

The Scoop

March/April 2022



Topsfield Council on Aging (COA)

Town Hall (2nd floor), 8 West Common Street, Topsfield, MA 01983

Contact us at: (978) 887-1523, topsfildmacoa@gmail.com

Let's Live Local...



Shopping, eating and visiting businesses locally can impact so much more than our wallets. Not only is it convenient, but it's better for the environment. By supporting local business you are investing in your own community, supporting the local economy and providing local jobs.

The COVID-19 pandemic has taught us how important sustainable products are to the community. "Shop local and shop better". Join the COA on one of our wonderful, local shopping and dining excursions. We have included two links to websites that can direct you to some of the wonderful local businesses that Topsfield and the surrounding towns provide.



[Topsfield Garden Club](http://www.topsfieldgardenclub.org) www.topsfieldgardenclub.org

Topsfield Community Partnership website
<https://www.topsfieldcommunitypartnership.org>

There is something to be said about getting back to basics, engaging and enjoying living your life locally with a sense of community.

The Topsfield COA Team

In this Issue:

- Page 2..... Programming
- Page 3..... Services & Resources
- Page 4..... Agencies & Organizations
- Page 5 & 6..Advice from Public Servants
- Page 6..... Trips to Take
- Page 7..... Notes
- Page 8..... March Calendar
- Page 9.....April Calendar
- Page 10.....Notes
- Page 11.....Noticeboard
- Page 12.....Spotlights from the Community
- Page 13.....Crossword Puzzle
- Page 14.... Remembrance
& Answer Key



Town Hall Hours:

Monday – Thursday

8:00 AM to 4:00 PM

Friday

8:00 AM to 12:00 PM

Programming

All activities that are not listed as

Virtual are at the Town Hall, 2nd floor. To sign up call (978) 887-1523

Watercolor Class with Bill Duke
One Monday a month 9 am-12 pm
(Maximum of 10 students)

Monday, March 14th & April 11th
\$20.00 per class, includes all supplies!
To sign up, call (978) 887-1523

Virtual Restorative Yoga
Mondays 3-4 pm

Perfect for all levels! *To sign up, call (978) 887-1523*

Oil Painting Class with Joli Wood
(Maximum of 10 students)

March 21st, April 4th & 25th 9 am-12 pm
\$20 per class, includes all supplies!
To sign up, call (978) 887-1523

White Pack Cards with Kendra Berube
March 24th at 12:30 & April 28th at 12:30

To sign up, call (978) 887-1523
Create your own greeting cards. Everything you need will be supplies at no cost. Kendra provides inspiration & instruction!

Tai Chi
Wednesdays 11:15 am

Improve balance, strength, flexibility & well-being.
Low impact movements.
This class is in person or virtual.

Game Days

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

Scrabble– Mondays 9:00 am
Mahjong– Mondays 1-3 pm
Canasta– Thursdays 10 am - 12 pm

Market Basket

Wednesdays Pick up starts at 9:00 am
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

Virtual Arthritis Class
Wednesdays 1:00 pm

Join Carol Pallazolla with PACE at Element Care for a *virtual* arthritis class.
To sign up, call (978) 887-1523

Virtual Supper Club
Wednesdays 5:00 pm

Enjoy good times with friends and participate in casual conversation & guided activities.
To participate email Joan @ TopsfieldSupperClub@gmail.com

Book Group
One Thursday a month 9:30 am

March 24th & April 28th
Books titles to be announced
To sign up, call Janet (978) 887-8544

Silver Screening with Vinny Mortellite

Thursday, March 17th at 12:30 & April 21st at 12:30
Join Vinny at Town Hall or *Virtual*. *To sign up, call (978) 887-1523*

Stretch & Strengthen Class
Thursdays at 2:15pm COA Programming Room

Join Joanne Travers who will help you improve your strength, flexibility, balance, and range of motion.
This class is offered in person and *virtual*
To sign up, call (978) 887-1523

Virtual Tour with Chrysa DaCosta
Friday, March 11th & April 8th 10:00 am

Join **Chrysa** on another wonderful journey!
To sign up, call (978) 887-1523

TED talks with Kathy Yanchus & Kathy Curran
Friday, March 4th & April 1st 10:00 am

"Ideas worth spreading"
At Town Hall or *Virtual*. *To sign up, call (978) 887-1523*

Virtual Balance in Motion
Fridays 1:00 pm

Parkinson's Fitness with Dianna includes social time after class!
To participate email DiannaDaly@gmail.com

Helpful Services & Resources



Books on Tape Library

Learn out Loud

Come check out the new Council on Aging audio book lending library **courtesy of the Topsfield Library**. You are welcome to browse a large assortment of audio books and Playaway audio books. Find your next great read here at the COA.

Can audiobooks make you smarter?

Everyone knows that reading makes you smarter. But did you know that listening to audiobooks doesn't just make you smarter, it makes you smarter, quicker, and increases your intellect - and recall - as well? ... If you want to learn more, faster than ever before, an audio book may be for you.

Do Not Call List

Register your number on MA Do Not Call List for home and cell phones at (888) 382-1222 or www.donotcall.gov.

The Massachusetts Do Not Call list is maintained by First Data. To add or remove your number to the list, you must contact First Data, not the Office of Consumer Affairs and Business Regulation.

You can register any home and cell phone numbers and each number only needs to be registered once (not every person in the household needs to register).

Once you have registered, your phone number will be included on future lists unless you request to have it removed. If you want your phone number taken off the list, you must print and mail a delete request form to First Data in Omaha, Nebraska or call their office, (866) 339-1475, www.mass.gov/donotcall or govconnect.com.

You should remove your number if you move and change your number.

SeniorCare

SeniorCare has a new offering, **Caring Connections Caller Program-**

SeniorCare will match you with a volunteer that you can have call once a week or every other week, whatever your preference.

They will engage with meaningful conversation and companionship. A great way to stay connected!

If interest in the telephone championship program, it's just a phone call away. To participate call, Theresa Dickson at **SeniorCare (978) 281-1750 x568**

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 8 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 4 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.

Agencies & Organizations

Providing Vital Support



SeniorCare, Inc.

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

Food Pantries:

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

PACE (Element Care)

(978) 803-5564 or www.elementcare.org

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

A mental health, emotional support, and suicide prevention program run by Mass211. 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.

BOARDS:

COA Board:

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

Penny Rogers	Chairperson
Lynne Bermudez	Vice-Chairperson
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
Kim Love	Recording Clerk
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
Christine Cotti	Member
Mary Ann Cosgrove	Member
Mary Margaret Keane	Member
Elaine Crippen	COA Board Liaison

COA Contacts:

Kathleen Barbarisi COA Director
kbarbarisi@toppsfield-ma.gov

Beth Wideberg

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

Stephanie Sweeney

Data Clerk & Technology Coordinator
ssweeney@toppsfield-ma.gov

Advice from your Public Servants



Tips from the Police Department

In April our Officers will be wearing special patches to spread Autism Awareness. We will be selling patches for \$10 and donating all proceeds to the Doug Flutie, Jr. Foundation for Autism, Inc. To learn more about the organization, please visit:

<https://www.flutiefoundation.org/>



Tips from the Criminal Investigations Division

We have received an increase in calls regarding, **“You’ve Won” Scams.**

Here’s how they work: You get a card, call, or email telling you that you won! Maybe it’s a trip, prize, lottery, sweepstakes, etc. Congratulations.....not. They will then ask you for your credit card, banking information, to wire money for “customs duties” “fees” or “taxes”. After you provide them with these “fees” they will tell you they will call you back with “further instructions”.

Here is what to do if you receive these calls: HANG UP and as always call your friends at the Topsfield Police Department and we will file a report and help you as needed. Do not let these scammers get you, spread the word and keep your finances safe!

Tips from the Board of Health

Importance of a COVID Booster Vaccine...

although COVID-19 vaccines remain effective in preventing severe disease, CDC studies suggest their effectiveness at preventing infection or severe illness wanes over time, especially in people ages 65 years and older.

The recent emergence of the Omicron variant further emphasizes the importance of vaccination, boosters, and prevention efforts needed to protect against COVID-19.

Data from clinical trials showed that a booster shot increased the immune response in trial participants who finished a Pfizer-BioNTech or Moderna primary series 6 months earlier or who received a J&J/Janssen single-dose vaccine 2 months earlier. With an increased immune response, people should have improved protection against getting infected with COVID-19. For Pfizer-BioNTech and J&J/Janssen, clinical trials also showed that a booster shot helps prevent severe disease and reduces the chance of hospitalization due to a COVID infection.

The Topsfield Board of Health is a member of the Greater Cape Ann Community Collaborative (GCACC), a partnership of ten local towns working together to offer COVID Vaccine opportunities. Local Topsfield COVID vaccine clinics are posted on the Town website at www.topsfield-ma.gov or you may find other local clinics on the GCACC website at <https://capeannclinic.com/>.

Tips from the Fire Department

This winter season, keep safe while keeping warm.

As we turn on the furnaces and light up the woodstoves and fireplaces, it is important to give them a check-up to make sure they are ready to heat our homes safely this winter. Preventive maintenance, which includes having the chimney cleaned or the furnace checked by a certified professional, can save money and prevent fires and carbon monoxide poisoning. While we are at it, let us make sure the smoke and carbon monoxide alarms are in good working order too.

Heating has long been the second leading cause of residential fires, which are most common in the winter months. Home fires peak from December through February when the cold weather has us spending more time indoors, heating systems are in regular use, and some may turn to alternatives such as space heaters and wood or pellet stoves.

Efficiently run furnaces cost less to run and are less likely to become a source of carbon monoxide. Natural gas and fuel oil are both safe and efficient, but remember to get yearly tune-ups. Nearly all homes are required to have both smoke and carbon monoxide alarms. If one goes off, go outside immediately and call the Fire Department.

If you heat your home by burning solid fuels such as coal, firewood, or pellets, have the chimney cleaned by a certified professional each year who can also check for cracked and broken mortar. Most chimney fires start when built-up creosote ignites or when heat escapes the chimney through a crack and ignites the structure.

Dispose of ashes in a metal container, with a secure lid, away from the house. A single ember can stay hot for days without being detected and easily fanned back to life. So many fires have started when ashes were placed inside cardboard boxes, paper bags, or plastic containers, and then stored inside the garage, the breezeway, or under the porch.

Space heater fires are rare but often deadly. Plug space heaters directly into the wall outlet; do not use extension cords. Most space heater fires are extension cord fires. Place heaters 3-feet away from things that can catch fire such as furniture, bedding, newspapers, drapes, and clothes. Teach children to keep 3-giant steps away from heaters, all stoves, and fireplaces.

Finally, no one thinks fire will happen to them, but having working smoke alarms on every level of your home will alert you so that you have time to escape if one does occur. Alarms buy time, and time buys life.

If you have any questions about home heating, contact your local fire department or visit:

www.mass.gov/keepwarmkeepsafe. By working together, we can keep warm and keep safe.

Trips to Take:



Day Trips: Transportation on the COA bus provided on day trips only.

- **Immersive Frida Kahlo** art exhibit in Boston, Thursday, March 31st at 1:00PM \$28 p/p (lighthouse Artspace at the Castle)
- **Johnny Mathis** at the Chevalier Theatre, Thursday, May 26th at 8:00PM (A very special rate of \$60p/p with a generous gift from the Friends of Council on Aging).

Potential Upcoming Overnight Trips: *More details to come*

- **Maine Escapes** - 6/5-6/7/2022
- **Nova Scotia Tattoo Festival** - 6/29 - 7/3/2022
- **Boothbay Harbor & Cabbage Island Lobster Bake** - August 9th - 10th, 2022
- **Nashville & Memphis** 9/22-9/26/2022 (This trip includes R/T transfer to Boston (Logan Airport and the Motor coach will be waiting to transfer all of the travelers for touring)

Please call the COA (978) 887-1523 with any interest or questions.

Notes from the...

Aid and Attendance

The Department of Veterans Affairs offers a special benefit to war era veterans and their surviving spouses called Aid and Attendance.

This is a tax-free benefit designed to provide financial assistance to help cover the cost of long term care in the home, in an assisted living facility or in a nursing home.

Services Available

The Aid & Attendance Benefit provides benefits for war era veterans and their surviving spouses who require the regular attendance of another person to assist in at least two of the daily activities of living such as eating, bathing, dressing and undressing, transferring and the needs of nature. For more information Call (877) 427-8065 or go to americanveteransaid.com

Digital Vaccine Card

The Mass Dept of Public Health has launched an online tool that gives residents a new way to access their COVID-19 digital vaccine card and vaccination history.

Services Available

The new tool, called #MyVaxRecords, allows people who received their vaccination in Massachusetts to access their vaccination history and generate a COVID-19 digital vaccine card, which would contain similar vaccination information to a paper CDC card. <http://MyVaxRecords.Mass.gov>

VNA Wellness Visits



Visiting Nurse Association Wellness Clinics will be held on the 2nd Thursday of the month 10-11am, at the COA in Town Hall and the 3rd Wednesday of the month, 9-10am at Little Brook Village, 69 Washington Street, Topsfield.

Make an appointment by calling the COA at (978) 887-1523 to sign up with a visiting Nurse.





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 nutritional education if appropriate, education related to your diagnosis, and follow up with PCP's.

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>See Trip on Thursday</p> <p> Mardi Gras Saint David's Day</p>	<p>2</p> <p>9:00 Market Basket 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club</p>	<p>3</p> <p><u>Trip: 10:30</u> Wenham Tea House—shopping & lunch 10-12 Canasta 2:15 Stretch & Strengthen</p>	<p>4</p> <p>10:00 Speaking of TED... 1:00 Virtual Balance in Motion with Dianna</p>	<p>5</p>
<p>6</p>	<p>7</p> <p>9-11 Scrabble 1-3 Mahjong 3:00 Virtual Restorative Yoga</p>	<p>8</p> <p>11:30 Grab & Go Lunch...Take away or stay at the COA for lunch and conversation! (sign up) 4:00 COA Board Mtg.</p>	<p>9</p> <p>9:00 Market Basket 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club</p>	<p>10</p> <p>10:00 VNA Clinic Town Hall 10-12 Canasta 10:30 In honor of St. Patrick's Day, Lunch at the Holy Grail in Epping NH 2:15 Stretch & Strengthen</p>	<p>11</p> <p>10:00 Virtual Tour with Chrysa 1:00 Virtual Balance in Motion with Dianna</p>	<p>12</p> <p>8-10 Food Pantry at Trinity 10-12 Rest-Stop-Ranch Memory Café @ Topsfield Library</p>
<p> Day Light Savings... Spring Ahead! Check your smoke detectors!</p> <p>13</p>	<p>14</p> <p>9-11 Scrabble 9-12 Bill Duke Watercolor Class 1-3 Mahjong 3:00 Virtual Restorative Yoga  Pi Day</p>	<p>15</p> <p>Trip: 10:30 Trip to Maple Street Bistro Essex Technical High School & shopping at HomeGoods</p>	<p>16</p> <p>9:00 Market Basket 9:00 VNA @ LBV 10:00 Coffee & Conversation** 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club NO Supper Club</p>	<p>17</p> <p>10-12 Canasta 12:30 Silver Screening with Vinny 2:15 Stretch & Strengthen 4:00 St. Patrick's Day Harmony with Hannah  St. Patrick's Day</p>	<p>18</p> <p>1:00 Virtual Balance in Motion with Dianna</p>	<p>19</p>
<p>First Day of Spring </p> <p>20</p>	<p>21</p> <p>9-11 Scrabble 9-12 Joli's Oil Painting Class 1-3 Mahjong 3:00 Virtual Restorative Yoga</p>	<p>22</p> <p>10:00 AM Flower arranging with Tom—Fresh Look Design \$15. (sign up) and Transportation Available, call (978) 887-1523 11:00 DINE OUT BOSTON: Lunch at Capital Grille, Burlington</p>	<p>23</p> <p>9:00 Market Basket 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club</p>	<p>24</p> <p>9:30 Book Group No Canasta 12:30 White Pack Cards with Kendra 2:15 Stretch & Strengthen</p>	<p>25</p> <p>1:00 Virtual Balance in Motion with Dianna</p>	<p>26</p> <p>8-10 Food Pantry at Trinity</p>
<p>27</p>	<p>28</p> <p>9-11 Scrabble 1-3 Mahjong 3:00 Virtual Restorative Yoga</p>	<p>29</p> <p>10:30-12:00 Low Vision Group in Ipswich Trip: Time TBD Masconomet Concert (sign up) </p>	<p>30</p> <p>9:00 Market Basket 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club</p>	<p>31</p> <p>10-12 Canasta Trip: 10:30 Boston to the Frida Kahlo exhibit (sign up required) 2:15 Stretch & Strengthen</p>	<p>**10:00 AM Coffee & Conversation: 3/16 Representative Jamie Belsito</p>	

April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00 Speaking of TED... 1:00 Virtual Balance in Motion with Dianna  April Fool's	2
3 April 3, Saturday Memory Cafe, 10am-12pm	4 9-11 Scrabble 9-12 Joli's Oil Painting Class 1-3 Mahjong 3:00 Virtual Restorative Yoga	5 Trip: 9:00 Breakfast at <i>Ill's</i> in Danvers and paint class at The Perfectly Imperfect Gift Shop in Topsfield	6 9:00 Market Basket 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	7 10-12 Canasta 2:15 Stretch & Strengthen 4:00 Concert at the Town Hall (2nd fl.): Crowes Pasture- Topsfield residents & folk musicians	8 10:00 Virtual Tour with Chrysa 1:00 Virtual Balance in Motion with Dianna	9 8-10 Food Pantry at Trinity
10	11 9-11 Scrabble 9-12 Bill Duke Watercolor Class 1-3 Mahjong 3:00 Virtual Restorative Yoga	12 Trip: 9:00 Lunch in Beverly! Self serve at Frank Restaurant & Market 4:00 COA Board Meeting	13 9:00 Market Basket 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	14 10:00 VNA Clinic @ Town Hall 10-12 Canasta 2:15 Stretch & Strengthen	15 1:00 Virtual Balance in Motion with Dianna	16
17  Easter Sunday	18 Town Hall Closed For Patriots' Day	19 Trip: 10:30 Lunch at Marco's And Spinelli's Pastry shop in Peabody	20 9:00 VNA Clinic @ LBV 9:00 Market Basket NO Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	21 10-12 Canasta 12:30 Silver Screening with Vinny 2:15 Stretch & Strengthen	22 1:00 Virtual Balance in Motion with Dianna Earth Day 	23 8-10 Food Pantry at Trinity
24	25 9-11 Scrabble 9-12 Joli's Oil Painting Class 1-3 Mahjong 3:00 Virtual Restorative Yoga	26 Trip: 9:00 Salmon Falls Stoneware store/ studio and Lunch at Newicks Restaurant, Dover, NH.	27 9:00 Market Basket 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	28 9:30 Book Group No Canasta 11:30 Grab & Go (sign up) 12:30 White Pack Cards with Kendra (sign up) 2:15 Stretch & Strengthen	29 1:00 Virtual Balance in Motion with Dianna  Arbor Day	30

Notes



SNOW ANGELS NEEDED

The COA is looking for “snow angels” to shovel walkways for senior citizens after any spring snow storms that may occur. To help out call: COA (978) 887-1523.

Disability Resources Center (DRC)

DRC is a cross-disability organization providing services to any person, regardless of age, who identifies as living with a disability. This free resource includes; Housing, Transportation, Assistive Technology, Vocational Opportunities, In-Home Support Services, Education, Employment, Legal Rights, Benefits & Veterans Services. For more information call (978) 741-0077.



Since 1972, the national Senior Nutrition Program has supported nutrition services for older adult 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.

MESSAGE FROM THE FRIENDS OF THE TOPSFIELD COA

The Friends are grateful to receive all donations, especially those made in memory of loved ones lost. Your donations directly impact your friends and neighbors by supporting the Topsfield COA 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. The Friends of Topsfield COA appreciate your ongoing support.

Please see contact info below.

GIVE LOCALLY

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

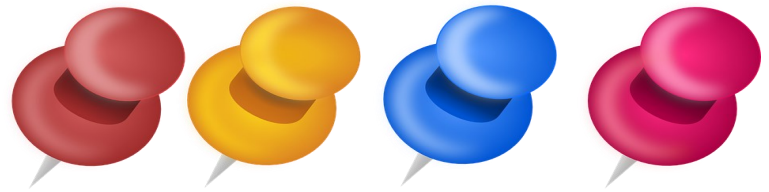
- **Friends of the Topsfield Council on Aging:**
Mail checks payable to Friends of the Topsfield COA, P.O. Box 173, Topsfield, MA 01983.
- **Top Cupboard Food Pantry:**
Mail checks payable to Top Cupboard, P.O. Box 98, Topsfield, MA 01983.
- **Elderly and Disabled Tax Relief Fund:**
Provide property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

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, immobility or age.

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

Noticeboard



24/7 HELPLINE

Specialist and master-level clinicians offer confidential support and expert information to people with Alzheimer’s or Dementia, as well as their caregivers, families and the public. Help is available 24/7, call day or night for immediate advice and support, (978) 283-2131 or (800) 272-3900.

NORTH SHORE COMMUNITY ACTION PROGRAM

The Fuel Assistance Program helps income-eligible households pay their winter heating bills and customers may qualify for discounts up to 29% off Electric & Gas. For more information call (978) 531- 9810 or email fuelassistance@nscap.org. To schedule an appointment/questions call (978) 531-0767, ext. 136.

NOTARY SERVICE

The COA has a notary that can help Topsfield senior citizens notarize most documents. Wills & real estate documents are exempt. Please bring an ID and unsigned document when you arrive. To make an appointment call COA at (978) 887-1523.

SENATOR JOAN LOVELY

Join Senator Lovely’s In-Person Office Hours: Monday 3/14 11am-12pm at the Topsfield Town Library Meeting Room. Please check the Topsfield Library website for the date in April. Masks are required at all times.

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 office at (978) 887-1523. Minimum of a 24 hour notice required. Hours of bus availability; 8:30am to 3:30am on Mondays, Thursdays & Fridays and 1:00– 3:30 PM on Wednesdays.

TRANSPORTATION

Medical transportation can be coordinated through SeniorCare, Inc. (978) 281-1750 x573 or www.seniorcareinc.org

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

Gogograndparent helps older adults maintain their independence by accessing on-demand services like Uber & Lyft with a simple phone call (no smartphone required).

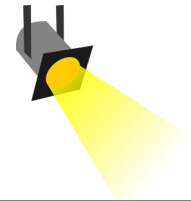
(978) 464-6872 or Gogograndparent.com

AARP FOUNDATION TAX-AIDE

Tax preparation for low to moderate income clients 60+ will take place at the Topsfield Library for simple tax filing preparation. Appointments will start, Thursdays, February 10 through April 14, 2022.

To sign up, please call the COA, for an appointment at (978) 887-1523.

Spotlights from the Community



Borrow a Portable Hotspot from COA

A small, handheld Portable Hotspots allows anyone to get online from almost anywhere using a “WiFi enabled” device such as a phone, tablet or laptop for free.

To see if your device is WiFi enabled you can google “how to check if my device is WiFi enabled.”

Please contact the Topsfield Council on Aging at (978) 887-1523 for questions or to borrow a Hotspot or laptop.

Meals on Wheels Program

Meals on Wheels...Who is Eligible?

Any person 60 years of age, or older, who:

Is unable to prepare a balanced meal because of physical, mental, or emotional limitations, or does not have sufficient assistance from family, friends, or neighbors, to prepare a balanced meal, or is unable to comfortably or safely participate in the Congregate Dining Program Elders who meet these criteria may be eligible to have a meal delivered to their home on weekdays by one of our friendly drivers.

Meals on Wheels are delivered daily between the hours of 10:00 a.m. and 1:00 p.m. excluding weekends and holidays. Meal deliveries may be canceled due to poor weather or other difficulties; we advise having enough food on hand to cover such contingencies.

There are no income eligibility requirements. A voluntary, confidential \$2 donation is requested. While this does not cover the full cost of the meal, it provides an affordable choice.

To find out more about Meals on Wheels, or to volunteer as a driver or to help at one of our dining rooms, call (978) 281-1750 or (866) 927-1050.

Tax Forms are at the Library

Tax forms have begun to arrive at the Library and are located on the second floor near the reference desk. For any forms that are not readily available, feel free to ask a reference Librarian to print them for you.

If you are a senior citizen looking for tax prep assistance, please call the Topsfield Council on Aging at (978) 887-1523, for an appointment with an AARP representative. Appointments will be held at the Topsfield Library.

Low Vision Group

Tuesday, March 29, 10:30- 12:00
Ipswich Council on Aging

A representative from the Lions Club organization will discuss their work with the blind community and demonstrate a “closed circuit tv”. If you are living with limited vision or blindness, our low-vision group meets monthly to share information, laughs, support and friendship. Transportation is available. New members always welcome. Contact Beth Wright, Ipswich COA Outreach Coordinator at 978 -356-6650 for more information.

From the Rest-Stop-Ranch



Memory Café at the Topsfield Town Library

Rest-Stop-Ranch will be hosting a series of **Memory Café** program at the Library room on the following dates.

Saturday, March 12th, 10am-12pm:

Join us as we craft a Sun Hat.

The Memory Café is a friendly gathering space where individuals with memory loss & their care-partners can relax, find friends and mutual support. Join us for networking, information, laughter, support and more.

All are welcome, free of charge!

For additional programs go to rest-stop-ranch.org

Isn't It Time?

Robert Stockton

ACROSS

1. Short set-tos
6. "Bride of Frankenstein" star Lanchester
10. Kind of watch or sign
14. Prefix with -hedron
15. Names names
16. Greasy spoon sign
17. Marinated items in a salad
20. Sportscaster's shout
21. Office chair attachment?
22. In motion
23. Powerful
25. Defense grp. since 1949
27. Jeans brand with a question mark logo
30. Most despicable
34. MD who delivers
37. Sometimes unwelcome Christmas guests
39. Letter opener
40. Diamond statistic
41. Kind of session
42. They may precede exchanges
45. Some of Mom's sibs
47. Raita ingredient
48. Keeps a plot to the plan?
50. Pitch
52. Mrs. Woody Allen
56. Limited, in a way
59. Adds a plot to the plat, perhaps
62. Perfectly
63. What mobsters might get from bribing police
66. Spreadsheet contents
67. Creme-filled cookie
68. Surpass
69. Dermatologist's concern

1	2	3	4	5		6	7	8	9		10	11	12	13					
14						15					16								
17						18					19								
20						21					22								
23						24				25	26								
						27				28	29			30	31	32	33		
34	35	36								37									
39																	41		
42						43	44							45	46				
47										48				49					
						50				51				52			53	54	55
56	57	58								59	60	61					62		
63										64				65					
66										67							68		
69										70							71		

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|--|---|--|
| <ol style="list-style-type: none"> 70. It might lead to a landing 71. What you might do with the ends of 17, 37, 42, and 63 across | <ol style="list-style-type: none"> 12. Uniformed pooch on the comics page 13. Sound from a shady seller 18. Important, or immense 19. Big name in stationery 24. Figure in black and white 26. Put down 28. Burg, to a Boer 29. Animal which eats at least 80% of its body weight daily 31. Pull down 32. Specialized police squad 33. Rx measures 34. Anthem opener 35. British ballpoint 36. Dharma's opposite 38. Comfort | <ol style="list-style-type: none"> 40. Barracks beds 43. Coin-op café 44. Saffron sources 45. Ballyhoo 46. Where many found Hope? 49. Being, to Brutus 51. Dapper 53. Where Mexicans find los Estados Unidos 54. One third of an etcetera 55. "Don't sweat it!" 56. Versatile power spec. 57. Sideless cart 58. Diamond statistic 60. Away from windward 61. Collapsing knife, e.g. 64. Votes against 65. Potential pipe part |
|--|---|--|

DOWN

1. Bucks
2. Third party candidate of 1992
3. Floral fragrance
4. "Spider-Man" or "Darkman", e.g.
5. Pouch
6. Agape alternative
7. Crater or Crescent in Oregon
8. Unyielding
9. Content of some trays
10. Ernes, e.g.
11. Tropical tuber

This puzzle was created using CrossFire (<http://beekeeperlabs.com/crossfire>)



Annette Cohen

George Meyfarth

Laura Stover

Dorothy Bonneau

Ruth Learned

William Cowhig

Bina Grasso

Irma Lampert

Games & Answer Key:

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

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

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