

The Scoop

MAY/JUNE 2024



Topsfield Council on Aging (COA)

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

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

What is the Council on Aging (COA)...

Too many people are saying I'm not old enough for the COA. As I approach my 60th year, I often say the same thing. But it's so much more than a place for older people. Like everything, we have transformed what we do, provide, and expect from our clients. We are a very active community of vibrant people enjoying free exercise classes, lectures, and educational programs, and we offer a place to educate themselves on necessary services. For example, People frequently don't know they need to sign up for Medicare three months before they turn 65, even if they are still working. The COA offers the coordination of connecting with a SHINE counselor, free tax preparation through AARP, and many other services that can be utilized for everyone over 60+. We also provide entertainment and day trips; we have two trips in 2024: one to Ireland, one to Iceland, and a trip to Costa Rica in 2025. We have had free education on AI and how to use it, modern biology and how it could affect the future, decluttering information, nutrition education, VNA services, delicious luncheons, and so much more. We also provide referral services, transportation, Meals on Wheels, emotional support, and financial assistance when needed. We hope you will consider getting to know the COA and utilizing all our activities and services. You can think of it as the club you joined when you started paying taxes.



Kathleen and The COA Team



In this Issue:

Page 2.....	Programming
Page 3.....	Services & Resources
Page 4.....	Agencies & Organizations
Page 5-7	Advice from Public Servants
Page 7.....	Information & Trips to Take
Page 8.....	May Calendar
Page 9.....	June Calendar
Page 10.....	Notes from the...
Page 11.....	Notes
Page 12.....	Noticeboard
Page 13.....	Spotlight Events
Page 14.....	Remembrance & Thank You

Town Hall Hours:

May: Monday - Thursday
8:00am to 4:00pm
Friday
8:00am to 12:00pm

June: Monday
8:00am to 7:00pm
Tuesday - Thursday
8:00am to 4:00pm
Closed on Fridays

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)

Monday, May 13th & No class in June

To sign up, call (978) 887-1523

Oil Painting Class with Joli Wood

9am-12pm

All supplies provided \$25 (Max 8 students)

May 6th, 20th & June 3rd, 17th

LIVE & Virtual Yoga with Joan

Mondays - 3:00pm

Fridays - 8:00am until May 24th starting May 29th

Wednesday's at 8:00

Perfect for all levels!

White Pack Cards with Kendra Berube

Tuesday, May 28th & June 25th - 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. Perfect for all levels!

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

May 1st & June 5th at 10:00am

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, May 23rd *Lessons in Chemistry* by

There will not be Book Club meetings

June, July or August

September 24th You will share your opinion on your summer read!

For information call the COA at 978-887-1523

Silver Screening

Tuesday, May 21st & June 18th - 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.

Floral Design Class with Tom

Fresh Look Designs Tanning & Gifts

12:30pm - \$15.00

Tuesday, May 7th & June 4th

To sign up, call (978) 887-1523

Open Art Studio

Most Friday the month of May - (closed June-August)

Join a group of artist to work on your individual art project along with other creative artists.

Free, drop in studio time!

Services & Resources



North Shore
Hearing Foundation

Hearing Care is Health Care

Their mission is to provide access to quality hearing care and devices for those in need and to increase awareness of the impact of hearing loss on quality of life.

- **Non-Profit Hearing Clinic** - providing hearing health care services to underserved and under insured people with hearing loss.
- **Hearing Devices** - Provision of hearing aids assistive devices and related services on a sliding scale for individuals.
- **Loaner hearing aids & assistive devices** - Loaner aids and assistive listening devices for people on hospice and at end of life.

North Shore Hearing Foundation
990 Paradise Rd, Suite 3A
Swampscott, MA 01907
nshearingfoundation@gmail.com
781-581-1500

Mr. Fix It - Electrician

Join volunteer Rob Roy, retired Licensed Electrician on **May 8th & June 26th** 9:00AM-11:30 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.

Food Bank Resources:

SNAP

You may be eligible for Supplemental Nutrition Assistance Program (SNAP). For information call Topsfield COA at 978-887-1523, DTAconnect.com or by phone (877) 382-2363 press #7.

Top Cupboard, Trinity Church, Topsfield

Phone: 978-807-8775

Open the 2nd & 4th Saturday of the month 8AM-12PM

ACORD Food Pantry

Phone: 978-468-7424

Acord.director@gmail.com

69 Willow Street, South Hamilton, MA 01982

Food Pantry Hours:

Wed. 9:30AM – 11:00AM

Thur. 10:00AM – 11:00AM (Seniors 60+)

Thur. 6:30PM – 7:30PM

Sat. 9:00AM – 11:00AM

The Open Door: Food Pantry

Phone: 978-283-6776

www.foodpantry.org

****MEALS TO-GO AVAILABLE**

FREE meals are available to-go M-F at the Gloucester Food Pantry (28 Emerson Ave. Gloucester MA) for pick-up and limited delivery. Meals available for pick-up M-F from 3-5 p.m. and TH-F from 3-6 PM

Call 978-283-6776 to inquire about delivery.

****SENIOR SOUP AND SALAD**

Thursdays and Fridays at 11:30AM

Rose Baker Senior Center

6 Manuel F Lewis Street, Gloucester MA 01930

JOIN US for hot soup, sandwiches, salad, chips, and dessert!

****IN-PERSON DINING IS BACK**

FREE, fresh meals available in-person M-F from 4:30-5:30PM at the Gloucester Food Pantry (28 Emerson Ave., Gloucester MA).

Daily menu is the same as to-go meals

Special diet? Allergies to food? Let us know ASAP when you arrive!

Project Bread Food Source Hotline

www.projectbread.org

1-800-645-8333

Answers questions about SNAP and free and low

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.

Alzheimer's Association

24/7 HELPLINE 800.272.3900 alz.org/MANH

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 counseling Including Medicare. 978-887-1523, (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;
Joan Chiffer	Member; DFT Chair; Recorder
Elaine Crippen	Member; Friends Liaison
Rusty Brady	Member
Kendra Berube	Member
George Berube	Member
Steve Walsh	Member
Bill Quinn	Member
Charlotte O'Toole	Member
Mary Connor	Member
Kathy Curran	Intergenerational Liaison
Mary Connor	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
Sandy Guido	Member
Donna Ryan	Member
Elaine Crippen	COA Board Liaison
Donna Marie	Member
Lisa O'Brien	Member

COA Contacts:

Kathleen Barbarisi

COA Director
kbarbarisi@topsfield-ma.gov

Beth Wideberg

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

George Berube

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

News from the Fire Department



Grilling Safety —*Many people enjoy barbecuing in the summer months. But when grills are not used safely, things can go horribly wrong. For safe grilling, always follow owner's manual*

Safety first

- Always grill outdoors
- Grills cannot be used on the porch, balcony or deck with a roof, overhang or wall (other than the exterior of the building).
- Grills can only be used on open first floor porches, decks or patios if there is an outdoor stairway to the ground, or the porch is at ground level.
- Grills should be at least 10 feet from the side of a building. Make sure grills are not underneath overhanging branches.
- Grills cannot be used on fire escapes.
- Place grills away from the house and deck railings.
- Keep all matches, lighters and lighter fluid away from children.
- Keep children and pets at least three feet from grills. Children should never play near grills or propane cylinders.

Gas Grill Safety

- Gas grills are safe and convenient when they are assembled and used properly. Gas grills are fueled by liquid propane, which is pressurized and require special handling and storage. Read and follow manufacturer's instructions.

Safe Cooking

- Make sure the lid of a gas grill is open when you light it. Propane can build up inside a closed lid and blow it off when ignited.

- If you smell gas while cooking, turn off the grill and move away from it. Call 911 from a safe location. Do not move the grill.
- Always turn off the burners and close the propane cylinder when done cooking.
- Never leave a burning grill unattended.

Handling Propane

- Keep all propane outdoors, at least 10 feet away from the building openings such as doors, windows and dryer vents, and 20 feet away from air intake vents and ignition sources.
- Do not smoke while handling a propane cylinder.
- Store propane cylinders upright in an outdoor, shaded area. Do not leave cylinders in a vehicle. Cylinders should not be used, stored, or transported where they can be exposed to high temperatures.

Source: National Propane Gas Association/Propane Education & Research Council (2003)

Charcoal Grills

- Use only charcoal starter fluid. Gasoline and kerosene should not be used to start a fire in a grill. Never add lighter fluid to burning briquettes or hot coals. Doing so may cause a flash fire and result in serious burn injuries.
- Charcoal briquettes give off carbon monoxide, a colorless, odorless gas that can be deadly. Always use charcoal grills outdoors in a well ventilated area.



Alcohol and Substance Misuse

Alcohol and medication misuse and mental health conditions are significant problems for older adults. In fact, substance misuse and abuse among older adults is one of the fastest-growing health problems in America. Most people over 65 do not use illegal drugs, but almost 20 percent of older adults misuse alcohol, over-the-counter medicines, and prescription drugs—most often unintentionally. Physiological changes in older adults can render alcohol and medications harmful at doses lower than those used by younger people. Many older adults are unaware of this fact. Few are aware, for example, that the National Institutes of Health, National Institute on Alcohol Abuse and Alcoholism (NIAAA) recommends that adults ages 65 and older who are healthy and do not take medications drink no more than three alcoholic drinks a day or a maximum of seven drinks per week. Furthermore, NIAAA advises women of any age to drink somewhat less than the recommended drinking limit.

Points to Remember

While use of illicit drugs in older adults is much lower than among other adults, it is currently increasing. Older adults are often more susceptible to the effects of drugs, because as the body ages, it often cannot absorb and break down drugs and alcohol as easily as it once did.

Older adults are more likely to unintentionally misuse medicines by forgetting to take their medicine, taking it too often, or taking the wrong amount.

Some older adults may take substances to cope with big life changes such as retirement, grief and loss, declining health, or a change in living situation.

Most admissions to substance use treatment centers in this age group are for alcohol.

Many behavioral therapies and medications have been successful in treating substance use disorders, although medications are underutilized.

It is never too late to quit using substances—quitting can improve quality of life and future health.

More science is needed on the effects of substance use on the aging brain, as well as into effective models of care for older adults with substance use disorders.

Providers may confuse symptoms of substance use with other symptoms of aging, which could include chronic health conditions or reactions to stressful, life-changing events.

Web: <https://nida.nih.gov/publications/drugfacts/substance-use-in-older-adults-drugfacts>

COVID-19 Boosters

Topsfield Health Department offers MODERNA COVID-19 Vaccines to Seniors at Town Hall

Where: Topsfield Health Department, Ground Level of Town Hall

When: Mondays & Wednesdays 9:30 am - 4 pm Walk-ins accepted

Who: COVID Vaccines (for Seniors over age 65 due for 23-24 annual booster)

Register Online:

<https://home.color.com/vaccine/register/topsfield-tritown?site=topsfield-town-hall-tri-town>

News from the Police Department



Identity Theft/Fraud Resources For Victims

1. Contact one of the three major credit Bureaus.

Ask them to place a fraud alert on your credit reports. As soon as the credit bureau confirms the fraud alert, the other two credit bureaus will automatically be notified to place fraud alerts. Once a fraud alert is placed, you are entitled to order one free copy of their credit report from each of the three nationwide consumer reporting companies.

THE THREE CREDIT BUREAUS ARE:

- **Equifax Credit information Services**

(800)525-6285
P.O Box 740241
Atlanta GA 30374-0241
www.equifax.com

- **Experian Information Solutions**

(888)397-3742
P.O Box 9530
Allen, TX 75013
www.experian.com

- **TransUnion**

(800) 680-7289
Fraud Victims Assistance Division
P.O Box 6790
Fullerton, CA 92634-6790
www.transunion.com

2. Notify your Financial institutions

Contact each financial institution you have an account with so they can check your accounts for undetected fraud

3. Contact the Federal Trade Commission

Complaints should be filed online at:
www.consumer.gov/idtheft

4. Contact the Social Security Administration

If your Social Security number has been compromised, the Social Security Administration should be notified at 800-269-0271, or at:
www.ssa.gov/oig.

5. DOCUMENT WHAT WAS COMPROMISED AND WHO YOU CONTACTED!

Trips to Take:








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



Old World Sicily & Malta - Departure September 8-20, 2024 - Soak up the island ambiance in Malta, Delve into Maltese culture and ascend the sides of Mt. Etna in off-road vehicles. Explore Valletta and pass by Baroque architecture. Explore flavors, pause for a Sicilian cappuccino and taste natural wines and learn about the slow food movement at a local farm.

Iceland - Departure November 29– December 5, 2024 - Experience the “land of fire and ice” and chase the Aurora Borealis across an ethereal wonderland. This natural phenomenon is the product of collisions between electrically charged particles from the sun that enter the earth’s atmosphere.

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><i>Life is not measured by the Number of breaths we take, But by the moments that Take our breath away</i> ~ Maya Angelou</p>		9:00 Market Basket 1 9-11 Podiatry-Boxford (sign up 887-3591) 10:00 Fireside Poetry with Jack 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	2 9:00 Canasta 10:00 Trip: Giuseppe's for lunch, Beverly (sign up) 2:00 Fit For Life with Pam	3 8:00 Live & Virtual Yoga with Joan 9-12 Open Art Studio 1:00 Virtual Balance in Motion	4 150TH 
5 Cinco de Mayo 	6 9-12 Joli's Oil Painting Class 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan 4:00 Monday Night Movie:	7 12:30 Floral class with Tom (sign up) NO Fit For Life 4:00 COA Board Mtg 7:00 Town Meeting Masconomet Regional High	8 9:00 Market Basket 10:30 VNA—Bone density clinic (free) (sign up) 9-11:30 Mr. Fix-It 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	9 9:00 Canasta 12:00 Mother's celebration Tea & Luncheon Crustless Quiche (sign up) 1:00 Trip: Putnam Pantry (sign up) NO Fit for Life Annual Town Election	10 8:00 Live & Virtual Yoga with Joan 9-12 Open Art Studio 1:00 Virtual Balance in Motion	11 8-10 Top Cupboard Food Pantry at Trinity Church 10-12 Rest-Stop-Ranch Memory Café at Rest-Stop-Ranch
12 Happy Mother's Day 	13 9:00 Bill Duke Watercolor Class (sign up) 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan	14 11:00 Day of Service at Masco Middle school Trivia & Lunch (sign up) 12:30-1:30 MaryAnn Nay Constituent Services (sign up) 2:00 Fit For Life with Pam 4:00 COA Board Mtg	15 9:00 Market Basket 10:00 Coffee with Kevin Harutunian 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	16 9:00 Canasta 10:45 Trip: Poet's Inn Restaurant at Whittier Tech (sign up) 2:00 Fit For Life with Pam	17 8:00 Live & Virtual Yoga with Joan 9-12 Open Art Studio 1:00 Virtual Balance in Motion	18
19	20 9-12 Joli's Oil Painting Class 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan	21 10-12 SHINE Appts. (sign up) 10:00 Silver Screening with Vinnie (sign up) 2:00 Fit For Life with Pam	22 9:00 Market Basket 10:00 Coffee with the Heather— <i>Medicare supplement Advantage</i> 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	23 9:00 Canasta 10:00 Trip: The Butterfly Place & lunch, Westford, Ma (sign up) 2:00 Fit For Life with Pam	24 8:00 Live & Virtual Yoga with Joan 9-12 Open Art Studio 1:00 Virtual Balance in Motion	25 8-10 Top Cupboard Food Pantry at Trinity Church
26	27 Closed for MEMORIAL DAY 	28 9:30 Book Club: <i>Lessons in Chemistry</i> 10:30 Quilt's with Judy 12:30 Cards with Kendra (sign up) 2:00 Fit For Life with Pam	29 8:00 Live & Virtual Yoga with Joan 9:00 Market Basket 10:00 Bob Spillman - <i>The Engineering behind D-Day</i> 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	30 9:00 Canasta Friends of COA Membership drive luncheon Chinese cuisine (sign up) 2:00 Fit For Life with Pam 4:00 President Lincoln - 13th amendment & Gettysburg Address with Kevin Tucker (sign up)	31 Town Hall Closed 1:00 Virtual Balance in Motion	

June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 9-12 Joli's Oil Painting Class 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan 4:00 Monday Night Movie:	4 9:30-11:00 Savvy Caregiver (sign up) 12:30 Floral Design Class with Tom (sign up) 2:00 Fit For Life with Pam	5 8:00 Live & Virtual Yoga with Joan 9-11 Podiatry-Boxford (sign up 887-3591) 9:00 Market Basket 10:00 Fireside Poetry with Jack 11:15 Tai-Chi 12:00 COA Luncheon Shrimp Scampi-rsvp 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	6 9:00 Canasta 10:00 Trip: The Brook Seabrook, NH (sign up) 2:00 Fit For Life w/ Pam 4:00 The American Flag presented by Andrew Roucco	7 Town Hall Closed 1:00 Virtual Balance in Motion	8 8-10 Top Cupboard Food Pantry at Trinity Church 10-4 Strawberry Festival 
9	10 No Bill Duke Watercolor Class 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan	11 9:30-11:00 Savvy Caregiver (sign up) 12:30-1:30 MaryAnn Nay Constituent Services from Bruce Tarr's office 2:00 Fit For Life with Pam 4:00 COA Board Mtg.	12 8:00 Live & Virtual Yoga with Joan 9:00 Market Basket 10:30 VNA—Managing Pain (free) (sign up) 11:15 Tai-Chi 1:00 Market Basket	13 9:00 Canasta 10:00 Dementia Friendly Topsfield Information Session 11:30 Trip: Mystery Ride! (sign up) 2:00 Fit For Life with Pam 5:00 Elder Abuse awareness Concert; Clyde Wheatley	14 Town Hall Closed 1:00 Virtual Balance in Motion	15
16	17 9-12 Joli's Oil Painting Class 10:00 Luminary Ceremony to honor those impacted by Alzheimer's 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan	18 9:30-11:00 Savvy Caregiver (sign up) 10:00 Silver Screening with Vinny (sign up) 2:00 Fit For Life with Pam 3-7 Juneteenth Celebration	19 Closed for Juneteenth Commemorating the end of slavery	20 9:00 Canasta 10:00 Trip: The Heritage Museum & Garden and Lunch (sign up) 2:00 Fit For Life with Pam	21 Town Hall Closed 1:00 Virtual Balance in Motion	22 8-10 Top Cupboard Food Pantry at Trinity Church
23	24 9:30 Scrabble 12:30 Mahjong 3:00 Live & Virtual Yoga with Joan 30	25 SHINE appointments (sign up) 9:30-11:00 Savvy Caregiver (sign up) no Book Club 12:30 White Pack Cards with Kendra (sign up) 2:00 Fit For Life with Pam	26 8:00 Live & Virtual Yoga with Joan 9:00 Market Basket 10:00 Bob Spilling Talk; <i>The History and Magic of Numbers</i> 11:15 Tai-Chi 1:00 Market Basket 1:30 Crafters Club 5:00 Supper Club	27 9:00 Canasta 10:00 Trip: Pickity Place Luncheon & shopping Mason, NH (sign up) 2:00 Fit For Life with Pam 4:00 History talk with Kevin Tucker	28 Town Hall Closed 1:00 Virtual Balance in Motion	29 

Notes from the...

Notary



Services Available

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.

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



Services Available

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.

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**

Topsfield Library - Kanopy



Services Available

Kanopy is an on-demand streaming video service for educational institutions that works directly with filmmakers and film distribution companies to offer thousands of award-winning documentaries, training films and theatrical releases across diverse subjects and disciplines. Kanopy provides access to more than 26,000 films and documentaries from a variety of independent filmmakers and distributors, including the BBC, PBS and Criterion Collection.

Start streaming movies today with your public library card or university login. Kanopy partners with public libraries and universities to bring you ad-free films and series that can be enjoyed on your TV, mobile phone, tablet, and online.

Join Roz Broch from the Topsfield Town Library on June 26th at the COA (2nd Floor) Town Hall to learn about Kanopy and other great library resources.

Reserve your spot by calling the COA at (978) 887-1523.

Notes



MEALS ON WHEELS INFO:

Those aged 60 years and older or homebound 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.

RSVP:

RSVP is one of the oldest volunteer networks in the nation for people age 55 and older. Established by Congress in 1971. Volunteers provide independent living and elder services, tutor children, renovate homes, teach English to immigrants, assist victims of natural disasters, recruit and manage other volunteers, and serve their communities in many other ways. RSVP volunteers choose how, where, and how often they want to serve, with commitments ranging from one or two hours to 40+ hours per week. Our program has been locally sponsored by SeniorCare Inc. since 2001, and functions as a volunteer placement agency for SeniorCare and many other area non-profit partner agencies. RSVP has more than 350 active volunteers.

For information on how to become a volunteer call the Council on Aging (COA) (978) 887-1523 or email; RSVP@seniorcareinc.org The Topsfield COA is looking for volunteers to provide medical rides for senior citizens in need of assistance.

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 17 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.

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



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. ****

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.

For information on this service go to:

ask@topsfieldlibrary.org
www.topsfieldlibrary.org or

(978) 887-1528 x2200.

Trash & Recycling

Issues or questions regarding trash/recycling collection?

Call 1-800-323-4285 or visit

www.republicservices.com/customer-support

For local information go to

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

The Spring Household White Goods and Metals Collection dates will be announced soon.

- Items must be curbside before 7 am.
- Metal items must be 80% metal; no longer than 6 feet in length.
- Gas powered appliances must have all gas and oil removed.
- No refrigerators, freezers or any item containing FREON or any type of coolant will be accepted.

No trash stickers required for this collection.

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 Meetings 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

PODIATRY



Dr. Bonni Berkowitz, DPM

The Boxford COA has invited Topsfield residents to make an appointment with Dr. Berkowitz for their foot and nail needs at the Boxford COA podiatry clinic. Please call (978) 887-3591 to make an appointment. Home visits may also be available for homebound residents.



Memory Café on the 2nd Saturday of the month 10AM-12PM at Rest-Stop-Ranch.

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.

Open Garden—Tuesdays/Thursdays 1-4 & Saturdays 9-12 (bring lunch on Saturday & enjoy the beautiful gardens)
April –November

May - Lilac Fest (100 Lilac bushes)

June - Lily Fest (bulb donations welcome)

Phone number (978) 887-4202
(Mary— Text is best)

Spotlight Events

What can SHINE do for you?



SHINE is an acronym: Serving the Health Insurance Needs of Everyone...on or eligible for Medicare.

SHINE counselors are highly trained volunteers (and some who counsel as part of their jobs) who will assist you with learning about Medicare and Medicare Savings Programs, whether you are exploring Medicare or are already enrolled.

Medicare Savings Programs (MSPs), formerly known as the MassHealth Senior Buy-In and Buy-In Programs can help with your Medicare costs, such as Part A and/or Part B premiums, deductibles, copays and co-insurance. In Massachusetts, MSPs are managed by MassHealth and there are three different types of MSPs, with different levels of coverage assistance.

A SHINE counselor will help you determine eligibility, based on income and/or assets for ALL potential cost saving programs, including MassHealth Standard and other programs associated with it. The recent elimination of asset guidelines for MSPs may mean that you are eligible now, when you may not have been eligible before.

If you are not eligible, a SHINE counselor can review your Medicare coverage to help determine if you are in the most cost-effective plan and will help determine opportunity for change if so.

Call for an appointment with a certified SHINE Counselor: Topsfield COA at 978-887-1523

SHINE is a federally funded program helping you navigate Medicare.

COVID-19

Topsfield Health Department offers MODERNA COVID-19 Vaccines to Seniors at Town Hall

Where: Topsfield Health Department, Ground Level of Town Hall

When: Mondays & Wednesdays 9:30 am - 4 pm - Walk-ins accepted

Who: COVID Vaccines (for Seniors over age 65 due for 23-24 annual booster)

Register Online:

<https://home.color.com/vaccine/register/topsfield-tritown?site=topsfield-town-hall-tri-town>

Massachusetts Behavioral Health HelpLine



The Behavioral Health HelpLine (BHHL) connects individuals and families to the full range of treatment services for mental health and substance use offered in Massachusetts, including outpatient, urgent, and immediate crisis care. The BHHL is staffed by trained clinicians and certified peer specialists to support every caller's needs. Every call, text, or [chat](#) conversation includes follow-up by trained clinicians, and staff will remain on the line with you until you are connected to the help you need. The BHHL is available 24 hours a day, 365 days a year by phone call and text. Even if you're not sure what kind of help or treatment you may need, we can help guide you.

Call or Text: 833-773-2445

Web: <https://www.masshelpline.com/>



Marylyn Collins
Salvatore Joseph Colella
Thomas Targonski

Thank you Institution For Savings,

The Topsfield Council on Aging (COA) is incredibly grateful to the Institution for Savings' Giving for Good program for their generous donation of an iPad Pro. The Giving for Good initiative launched by the Institution of Savings in 2019 encourages their employees to make a positive impact in their communities. Every quarter, employees are given \$2500 to help others in innovative ways. Recently, The Topsfield COA was fortunate enough to receive an iPad Pro, which will be utilized as an educational tool for seniors. With the COA's upcoming technical support class and individual one-on-one instruction, the iPad will serve as a valuable resource for expanding seniors' technical knowledge. The COA hopes to expand the program by obtaining more iPads and eventually establishing a loan-out program, allowing individuals to borrow an iPad and use it at home for a specific period after learning how to use it. The COA is grateful to have received such a valuable resource and looks forward to continuing the program's success.

Thank you from the COA Team



Calling all Artists & Poets

Our goal is to promote the arts. We invite poetry submissions to the COA office, and each newsletter will feature a selected poem. We have recently received some wonderful new art rails to display artwork and photographs donated by the Topsfield Friends of the COA. We will present a rotating selection of art pieces and photographs and encourage you to consider submitting a piece or two of artwork or coordinating an art show with the COA office.



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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.

This newsletter is partially funded by the Executive Office of Elder Affairs, the Topsfield COA and the advertisers.

Senior Citizen Newsletter

Topsfield Council on Aging
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Topsfield, MA 01983

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