

The Scoop

May/June 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.

As spring, summer and the beautiful weather approach, there are benefits to spending time outside. Spending time outdoors improves your overall health and wellness. The outdoors offer many opportunities to be physically active. Exercise and time outdoors may also promote mental health and stress reduction.

Walk downtown and enjoy our new coffee shop downtown, Zumi's. Appreciate a walk near Hood's Pond, the Rail Trail, Wildlife Sanctuary (The Rockery is our favorite), take in the beautiful scenery that Topsfield and the surrounding towns have to offer.

The Council on Aging provides exercise classes and they are all at no charge to you.



Did you know that at the Essex County Co-Op seniors receive 10% on their in-store Co-Op purchases on Tuesdays!

For a wonderful walk or local events to attend check out the Trustees website at thetrustees.org

In this Issue:

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



Town Hall Hours:

MAY hours:

Monday – Thursday

8:00 AM to 4:00 PM

Fridays

8:00 AM to 12:00 PM



JUNE hours:

Monday

8:00 AM to 7:00 PM

Tuesday-Thursday

8:00 AM to 4:00 PM

Closed on Fridays in June

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)

Monday, May 9th & June 13th
\$20.00 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!

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

May 2nd, 23rd & June 6th & 27th 9 am-12 pm
\$20 per class, includes all supplies!
To sign up, call (978) 887-1523

White Pack Cards with Kendra Berube
Wednesday, May 18th & Thursday June 30th at 12:30

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

Tai Chi
Wednesdays 11:15 am

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

Game Days

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

Scrabble- Mondays 9:30 am
Mahjong- Mondays 1:00 pm
Canasta- Thursdays 10:00 am

Market Basket

Wednesdays Pick up starts at 9:00 am
Let the COA bus pick you up from your home, enjoy great
company, and get your errands done in Rowley (Market
Basket, TJ Maxx & CVS).
To sign up, call (978) 887-1523

Virtual Arthritis Class
Wednesdays 1:00 pm

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

Virtual Supper Club
Wednesdays 5:00 pm

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

Book Group
One Thursday a month 9:30 am
May 26th & June 30th

To sign up, call Janet (978) 887-8544

Silver Screening with Vinny Mortellite
Thursday, May 19th & June 16th at 12:30

Join Vinny at Town Hall or *Virtual*.

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

Join Joanne Travers who will help you improve your
strength, flexibility, balance, and range of motion.
This class is offered in person at Town Hall

Virtual Tour with Chrysa DaCosta
Friday, May 13th 10:00 am

Join Chrysa on another wonderful journey!

TED talks with Kathy Yanchus & Kathy Curran
Friday, May 6th 10:00 am
"Ideas worth spreading"
At Town Hall or Virtual

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



Volunteer Appreciation Luncheon

♥ Volunteers **Color** our World!

Tuesday, May 24th from 12-1:30 at
Topsfield Town Hall

We hope to see you at our Spring Volunteer Appreciation Luncheon, which we are planning together with SeniorCare's RSVP Volunteer Program! Volunteers will receive a treat from LARK fine foods, while enjoying lunch, fun and conversation. It will be a wonderful opportunity for volunteers to come together and receive some well-deserved appreciation! The gathering will take place outside weather permitting or on the 2nd floor Public Hall. An Ice cream trip to White Farms, Ipswich to follow.

Sign up for both events are required.
Please call (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 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,

Books on Tape Library Learn out Loud

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

Can audiobooks make you smarter?

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

Do Not Call List

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

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

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

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

Agencies & Organizations

Providing Vital Support



SeniorCare, Inc.

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

Food Pantries:

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

PACE (Element Care)

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

Disability Resource Center

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

Veterans Services Officer

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

United Way 211

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

Call2Talk

A mental health, emotional support, and suicide prevention program run by Mass211. It operates 24/7 and provides confidential, compassionate listening to assist people— including those who may be despondent or considering suicide— during stressful times call 211.

Elder Abuse Hotline

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

BOARDS:

COA Board:

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

Penny Rogers	Chairperson
Lynne Bermudez	Vice-Chairperson
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 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 Police Department SCAM ALERT!!

Are You Wiring Money?

If anyone you don't personally know asks you to wire money to them or withdraw money from a bank and send the money, either by wire or other means...



-STOP AND THINK-

IS THIS A SCAM? IT USUALLY IS!!

Some common scams:

IRS Scam: The IRS demands immediate payment for back taxes.

Bail/Accident Scam: A caller tells you a family member is hurt or arrested and in need of money.

Sweepstakes Scam: You are told you won a contest or lottery and must send cash to pay for taxes on the winnings.

Tech Support: You are told your computer has a virus and has been hacked, send money so it can be repaired.

Internet Sale Scam: You sold something on the internet and received a check for too much money and were instructed to deposit the check and wire the overpayment amount back.

**Before sending money, call the Topsfield Police
(978) 887-6533**

Tips from the Board of Health

The CDC recommends a fourth dose of COVID Vaccine for certain immunocompromised individuals and people over the age of 50 who received an initial booster dose at least 4 months ago to be eligible for another booster to increase their protection against severe disease from COVID-19. The Topsfield Board of Health will continue to offer COVID vaccine clinics at Town Hall as part of the Greater Cape Ann Community Collaborative (GCACC). Visit <https://capeannclinic.com/> for more information on local vaccine clinic locations or www.topsfield-ma.gov.

With the warm weather here, the Board of Health recommends that residents take precautions to avoid exposure to ticks and mosquitoes. To prevent tick bites, use repellent according to manufacturer instructions, avoid areas thick with brush, tuck pantlegs into socks, toss clothes worn outdoors into a hot dryer and check your body thoroughly after doing yard work. Deer ticks are the size of a pinhead, so be aware of any unusual bumps. To prevent mosquito bites, use repellent according to manufacturer instructions, avoid exposure at dawn and dusk when mosquitoes are most active, wear long sleeves and long pants if out during these hours and rid your yard of any standing water that could serve as a mosquito breeding ground. The Board of Health wishes you a safe and happy summer!

Tips from the Fire Department

Falls are the leading cause of injuries among Americans 65 and older. Fortunately falls are often easy to prevent. Getting informed on what can cause us to fall is the first and easy step to preventing a fall. Working together with your family, the local Counseling on Aging, or your local Topsfield Fire Department to provide proven ways reduce fall risks in your home. Each of these steps is equally important. Talk to Your Doctor and Healthcare Team for resources to help reduce falls. Stay Active and Healthy. Make Your Home Safe.

8 Tips for Fall Prevention at Home:

1. IMPROVE LIGHTING:

- _ Be sure entryways, hallways and areas frequently navigated are well lit.
- _ Position accessible on/off switches.
- _ Use nightlights, motion lights, clap lights, remote-controlled lights & timed lights.

2. RUGS & FLOORING:

- _ Secure loose rugs to the floor, or remove all together.
- _ Install ramps or grab bars.
- l _ Install non-skid strips or non-skid floor wax.
- _ Wear proper shoes, slippers or grip-socks.

3. SMART TECHNOLOGY:

- _ Use sensors that can be worn and pressed to alert emergency contacts.
- _ Use smart home (verbal audio) assistance.
- _ Use fall-detectors that utilize technology to help seniors if they fall.

4. BATHROOMS:

- _ Add grab bars near the toilet and in the shower.
- _ Use non-slip mats and rugs in and outside of the tub.
- _ Zero-entry tubs can be installed to ease tub entry.
- _ Shower seats can prevent falls.
- _ A tall toilet seat increases stability.

5. MINIMIZE CLUTTER:

- _ Arrange belongings and furniture in a way that it is easy to navigate.
- _ Clear out clutter and put unnecessary items into storage.
- _ Be sure paths are wide and clear.

6. REGULAR CHECK-INS:

- _ Schedule a friend, family member or caregiver to call, text or visit regularly.
- _ Keep a regular schedule of visitors and caregivers checking to ensure safety.

7. PETS & VISITORS:

- _ Secure pets in a designated area.
- _ Put a bell on the pet's collar to help be aware of location when active.
- _ Use a play pen or designated area for young grandchildren.

7. ACCESSIBILITY:

- _ Move items off high shelves & more accessible locations.
- _ Arrange belongings into one central area.
- _ Maintain clear walkways.
- _ Consider rearranging items & changing future layouts.

Trips to Take:



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

- **Johnny Mathis** at the Chevalier Theatre, Thursday, May 26th at 8:00PM (A very special rate of \$60p/p with a generous gift from the Friends of Council on Aging).

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

Potential Upcoming Overnight Trips sponsored by the Ipswich COA:

- **Maine Escapes** - 6/5-6/7/2022
- **Nova Scotia Tattoo Festival** - 6/29 - 7/3/2022
- **Boothbay Harbor & Cabbage Island Lobster Bake** - August 9th - 10th, 2022

Notes from the...

Prescription Advantage – Spring 2022

Why do I need Prescription Advantage?

“Why do I need Prescription Advantage?” This question is often asked. Many say, “I don’t need it. I already have a Medicare Part D plan” or “I have coverage from my former employer.” Even with Part D or other coverage, **there are many reasons to join Prescription Advantage, including:**

- It does not replace your existing coverage, it supplements it;
- It can lower your co-pays if you reach that coverage gap, also known as the “donut hole”;
- It allows you to change your Medicare plan outside of Medicare’s open enrollment;
- At certain income levels it’s FREE!

Services Available

Prescription Advantage also provides benefits for individuals age 65 and older who are not eligible for Medicare, as well as those under age 65 with a qualified disability.

Find out how Prescription Advantage can help you by **calling 1-800-243-4636** or visiting www.prescriptionadvantagemma.org

Prescription Advantage is administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs.

COA Bus Transportation

Transportation: (978) 887-1523. Rides for medical appointments may be scheduled up to a month in advance. All other rides should be scheduled at least 48 business hours in advance and will be on a first come, first served basis. Suggested donations of \$2 for rides within town limits and \$4 for rides out of town are requested at the time of service.

Services Available

Sign up for the COA Bus

Call (978) 887-1523

Dr. Appointments: Monday, Thursdays & Fridays 9:00AM—4:30PM Wednesdays 12:30PM-4:30 PM (15 mile radius)

Grocery Shopping: Wednesday mornings, pick up around 9:00 AM

Tuesday Trips: Get on the bus at Town Hall or have the bus pick you up at home.

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.

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:30 Scrabble 1-3 Mahjong 3:00 live & virtual Restorative Yoga	3 Trip: 9:30 Breakfast at The Friendly Toast, N. Andover & browse at Smolak Farm (sign up) 7PM Town Meeting at Masconomet Regional High	4 9:00 Market Basket 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	5 8AM-7PM Town Election at St. Rose Church 10-12 Canasta 2:15 Stretch & Strengthen	6 10:00 Speaking of TED... 1:00 Virtual Balance in Motion with Dianna	7
8 Happy Mother's Day 	9 9:30 Scrabble 9-12 Bill Duke Watercolor Class 1-3 Mahjong 3:00 live & virtual Restorative Yoga	10 Trip: 10:30 Addison Gallery in Andover: Georgia O'Keefe & Lunch at 34 Park restaurant (sign up) 4:00 COA Board Mtg.	11 9:00 Market Basket 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	12 10:00 VNA Clinic Town Hall 10-12 Canasta 11:30 Traveling Chef (sign up) 2:15 Stretch & Strengthen	13 10:00 Virtual Tour with Chrysta 1:00 Virtual Balance in Motion with Dianna	14 8-10 Food Pantry at Trinity 10-12 Memory Café at Rest-Stop-Ranch registration preferred
15 Sunday Stroll at Rest-Stop-Ranch 10am-2pm	16 9:30 Scrabble 10:00 Umbrella craft (sign up) 1-3 Mahjong 3:00 live & virtual Restorative Yoga	17 Trip: 9:30 Chocolate Tour at M CACAO in Amesbury and Lunch at Crave (sign up)	18 9:00 Shopping 11:15 Tai-Chi 12:30 White Pack Cards with Kendra 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	19 10-12 Canasta 12:30 Silver Screening with Vinny 2:15 Stretch & Strengthen	20 1:00 Virtual Balance in Motion with Dianna	21
1-3:00 PM 22 Trinity Church & Topsfield Fire Dept. host Wellness & Taking care of you at Trinity Church	23 9:30 Scrabble 9-12 Joli's Oil Painting Class 1-3 Mahjong 3:00 live & virtual Restorative Yoga	24 12:30 RSVP volunteer Lunch & celebration (Sign Up) 1:30 Trip for ice cream at White Farms in Ipswich	25 9:00 Market Basket 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	26 9:30 Book Group 11:00 Balance Clinic: Samantha, In Home Physical Therapy 2:15 Stretch & Strengthen 6:00 Johnny Mathis at the Chevalier Theater (Tickets have been purchased)	27 1:00 Virtual Balance in Motion with Dianna	28 8-10 Food Pantry at Trinity
29	30 Town Hall closed for Memorial Day 	31 Trip: 10:30 Amesbury Carriage Museum and Lunch at Flatbread Company	Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. Memorial Day 2022 will occur on Monday, May 30. Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Unofficially, it marks the beginning of the summer season.			

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
		Juneteenth – a blending of the words June and nineteenth – is the oldest known US celebration of the end of slavery . It commemorates June 19, 1865. That's the day that Union Maj. Gen. Gordon Granger rode into Galveston, Texas, and told slaves of their emancipation from slavery.	9:00 Market Basket 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	10-12 Canasta 12:30 Flower arranging with Tom– Fresh Look Design (sign up) 2:15 Stretch & Strengthen	Town Hall Closed	
5	9-11 Scrabble 9-12 Joli's Oil Painting Class 1-3 Mahjong 3:00 Virtual Restorative Yoga	6	7	8	9	10
		Trip will be on Thursday! 12:30 Quilt Display and talk with Judy Crossman (sign up)	9:00 Market Basket 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	10-12 Canasta Trip: 9:00 Lunch at Turner's in Salem & walk Pickering Warf 2:15 Stretch & Strengthen	Town Hall Closed	11 8-10 Food Pantry at Trinity 10-4 Strawberry Festival on the Common  10-12 Memory Café at Rest-Stop-Ranch
12	9-11 Scrabble 9-12 Bill Duke Watercolor Class 1-3 Mahjong 3:00 Virtual Restorative Yoga	13	14	15	16	17
Sunday Stroll at Rest-Stop-Ranch 10am-2pm		Trip: 10:00 Lunch at the Causeway in Gloucester & Scenic Drive 4:00 COA Board Meeting	9:00 Market Basket 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	10:00 VNA Clinic 10-12 Canasta 11:30 Traveling Chef Lunch at Town Hall (sign up) 12:30 Silver Screening with Vinny	Town Hall Closed	18
19	20	21	22	23	24	25
 Happy Father's Day	Closed for Juneteenth	Trip: 10:00 Antiquing in Essex and Lunch at the Windward Grille	9:00 VNA Clinic @ LBV 9:00 Market Basket NO Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	10-12 Canasta 2:15 Stretch & Strengthen	Town Hall Closed	8-10 Food Pantry at Trinity
26	27	28	29	30	June	
	9-11 Scrabble 9-12 Joli's Oil Painting Class 1-3 Mahjong 3:00 Virtual Restorative Yoga	Trip: 9:00 The Wright Museum of WWII Wolfeboro, NH and Lunch	9:00 Market Basket 11:15 Tai-Chi 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	9:30 Book Group No Canasta 12:30 White Pack Cards with Kendra (sign up) 3:30 Clyde Wheatley Concert and speaker for Elder Abuse Awareness Month (sign up)	<p>"Far up in the deep blue sky, Great white clouds are floating by; All the world is dressed in green; Many happy birds are seen, Roses bright and sunshine clear Show that lovely June is here." F. G. SANDERS</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, 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 OnLine, 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 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. Hours of bus availability; 8:30am to 3:30am on Mondays, Thursdays & Fridays and 1:00– 3:30 PM on Wednesdays.

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.

MEDICAL TRANSPORTATION

Medical transportation can be coordinated through SeniorCare, Inc. (978) 281-1750 x573 or www.seniorcareinc.org Those who qualify may apply to MBTA's the RIDE: (617) 337-2727 or trec@paratransit.org

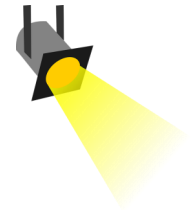
Gogograndparent helps older adults maintain their independence by accessing on-demand services like Uber & Lyft with a simple phone call (no smartphone required). (978) 464-6872 or Gogograndparent.com

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/

Spotlights from the Community



Meals on Wheels Program:

Meals on Wheels...Who is Eligible?

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

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

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

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

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

Borrow a Portable Hotspot from COA

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

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

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

Topsfield Library

The Topsfield Library offers a wide range of items in their Library of Things! From board games and Memory Kits, to 'try before you buy' tools like a light therapy lamp or Bluetooth speaker, the library is definitely more than just books! Browse their offerings in their new special section on the first floor, or on the library website, and reserve online or call the circulation desk for more information!

We also have made our Puzzle Swap permanent on the second floor: looking for puzzles?

The Topsfield Library has made their free puzzle exchange permanent! Visit the second floor behind the Reference Desk to browse and take home some 'new to you' puzzles! You can also bring puzzles in good condition to the library to donate. This is an honor system exchange, and the library does not guarantee the quantity or quality of puzzles available.

From the Rest-Stop-Ranch



Lilac Fest Begins May 13

Join us on Mother's Day, May 13, 11am – 2pm, for our Lilac Fest and continuing Bulb Parade! All are welcome, free-of-charge. This is one of our Sunday Stroll events, and the trail will be prepared for better wheelchair-access. Picnics are welcome (carry in-carry out).

June Sunday Stroll: Roses!

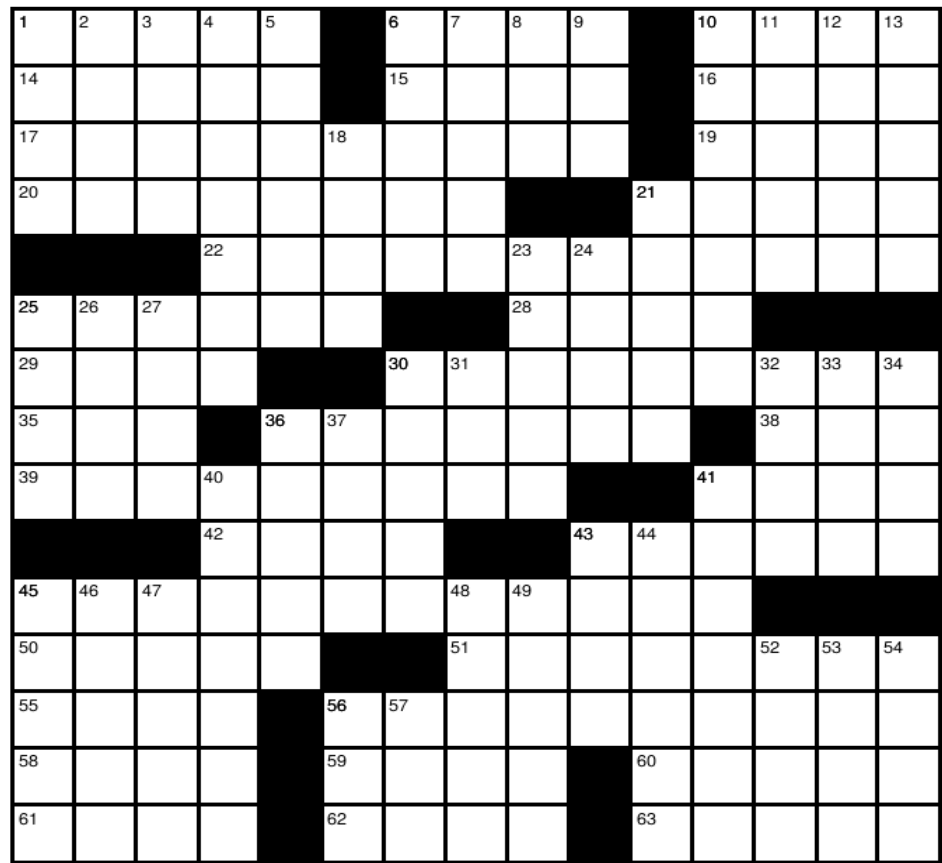
Information, Questions, or RSVP ~ please contact Rest-Stop– Ranch at (978) 887-4202 or go to rest-stop-ranch.org

One Dollar

Robert Stockton

ACROSS

1. Claim prizes for
6. Bloke
10. Accord
14. Disciple's query
15. See 2 down
16. Chat room qualifier
17. Guiding vision
19. Exactly
20. They may be small, sweet, or hot
21. Capital of Ghana
22. Late August store sign
25. Pawned
28. Bloke
29. ___-deucey
30. Like some brides or diplomas
35. Gullet
36. Food for a parking meter, and a prefix for the first words of 17, 22, 45, and 56 across
38. Reuben wrapper
39. Cordless phone accessories
41. Alert
42. Sylvan seducer
43. Colonel Sanders feature
45. A gathering of the force?
50. He may take pictures without a camera
51. Like a large garage
55. Fair-hiring org.
56. It's ready to submit
58. Forthcoming plug-in hybrid from Chevrolet
59. Codebreaker Turing
60. Bottled spirit
61. Plutoid once called the "tenth planet"
62. Kind of job or lamp
63. Revises



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DOWN

1. Charles Atlas candidate customer
2. With 15 across, 9 time Champions Tour winning golfer
3. Govt. agency where you can go for seconds
4. Word with a pat on the back
5. Decorative men's wear item
6. Creator of robot creator Rossum
7. "The Planets" composer
8. Alias letters
9. 5 down, e.g.
10. Participant in a sporting duel
11. Shell competitor
12. Cuchi-cuchi queen
13. Render worthless
18. Kid with a guitar
21. He plays his part
23. Drops
24. Transaction
25. "King Lear"'s foot
26. Pac-10 org.
27. Assails with an axe
30. "Vacationland" state
31. It may be modern or martial
32. "Gosh darn it!"
33. Jane at Thornfield Manor
34. Philosopher Descarte
36. Take a stout swallow
37. Word on a 36 across
40. They follow causes
41. Entered a pool
43. Morton Salt figure
44. Wired, in a way
45. "Crocodile Hunter" Irwin
46. Where an MD goes for take-out?
47. Garlicky dressing
48. Lab burners
49. Express gratitude to
52. "Please, Mom??"
53. "It's _____ punishment"
54. AAA offerings
56. Craze
57. Martinique, par exemple

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



Sheila McHugh

Kindra Clineff

Ruth Learned

David Whelan

Michael Weiss

Dot Bonneau

Alexander Carter

Robert Gibeley

Damon Moore

Cathy Driscoll

Antonia Demakis

Richard Fredrickson

Game & Answer Key:

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

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

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