

Topsfield Council on Aging

Senior Scoop

JANUARY 2016

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.

Happy New Year!! I hope everyone enjoyed the holidays. Thank you to all the countless number of people who helped the Topsfield Council on Aging this past year. This includes the Friends who sponsored our Christmas dinner, cookouts and a variety of other events throughout the year. Thanks to The Garden Clubs who make centerpieces for our holiday party and individually decorated flower arrangements for our Meals-on-Wheels participants. Thanks to the many volunteers who deliver Meals-on-Wheels, help with our newsletter distribution, answer phones, plan trips, teach exercise classes, and much more. Thanks to the Topsfield Fairgrounds, Little Brook Village, Congregational Church and Trinity Church, library and Washington Meadows for letting us use their facilities for our COA activities. Finally, I would like to thank my staff who work so hard to make our events nice. They are great people to work with and I couldn't do it without them!

I hope everyone has a healthy and happy New Year. Be Well

-Jodi

Board of Directors

Penny Rogers-Chair
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Chair
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Friends

Gracia Clemson-Co Pres
Marie Coyle-VP
Kathy Faust-Secretary
Chris Roman-Treasurer
Merelyn Adams

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JANUARY EVENTS

Reservations are needed. CALL 978-887-6866

Tuesday, January 5th

Cracker Barrel

Tewksbury, Ma

Lv. Topsfield at 11:00

Tuesday, January 19th

Merrimack Consortium

Topsfield, Ma

Lv. Topsfield at 11:30

Tuesday, January 12th

Good Day Café

N. Andover, Ma

Lv. Topsfield at 11:00

Tuesday, January 26th

Pub 97

Groveland, Ma

Lv. Topsfield at 11:00

Lunch and Learn

January 13th, 2015

Time: Noon

Emergency Preparedness

Presented by Board of Health Agent

John Coulon

\$5.00

Location-TBD

Ongoing Events

Scrabble

Mondays 9:30AM
Little Brook Village

Tai Chi

Wednesdays
10:00 A.M.-11:00 AM
Little Brook Village

Notary Service (Free)

Monday-Thursday
10:00 A.M. -2:00 PM
COA Office

Writers Club

1st Wednesday of the month.
1:00 PM-3:00 PM
Library

YOGA

CANCELLED FOR THE WINTER

Knitting/Crocheting Group

Wednesdays 2:00P.M.-4:00 P.M.
LBV
Bring your own supplies

Senior Center Without Walls(FREE)

Monday and Thursday Bingo 1:00-1:45
Tuesday Trivia 1:00-1:45
Call 887-1523 to join.

Mini Pedicures

1st Wednesday of the Month-LBV
\$15.00
Call Heidi: (978) 352-9772 for appt.

Bill Duke Watercolor Class

January 25th
\$20.00
9: 00AM-noon

VNA Keep Well Clinic

1st and 4th Thursday-WM
2nd and 3rd Thursday-LBV
9:00AM-11:00 A.M.

JANUARY

Trinity -TR Town Hall-TH Little Brook Village-LBV Washington Meadows-WM Library-LIB

Sun	Mon	Tue	Wed
Trinity-TR Town Hall-TH Little Brook-LBV	28. 9:30 Scrabble-LBV	29. 9:30 Food Shopping	30. 9:30 Isabe 10:00 Tai-C 1:00 Write
Washington Meadows-WM Library-LIB Clubhouse-CH	4. 9:30 Scrabble-LBV	5. 11:00 Cracker Barrel 1:00 Phone Trivia	6. 9:30 Foo 10:00 Ta 2:00 Knit
	11. 9:30 Scrabble-LBV 1:00 Phone Bingo	12. 11:00 Good Day Cafe 1:00 Phone Trivia	13. 9:30 Foo 12:00 Lu 10:00 Ta 2:00 Knit
	18. CLOSED MARTIN LUTHER KING DAY	19. 11:30 Merrimack Con- sortiun 1:00 Phone Trivia	20. 9:30 Foo 10:00 Ta 2:00 Knit
	25. 9:00 Bill Duke-TBD 9:30 Scrabble-LBV 1:00 Phone Bingo	26. 11:00 Pub 97 1:00 Phone Trivia	27. 9:30 Foo 10:00 Ta 2:00 Knit

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LIB Clubhouse-CH

Wed	Thu	Fri	Sat
ella Stewart hi-LBV er's Club-Lib	31. NEW YEARS EVE	1. Happy New Year Closed	2.
d Shopping i-Chi-LBV tting-LBV	7. 9:00 VNA-WM 1:00 Phone Bingo	8.	9. 8:00 AM-10:00.AM Food Pantry-TR
d Shopping nch/Learn i-Chi-LBV tting-LBV	14. 9:00 VNA-LBV 1:00 Phone Bingo	15.	16.
d Shopping i-Chi-LBV tting-LBV	21. 9:00 VNA-LBV 1:00 Phone Bingo	22.	23. 8:00 AM-10:00 AM Food Pantry-TR
d Shopping i-Chi-LBV tting-LBV	28. 9:00 VNA-WM 1:00 Phone Bingo	29.	30.

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USEFUL INFORMATION

- If you need help paying for meds go onto [www. needymeds.org](http://www.needymeds.org) or call (978) 281-6666.
- For advice and free legal representation on Medicare related issues to Massachusetts elders and person with disabilities. (800) 323- 3205.
- Mass Health Number: (800)841-2900.
- Fuel Assistance-Income must not exceed \$31,271 for one person or \$40,893 for two people.
- The library has e-readers that they allow you to take out for one week at a time. They have the Nook, Kindle Fire and iPad.
- There is an AARP tax volunteer who helps seniors with low income file their taxes. Call the COA to find out dates and times of availability.
- Sand is available at Route One Topsfield Highway Department/ DPW for residents.
- Recycle adaptive equipment (walkers, wheelchairs) at Ipswich Masonic Temple., 70 Topsfield Rd. Ipswich (978) 356-3131.
- To make donations, or to consign items, call BoxTops at 887-2130, Epilepsy Foundation at 888-322-8209, Goodwill at (800) 483-5502.
- You can recycle books at Gotbooks at Topsfield DPW on Rte 1. Danvers Used Bookstore will buy back recent books (2-3 yrs old) or accept donations. Located at 139 Endicott St, Danvers (978)767-2855

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What does Senior Care do?

- Information, Referral & Advocacy**
- Care Management**-Service planning, assisting with Long Care Choices
- Home Care**-Personal care, homemaking, enhanced services and supports
- Options Counseling/Care Transitions**-Help with knowing all your options to stay or return home through guidance and information
- Meals on Wheels/Nutrition**-Nutrition consultations, home delivered meals and congregate dining sites
- Adult Protective Services**-Help for abused or neglected elders
- Caregiver Support**-Short-term help for caregivers and support groups
- Supportive Living/Housing Assistance**
- Money Management**-Trained volunteers helping elders manage their bills
- Nursing Home Advocacy**-Monitoring & Assistance for residents of nursing homes
- Nursing Services**-Screenings and assessments for Senior Care services, nursing home screenings, and help with transitioning back to the community
- RSVP of the North Shore**-Volunteers aged 55+ providing a variety of services
- Transportation**-Volunteer transportation to medical appointments.

SENIORcARE, Inc. CALL (978)281-1750

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TAX WORK OFF

SENIOR CITIZEN TAX WORK OFF PROGRAM

- Must be 60 or older.
- Must have resided in Topsfield for at least five (5) years.
- Must be owner of record.
- Income can't exceed \$49,000 for single or \$74,000 for married.
- Must be current on taxes.
- Each hour worked will generate \$9.00 credit toward the seniors FY2016 tax bill.

VETERAN'S TAX WORK OFF PROGRAM

The Veteran's tax work off has **five** positions available. Each hour worked will generate \$9.00 credit toward the veteran's FY2016 tax bill. All of the same conditions above apply to the veteran's tax work off program.

If a veteran is physically unable to provide the services to which the veteran has been assigned, at the veteran's request, the COA Director may approve a volunteer representative selected by the veteran to perform the assigned work on behalf of the veteran.

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If interested in either tax work off program please come into the COA office and fill out an application.

All applications are due by January 10th.