

The Scoop

September/October



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

Topsfield was founded in 1650 and continues to have a wide range of local activities. Here you have sense of community! There have been many wonderful concerts, the HomeGrown Markets (next one September 15th), and a variety of activities sponsored throughout the town. We hope you join the fun!

On Saturday, September 10th we have the second annual Tomato Festival with lots of activities for the whole community. For all the entertainment, activities and contests go to www.topsfildcommunitypartnership.org.

Celebrate the 204th year of the Topsfield Fair; September 30th through October 10th. Please find all the fair information at topsfildfairhistory.org. Topsfield Residents enter for free 4-10PM on Friday, 9/30/22, tickets should arrive by mail. Monday, October 3rd is senior day, \$10 admission purchased at the entrance on that day.

Exciting News Topsfield!

The Town has launched three official social media accounts to share important and useful information about events, activities, news and other government information that impact our community.

FACEBOOK: <https://www.facebook.com/townoftopsfield>

INSTAGRAM: <https://www.instagram.com/townoftopsfield>

TWITTER: <https://twitter.com/townoftopsfield>

Please like, follow and share with neighbors, friends and family.

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Town Hall Hours:

Monday –Thursday

8:00 AM to 4:00 PM

Friday

8:00 AM to 12:00 PM

(Not open on Friday, 9/2/22)

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)

September 19th , October 17th
\$20.00 per class, includes all supplies!
To sign up, call (978) 887-1523

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

Sept. 12th, 26th & Oct. 3rd & 24th 9 am-12 pm
\$25 per class, includes all supplies!
To sign up, call (978) 887-1523

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

Perfect for all levels!

White Pack Cards with Kendra Berube
September 22nd & October 27th at 12:30

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

Tai Chi
Wednesdays 11:15 am

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

Game Days

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

All are welcome!

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

Market Basket Food Shopping

Wednesdays Pick up 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 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 9:30am

September 22nd & October 27th
To sign up, call (978) 887-1523

Silver Screening
Thursday, September 15th & October 20th 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
September 1st & October 6th

Tech Tips
Fridays at 9:30
September 9th; How to navigate Facebook
October 14th How to navigate YouTube

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



Prescription Advantage Program

Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the “donut hole”

If you reach that gap, you will see your prescription drug costs increase dramatically! Don't let this happen to you. **Prescription Advantage** can help.

Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap.

For more information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00 AM to 5:00 PM, or visit prescriptionadvantagemma.org.

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.

Aging Well: A How To Series

Sponsored in collaboration with Topsfield Library and Council on Aging

***Program:** Preplanning Seminar with Director of Mackey Funeral Home

Date: **Tuesday, Sept 13, 10:00AM**

Location: Library (In person only)

***Program:** Public Health Nurse Chat

Date: **Wednesday, Sept 14, 9:00AM**

Location: Public Hall, Town Hall (In person only)

*** Program:** Estate Planning 101

Date: **Thursday, Sept. 15** TBD (11am or 1pm)

Location: Library (Hybrid-presenter not present-recording will be available for later viewing)

***Program:** Nutrition talk

with Nutritionist Deb Davidson

Date: **Friday, Sept 16, 10:30AM**

Location: Library (In person only)

***Program:** What is Hospice Anyway?

Date: **Tuesday, Sept 20, 10:00AM**

***Program:** Real ID: What is it and do I need one?

Date: **Wednesday, Sept 21, 9:00AM**

Location: Public Hall Town Hall (In person only)

***Program:** 7 Steps to Managing Memory with Dr. Andrew Budson

Date: **Thursday, Sept 22, 6PM**

Location: Library (Hybrid-presenter in-person-option to join on Zoom)

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

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@toppsfield-ma.gov

Beth Wideberg

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

Stephanie Sweeney

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

Advice from your Public Servants

Tips from the Board of Health

With the change of seasons and return to school, cold and flu season is upon us. Additionally, COVID is now considered a constant presence in our population. The Topsfield Board of Health will continue to offer COVID vaccine clinics monthly as part of the Greater Cape Ann Community Collaborative. We will also be hosting two no-cost Flu Vaccine Clinics at Town Hall this fall. Dates and times will be announced on Facebook, the Town website, Topsfield Cable Television, the kiosk in front of Town Hall and in local newspapers. The Board of Health reminds everyone that the best way to prevent illness is to wear a face covering in crowded areas without ventilation, wash hands frequently, use hand sanitizer and if you feel sick, stay home and contact your doctor. For more information please visit the Town of Topsfield website at www.topsfield-ma.gov if you have questions.

Tips from the Police Department



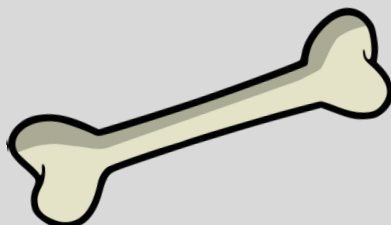
MOVIE NIGHT 2022

Movie Night is back for 2022! Date is Saturday, September 17th at 5:00 PM (movie starts around 7:15 PM) and it is located on the Town Common. Come down for games, popcorn, and ice cream. Hosted by the Topsfield Police Relief Association.

K9 Aster

We are excited to announce the first K9 in the history of the Topsfield Police Department. Please meet K9 Aster, our one-year-old Labrador Retriever. Aster is in training to be a certified Comfort Dog for our department. She will be a great addition to our department and our community. Aster's handler will be Detective Sergeant Brendan Gahagan. We look forward to introducing her to the community!

Welcome Aster!



Tips from the Fire Department

Is Your Number Up?

Please help us in making sure your Home Street Number is visible from the street!

- Massachusetts General Law (CH.148s59) and our local ordinance require that all buildings have a street number that can be seen from the road.
- Street numbers are vital so that Emergency Responders can locate your home quickly.
- Recommended 4", block style, contrasting color placed on dwelling in plain view. It is not recommended that the number be placed on doors. Numbers, not letters, should be placed above or beside the door. Numbers should also be reflective.

Trips to Take:



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

- **Party on the Patio**, on Tuesday 9/6/22 at Danversport Yacht Club. Horizon & Horn, \$5.00 for a seat at the table. 4:30PM.
- **Shades of Bubl **, This three man tribute and luncheon on Tuesday 9/20/22 at Danversport Yacht Club \$74pp. Doors open at 11:30AM.
- **Christmas with Paul Anka** and luncheon on Tuesday 12/6/22 at Danversport Yacht Club \$75pp Doors open at 11:30AM.
- **A Christmas Carol** Wednesday 12/14/22, North Shore Music Theater \$70pp. Show starts at 2:00.

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

- **NH Turkey Train:** Train ride, Harts Turkey Farm Luncheon, mystery stop, & sightseeing on Tuesday 10/4/22. \$119pp (includes transportation with Best of Times).
- **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 Farmers' Market Nutrition Program

Qualified customers will receive a \$25 booklet that can be used to purchase herbs, honey and fruits & vegetables at accepting Farmers' Markets. A list of those markets will be given to you at the time you sign your coupon booklet. To receive information on the program or qualifications call the Topsfield COA at (978) 887-1523.

Services Available

Find a market either from the list you receive your coupon book or go to mass.gov/massgrown. Plan your visit according to hours for the chosen market.

The coupon book is in increments of \$2.50. No change can be given if your item costs more the difference must be paid for. The coupons are good through October 31, 2022.

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.

September 2022

September has been designated as **Senior Citizens Month** and is expected to be a time of education, information and entertainment. Please join the Topsfield COA and Library for an Aging Well: A How -To Series. The information is published on page 3 of this newsletter (events are not listed on the calendar below).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Labor Day is a federal holiday in the United States celebrated on the first Monday in September to honor and recognize the American labor movement and the works and contributions of laborers to the development and achievements of the United States. The three-day weekend it falls on is called Labor Day Weekend.</p>				<p>9:30-11:30 Canasta 12:30 Flowers with Tom (sign up) 2:00 Fit For Life with Pam (New)</p>	<p>Time TBD Chair & Mat Yoga with Joan 1:00 Virtual Balance in Motion</p>	
<p>4</p>	<p>5 Closed for LABOR DAY </p>	<p>6 Trip: 4:30 Party on the Patio at Danversport Yacht Club Horizon & Horn \$5.00 for a seat at the table (sign up)</p>	<p>7 9:00 Market Basket 11:15 Tai-Chi 1:00 Market Basket 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club</p>	<p>8 9:30-11:30 Canasta 10:00 VNA Clinic Trip: 4:30 Isabella Garden Museum , Boston 2:00 Fit For Life with Pam 6:00 COA Outdoor</p>	<p>9 9:30 Tech Tips w/ Steph Time TBD Chair & Mat Yoga with Joan 1:00 Virtual Balance in Motion 7:30 Julia Child Skit, Gould Barn</p>	<p>10 8-10 Food Pantry at Trinity 11-3 Tomato Festival  10-12 Memory Café at Rest-Stop-Ranch</p>
<p>11 10:00-2:00 Sunday Stroll at Rest-Stop-Ranch 4-6 Concert on the Green: Caille Hughes Hosted by Cultural Council</p>	<p>12 9-12 Joli's Oil Painting Class (sign up) 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Restorative Yoga 3:00 Monday Night Movies</p>	<p>13 11:30 Traveling Chef (sign up) Trip: 1:00 Shopping in Seabrook, NH (sign up) 4:00 COA Board Mtg.</p>	<p>14 9:00 Market Basket 11:15 Tai-Chi 1:00 Market Basket 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club</p>	<p>15 9:30-11:30 Canasta 12:30 Silver Screening with Vinny 2:00 Fit For Life with Pam 2:00 COVID-19 Clinic 4PM HomeGrown Market - Studio Two Concert</p>	<p>16 Time TBD Chair & Mat Yoga with Joan 1:00 Virtual Balance in Motion</p>	<p>17 5:00 Topsfield Police Movie Night... Bad Guys</p>
<p>18 4-6 Concert on the Green: James Michael Hosted by Cultural Council</p>	<p>19 9-12 Bill Duke Watercolor Class (sign up) 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Restorative Yoga</p>	<p>20 Trip: 10:45 Bubl� Tribute & lunch at Danversport Yacht Club (pre register)</p>	<p>21 9:00 Market Basket 11:15 Tai-Chi 1:00 Market Basket 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club</p>	<p>22 9:30 Book Club 9:30-11:30 Canasta 12:30 White Pack Cards with Kendra 2:00 Fit For Life with Pam</p>	<p>23 Time TBD Chair & Mat Yoga with Joan 1:00 Virtual Balance in Motion</p>	<p>24 8-10 Food Pantry at Trinity</p>
<p>25</p>	<p>26 9:30 Scrabble 9-12 Joli's Oil Painting Class (sign up) 12:30 Mahjong 3:00 Live & Virtual Restorative Yoga</p>	<p>27 SHINE Apt. (sign up) Trip: 9:00 Boston Historical Sightseeing Harbor Cruise (1hr) & lunch at the Boston Sail Loft (pre register)</p>	<p>28 9:00 Market Basket 11:15 Tai-Chi 1:00 Market Basket 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club</p>	<p>29 9:30-11:30 Canasta 2:00 Fit For Life with Pam</p>	<p>30 Time TBD Chair & Mat Yoga with Joan 1:00 Virtual Balance in Motion 4:00 Topsfield Fair starts</p>	

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 9-12 Joli's Oil Painting Class 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Restorative Yoga 3:00 Monday Night Movies **Senior Day at the fair \$10>	4 Trip: 10:00 Lunch at Shiraz Persian Cuisine, Watertown, Ma. This trip was inspired by the book group reads: <i>Stationary Shop Together Tea</i> By Marjan Kamali (sign up)	5 9:00 Market Basket 11:15 Tai-Chi 1:00 Market Basket 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	6 9:30 Canasta 12:30 Flowers with Tom (sign up) 2:00 Fit For Life with Pam	7 Time TBD Chair & Mat Yoga with Joan 1:00 Virtual Balance in Motion	8 10-12 Memory Café at Rest-Stop-Ranch registration preferred
9 10:00-2:00 Sunday Stroll at Rest-Stop-Ranch	10 Closed for COLUMBUS DAY  Last day of the Topsfield Fair	11 Trip: 10:00 Russel Orchard Trip Shopping, Ice cream, wine tasting, animals and more. (sign up) 4:00 COA Board	12 9:00 Market Basket 11:15 Tai-Chi 1:00 Market Basket 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	13 10:00 VNA Clinic 9:30 Canasta 2:00 Fit For Life with Pam FLU CLINIC Check town website for details	14 9:30 Tech Tips w/ Steph Time TBD Chair & Mat Yoga with Joan 1:00 Virtual Balance in Motion	15 8-10 Food Pantry at Trinity
16 9-12 Bill Duke's Watercolor Class 9:30 Scrabble 12:00 Traveling Chef (sign up) 12:30 Mahjong 3:00 live & virtual Restorative Yoga	17	18 Trip: 10:00 The Sargent House Museum (there are stairs) and Lunch at the Pilot House (sign up)	19 9:00 Market Basket 11:15 Tai-Chi 1:00 Market Basket 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	20 9:30 Canasta 12:30 Silver Screening with Vinny 2:00 Fit For Life with Pam 2:00 COVID-19 Clinic	21 Time TBD Chair & Mat Yoga with Joan 1:00 Virtual Balance in Motion	22
23 9-12 Joli's Oil Painting Class 9:30 Scrabble 12:30 Mahjong 3:00 live & virtual Restorative Yoga	24	25 SHINE appoint (sign up) Trip: 10:00 Captain Martin Restaurant & shopping in Wellesley, Ma	26 9:00 Market Basket 11:15 Tai-Chi 1:00 Market Basket 1:00 Virtual Arthritis Exercise Class 1:30 Crafters Club 5:00 Supper Club	27 9:30 Book Club 9:30 Canasta 12:30 White Pack Cards with Kendra 2:00 Fit For Life with Pam	28 NO Chair & Mat Yoga with Joan 1:00 Virtual Balance in Motion	29 8-10 Food Pantry at Trinity
30 9:30 Scrabble 12:30 Mahjong 3:00 live & virtual Restorative Yoga  HAPPY HALLOWEEN	31	<p>Columbus Day is a national holiday in many countries of the Americas and elsewhere, and a federal holiday in the United States, which officially celebrates the anniversary of Christopher Columbus' arrival in the Americas on October 12, 1492.</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.

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.

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

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



FRIENDS OF THE TOPSFIELD COUNCIL ON AGING PRESENTS...

Studio Two



**THURSDAY
SEPTEMBER 15
4:30-6 PM**

PERFORMING AT THE TOPSFIELD
HOMEGROWN MARKET - TOPSFIELD TOWN COMMON

THANK YOU TO OUR SPONSORS:



Friends of the
Topsfield Council on Aging

Rest • Stop • Ranch Respite Retreat Center & Accessible gardens

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



& Technology Assistance
with Steph!

1-on-1 tech assistance. 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!

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!

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.



*Live Music * Tomato Games * Local Farmers' market * Educational Exhibits & Demonstrations* Community Groups * Art Stations * Scarecrow Scavenger Hunt * Raffle * Cooking Contests * Food * Tasting

To enter a cooking contest or sign up for art classes go to:

www.topsfieldcommunitypartnership.org/tomato-festival or

Scan the QR Code to learn more about this event!



Sponsored by Topsfield Agricultural Commission
And
Topsfield Community Sponsorship

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 households' 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.

Across

- 1. What a snob might put on
- 5. Go around in circles?
- 10. Snack in a shell
- 14. Object in an object?
- 15. Nurse's measurement, often
- 16. Soba alternative
- 17. Ashram dweller
- 18. Makarova of tennis
- 19. Designate
- 20. Protector of parks
- 23. When the big hand points down
- 26. Smarties and Nerds, e.g.
- 27. Impede legally
- 28. Emulate a mossless stone?
- 29. Product pusher's panels

1	2	3	4		5	6	7	8	9		10	11	12	13	
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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			

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- 33. Ordered list: abbr.
- 36. Harness racer's gait
- 37. "Biography" network
- 38. Prego rival
- 39. Seine seasoning
- 40. Exceedingly innovative
- 42. Tatter's output
- 43. Farewell, Fernando
- 44. Mary's mate
- 47. Superlatively short
- 50. Kurt Russel sequel of 1996
- 52. N.E.A. member
- 53. Celebrity hot-seat?
- 54. Fiddler or hermit
- 58. Place for a fake flamingo
- 59. Stereotypically lucky sorts
- 60. Deutchland's dough

- 61. 401-k supplementers
- 62. Axel, in "Beverly Hills Cop"
- 63. Homeowner's document

Down

- 1. "Brokeback Mountain" director
- 2. Paper in a pot
- 3. 1921 play with artificial men
- 4. Extinguish
- 5. "Aida", before Elton
- 6. The way to play
- 7. Favored by thy Lord
- 8. Ain't right
- 9. Rips into
- 10. Place for a subway

- 11. Old saw
- 12. Oort cloud object
- 13. Singular sensations
- 21. The other team: abbr.
- 22. Tools that make holes
- 23. Hoists
- 24. Stick out like ___ thumb
- 25. Off. who wears a silver oak leaf
- 28. CNN anchor Bakhtiar
- 30. Faux pas
- 31. It may be prime or fixed
- 32. Toronto's prov.
- 33. Hawkins of Dogpatch
- 34. Toaster treats
- 35. Arthurian adventure
- 38. Intensely irate
- 40. Creator of 33 down

- 41. British Celt
- 42. Benefits from an error
- 44. "Forbidden Kingdom" actor
- 45. Triple award for "Brokeback Mountain"
- 46. Pronunciation symbol
- 47. Pigtail, e.g.
- 48. Martini's partner
- 49. "_____ Greatest": Muhammed Ali
- 51. Auto maker with four models featured in 20, 29, 40, and 50 across
- 55. Regret
- 56. Exist
- 57. Hunk's asset

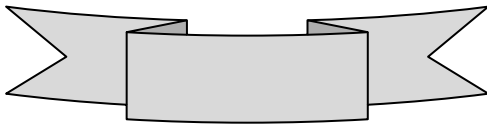


 IN LOVING

Memory

Nancy Hood
Doris Earle
Keyes Linsley
Robert Parsons

Raymond Bourgoin
Thomas Brady
Lois Cappiello



Game & Answer Key:

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

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

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