SENIOR SCOOP February 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 02/12 4:30 P.M.
Friends 02/04 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

So far the weather has been kind but it may not be like that all winter. If the weather is bad and we are supposed to be driving you somewhere, please call the office to make sure we are open. If the schools are closed, there will be no Meals on Wheels delivery. However, if the schools are closed it does not mean the office is closed.

In addition, we will be having lunch and a movie every Thursday at Little Brook Village. The lunch will be catered by Sidekim Foods of Lynn and the movie will be picked out by Beth and myself. The cost will be $2.00. Everyone is welcome to come even if you don't live at LBV. Please call the van line if you need a ride.

Volunteer to be a Friend of The Topsfield Council on Aging

The friends of the Topsfield Council on Aging promote, sponsor and support services for the Topsfield Council on Aging.

Volunteers are needed in a variety of ways including:

***Promoting and participating in friend's fundraising events.**
***Spreading the word on the Council on Aging**
***Volunteer to lead a committee or be part of a committee.**
***Attending monthly meetings, making suggestions**

Call the COA at (978)887-1523 and we can forward your information to the friends.

Top Cupboard Food Pantry

The Top Cupboard Food pantry in conjunction with the Merrimack Valley Regional Animal Shelter and the Topsfield Police are running a program in Topsfield for seniors who own pets.

This program will donate the animal food to seniors who have to choose between feeding themselves or feeding their animal. If you are a senior and need help, please contact the Topsfield Council on Aging and we will forward your Information to the appropriate people. All monetary donations for the animals are tax deductible.

Call the COA to register at 978-887-1523.

Events in February

Tuesday, February 5th==========Wal-Mart and Olive Garden, Danvers MA. Leave Topsfield at 10:00 A.M. Call 978-887-6866 to RSVP.

Tuesday, February 12th==========JFK Museum. $10.00. and buy your own lunch at Museum café. Leave Topsfield at 9:30 A.M. Call 978-887-6866 to RSVP.

Tuesday, February 19th=========-Container Store and Cheesecake Factory, Peabody. Leave Topsfield at 10:00 A.M. Call 978-887-6866 to RSVP.

Tuesday, February 26th==========Not Your Average Joes, Beverly. Leave Topsfield at 11:15 A.M. Call 978-887-6866 to RSVP.

Lunch and Movie every Thursday

Starting on Thursday, February 7th, we will be having meals served at Little Brook Village at 11:30 A.M. with a movie to follow. The cost is $2.00. There will be popcorn served for the movie and each lunch will be catered by Side-Kim. **You must register a week beforehand**.

KEEP WARM. KEEP SAFE

Fireplaces and Solid Fuel Stoves:

- Have the chimney professionally cleaned every year
- Make sure the stove is approved by a national testing agency such as Underwriter's Laboratory.
- You must get a building permit before installing a stove.
- Keep anything that can burn three feet away.
- Dispose of the ashes in a metal container, with a lid, away from the house, garage and porch.

Space Heaters Need Space:

- Do not use space heating as your #1 heating source
- Keep anything that can burn three feet away.
- Use only heavy duty extension cords
- Always turn off when going to bed or leaving home
- Portable kerosene heaters are illegal in Ma for home use.

Maintain Natural Gas Equipment;

- Have your furnace and 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 smell something like rotten eggs or you think there may be a leak: go outdoors, do not smoke or turn on electrical switches and dial 911.

Carbon Monoxide, The Silent Killer:

- 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.

Help Wanted at Topsfield Board of Health

This position is part of the senior tax work off program. You can work 100 hours for a total of $800.00 off your tax bill. You must be a Topsfield resident for at least five years, be over 60 and with an income below $49,000 single or $74,000 married.

Skills required:

**use step stool* **basic office skills*

**handle a big flight of stairs*

Please call the COA at 887-1523 to set up an interview if you are interested in applying for this senior tax work off position.

Discount Cards Half Price

The Friends of the Topsfield Council on Aging is making its fundraising discount cards available at half price. The cost is now $10 and will be easily covered by using the card twice. Discounts are provided at 19 local north shore businesses including Topsfield House of Pizza, Joe's American Bar and Grill, Texas Road House, Friendly's and 15 other businesses. The cards are good until July 1st, 2013.

Please call the Topsfield COA at 887-1523 or come into the office to purchase a card.

These cards help support the Council on Aging's programs.

39th Valentine Breakfast Buffet:

Gloucester House Restaurant benefitting SeniorCare's Meal on Wheels.

When: Thursday, February 14th, 2013
Time: 7:00 A.M.-9:30 A.M.
Where: Gloucester House Restaurant, Gloucester Ma.
RSVP: Call the COA office at (978)887-1523
Price: $4.00

First 10 RSVP's Get a Free breakfast ticket.

Call To Schedule Your Tax Appointment

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.

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.

Writing Your Life, One Story At A Time (Free): Topsfield Town Library. The class is led by Edith Fenton. Starting March 7th. Thursdays 1:00 P.M. Library

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
				1
4 9:30 Scrabble-LBV	5 10:30 Tai Chi, Mark Warner-Ipswich **Walmart and Olive Garden, Danvers**	6 9:00-12:00 Food Shopping and McDonalds 1:30-3:30 Writers Group-Library 2-4:00 P.M. Knitting Group-LBV	7 9:00-11:00 VNA Keep Well Clinic-WM 10:00 Zumba-Trinity Church 10:30 Tai Chi, Mark Warner Ipswich 1:00-3:00 Mahjong-LBV **11:30 Lunch and Movie, LBV**	8
11 9:30 Scrabble-LBV	12 10:30 Tai Chi, Mark Warner-Ipswich **JFK Museum, Boston**	13 9:00-12:00 Food Shopping and McDonalds 1:30-3:30 Writers Group-Library 2-4:00 P.M. Knitting Group-LBV	14 9:00-11:00 VNA Keep Well Clinic-LBV 10:00 Zumba-Trinity Church 10:30 Tai Chi, Mark Warner Ipswich 1:00-3:00 Mahjong-LBV **11:30 Lunch and Movie, LBV**	15
18 **Holiday-Closed**	19 10:30 Tai Chi, Mark Warner-Ipswich **Container Store, Cheesecake**	20 9:00-12:00 Food Shopping and McDonalds 1:30-3:30 Writers Group-Library 2-4:00 P.M. Knitting Group-LBV	21 9:00-11:00 VNA Keep Well Clinic-LBV 10:00 Zumba-Trinity Church 10:30 Tai Chi, Mark Warner Ipswich 1:00-3:00 Mahjong-LBV **11:30 Lunch and Movie, LBV**	22
25 9:30 Scrabble-LBV	26 10:30 Tai Chi, Mark Warner-Ipswich **Not Your Average Joes**	27 9:00-12:00 Food Shopping and McDonalds 1:30-3:30 Writers Group-Library 2-4:00 P.M. Knitting Group-LBV	28 9:00-11:00 VNA Keep Well Clinic-WM 10:00 Zumba-Trinity Church 10:30 Tai Chi, Mark Warner Ipswich 1:00-3:00 Mahjong-LBV **11:30 Lunch and Movie, LBV**	29

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You're Invited

Topsfield "Keep Well" Elder Clinics

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Washington Meadows: 1st & 4th Thursday

Little Brook Village: 2nd & 3rd Thursday

TIME: 9:00 am – 11:00 am

Services by VNA Care Network RNs include:

- Health Assessments including cardiopulmonary
- Blood Glucose Testing
- Checking your heart rate and lungs
- Teaching about your medications, diet and health condition
- Vitamin B injections
- Referrals to community resources

For more information or to make an appointment, please call:

- Faith Theokas, RN, at VNA Care Network at 888-663-3688 ext. 11372 Or
- Maureen Sendrowski, RN, MPH, VNA Care Network x 15603.

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