



SENIOR SCOOP JANUARY 2013

Town Hall
8 West Common
Street
Topsfield, MA 01983
Office (978) 887-1523
Van Line (978) 887-6866
Fax 978 887-1502
Mon-Thurs. 9AM to 3:00PM
Fri. 9AM to 12:00PM
www.topsfield-ma.gov

Director

Jodi Gibeley
jgibeley@topsfield-ma.gov

Secretary/MOW Coordinator

Beth Wideberg
bwideberg@topsfield-ma.gov

Data Entry Clerk

Peg Beauregard
coa@topsfield-ma.gov

Van Drivers

Nick Mazzetta
Jim Rouvalis
Stan Brennan

Meetings

COA Board 01/08 4:30 P.M.
Friends 01/07 7:00 P.M.

Friends of COA

Chris Cotti, President
Chris Roman, Vice President
Marie Coyle

Meals on Wheels Drivers

Abby Jackson
Stan Brennan
Meg Philpott

Council On Aging Mission Statement

To design, implement and promote programs and services to support the independence, health and well-being of Topsfield residents, aged 60 and older.

Council on Aging Board

Pat Carroll, Chairperson
Jolene Guerra, Secretary, Lois Carpenter, Donna D'Agostino
Jackie Rizzo, Penny Rogers, Shirley Sciora, Gracia Clemson
Larry Atkins

A Note From The Director

Happy New Year!! I hope everyone enjoyed the holidays. Thank you to all the countless people who helped the Topsfield Council on Aging this past year. Thank you to the Friends who sponsored our entertainment, our Thanksgiving Dinner, our Christmas dinner, cookouts and a variety of other events throughout the year. Thanks to The Garden Clubs who make centerpieces for our holiday party and individually decorated flowers for our meals-on-wheels participants.

Thanks to the many volunteers who deliver Meals-on-Wheels, drive elders to medical appointments when the van is unavailable, help with our newsletter distribution, answer phones, plan trips, teach exercise classes, and much more. Thank you to the Selectman and town employees who continuously give their time throughout the year at our special events. Thanks to the Topsfield Fairgrounds, Little Brook Village Housing Authority, Congregational Church and Trinity Church for letting us use their facilities for our COA activities.

We couldn't do all of these activities and special events without your help and support and we truly appreciate it.

Have a Healthy and Happy New Year!

**Be Well-
Jodi**

Facts You Should Know

- There is a shuttle available on Tuesdays and Thursdays from 9:30-11:30 A.M. to take you to the bank, post office, dunkin donuts, Cumberland Farms and the library, in Topsfield. Call the office to schedule a ride. (978)887-6866
- If you need help paying for meds go onto [www. needymeds.org](http://www.needymeds.org) or call (978) 281-6666.
- For advice and free legal representation on Medicare and Medicare related issues to Massachusetts elders and person with disabilities. (800) 323-3205.
- Mass Health Number: (800)841-2900.
- Fuel Assistance-Income must not exceed \$31,271 for one person or \$40,893 for two people. Call (978)531-0767 x 136.
- The library has e-readers that they allow you to take out for one week at a time. They have the Nook, Kindle fire and Ipad.
- There is an AARP tax volunteer who helps seniors with low income file taxes. Call the COA to find out dates and times of availability.
- Sand is available at Route One Topsfield Highway Department/DPW for residents.
- Recycle adaptive equipment (walkers, wheelchairs) at Ipswich Masonic Temple. (978) 356-3131.
- To make donations, call the BoxTops Consignment at 887-2130 , Epilepsy Foundation at 888-322-8209, Goodwill at (800)483-5502.
- You can recycle books at Gotbooks, Inc at Topsfield DPW on Rte 1.
- Broken In Books in Rowley located at Rte 1 and 133. Buys Books. For

Events in January

Tuesday, January 8th=====Merrimack Consortium. \$4.00 Lunch special of the Day. Call 978-887-6866 to RSVP.

Monday, January 14th=====Watercolor With Bill Duke. \$20.00. Town Hall 9 A.M.-12:00 P.M.
Call 978-887-6866 to RSVP.

Tuesday, January 15th=====Stonewood Grill, Peabody, MA. New restaurant with lots of variety.
Call 978-887-6866 to RSVP.

Tuesday, January 22nd=====The Great Escape, Salem. This used to be the old jailhouse which has turned into a restaurant.
Call 978-887-6866 to RSVP.

Wednesday, January 30th=====Log Bridge Inn at North Shore Regional Vocational Tech for Lunch, Middleton, Ma. \$8.00. Lunch starts at 11:15 A.M. Call 978-887-6866 to RSVP.

SENIOR HOMEOWNERS & RENTERS!

**YOU MAY QUALIFY FOR CASH or CREDIT FROM THE STATE
IF YOU PAY RENT OR PROPERTY TAXES!**

The Massachusetts "CIRCUIT BREAKER" TAX PROGRAM is for people who meet the following criteria:

1. Aged 65 or older.
2. Property taxes combined with water and sewer charges exceed 10% (or rent exceeds 25%) of income.
3. Own or rent primary residence in Massachusetts.
4. Do not receive subsidized housing.
5. Assessed value of owned home does not exceed \$705,000 on January 1, 2012.
6. Income does not exceed \$53,000 for individuals or \$80,000 for couples.

If you meet the above criteria you are most likely due a "refund" check from the Dept. of Revenue for this year and the past 3 years EVEN IF YOU DON'T NORMALLY FILE STATE TAXES! The maximum credit you may receive for: 2012 is \$1,000, 2011 is \$980, 2010 is \$970, and 2009 is \$960.

Clay Shepard, an AARP volunteer will be doing taxes on Thursdays starting February 7th until April 11th. It will be held in the library. Appointments are from 1-4 P.M. Must be straight forward taxes. No business taxes or complex taxes are allowed.

Call the COA at (978)887-6866 to register an appointment.

“Writing Your Life, One Story at A Time.”

Join us on Thursdays starting in February for memoir writing.

Taught by Edith Fenton who had been organizing this class for ten years.

There will be a new class starting in February. It will be held on Thursdays at 1:00 P.M. at the library. This will be an atmosphere of respect and confidentiality. You will write your stories in your own voices.

Starts February 14th.

TOPSFIELD FOOD PANTRY

Top Cupboard Food Pantry is open for
Topsfield residents, any age.

Where: Little Brook Village
Community Room

When: 1st and 3rd Sunday

Time: 9:00-11:00 A.M.

Next Food Pantry Day is January 6th.

Fuel Assistance

North Shore Community Action Programs: To be eligible for energy assistance your maximum growth annual income must not exceed \$31,271 for a one person household or \$40,893 for a two person household. Contact (978)531-0767 x 136.

The Good Neighbor Energy Fund: If you don't meet the income requirements for NSCAP, this is the program for you! This fund is available to anyone who can't meet his or her energy expenses and is not eligible for state/federal assistance. Contact: Salvation Army (978) 922-4522.

If you require assistance, call the office at (978)887-1523.

Massachusetts Senior Legal Helpline

The helpline provides Free legal information, advice and referral services for Ma senior citizens in most area of civil law, including

- *Social Security
- *Mass Health
- *Consumer Issues
- *Unemployment
- *Guardianship
- *Powers of Attorney
- *Bankruptcy
- *Veterans Benefits
- *Medicare
- * Public Benefits
- *Foreclosures
- *Evictions
- *Landlord/Tenant
- *Nursing Home

If you get their voicemail, leave your name, telephone number and the town where you reside and your call will be returned within 2 business days.

1-866-778- 0939

PROGRAMS

ZUMBA (\$3.00): Trinity Church, River Road, Topsfield Thursdays 10:00A.M.-11:00A.M. Open to all seniors. The class is led by Kym Nugent.

YOGA: cancelled until the spring.

KNITTING/CROCHETING GROUP (Free): Wednesdays from 2:00P.M. – 4:00 P.M. LBV. Group Leader is Jackie Rizzo. Bring your own knitting or crocheting supplies. Yarn is free. Beginners are always welcome. Call COA (978) 887-1523.

MAHJONG (Free): Thursdays 1:00P.M. – 3:00 P.M. LBV

SCRABBLE (Free): Mondays from 9:30 A.M. to 11:30 A.M. LBV. New players are welcome to join the fun. Tables are divided based on skill.

WRITERS GROUP (Free): Topsfield Town Library, One South Common Street, Topsfield, Wednesday 1:30 P.M. to 3:30 P.M. Open to all seniors. The class is led by Ed Stokes.

MINI PEDICURES(15.00): First Wednesday of the month at LBV 10-2:00. Call Heidi in advance to schedule an appointment. (978)352-9772.

USEFUL SERVICES

VNA KEEP-WELL CLINIC (Free): 9:00-11:00 A.M. Washington Meadows on the 1st and 4th Thursday of each month. On the 2nd and 3rd Thursday of each month- LBV

POLICE: To receive Citizen Information Alerts you must subscribe to the NIXLE community notification system. Go to topsfieldpolice.com and click on the NIXLE sign up icon.

NOTARY SERVICE (Free): Notary service is provided free of charge. Beth works Monday through Thursdays 10:00 A.M. to 2:00 P.M.

SHREDDER (Free): A heavy-duty shredder is available for your use at the COA office. You can shred your old documents and credit cards on Monday – Thursday, 9:00 A.M.—2:00 P.M. and on Friday, 9:00A.M. to 11:00.

DONATIONS TO THE COUNCIL ON AGING

Please consider making a tax deductible donation in memory of or in honor of a loved one. Or, you can support a service provided by the
Topsfield Council on Aging.

Donations may be mailed to The Topsfield Council on Aging, 8 West
Common Street Topsfield, MA 01983 or to The Friends of the COA,
PO Box 173, Topsfield, MA 01983

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

Senior Citizen Newsletter

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

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If you do not want this newsletter mailed to you, please contact our office

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>JANUARY 2013</p>	<p>HAPPY NEW YEAR OFFICE CLOSED</p>	<p>9:00-12:00 Food Shopping and McDonalds 10:00 Mini Pedicure, LBV 1:30-3:30 Writers Group-LBV 2-4:00 P.M. Knitting Group-LBV</p>	<p>9:00-11:00 VNA Keep Well Clinic W/M 10:00 Zumba-Frisky Church 10:30 Tai Chi, Mark Warner Ipswich 1:00-3:00 Mahjong, LBV</p>	<p>9:00-11:00 VNA Keep Well Clinic W/M 10:00 Zumba-Frisky Church 10:30 Tai Chi, Mark Warner Ipswich 1:00-3:00 Mahjong, LBV</p>
<p>9:30 Scrabble-LBV</p>	<p>10:30 Tai Chi, Mark Warner Ipswich Merriam Consortium, Topsfield</p>	<p>9:00-12:00 Food Shopping and McDonalds 1:30-3:30 Writers Group-LBV 2-4:00 P.M. Knitting Group-LBV</p>	<p>9:00-11:00 VNA Keep Well Clinic W/M 10:00 Zumba-Frisky Church 10:30 Tai Chi, Mark Warner Ipswich 1:00-3:00 Mahjong, LBV</p>	<p>9:00-11:00 VNA Keep Well Clinic W/M 10:00 Zumba-Frisky Church 10:30 Tai Chi, Mark Warner Ipswich 1:00-3:00 Mahjong, LBV</p>
<p>9:30 Scrabble-LBV Watercolor with Bill Duke</p>	<p>10:30 Tai Chi, Mark Warner Ipswich Stonewood Grill, Peabody</p>	<p>9:00-12:00 Food Shopping and McDonalds 1:30-3:30 Writers Group-LBV 2-4:00 P.M. Knitting Group-LBV</p>	<p>9:00-11:00 VNA Keep Well Clinic W/M 10:00 Zumba-Frisky Church 10:30 Tai Chi, Mark Warner Ipswich 1:00-3:00 Mahjong, LBV</p>	<p>9:00-11:00 VNA Keep Well Clinic W/M 10:00 Zumba-Frisky Church 10:30 Tai Chi, Mark Warner Ipswich 1:00-3:00 Mahjong, LBV</p>
<p>OFFICE CLOSED MARTIN LUTHER KING DAY</p>	<p>10:30 Tai Chi, Mark Warner Ipswich Great Escape, Salem</p>	<p>9:00-12:00 Food Shopping and McDonalds 1:30-3:30 Writers Group-LBV 2-4:00 P.M. Knitting Group-LBV</p>	<p>9:00-11:00 VNA Keep Well Clinic W/M 10:00 Zumba-Frisky Church 10:30 Tai Chi, Mark Warner Ipswich 1:00-3:00 Mahjong, LBV</p>	<p>9:00-11:00 VNA Keep Well Clinic W/M 10:00 Zumba-Frisky Church 10:30 Tai Chi, Mark Warner Ipswich 1:00-3:00 Mahjong, LBV</p>
<p>9:30 Scrabble-LBV</p>	<p>10:30 Tai Chi, Mark Warner Ipswich Food Shopping</p>	<p>1:30-3:30 Writers Group-LBV 2-4:00 P.M. Knitting Group-LBV Log Bridge Inn</p>	<p>9:00-11:00 VNA Keep Well Clinic W/M 10:00 Zumba-Frisky Church 10:30 Tai Chi, Mark Warner Ipswich 1:00-3:00 Mahjong, LBV</p>	<p>9:00-11:00 VNA Keep Well Clinic W/M 10:00 Zumba-Frisky Church 10:30 Tai Chi, Mark Warner Ipswich 1:00-3:00 Mahjong, LBV</p>

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