

# SENIOR SCOOP MAY 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 5/14 4:30 P.M.  
Friends 5/06 7:00 P.M.  
Triad 5/28 10:00 A.M.

## Friends of COA

Chris Cotti, President  
Chris Roman, Vice President  
Marie Coyle  
Mary Margaret Kenney

## Meals on Wheels Drivers

Abby Jackson  
Stan Brennan  
Meg Philpott  
Ed Roman

## 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,  
Jackie Rizzo, Penny Rogers, Shirley Sciora, Gracia Clemson  
Larry Atkins, Carol E Moore

## A Note From The Director

I am happy that you are taking the time to read the Senior Scoop as this is the best way the Topsfield Council on Aging (TCOA) can communicate with everyone. The word council is a little misleading as it is not "a group of people" but is actually the arm of town government which carries out the mission statement you see on the top of this page. Our office is in town hall where my staff and I respond to calls, plan programs, outings and lectures, coordinate meals on wheels and van services and serve as the only human service office in Topsfield.

The TCOA is often mistaken as a group who plans trips and play bingo. While we do that, we are much more than that. We are a resource for seniors and their caregivers who need help. We advise, coordinate and advocate on behalf of the Topsfield seniors. We assist in determining the needs of the senior citizens of our town. We inform the general public and the governing bodies of the county and state about the needs of the seniors in Topsfield.

We are here for you whether you are a senior who needs assistance or a caregiver who needs advice on how to move forward with their loved on.

**-Be Well  
Jodi**

# Events in May

**(Please call (978)887-6866 to RSVP for all trips)**

Seating is Limited on all trips

**Monday, May 6th=====Girl Scouts High Tea. 4:30 P.M. Emerson Center. Free Sandwiches, Tea and Dessert. RSVP by May 2nd.**

**Tuesday, May 7th=====Woodman's, Essex, Ma. Enjoy fried seafood. Van will leave Topsfield at 11:00 A.M.**

**Wednesday, May 8th=====Thoroughly Modern Millie, Stoneham Theater. Leaving Topsfield at 12:30 P.M. for 2:00 Matinee. This is a story of a small town girl who comes to New York City to marry for money instead of love. Millie samples the "thoroughly modern" flapper life, makes friends and finds unexpected romance.**

**Tuesday May 14th=====Commonwealth Museum. Boston, Ma. Free. Leave Topsfield at 8:00 A.M. Take a free one hour guided tour and discover the Declaration of Independence, the Bill of Rights, Paul Revere's original copper engraving plate and more. Lunch will be at Red's Kitchen and Tavern in Peabody on the way home.**

**Tuesday, May 21st=====Ocean State Job Lots and Mandarin Restaurant. Danvers, Ma. Will Leave Topsfield at 10:30 A.M. Pick from the menu or a \$10.50 buffet.**

**Thursday, May 23rd=====Isabella Stewart Museum, Boston. \$12.00 Leave Topsfield at 10:00 A.M.**

**Tuesday, May 28th=====IKEA, Stoughton Ma. Take a ride to Stoughton and shop at IKEA and enjoy the restaurant, bistro and Swedish food market. Leave Topsfield at 9:00 A.M.**

**Thursday, May 30th=====Seaport Grille, Gloucester Ma. Enjoy a \$9.95 Lobster Roll. Leave Topsfield at 11:00 A.M.**

## **Forms and Assistance:**

### **In the office we have forms that you may want to have on file:**

- Living Will
- Personal Wishes Statement
- HIPPA
- Disabled Parking Placard Application
- Do Not Resuscitate (DNR)
- Health Care Proxy

If you can't make it into the office, call us and we would be happy to mail them out to you. We can also help you fill them out.

(978) 887-1523

## **ICE Your Phone**

The centers for Disease Control and Prevention reported that 900,000 emergency room patients could not provide information because they were incapacitated. The ICE campaign encourages cell phone users to enter in emergency contact information into their mobile phone.

### **How To Ice Your Phone:**

- Type the acronym ICE into your cell phone followed by a name.
  - Example: ICE: Dan-Dad
- Save their phone number and alert them that they are an ICE contact for you.

## **Topsfield TRIAD Council**

The Topsfield TRIAD council is a partnership which includes the Sheriff and District Attorney of Essex County, the Topsfield Police, Council on Aging and Senior Citizens.

### **May Kitchen Safety**

#### **Make Sure:**

- Curtains are not located where they might fall into a burner or stove.
- When cooking, pot and pan handles are turned away from other burners and the edge of the stove.
- Oven controls are located on the front or side of the oven so that you don't have to reach over the burners.

### **Topsfield Metal/White Goods Collection**

There will be a special Household Metals and white goods pick-up on Wednesday, **May 15th**, Thursday **May 16** and Friday **May 17**. This is a free collection. Items must be by curbside by 7:00 A.M. the same day your trash is picked up. No trash stickers are required. Metal items include anything that contains at least 80 percent or more of metal. Examples are bicycles, lawnmowers and snow blowers (gas and oil removed), metal desk and gutters etc. Items should not be longer than 6 feet. Items that are mostly wood with some metal will not be taken. Household white goods allowable include stoves, washers, dryers, microwaves, dishwashers and dehumidifiers. Refrigerators, freezers and air conditioners containing Freon need to be registered with the Board of Selectman prior to pick up. Call 978-887-1500 and leave your name, address and type of item you have.

### **Van Policy and Procedures**

There will be forms mailed out in the next few weeks to those who ride the van. These forms include van policy, procedures and release of liability.

For the safety of the driver and other passengers please don't distract the driver from his job of navigating the busy streets. Passengers may speak amongst themselves but may not distract the driver by offering alternative routes or any other advice.

**This is a matter of common courtesy that must be enforced for the comfort and safety of all those who ride the van.**

### **TRAVELING THIS SUMMER?**

- Notify your police department with your dates of departure and return.
- Use automatic timers on lights, radios & T.V.
- Have your calls forwarded
- Have the post office hold your mail.
- Have grass mowed
- Keep garbage emptied and cans neat
- Have a trusted neighbor keep an eye on your home
- Do not pull shades all the way down or blinds all the way closed.

## May is Older American's Month

A tradition dating back to 1963 to honor the legacies and ongoing contributions of older Americans and support them as they enter the next stage in life. The Topsfield Council on Aging is joining communities nationwide in celebration of this year's Older Americans Month theme—**Unleash The Power of Age**. This theme has never been more fitting. Older Americans are productive, active, and influential members of society, sharing essential talents, wisdom, and life experience with their families, friends and neighbors.

We recognize the diversity and vitality of today's older Americans who span three generations. They have lived through wars and hard times, as well as periods of unprecedented prosperity. They pioneered new technologies in medicine, communications, and industry while spearheading a cultural revolution that won equal rights for minorities, women, and disabled Americans.

These remarkable achievements demonstrate the strength and character of older Americans, and underscore the debt of gratitude we owe to the generations that have given our society so much. But the contributions of older Americans are not only in the past. Older Americans are living longer and are more active than ever before. And with the aging of the baby boomer generation—the largest in our nation's history—American's senior population is expected to number 75.5 million by 2030.

Older Americans are a core component of service delivery to seniors. Here in Topsfield many of our older adults volunteer for the Council on Aging. They help with our mailings, deliver meals on wheels, escort them to medical appointments, help with shopping and errands, are leaders for our activities and programs, serve on town boards and commission, and much more. Their energy and commitment reminds all Americans—not just senior citizens and their caregivers—to do their part to enhance the quality of life for older generations.

Giving our elders opportunities to volunteer their time to support those who are less fortunate, to teach others the skills they've honed over the years, or to become involved in civic matters.

If you are interested in volunteering for the COA call the office at (978)887-1523. We appreciate all the help you give!

Save The Dates:

**April 30th:** Special Election for Local and State Primary

7:00 A.M. –8:00 P.M. St Rose.

**May 1st:** Taxes Due

**May 7th:** Annual Town Meeting 7:00 P.M.

**June 8th:** Strawberry Festival

**June 11th** Proctor School Band Luncheon

**June 25th:** Special State Election-St Rose

A special thanks to Clay Shepard and Dave and Mim Butler who volunteered their Thursdays for three months to help our seniors do their taxes.

They were a constant source of knowledge answering many questions for seniors in Topsfield and surrounding towns.

Thank you Clay, Dave and Mim for your continued support.

## 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:** Starts again Friday, May 3rd at LBV. Topsfield residents free. Others \$3.00.

**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. 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 1<sup>st</sup> and 4<sup>th</sup> Thursday of each month. On the 2<sup>nd</sup> and 3<sup>rd</sup> Thursday of each month- LBV.

**POLICE: (FREE)** To receive Citizen Information Alerts you must subscribe to the NIXLE community notification system. Go to [topsfieldpolice.com](http://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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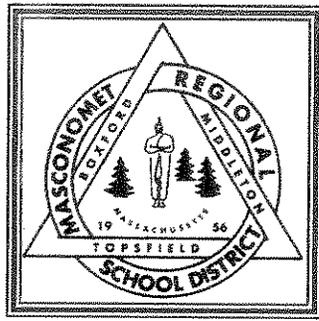
**STUDENT/STAFF/  
ALUMNI NEWS**

Twenty-three Masco students, with SS teachers Jill Story and Becky Calzini, attended the Presidential Inauguration and visited Washington, D.C., from January 19th-21st. During their time in D.C., students toured Arlington National Cemetery, the Lincoln Memorial, the Vietnam War Memorial, and the Smithsonian museums. Students had an additional thrill when President Obama's motorcade passed right by their coach bus at Arlington National Cemetery! The Inauguration was an educationally rewarding and memorable experience for all those involved.



The Masconomet Science Teams, coached by Ms. Due, hosted the January Northeast Regional Science Meet. Masco fielded three teams in the competition and maintained its second place standing in the league. This photo shows Masco students (left to right: Sammi Vantine, Paige Boucher, Alex Curreri and Sravan Reddy) attempting to empty a water bottle as quickly as possible with only a straw as a tool.

Students in the Masconomet Student Emergency Response Team (SERT) took a field trip to the North Shore Community College in December. There they ran simulations involving cardiac arrest in the lab used by the NSCC nursing Program.



**MASCONOMET REGIONAL  
SCHOOL DISTRICT**  
AN EDUCATIONAL ENVIRONMENT FOR  
INTELLECTUAL, PERSONAL, AND  
PHYSICAL DEVELOPMENT

Dear Council On Aging Members:

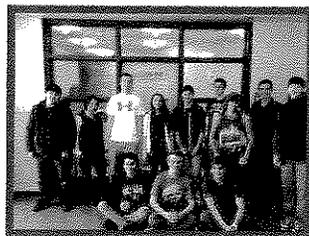
On March 6, the Masconomet Regional School Committee certified the FY14 budget, expressing strong commitment to advancing the District's leadership in preparing its students for 21st century challenges and opportunities.. This budget has been forwarded to the appropriate Town Officials.

The \$29,572,272 budget, which includes an O&M budget of \$27,202,908 and Debt Service of \$2,369,364, represents a 3.4% increase over the current budget. The budget continues to fund existing programs and adds a few new programs. In the Middle School these enhancements include the addition of a new Science, Technology, Engineering and Math interdisciplinary project-base course that places emphasis on real world problem solving. The High School will add a part-time business teacher and anticipates adding eight new elective courses on a rotating basis including: Chinese Language and Culture; Creative Writing; and Engineering for Girls.

In addition to the new course offerings, the budget includes the first year of a 5-year plan to upgrade the district's technology and create a vision of the 21st Century learning environment. This year's investments in technology infrastructure, equipment and professional development are focused on preparing the district for a future that will include more mobile devices for both students and teachers.

The Committee made these small enhancements while maintaining a cost per pupil expenditure below the state average. We look forward to continued support from our communities. For monthly District e-newsletters, go to: <http://masconomet.org/co/newsletters>. Please note you can opt out at any time!

*The Masconomet Regional School Committee*



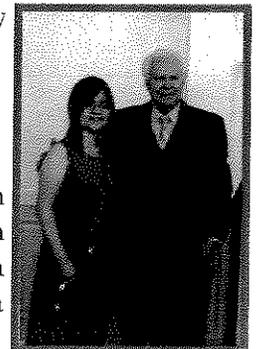
**Banking in the News:**

In April, Masconomet Banking Students hosted by Institution for Savings participated in the Banking Bowl at the Federal Reserve in Boston. The annual Banking Bowl features a competition at which student representatives compete on such topics as credit, banking trivia, marketing and the Federal Reserve System.

**MARCH**

**International Month at Masconomet:**

- Over 100 French students sat for the French National Exam Le Grand Concours competing with approximately 120,000 in the nation.
- 49 French and Spanish students were inducted by a candlelit ceremony into the Masconomet Foreign Language National Honor Society Monday March 25.
- International Dinner
- Rita Ding won the French Oratory Regional Contest in New Hampshire on March 23 receiving first place and a monetary prize.



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**MAY**  
WEDNESDAY THURSDAY FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Scrabble-LBV	10:30 Tai Chi, Mark Warner-Ipswich	9:00 Pedicures, LBV 9:00-12:00 Food Shopping and coffee 2-4:00 P.M. Knitting Group-LBV	9:00-11:00 VNA Keep Well Clinic-WM 10:00 Zumba-Trinity Church 10:30 Tai Chi, Mark Warner Ipswich 1:00 Writing Your Life, One Story at a Time 1:00-3:00 Mahjong-LBV	9:30 YOGA LBV
4:30 Girl Scouts Tea- Emerson Center	11:00 A.M. Woodman's, Essex	9:00-12:00 Food Shopping and coffee 12:30 Thoroughly Modern Millie 2-4:00 P.M. Knitting Group-LBV	9:00-11:00 VNA Keep Well Clinic-LBV 10:00 Zumba-Trinity Church 10:30 Tai Chi, Mark Warner Ipswich 1:00 Writing Your Life, One Story at a Time 1:00-3:00 Mahjong-LBV	9:30 YOGA LBV
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9:30 Scrabble-LBV	9:00 A.M. Commonwealth Museum	9:00-12:00 Food Shopping and coffee 2-4:00 P.M. Knitting Group-LBV	Isabella Stewart Museum 9:00-11:00 VNA Keep Well Clinic-WM 10:00 Zumba-Trinity Church 10:30 Tai Chi, Mark Warner Ipswich 1:00 Writing Your Life, One Story at a Time 1:00-3:00 Mahjong-LBV	9:30 YOGA LBV
MEMORIAL DAY-CLOSED	10:30 Tai Chi, Mark Warner-Ipswich 9:00 A.M. Ikea, Stoughton Ma	9:00-12:00 Food Shopping and coffee 2-4:00 P.M. Knitting Group-LBV	11:00 A.M. Seaport Grille, Gloucester Ma 10:00 Zumba-Trinity Church 10:30 Tai Chi, Mark Warner Ipswich 1:00 Writing Your Life, One Story at a Time 1:00-3:00 Mahjong-LBV NO VNA CLINIC	9:30 YOGA LBV

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