

Topsfield Council on Aging

SENIOR SCOOP

NOVEMBER 2016

Mission Statement:

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

COA @ the Emerson Center

9 East Common Street

ACTIVITIES, EVENTS & DROP-IN CENTER

Days/Hours: MONDAY, WEDNESDAY, & THURSDAY 9:30 AM to 1:30 PM

COA @ Town Hall

8 West Common Street

INQUIRIES, APPOINTMENTS, VISITS

Days/Office Hours: MONDAY-THURSDAY 8 AM to 3 PM; Friday 9 AM to 12 PM

Contact:

Office Phone: (978) 887-1523

Bus Reservations & RSVPs: (978) 887-6866



Friends of the Topsfield Council on Aging

November highlights include an outing to the **Salem State University Speaker Series** featuring former Boston Police Commissioner Ed Davis on Thursday, November 3rd, an excursion to **Freeport, Maine**, the home of LL Bean, and a TRIAD-hosted "Shelter in Place" seminar at the Gould Barn.

We are pleased to be offering some new services, including an **in-home stylist** (see Outreach page) and a second shopping shuttle to the **Port Plaza in Newburyport** on Wednesday afternoons from 1 to 4 PM with Shelagh, our new bus driver.

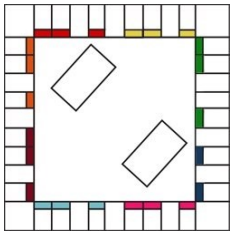
For your convenience, we have included the December calendar so that you can map out the holiday season. We are excited to sponsor excursions to enjoy **high tea at Blithewold Mansion in Bristol, RI**, to see **Keith Lockhart conduct the Boston Pops Orchestra** at the conveniently located Lowell Auditorium, and to ride along the **Jerry Jingle Highway**. We are offering several shopping opportunities including a **mini local craft fair** that will be held in conjunction with our monthly Birthday Luncheon and a **tax-free shopping** trip to NH.

As the holiday season approaches, we hope that you will take time out to join us at the Emerson Center, which has been made available to us thanks to the generosity of the Friends of the Topsfield Council on Aging. We can be found on the accessible second floor on Mondays, Wednesdays, and Thursdays from 9:30 AM to 1:30 PM participating in friendly competition, engaging in meaningful conversation, improving our balance with Tai Chi exercises, and dining on wonderful snacks and meals. We hope you will let us be a gift to you!

Seize the Day!

Paula Burke & Beth Wideberg

Regularly Scheduled Events



Game Day

(including Scrabble)

Most Mondays

9:30 AM -12:30 PM

Watercolor Class

Taught by North Shore Artist Bill Duke

Monday, November 21st

9:30 AM -12:30 PM

\$20
includes all supplies

Prepay to reserve your spot



Tai-Chi

Most Wednesdays

11:00 AM - 11:45 AM

Knitting/Crocheting Group

Wednesdays at LBV

2:00 PM - 4:00 PM

Bring your own supplies



Coffee & Conversation

Wednesdays

10:00 AM -11:00 AM

Enjoy an easy exchange with specialists in a variety of fields in a comfortable setting.

Thursday Specialty Luncheons

11:30 AM

\$4 and at Emerson Center unless otherwise noted

RSVP (978) 887-6866

Wk 1: **Lunch 'n Learn-Italian**
FREE at Gould Barn

Wk 2: **Lunch-Chinese Food**

Wk 3: **Lunch 'n Learn-Soup Sampler**

Wk 4: **Enjoy your Thanksgiving dinner with family & friends!**

Happening this Month

In Topsfield...

Election Day

A free HOURLY SHUTTLE will operate on
Election Day

Tuesday, November 8th between 9 AM and 2 PM
RSVP (978) 887-6866 for pick-up at home

Shelter in Place

Thursday, November 3rd at the Gould Barn 11:30
RSVP (978) 887-6866 for complimentary lunch

Technology Workshop

Discover the power of Smartphones, laptops, tablets, & more!

On Thursday, Nov. 10th, we will collaborate with students at Masconomet High School to learn technology tricks and share our stories. Sociology teacher, Ryan Quinn, is coordinating this unique opportunity that will run from 10-11 AM. Transportation will be provided.

In Massachusetts (and possibly beyond)...

Turn clocks back 1 hour before bed on Sat., Nov. 5th
Starting October 28th, cash is no longer accepted at
any MA toll booths!

Go to EZPass.com or to a AAA Office to create an
account and get a free transponder.

Early Voting is underway

For the first time, all MA voters have the option of voting before Election Day. In Topsfield, any registered voter may cast a ballot in the Office of the Town Clerk during regular Town Hall hours from Oct. 24th to Nov. 4th.

NOVEMBER TRIPS

Tuesday, November 1st

**Lunch at Giuseppe's and
Downtown Stroll in Newburyport**

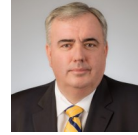
Bus pick-ups start at 10:00



Thursday, Nov. 3rd

**Salem State Univ.
Speak Series fea-
turing Ed Davis**

\$20



**Bus pick-ups start
at 6:00 PM**

Tuesday, November 15th

Adventures in Maine



Shop at
LL Bean
& surrounding outlet stores in
Freeport, Maine
&
Eat an early dinner at
The Maine Diner
Wells, Maine



Bus pick-ups start at 9:00

**R
S
V
P**

Tuesday, November 22nd

Complete your holiday to-do list:



Shop at **Market Street**

Lynnfield, MA
& at the



Gingerbread Construction Co.
for fresh baked goods.

Bus pick-ups start at 10:00

Wednesday, November 30th

“Mame”

Stoneham Theater \$37

Bus pick-ups start at 12:00

NOVEMBER LUNCHEONS

Thursday, November 3rd

Lunch 'n Learn

“Shelter in Place”

Sponsored by TRIAD
&

November Birthday Lunch

Join us to celebrate with an
Italian Feast and
birthday cake

Gould Barn @ 11:30

**Free lunch for all, courtesy of
Friends of the Topsfield
Council on Aging**

Thursday, November 17th

Lunch 'n Learn

**“Medicare Open Enrollment /
SHINE Info Session”**

Hosted by Lisa Rose
&

Soup Sampler

Choose from a variety of
Farmer Brown's delicious
soups



Emerson Center @ 11:30
\$4

**R
S**

Thursday, November 10th

Chinese Food

Emerson Center @ 11:30
\$4



**V
P**

Thursday, November 24th



**HAPPY
THANKSGIVING!**

We are grateful that you
are part of our lives each
and every day!

Trinity Church =TR, Town Hall=TH, Town Library=LIB, Little Brook Village=LBV, Washington

NOVEMBER

	Monday	Tuesday	Wednesday
		1 10:00 Lunch at <i>Giuseppe's Fresh Pasta & Fine Food</i> and Downtown Stroll in Newburyport	9:00 Shop 10:00 Coffee ELECTION DAY 11:00 Tai-Chi 1:00 Shop 2:00 Knitting
UNLESS OTHERWISE	7 9:30 Game Day	8 FREE ELECTION DAY SHUTTLE BUS TO POLLING SITE 9:00 AM - 2:00 PM	9:00 Shop 10:00 Coffee TRITOWN UNION TR 11:00 Tai-Chi 1:00 Shop 2:00 Knitting
NOTED, EVENTS	14 9:30 Game Day 10:00-12:00 SHINE Counselor available by appointment	15 9:00 Adventures in Freeport, Maine Visit LL Bean & the outlet shops Early Dinner at the Maine Diner	9:00 Shop 10:00 Coffee FUEL 11:00 Tai-Chi 1:00 Shop 2:00 Knitting
ARE HELD AT THE	21 9:30 –12:30 Watercolor Class w/ Bill Duke \$20 9:30 Scrabble Only	22 10:00 Shopping/Dining @ Market Street in Lynnfield & Gingerbread Construction Co. in Wakefield	9:00 Shop 10:00 Coffee HOLIDAY 2:00 Knitting Tai-Chi and Newburyport
EMERSON CENTER !	28 9:30 Game Day 10:00-12:00 SHINE Counselor available by appointment	29 See 11/30 for weekly trip 4:00 COA Board Meeting-TH	9:00 Shop 10:00 Coffee PARK & CH 11:00 Tai-Chi 12:30 "Man 2:00 Knitting

BER 2016

Wednesday	Thursday	Friday	Saturday
2 in Rowley & Conversation CTION PRIMER Chi in Newburyport ing LBV	3 9:30 VNA-WM 11:30 Lunch 'n Learn Shelter in Place Italian Feast Courtesy of TRIAD	4 COA office hours: 9 AM-12 PM	5
9 in Rowley & Conversation N SCHOOL TEAM Chi in Newburyport ing-LBV	10 9:30 VNA-EM 10:00 Technology Workshop (Masconomet High School) 11:30 Lunch (\$4) Chinese Food	11 Thanks to all who serve and have served... Veterans' Day Observed TOWN HALL CLOSED	12 8:00-10:00 <i>Food Pantry TR</i>
16 p in Rowley & Conversation ASSISTANCE Chi in Newburyport ing-LBV	17 9:30 VNA-LBV 11:30 Lunch 'n Learn (\$4) Soup Sampler 12:15 Medicare Open Enrollment/SHINE Info Session <i>10:00 Friends of the Tops</i> COA-LIB	18 COA office hours: 9 AM-12 PM	19
23 in Rowley & Conversation Y RECIPE SWAP ing-LBV d Shuttle to ort CANCELLED	24 Happy Thanksgiving!	25 TOWN HALL CLOSED	26 8:00-10:00 <i>Food Pantry TR</i>
30 in Rowley & Conversation EMETERY SUPT. Chi ne" @ Stoneham (\$37) ing-LBV	DECEMBER 1 9:30 VNA-WM 11:30 Birthday Lunch Italian Feast & Birthday Cake	2 COA office hours: 9 AM-12 PM	*Please note that we offer 2 different shopping shuttles on most Wednesdays.

OUTREACH IN OUR COMMUNITY



- **BUS TRANSPORTATION:** Bus transportation is available for appointments on Monday afternoons and on Thursdays and for shopping at specific times on Wednesdays. Donations offset expenses. Call (978) 887-6866 to schedule any pick-up at least 48 hours in advance.
- **FOOD PANTRY:** Top Cupboard Food Panty is sponsored by the churches of Topsfield. The pantry is open on the 2nd & 4th Saturdays of every month. Food can also be delivered. For information call (978) 887-5570 or visit www.topcupboard.org.
- **FUEL ASSISTANCE:** Need help with your heating bills? Weatherization Assistance and HEARTWAP Programs are available. (See NSCAP below)
- **HAIR STYLIST:** Call Maria, a stylist with more than 30 years experience on the North Shore, to set up an appointment to have your hair cut, colored, or permed in your home on Saturday mornings. Rates range from \$20-35. Contact phone is (978) 335-5035.
- **INSURANCE:** A SHINE Counselor is available to answer your questions about insurance. Call (978) 887-6866 to set up a private consultation.
- **LIBRARY:** Library materials can be delivered to your home. Call (978) 887-1528 and ask for the Library Reference Department or email ask@topsfieldlibrary.org.
- **MANICURE / PEDICURE SERVICES:** Men and women can schedule an in-home appointment for \$20 by calling Heidi at (978) 352-9772.
- **MEALS ON WHEELS:** Check your eligibility for this locally administered program by calling SeniorCare at (866) 927-1050.
- **NORTH SHORE COMMUNITY ACTION PROGRAM (NSCAP):** Designed to help people find the stability they need to rise out of poverty. Call (978) 531-0767 x118 to learn about an array of services.
- **NOTARY PUBLIC:** Free Notary Services are available at the COA Office or in your home. Call (978) 887-1523 for details.
- **RMV:** Your local COA participates in the “RMV Near Me” Program. Save time and effort by seeking out our assistance with procuring government issued IDs, acquiring accessible placards, etc.
- **SHREDDING:** Properly destroy sensitive documents & files in the Topsfield COA Office during regular business hours.
- **SHOPPING SHUTTLE:** On Wednesdays, the TopsCOA bus is available to bring seniors to Market Basket Plaza in Rowley at 9 AM and to Port Plaza in Newburyport at 1 PM. Register by calling (978) 887-6866.
- **VETERANS’ SERVICES:** Our local Veterans’ Service Officer Dick Cullinan helps veterans, their spouses or surviving spouses determine eligibility for a broad range benefits, programs or services. Call (978) 380-8397 or email veterans@topsfield-ma.gov.
- **VNA:** VNA Keep Well Clinics are held most Thursdays in Topsfield. See monthly calendar for locations & times. Call (888) 663-3688 x1326 to schedule an appointment.

BOOK CLUB Gathers Again in December!

We relaunched our book club in October when local author Dr. Norman Gaudrault led a discussion of his book, *Two Years in America*. Our informal group will continue to meet bimonthly. Our next gathering will take place on:

Thursday, December 15th at 10:00 AM in the Emerson Center

The book selected by the October participants was:

The Sweetness at the Bottom of the Pie

by Alan Bradley

Copies will be available at the Circulation Desk in the library.

Board of Directors

Penny Rogers-Chair

William Quinn-Vice Chair

Charlotte O'Toole-Recording Sec.

Jolene Guerra

Alfred DiDonato

Ruth Lucy

Florence Brady

Lois Carpenter

Martha Davis

Annette Cohen

Elaine Crippen

All welcome at Board Mtg on 11/29 at 4

In Gratitude

During the start of the holiday season, we all take time to thank those who have made a difference in our lives. Just in the past month, these folks went the extra mile to help us carry out our mission.

Thank you to Pat and Steve Carroll and Sandy and Keith Conant for stepping up to serve as substitute Meals on Wheels delivery drivers while the irreplaceable Jim Rouvalis enjoys a much deserved vacation.

We enjoyed wonderful conversations with Downsizer Janet Brown, Fair Legend Woody Lancaster, Fair Exhibitors Grace & Maura, Library Director Laura Zalewski, and Artist Laura Stover. TRIAD recruited driving expert Paul Ahern to share personal stories and helpful driving tips. Dr. Norman Gaudrault led a fascinating discussion about his book, *Two Years in America*.

Board member Annette Cohen served as project manager when we created festive pumpkin centerpieces. Wolf Hill of Ipswich designed the craft and offered the materials at deeply discounted rates.

We are grateful to the Board of Health for sponsoring the annual Flu Vaccine Clinic that allows so many residents to protect themselves from the germs among us.

Volunteer comedian David Shikes made us laugh at our Halloween & Humor Bash.

We always appreciate the support of the Friends of the Topsfield COA, who are seeking new members. If you are interested in joining this team who makes so much of what we do possible, please contact Chris Roman at (978) 887-2193.

Friends of the COA

Yvonne Anderson- Acting President

Kathy Faust-Secretary

Chris Roman-Treasurer

Merelyn Adams

Gracia Clemson

Chris Cotti

Mary Margaret Keaney

SUPPORT OUR EXPANDED

PROGRAMMING. BECOME A FRIEND!

P.O. Box 173 / Topsfield, MA