



The Scoop

November/December 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

November & December Highlight of Community Happenings

The Selectboard is happy to announce the relaunch of "Selectboard Listening Sessions" at the Town Library every 3rd Saturday of the month from 10:00-11:30AM (November 19, December 17 and January 21). These open forums with one or two Selectboard members are a chance to share your thoughts, your ideas and/or your questions. There is no agenda, just a chance to communicate.

Holiday on the Green is a town sponsored event with support from the Massachusetts Cultural Council. The event is coordinated by a group of dedicated volunteers under the leadership of Katie Kerwin, Brooke Paoli and Teal Mulgrew, Tri-Chairs of the event. This Event will be held on Saturday, December 3rd from 4:00-7:00PM followed by a Topsfield Fire Department Bonfire on the Proctor School field. This is a fun, free, family event and a great way to celebrate community. For the schedule of events and more go to the Holiday on the Green webpage topsfildholidayonthegreen.com

Get ready for the Ice Ring at the Topsfield Common. Installed late November and if mother nature cooperates it will be frozen by late December. Check the Recreation web page via the Town Website topsfild-ma.gov for the ice rink schedule.

The Topsfield COA Team

In this Issue:

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



Town Hall Hours:

Monday –Thursday

8:00 AM to 4:00 PM

Friday

8:00 AM to 12:00 PM



Programming

All activities that are not listed as Virtual are at the
Town Hall, 2nd floor. 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)

November 21st, December 19th
\$20.00 per class, includes all supplies!
To sign up, call (978) 887-1523

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

November 7th, 28th & December 5th 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

November 10th & December 15th at 12:30

To sign up, call (978) 887-1523

*Create your own greeting cards. Everything you need will be
supplies at no cost. Kendra provides inspiration & instruction!*

Tai Chi with Beth
Wednesdays 11:15 am

Improve balance, strength, flexibility & well-being.
Low impact movements.
Join Beth at Town Hall or virtual.

Game Days

Enjoy pleasant conversation and exercise your mind
at 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

Market Basket Food Shopping

Wednesdays Pick ups at 9:00AM & 1:00PM
Let the COA bus pick you up from your home, enjoy
great company, and get your errands done in Rowley
(Market Basket, TJ Maxx & CVS).

Virtual Arthritis Class
Wednesdays 11:00 pm

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

Virtual Supper Club
Wednesdays 5:00 pm

Enjoy good times with friends and
participate in casual conversation & guided activities.

To participate email Joan @
TopsfieldSupperClub@gmail.com

Book Group
(Combined November/December meeting)

Thursday December 1st at 9:30am
To sign up, call (978) 887-1523

Silver Screening

Thursday, November 17th & December 8th at 12:30
Join Vinny at Town Hall or *Virtual*.

Fit For Life with Pam

Town Hall **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

One Thursday a month 12:30 am \$12.00
November 3rd & December 1st

Tech Tips One Friday a month at 9:30
November 4th; How to set up emergency contacts
on your cell phone & create an SOS alert
December 9th; How to find and upload useful apps

Virtual Balance in Motion
Fridays 1:00 pm

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

Helpful Services & Resources



Mr. Fix It - Electrician

Join volunteer Rob Roy, retired licensed electrician on November 22nd & 23rd and December 12th & 13th 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 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.**

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.

Medicare Open Enrollment

October 15th - December 7th

It's Medicare Open Enrollment thru December 7. Here are some things to remember, compliments of the federally funded SHINE program:

SHINE counselors provide unbiased Medicare counseling; meaning that we don't have anything to gain by what you choose, and we review all of your options.

When SHINE counselors are booked for the season, we recommend calling 1-800-Medicare who will also compare plans with you.

They are open 24 hours a day, 7 days a week and willing to assist: 1-800-MEDICARE or 1-800-634-4227

If you are enrolled in a Medicare Advantage Program (Part C) as of January 1, your Medicare Open Enrollment period is extended through March 31, 2023.

This means that you can meet with a SHINE counselor in January, February or March to review your plan to see if it's best for you!

SHINE can assist at any time of year if you find yourself in a plan that is not in your best interest.

SHINE also encourages you to call Prescription Advantage today. This is a state pharmaceutical assistance program that will help you if you hit the Donut Hole/Coverage Gap at any time during the year, and gives you a Special Enrollment Period (SEP) to change your plan once per year!

Call Prescription Advantage: 1-800-243-4636 and get the phone application started, then be sure to follow through with the documentation they need to complete your application.

For our local regional SHINE program, call 1-800-243-4636

SHINE – Serving the Health Insurance Needs of Everyone...on or eligible for Medicare.

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.

Suicide Hotline

899 or email suicidepreventionlifeline.org

Topsfield Police Non-Emergency

(978) 887-6533

Topsfield Fire Department Non-Emergency

(978) 887-5148



BOARDS:

COA Board:

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

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

Friends of COA Board:

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

COA Contacts:

Kathleen Barbarisi

COA Director
kbarbarisi@topsfield-ma.gov

Beth Wideberg

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

Stephanie Sweeney

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

Advice from your Public Servants

Tips from the Board of Health

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

- Make sure the number on your house is large (min. 3" in height) and clearly visible from the street.
- Ask for help shoveling heavy, wet snow.
- Create a support network and check in with friends/family if there is a power outage.
- If you are elderly or disabled, complete a 9-1-1 Disability Indicator Form and register it with Emergency Services.
- Plan a 'go' bag in case of emergency. Contact the Board of Health office for a free Emergency Preparedness handbook (978-887-1520) health@topsfield-ma.gov or visit www.mass.gov/knowplanprepare.

With the holiday season upon us, safe food handling will ensure that everyone shares fond memories instead of food-borne illness. Visit the CDC Safe Food Handling website for more information <https://www.cdc.gov/foodsafety/communication/holidays.html>

Remember to wash hands frequently and get your flu vaccine and COVID booster to minimize the possibility of illness. For more

Information, visit www.topsfield-ma.gov. The Board of Health wishes the community a safe and healthy holiday season.

Tips from the Fire Department

Think Safety First When Heating your Home this Winter

The ABCs of Fire Safety

Make sure there are working smoke alarms and carbon monoxide alarms on every level including one outside the bedrooms.

Test smoke and carbon monoxide alarms monthly and change batteries twice a year, when you change the clocks.

Hold home fire drills to practice the home escape plan.

Practice home fire safety and set a good example for the children.

Be Careful When Using Fireplaces and Solid Fuel Stoves

If you heat your home by burning *solid fuels* (coal, firewood, pellets), be careful before, during and after using these kinds of fuels.

Have the chimney professionally cleaned every year.

Make sure the stove is approved by a national testing agency such as Underwriter's Laboratory (UL).

Get a building permit before installing a stove.

Keep anything that can burn three feet away from fireplaces and stoves.

Dispose of the ashes in a **metal** container, with a lid, away from the house, garage and porch.

Space Heaters Need Space

Fires caused by space heaters are rare but often deadly. If you must use a space heater, do so safely.

Do not use space heaters as your #1 heating source.

Keep anything that can burn three feet away.

Use only heavy-duty extension cords.

- Always turn off when going to bed or leaving home.
- Portable kerosene heaters are illegal in MA for home use.

Maintain Natural Gas Equipment

Natural gas is a safe and efficient way to cook, heat our homes and make hot water.

Have your furnace and hot water heater professionally checked every year.

Do not use or store gasoline or painting supplies inside where they can be ignited by the pilot light.

Gas leaks can be dangerous – if you smell something like rotten eggs or you think there might be a leak, move outdoors.

Do not smoke or turn on or off electrical switches - sparks can cause an explosion.

Dial 911 immediately.

Maintain Oil Heating Equipment

Home heating with fuel oil is also safe and efficient.

Have your furnace professionally cleaned and checked every year.

Don't let the tank get completely empty.

Call for service if the oil burner releases smoke or soot in the house.

Carbon Monoxide: the Silent Killer

Heating equipment is the leading source of carbon monoxide (CO) in the home.

Install carbon monoxide alarms on every level of your home.

Don't use the gas stove or oven for heat.

Have furnaces and chimneys checked annually by a professional.

Keep appliance vents and exhaust pipes clear of drifting snow and bushes.



Tips from the Police Department



November/December Annual Food Drive for the Topsfield Cupboard Food Pantry

Beginning November 15 and through December 15, we will be collecting donations in front of the Topsfield Police Department for our "Stuff a Cruiser" Food drive in support of the Topsfield Cupboard Food Pantry.

RMV News

Starting November 1, vehicles passing inspection will get a new sticker with the month the last sticker expired, valid for one year. Starting October 1, vehicle owners will no longer receive a printed inspection report when a vehicle passes inspection



- The RMV does not send unsolicited requests for personal and/or contact information to customers by text.
- Any communication by text from the RMV would be as a result of customer-initiated request or transaction.
 - Please do not click on any suspicious links or give out personal information.

Trips to Take:



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

- **Christmas with Paul Anka** and luncheon on Tuesday 12/6/22 at Danversport Yacht Club \$75
 - * \$50pp Doors open at 11:30AM.
 - **A Christmas Carol** Wednesday 12/14/22, North Shore Music Theater \$70* \$50pp. Show starts at 2:00.
 - **Boston Pops** Sunday 12/18/22, Lowell Memorial Auditorium \$63* \$50pp. Show starts at 2:30.
- * The Friends of COA have generously offered to pay anything over \$50.00 for each of the above trips.

Potential Upcoming Day & Overnight Trips—For more information call (978) 887-1523

- **Emmet Cahill**, celebrate St. Patrick's Day luncheon Thursday 3/9/23 at the Danversport Yacht Club \$89pp. (COA Bus).
- **Boston to Bermuda Cruise ft. The Sicilian Tenors**. Exclusive and all inclusive 8 day & 7 night cruise aboard the Norwegian Pearl. May 5th-12th, 2023, call the COA for pricing 978-887-1523. (Best of Times)
- **The Corvettes** Doo Wop Revue and Lobsterbake at Fosters Lobsterbake in Maine Tuesday 8/8/23. \$89pp (includes transportation with Best of Times)
- **The McCartney Years**, world's number one tribute to Paul McCartney & luncheon on Thursday 9/21/23 at the Danversport Yacht Club. \$89pp (COA Bus)

Please contact us with interest or questions on trips (978) 887-1523.

Notes from the...

Visiting Nurse Association

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

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

Services Available

VNA nurse services include:
Cardiopulmonary check: B/P, pulse rate and rhythm, pulse oximeter, weight, or diabetes blood sugar checks. They can review medications, administer B12 shot monthly with an MD order and provide nutritional education if appropriate, education related to your diagnosis, and follow up with PCP's.

Senior & Veterans Tax Work off

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

Services Available

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

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

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

The Open Door

Did you know that you can order and pick up food at the Gloucester and Ipswich Food Pantry as well as Topsfield's Top Cupboard?





Free groceries: milk, dairy, eggs, meat, fish, fresh produce, bread, canned goods, diapers and pet food.

Services Available

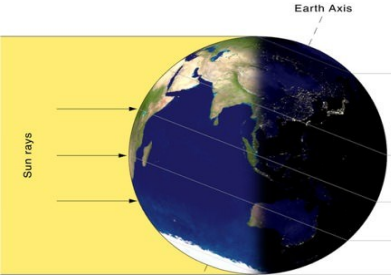




Grocery Orders may be placed by phone at (978) 283-6776 or online for new shoppers foodpantry.org/newshopper or if you are an active shopper; foodpantry.org/shopper

The Open Door Food Pantries are located in Gloucester and Ipswich. Information on placing orders and pick up days and times are on the web page or you can pick up a flyer at the Topsfield COA.

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Trip: 10:30 Lunch at Fox Creek Tavern in Ipswich	2 9:00 Fireside Poetry reading -Jack Armitage 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	3 9:30 Canasta 12:30 Flowers with Tom (sign up) 2:00 Fit For Life with Pam	4 8:00 Live & Virtual Yoga with Joan 9:30 Tech Tips w/ Stephanie 10:00 Pickle Ball (sign up) 1:00 Virtual Balance in Motion	5
6 	7 9-12 Joli's Oil Painting Class (sign up) 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Restorative Yoga 4:00 Monday at the Movies	8 7AM-8PM Election Day at St. Rose Trip: 11:00 Lunch at Seaglass Restaurant and shopping at By the Sea Gifts (sign up)	9 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	10 9:30 Canasta 10:00 VNA Clinic 12:30 White Pack Cards with Kendra (sign up) 2:00 Fit For Life with Pam 2:00-5:00PM COVID-19 Clinic	11  Closed for Veterans Day 7:30PM Unsolved Mys- teries: Northeast Edition with Historian Christopher Daily Gould Barn	12 8-10 Food Pantry at Trinity 10-12 Memory Café at the library registration preferred
13	14 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Restorative Yoga 11-12 Senator Lovely's In-Person Hours at the Topsfield Library	15 Trip: 9:00 Breakfast & Tuscan Mkt/ L.L.Bean + Sa- lem, NH 4:00 COA Board Mtg. 5:00 Concert: James Michael	16 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	17 9:30 Canasta 12:30 Silver Screening with Vin- ny 2:00 Fit For Life with Pam	18 8:00 Live & Virtual Yoga with Joan 1:00 Virtual Balance in Motion	19
20	21 9-12 Bill Duke Watercolor Class (sign up) 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Restorative Yoga	22 9-12 Mr. Fix It (pg. 3) Trip: 9:30 Sandwich Glass Factory & Lunch @ Dan'I Webster Restaurant (pre register)	23 9-12 Mr. Fix It (pg. 3) 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	24 Town Hall Closed for Thanksgiving <i>Happy Thanksgiving!</i>	25 Town Hall Closed	
27	28 9:30 Scrabble 9-12 Joli's Oil Painting Class (sign up) 12:30 Mahjong 3:00 Live & Virtual Restorative Yoga	29 SHINE Apt. (sign up) 12:00 Traveling Chef: Soup in a Bowl (sign up) Trip: 1:00 Flying Horse Out- door sculpture at Pingree (sign up)	30 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	 THANK YOU <i>veterans</i> NOVEMBER 11TH		

December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Winter Solstice December 21, 2022</p> <p>The winter solstice, also called the hibernal solstice, occurs when either of Earth's poles reaches its maximum tilt away from the Sun. This happens twice yearly, once in each hemisphere.</p> 						
	<p>4</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>4:00 Monday at the Night</p>	<p>5</p> <p>Trip: 10:45 Paul Anka Tribute at Danversport Yacht Club</p>	<p>6</p> <p>Pearl Harbor Day 7</p> <p>9:00 Market Basket</p> <p>11:00 Virtual Arthritis Exercise Class</p> <p>11:15 Tai-Chi</p> <p>1:00 Market Basket</p> <p>1:30 Crafters Club</p> <p>5:00 Supper Club</p>	<p>8</p> <p>9:30 Book Group</p> <p>9:30 Canasta</p> <p>12:30 Flowers with Tom (sign up)</p> <p>1:00 Sing-a-long with Hannah</p> <p>2:00 Fit For Life with Pam</p>	<p>1</p> <p>2</p> <p>8:00 Live & Virtual Yoga with Joan</p> <p>1:00 Virtual Balance in Motion</p>	<p>3</p> <p>4:00-7:00PM</p> <p>Holiday on the Green Celebration</p>
	<p>11</p> <p>9-12 Mr. Fix It (see pg. 3 for details)</p> <p>9:30 Scrabble</p> <p>12:30 Mahjong</p> <p>3:00 Live & Virtual Restorative Yoga</p>	<p>12</p> <p>9-12 Mr. Fix It (pg. 3)</p> <p>12:00 Traveling Chef: (sign up)</p> <p>Roast Turkey</p> <p>4:00 COA Board Meeting</p> <p>5:30 Drive to see some beautiful Holiday Lights with some Hot Cocoa & Treats! (sign up)</p>	<p>13</p> <p>9:00 Market Basket</p> <p>11:00 Virtual Arthritis Exercise Class</p> <p>11:15 Tai-Chi</p> <p>1:00 No shopping</p> <p>1:15 Bus to NSMT</p> <p>A Christmas Carol</p> <p>1:30 Crafters Club</p> <p>5:00 Supper Club</p>	<p>14</p> <p>9:30 Canasta</p> <p>12:30 White Pack Cards with Kendra (sign up)</p> <p>2:00 Fit For Life with Pam</p> <p>2:00-5:00PM COVID-19 Clinic</p>	<p>15</p> <p>9</p> <p>9:30 Tech Tips w/ Steph (sign up)</p> <p>8:00 Live & Virtual Yoga with Joan</p> <p>1:00 Virtual Balance in Motion</p>	<p>10</p> <p>8-10 Food Pantry at Trinity</p> <p>10-12 Memory Café at the library registration preferred</p>
<p>18</p> <p>Hanukkah Begins at Sundown</p>  <p>Happy Hanukkah 1:00</p> <p>Boston Pops</p>	<p>19</p> <p>9-12 Bill Duke's Watercolor Class</p> <p>9:30 Scrabble</p> <p>12:30 Mahjong</p> <p>3:00 Live & Virtual Restorative Yoga</p>	<p>20</p> <p>SHINE appoint (sign up)</p> <p>Trip: 9:00 Christmas Tea and tour at Blithewold in Bristol, RI. (sign up)</p>	<p>21</p> <p>Winter Begins</p> <p>9:00 Market Basket</p> <p>11:00 Virtual Arthritis Exercise Class</p> <p>11:15 Tai-Chi</p> <p>1:00 Market Basket</p> <p>1:30 Crafters Club</p> <p>5:00 Supper Club</p>	<p>22</p> <p>9:30 Book Club</p> <p>9:30 Canasta</p> <p>2:00 Fit For Life with Pam</p>	<p>16</p> <p>17</p> <p>8:00 Live & Virtual Yoga with Joan</p> <p>1:00 Virtual Balance in Motion</p>	
<p>25</p> <p>Merry Christmas!</p> 	<p>26</p> <p>Town Hall closed</p> <p>Kwanzaa Begins</p>	<p>27</p> <p>9:30 Trip to Encore Boston Harbor, Everett</p> <p>Enjoy the casino and lunch at one of many dining choices</p>	<p>28</p> <p>9:00 Market Basket</p> <p>11:00 Virtual Arthritis Exercise Class</p> <p>11:15 Tai-Chi</p> <p>1:00 Market Basket</p> <p>1:30 Crafters Club</p> <p>5:00 Supper Club</p>	<p>29</p> <p>9:30 Canasta</p> <p>2:00 Fit For Life with Pam</p> <p>4:00 New Years Celebration with Clyde Wheatley!</p> 	<p>30</p> <p>8:00 Live & Virtual Yoga with Joan</p> <p>1:00 Virtual Balance in Motion</p>	<p>31</p> <p>New Year's Eve!</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, 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 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.

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

GIVE LOCALLY

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

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

Donate Birthday Cards

Because of your generosity, residents turning 70 and above continue to receive birthday greetings with helpful contact information. If you have birthday cards to donate, place them in an envelope labeled "COA" and drop them in the Town Hall mail slot to the left of the historic front door or bring them to the COA offices (2nd floor of Town Hall). The Friends of Topsfield COA appreciate your ongoing support.

Library Home Delivery for the Homebound

The Topsfield Town Library and the Council on Aging work together to offer free delivery of materials to residents unable to visit the Library due to illness, immobility or age.

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

Noticeboard



NOTARY SERVICE

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



& Technology Assistance with Steph!

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

COA Registration Update

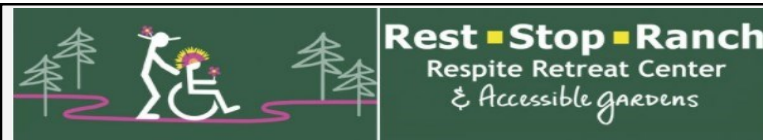
Please join Stephanie on November 3rd or December 1st to update your participation cards, account information, emergency contact information. All information is confidential but could be important information in an emergency.



TOPSFIELD COA BUS TRANSPORTATION

If you are 60+ and are in need of transportation to a doctor's appointment within a 12 mile radius call the COA office at (978) 887-1523.

Minimum of a 24 hour notice required. Hours of bus availability; 8:30am to 3:30am on Mondays, Thursdays & Fridays and Grocery Shopping every Wednesday 9:00AM & 1:00PM. Check our calendar for trips!



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

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

Volunteers are needed at our Memory Cafe program. Please contact Mary (978-887-4202) if interested!

Boxford Cable Tv

Go to BoxfordCableTv.com to watch live or Video on Demand. You can watch Masconomet Sports, Select Board Meetings, Topsfield Master Plan Meeting and more.

Boxford Cable Tv is also looking for volunteers to record Topsfield events, meetings and programs. If you are interested please reach out to Brad Sweet, General Manger & Controller, brads@boxfordcabletv.com

Hoarding Resources

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

Excessive accumulation of items, regardless of actual value, occurs.

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

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

Spotlight Fuel Assistance

Cold Relief Energy Saving Tips

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

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

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

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

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

Other Helpful Information New! Beginning in FY 2022 new and returning households may apply for Home Energy Assistance online via the applicant portal! Visit <https://www.toapply.org/MassLIHEAP>.

Water & Sewer Bill Assistance - When applying for Home Energy Assistance in FY 22, be sure to provide your local agency with your water and sewer account information, if available, as there is funding for a household's water and sewer service costs.

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

Old Uncle Fred's Tech Support

Robert Stockton

ACROSS

1. Tamale wrappers
6. "Mamma Mia" group
10. Isle of exile
14. Out of touch with reality, metaphorically
15. Consider
16. Creature on a canadian coin
17. HARD DRIVES?
20. Everett of "Citizen Kane"
21. Long foreign films, to some
22. Sawbucks
24. Meredith Wilson's home state
25. Pan-fry
27. Diminish
31. CFO's milestones
35. L33t article
36. BITS?
37. SOFTWARE?
40. Sell off quickly
41. Date
42. "League of Extraordinary Gentlemen" strong man
43. Invention
44. Tennis great Ivan
46. Comedienne Vidale with an eponymous 1993 sitcom
48. Like Anna's students
53. Unwrapped, perhaps
57. Poem part
58. WEB SITES?
60. XM's "The Pet Hour" sponsor
61. Thom who makes treads
62. Pilfered
63. Uno y dos
64. "It's all clear now!"
65. Garments for galas

DOWN

1. What to do with a flag or a flagon
2. Sam or Tom, e.g.

1	2	3	4	5	6	7	8	9	10	11	12	13	
14					15				16				
17					18				19				
20					21								
22					23		24						
				25			26		27		28	29	30
31	32	33	34		35			36					
37					38			39					
40						41				42			
43					44				45				
				46		47		48		49	50	51	52
53	54	55					56		57				
58								59					
60					61					62			
63					64					65			

© 2010

3. MONITOR?
4. Sura source
5. What Go players may capture
6. Apply an abacus
7. Nickname for 10 down
8. Place for a propeller
9. Childish retort
10. First Lady to Harry
11. Stadium section
12. Niels the Nobelist
13. Red queen's subjects
18. Filled with fizz
19. "Hold on 'til I'm ready!!"
23. Plaintiff
26. What we have here
28. ___-deucy
29. Be inclined
30. Latin 101 verb
31. Places for EKGs
32. Emulate a dog in summer
33. Kristiania, now
34. Occasional quality of breath or stature
36. Possible subject for a "UFO" photo
38. Havoc
39. Word accompanying a common stick figure
44. Take-off
45. Most modern
47. Swelling
49. Republic south of Sicily
50. Poem postscript
51. Conductor George of the Cleveland Orchestra
52. Soothes
53. Last words
54. Host between Allen and Carson
55. Salinger title lass
56. MOTHERBOARDS?
59. Kind of cone or cat



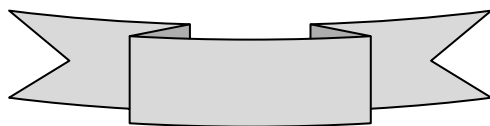
Richard Mindess

Jackson Garfield

Nghi Trantuan

Karen Burnett

Margaret McDougall



Game & Answer Key:

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

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

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