

# The Scoop

## MARCH/APRIL 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](mailto:topsfildmacoa@gmail.com)

### Let's Live Local...



*Living Life Locally is about Community and Lifestyle*

Looking forward to Spring? Spring starts Monday, March 20th! As we spring ahead lets look forward to some amazing events here in Topsfield.

We encourage you to check the Town websites for upcoming events; Library, Historical Society and [Topsfield-ma.gov](http://Topsfield-ma.gov). You will also find information on Facebook, Instagram, Twitter and you can sign up for top 10 things to know about Topsfield by

going to <https://mailchi.mp/fdc558e21236/topsfild-top-10> .

The Town Hall was Erected in 1873. Join the Recreation Department and the Keepers of the Clock in celebration of the 150th Anniversary on Saturday, April, 29th, 11:00-1:00.

What makes a strong community is one where all residents hold genuine, mutual respect for one another and have a strong commitment to where they live. It is based on the foundation of a willingness to help and support one another.

The Council on Aging is a consumer centered organization that provides services and referrals for immediate and future needs. We hope that you will reach out to us if you or a relative, friend, neighbor or just someone you observed that might need some assistance. All interactions are conducted with strict confidentiality, integrity and respect.

*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

### Topsfield Social Media

FACEBOOK: [facebook.com/townoftopsfield](https://www.facebook.com/townoftopsfield)  
INSTAGRAM: [Instagram.com/townoftopsfield](https://www.instagram.com/townoftopsfield)  
TWITTER: [twitter.com/townoftopsfield](https://twitter.com/townoftopsfield)

# Programming

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

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

**March 13th , April 10th**  
\$20.00 per class, includes all supplies!  
*To sign up, call (978) 887-1523*

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

**March 27th & April 24th 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**  
**March 9th & April 9th at 11:00AM**

*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).  
*To sign up, call (978) 887-1523*

**Virtual Arthritis Class**  
**Wednesdays 11:00 pm**

Join Carol Pallazolla with PACE at Element Care for a  
*virtual* arthritis class.

Meeting ID: 838 1992 4499      Passcode: 123456

**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](mailto:TopsfieldSupperClub@gmail.com)

**Book Club**

**4th Thursday of the month at 9:30am**

**March 23rd: The Japanese Lover**  
**April 27th: Mrs. Harris goes to Paris/New York**

**Silver Screening**

**Thursday, March 16th & April 20th 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  
**1st Thursday of the month 12:30 am \$15.00**  
March 2nd & April 6th

**Tech Tips with Steph**

**One Friday a month at 9:30**  
**March 10th; Topsfield Social Media**  
**April 14th; Facebook Marketplace**

**Virtual Balance in Motion**  
**Fridays 1:00 pm**

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

To participate email [DiannaDaly@gmail.com](mailto:DiannaDaly@gmail.com)

# Helpful Services & Resources



## Mr. Fix It - Electrician

Join volunteer Rob Roy, retired licensed electrician on March 7th and/or April 4th 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](mailto: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 & support, (978) 283-2131 or (800) 272-3900.

## What is a SHINE Counselor ?

SHINE counselors can answer your questions about Medicare and also help you make decisions about your benefits and drug plans.

- Understand your insurance coverage
- Find the right coverage for you
- Find ways you can save money on your prescription drugs and health insurance
- Help you apply for programs that will lower your costs

Select the Medicare Prescription Drug Plan that covers your medications. This should be an annual call to make sure your in the right plan as they change frequently. Make an appointment by calling the COA at 978-887-1523 or MassOptions 1-800-243-4636 or [www.mass.gov](http://www.mass.gov).

## Has your Electricity Bill gone Sky-High?

If YES, there is an easy way to **substantially** reduce your bill **Go to [energyswitchma.gov](http://energyswitchma.gov)** you will see a list of electricity suppliers you can switch to.... It can be done with a phone call, and you will still get your bill from National Grid.

### Things to look for:

- Look for the lowest price.
- Contract Cancellation Cost—it can range from \$0 to \$200  
If you Choose \$0-- you can change suppliers with no penalty if rates go down from other suppliers.
- Contact Length-it can range from 3-36 months. If you picked \$0 Cancellation Costs, lock in for the longest contract you can get.
- 100% Green – by law, all suppliers must provide 59% green energy in 2023, but you can go **100% green** if you choose to.

Balance these four items and pick the best solution for you. You CAN get a low rate, \$0 cancellation cost, 36 months, and **green** from one supplier. For more information call the COA (978) 887-1523 or Roy Baessler (978) 304-7595.

# Agencies & Organizations

## Providing Vital Support



### SeniorCare, Inc.

(978) 281-1750 or [www.SeniorCare.com](http://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](http://www.elementcare.org)  
 PACE & SNAP services go to [www.mass.gov](http://www.mass.gov)

### Disability Resource Center

(978) 741-0077 or [www.DisabilityRC.org](http://www.DisabilityRC.org)

### Veterans Services Officer

(978) 380-8397 or [dick.cullinan@verizon.net](mailto:dick.cullinan@verizon.net)

### United Way 211

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

### Call2Talk

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

### Elder Abuse Hotline

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

### Suicide Hotline

**899** or email [suicidepreventionlifeline.org](mailto:suicidepreventionlifeline.org)

### SHINE Counselor

Free Health Care Insurance Information Including Medicare. (800) 243-4636 or [Mass.gov](http://Mass.gov)

### Topsfield Police, Non-Emergency

(978) 887-6533

### Topsfield Fire Department, Non-Emergency

(978) 887-5148

### BOARDS:

#### COA Board:

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

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

#### Friends of COA Board:

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

#### COA Contacts:

##### **Kathleen Barbarisi**

COA Director  
[kbarbarisi@topsfield-ma.gov](mailto:kbarbarisi@topsfield-ma.gov)

##### **Beth Wideberg**

Senior Administrative Assistant and  
 Meals on Wheels Coordinator  
[bwideberg@topsfield-ma.gov](mailto:bwideberg@topsfield-ma.gov)

##### **Stephanie Sweeney**

Data Clerk & Technology Coordinator  
[ssweeney@topsfield-ma.gov](mailto:ssweeney@topsfield-ma.gov)



## News from the Police Department

### TIPS FROM THE CRIMINAL INVESTIGATION DIVISION

#### Motor Vehicle Breaks

With a recent increase in motor vehicle breaks, we remind residents to lock their vehicles when unattended and do not keep valuables inside. Doing both is the best way to ensure your vehicle will not be a target. Criminals will test doors to see if unlocked and also look inside for valuables through the windows. If nothing shown, they are more likely to move on.

#### Contractor Scams

Contractor scams are back on the rise with services such as paving, painting, general home repair. First rule, if it sounds too good to be true.....it is! Be cautious of these types of unsolicited contractors and also plan your due diligence to look into contractors before agreeing on a job. Always check references and the Better Business Bureau to ensure the contractor is properly licensed and has good reviews. When in doubt call your friends at the Topsfield Police Department for assistance.

#### Tips for keeping yourself safe in a parking lot or garage

Always park in a well-lit area if possible. Park as close to an entrance/exit if possible.

Awareness- pay attention to your surroundings and do not be looking at a cell phone or other distractions.

Look around before you exit and keep your vehicle locked until you are ready to do so.

**Stay Safe!**

## News from the Fire Department

### General Safety Tips

General safety is the first thing to consider heading into spring. Here are some great spring safety tips to keep yourself and your family safe as your transition into the new season:

- Removing any old paint cans and paint thinners, in addition to old newspapers and magazines. Your local dump station should have a place for hazardous material drop off to dispose of these chemicals safely.
- Consider your smoke alarms. Do you have enough in your residence or workplace? Change the batteries each spring to be sure you are properly prepared for an emergency.
- Clean the dust covers of carbon monoxide detectors.

Review your Emergency Escape Plan with each member of the family in the event of a fire.

- Clean or replace your furnace filter.
- Grease can accumulate on your stove hood. Properly cleaning this is one way to keep flames from spreading should a fire break out.
- Check all fire extinguisher needle indicators and dates to be sure they are working.
- Clean around your dryer. Pay close attention to any ducts or dampers to be sure that lint has not accumulated and blocked this space. Accumulation of lint can lead to a fire. Check all cords to prevent an electrical fire. Make sure they are not frayed, and wires are not visible.

# News from the Board of Health

## COVID Booster Vaccine

While the pandemic is now behind us, the CDC continues to study COVID and its ever-evolving variants. The Topsfield Board of Health will continue to host monthly COVID-19 Vaccine Clinics in the Conference Room on the Second Floor of Town Hall (2nd floor) offering primary series and booster doses for all ages, 6 months and older. The new Pfizer and Moderna Bivalent vaccines are available. Clinics will run from 2:30 - 5:00 pm on the following Thursday dates: March 16, April 20, May 18 and June 15, 2023.

Registration required. To register, visit the Topsfield Town website at [www.topsfield-ma.gov](http://www.topsfield-ma.gov) or the Greater Cape Ann Community Collaborative at <https://home.color.com/vaccine/register/capeann>. 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 clinics are listed on the GCACC website <https://capeannclinic.com/>.

The Topsfield Board of Health has free COVID Test Kits available to Topsfield Residents while supplies last. Stop by or call the office at 978-887-1520.

## Trips to Take:



**Day Trips:** Transportation on the COA bus not provided on overnight trips (see information 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.*

- **The Corvettes** Doo Wop Revue and Lobsterbake at Fosters Lobsterbake in Maine Tuesday 8/8/23 \$89pp (includes transportation with Best of Times)

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

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

# Notes from the...

## COVID Test

The FDA just extended the expiration dates on iHealth COVID test kits that were due to expire in January 2023, they now have an extended expiration date to April 2023.

The iHealth website and QR codes have not yet been updated but will be at some point soon. Attached is an FAQ document about COVID testing to answer some of the common question we have been getting.

## Services Available

To find information about COVID, clinics and expiration dates on test kits. Go to [COVID-19 Updates and Information | Mass.gov](#)

or

[Call 2-1-1](#) for non-emergency questions and help.

## Silver Sneakers®

If you are 65+, you might have heard about “SilverSneakers” and wondered what it is and how it works. Well simply put, Silver Sneakers Medicare is a fitness program for seniors. The primary mission of the program is to help seniors reach a standard of living that applauds optimum health and wellness. It is aimed at getting the elder generation, including baby boomers moving about and feeling better about themselves. It provides memberships at local fitness centers to qualifying Medicare recipients.

## Services Available

There are over 13,000 fitness locations across the country, offering access to all club amenities, i.e. indoor/outdoor pools, steam, sauna, whirlpools, weights, fitness classes for all levels (led by certified instructors). There are program counselors who serve as informational resources and personal trainers available to guide you during your workout. Although the full SilverSneakers benefit may not included in your current health plan, you still have access to exclusive features. [www.silversneakers.com](http://www.silversneakers.com)

## Visiting Nurse Association (VNA)

### Visiting Nurse Association

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





**Make an appointment by calling the COA 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.

# March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Enjoy the little Things They just might grow Into beautiful Memories</b> Luc Ansome</p>			<p><b>1</b></p> <p>9:00 Market Basket 9:30 <i>Fireside Poetry reading</i> –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</p>	<p><b>2</b></p> <p>9:30 Canasta 12:30 Flower arranging with Tom (sign up) 2:00 Fit For Life with Pam</p>	<p><b>3</b></p> <p>8:00 Live &amp; Virtual Yoga with Joan 9-11:30 Open Art Studio 1:00 Virtual Balance in Motion</p>	<p><b>4</b></p>
<p><b>5</b></p> <p>Reading the Revolution Historic Book Club 3-4:30 Judge Samuel Holten House in Danvers <b>Book:</b> <i>The Boston Massacre: A Family History</i> by Serena Zabin</p>	<p><b>6</b></p> <p>9:30 Scrabble 12:30 Mahjong 3:00 Live &amp; Virtual Yoga with Joan 4:00 Monday Night at the Movies</p>	<p><b>7</b></p> <p><b>9-12 Mr. Fix it</b> 9:30 Learn about the <i>Senior Circuit Breaker</i> (sign up) 11:00 Trip Lunch at The Century House (sign up) NO Fit For Life 4:00 COA Board Mtg</p>	<p><b>8</b></p> <p>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</p>	<p><b>9</b></p> <p>9:30 Canasta <b>10:00 VNA Clinic</b> 11:00 White Pack Cards with Kendra (sign up) NO Fit For Life</p>	<p><b>10</b></p> <p>8:00 Live &amp; Virtual Yoga with Joan 9:30 Tech Tips w/ Stephanie (sign up) 1:00 Virtual Balance in Motion</p>	<p><b>11</b></p> <p>8-10 Food Pantry at Trinity Church 10-12 Memory Café at the library - <i>Sun Hat Craft</i></p>
<p><b>12</b></p> <p><b>Day Light Savings Begins... Spring Forward</b></p> 	<p><b>13</b></p> <p>9-12 Bill Duke Watercolor Class (sign up) 9:30 Scrabble 12:30 Mahjong 3:00 Live &amp; Virtual Yoga with Joan</p>	<p><b>14</b></p> <p><b>Trip: 9:15 Real Pirates Museum &amp; Tour</b> Salem &amp; Lunch at Red's Sandwich Shop (sign up) NO Fit For Life 4:00 COA Board Mtg</p>	<p><b>15</b></p> <p>9:00 Market Basket 11:00 Virtual Arthritis Exercise Class NO -Tai-Chi 1:00 Market Basket 1:00 Quilling part II with Sue (sign up) 1:30 Crafters Club 4-6 St. Patrick's Day Dinner at Masconomet No Supper Club</p>	<p><b>16</b></p> <p>9:30 Canasta <b>12:00 Silver Screening</b> with Vinny NO Fit For Life 2:30-5:00PM COVID-19 Clinic</p>	<p><b>17</b></p> <p>8:00 Live &amp; Virtual Yoga with Joan 9-11:30 Open Art Studio 1:00 Virtual Balance in Motion St. Patrick's Day </p>	<p><b>18</b></p>
<p><b>19</b></p> <p><b>4:00 Russell Hoffmann Jazz Band Town Hall</b></p>  <p>(free event, all welcome)</p>	<p><b>20</b></p> <p>9:30 Scrabble 11:30 Traveling Chef with special guests Detective Gahagan &amp; Aster (Sign up) 12:30 Mahjong 3:00 Live &amp; Virtual Yoga with Joan <i>1st day of Spring</i></p>	<p><b>21</b></p> <p><b>Trip: 11:00 Lunch at Maple Street Café</b> in Danvers <b>2:00 Fit For Life with Pam</b></p>	<p><b>22</b></p> <p>9:00 Market Basket 9:30 Declutter with Lisa (sign up) 11:00 Virtual Arthritis Exercise Class 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club</p>	<p><b>23</b></p> <p>9:30 Book Club 9:30 Canasta 2:00 Fit For Life with Pam 7:30 The History of the Beatles</p>	<p><b>24</b></p> <p>8:00 Live &amp; Virtual Yoga with Joan 1:00 Virtual Balance in Motion</p>	<p><b>25</b></p> <p>8-10 Food Pantry at Trinity Church</p>
<p><b>26</b></p>	<p><b>27</b></p> <p>9-12 Joli's Oil Painting Class 9:30 Scrabble 12:30 Mahjong 3:00 Live &amp; Virtual Yoga with Joan</p>	<p><b>28</b></p> <p><b>SHINE Apt.</b> (sign up) <b>Trip: 10:00 Trip to Encore</b> (sign up) <b>2:00 Fit For Life with Pam</b></p>	<p><b>29</b></p> <p>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</p>	<p><b>30</b></p> <p>9:30 Canasta 2:00 Fit For Life with Pam</p>	<p><b>31</b></p> <p><b>Trip: 6:30 MOW breakfast fundraiser 7-9:30AM Gloucester, MA</b> (sign up) 8:00 Live &amp; Virtual Yoga with Joan 1:00 Virtual Balance in Motion</p>	



# April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>I am the American flag</b></p> <p>I have earned the right to be heard. I will speak from the wisdom of life. Look at my face, I have known over 40 presidents. I have traveled far. I have lived long and seen much. I have paid the price for my freedom of speech. I have wrapped my arms around those who have died for me. I am proud of my country, preserve my dignity; You have the freedom to choose. Old glory they call me, and I am the American flag, Under God with Liberty and justice for All.</p> <p>Author Unknown</p>						1
2	3 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan 4:00 Monday Night at the movies	4 9-12 Mr. Fix It <b>Trip: 9:30 The Silver Fountain Inn: Titanic Tea, Dover, NH (sign up)</b> 2:00 Fit For Life with Pam	5 9:00 Market Basket 9:30 Fireside Poetry reading –with Jack 11:00 Virtual Arthritis Exercise Class 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club <i>Passover Begins at</i>	6 9:30 Canasta 12:30 Flower arranging with Tom (sign up) 2:00 Fit For Life with Pam <i>Passover</i>	7 8:00 Live & Virtual Yoga with Joan 9-11:30 Open Art Studio 1:00 Virtual Balance in Motion <i>Good Friday</i>	8 8-10 Food Pantry at Trinity Church
9 <b>Happy Easter</b> 	10 9-12 Bill Duke Watercolor Class (sign up) 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan	11 Trip: 10:00 H Mart Oriental Mkt. & Lunch Burlington, MA. (sign up) 2:00 Fit For Life with Pam 4:00 COA Board Mtg.	12 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	13 10:00 VNA Clinic 9:30 Canasta 11:00 White Pack Cards-Kendra (sign up) 12:00 Traveling Chef: Baked Ham (Sign up) 2:00 Fit For Life with Pam 7:30 The Halifax Explosion presentation	14 8:00 Live & Virtual Yoga with Joan 9:30 Tech Tips w/ Steph (sign up) 1:00 Virtual Balance in Motion	15 11:00-1:00 "Meeting of the Artist" Meet sculpture artist at the Topsfield Library
16 <b>Eastern Orthodox Easter</b> 	17 <b>Town Hall Closed for Patriot's Day</b>	18 Trip: 9:15 Addison Museum: Women & Abstraction Andover (sign up) 2:00 Fit For Life with Pam Holocaust Remembrance Day	19 9:00 Market Basket 9:30 Declutter with Lisa (sign up) 11:00 Virtual Arthritis Exercise Class 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	20 9:30 Canasta <b>12:00 Silver Screening with Vinny</b> 2:00 Fit For Life with Pam 2:30-5:00PM COVID-19 Clinic	21 8:00 Live & Virtual Yoga with Joan 9-11:30 Open Art Studio 1:00 Virtual Balance in Motion	22 8-10 Food Pantry at Trinity Church  Earth Day
23 30	24 9-12 Joli's Oil Painting Class 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan	25 <b>SHINE</b> appoint (sign up) <b>Trip: Lunch at: The Barnacle Restaurant, Marblehead (sign up)</b> 2:00 Fit For Life with Pam	26 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	27 9:30 Book Club 9:30 Canasta 2:00 Fit For Life with Pam	28 8:00 Live & Virtual Yoga with Joan 1:00 Virtual Balance in Motion	29 150th Anniversary Celebration of the Topsfield Town Hall 11-1 at Town Hall

# 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](mailto:ask@topsfieldlibrary.org) , [www.topsfieldlibrary.org](http://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!**

Donate Your **Can Tabs** at the Topsfield COA. They are collected to help the Shriners help kids! **Shriners Hospitals for Children in Boston & Springfield** have been collecting pull-tabs from beverage cans for more than 16 years, recycles them and puts the money toward programs that benefit children. About a half-million pounds of aluminum tabs have been collected & recycled.

The cans may still be returned for deposit even after the tabs are removed.



**Topsfield Memory Café's, Saturday March 11th 10AM-12PM** at the Topsfield Town Library. Come and celebrate spring day and create a special sun hat decoration.

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.

For programs and more information about Rest-Stop-Ranch call Mary at (978) 887-4202

202 Haverhill Road, Topsfield.

**Upcoming event** : Bonfire at Rest-Stop-Ranch on Mar 11, 1-4pm; Please RSVP

Welcome Spring!

## 10 Best Things to do in Topsfield

SIGN UP FOR THE TOPSFIELD MONTHLY NEWSLETTER TODAY!

Link to Sign Up

<https://mailchi.mp/fdc558e21236/topsfield-top-10>

The "Topsfield Top 10" is an email newsletter that will arrive in your inbox each month with useful information about the Town of Topsfield.

## 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. Grocery Shopping every Wednesday 9:00AM & 1:00PM. Check our calendar for upcoming bus trips!

## 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

## Massachusetts “Circuit Breaker” Tax Credit

Low- and moderate-income seniors (age 65 or older at year-end) in Massachusetts should know about a special provision in the Massachusetts tax code called the “Circuit Breaker.” This benefit takes the form of a refundable tax credit up to \$1,200, for tax year 2022. That means that your actual tax bill is reduced – or your refund increased – by the amount of the Circuit Breaker.

Seniors are eligible for the Circuit Breaker if their total Massachusetts income is no higher than \$96,000 for married couples filing jointly; \$80,000 for an unmarried head of household; and \$64,000 for filing status single. Also, the assessed valuation of your home cannot exceed \$912,000 (for 2022), and you cannot be living in subsidized or public housing.

The formula: For homeowners, the Circuit-Breaker credit is determined by the extent to which the property tax paid on your principal residence *plus* half of your water and sewer payments exceeds 10% of your total income. If you are a renter, the credit is determined by the extent to which 25% of your annual rent payments exceed 10% of your total Massachusetts income (which may be much higher than your taxable Massachusetts income).

**Speaker, Brian Lynch from the Mass. Department of Revenue to discuss the Senior Circuit Breaker Tuesday, March 7<sup>th</sup> Topsfield: 8 West Common Street (2nd floor), 9:30am**



## Is your Medicare Plan best for you?

If you are currently enrolled in a Medicare Advantage Plan, you can make a change to your coverage from January 1 through March 31. This time is called the Medicare Advantage Open Enrollment period.

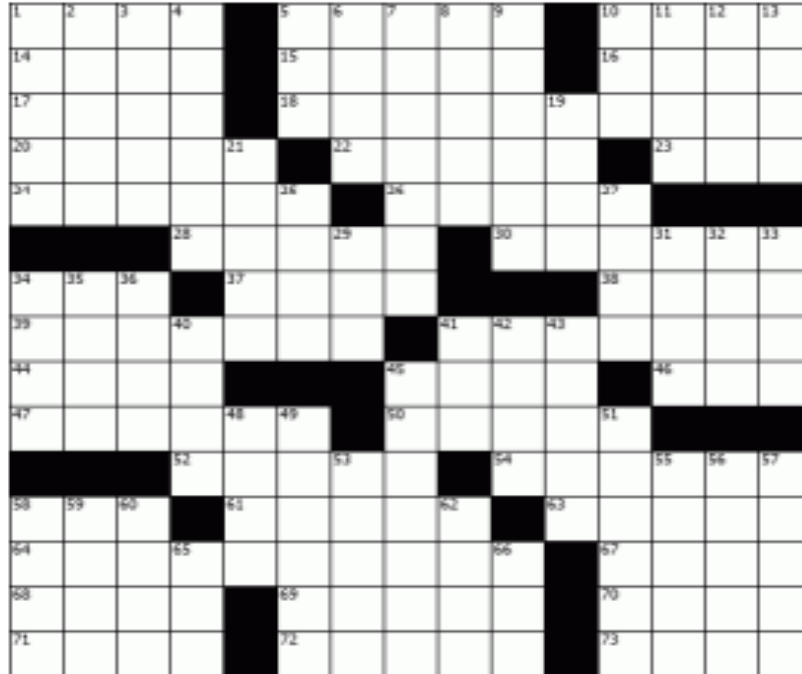
You can change your plan to a different Medicare Advantage Plan, or you can change to original Medicare with a supplement and a Part D drug plan. There are differences with Medicare Advantage Plans and Original Medicare, and you want to be sure you're in the plan that best fits your health care needs and your budget. The changes you make become effective the first day of the following month.

Remember that this enrollment period is only for people who already have a Medicare Advantage Plan. However, if you find yourself with a Medicare Plan that is not working for you, call SHINE all year to determine what your options are.

If you are considering a change, or considering review of your plan, your local SHINE counselor will review your plan with you while focusing on your best interest. Call The Topsfield COA, (978) 887-1523 to schedule an appointment with a SHINE counselor.

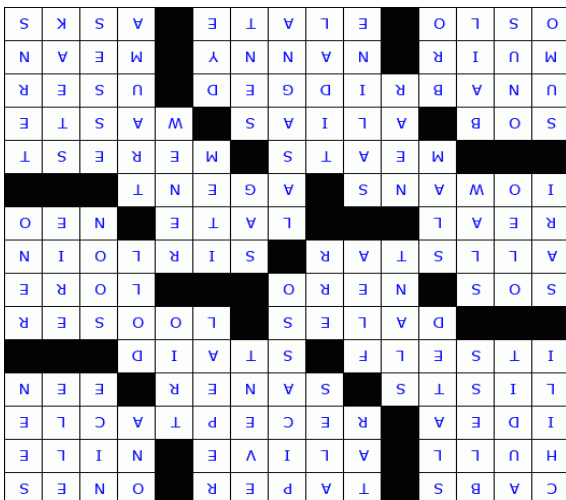
**Across**

- 1. City vehicles
- 5. Thin candle
- 10. Small bills
- 14. Ship's frame
- 15. Breathing
- 16. Pharaoh's river
- 17. Thought
- 18. Wall socket
- 20. Rosters
- 22. More sensible
- 23. Poetic contraction
- 24. Pronoun
- 26. Solemn
- 28. Valleys
- 30. Not as tight
- 34. Help!
- 37. Roman fiddler
- 38. Folk knowledge
- 39. Sports VIP (hyph.)
- 41. Type of steak
- 44. Not imagined
- 45. Not punctual
- 46. Agent Smith's nemesis
- 47. Dubuque residents
- 50. FBI employee
- 52. Vegetarians' taboos
- 54. Most insignificant
- 58. Cry loudly
- 61. Pseudonym
- 63. Rubbish
- 64. Not condensed
- 67. Consumer
- 68. Naturalist John \_\_\_\_
- 69. Female goat
- 70. Malicious
- 71. Norway's capital
- 72. Make joyous
- 73. Questions



**Down**

- 1. Spicy dish
- 2. Inspect ledgers
- 3. Make holy
- 4. Scheduled
- 5. Driveway sealer
- 6. Pub beverages
- 7. Artist Pablo \_\_\_\_
- 8. Happening
- 9. Revoke
- 10. "Snakes \_\_\_\_ Plane" (2 wds.)
- 11. Pleasing
- 12. She, in Marseille
- 13. Beheld
- 19. Threesome
- 21. Slope
- 25. Hopping insect
- 27. Raggedy Ann, e.g.
- 29. Go wrong
- 31. Shortly
- 32. A great lake
- 33. Divorce city
- 34. Hindu garb
- 35. Toast topping
- 36. Cabbage dish
- 40. Close loudly
- 41. Droop
- 42. List entry
- 43. Refresh
- 45. Garfield's favorite dish
- 48. Advance upon
- 49. Briny
- 51. Serious injury
- 53. Wave type
- 55. Road bends
- 56. T-bone, e.g.
- 57. Shore birds
- 58. Japanese wrestling
- 59. Burden
- 60. Scoop water
- 62. Mailed
- 65. Sis's sib
- 66. Coloring fluid



Puzzle Solution © OnlineCrosswords.net

**Flower Word Search**

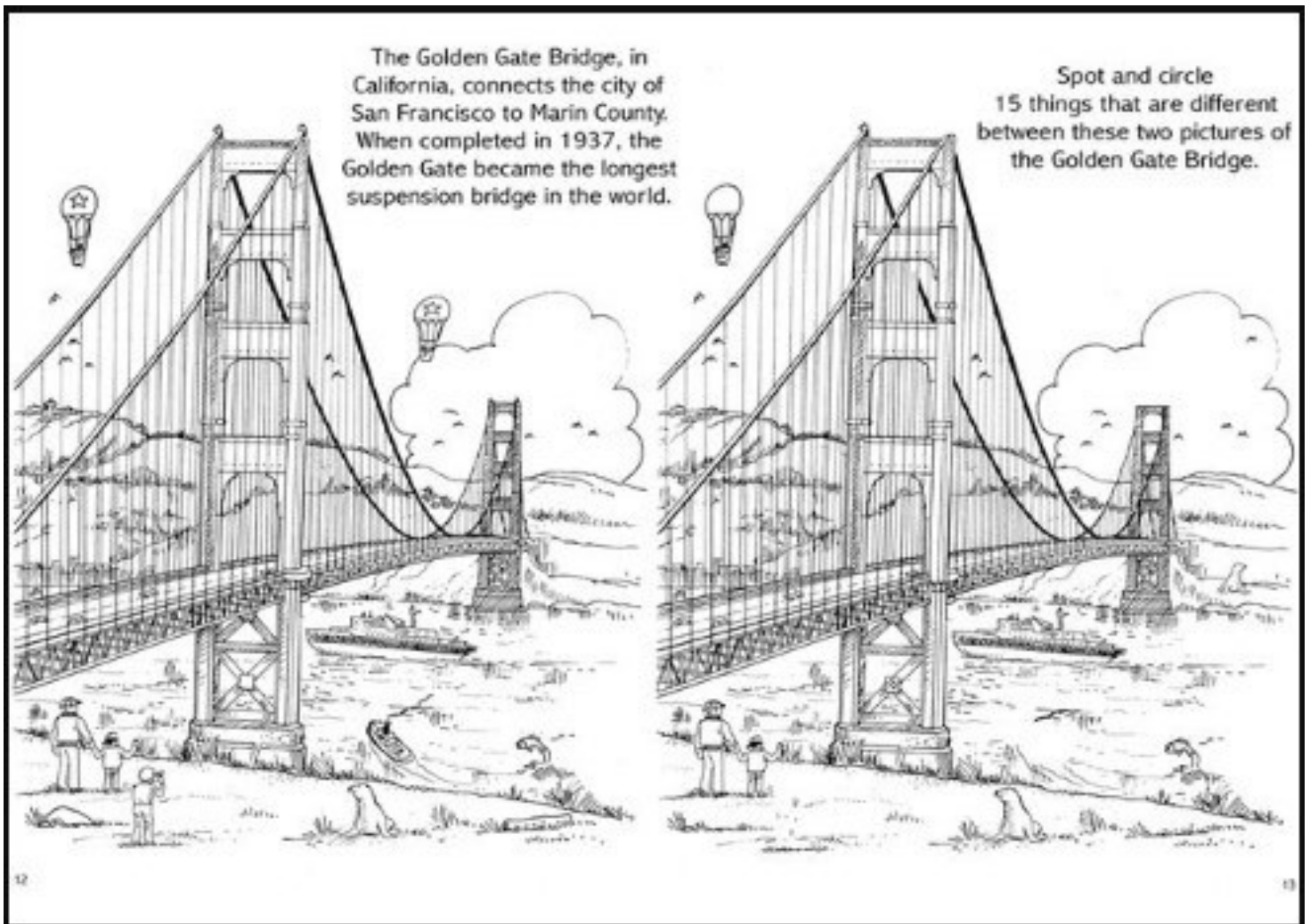


- Amaryllis
- Anemone
- Aster
- Astilbe
- Begonia
- Bluebell
- Buttercup
- Carnation
- Columbine
- Cosmos
- Crocus
- Daffodil
- Dahlia
- Echinacea
- Foxglove
- Freesia
- Gardenia
- Geranium
- Hibiscus
- Hyacinth
- Impatiens
- Iris
- Jasmine
- Jonquil
- Lavender
- Lily
- Lotus
- Marigold
- Nasturtium
- Orchid
- Pansy
- Petunia
- Rose
- Snowdrop
- Tulip
- Violet
- Wisteria
- Yarrow
- Zinnia



*Rosemary Burt*  
*Arthur James Grimes*

Spot the differences



## **SUPPORT THE COUNCIL ON AGING**

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

Donations may be mailed to:

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

Programs and advertisements are a resource and do not constitute an endorsement by the  
Town of Topsfield. Be a wise consumer and ask questions.

This newsletter is partially funded by the Executive Office of Elder Affairs, the  
Topsfield COA and the advertisers.

### Senior Citizen Newsletter

Topsfield Council on Aging  
8 West Common St.  
Topsfield, MA 01983

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