

Topsfield Council on Aging

Senior Scoop

July 2013

Mission Statement: To design, implement and promote programs and services to support the independence, health and well-being of Topsfield residents, age 60 and over.

Office (978) 887-1523 Van Line (978)887-6866

We have some exciting news this month. The Topsfield Fairgrounds has given the Council on Aging permission to use their clubhouse on Mondays, Tuesdays and Wednesdays.

We would like you to join us for our open house on July 15th. We will be having a complimentary cookout and you are all invited to view the Clubhouse. The Clubhouse has a nice kitchen, an open area for exercise, a handicap entrance and bathroom and a nice lawn area. There is plenty of space to park but the van is always available to drive, if you would rather do that.

We will be having our activities, cookouts, games etc. there. Please read the calendar to make sure the clubhouse is open because there are some days it will be closed due to fair outings.

We will be having occasional Tuesday night dinners. It will be a variety of food. Check the calendar for specifics. Dinner will be from 4-6:00 PM. Reservations are required.

We are excited to share this news and hope you are able to make the open house. Thank you to the friends of the Council on Aging for offsetting the costs of our events, sponsoring the music and supporting all of our ideas.

Be Well-

Jodi

Staff

Jodi Gibeley - Director
Beth Wideberg- Secretary/MOW Coordinator
Peg Beauregard-Data Entry Clerk
Nick Mazzetta-Van Driver
Jim Rouvalis-Van Driver
Stan Brennan-Van driver

Board of Directors

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Jolene Guerra-Secretary
Lois Carpenter
Jackie Rizzo
Shirley Sciora
Gracia Clemson
Carole Moore

Friends

Chris Cotti
Chris Roman
Marie Coyle
Mary Margaret Keaney
Jan Scibelli
Kathy Faust

Ongoing Events

**Scrabble
(Free)**

Monday at 9:30 A.M.

Little Brook Village or Clubhouse

Hearing Checks for Hearing Aids

3rd Thursday each month-LBV

Call (978)887-6866 to reserve spot

Notary Service

(Free)

Monday-Thursday

10:00 A.M. -2:00 P.M.

COA Office

Zumba-\$3.00

Cancelled until September

Classes will still be

held at Boxford COA.

Yoga

Fridays

9:30 A.M.- 10:30 A.M.

Free for Topsfield Residents

\$3.00 for out of towners

Little Brook Village

Knitting/Crocheting Group

(Free)

Wednesdays 2:00P.M.-4:00 P.M.

Little Brook Village

Group leader is Jackie Rizzo. Bring your own knitting or crocheting supplies.

Writing Your Life, One Story

At A Time

(Free)

Thursdays 1:00 P.M.

Topsfield Town Library

Led by Edith Fenton

VNA Keep Well Clinic (Free)

9:00-11:00 A.M.

Thursdays

Washington Meadows 1st and 4th

Little Brook Village 2nd and 3rd

Mini Pedicures

1st Wednesday of the Month

\$15.00

Little Brook Village

Call Heidi: (978)352-9772

SPECIAL PROGRAMS for JULY

**All trips are first come first serve. You must call the van line to reserve at
(978) 887-6866**

4th of July Cookout on July 2nd(FREE)

Town Common

11:30

Tommy Rull will be entertaining thanks to a cultural grant.

PACE will be bringing Strawberry Shortcake

Textile Museum, Lowell, MA

Behind The Veil-An intimate look at generations of wedding dresses and the women who wore them.

Wednesday, July 17th

Leave Topsfield at 10:00

Salem Willows

Salem, MA

Tuesday, July 9th

Leave Topsfield at 11:00

Cookout

July 23rd

4:00-6:00 P.M.

Sausage, Peppers and Onions

\$5.00

Side Kim Cookout

on the Common (\$5.00)

Thursday, July 11th, 11:30 AM

Hamburger, hotdogs and chicken

Watercolor with Bill Duke

\$20.00

Monday, July 22nd. 9-12:00

Clubhouse

Cookout

July 16th, 2013

4:00-6:00 P.M.

Club House

\$5.00

Bar-b-que Chicken

Norman Rockwell Museum


Stockbridge, Ma

Tuesday, July 30th

Leave Topsfield at 9:00 A.M.

\$14.50 plus lunch

JULY 2013

MON	TUES	WED	THURS	FRI
1 9:00 Scrabble-LBV	2 11:30 Cookout on the Commons.	3 9:00 Pedicures-LBV 9:00 Food Shopping 2:00 Knitting-LBV	4 CLOSED 	5 9:30 Yoga-cancelled
8 9:00 Scrabble-LBV	9 Salem Willows	10 9:00 Food Shopping 2:00 Knitting-LBV	11 9:00 Well Clinic-LBV 1:00 Writing Class-Lib 11:30 Sidekim Cook-out 1:00 Mahjong-LBV	12 9:30 Yoga-LBV
15 9:00 Scrabble-LBV 11:00 Open House 11:30 Cookout	16 4:00 Cookout-BBQ Chicken-CH	17 9:00 Food Shopping 10:00 Textile Museum, Lowell 2:00 Knitting-LBV CH CLOSED	18 9:00 Well Clinic LBV 1:00 Writing Class-Lib 1:00 Mahjong-LBV	19 9:30 Yoga-LBV
22 9:00 Scrabble-CH 9:00 Watercolor-CH 9:30 Coffee and Chat	23 4:00 Cookout-Sausage, Peppers and Onion-	24 9:00 Food Shopping 2:00 Knitting-LBV	25 9:00 Well Clinic-WM 1:00 Writing Class- 1:00 Mahjong-LBV	26 Y9:30 Yoga-LBV
29 9:30 Coffee and Chat 9:00 Scrabble-CH	30 Norman Rockwell Museum, Stockbridge, MA No Dinner	31 9:00 Food Shopping 2:00 Knitting-LBV	LBV=Little Brook Village WM=Washington Meadows	LIB=Library CH-Clubhouse

Topsfield COA Newsletter

IMPORTANT INFORMATION

MEETINGS IN JULY

COA : Tue. July 9th 4:30

Friends : No Meeting in July

Triad: Thursday, July 25th 10:00 AM

Elder Hotline

Provides information on elder issues and programs including debt and debt collection practices, health insurance, home improvement, landlord/tenant issues, scam awareness etc.

1-888-AG-ELDER

TRIAD CORNER

July

Stairway and Hall Safety

Make Sure:

- Stairs are in good condition and are free of objects
- Light switches are located at the top and bottom of stairways and at both ends of long hallways
- Inside doors do not swing out over stair steps
- Stairways and hallways are well lighted.

If you would like to volunteer for Triad please call us at the office at

(978) 887-1523



Do You Need Medical Equipment?

Call the Masonic Temple in Ipswich

at (978)356-3131.

Call Seniorcare at (978) 281-1750 and ask to be connected to the money management department if you are having trouble managing your budget and making funds stretch to the end of the month.

HELPFUL INFORMATION

Emergency Assistance Elder Care Fund

Call 1-800-892-0890

Elderly Housing - Call Little Brook Village at 887-8407 or Washington Meadows at 774-8098.

Safelink Wireless Phone 1-800-977-3768 or online./line.www.safelinkwireless.com

Online Driver's License Renewals for Seniors UNDER age 74: Must have picture taken by the Registry within the last 5 years, current license and a credit card.

Medicare-1-877-486-2048.

MassPro: Assist beneficiaries or their representatives who have concerns about the quality of care or who wish to appeal decisions related to hospital admissions or discharges from hospitals. **1-800-252-5533**

Veterans Agent: Dick Cullinan: 978-380-8397

Shine: Health Insurance Help 800-243-4636 # 3

Mass Health: 1-800-841-2900

MassMedline: prescription drug assistance: 866-633-1617

Topsfield COA Newsletter

TOPSFIELD COUNCIL ON AGING

Senior Gift and Donation account is accepting donations to help supplement current programs and events at the Center.

The COA relies on donations, grants, and town budget to help lower the cost of programs. If you wish to donate please make check to:

Council on Aging, 8 West Common St.

FRIENDS OF TOPSFIELD COUNCIL ON AGING

Senior Gift and Donation account is accepting donations to help supplement current programs and events at the Center.

The COA relies on donations, sponsors, grants, and user fees to help lower the cost of programs. If you wish to donate please make check to:

Friends of the Topsfield COA

Top Cupboard Food Pantry Needs Donations

We are in need of donations. Some common items that would be helpful are:

Peanut Butter	Paper towels
Jelly	Toilet Paper
Fruit in cans or cups	Shampoo
Pretzels	Toothbrushes
Crackers	Soap
Spaghetti	Toothbrushes
Cheerios	Toothpaste
Oatmeal	Napkins
Cream of Wheat	Kleenex
Soups	
Mushrooms	

If you have a donation please call the office and we will schedule a pick up.

Concerts on The Common

Concerts on the Common resume July 7, continuing weekly through August 25. All concerts run from 4-6 PM, and feature local bands playing a variety of music. Bring your chair or a blanket, a picnic or your favorite refreshment and settle in for an afternoon of great music, enjoyment and if you're so inspired, dancing.

Top Cupboard Food Pantry

The Topsfield Food Pantry is open the 1st and third Sunday of the month from 9:00-11:00 A.M. It is located in the Community Room at Little Brook Village. If you are unable to get to the food pantry, call Jodi at (508)527-0602 to arrange for a drop off.



In addition, we also help support the food for senior citizen's pets. Please call us at the COA if you would like to get donations for your pats.

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TOPSFIELD COA Newsletter

UPCOMING PROGRAMS

Attorney Kathryn Crockett-Lyon

How can I make sure my estate avoids probate?

It might be helpful to first define what probate is: It is the process, supervised by the probate court, by which an individual's solely owned assets are distributed to beneficiaries named in the will or heirs-at-law if no will. The process, in most cases, takes about a year.

There are certain assets that automatically bypass probate; jointly owned property; life insurance with designated beneficiaries; and retirement assets, such as IRAs and 401ks, with designated beneficiaries. For all other solely owned assets, probate will most likely be necessary.

By creating and funding assets into in inter vivos (living) trust (typically revocable) probate can be avoided. The assets retitled in the name of the trust are now governed by the terms of the trust. Trustees are not burdened by the time constraints of probate and can make allowed distributions to beneficiaries relatively quickly.

Beth's Corner

SUMMER SAVINGS SOLUTIONS

Some ideas to save money this Summer:

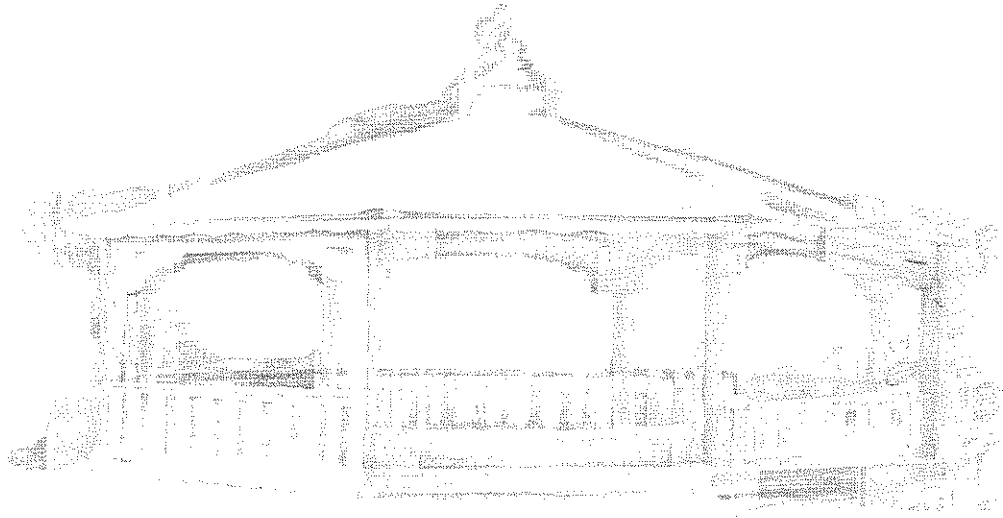
- *Don't buy water, carry a reusable water bottle.
- *Wash your clothes inside out in cold water, and line dry. You'll extend the life of your clothing and save energy.
- *Turn off the water when brushing your teeth, shampooing or shaving.
- *Catch rainwater for watering your garden.
- *Recycle. You'll save on your trash bill.

(Best Buy recycles electronics, TV's, DVD players, computer monitors, audio and video cables, cell phones and more, free. Best Buy of Danvers, (978)777- 9494). Freecycle.org, a free recycling network for the Tri-Town area. For free curb side furniture or clothing pickups, call the Salvation Army 781-231-0803, For free pick-ups call the Epilepsy Foundation at 888-322-8209, or Big Brother, Big Sister Foundation, 877-399-2570.)

- *Rotate your tires regularly to make them last longer.
- *Vinegar has over a hundred uses. Use vinegar as a fabric softener, or skip the fabric softener all together. Use as a weed killer, rinse your hair or clean your windows.

12 Steps Toward Preventing Identity Theft

1. **Guard your social security number.** It's the prime target, for it leads to your credit report and your bank accounts. Do not print it on your checks and if you use it to apply for a loan or anything requiring a credit report, ask that it be obliterated from the record and the forms returned to you once the transaction is completed.
2. **Monitor your credit report.** You can get one free credit report a year.
3. **Buy a shredder and use it.** Always destroy papers containing personal information before throwing them out.
4. **Watch what you put in the trash.** Items containing personal information, such as bank statements, credit card statements and receipts etc. should not be thrown in the trash.
5. **Remove your name from marketing lists** The three major credit companies maintain marketing lists which may contain your information. It is advisable to request that your name be deleted from these lists and from the Direct Marketing Associations mail and telephone preference service.
6. **Keep duplicate records.** Copy the contents of your wallet so that you have all account numbers and other data in the event of loss or theft of a wallet or purse.
7. **Know to whom you are speaking:** On the phone, never release personal information unless you have initiated the call and trust the business which you are dealing.
8. **Be aware of your surroundings:** When using ATM cards, making credit card purchases and utilizing pin numbers and passwords.
9. **Monitor credit card activity, bank statements and other financial accounts** to ensure that all balances and receipts match.
10. **Mail payments from a safe location** Mail boxes at private homes are generally not very secure. Do not place outgoing mail in your home mail boxes.
11. **If you use a computer** install firewall and virus protection software. Be aware that it is possible that the personal information you send over the internet can be viewed by others.
12. **Destroy computers, hard drives floppy disks, compact discs and any other electronic recording device** which may contain personal information prior to disposing of it.



7th Annual TOPSFIELD
CONCERTS ON THE COMMON

Sundays 4:00 to 6:00 pm

- | | |
|-----------------|---|
| July 7, 2013 | <i>Grupo Fantasia</i> |
| July 14, 2013 | <i>"Home Grown" by Jim George Productions</i> |
| July 21, 2013 | <i>Merrimac Valley Concert Band</i> |
| July 28, 2013 | <i>Reunion</i> |
| August 4, 2013 | <i>4 Guys in Tuxes</i> |
| August 11, 2013 | <i>Avocates Band</i> |
| August 18, 2013 | <i>Jumpin' Juba</i> |
| August 25, 2013 | <i>Chris Marino Sings</i> |

This wonderful family event features local bands playing a variety of music ranging from Rock n' Roll to Latin, Blues, Jazz and Bluegrass. Bring your chair or a blanket, a picnic or your favorite refreshment and settle in for an afternoon of great music, enjoyment, and if you're so inspired, dancing!

For more information, please visit our website at www.topsfieldrecreation.org.

Sponsored by the *Topsfield Recreation Committee,*



and the

Topsfield Cultural Council

