



The Scoop

JANUARY/FEBRUARY 2023

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... **IN 2023!**



Living Life Locally is about Community and Lifestyle

A special shout out to Katie Kerwin, Brooke Paoli and Teal Mulgrew for chairing the 2022 Holiday on the Green event. They took the challenge and ran with it. Working with a wonderful team of volunteers, they created an outstanding holiday event that brought the Topsfield community together for a fun and joyful event. As so many have expressed, the Town Common light exhibit looked magical. Thank you to all the volunteers that made the Holiday on the Green such a wonderful and special event!

The skating rink was installed November 20th and is expected to open mid January. Skate time is free to the public and will be open 8AM until 8PM. Please check hours for hockey times or closings at the rink by visiting; topsfild-ma.gov/recreation-department. Winter Festival will be Saturday, January 21st from 12-2. There will be music, concessions, ice skating and opportunities to support non profits such as Girl Scouts, and TESPTO.

We hope that you join us for an event or two at the Council on Aging. We welcome you to try something new with us in 2023! Take a trip, try a new and free exercise class (see the calendar), come join the Mahjong or Canasta groups, try your hand at flower arranging, making homemade cards, concerts or make suggestions for new programs, trips or events. Feel free to call the COA with questions (978) 887-1523.

The Topsfield COA Team

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Town Hall Hours:

Monday –Thursday

8:00 AM to 4:00 PM

Friday

8:00 AM to 12:00 PM

We are thrilled to have three new *Council on Aging Parking only* spaces reserved for anyone 60+ in the Town Hall parking lot . We hope this will make parking more available.

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 9 am-12 pm
(Maximum of 10 students)

January 23rd , February 13th
\$20.00 per class, includes all supplies!
To sign up, call (978) 887-1523

Oil Painting Class with Joli Wood
(Maximum of 8 students)

No class in January, **February 6th 9 am-12 pm**
\$25 per class, includes all supplies!
To sign up, call (978) 887-1523

LIVE & Virtual Yoga with Joan
Mondays 3PM & Fridays 8:00AM

Perfect for all levels!

White Pack Cards with Kendra Berube
January 26th & February 9th 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 with Beth
Wednesdays 11:15 am

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 9:30 am
Mahjong– Mondays 12:30 pm
Canasta– Thursdays 9:30 am

Market Basket Food Shopping

Wednesdays Pick ups at 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).

Virtual Arthritis Class
Wednesdays 11:00 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 Club

Thursday January 26th & February 23rd at 9:30am
To sign up, call the COA (978) 887-1523

Silver Screening

Thursday, January 19th & February 16th at 12:00
Join Vinny at Town Hall or *Virtual*. (note time change)

Fit For Life with Pam

Town Hall **Tuesdays & Thursdays at 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 from Fresh Look Designs
One Thursday a month 12:30 am \$15.00
January 5th & February 2nd

Tech Tips with Steph

One Friday a month at 9:30
January 6th; Navigating Facebook Marketplace
February 10th; Tips & Tricks for Gmail

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



Mr. Fix It - Electrician

Join volunteer Rob Roy, retired licensed electrician on January 10th & 11th and February 21st & 22nd 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 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.**

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.

Food Bank Resources:

SNAP

You may be eligible for Supplemental Nutrition Assistance Program (SNAP). For information call Topsfield COA at 978-887-1523.

FOOD SERVICES

*Note: It is important to call the food pantry before going to be sure it is still open, as the situation is quite fluid. Pantries open today, may not be open tomorrow.

Greater Boston Food Bank Agency Locator Link

<https://www.gbfb.org/need-food/>

*The Greater Boston Food Bank is updating the Need Food Agency locator at they learn about agency closures.

Project Bread: www.projectbread.org

FOODSOURCE Hotline: 1-800-645-8333

[Massachusetts Food Pantry List](#)

Essex County Hunger: www.essexcountyhungerrelief.org

Click on "Find Food" tab for a list of the local North Shore food pantries and hours.

The Salvation Army- Food Pantry, Lynn MA (1 Franklin St., Lynn MA) - The Food Pantry is open Monday - Friday 9:00 am - 11:00 am. Currently there are no limitations on how many times you come. All are welcome.

Beverly Bootstraps -Food Pantry

Phone: 978-927-1561

Haven from Hunger- Peabody: Food Pantry and Soup

Kitchen Phone: 978-531-1530

My Brother's Table-Lynn

Phone: 781-595-3224

www.mybrotherstable.org

The Haven Project-Lynn

Provides food to young adults who are homeless or at risk for becoming homeless.

Phone: 781-913-5738

The Open Door: Food Pantry

Phone: 978-283-6776

www.foodpantry.org

Agencies & Organizations

Providing Vital Support



SeniorCare, Inc.

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

Food Pantries:

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

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.

Suicide Hotline

899 or email suicidepreventionlifeline.org

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 Keane	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

Stephanie Sweeney

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



Tips from the Police Department

K9 Aster receives Explosive Detection Certification

On November 3rd, 2022, Topsfield Detective Sergeant Brendan Gahagan and K9 Aster graduated from the Massachusetts State Police Explosive Ordinance Detection (EOD) school, an intensive 12-week program, where the K9 is trained in the detection of multiple explosive materials, firearms, and ammunition. Explosives detection K9s and their handlers bring value to any community as they can “sweep” large public events prior to and during high profile public gatherings such as sporting events, parades and festivals as well as investigate unattended and suspicious packages. This was an extra special achievement for Sgt. Gahagan as he is following in the footsteps of his father, a Massachusetts State Trooper, who was specialized as an EOD Technician and K9 handler for seventeen (17) years before his retirement. The Topsfield Police Department is extremely pleased that it could be part of helping Sgt. Gahagan achieve this lifelong career goal and continue the family legacy. This K9 program brings many benefits to the Topsfield Police Department, the Regional School District and Essex County as K9 Aster is now cross trained as both a Comfort and EOD K9. Over the last few weeks alone, the services of our new K9 team have been invaluable in changing the day in a positive way for the children within the Tri-Town. Congratulations to both Sgt. Gahagan and Aster.

Town of Topsfield Citizens Academy

The town of Topsfield will be hosting on a Citizens Police Academy beginning March 1, 2023. The program will run for 8 weeks ending on April 12th. To sign up please email Brendan Gahagan at BGAHAGAN@TOPSFIELDPOLICE.COM

Tips from the Fire Department

Heat Your Home Safely

When it is cold outside, we heat our homes to stay healthy and warm; but heating equipment can also cause fires if not used correctly.

Keep children, pets and things that can burn at least 3 feet away from radiators, space heaters, fireplaces, wood stoves and furnaces.

Buy a space heater that has an automatic shut off in case it is tipped over.

Place space heaters on a level surface, but not on cabinets, tables or other furniture.

Have a qualified professional install heating equipment.

Ask a professional to inspect your heating system every year.

Never use an oven, stovetop or grill to heat your home.

Store propane and other heating fuels outside of your home.

Clean wood-burning fireplaces after each use. Put ashes in a metal container with a tight-fitting lid. Place the container outside on concrete or gravel at least 3 feet from your home.

Install and check that your carbon monoxide alarms are within date, especially if your home is heated by any source other than electricity to avoid carbon monoxide poisoning!

Make sure all fuel-burning equipment is safely vented to the outside to also avoid carbon monoxide poisoning!

Tips from the Board of Health

The Board of Health would like to remind residents that it's important to plan ahead to stay safe this winter.

Tips include:

- ◇ Make sure the number on your house is large (min. 3" in height) and clearly visible from the street.
- ◇ Ask for help shoveling heavy, wet snow.
- ◇ Create a support network and check in with friends/family if there is a power outage.
- ◇ If you are elderly or disabled, complete a 9-1-1 Disability Indicator Form and register it with Emergency Services. The Topsfield Public Health Emergency Preparedness Handbook is available free of charge at the Board of Health office.
- ◇ Plan a 'go' bag in case of emergency. The 'go' bag should include:

A gallon of water, list of medications, flashlight, radio, first aid kit, face mask, plastic sheeting & duct tape, manual can opener, wrench or pliers to turn off utilities, whistle, map of area, cell phone & charger, prescription medications, energy bars, important family documents, pet food, cash, and extra eyeglasses.

For more information, contact the Board of Health for a copy of the Public Health Emergency Preparedness Handbook at 978-887-1520 or visit www.mass.gov/knowplanprepare.

The Upside of Downsizing

Tuesday, January 31st 10:00 to 1:00

The Topsfield Council on Aging is in partnership with J. Barrett & Company and other local business will be presenting the Upside of Downsizing. The presentations will answer questions for Seniors and their families contemplating downsizing or how to remain in your home safely. This is a free event that includes a boxed lunch, giveaways and raffles. You will hear five minute presentations on related topics and services. Sign up by calling the COA at (978) 887-1523 no later than Tuesday, January 24th. We hope you will join us for this fun and informative seminar.

Trips to Take:



Day Trips: Transportation on the COA bus not provided on overnight trips (see info. Below)

- **BEE GEES Tribute Show—Staying Alive**, Show & *luncheon*, Tuesday, May 23rd at the Danversport Yacht Club \$89-pp. * \$50 pp. (COA Bus)
- **Texas Tenors**, Show & *luncheon*, Tuesday, June 20th at the Danversport Yacht Club \$89-pp. * \$50 pp. (COA Bus).
- **The McCartney Years**, world's number one tribute to Paul McCartney & luncheon on Thursday September 21st, Danversport Yacht Club. (COA Bus)

* The Friends of COA have generously offered to pay anything over \$50.00 for each of the above trips.

Overnight Trips—For more information call (978) 887-1523

- **Boston to Bermuda Cruise with entertainers; The Sicilian Tenors.** Exclusive and all-inclusive 8 day & 7 night cruise aboard the Norwegian Pearl. May 5th-12th, 2023, call the COA for pricing 978-887-1523. Hosted by the Best of Times (800) 343-8999.
- **The Corvettes** Doo Wop Revue and Lobsterbake at Fosters Lobsterbake in Maine Tuesday 8/8/23 \$89pp (includes transportation with Best of Times)

Notes from the...

AARP TAX AIDE

Through the AARP Tax-Aide program, free preparation and filing of federal and state tax returns will be available again this year in Topsfield. The program targets taxpayers – especially seniors – with low to moderate income and relatively simple returns.

Services Available

Topsfield Town Library each Thursday from February 9 through April 14, 2023. To sign up for appointments, please call the COA after January 16, at (978) 887-1523.

For further information, the local Tax-Aide coordinator for Topsfield, Bruce Bolnick, will be at the COA to explain the program and answer questions, on Wednesday, January 18 at 10am.

Senior & Veterans Tax Work off

The Town of Topsfield Senior & Veteran Tax Work-Off Program offers homeowners from Topsfield who are retired or honorably discharged veterans and eligible senior citizens the opportunity to earn an abatement on their real estate property tax bill. Paid at the rate of the Commonwealth of Massachusetts' minimum wage. Topsfield senior citizens and veterans may assist a Town Department (for approximately 105 hours) between January 1st and October 31st to earn an abatement of up to \$1500. In the case where the veteran is disabled, a designee may complete the work on his/her behalf.

Services Available

Applications may be picked up at the Council on Aging or downloaded from the town's website:

<http://www.topsfield-ma.gov/council-aging/pages/>

Senior-services completed applications should be submitted to the Council on Aging Director. Applicants may be invited to participate in one or more interviews during the screening process.

Visiting Nurse Association

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 at (978) 887-1523 to sign up.

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.

January 2023

“Approach The New Year with resolve to find the opportunities hidden in each new day.” Michael Josephson

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>New Year's Eve!</p> 	<p>2</p> <p>Town Hall Closed</p>	<p>3</p> <p>12:00 Traveling Chef Soup-in-a-bowl (sign up)</p> <p>1:15 Shopping at Trader Joes & more in Peabody (sign up)</p> <p>2:00 Fit For Life with Pam</p>	<p>4</p> <p>9:00 Market Basket</p> <p>9:30 Fireside Poetry reading –with Jack Armitage</p> <p>11:00 Virtual Arthritis Exercise Class</p> <p>11:15 Tai-Chi</p> <p>1:00 Market Basket</p> <p>1:30 Crafters Club</p> <p>5:00 Supper Club</p>	<p>5</p> <p>9:30 Canasta</p> <p>12:30 Flower arranging with Tom (sign up)</p> <p>2:00 Fit For Life with Pam</p>	<p>6</p> <p>8:00 Live & Virtual Yoga with Joan</p> <p>9:30 Tech Tips w/ Stephanie</p> <p>1:00 Virtual Balance in Motion</p> <p>Open Mic Night Time TBD</p>	<p>7</p>
<p>8</p>	<p>9</p> <p>9:30 Scrabble</p> <p>12:30 Mahjong</p> <p>3:00 Live & Virtual Yoga with Joan</p> <p>4:00 Monday Night at the Movies</p>	<p>10</p> <p>9:00 Breakfast at Nick & Andy's in Danvers (sign up)</p> <p>9-12 Mr. Fix it</p> <p>1:00 Mary Ann Nay representing Senator Bruce Tarr</p> <p>2:00 Fit For Life with Pam</p>	<p>11</p> <p>9:00 Market Basket</p> <p>9-12 Mr. Fix it</p> <p>11:00 Virtual Arthritis Exercise Class</p> <p>11:15 Tai-Chi</p> <p>1:00 Market Basket</p> <p>1:00 Learn how to Quill with Sue (sign up)</p> <p>1:30 Crafters Club</p> <p>5:00 Supper Club</p>	<p>12</p> <p>9:30 Canasta</p> <p>10:00 VNA Clinic</p> <p>2:00 Fit For Life with Pam</p> <p>2:00-5:00PM COVID-19 Clinic</p>	<p>13</p> <p>8:00 Live & Virtual Yoga with Joan</p> <p>1:00 Virtual Balance in Motion</p>	<p>14</p> <p>8-10 Food Pantry at Trinity</p> <p>10-12 Memory Café at the library registration preferred</p>
<p>15</p>	<p>16</p> <p>Town Hall Closed</p> <p>Martin Luther King Jr. Day</p>	<p>17</p> <p>Trip: 10:00 Coffee Time Bakeshop in Salem, Ma.</p> <p>1:00 Craft: Create with Paste by Carol Pallazolla</p> <p>2:00 Fit For Life with Pam</p>	<p>18</p> <p>9:00 Market Basket</p> <p>10:00 Bruce Bolnick - senior Tax Repreparation Information (sign up)</p> <p>11:00 Virtual Arthritis Exercise Class</p> <p>11:15 Tai-Chi</p> <p>1:00 Market Basket</p> <p>1:30 Crafters Club</p> <p>5:00 Supper Club</p>	<p>19</p> <p>9:30 Canasta</p> <p>12:00 Silver Screening with Vinny</p> <p>2:00 Fit For Life with Pam</p>	<p>20</p> <p>8:00 Live & Virtual Yoga with Joan</p> <p>1:00 Virtual Balance in Motion</p>	<p>21</p> <p>12-2 Winter Festival</p> <p>On the Town Common</p> 
<p>22</p>	<p>23</p> <p>9-12 Bill Duke Watercolor Class (sign up)</p> <p>9:30 Scrabble</p> <p>12:30 Mahjong</p> <p>3:00 Live & Virtual Yoga with Joan</p>	<p>24</p> <p>SHINE Apt. (sign up)</p> <p>Trip: 10:00 Lunch at Maple Street Café in Danvers</p> <p>2:00 Fit For Life with Pam</p>	<p>25</p> <p>9:00 Market Basket</p> <p>11:00 Virtual Arthritis Exercise Class</p> <p>11:15 Tai-Chi</p> <p>1:00 Market Basket</p> <p>1:30 Crafters Club</p> <p>5:00 Supper Club</p>	<p>26</p> <p>9:30 Book Club</p> <p>9:30 Canasta</p> <p>12:30 White Pack Cards with Kendra (sign up)</p> <p>2:00 Fit For Life with Pam</p>	<p>27</p> <p>8:00 Live & Virtual Yoga with Joan</p> <p>1:00 Virtual Balance in Motion</p>	<p>28</p>
<p>29</p>	<p>30</p> <p>9:30 Scrabble</p> <p>12:30 Mahjong</p> <p>3:00 Live & Virtual Yoga with Joan</p>	<p>31</p> <p>10-1 Lunch & Seminar-The Upside of Downsizing (sign up)</p> <p>1:30 Northern Lights Farm Stand in Ipswich (sign up)</p> <p>2:00 Fit For Life with Pam</p>	<p>I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character. I have a dream today.</p> <p>This will be the day when all of God's children will be able to sing with new meaning: My country, 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the pilgrims' pride, from every mountainside, let freedom ring.</p> <p style="text-align: right;">Martin Luther King Jr.</p>			

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 Market Basket 10:00 Low Vision talk with Bob 11:00 Virtual Arthritis Exercise Class 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	2 9:30 Canasta 12:30 Flowers with Tom (sign up) 2:00 Fit For Life with Pam	3 8:00 Live & Virtual Yoga with Joan 1:00 Virtual Balance in Motion	4 1-3 Bonfire at Rest-Stop- Ranch
			5	6 9-12 Joli's Oil Painting Class 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan 4:00 Monday Night at the movies	7 Trip: 11:00 110 Grill & Restaurant for Lunch in Saugus (sign up) 2:00 Fit For Life with Pam	8 9:00 Market Basket 9:30 Fireside Poetry reading with Jack Armitage 11:00 Virtual Arthritis Exercise Class 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club
12	13 9-12 Bill Duke Watercolor Class (sign up) 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan	14 12:00 (sign up) Traveling Chef— Shrimp Scampi 1:30 Lickee's & Chewy's Ice Cream & Candy (sign up) 2:00 Fit For Life with Pam 4:00 COA Board Mtg.	15 9:00 Market Basket 11:00 Virtual Arthritis Exercise Class 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	16 9:30 Canasta 12:00 Silver Screening with Vinny 2:00 Fit For Life with Pam 2:00-5:00PM COVID-19 Clinic	17 8:00 Live & Virtual Yoga with Joan 1:00 Virtual Balance in Motion	18 1-3 Mardi Gras Bonfire at Rest-Stop- Ranch Costume optional
19	20 Town Hall Closed For Presidents Day	21 9-12 Mr. Fix It Trip: 9:30 Shopping and a Scandinavian lunch at IKEA in Stoughton (sign up) 2:00 Fit For Life with Pam	22 9:00 Market Basket 9-12 Mr. Fix It 11:00 Virtual Arthritis Exercise Class 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	23 9:30 Book Club 9:30 Canasta 2:00 Fit For Life with Pam	24 8:00 Live & Virtual Yoga with Joan 1:00 Virtual Balance in Motion	25 8-10 Food Pantry at Trinity
26	27 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan	28 SHINE appoint (sign up) Trip: 9:30 Institution of Con- temporary Art ICA (sign up) & Visit the USS Constitution 2:00 Fit For Life with Pam	Presidents' Day, also called Washington's Birthday at the federal governmental level, is a holiday in the United States celebrated on the third Monday of February to honor all persons who served as presidents of the United States and, since 1879, has been the federal holiday honoring George Washington, who led the Continental Army to victory in the American Revolutionary War, presided at the Constitutional Convention of 1787, and was the first U.S. president.			

Notes



Nextdoor.com

NextDoor.com is a social network designed to connect members of the same neighborhood with the aim of allowing users to interact with neighbors, as well as local businesses and public services. Please check reference before you hire!

Disability Resources Center (DRC)

DRC is a cross-disability organization in Salem, MA 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 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 homebound 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.

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

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.

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, immobility or age.

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

Noticeboard



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 the unsigned document when you arrive. To make an appointment or if you need at home service call COA at (978) 887-1523.

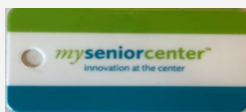


& Technology Assistance with Steph!

1-on-1 tech assistance is available to you. Learn how to perform certain functions or receive aid in fixing tech issues on laptops, iPads, and cell phones. Call 978-887-1523 to schedule an appt!

COA Registration Update

Please update your participation cards, account information, emergency contact information. All information is confidential but could be important information in an emergency.



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 Mondays, Thursdays & Fridays and Grocery Shopping every Wednesday 9:00AM & 1:00PM. Check our calendar for trips!



Topsfield Memory Café will be back this winter on the 2nd Saturday of the month January—March 10AM-12PM at the Topsfield Town Library.

A Memory Cafe is a safe and comfortable space where caregivers and their loved ones can socialize, listen to music, and enjoy making a seasonal craft. They provide mutual support and exchange information. This by itself is valuable if for nothing more than to obtain information about additional resources.

Bonfire Events at Rest-Stop-Ranch; February 4th, *Spring is Coming* theme and February 18th, *Mardi Gras Party*, Costume optional. Both Saturdays will be at the Rest-Stop-Ranch 202 Haverhill Road, Topsfield.

50+ Job Seekers

The 50+ Job Seekers in Massachusetts is supported by the MA Council on Aging. The 50+ program provides 50+ job seekers with robust materials, strategies, content, and guidance to network and navigate their way through a successful job search. They teach you how to network successfully and how to use LinkedIn for our effective job search, networking and research tool during their career/life transition. We help them to overcome ageism embedded in the on-line application process and show them how to create a resume and an elevator speech to combat age stereotypes. If you are interested in attending one of our meetings, please be sure to pre-register. For information, contact Denise Magnett, Administrative Assistant @ 50plusjobseekersadmin@mcoonline.com

Hoarding Resources

Hoarding disorder is a persistent difficulty discarding or parting with possessions because of a perceived need to save them. A person with hoarding disorder experiences distress at the thought of getting rid of the items. Excessive accumulation of items, regardless of actual value, occurs.

For more information, resources, workshops and support groups go to:

<https://www.masshousing.com/programs-outreach/community-services/housing-stability/hoarding>

Spotlight Fuel Assistance



Cold Relief Energy Saving Tips

Family Size (# of people in the household)	100% of Federal Poverty Level	125% of Federal Poverty Level	150% of Federal Poverty Level	175% of Federal Poverty Level	200% of Federal Poverty Level	60% of Estimated State Median Income
1	\$ 12,880	\$ 16,100	\$ 19,320	\$ 22,540	\$ 25,760	\$ 40,951
2	\$ 17,240	\$ 21,775	\$ 26,130	\$ 30,485	\$ 34,840	\$ 53,551
3	\$ 21,960	\$ 27,450	\$ 32,940	\$ 38,430	\$ 43,920	\$ 66,151
4	\$ 26,500	\$ 33,125	\$ 39,750	\$ 46,375	\$ 53,000	\$ 78,751

- Caulk and weather-strip doors and windows that leak air.
- When home, turn down the heat to 68° F or as low as comfortable.
- When you are asleep or away from home, turn thermostat back 7° to 10° for eight hours and save as much as 10% a year on your heating and cooling bills.
- Consider getting a programmable thermostat.
- Turn down the temperature of your hot water heater to 120°.
- Have your oil-fired heating system serviced annually or your gas-fired heating system serviced every three years.
- Clean or replace furnace filters every other month.
- Keep the fireplace flue damper closed unless a fire is burning.
- Check that warm air registers, baseboard heaters and radiators are not blocked by furniture or drapes.
 - Close your curtains and shades at night; open them during the day.

Contact us for more information about our services. Massachusetts Department of Housing and Community Development (617) 573-1100 or visit us on the web at www.mass.gov/hed/fuel.

Topsfield's Area Agency : North Shore Community Action Programs, Inc. (NSCAP) 119 Rear Foster Street, Bldg. 13 Peabody, MA 01960 (978) 531-8810, Info/App. Status (978) 548-5729, Appointments (978) 548-5712, WAP/HWAP www.nscap.org

Eligible homeowners and renters, including households whose cost of heat is included in the rent, can apply at a LIHEAP agency in their area — [visit www.mass.gov/hed/fuel](http://www.mass.gov/hed/fuel) for the listing! Eligibility is based on a number of factors, including but not limited to, household size and the gross annual income of every household member 18 years of age or older. Household income cannot exceed 60% of estimated State Median Income. You will be provided more information on the application process when you contact your local LIHEAP agency. Call the DHCD Heatline (800) 632-8175 Find Someone to Help You in Your City/ Town www.mass.gov/hed/fuel What You Need To Know Home Energy Assistance - LIHEAP helps pay a portion of eligible households' home heating bill during the winter season. HEARTWAP - a year round program that serves LIHEAP eligible households with heating system repair, replacement and maintenance services. Weatherization Assistance Program - a year round program that serves LIHEAP eligible households with air sealing, attic/sidewall insulation, weather-stripping and weatherization related repairs.

Other Helpful Information New and returning households may apply for Home Energy Assistance online via the applicant portal! Visit <https://www.toapply.org/MassLIHEAP>.

Water & Sewer Bill Assistance - When applying for Home Energy Assistance in FY23, be sure to provide your local agency with your water and sewer account information, if available, as there is funding for a household's water and sewer service costs.

Rental Assistance - Many households are experiencing difficulties with rental arrearages across the Commonwealth. Help is available at local Rental Assistance Agencies.

CLASSIC LITERATURE WORD SEARCH PUZZLE



A TALE OF TWO CITIES

ETHAN FROME

LITTLE WOMEN

THE ODYSSEY

ANNA KARENINA

GREAT EXPECTATIONS

MOBY DICK

THE SCARLET LETTER

CYRANO DE BERGERAC

HUCKLEBERRY FINN

OLIVER TWIST

TREASURE ISLAND

DAVID COPPERFIELD

IVANHOE

ROBINSON CRUSOE

WHITE FANG

DON QUIXOTE

JANE EYRE

SILAS MARNER

WUTHERING HEIGHTS

www.WordSearchAddict.com

Literature Humor:

What's a car's favorite genre of literature?

An auto-biography

What do you get when you mix American Literature and alcohol?

Tequila Mockingbird



Herbert Wass

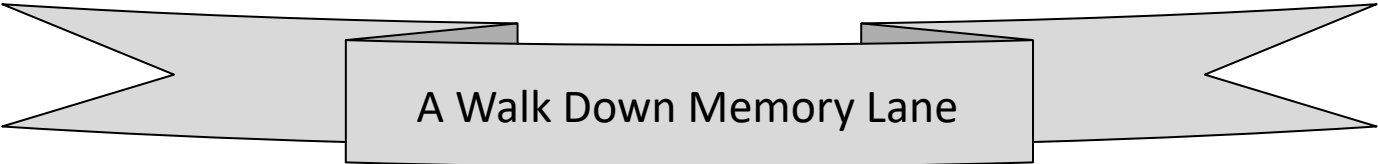
Suzanne Davriah

Kenneth Cataldo

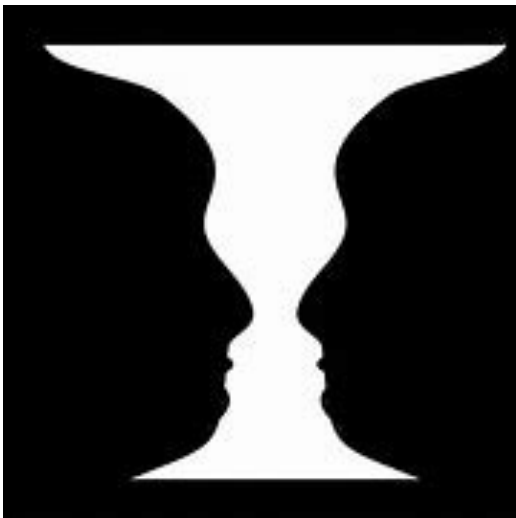
James Wilson

Shirley Connelly

Lois Carpenter



A Walk Down Memory Lane



Two pictures in one;
Vase or two profiles?



The Best TV Shows of the 1950s

1. I Love Lucy (1951–1957)
2. Leave It to Beaver (1957–1963)
3. Father Knows Best (1954–1960)
4. The Danny Thomas Show (1953–1965)
5. The Honeymooners (1955–1956)