

Topsfield Council on Aging

Senior Scoop

January 2015

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 people who helped the Topsfield Council on Aging this past year. This includes the Friends who sponsored our entertainment, our Thanksgiving Dinner, 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 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

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Senior Scoop

JANUARY EVENTS

RSVP'S ARE NEEDED

CALL 978-887-6866

Tuesday, January 6th

**British Beer Company
Danvers, Ma**

Leave Topsfield at 11:30

Tuesday, January 27th

**Walmart and Joe's American
Bar and Grill**

Leave Topsfield at 10:30 A.M.

Thursday, January 13th

Tuscan Market

Burlington, Ma

Leave Topsfield at 11:30 A.M.

Tax Season is Here

It's that time of year again. AARP volunteers will be at the library preparing tax returns for low to moderate income seniors. Call (978)887-1523 to RSVP. Limited availability and is on a first come first served basis.

Starts February 5th

Tuesday, January 20th

The Nest

Enjoy lunch at a new restaurant in Peabody.

Leave Topsfield at 11:30 A.M.

Ongoing Events

Scrabble

Mondays 9:30

Little Brook Village

Zumba

10:00 A.M.

Trinity Church

\$3.00

Notary Service (Free)

Monday-Thursday

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

Heavy Duty Shredder (Free)

10-2:00 Monday -Thursday

10:00-11:30 Friday

Council on Aging Office

Yoga

Cancelled until the spring

Knitting/Crocheting Group

(Free)

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

Bring your own supplies.

Senior Center Without Walls(FREE)

Monday and Thursday 1:00

Tuesday Trivia 1:00

Call the office to sign up

Mini Pedicures

1st Wednesday of the Month

\$15.00

Call Heidi: (978) 352-9772

Bill Duke Watercolor Class-CH

\$20.00 9-noon

Monday, January 26th

VNA Keep Well Clinic

1st and 4th Thursday-WM

2nd and 3rd Thursday-LBV

9:00-11:00 A.M.

Topsfield COA Newsletter

Meetings

COA: Tuesday 1/13 3:30 LBV

Friends: Call for details

Triad: 1/26 10:00 Town Hall

Town Census:

The Town Census will be coming in the mail soon. There will be a questionnaire from the Council on Aging asking what services you may need. Please fill out the form and return it in the same envelope you return the census in.

We are trying to become aware of areas seniors in Topsfield may need help with. We will not give out the personal information to anyone else.

If you have any questions please call us at (978)887-1523.

Don't Be Alone Inside This Winter

Join Senior Center Without Walls

Senior Center Without Walls is a **FREE** Program for seniors.

Our first SCWW program is a bingo program which we play by using a teleconference call. Our second program is Trivia. We will have easy trivia about past tv shows and movies.

If you would like to learn more about SCWW please call the office and we will gladly explain the program.

Men are From Mars and Women are From Venus

Larcom Theater, Beverly

We will be trying to get tickets to this play. If you are interested in attending please call us at (978) 887-1523.

The play runs from February 12th-February 15th.

Topsfield COA Newsletter

Top Cupboard Food Pantry

The Topsfield Food Pantry is open the 2nd and 4th Saturday of the month from 8:00-10:00 A.M. It is located at Trinity Church on River Road. If you are unable to get to the food pantry, call Jodi at (978) 887-1523 to arrange for a food drop off.

If you would like to donate food please let us know and we can arrange a pick up.

Do You Need A LockBox

The Residential Lock-Box is a high security key safe designed for single-family homes that only fire department emergency responders can access. When installed, emergency responders can respond quickly, without forced entry. They simply remove your entrance key stored inside, provide medical or other assistance and re-lock your door and place the key back in the Lock-Box when they leave.

If you would like more information, call the COA office (978)887-1523.

Call Us For Assistance

- ♦ Fuel Assistance
- ♦ Food stamps
- ♦ Transportation
- ♦ Food pantry deliveries
- ♦ Lifeline
- ♦ File of Life
- ♦ Handicap Placards
- ♦ Health Care Proxie
- ♦ Health Insurance Questions
- ♦ Veteran's Services
- ♦ Meals on Wheels

Please call (978)887-1523 and we would be happy to help you.

Volunteers Needed:

The COA is looking for substitute drivers for their Meals on Wheels program.

Meals are delivered to approximately 25 clients every day between 10:30-12:30.

There is a small stipend to cover the gas expense.

Please call the office at 887-1523 if you are interested.

Conquer the paper piles

What documents to keep, what you can toss—and when

Bank records

Keep deposit and ATM receipts until you reconcile them with your monthly statements. File your monthly checking and savings account statements. After you do your taxes, file any statements needed to prove deductions with your tax records; the rest can be shredded.

Credit-card bills

You don't need to keep them after you've checked and paid them, unless you need a bill to support a deduction you'll be taking on your taxes, such as for a charitable donation (in which case you'll need to file the bill with your current-year tax records). If an item you've charged is under warranty, keep the bill until the warranty expires. Staple the credit-card bill to the warranty document and put it in a file with other warranties; you may need the bill as proof of purchase if the item needs repair.

Current-year tax records

Keeping your records organized can save you headaches and money at tax time. Tax preparers might charge more if you give them a disorganized shoe box full of papers. Place documents you'll need for your next return in a file. If you need to save a lot of receipts and bills, use a standing accordion file.

Insurance policies

Keep policies that you renew each year, such as those for your home, apartment, or car, until you get new policies, then shred the old ones.

Investment statements

You can shred your monthly and quarterly statements from brokerage, 401(k), IRA, Keogh, and other investment accounts as new ones arrive. But hold on to annual statements until you sell the investments. You may want to have separate folders for traditional and Roth accounts to help you keep track of amounts that are deductible and non-deductible for tax purposes. Better yet, sign up for electronic statements if your financial institutions offer them.

Pay stubs

Keep the calendar year's records until you reconcile them with your annual W-2 form, then shred them.

Receipts

If you're not doing anything with your receipts—like tracking your spending, itemizing tax deductions, or using them to return purchases—you can get rid of most of those little scraps of paper immediately. If you need to keep them on hand so you can verify amounts against your credit-card bills or bank statements, create a folder labeled "receipts" and keep it with your bills-to-pay folder. That way you'll have your receipts handy when you pay your credit-card bills. If you think you might return something, ask the sales-person how long you have

JANUARY 2015

Mon	Tue	Wed	Thu	Fri
CH= Clubhouse at fairgrounds WM= Washington Meadows LBV=Little Brook Village	30. 11:30 A.M. Windward Grille	31. 9:15 Shopping 2:00 Knitting	1. CLOSED	2.
5. 9:30 Scrabble-LBV 1:00 Phone Bingo	6. 11:30 British Beer Co 1:00 Phone Trivia	7. 9:15 Shopping 2:00 Knitting-LBV	8. 9:00 Well Clinic- 1:00 Phone Bingo	9.
12. 9:30 Scrabble-LBV 1:00 Phone Bingo	13. 11:30 Tuscan Market 1:00 Phone Trivia	14. 9:15 Shopping 2:00 Knitting-LBV	15. 9:00 Well Clinic-LBV 10:00 Zumba-Trinity 1:00 Phone Bingo	16.
19. CLOSED MLK DAY	20. 11:30 The Nest 1:00 Phone Trivia	21. 9:15 Shopping 2:00 Knitting-LBV	22. 10:00 Well Clinic-WM 1:00 Phone Bingo	23.
26.. 9:00 Bill Duke-CH 9:30 Scrabble-LBV 10:00 Triad Meeting 1:00 Phone Bingo	27. 10:30 A.M. Walmart and Joe's American Bar and Grill 1:00 Phone Trivia	28. 9:15 Shopping 2:00 Knitting-LBV	29. No Well Clinic 1:00 Phone Bingo	30.