

The Scoop



November/December 2023

Topsfield Council on Aging (COA)

Town Hall (2nd floor), 8 West Common Street, Topsfield, MA 01983

Contact us at: (978) 887-1523, topsfildmacoa@gmail.com

The Topsfield Council on Aging's mission is to design, implement and promote programs and services to support the independence, health and well-being of Topsfield residents who are sixty years of age and older or disabled adults.



Living Life Locally is about Community and Lifestyle

Gratitude is an active process of acknowledging goodness and recognizing its source, according to Robert Emmons, PhD, professor of psychology at the University of California, Davis, and author of *Thanks! How the New Science of Gratitude Can Make You Happier* (Houghton Mifflin, 2007). "While gratitude is pleasant, it is not easy," Emmons notes. "We have to work at it." How can the residents of Topsfield show gratitude? We have so much to be grateful for in the bucolic town of Topsfield. Let's think of three things that you are grateful for living in Topsfield and share them with your family, a friend, a coworker, the COA. The COA is grateful for all of the participants that share their time with us, the caregivers, family members, local businesses and our dedicated volunteers.

Local happenings: Saturday, November 11th there will be a Veteran's Day breakfast 8-10 at the Fire Station followed by a ceremony at the Veteran's Green at 11:00 to honor our Veterans. Holiday on the Green will take place, Saturday, December 2nd 4:00-7:00 (Artisan Craft & Music may open earlier, check them out at Town Hall!) New COA programs include Meditation on most Fridays, holiday card writing and Yankee swap. On Thursday, November 9th we will be working with other town departments to bring you some important must know information. Please join us!

Looking for something that you aren't seeing on the COA calendar? Come in and share, send us an email or put a note in the suggestion box. We want to hear from you.

 *The COA Team*



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Town Hall Hours:

Monday - Thursday

8:00am to 4:00pm

Friday

8:00am to 12:00pm

Connect with Topsfield on Social Media

FACEBOOK: facebook.com/townoftopsfield

INSTAGRAM: instagram.com/townoftopsfield

TWITTER: twitter.com/townoftopsfield

Programming



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

Watercolor Class with Bill Duke

9am-12pm

All supplies provided \$20 (Max 10 students)

Tuesday, November 28th & Monday, December 11th

To sign up, call (978) 887-1523

Oil Painting Class with Joli Wood

9am-12pm

All supplies provided \$25 (Max 8 students)

November 6th & 20th & December 4th & 18th

LIVE & Virtual Yoga with Joan

Mondays - 3:00pm & Fridays - 8:00am

Perfect for all levels!

White Pack Cards with Kendra Berube

Tuesday, November 28th & December 26th 12:30pm

To sign up, call (978) 887-1523

Create your own greeting cards. Supplies provided!

Tai Chi with Beth

Wednesdays - 11:15am

Improve balance, strength, flexibility & well-being.

Low impact movements.

Join Beth at Town Hall or Virtual.

Game Days

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

All are welcome!

Scrabble- Mondays 9:30am

Mahjong- Mondays 12:30pm

Canasta- Thursdays 9:00am

The Canasta group is looking for a few more people to play Canasta. They are willing to teach!

Market Basket Food Shopping

Wednesdays Pick ups - 9:00am & 1:00pm

Let the COA bus pick you up from your home, enjoy great company, and get your errands done in Rowley (Market Basket, TJ Maxx & CVS).

To sign up, call (978) 887-1523

Fireside Poetry with Jack Armitage

Wednesday, November 8th, 10:00am, No December class

Whether you come to express yourself or want to sit and listen to poetry, this is the group for you.

Virtual Supper Club with Joan

Wednesdays - 5:00pm

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

To participate email Joan, TopsfieldSupperClub@gmail.com

Book Club

Tuesday at 9:30 - Holiday Schedule

Combined Nov/Dec Book Club, Tuesday, December 5th

For information call the COA at 978-887-1523

Silver Screening

Tuesday, November 21st & December 19th - 10:00am

Join Vinny at Town Hall

To sign up, call (978) 887-1523

Fit For Life with Pam

Town Hall Tuesdays & Thursdays - 2:00pm

This is a Low-Impact Interval Training Class, intended for all fitness levels, focusing on cardiovascular, strength, flexibility and balance conditioning.

Flower Arranging with Tom

Fresh Look Designs

12:30pm - \$15.00

November 14th & No December Class

To sign up, call (978) 887-1523

Dancing with Erica

Mondays 4-5pm

November 6th, 20th & December 4th, 18th

All ages & levels welcome

6 weeks of Meditation

Most Fridays 10:30 am (see calendar for schedule)

No cost (sign up) come to one or all 6 classes

Reiki session November 3rd there will be a free demonstration. Starting the following Friday you can sign up for a \$20 private Reiki session after the free meditation class.

Services & Resources



Mr. Fix It - Electrician

Join volunteer Rob Roy, retired licensed electrician on **November 8th and December 13th** from **9:00AM-12:00PM** at the COA (2nd floor of Town Hall).

Bring in any small electrical appliance or lamp that you need fixed (i.e. new plug, rewiring, etc.). Bring in your item during the above times to have your item evaluated and repaired if possible. You will only pay for the cost of any new parts used to repair the item you brought in. Rob will try to fix the appliance/lamp that day if repairable. You can drop it off with the item clearly marked with your name and phone number or wait while the repair is being done. Call the COA with an questions (978) 887-1523.

Virtual BALANCE IN MOTION with Dianna- Parkinson's Fitness (PF)

Parkinson's Fitness is a non-profit organization dedicated to fighting Parkinson's Disease through exercise and movement classes, arts and educational programs. PF has been working around the North Shore for over 9 years. Instructor, Dianna Daly, has had the pleasure of teaching her Balance in Motion class through Parkinson's Fitness in partnership with Topsfield COA for the past 5 years. Dianna's devoted students partake in a series of seated and standing movements, exercises, sometimes using props such as balls, towels, or balance pads to promote strength, flexibility, and balance. All participants will benefit from this unique experience.

Classes are Fridays, 1:00 pm
To receive the zoom link, send an email to diannadaly@gmail.com.



DON'T FORGET TO CHANGE YOUR CLOCKS... FALL BACK!

Daylight Savings ends on Sunday, November 5th. Set your clocks back one hour. This is also an excellent time to change the batteries in your smoke and carbonmonoxy detectors.



Medicare Open Enrollment: October 15 – December 7

SHINE = Serving the Health Insurance Needs of Everyone... on or eligible for Medicare. Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare.

This is your opportunity to review your Medicare plans with a SHINE counselor to see what you can expect with your current plan in 2024 or to see if there is another plan that may be more cost-effective for you. You may also benefit from cost-saving programs that a SHINE counselor will explain to you. Your health insurance costs are an important part of your budget, and SHINE is available all year to help you review your plans and costs.

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 100 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. Applications may be picked up at the Council on Aging or downloaded from the town's website: www.topsfield-ma.gov/council-aging/pages/

Senior-services completed applications should be submitted Annually to the Council on Aging Director.

Agencies & Organizations

Providing Vital Support



SeniorCare, Inc.

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

Food Pantries:

- Top Cupboard, Topsfield (978) 807-8775
- The Open Door, Gloucester (978) 283-6776 x214
- ACORD, South Hamilton (978) 468-7424

PACE (Element Care)

(978) 803-5564 or www.elementcare.org
PACE & SNAP services go to www.mass.gov

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

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

Elder Abuse Hotline

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

Suicide Hotline

899 or email suicidepreventionlifeline.org

SHINE Counselor

Free Health Care Insurance Information Including Medicare. (800) 243-4636 or Mass.gov

Topsfield Police, Non-Emergency

(978) 887-6533

Topsfield Fire Department, Non-Emergency

(978) 887-5148

BOARDS:

COA Board:

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

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

Conor McIntosh

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



News from the Fire Department

Heating causes thousands of residential fires each year. Heating equipment is the #2 cause of home fires in Massachusetts and the #1 source of carbon monoxide (CO).

Smoke and CO Alarms

- Make sure there are working smoke alarms and carbon monoxide alarms on every level, including outside the bedrooms.
- Test smoke and carbon monoxide alarms monthly and change batteries twice a year, when you change the clocks.
- Check the manufacturing date on the back of the alarm. Replace smoke alarms after 10 years. Replace CO alarms after 5-7 years (depending on the model).

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 and flue professionally inspected and cleaned every year.
- Make sure the stove is approved by a national testing agency such as Underwriters Laboratory (UL).
- Get a building permit before installing a stove.
- Keep anything that can burn at least three feet away.
- Dispose of the ashes in a **metal** container, with a lid, away from the house, garage, and porch.

Sparks and embers from a fireplace or woodstove can ignite household materials. Use a screen in front of a fireplace. Keep the door to a woodstove closed when in use.

Space Heaters Need Space

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 at least three feet away on all sides.

Keep Warm & Keep Safe When Heating Your Home this Winter

Department of Fire Services www.mass.gov/dfs • (978) 567-3100

- Plug a space heater directly into a wall outlet, not an extension cord or power strip.
- Always turn off when going to bed or leaving the room.
- Portable kerosene and propane heaters are illegal in MA. for home use. Maintain Gas/Oil Equipment
- Well-maintained furnaces and water heaters are safer and more efficient..
- 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.

If you Use Gas Heating Equipment

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.

If You Use Oil Heating Equipment

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



Fuel Assistance:

For information on fuel assistance, please call the HEATLINE at 1-800-632-8175 or visit www.mass.gov/dhcd., www.mass.gov/keepwarmkeepsafe or call the Topsfield COA at (978) 887-1523

News from the Board of Health & Public Health Nurse

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. The Topsfield Public Health Emergency Preparedness Handbook is available free of charge at the Board of Health office.
- Plan a 'go' bag in case of emergency. The 'go' bag should include:

Gallon of water, list of medications, flashlight, radio, first aid kit, face mask, plastic sheeting & duct tape, manual can opener, wrench or pliers to turn off utilities, whistle, map of area, cell phone & charger, prescription medications, energy bars, important family documents, pet food, cash, extra eyeglasses.

For more information, contact the Board of Health at 978-887-1520 or visit www.mass.gov/knowplanprepare .

Free COVID test kit tests are available through the United States Post Office:

<https://store.usps.com/store/results?Ntt=covid&requestid=377312>

or visit the Town Website at www.topsfield-ma.gov .



COVID-19 Update:

CDC, FDA & ACIP recently approved & recommended the use of an updated 2023-2024 monovalent, XBB-containing) COVID-19 vaccine for all ages 6 months and older.

Recommended COVID-19 vaccine doses vary by age and immune status. Here are the [latest 2023-2024 recommendations](#) from the CDC:

- Everyone aged 5 years and older should get 1 dose of the updated 2023-2024 Pfizer-BioNTech or Moderna COVID-19 vaccine to protect against serious illness from COVID-19
- People who are moderately or severely immunocompromised may get additional doses of updated 2023-2024 COVID-19 vaccine
- Children aged 6 months–4 years need multiple doses of COVID-19 vaccines to be up to date, including at least 1 dose of updated 2023-2024 COVID-19 vaccine
- Individuals who recently had COVID-19 should wait 90 days for immunization

Individuals who recently had a bivalent booster should wait two months from updated immunization

Ask your healthcare provider what COVID-19 vaccine dose is best for you and your family members.

<https://www.mass.gov/info-details/covid-19-vaccine-information>

Please note: Topsfield Health Dept is still waiting on final approval for COVID-19 vaccine orders and shipments.

Once we have the vaccine available vaccine clinics will be posted on the Town Website:

<https://www.topsfield-ma.gov/health-department-board-health/pages/covid-19-information>



News from the Board of Health & Public Health Nurse

November is Diabetes Awareness Month

More than 37 million children and adults have diabetes in the United States.

The following symptoms of diabetes are typical. However, some people with diabetes have symptoms so mild that they go unnoticed.

Common symptoms of diabetes:

- Urinating often
- Feeling very thirsty
- Feeling very hungry—even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss—even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)



Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes.

Be sure to talk with your physician about any new symptoms you have or any changes in your health.

For more information visit:

<https://www2.diabetes.org/get-involved/community/american-diabetes-month>

Trips to Take:



Day Trips: Transportation on the COA bus is not provided on overnight trips (see information below)

- **Mamma MIA - It's ABBA** & Luncheon on Thursday, November 16th at Danversport Yacht Club.
- **Boston Pops** at the Lowell Memorial Auditorium on Sunday, December 17th.

The Friends of COA have generously offered to pay anything over \$50.00 for each of the above trips Danversport show & lunch is \$89 however you pay \$50, and the Friends of the COA pay the balance.

- **New Year's Eve Luncheon & Dance Party** at Danversport Yacht Club on December 31st. Start your celebration of 2024 with the Tom LaMark Orchestra. Call COA (978)887-1523 for more information.

Overnight Trips with Collette Travel — For more information call the COA (978) 887-1523.

Shades of Ireland - Group Tour April 26 - May 5, 2024 - 10 Days * 13 Meals

Highlights: Dublin, Blarney Castle, Killarney, Limerick, Cliffs of Moher, Galway and more.

Iceland - Group Tour October 2024 - Experience the "land of fire and ice" and chase the Aurora



November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>November is Native American Heritage Month, first declared by President George H.W. Bush in 1990. The month is a time to celebrate the rich and diverse cultures, traditions, and histories and to acknowledge the important contributions of Native people.</p> 			<p>9:00 Market Basket 9-12 Mr. Fix-It 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club</p>	<p>9:00 Canasta 10:00 Trip: Flying Horse outdoor Sculpture Garden—Pingree (sign up) 2:00 Fit For Life with Pam</p>	<p>8:00 Live & Virtual Yoga with Joan 9-12 Open Art Studio 10:30 (sign up) Meditation 11:30 Reiki 1:00 Virtual Balance in Motion</p>	
<p>Daylight Saving Time Ends Change your clock back 1 hour</p> 	<p>9-12 Joli's Oil Painting Class 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan 4:00 Dance with Erica</p>	<p>12:30 Mary Ann Nay Constituent Services -Bruce Tarr's office 12:00 Traveling Chef; Soup & Grilled Cheese (sign up) 2:00 Fit For Life with Pam</p>	<p>9:00 Market Basket 10:00 Fireside Poetry with Jack 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club</p>	<p>9:00 Canasta 11:30 Emergency preparedness; CPR, NARCAN, Safety & VNA at Town Hall 2:00 Fit for Life with Pam</p>	<p>Closed for Veteran's Day</p> 	<p>9-10 Food Pantry at Trinity Church 10-12 Rest-Stop-Ranch Memory Café- Topsfield Library 8:00 Veteran's Breakfast Fire Station 11:00 Veteran's Ceremony on Veteran's Green</p>
	<p>9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan 4:00 Movie Monday: <i>Live to 100 secrets of the Blue Zone</i></p>	<p>10-12 SHINE Apps. (sign up) 12:30 Flowers with Tom (sign up) 2:00 Fit For Life with Pam 4:00 COA Board Mtg</p>	<p>9:00 Market Basket 10:00 Learn about the Blue Zones from 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club</p>	<p>9:00 Canasta 11:00 Trip: Danversport Yacht Club— Mama Mia it's ABBA! 2:00 Fit For Life with Pam</p>	<p>8:00 Live & Virtual Yoga with Joan 9-12 Open Art Studio 10:30 (sign up) Meditation 11:30 Reiki 1:00 Virtual Balance in Motion</p>	<p>Compost Facility closing for the season</p>
	<p>9-12 Joli's Oil Painting Class 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan 4:00 Dance with Erica</p>	<p>9:00 Market Basket (sign up) 10-12 SHINE Appts. (sign up) 10:00 Silver Screening with Vinny (sign up) 2:00 Fit For Life with Pam</p>	<p>We are Thankful For you. Have a wonderful Holiday!</p> 	<p>Closed for Thanksgiving <i>Happy Thanksgiving</i></p>	<p>Closed for Thanksgiving Holiday</p>	
	<p>9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan</p>	<p>9-12 Bill Duke Watercolor Class (sign up) 10-12 SHINE Appts. (sign up) 12:30 Cards with Kendra (sign up) 2:00 Fit For Life with Pam</p>	<p>9:00 Market Basket 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club</p>	<p>9:00 Canasta 10:30 Trip: Tuscan Marketplace Eat & Shop Salem, NH 2:00 Fit For Life with Pam</p>		

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Inclement Weather: When Topsfield Schools are closed due to inclement weather the Council on Aging cancels all scheduled activities. We encourage you to stay home and stay safe. If you need assistance call the Council on Aging for non-emergency assistance and for an emergency call 911.</p>					<p>1 8:00 Live & Virtual Yoga with Joan 9-12 Open Art Studio 10:30 Meditation (sign up) Reiki to follow at 11:30 1:00 Virtual Balance in Motion</p>	<p>2 4:00-7:00 Holiday on The Green Festivities!</p> 
<p>3 9-12 Joli's Oil Painting Class 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan 4:00 Dancing with Erica</p>	<p>4 9:30 Book Club 10-12 SHINE Apps. (sign up) 12:00 Traveling Chef—Carving station (sign up) 2:00 Fit For Life with Pam</p>	<p>5 9:00 Market Basket 10:00 Holiday card writing. Free cards available (sign up) 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club No Supper Club</p>	<p>6 9:00 Canasta 10:00 Trip: MFA - Fashioned by Sargent, Boston (sign up) 2:00 Fit For Life with Pam <i>Hanukkah starts at Sundown</i></p>	<p>7 Happy Hanukkah 8:00 Live & Virtual Yoga with Joan 10:30 Meditation (sign up) Reiki to follow at 11:30 1:00 Virtual Balance in Motion</p>	<p>8 8-10 Food Pantry at Trinity Church 10-12 Rest-Stop-Ranch Memory Café at the Topsfield Library</p>	
<p>10 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan 4:00 Monday Night Movie: <i>The Polar Express & Treats!</i></p>	<p>11 2:00 Fit For Life with Pam 4:00 COA Board Mtg.</p>	<p>12 9:00 Market Basket 9-12 <i>Mr. Fix It</i> 9:30 Boxwood Trees—Trinity Church (sign up) \$15 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club</p>	<p>13 9:00 Canasta 11:30 Trip: High Tea at Joli Tea Company, Salem (sign up) 1:00 2:00 Fit For Life with Pam</p>	<p>14 8:00 Live & Virtual Yoga with Joan 9-12 Open Art Studio 10:30 Meditation (sign up) Reiki to follow at 11:30 1:00 Virtual Balance in Motion</p>	<p>15 8:00 Live & Virtual Yoga with Joan 9-12 Open Art Studio 10:30 Meditation (sign up) Reiki to follow at 11:30 1:00 Virtual Balance in Motion</p>	
<p>17 1:00 Boston Pops Lowell performance starts at 2:30.</p>	<p>18 9-12 Joli's Oil Painting Class 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan 4:00 Dancing with Erica</p>	<p>19 10:00 Silver Screening with Vinny (sign up) 2:00 Fit For Life with Pam</p>	<p>20 9:00 Market Basket 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club</p>	<p>21 9:00 Canasta ❄️ 2:00 Fit For Life with Pam 4:00 Free Holiday Concert with Clyde Wheatley Bring family or friends; All ages welcome! (sign up) Transportation available (sign up)</p>	<p>22 8:00 Live & Virtual Yoga with Joan 10:30 Meditation (sign up) Reiki to follow at 11:30 1:00 Virtual Balance in Motion</p>	
<p>31 11:00 New Years Celebration Danversport Yacht Club (sign up)</p>	<p>25 Closed for Christmas</p> 	<p>26 SHINE appointments (sign up) 12:30 White Pack Cards with Kendra (sign up) 12:30 Mahjong 2:00 Fit For Life with Pam Kwanza begins Boxing Day</p>	<p>27 9:00 Market Basket No Tai-Chi 1:00 Market Basket 1:30 Crafters Club No Supper Club</p>	<p>28 9:00 Canasta 11:30 COA Pizza Social & Yankee Swap 2:00 Fit For Life with Pam</p>	<p>29 NO Yoga with Joan 1:00 Virtual Balance in Motion</p>	

Notes from the...



Massachusetts Senior Circuit Breaker Tax Credit

Certain seniors who **own** or **rent** residential property in Massachusetts, as their principal residence, are eligible for a refundable tax credit

As a senior citizen (65 or older by December 31 of the tax year), you may be eligible to claim a refundable credit on your Massachusetts personal income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes or rent paid on the Massachusetts residential property you own or rent and occupy as your principal residence.

Services Available

For eligibility criteria and more information go to mass.gov and search for the Senior Circuit Breaker Tax in the search bar

Or

Call the Council on Aging
(978) 887-1523

Notary

A Notary's duty is to screen the signers of important documents for their true identity, their willingness to sign without duress or intimidation, and their awareness of the contents of the document or transaction. Notary service is not available for deeds, mortgages, wills, living trusts, codicils or depositions.

Services Available

For Notary services call
Beth Wideberg

Council on Aging
978-887-1523

Call to schedule an appointment.
For seniors 60+ and immobile services can be brought to you.

Behavioral Health Hotline

Going through a tough time?

If you or someone you care about is struggling with mental health or substance use, contact Massachusetts Behavioral Health Hot Line.

It's free, confidential and no health insurance is needed.

Services Available

Call or Text 24/7
833-773-2445

or

Chat live on-line:
masshelpline.com/chat

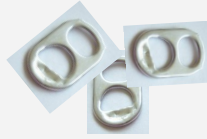
or

Deaf or hard of hearing contact
MassRelay at **711**

Notes



SHRINER'S HOSPITAL



Donate Your **aluminum can pull tabs** at the Topsfield COA. They are collected to help the Shriners help kids! **Shriners Hospitals for Children in Boston & Springfield** have been collecting pull-tabs from beverage cans for more than 16 years, they recycle them and put the money toward programs that benefit children. About a half-million pounds of aluminum tabs have been collected & recycled. The cans may still be returned for deposit even after the tabs are removed.



Since 1972, the national Senior Nutrition Program has supported nutrition services for older adults across the country. Funded by the Older Americans Act ([OAA](#)), local senior nutrition programs serve as hubs for older adults to access nutritious meals and other vital services that strengthen social connections and promote health and well-being.

The Theme for the Senior Nutrition Program's 50th anniversary is...

"Celebrate. Innovate. Educate."

MEALS ON WHEELS INFO:

Those aged 60 years and older or 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.

THE FRIENDS OF COA

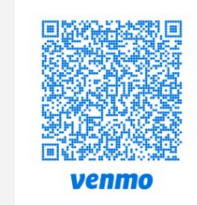
The Friends are grateful to receive all donations, especially those made in memory or honor of a loved one. Your donations directly impact your friends and neighbors by supporting the Topsfield COA programming and services.

Our Friends 2023-2024 Membership Drive is underway.

Please consider volunteering with us or joining.

Mail checks payable to Friends of the Topsfield COA, P.O. Box 173, Topsfield, MA 01983.

Or use this QR code to donate.



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.

Noticeboard



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, transportation, limited mobility or age.

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

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

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 3:30PM on Monday, Tuesdays & Fridays. Grocery Shopping is every Wednesday 9:00AM & 1:00PM.

Check our calendar for upcoming bus trips!

****As of September 1st the Rowley, MA Market Basket will no longer use plastic grocery bags. They are hoping that you will bring your own bags for shopping but will provide paper bags. ****

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>

Trash & Recycling

Issues or questions regarding trash/recycling collection?

Call 1-800-323-4285 or visit the new Republic/JRM website

For customer support & service alert information,

www.republicservices.com/customer-support

For local information go to

[Topsfield MA | \(topsfield-ma.gov\)](http://Topsfield MA | (topsfield-ma.gov))

The Compost Facility at 279 Boston Street will be closing for the season on November 18, 2023.



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

The 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!

Spotlight Events - Scam prevention

SMISHING: United States Postal Service (USPS)

Have you received unsolicited mobile text messages with an unfamiliar or strange web link that indicates a USPS delivery requires a response from you? If you never signed up for a USPS tracking request for a specific package, then *don't click the link!* This type of text message is a scam called smishing. Smishing is a form of phishing that involves a text message or phone number. Victims will typically receive a deceptive text message that is intended to lure the recipient into providing their personal or financial information. These scammers often attempt to disguise themselves as a government agency, bank, or other company to lend legitimacy to their claims. USPS utilizes the 5-digit short codes to send and receive SMS to and from mobile phones.

The criminals want to receive personally identifiable information (PII) about the victim such as: account usernames and passwords, Social Security number, date of birth, credit and debit card numbers, personal identification numbers (PINs), or other sensitive information. This information is used to carry out other crimes, such as financial fraud.

USPS offers free tools to track specific packages, but customers are required to either register online, or initiate a text message, and provide a tracking number. USPS does not charge for these services! USPS will not send customers text messages or e-mails without a customer first requesting the service with a tracking number, **and it will NOT contain a link.** So, if you did not initiate the tracking request for a specific package directly from USPS and it contains a link: **don't click the link!** If you suspect the text message you have received is suspicious but are expecting a parcel, please do not click on any links. Rather, report it and visit USPS.com from your mobile device or computer for tracking and additional resources.

For more information about these services and other products, please visit **USPS TEXT TRACKING FAQs:** <https://www.usps.com/text-tracking/welcome.htm>

To protect yourself and others from consumer frauds, visit our fraud prevention page: www.uspis.gov/tips-prevention/mail-fraud/.

HOW TO REPORT USPS Related SMISHING:

To report USPS related smishing, send an email to spam@uspis.gov.

Without clicking on the web link, copy the body of the suspicious text message and paste into a new email.

Provide your name in the email, and also attach a screenshot of the text message showing the phone number of the sender and the date sent.

Include any relevant details in your email, for example: if you clicked the link, if you lost money, if you provided any personal information, or if you experienced any impacts to your credit or person.

The Postal Inspection Service will contact you if more information is needed.

Forward the smishing/text message to 7726 (this will assist with reporting the scam phone number).

Complaints of **non-USPS** related smishing can also be sent to any of the following law enforcement partners of the U.S. Postal Inspection Service:

- Forward to 7726 (this will assist with reporting the scam phone number).
- The Federal Trade Commission at ftc.gov/complaint.
- The Federal Bureau of Investigation's (FBI), Internet Crime Complaint Center (ic3) at <https://www.ic3.gov/complaint>





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Saveria "Sam" Ciruolo

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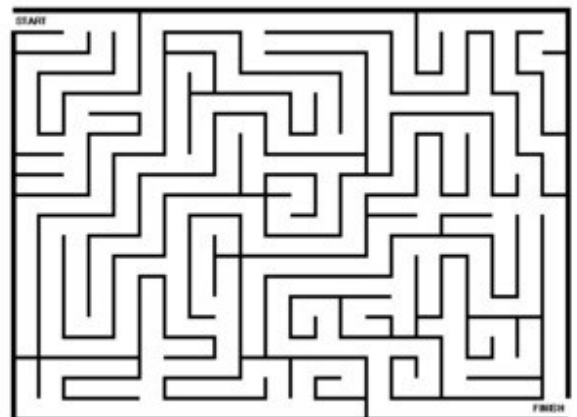
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- When does Christmas come before Thanksgiving? – In the dictionary.
- What does December have that all of the other months don't have? – The letter "D"
- I'm made of frozen rain, no two pieces of me are ever the same. What am I? – Snowflakes





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SUPPORT THE COUNCIL ON AGING

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

Donations may be mailed to:

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



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

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Senior Citizen Newsletter

Topsfield Council on Aging
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Topsfield, MA 01983

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