

The Scoop

July/August 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...



Living Life Locally is about Community and Lifestyle

Happy Summer,

In the challenging years that are hopefully behind us we have seen kindness, neighborly friendships, and so much giving that warms our hearts and we thank you all for that! We want you to know that the Council on Aging is a resource not only for referrals and services, but for all those things you said you were going to do when you retired. Join us for flower arranging, lunch at restaurants, museums, exercise classes and so much more.



New to Topsfield will be a seasonal **HomeGrown Market** sponsored by the Topsfield Recreation Department and the Council on Aging. Enjoy shopping locally, including fresh produce, baked goods, local art work and more. Our outdoor market will be located on the Topsfield Town Common on the third Thursday of the month June through September 4-6:30PM. Stop by and enjoy shopping, live entertainment, food from local food trucks and some great company!

We hope you will join us for it all!

The Topsfield COA Team

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Town Hall Hours:

July & August hours:

Monday

8:00 AM to 7:00 PM

Tuesday-Thursday

8:00 AM to 4:00 PM

Closed on Fridays

Programming

All activities that are not listed as Virtual are at

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)

No class in July

August 15th

\$20.00 per class, includes all supplies!
To sign up, call (978) 887-1523

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

July 11th, 25th & August 8th & 29th 9 am-12 pm

\$20 per class, includes all supplies!
To sign up, call (978) 887-1523

LIVE & Virtual Restorative Yoga with Joan!
Mondays 3-4 pm

Perfect for all levels!

White Pack Cards with Kendra Berube

Thursday, July 28th & August 25th 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.
Join Beth at Town Hall 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 9:30 am

Mahjong- Mondays 12:30 pm

Canasta- Thursdays 9:30 am

Shopping Trip to Market Basket Plaza

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).

\$2.00 Suggested bus donation

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
No Book Group in July & August

Virtual Travel with Chrysa
will resume in September

Silver Screening

Thursday, July 21st & August 18th at 12:30

Join Vinny at Town Hall or *Virtual*

Dance out Dementia

Most Thursdays at 2:15pm in July

Join Maggie at Town Hall or *Virtually*

Flower Arranging: Fresh Look Designs

One Thursday a month 9:30 am with Tom

July 7th-Small Annual Plants

August 4th-Small succulent planting

HomeGrown Market

Third Thursday of the month 4-6:30PM

Topsfield Town Common

July 21st, August 18th & September 15th

Enjoy shopping local, food trucks and live music!

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



COVID Prevention:

The COVID-19 virus continues to mutate, developing new strains that are highly contagious. To avoid the spread of COVID, use a home test to confirm that you are not COVID positive before attending group events, wear a mask in areas of high population and poor ventilation, and get the COVID booster. The Topsfield Board of Health has at-home test kits available to residents free of charge. Call 978-887-1520. Visit the town website at www.topsfield-ma.gov for up to date information on COVID and COVID vaccine clinics.

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 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.

9-1-1 Disability Indicator Form

The filing of this document will alert public safety officials that an individual with the calling phone number (landline and/or wireless) has a disability that may hinder evacuation or transport. This information is confidential and will ONLY appear on the dispatcher’s NG9-1-1 screen when a 9-1-1 call originates from the phone number(s) provided below.

*PLEASE NOTE: IT IS IMPORTANT TO SUBMIT A NEW DISABILITY INDICATOR FORM UPON CHANGE OF SERVICE PROVIDER AND ADDRESS.

- “LSS” Life Support System: has equipment required to sustain their life.
- “MI” Mobility Impaired: is bedridden, wheelchair user or has another mobility impairment.
- “B” Blind: is legally blind.
- “DHH” Deaf or Hard of Hearing: is deaf or hard of hearing.
- “TTY”: may be communicating via TTY.
- “SI” Speech Impaired: has a speech impairment.
- “CI” Cognitively Impaired: is cognitively impaired.
- PLEASE REMOVE any designation presently on file.
- PLEASE CHANGE existing designators to those shown above.

The information provided on this form is confidential and will only be available to the dispatcher when a 9-1-1 call originates from the phone number provided on the form below. The disability indicator information will remain in the 9-1-1 system until you submit an updated form to request a change or removal. It is your responsibility to complete another form and resubmit it to your Municipal Coordinator when there is a change in the information described on this form.

Pick up a copy of this form at the Topsfield Council on Aging or www.mass.gov/doc/disability-indicator-form/download to print a copy.

Agencies & Organizations

Providing Vital Support



SeniorCare, Inc.

Our Area Agency Information, Referral & Advocacy
(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, emotional, or financial exploitation) of suspected elder abuse or neglect, 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
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
Christine Cotti	Member
Mary Ann Cosgrove	Member
Mary Margaret Keaney	Member
Elaine Crippen	COA Board Liaison

COA Contacts:

Kathleen Barbarisi

Council on Aging (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

Advice from your Public Servants



Tips from the Topsfield Fire Department

Barbecue Safely

- 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.
- Never use gasoline on any grill!
- Grills can only be used on first floor decks, balconies or patios if there is an outdoor stairway to the ground, or it is at ground level.
- Grills are prohibited on any porch, balcony or deck that has a roof or overhang.

Gas Grills

- LP-gas is heavier than air and sinks. A leaky grill could pose a hazard to people below. Possible ignition sources include smoking materials, air conditioners, compressors, pilot lights and cars.
- Keep all LP-gas outside, 10 feet away from building openings such as doors, windows, dryer vents and 20 feet away from air intake vents and all ignition sources.

Before lighting a grill

- Make sure all connections are secure and tight, and open the lid.
- Caution! If the flame goes out, turn off the gas and wait 10 minutes for excess gas to dissipate before relighting.
- Make sure the grease trap is clean

Charcoal Grills

- Use only charcoal lighter fluid to start charcoal grills.
- Once coals are lit, never add more lighter fluid to the fire. Flames may travel up the stream of fluid resulting in serious burns.
- Dispose of ashes in a metal container.

Gasoline and Lawn Mowers

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

Tips from the Topsfield Police Department



Scam Phone Callers pretending to be Police Officers

We have seen an increase of scam phone callers pretending to be **actual** officers of the Topsfield Police Department. These scammers are using real names of police officers and claiming they need information, money, etc. If anyone calls and asks for important information, HANG UP and call us at (978) 887-6533.

Family Emergency Scams back on the rise!

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

Tips from the Topsfield 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 sunburn, food borne illness or COVID exposure.

Food Preparation:

Use care when storing meat and poultry. Store uncooked meat and poultry on a refrigerator shelf below fruits and vegetables so it 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 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 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 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 does not include overnight trips (see info Below).

- **The Producers** at the Firehouse Center for the Arts, Newburyport Thursday, July 7th at 7:00PM, \$22.00 p/p.
- **Shades of Bubl ,** A Three Man Tribute to Michael Bubl , Wednesday, September 21st, 2022 Danversport Yacht Club luncheon \$74. p/p.
- **Christmas with Paul Anka,** Special Holiday Tribute, Includes Luncheon, Tuesday, December 6, 2022 at Danversport Yacht Club, \$74. p/p.

Upcoming Overnight Trips:

- **Boothbay Harbor & Cabbage Island Lobster Bake** - August 9th - 10th, 2022
- **White Mountains Tour** August 30th-September 2, 2022 (Organized by Great Hill)
- **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)

To sign up, for information or additional trips that are available, call the COA (978) 887-1523 or come to the COA office, 2nd floor of the Town Hall.

Notes from the...

Mass Relay

This is a free and confidential relay service enables those who are disabled to communicate over regular telephone lines through the use of a relay operator. MassRelay is our free and confidential communication relay service for those who may be deaf, hard-of-hearing, late deafened, or speech disabled. Depending on the type of disability, our relay services are specialized to fit to your needs.

Services Available

For more information go to...

www.mass.gov/massrelay

If you already have your own text telephone, you're able to have your messages relayed to whoever you call and have their responses typed back to you.

To start, you can call (800) 439-2370.

Family Caregiver Support Program

Are you caring for an older family member? Are you a grandparent (55+) caring for a grandchild? Or a relative (55+) caring for an individual with a disability? The Family Caregiver Support Program may be able to help you. The Family Caregiver Support Program is free. This program can help you care for a member of your family.

Services Available

A Caregiver Specialist will create a plan and give you tips and support.

Find out more by calling 1 (800) 243-4636 and asking to speak with a Caregiver Specialist. Learn more about the program and resources for caregivers at mass.gov, EOE.

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.

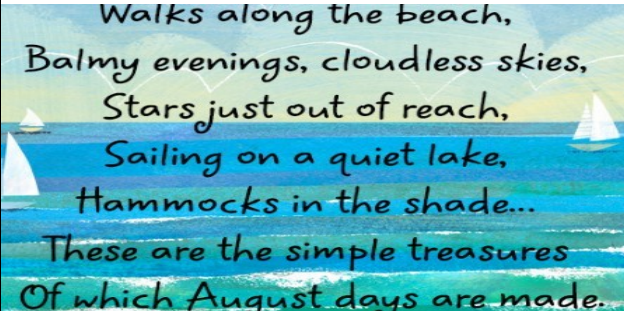
Services Available

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.

July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">Just in Between by Lenore Hetrick</p> <p>July is the month that's in between- Between the bloom of perfect June, And the Hazy, smoky hint of autumn In August's tranquil red-gold moon.</p> <p>Between the rose and crimson lush Of June's garden of queenly flowers, And the mellow hint in field and orchard That August gives of harvest hours.</p>					<p align="center">1</p> <p>Town Hall Closed</p> <p>1:00 Virtual Balance in Motion with Dianna</p>	<p align="center">2</p>
<p align="center">3</p>	<p align="center">4</p> <p>Town Hall Closed Independence Day</p> 	<p align="center">5</p> <p>Trip: 10:30 Walk around Newburyport and have lunch at: Oyster Bar Sea Level (sign up)</p>	<p align="center">6</p> <p>9:00 Market Basket 11:15 Tai-Chi</p> <p>1:00 Virtual Arthritis Exercise Class</p> <p>1:30 Crafters Club 5:00 Supper Club</p>	<p align="center">7</p> <p>9:30-11:30 Canasta</p> <p>12:30 Small annual planting Tom with Fresh Look Design (sign up)</p> <p>2:15 Dance out Dementia with Maggie</p> <p>6:00 The Producers— Firehouse in New- buryport (sign up)</p>	<p align="center">8</p> <p>Town Hall Closed</p> <p>1:00 Virtual Balance in Motion with Dianna</p>	<p align="center">9</p> <p>8-10 Food Pantry at Trinity</p> <p>10-12 Memory Café at Rest-Stop-Ranch registration pre- ferred</p>
<p align="center">10</p> <p>10:00-2:00 Sunday Stroll at Rest-Stop-Ranch</p>	<p align="center">11</p> <p>9-12 Joli's Oil Painting Class</p> <p>9:30 Scrabble</p> <p>12:30 Mahjong</p> <p>3:00 Live & Virtual Restorative Yoga</p> <p>4:30 Monday Night Movie</p>	<p align="center">12</p> <p>10:00 Speaker & Author: Nancy Guilmartin At Town Hall</p> <p>11:30 Trip to Cher- ry Farm Creamery, Danvers (Sign up for one or both events)</p> <p>4:00 COA Board Mtg.</p>	<p align="center">13</p> <p>9:00 Market Basket 11:15 Tai-Chi</p> <p>1:00 Virtual Ar- thritis Exercise Class</p> <p>1:30 Crafters Club 5:00 Supper Club</p>	<p align="center">14</p> <p>9:30-11:30 Canasta</p> <p>10:00 VNA Clinic - Town Hall</p> <p>2:15 Dance out Dementia with Maggie</p>	<p align="center">15</p> <p>Town Hall Closed</p> <p>1:00 Virtual Balance in Motion with Dianna</p>	<p align="center">16</p>
<p align="center">17</p>	<p align="center">18</p> <p>9:30 Scrabble</p> <p>12:30 Mahjong</p> <p>3:00 Live & Virtual Restorative Yoga</p> <p>4:30 Monday Night Movie</p>	<p align="center">19</p> <p>Trip: 9:30 Portsmouth, NH Trip: Albacore Submarine Museum or Shopping and Lunch at Bratskellar (sign up)</p>	<p align="center">20</p> <p>9:00 VNA Clinic -LBV 9:00 Market Basket</p> <p>NO Tai-Chi</p> <p>1:00 Virtual Arthritis Exercise Class</p> <p>1:30 Crafters Club 5:00 Supper Club</p>	<p align="center">21</p> <p>9:30-11:30 Canasta</p> <p>12:30 Silver Screen- ing with Vinny</p> <p>2:15 Dance out Dementia with Maggie</p> <p>4-6:30 HomeGrown Market - Town Common</p>	<p align="center">22</p> <p>Town Hall Closed</p> <p>1:00 Virtual Balance in Motion with Dianna</p>	<p align="center">23</p> <p>8-10 Food Pantry at Trinity</p> <p>4-6 Rest-Stop-Ranch Meet & Eat</p>
<p align="center">24</p>	<p align="center">25</p> <p>9:30 Scrabble</p> <p>9-12 Joli's Oil Painting Class</p> <p>12:30 Mahjong</p> <p>3:00 Live & Virtual Restorative Yoga</p> <p>4:30 Monday Night Movie</p>	<p align="center">26</p> <p>9:30 Tech Tips with Steph.</p> <p>11:30 Traveling Chef BBQ—Town Hall RSVP please!</p> <p>Trip: 1:30 Tendercrop Farm & Scenic Drive (sign up)</p>	<p align="center">27</p> <p>9:00 Market Basket</p> <p>11:15 Tai-Chi</p> <p>1:00 Virtual Arthritis Exercise Class</p> <p>1:30 Crafters Club 5:00 Supper Club</p>	<p align="center">28</p> <p>9:30-11:30 Canasta</p> <p>12:30 White Pack Cards with Kendra</p> <p>2:15 Dance out Dementia with Maggie</p>	<p align="center">29</p> <p>Town Hall Closed</p> <p>1:00 Virtual Balance in Motion with Dianna</p>	<p align="center">30</p> <p>6-8PM 4EverFab</p> <p>Beatles cover band on the Town Green Sponsored by the Gould Trust</p>
<p align="center">31</p>						

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Restorative Yoga 4:30 Monday Night Movie	2 9:30 Historic drive on Battle Road Scenic byway, visiting center stop and Lunch at the Colonial Inn Lexington & Concord (sign up)	3 9:00 Market Basket 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	4 9:30-11:30 Canasta 12:30 small succulent planting with Tom 2:15 Exercise Class	5 Town Hall Closed 1:00 Virtual Balance in Motion with Dianna	6
7 4-6 Concert on the Green: Cyn & Redemption Hosted by Cultural Council	8 9-12 Joli's Oil Painting Class 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Restorative Yoga 4:30 Monday Night Movie	9 See Thursday for trip 9:30 Tech Tips with Steph. 12:00 Traveling Chef Lunch 1:30 Ice Cream at Putnam Pantry (sign up) No COA Board Mtg.	10 9:00 Market Basket 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	11 10:00 VNA Clinic Town Hall 9:30-11:30 Canasta 9:30 Museum of Fine Arts, Boston (sign up) 2:15 Exercise Class	12 Town Hall Closed 1:00 Virtual Balance in Motion with Dianna	13 8-10 Food Pantry at Trinity 10-12 Memory Café at Rest-Stop-Ranch 4-6 Rest-Stop-Ranch Meet & Eat
14 10:00-2:00 Sunday Stroll at Rest-Stop-Ranch 4-6 Concert on the Green TBA Hosted by Cultural Council	15 9-12 Bill Duke's Watercolor Class 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Restorative Yoga 4:30 Monday Night Movie	16 Trip: 10:00 Larz Anderson Auto Museum and lunch at Zaftigs Deli Brookline, Ma. (sign up)	17 9:00 VNA Clinic @ LBV 9:00 Market Basket 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	18 9:30-11:30 Canasta 12:30 Silver Screening with Vinny 2-4 Vaccine Clinic 4-6:30 HomeGrown Market -Town Common	19 Town Hall Closed 1:00 Virtual Balance in Motion with Dianna	20
21 6-7:30 Andrew Marshall - Boxford resident performed in Season 20 of The Voice Town Green Hosted by Town Library	22 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Restorative Yoga 4:30 Monday Night Movie	23 Trip: 9:00 Boston Historical Sightseeing Harbor Cruise (1hr) and lunch at the Boston Sail Loft (sign up)	24 9:00 Market Basket 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club NO Supper Club	25 9:30-11:30 Canasta 12:30 White Pack Cards with Kendra (sign up) 2:15 Exercise Class	26 Town Hall Closed 1:00 Virtual Balance in Motion with Dianna	27 8-10 Food Pantry at Trinity
28 4-6 Concert on the Green: Matt York Hosted by Cultural Council	29 9-12 Joli's Painting Class 9:30 Scrabble 12-2 Antique Car Show & Cookout 3:00 Live & Virtual Restorative Yoga 4:30 Monday Night Movie	30 Trip: 10:00 The Sargent House Museum (there are stairs) and Lunch at the Pilot House, Gloucester (sign up)	31 9:00 Market Basket 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	 <p> <i>Walks along the beach, Balmy evenings, cloudless skies, Stars just out of reach, Sailing on a quiet lake, Hammocks in the shade... These are the simple treasures Of which August days are made.</i> </p>		

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 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

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, surgery, immobility or age.

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

Noticeboard



Free Step-By-Step Technology Tutorial Guides!

If you are interested in learning how to better use the internet, email, text, take photos, etc., the Dementia Friendly Topsfield Task Force invites you to access FREE digital skills training. The nonprofit, Generations on Line (generationsonline.com) will electronically guide you through FREE step-by-step training for your Apple, Android, or Amazon device. There is also a tutorial on how to navigate and read digital newspapers. For complete information, go to: <https://www.topsfield-ma.gov/council-aging/pages/dementia-friendly-topsfield> and scroll down to **Technology Resources for All** to find your device and become a technology pro!

24/7 HELPLINE

Specialist and master-level clinicians offer free 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.

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.
Summer hours of bus availability;
8:30am to 3:30am on Mondays and Thursdays 1:00– 3:30 PM on Wednesdays.
Bus service fee is based on a suggested confidential donation.

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.



July ~ Lily Fest

1000 Lilies all accessible by foot or wheelchair.

Meet & Eat 4-6pm

July 23rd and August 13th Enjoy a brown bag lunch and enjoy the gardens and social. Max group of 10 people

Information, Questions, or RSVP ~ please contact Mary at Rest-Stop-Ranch located at 202 Haverhill Road, Topsfield

(978) 887-4202 or go to rest-stop-ranch.org

NORTH SHORE COMMUNITY ACTION PROGRAM

Department of Energy Weatherization Assistance Program

This program is federally funded and is designed to help you save money on your heating and cooling costs and to make your home healthier, safer, and more comfortable. A home energy assessment is done by a NSCAP Project Coordinator, and all work is done by professional, insured contractors. Conservation measures may include attic and wall insulation and air sealing. If you are eligible for fuel assistance, you may qualify for this program. Homeowners and renters may qualify. For more information go to www.nscap.org/our-programs/energy-services.

Spotlight HEARING LOSS

Hearing loss is one of the most common conditions affecting older and elderly adults. According to the National Institute on Deafness and Other Communication Disorders, one in three people between the ages of 65 and 74 has hearing loss, and nearly half of those older than 75 have difficulty hearing.

The effect of hearing loss on an older person can be devastating. Having trouble hearing can make it hard to understand and follow a doctor's advice. Hearing doorbells and alarms becomes difficult. Having conversations becomes hard. This can be frustrating, embarrassing and at worse, dangerous. But, these are not the only problems that can follow hearing loss.

In a study that tracked 639 adults for nearly 12 years, a Johns Hopkins research team found that mild hearing loss doubled dementia risk. Moderate loss tripled risk, and people with a severe hearing impairment were five times more likely to develop dementia.

There are options to help with hearing loss, but first you need to detect its occurrence. Here are some questions based on a tool for hearing loss. If you answer yes to three or more of these questions you could have a hearing problem and you should check with your doctor.

- Do you sometimes feel embarrassed when you meet new people because you struggle to hear?
- Do you feel frustrated when talking to members of your family because you have difficulty hearing them?
- Do you have difficulty hearing when someone speaks in a whisper?
- Do you feel restricted or limited by a hearing problem?
- Do you have difficulty hearing when visiting friends, relatives, or neighbors?
- Does a hearing problem cause you to attend religious services less often than you would like?
- Does a hearing problem cause you to argue with family members?
- Do you have trouble hearing the TV or radio at levels that are loud enough for others?
- Do you feel that any difficulty with your hearing limits your personal or social life?
- Do you have trouble hearing family or friends when you are together in a restaurant?

Hearing loss can happen for a number of different reasons. Hearing loss might be a genetic trait or may be caused by illness or injury. Another reason for hearing loss is having been exposed to extended periods of loud noise. Many construction workers, farmers, musicians, airport workers, and people in the armed forces are subject to hearing loss.

There are a number of ways to address hearing loss. You must determine what works best for you and your circumstances. Here are a few ways to counteract hearing loss:

Hearing aids. They make sounds louder. Often things will sound different than you are used to, which can make getting use to a hearing aid difficult. You may need to try a number of hearing aids before you find the one that works for you.

Cochlear implants. These are small electronic devices surgically implanted in the inner ear. These implants are for people whose hearing loss is severe.

Assistive listening device, these include amplifying devices for the telephone, or cell phone. They can also be helpful in places of worship, theaters, and auditoriums.

Lip reading. People who use this method pay close attention to others when they talk, by watching how the speaker's mouth moves.

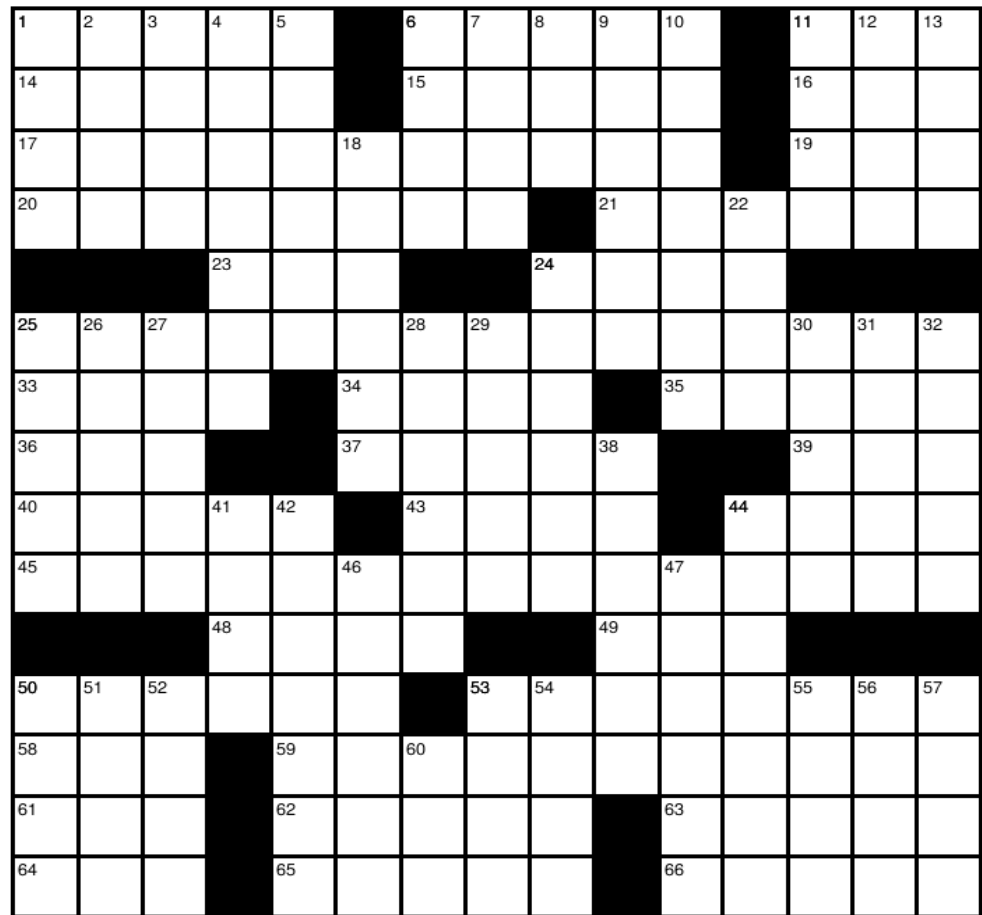
Hearing aids and other devices are rarely covered by insurance, and they are not inexpensive. But, the cost to the individual with hearing loss is much more in loss of quality of life.

SeniorCare keeps a list of organizations that assist with hearing aids and other hearing assistance devices. To learn more, call SeniorCare at 978-281-1750 or TTY: 978-282-1836 and ask to speak with an Information & Referral Specialist.

Veterans, contact the Federal Veterans Administration to see if you are entitled to hearing aids. Bedford, VA Hospital (781) 687-2000 or contact Topsfield's VSO at (978) 887-0335.

ACROSS

- 1. Watch word?
- 6. Frenzied
- 11. Treasury Dept. bureau
- 14. Pyramid on the Strip
- 15. Actress Durance who plays "Smallville"s Lois
- 16. Ball or bell, e.g.
- 17. Stay still while asea
- 19. Unilever body spray brand
- 20. Destination in a 1920 sci-fi "Voyage"
- 21. Play with the line "Hell is other people"
- 23. Proposed Const. ammendment since 1923
- 24. Big East team
- 25. Source of an epic literary run-on (with "A")
- 33. Managed care gps.
- 34. Attention-getting sound
- 35. Hardly svelte
- 36. Windy City school
- 37. Thrust
- 39. Wrestler's victory
- 40. Future Drs. hurdles
- 43. "Show Boat" author Ferber
- 44. Assay
- 45. Lunchbox classic
- 48. Large digit
- 49. Fed. auditing grp.
- 50. Waste management?
- 53. Highway crossing
- 58. Amazed exclamation
- 59. Signs of indecision, and things found in 17, 25, and 45 across
- 61. Bluesman Rawls
- 62. Limber



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- 63. Mountain in a Trevanian thriller
- 64. They had grooves for DJs
- 65. Actresses Lanchester and Pataky
- 66. Plummets
- 9. Emblematic
- 10. Pipe to the parietal
- 11. He fought beside Odysseus
- 12. Roll to the runway
- 13. What guitarists often do, but violinists cannot
- 18. One-time PLO chairman
- 22. Words of censure from Caesar
- 24. Los Angeles suburb
- 25. Large digit
- 26. Rhode Island-based insurance company
- 27. One whose "from these parts"
- 28. What a lecher might give you
- 29. Proceeds
- 30. JFK Library architect
- 31. Certain Prot.
- 32. Kind of pop promoted by "Depeche Mode"
- 38. Vocal categories
- 41. Singer Tennille
- 42. Symptom of winter woes
- 44. Hand that's unlikely to win a big pot
- 46. Call for
- 47. Flitted
- 50. Payment at a booth
- 51. Free-throw target
- 52. Poison ivy genus
- 53. Workplace auditing grp.
- 54. Flock formations
- 55. Mythical adventurers' ship
- 56. Procedure part
- 57. Ukr. and Lith., once
- 60. USMA grads

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



Paul Gillespie

Lois Enfield

Robert Gibeley

Antonia Demakis

Kindra Clineff

Alexander Carter

A Joyful spirit is always Young

Game & Answer Key:

OMEGA		MANIC		ATF
LUXOR		ERICA		JAR
LIEAT	ANCHOR			AXE
ARCTURUS		NOEXIT		
	ERA		PITT	
TALEO		TWOCITIES		
HMOS		AHEM		DUMPY
UIC		TENOR		PIN
MCA	TS	EDNA		TEST
BAL	ONEY	SANDWICH		
	NINE		GAO	
THRIFT		OVERPASS		
OOH		FALSESTARTS		
LOU		LITHE		EIGER
LPS		ELSAS		DROPS

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

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