-Hispanic Whites, Hispanics, American Indian or Alaska Natives, and Asians are. The risk of having a first stroke is nearly twice as high for Blacks as for Whites. Blacks are also more likely to die from stroke than Whites are.

Signs and Symptoms of Stroke - Remember Act "FAST"

If you have any of these signs, call 9-1-1 and get to a hospital right away.

F—Face: Ask the person to smile. Does one side of the face droop?

A—Arms: Ask the person to raise both arms. Does one arm drift downward?

S—Speech: Ask the person to repeat a simple phrase. Is the speech slurred or strange?

T—Time: If you see any of these signs, call 9-1-1 immediately and wait for emergency medical services (EMS) to arrive (don't drive yourself!). Strokes that are recognized and treated within 3 hours have the best Medical outcomes.

Be Alert for any of these other signs and symptoms:

- Numbness in the face, arm, or leg
- Confusion, including trouble speaking or difficulty understanding speech
- Trouble seeing from one or both eyes
- Trouble walking or problems with dizziness
- Severe and sudden onset of headache

Together to End Stroke



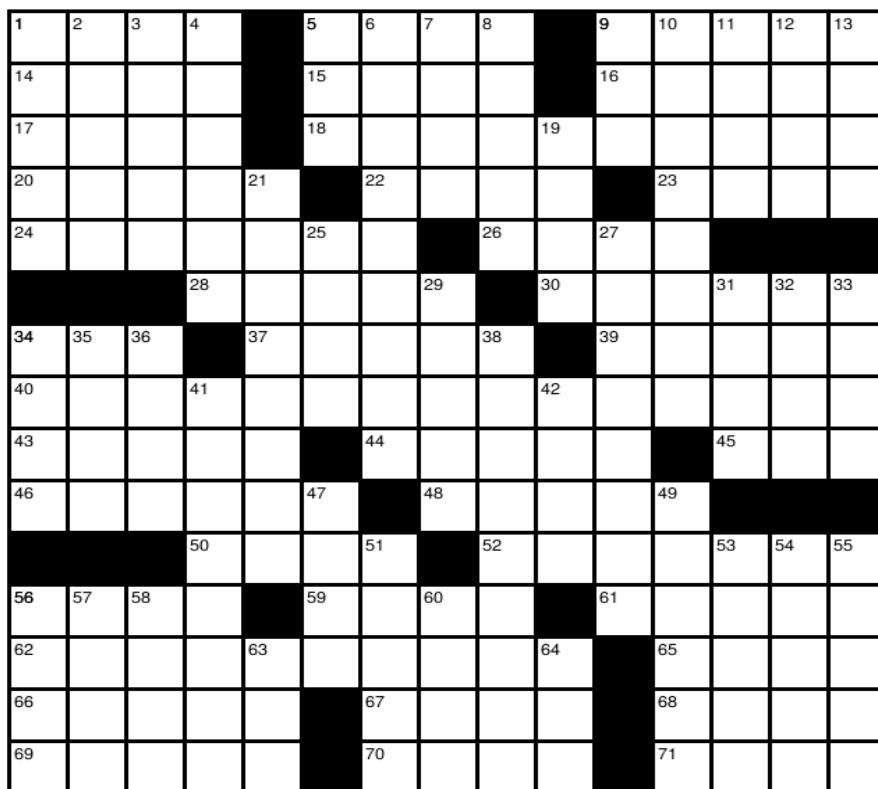
Crossword

Share of Salt

Robert Stockton

ACROSS

1. Roaster's prop
5. H.S. junior's exam
9. Modify
14. Hostility in the hood
15. French bread
16. Yes or no follower
17. "A Clockwork Orange" droog-lord?
18. Sit-com about a family who inherit a wind farm?
20. "I Robot" author Asimov
22. Seldom seen
23. Like some nerves or ropes
24. Folgers alternative
26. "Arabian Nights" fliers
28. Signs
30. Play a butler's part, perhaps
34. Apr. 15 VIP
37. Death Star 2 site
39. Sun Valley's state
40. Hideouts for West Coast sportsmen?
43. Oil source
44. Push away
45. It may be levied
46. Turndown
48. Open Society Institute founder George
50. Middle-eastern Semite
52. Strident
56. Somewhat
59. "Painted people" of early Britain
61. Something to beat out at a jam session
62. Special donut carton for cops?
65. Kind of cabbage
66. On the level
67. Peter and Paul's partner
68. Frequent opponent of "us"



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69. It's two parts create a bond
70. Formerly, in former times
71. Delhi drape

DOWN

1. Water mark, perhaps
2. Nurse's measurment
3. Much needed items for authors and inventors
4. Employer of "the man who wears the star"
5. Cribbage marker
6. Appomattox action
7. Word with gray or Bay
8. Humanity in the infinitive tense?
9. "Evil Dead" hero
10. Drink for losers
11. Many a Met solo

12. Where Pizarro plundered
13. Evaluate
19. Tyros, slangily
21. Closed with
25. ____ shui
27. "Relax, Dude!!"
29. They're always underfoot
31. Many a Dickens lad
32. Belonging to some Berliners
33. Oenophile's observation
34. Lump of clay
35. Kind of dance or position
36. Words in a pronunciation key
38. Clark Kent and Lois Lane, e.g.

41. Amelia Earhart, e.g.
42. Blood fluids
47. "Dragnet" org.
49. Bloodhound's clues
51. Ecosystem
53. ConAgra's home
54. Bunk reached via ladder
55. "Me too!"
56. Competent
57. "Incoming message" alert, often
58. "Aladdin" character played by Gilbert Godfried
60. Non-cabinet presidential advisor, unofficially
63. Sloppy place, literally
64. "The Gray Lady": abbr.



Anna Caples

Jim Burg

Mary Jo Dussault

Glenda Blunt

Edith O'Keefe

James Louasco

Bonnie Muise

Mary Quill

Sudoku & Answer Guide

	7			2			4	6
	6					8	9	
2			8			7	1	5
	8	4		9	7			
7	1						5	9
			1	3		4	8	
6	9	7			2			8
	5	8					6	
4	3			8			7	

S	P	I	T		P	S	A	T		A	D	A	P	
T	U	D	E		E	U	R	O		S	I	R	E	E
A	L	E	X		G	R	E	E	N	H	E	I	R	S
I	S	A	A	C		R	A	R	E		T	A	U	T
N	E	S	C	A	F	E		R	O	C	S			
			O	M	E	N	S			S	H	O	W	I
C	P	A		E	N	D	O	R		I	D	A	H	O
L	O	S	A	N	G	E	L	E	S	L	A	I	R	S
O	L	I	V	E		R	E	P	E	L		F	E	E
D	E	N	I	A	L		S	O	R	O	S			
			A	R	A	B		R	A	U	C	O	U	S
A	B	I	T		P	I	C	T		T	E	M	P	O
B	E	A	R	S	D	O	Z	E	N		N	A	P	A
L	E	G	I	T		M	A	R	Y		T	H	E	M
E	P	O	X	Y		E	R	S	T		S	A	R	I

Answer

8	7	5	9	2	1	3	4	6
3	6	1	7	5	4	8	9	2
2	4	9	8	6	3	7	1	5
5	8	4	6	9	7	1	2	3
7	1	3	2	4	8	6	5	9
9	2	6	1	3	5	4	8	7
6	9	7	4	1	2	5	3	8
1	5	8	3	7	9	2	6	4
4	3	2	5	8	6	9	7	1



SUPPORT THE COUNCIL ON AGING

Please consider making a tax-deductible donation in memory of or in honor of a loved one.
Donations support services and programs provided by the Topsfield Council on Aging.

Donations may be mailed to:

The Friends of the COA
PO Box 173, Topsfield, MA 01983



Programs and advertisements are a resource and do not constitute an endorsement by the
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Senior Citizen Newsletter

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Topsfield, MA 01983

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