AUGUST 2022 TIPS & TOPICS

PEABODY COUNCIL ON AGING
Peter A. Torigian Senior Center
79 Central Street, Peabody, MA 01960
Monday-Friday 8:00AM - 3:00PM
Ph: (978) 531-2254 / Fax: (978) 531-7176
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Peabody COA

Live Peabody
An Age Friendly Community

Carolyn Wynn, Director
Edward A. Bettencourt, Jr., Mayor

We would like to congratulate our Director Carolyn Wynn, who was recently recognized at the Commonwealth Heroine Award Ceremony held on Wednesday, June 22nd in Boston. This award recognizes those unique female leaders in our community for the dedication and outstanding service that they give to others on a daily basis. Carolyn was personally recognized by Representative Tom Walsh and Senator Joan Lovely at the Volunteer Breakfast at the Peabody Council on Aging. They presented her with a certificate from the Commonwealth in appreciation for all of her hard work. In addition, both Senator Lovely and Representative Walsh presented the PCOA Volunteers with an official citation for all of their hard work throughout the year as well.

Congratulations to Carolyn and all of the Volunteers!

SAVE THE DATE!

Mayor's 8th Annual

"Senior Day" at Brooksby Farm

Tuesday, September 20th
from 10:00 am –2:00 pm

Hope to see you there!

2022 ELECTIONS..
Ward 3, Precincts 1, 2 & 3

Voting will be held at the Peabody Council on Aging. We are preparing for our 2022 State Elections. The dates are as follows:

Tuesday, September 6th
(State Primary)
Tuesday, November 8th
(State Election)

Please note that *lunch will not* be served these dates!

Our Veterans Meetings

The monthly Veterans Meeting run by Tom Moran will be on **Tuesday, Aug. 16th from 9:30am to 10:30am, in the Computer Room.**

The Disabled American Veteran's will not meet in August.

CRAZY CARDS

Will be on the fourth Wednesday of each month. It will be on Wed. August 24th, from 12:30—3:00 In the Computer Room

Please sign up in advance at the Front Desk for your $3.00 ticket

THE SEWING AND REPAIR GROUP IS LOOKING FOR CAPABLE SEWERS !

Our volunteer sewing group alters clothing. They are in need of experienced people who know how to handle a sewing machine. Most of their alterations include hemming pants and taking in seams. They do not work on zippers. They work on both men's and women's clothing.

They meet every Wednesday morning from 8:00 – 11:00am, In Classroom A.

If you are interested in helping with these alterations, please call:

Judy at 978-531-2254 ext. 124

MOVIE TIME

Our Movies will be shown in **Jubilee Hall** On Tues. from **12:15 – 2:15pm**

Tues. Aug. 2nd - "No Reservations"
Tues. Aug. 9th - "A Chorus Line"
Tues. Aug. 23rd - "Tortilla Soup"
Tues. Aug. 30th - "It Happened One Night"

Enjoy some popcorn while you watch!

THE BOOK CLUB

Cate Merlin from the Library runs the Book Club on the second Wednesday of each month.

Wednesday, **Aug. 10th** from **10:30am to 11:30am**

In the Conference Room.

To join, please sign-up at the Front Desk or call Judy @ 978-531-2254 ext. 124

August Birthdays Celebration

Tuesday, Aug. 2nd

Please register in the dining room for a free meal between 10:00—11:00!

July Birthdays were: **Anne Goggin, Peggy Seeds, Ron LaForge, Eileen Young, Harriette Bornstein, Nancy Savageau and Joanne Gallant and Toni Gordan.**

Many thanks to Evans Flowers For the Birthday Balloon and Rose!

Hearing Screenings - Joe from Apex Hearing will be here on **Thurs. Aug. 25th** from **10:00am to 1:00pm. To make an appointment call 978-531-2254.**

Senator Joan Lovely will hold office hours at the PCOA on **Monday, Aug. 15th** from **9:00am—10:00am**

Phone & Computer Help - Fridays Aug. 5th & 19th 9:00am - 11:00am

Low Vision Group - Wednesday, Aug. 10th from 12:30 - 2:30pm

Watch Batteries - Thursday, Aug. 18th from 9:00 - 10:45am

Ping-Pong - Most Fridays 12:30 - 3:00pm in the Computer Room

Peter A. Torigian Senior Center

August 2022

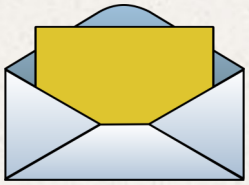
Lunch is served promptly at 11:30 am

Meal Cost: $4.00
Friends Members: $3.00

Monday	Tuesday	Wednesday	Thursday	Friday
1 ***Chicken Salad w/Cranberries*** on a roll Cucumber Salad Potato Salad Watermelon	2 ***Stuffed Peppers*** Steamed Potatoes Greek Salad Birthday Cake	3 ***Swedish Meatball*** Mashed Potato Basil Carrots Fruit Cup with Yogurt	4 ***Reduced Sodium Hot Dog*** Ketchup, Mustard Bk Beans Homemade Coleslaw Ice Cream	5 ***Fish Sandwich*** with Cheese On a Roll Lettuce & Tomato Tartar Sauce Potato Puffs Chocolate Pudding
8 ***Chicken Noodle Soup*** Soup & Sandwich Ham & Cheese Lettuce, Tomato, Pickle/Mayo/ Crackers Corn Salad Tapioca Pudding	9 ***Baked Salmon*** Lemon Wedge Twice Baked Potato Peas Orange Cake	10 ***Stuffed Shells*** Marinara Sauce Italian Blend Vegetables Tropical Fruit Salad	11 ***Cheese Burger*** Lettuce, Tomato Pickles French Fries Ice Cream	12 ***Haddock*** Oven Brown Potato Peas/Red Pepper Chilled Peaches
15 ***Chicken Pot Pie*** Baked Potato Sour Cream Corn Chilled Apricots	16 ***Chef's Salad*** (Turkey & Cheese Strips), Greens, Tomato Wedge, Egg Half/Dressing Wheat Pita Bread Brownie	17 ***Reuben Sandwich*** Minestrone Soup Homemade Cole Slaw Watermelon	18 ***Roast Turkey*** Gravy Cranberry Sauce Fresh Sweet Potatoes Green Beans Chilled Peaches	19 ***Pizza*** Caesar Salad Ice Cream
22 ***Tuscan Tuna Salad*** Italian Garden Soup Crackers Pasta Salad Vanilla Pudding with Fruit	23 ***Steak Tips*** on Tossed Salad Dressing Potato Salad Pita Bread Lemon Meringue Pie	24 ***Chicken Broccoli Ziti*** Twice baked Potato Basil Carrots	25 ***Chicken Cordon Bleu*** Gravy/Mashed Potato Broccoli/ Cauliflower Strawberry Shortcake Roasted Red Pepper Humus and Crackers	26 ***Lemon Pepper Scrod*** Seasoned Sweet Potatoes Peas & Onions Cookie
29 ***Breaded Chicken Filet*** Marsala Sauce Rice Pilaf Greek Salad Apple pie	30 ***Pulled Pork on a Roll*** Pasta Salad Cucumber Salad Ice Cream	31 ***American Chop Suey*** Grated Cheese Seasoned Green Beans/Tossed Salad/ Dressing Garlic Bread Chilled Pears		Menu Subject to Change Without Notice

IN MEMORY OF & IN HONOR OF ENVELOPES:

Envelopes are available to remember a deceased individual or to honor an individual or group by a donation to the *Friends of The Peabody Council on Aging.*



Envelopes are also available that will send your donation to the *Roger B. Trask Adult Day Health Program, City of Peabody.* Donations help to fund the scholarship and Activity Programs in the Trask Center. Both envelopes are available at the local Funeral homes and at the reception area at the Peter A. Torigian Senior Center. All donations will be listed in *Tips* & Topics.

In Honor of/In Memory of Gifts to the Peabody Council on Aging:

In Honor of Anna Gallo:
For her generous gift to the PCOA

In Memory of Elaine C. Little:
Melinda Parker
Cynthia Robertson

In Memory of Janice Wolff:
Bob Goldman Law LLP

In Honor of/In Memory of Gifts to the Trask ADH Scholarship Program:

In Memory of Ann Travers:
Bernadette Gilbert
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Doris Bowlby
Kathryn Famulari
Sally Cuffe

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TRANSPORTATION: Jim Downey

RIDE DONATION OF $1.00 *EACH WAY* IS GREATLY APPRECIATED

8:00 - 9:15 AM
Trask ADH pick-ups only

9:00 AM— 1:45 PM
Senior pick-ups to Medicals, etc. to: Peabody, Danvers, Beverly, Salem and Lynn

2:30 PM
Center and Trask ADH

MEDICAL RETURN PICK-UP REMINDER:
In Peabody:
be ready **before** **3:00 PM**
Out of Peabody:
be ready **before** **2:30 PM**

Attention Shoppers!!

9:30 am PICKUP/11:30 am RETURN
Shaws, Stop & Shop and NSSC

Monday: So. Peabody, Rockdale Park, Lynn & Lynnfield Sts.
Tuesday: Eastman Park, Bresnahan Street, Washington Street and 98 Central St.
Wednesday: East End, Connolly Terrace, Wilson Terrace and 103 Central St.
Thursday: 50 Warren, 12-15-16 Crowninshield, 75 Central
Friday: 20 Central St., 18 Walnut, Lowell St.
Friday: West Peabody (Big Y, Shaws & NSSC)

Due to the high volume of riders, the time for making a reservation for transportation has changed. All immediate reservations must be made a minimum of *ONE WEEK* before your appointment date.

Reservations can be made up to *two (2) months in advance for a ride* and we are encouraging riders to call us as soon as they have an appointment. Please be aware that you should call as early as possible to secure a ride. Shoppers can still call *2 DAYS* before and be added to the shopping pickup.

ATTENTION ALL SHOPPERS!!!

Below is the MARKET BASKET in Danvers schedule starting at 11:00 AM and returning at 1:00 PM.
The limit is *4 COA BLUE bags per person*

Please call at least a day ahead to get your name on the list!

Monday	12-15-16 Crowninshield Street, 18 Walnut Street, Lowell Street and West Peabody
Tuesday	50 Warren Street, 75 Central Street, 20 Central Street
Wednesday	South Peabody area, Rockdale Park, Lynn Street and Lynnfield Street
Thursday	Eastman Park, Bresnahan Street, Washington Street, 98 Central Street
Friday	East End area, Connolly Terrace, Wilson Terrace, 103 Central Street

Please call the Transportation Office at 978-531-2254 with any questions.

ATTENTION All Riders!!

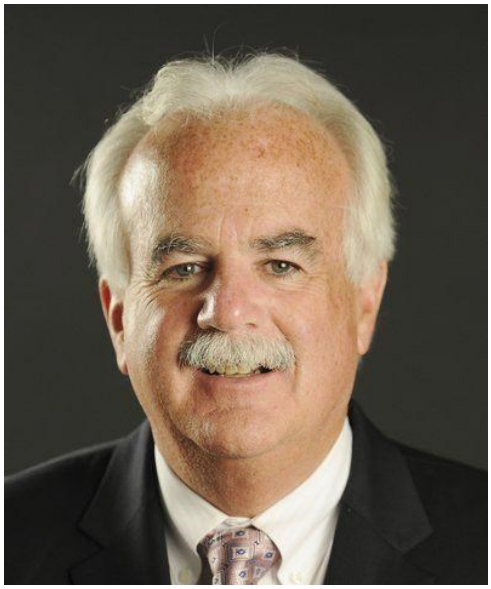
For booked appointments, we will get you there *on time* but *return* time takes a while due to unforeseen conditions. (Thank you for your patience and understanding!)

*** JUST A NOTE ***

Those wishing to go the hairdressers will follow the same schedule as the Medical. Any day, any time, AS LONG AS YOUR HAIRDRESSER IS LOCATED IN PEABODY

Sheriff Kevin Coppinger and the Essex County Sheriff's Department

Will be at the PCOA on August 16th at 12:30 pm.



Kevin Coppinger became Sheriff of Essex County in January 2017. Prior to this, he was a police officer for thirty-three (33) years, being Lynn Police Chief for 7½ years.

Sheriff Coppinger holds a Bachelor of Science Degree in Criminal Justice from Northeastern University and a Master of Arts Degree in Criminal Justice from Anna Maria College. He is also a graduate of the 203rd Session of the Federal Bureau of Investigation's National Academy in Quantico, Virginia as well as the FBI-LEEDA Program.

Sheriff Coppinger will discuss the workings of the Essex County Sheriff's Department and will talk about the many services provided to the individuals in the Department's custody and how staff works with them to prepare for life after incarceration.

Please continue to support our sponsors. Without them, our newsletter would not be possible! Thank you!

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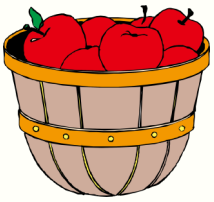
Points to Ponder... Jack Lawless

AUGUST: The "Apple Picking Month"

- August was named for the 1st Roman Emperor-Augustus Caesar (grandnephew of Julius Caesar). Julius Caesar's official title was Dictator.
- U.S. states in August were Colorado(1st), Missouri(10th), and Hawaii(21st).
- On the 2nd,in 1776, the official signing of the Declaration of Independence took place.
- Christopher Columbus sailed from Spain on the 3rd in 1492.
- The 6th was the date of the 1st use of an atom bomb on Hiroshima, Japan and later on the 9th a second bomb (A bomb) was dropped on Nagasaki, Japan which led to V-J Day (Victory in Japan) Day on the 15th.
- Full moons on the 11th are the Sturgeon Moon, Grain Moon, Green Corn Moon, Fruit Moon, and Barley Moon.
- IBM released the personal computer on the 12th in 1981.
- In 1947 on the 15th, India gained its Independence from the British.
- Elvis Presley died at the age of 42 on the 16th in 1977.
- The 21st is "POOH" Day because it is the 1920 birthdate of Christopher Robin Milne, son of A.A. Milne, author of "Winnie the Pooh "which was named after his son's first birthday gift of a teddy bear.
- Teddy bears get their name from USA President, Teddy Roosevelt.
- On the 26th is Women's Equality Day which celebrates the 1920 ratification day of the 19th Amendment and with it, women's right to vote in the United States ;this is also the birthdate of Mother Teresa (1910).



"Hellos are always joyful, even though goodbyes are depressing.
So welcome to August and goodbye to July,
the beautiful month of celebrating freedom!." Unknown

GOD BLESS AMERICA AND OUR PATRIOTS!

We always appreciate when we get new sponsors! The printing of the newsletter wouldn't be possible without their support!

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Maryanne Pierce: Social Service

THE CITY OF PEABODY's Board of Health

will be conducting a

Blood Pressure Clinic with the Moderna Booster

the *1st and 3rd Thursday every month*

and will continue throughout the summer and fall months.

The clinic will run from 11:00 am until 12:30 pm.

Clinic dates:
August 4, 18
September 1, 15
October 6, 20

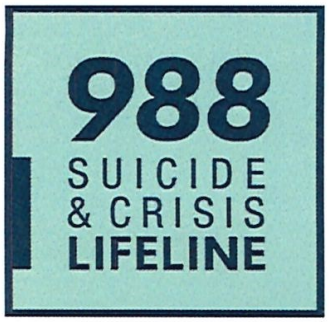
If you would like an appointment, please call the center at 978-531-2254.

We collect eyeglasses and eyeglass cases for the Lions Club.

If you have any old glasses and eyeglass cases that you are no longer using anymore, please bring them down to the Center. Thanks!

Unwanted Cell Phones.

We continue to accept donations of unwanted cell phones. If you no longer use them, donate them to the PCOA. The money raised will be used for the Center. Just drop off your cell phone donation at the Reception desk. Thank you!



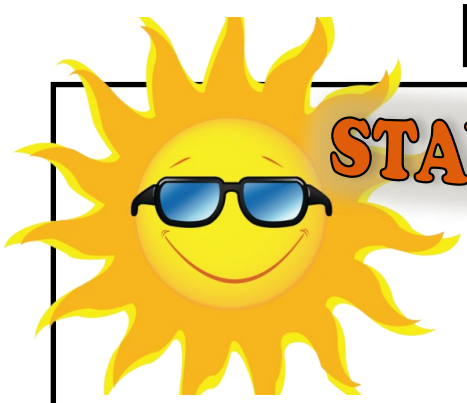
"Aging seems to be the only available way to live a long life."
Daniel Francois Esprit

THE ROGER B. TRASK ADULT DAY HEALTH PROGRAM:

Care-Giving Support Right in Your Neighborhood

For more information, or to make an appointment to visit our Center, please call our Program Coordinator: Susan Levenson, RN at 978-531-2254 x 134 or email her at slevenson@peabodycoa.org.

SOCIAL SERVICE: Maryanne Pierce



STAYING SAFE IN HOT WEATHER!

Healthy Aging Highlights

Information on healthy aging and more from the National Institute on Aging at NIH

Older adults may be more likely to have heat-related health problems.

Being hot for too long can cause hyperthermia—a heat-related illness.

It is even riskier for older adults, who may be more likely to experience heat-related health problems compared to other adults.

Learn how you can
STAY SAFE DURING HOT WEATHER for the month of August!

TRIAD NEWS FOR AUGUST!

This information is being shared by Peabody TRIAD.

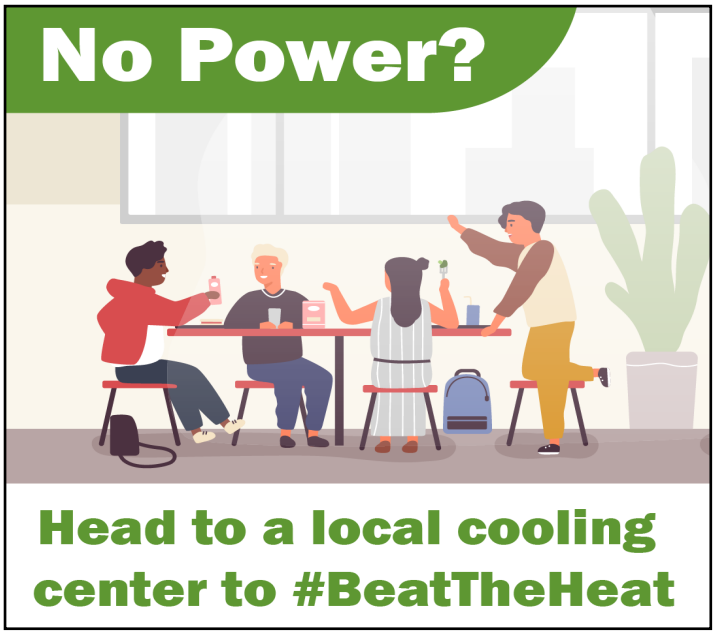
The Peabody TRIAD Council consists of Seniors and Law Enforcement working together to develop ad implement policies ad programs to reduce criminal victimization, promote crime prevention and safety awareness, and serve the needs of the senior community in Peabody. In addition, the Council designs and supports programs to improve the quality of life for our senior citizens. The Peabody TRIAD Council believes they have the ability to make a difference in our community and are dedicated to serving our city and its residents.

There is hot, and then there is HOT!

Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat, your body works extra hard to maintain a normal temperature, which can lead to death.

Extreme heat is responsible for the highest number of annual deaths among all weather-related hazards.

Older adults, children and sick or overweight individuals are at greater risk from extreme heat.



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MICHAEL F. "MIKE" ZELLEN, PRESIDENT OF FRIENDS REPORT: AUGUST 2022

Welcome Back Barbeque

On behalf the Board of Directors of the Friends of the Peabody Council on Aging, we hope that you enjoyed the music, barbeque lunch, and comedy show last month at the "*Welcome Back Barbeque"* sponsored by the Friends. We had over 300 people in attendance on that day which was filled with fun, friendship, and laughter.

Come on Down & Beat the Heat

The dog days of summer occur during the hottest and muggiest part of the season. Webster defines "dog days" as the period between early July and early September when the hot sultry weather of summer usually occurs in the northern hemisphere. And what better place for our Seniors to be, than at the Air-Conditioned Senior Center, enjoying friends and participating in the many activities.

National Senior Citizens Day

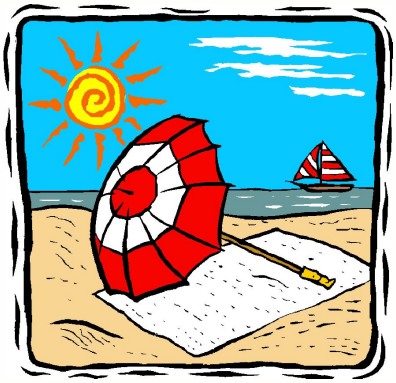
Senior Citizens Day is celebrated in the United States on August 21, 2022. On this day, we are encouraged to recognize and show appreciation for the value and contribution of elderly people to home, family, and society. In his Presidential Proclamation (August 19, 1988), President Ronald Reagan said "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older."

Senior Day at Brooksby Farm

Mark your calendar for Senior Day!

Mayor Bettencourt has announced the eighth Senior Day at Brooksby Farm, to be held Tuesday, Sep. 20, 2022. Senior Day will be held from 10:00 AM -1:00 PM.

Plan to attend and enjoy a delicious meal and a fun filled day.



The Board of Directors of the Friends of the PCOA, Inc. wish our members a happy and fun filled Summer.

"Friends Care – Friends Share"
By Working Together
to Make a Difference

In Memory of Gifts to the Friends of the Peabody Council on Aging:

In Memory of Ethel Atkinson:
Christine Clifford

In Memory of Madeline Bouffard:
Debbie Ann Holuk
Mary Laura White

In Memory of Marilyn Brophy:
Thomas Brophy

In Memory of Carol Dumon:
Roland Dumont, Jr.

In Memory of Jeri J. Hilenski:
Daughters of Saint Joseph in c/o Janis Marren

In Memory of Nicholas M. Kyslowsky:
Priscilla M. Cobb

In Loving Memory of my Dear, Funny Friend, Pat Mirarchi:
Gayle Barr

In Memory of Janice Wolff:
Ugo Arloro
Neil Gardner
Louis Wolff

PayPal The Friends of the PCOA have a PAYPAL account for PAYPAL donations for *(In Honor of/In Memory of). Go to the PCOA Website:* ***wwwpeabodycoa.org*** *and click on* ***DONATE.***

The Friends Board has joined forces with ***Amazon Smile***. It's a simple and automatic way for you to support the Friends of the PCOA and shop on-line. With Amazon Smile you can now select: ***Friends of the PCOA*** as your favorite non-profit charity and 5% of your purchases will be donated by Amazon to the Friends.

Friends 2022 Bd. Mtgs:

September 12
December 5

PEABODY COUNCIL ON AGING
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RETURN SERVICE REQUESTED

It's HOT! Be sure to stay hydrated!

AUGUST 2022

Carol McMahon, Editor

This newsletter is provided through the generosity of "Friends of the Peabody Council on Aging, Inc." and our Advertisers.

Donations *In Memory* or *In Honor Of* Are Tax-Deductible.
Enclose Check Payable to '*Friends of the PCOA, Inc.*'.
$_____.___ Date: _____

Telephone Number:_____

The Purpose of *Friends of the PCOA* is to supplement the budget of the Peabody Council on Aging with their efforts to provide services and programs designed to enrich the quality of life for Seniors who seek them at the Peter A. Torigian Senior Center.

(Please Print)
Donor's Name _____

Address _____

City _____ State _____ Zip _____

Please Circle: **In Memory** or **In Honor**

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Please notify the following individual (s). ***(Please Print)***

Name _____

Address _____

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The Name of Donor and Donee will be recognized in The Peabody Council on Aging ***Tips & Topics*** Newsletter.

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