Topsfield Council on Aging

Senior Scoop

June 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 will begin our cookouts at the end of June which we are looking forward to. We will be having more cookouts than last year and are excited to try some new food items. Any requests can be made by calling us at the office. Just a reminder that the staff has to serve the food. No one else is allowed to touch the food or serve themselves per order of the Board of Health.

We will also be having a few informational events. One will be an elder care estate attorney, Kathryn Crockett Lyons, who will be at our first cookout to introduce herself and talk casually about any question you may have for her.

The other professional is a financial advisor who will be bringing pizza for lunch and will be speaking on Social Security and Medicare-Fact versus Fiction. He will also be available to take questions.

We are excited about the summer and, as always will take any requests you may have for trips, lectures or anything else.

Looking forward to seeing you at our cookouts.

Be Well-

Jodi

Staff

Jodi Gibeley - Director

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Peg Beauregard-Data Entry Clerk

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Jim Rouvalis-Van Driver

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Friends

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Chris Roman

Marie Coyle

Mary Margaret Kenney

Ongoing Events

Scrabble
Free
Monday at 9:30 A.M.
Little Brook Village

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
10:00-11:00
Thursdays
Trinity Church

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 JUNE

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

Watercolor with Bill Duke

$20.00

Monday, June 3rd.

Town Hall

Wentworth By The Sea, New Castle, NH

Tuesday, June 4th.

Leave Topsfield at 11:00 A.M. and enjoy a nice lunch by the ocean

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State House Tour and Lunch with Representative Brad Hill. (Free)

Friday, June 7th

Leave Topsfield at 9:00 A.M.

State House, Boston, MA

Lunch at Agawam Dine

Tuesday, June 11th

Leave Topsfield at 11:00 A.M.

Pizza with Financial Advisor Michael Murray (Free).

Thursday, March 13th.

Little Brook Village

11:30 A.M.

Open Garden Day

Friday, June 14th

Proctor School Band and Lunch (Free)

Band 10:30 A.M.

Lunch 11:30 A.M.

June 18th

Peabody Essex Museum, Salem Ma

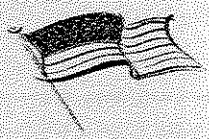
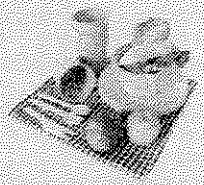
Faberge Revealed, from the collection of the Virginia Museum of Fine Arts.

Tuesday, June 25th

$18.00

Leave Topsfield at 9:30 A.M.

JUNE 2013

MON	TUES	WED	THURS	FRI
3 9:00 Watercolor 9:00 Scrabble-LBV	**4** **11:00 Wentworth By Sea**	**5** 9:00 Pedicures-LBV 9:00 Food Shopping 2:00 Knitting-LBV	**6** 9:00 Well Clinic -WM 10:00 Zumba-Trinity 1:00 Writing Class-Lib 1:00 Mahjong-LBV	**7** **9:00 State House** 9:30 Yoga-LBV
10 9:00 Scrabble-LBV	**11** **11:00 Agawam Diner**	**12** 9:00 Food Shopping 2:00 Knitting-LBV	**13** 9:00 Well Clinic-LBV 10:00 Zumba-Trinity **12:00 Pizza with Financial Planner** 1:00 Writing Class-Lib 1:00 Mahjong-LBV	**14** Yoga: 9:30  10:00 Open Garden Day
17 9:00 Scrabble-LBV	**18** **10:30 Proctor School**	**19** 9:00 Food Shopping 2:00 Knitting-LBV	**20** 9:00 Well Clinic LBV 10:00 Zumba –Trinity **11:30 Cookout– and Attorney-Town Commons** 1:00 Writing Class-Lib 1:00 Mahjong-LBV	**21** 9:30 Yoga-LBV
24 9:00 Scrabble-LBV	**25** **9:30 Peabody Essex Museum**	**26** 9:00 Food Shopping 2:00 Knitting-LBV	**27** 9:00 Well Clinic-WM 10:00 Zumba-Trinity 1:00Writing Class- 1:00 Mahjong-LBV	**28** Y9:30 Yoga-LBV
LBV=Little Brook Village **WM=Washington Meadows**				**LIB=Library**

IMPORTANT INFORMATION

MEETINGS IN JUNE

COA : Tue. June 11th 4:30
Friends : Monday, June 3rd
Triad: Thursday, June 27th

TRIAD CORNER

Kitchen Safety

Make Sure:

- Countertops and work areas are cleared of all unnecessary objects.
- Knives are kept in a knife rack or drawer.
- Countertop space lets you keep carrying and lifting to a minimum.
- Light switches are located near the doors.

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

(978) 887-1523

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

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 Help800-243-4636 # 3
Mass Health: 1-800-841-2900
MassMedline: prescription drug assistance: 866-633-1617

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:

Senior Fun Outdoor Activities

Warm weather and sunshine in the summer just makes everyone want to be outside, and there are many fun ways you can enjoy the outdoors. Call us or read the Senior Scoop to look for fun events. Take a walk during the cooler parts of the day. Go to the local park and have a picnic. Play croquet or visit a miniature golf place. Enjoy a local pool, and even better, see if the pool has senior water aerobics, as this can be a great low-impact activity for the elderly. Many senior citizens enjoyed a variety of outdoor activities when they were younger, and there is no reason that, if interested, they still can't when older: the key is to find a way for the person to still participate safely, and comfortably.

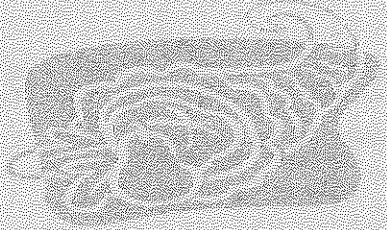
Senior Sitter Available

Are you looking for someone to be a companion for your "senior" while you run errands, go to the beach, or just need a break away from the house? If so, we have a a mature pre-nursing student who is able to perform light housework, prepare small meals and/or keep your senior company. This student is currently working towards becoming a Certified Nursing Assistant (CNA).

Please call Amanda Rich at home (978)887-3324 or her cell at (978) 500-2871.

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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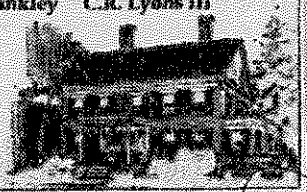

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Attorney Kathryn Crockett-Lyon

Can I put a homestead declaration on a home held in trust? What is the value of a Homestead? How much equity does it protect?

Yes, you can file a homestead declaration for a principal residence held in trust under the revised Homestead Act that went into effect on March 16, 2011. The revised act also introduced automatic protection for homeowners in the amount of $125,000 with no filing a t registry of deeds necessary. However, any homeowner can file a Homestead declaration at the Registry for up to $500,000 of home equity protection, which also protects a spouse and certain other family members living in the home from creditor claims. Those over 62 years of age or disabled living in the same home qualify for $500,000 each of equity protection up to a maximum of $1,000,000. In other words if both spouses are over 62(or disabled), they are eligible for $1,000,000 of protection for their home against credit claims.

Beth's Corner

Every month Beth is going to pass on some money saving tips. You will be amazed because discounts can be found in some unexpected places! Restaurants, coffee shops, retail, and clothing stores, grocery discounts, free prescription delivery to your door, travel/hotel/car rental discounts, entertainment discounts, cell phone discounts, dentists, barber and hair salons.

Since most discounts are not advertised to the public, our advice to men and women over 55 is to always ask a sales associate if they provide a senior discount. We also have a list at the Council on Aging office of the major retailers who offer discounts. If you would like a copy, call the office and we will send it out to you.

In future months we will research information to help you save money and inform you in areas such as:

- Coupons
- Bundling your cable tv, phone and internet
- Selling items for cash
- Recycling old tvs, cameras, cell phones
- Travel
- Discounts on museums and parks
- AARP and AAA auto club advantages

Stay tuned for next month's savings

USEFUL INFORMATION

FOCUS– EAT RIGHT

What better time to start focusing on nutrition in your life than during National Nutrition Month? The type, quality, and amount of food that individuals consume each day play a vital role in their overall health and physical fitness. To achieve optimum health for both today and tomorrow, **"Eat Right"** by checking out the food, nutrition, and health information listed below:

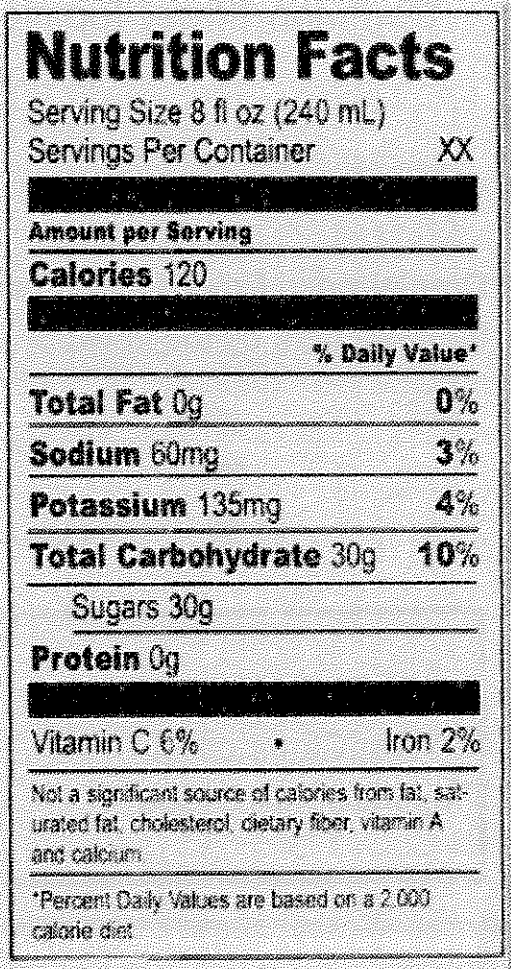
EAT RIGHT

Food, Nutrition and Health Tips from the American Dietetic Association

Shop Smart — Get the Facts on Food Labels

Become a smart shopper by reading food labels to find out more about the foods you eat. The Nutrition Facts panel found on most food labels will help you:

- Find out which foods are good sources of fiber, calcium, iron, and vitamin C
- Compare similar foods to find out which one is lower in fat and calories
- Search for low-sodium foods
- Look for foods that are low in saturated fat and trans fats.



A Quick Guide to Reading the Nutrition Facts Label

Start with the Serving Size

- Look here for both the serving size (the amount for one serving), and the number of servings in the package.
- Remember to check your portion size to the serving size listed on the label. If the label serving size is one cup, and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

Check Out the Total Calories and Fat

Find out how many calories are in a single serving and the number of calories from fat. It's smart to cut back on calories and fat if you are watching your weight!

Health Claims on Food Labels

FDA has strict guidelines on how certain foods are labeled and the terms can be used. Some of the most common claims seen on food packages:

Low calories-Less than 40 calories per serving.

Low cholesterol – Less than 20mg of cholesterol and 2 gm or less of saturated fat per serving.

Reduced– 25% less of the specified nutrient or calories than the usual product.

Good source of - Provides at least 10% of DV of a particular vitamin or nutrient per serving.

Fat free / sugar free - Less than 140 mg of sodium per serving.

High in - Provides 20% or more of the Daily Value of a specified nutrient per serving.

High fiber— 5 or more grams of fiber per serving.

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
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