

January
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
www.peabodycoa.org/Find us on Facebook!



Live Peabody
An Age Friendly Community

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

Please note that we have recently changed our business address back to **79 Central Street**. Please be sure to use this as our **new mailing address**. This should eliminate any confusion in the future. Thanks!

A warm New Year message from Carolyn...

In 2020, my New Year's message was more of a resolution to do everything humanly possible to reopen our doors and that's what we did in May 2021.

This year's message is a big THANK YOU to our dedicated and caring staff members for all of the work they have done serving the older adults in our community during a most difficult time.

I also want to THANK YOU for returning to our senior center, trusting that we have done the best possible job taking precautions to keep everyone safe. We also THANK YOU for your patience and understanding while we get back to normal.

Pictured are staff members and volunteers preparing and packaging the take home Thanksgiving Day meal that was sponsored by the Friends of the Peabody Council on Aging. In total two hundred eighty (280) delicious meals were distributed.



*From our staff to your family,
Best wishes for a most Happy and
Healthy New Year.*



*With thanks,
Carolyn*

Snow Days

To find out if the Senior Center is closed, tune into radio station 104.9FM or turn on Channel 9 on your television.

Even if school is closed, we may be open. If you're unsure, call the center at 978-531-2254. We cannot call everyone to let them know when we are closed! Safety should always come first; if you think you shouldn't go out, stay home and stay safe!



if

Our Veterans Meetings

The monthly Veterans Meeting run by Tom Moran will be on Tuesday, Jan. 18th from 9:30am to 10:30am, in the Computer Room.



There will not be a Disabled American Veterans group in January or February. Happy Holidays and please stay safe!

January Birthday Celebrations!

Tuesday, Jan. 4th

Please register in the dining room for a free meal by **11:30AM!**

Dec. Birthdays were:

Margaret Fulchino, Barbara Legere, Linda Kilroy, Dahria Dylingowski, Norma O'Neill, and Sue Robertson

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



Need a New Battery for your Watch?

Jon Hosking will be here on **Thursday, Jan. 20th** from **9:00am-11:00am** In the Lobby



Donation of \$2.00 per watch

There is a limit of 2 watches per person

HEARING SCREENINGS

Joe Sarofeen from Apex Hearing, will be here on:

Thursday, Jan. 27th
10:00AM—1:00PM

To make an appointment, call the Front Desk
978-531-2254



THE LOW VISION GROUP Will NOT MEET IN JANUARY

For more information call:
Judy Enos—978-290-6080

HELP IS HERE!

If you need help with basic computer skills or using your cell phone, come see Anne Goggin and Tony Schettino in the Computer Room **Fri., Jan. 7th & 21st** 9:00am-11:00am



Just come in!



It's Movie Time!

January Movies will be shown in Jubilee Hall On Tuesdays, from 12:15pm – 2:15pm

Tues. Jan. 4th — “The Lady Eve”

Tues. Jan. 11th — “Silk Stockings”

Tues. Jan. 18th — “The Russians are Coming”

Tues. Jan. 25th — “Something’s Gotta Give”



Happy New Year!



TRAVELS with ANNE

Come and visit **Morocco**. Experience Rabat (the capital), Meknes, Volubilis, Fez, Marrakech & Casablanca

Fri. Jan. 21, 2022

12:30pm—1:30pm in Classroom A

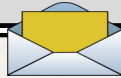
This class will be limited to 16 people

To participate, Sign up at the Front Desk




Peter A. Torigian Senior Center
**January
2022**
**LUNCH IS SERVED
PROMPTLY AT 11:30 AM**
**Meal Cost: \$4.00
Friends Members: \$3.00**

Monday	Tuesday	Wednesday	Thursday	Friday
3 <u>Chicken Patty on a roll</u> (Lettuce, Tomato, Pickles, Onions) Cheese Mayo Packet French Fries Corn Mex Salad Chilled Mixed Fruit	4 <u>Swedish Meatballs</u> Gravy Cheddar Whipped Potatoes/Beets Birthday Cake 	5 <u>Lasagna</u> Apple Juice Tomato Sauce Grated Cheese Seasoned Green Beans Garlic Bread Ice Cream	6 <u>Baked Meatloaf</u> Onion Gravy Red Bliss Steamed Potatoes Salad Chocolate Chip Cookie	7 <u>Baked Scrod</u> Steamed Potatoes Butternut Squash Blueberry Pie
10 <u>Chicken Parmesan</u> Tomato Sauce & Cheese Ziti Chilled Mixed Fruit	11 <u>Seafood Salad</u> Potato Salad Homemade Coleslaw Chilled Pears	12 <u>Squash Ravioli</u> Squash Gravy Carrots Scalloped Potatoes Chocolate Pudding/Topping	13 <u>Yankee Pot Roast</u> Gravy Red Bliss Potatoes Peas/Onions Bread Pudding	14 <u>Chef Salad</u> (Ham, Cheese, Turkey, Lettuce, Onion, Eggs) Zesty Italian Dressing Pita Bread Apple Pie
17 TORIGIAN SENIOR CENTER CLOSED  Martin Luther King Jr.'s Birthday Celebrated	18 <u>Stuffed Peppers</u> Greek Salad Baked Potato Sour Cream Yogurt	19 <u>Chicken Cordon Bleu</u> Gravy Twice Baked Potato Corn & Pimentos Cookie	20 <u>Hamburger Stroganoff</u> Over Noodles Whipped potato Cheddar Broccoli Soup Ice cream	21 <u>Fish Sandwich</u> with Cheese On a Roll (Lettuce, Tomato, Onion) Tartar Sauce Potato Puffs Rice Pudding
24 <u>American Chop Suey</u> Seasoned Broccoli Garlic Bread Dreamsicle Jello	25 <u>Reduced Sodium Hot Dog</u> Condiments Baked Beans Sautéed Cabbage Butterscotch Pudding	26 <u>Turkey Wrap</u> Pasta & Fagioli Soup Cucumber Salad Roasted Pepper Hummus and Chips Apple Crisp	27 <u>Shepherd's Pie</u> Gravy Glazed Carrots Chilled Peaches	28 <u>Gallo Nero Pizza</u> Caesar Salad Ice Cream
31 <u>Chicken Cacciatore</u> with Peppers & Onions/Pasta Greek Salad Dinner Roll Tapioca Pudding	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:
With Thanks to Anna Gallo:
 For her generous gift to the PCOA
In Honor of the PCOA Staff:
 Armand and Claire Gagne

In Memory of
Nicholas "Nick" Currier:
 Richard DeRoche
In Memory of Beth Georgeopoulos:
 Cathy X. Larson
In Memory of Edward Quinn:
 Gretchen B. Swenson,
 Janice B. Swenson,
 Deborah R. Silva,
 Mass. Institute of Fire Department,
 Instructors, Peter and Jeannette
 McGinn, Louise A. Enos Towle

In Honor of/In Memory of Gifts to the Trask Adult Day Health Scholarship Program:

In Memory of Norm Dobson:
 The Moutsoulas Family
In Memory of Irene Giannias :
 The Moutsoulas Family
In Memory of Susan Mantsourani:
 The Moutsoulas Family
In Memory of Edward D. Quinn:
 Carolyn Wynn
In Memory of Joe Russell:
 The Moutsoulas Family



THE ROGER B. TRASK ADULT DAY HEALTH PROGRAM—Care-Giving Support –In Your Neighborhood

We are a *Day Health Program* located, along with the Peabody Council on Aging, in the Peter A. Torigian Senior Center. Our Program is designed to provide a structured setting for individuals who would benefit from supervised care. We offer social and therapeutic activities, transportation, personal care, bi-lingual staff, medical monitoring, meals and snacks, as well as counseling and other social services. The Trask Program also offers many benefits for families and caregivers such as freedom from concern of leaving a loved one home alone, as well as needed respite time for caregivers to pursue their own activities. Services are provided by a Program Coordinator, Registered Nurses, Licensed Social Worker, Activities Coordinator, Certified Nursing Assistants, and Trained Volunteers. **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.**



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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**

SHOPPERS ARE BACK!: 

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 St, 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 the day before and be added to the shopping pickup.

ATTENTION ALL SHOPPERS!!!

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



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**

<u>Monday</u>	12-15-16 Crowninshield Street, 18 Walnut Street, Lowell Street and West Peabody
<u>Tuesday</u>	50 Warren Street, 75 Central Street, 20 Central Street
<u>Wednesday</u>	South Peabody area, Rockdale Park, Lynn Street and Lynnfield Street
<u>Thursday</u>	Eastman Park, Bresnahan Street, Washington Street, 98 Central Street
<u>Friday</u>	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 you call plenty of time ahead.



Points to Ponder... Jack Lawless

JANUARY:

The "Dianthus Caryophyllis Lovers" month

- Maybe you guessed, but that is the Latin name for a carnation flower (Jan. Birth flower).
- Seven states were admitted to the Union in January: namely Georgia, Connecticut, Michigan, Kansas, Utah, New Mexico, and Alaska.
- Ellis Island in New York opened 130 years ago on the 1st and which led to 20 million plus immigrants to enter the USA.
- Christian Epiphany or Twelfth Day is on the 6th marking the arrival of the Three Wise Men.
- On the 7th in 1782 in Philadelphia, the first U. S. Commercial Bank opened as the Bank of North America.
- Elvis Presley (1935-1977) was born on the 8th.
- The United Nations (UN) had its first meeting on the 12th in 1946.
- Martin Luther King Jr. was born on the 15th in 1929 and the national holiday honoring him is being observed on the 17th. The Full Moon or Wolf Moon occurs on the 17th as well.
- Winnie the Pooh Day is celebrated on the 18th, which is the birthday of Winnie the Pooh author A. A. Milne.
- The 21st is Hugging Day—Give a relative or a friend a hug because there are health benefits in hugging.
- The first ever Emmy awards were held on the 25th in 1949.
- The U. S. coast Guard was created by Congress on January 28, 1915.
- Jackie Robinson, the first African American to play professional baseball was born on the 31st in 1919.



"What the New Year brings to you will depend on a great deal on what you bring to the New Year. Vern McLellan



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Exciting Peabody TRIAD news...for Year 2022!



TRIAD: Dedicated in serving our city and its residents.
We look forward to having you join us at one or more of our TRIAD outreach events!

JANUARY:
The Year Ahead

JULY:
National TRIAD Month

FEBRUARY:
National Heart Month

AUGUST:
Heat Safety / SCAMS

MARCH:
Nutrition Month
National Poison Prevention Week

SEPTEMBER:
Grandparents Day
Senior Center Month

APRIL:
Healthcare Decisions Month

OCTOBER:
Fire Prevention Week
Public Power Week

MAY:
Older Americans Month
Stroke Awareness Month
Senior Health and Fitness Day

NOVEMBER:
Family Caregiver Month

JUNE:
National Safety Month

DECEMBER:
Older Driver Safety Month



*“Winter is the time for comfort, for good food and warmth,
for the touch of a friendly hand and for a talk beside the fire:
It is the time for home.”*

Maryanne Pierce: Social Service



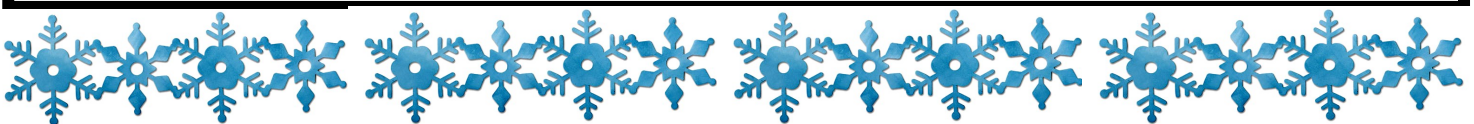
Concerned About Medical Costs? There May Be Help!



Medicare premiums, deductibles and co-payments can add up. Luckily, there are several programs that can help a beneficiary with Medicare cost-sharing. Below is a list of these programs, their eligibility requirements, the benefits they provide, and instructions on how to apply. If you have any questions regarding these programs, you may contact a SHINE Counselor at 1-800-AGE-INFO (1-800-243-4636).

Income and Asset Limits as of March 2012

	Monthly Income Limit	Asset Limit	Application	Benefits
MassHealth (65+ years old)	\$951 (individual)	\$2,000 (individual)	MassHealth Senior Medical Benefit Request 1-800-841-2900	Supplemental health and drug coverage Automatic enrollment in Senior Buy-in Automatic enrollment in Extra Help
	\$1,281 (couple)	\$3,000 (couple)		
MassHealth Senior Buy-in (QMB)	\$951 (individual)	\$6,940 (individual)	MassHealth Senior Medical Benefit Request 1-800-841-2900	Pays Medicare Part A & B premiums Pays Medicare Part A & B deductibles & copays Automatic enrollment in Extra Help
	\$1,281 (couple)	\$10,410 (couple)		
MassHealth Buy-in (SLMB, QI)	\$1,277 (individual)	\$6,940 (individual)	MassHealth Buy-in Application 1-800-841-2900	Pays Medicare Part B premium Automatic enrollment in Extra Help
	\$1,723 (couple)	\$10,410 (couple)		
Extra Help Full (LIS)	\$1,277 (individual)	\$8,440 (individual)	Social Security Application for Extra Help 1-800-772-1213	Reduces drug copays to \$6.30 or less & helps with drug plan premium, <u>for Medicare Prescription Drug Plans only.</u>
	\$1,723 (couple)	\$13,410 (couple)		
Extra Help Partial (LIS)	\$1,417 (individual)	\$13,070 (individual)	Social Security Application for Extra Help 1-800-772-1213	Reduces drug copays to 15% or less & reduces drug plan premium, <u>for Medicare Prescription Drug Plans only.</u>
	\$1,912 (couple)	\$26,120 (couple)		
Prescription Advantage (no enrollment fee)	\$2,793 (individual)	NONE	Prescription Advantage Application 1-800-243-4696	Supplemental prescription coverage that reduces copays once the total retail costs of covered prescription drugs reaches \$2,930.
	\$3,783 (couple)			
Prescription Advantage (\$200 enrollment fee)	\$4,655 (individual)	NONE	Prescription Advantage Application 1-800-243-4696	Supplemental prescription coverage that pays prescription copays once out-of-pocket drug costs reach \$3,260.
	\$6,305 (couple)			



Do you need Help Paying Your Heating Bills and Keeping Your Home Warm This Winter?



The Home Energy Assistance Program at North Shore Community Action Programs, Inc. helps income-eligible households pay their winter heating bills even if the cost of heat is included in your rent*.

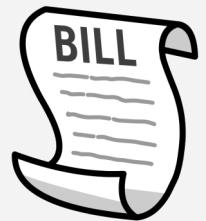
If your gross household income falls within the limits shown in this chart, you may qualify for payment of up to \$1,100 paid towards your winter heating bills. In addition, eligible National Grid customers may qualify for a discount of up to 29% off their electric and gas bills, too!

(*Some restrictions apply) For an appointment call 978-531-0767 Ext. 136.

2021-2022 INCOME GUIDELINES



Household Members	Maximum Gross Income**	Household Members	Maximum Gross Income**
1	\$40,951	4	\$78,751
2	\$53,551	5	\$91,351
3	\$66,151	6	\$103,951



Started October 1st and running until April 30th

For more information about Home Energy Assistance
Call 978-531-8810 or email: fuelassistance@nscap.org

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Here are some things to think about going into the New Year...

Seven (7) Things Mindful People Do Differently...

1. *Approach everyday things with curiosity...and savor them.*
2. *Forgive their mistakes, big or small.*
3. *Show gratitude for good moments, and grace for bad ones.*
4. *Practice compassion and nurture connections.*
5. *Make peace with imperfection - inside and out.*
6. *Embrace vulnerability by trusting others - and themselves.*
7. *Accept - and appreciate - that things come and go.*



We collect eyeglasses and eyeglass cases for the Lions Club...If you have any old glasses and eyeglass cases that you are not using anymore, please bring them down to the Center.




Thanks !

Hearing Aid Recycle Box
Do you have a gently used hearing aid you no longer need? You can donate it to the North Shore Hearing Foundation. We have a drop off box located at the PCOA. If you have any questions, please contact Social Services.



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. Please drop off your cell phone donation at Reception.




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

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

At this special time of year, the Board of Directors, of the Friends of the Peabody Council on Aging give thanks to the Members who have supported the Friends Organization during the past year.

Because of each of you and your generous donations to the Annual Appeal, we were able to support the Council on Aging, Director Carolyn Wynn, and her outstanding staff with their endeavors and to supplement their funding for the Council's many programs and events.

A new year has begun, and the 2022 Annual Appeal for Funds Packets will be in the mail over the next four weeks. We sincerely ask for your continued support so that we may continue to assist in providing the many services, programs, and recreational activities provided at the center.

In addition, during the coming months, the Friends of the Peabody Council on Aging will be providing the funding to purchase two new pieces of exercise equipment and installing a rubber floor in the physical fitness room. The Friends will also be providing the funding to replace the two-pool table tops and the purchase of new two-way radios for the Transportation department.

Annual Appeal funds are also used to print and mail the monthly "Tip & Topics" newsletter, keeping our members informed of upcoming events and contains a day-by-day activities calendar.

In closing, the entire Board of Directors of the Friends of the Peabody Council on Aging Wish each of you a Happy and Healthy New Year.



*We hope 2022 brings
you lots of love,
laughter, and joy
All year long!*

Happy New Year!

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.



The Friends of the PCOA have an account for donations for (*In Honor of/ In Memory of*). Go to the PCOA Website at: (www.peabodycoa.org) and click on **DONATE**.



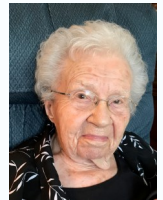
**In Honor of Gifts to The Friends
of the Peabody Council on Aging:**



*In Honor of
Rose Regis,*

on her 107th Birthday!

Linda & Paul Regis
Rosemarie Grillo



**In Honor of the PCOA Transportation
(for ride to Veterans):**

Anonymous

In Honor of the PCOA Staff:

Ken & Joyce Riley

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

In Memory of Mark & Richard Burns:

Nancy Burns

In Memory of Judith C. Celeste:

Philip J. Celeste

In Memory of Betty (Morose) Cogi:

Betty and Tom Hosman

In Memory of Nick Curreri (Wood Shop):

Ann Quinn

In Memory of Arthur Doyle:

Adelaide Emmett

In Memory of Carol Dumont:

Roland Dumont Jr.

In Memory of Gladys Flynn:

Maureen Flynn

In Memory of Michael Ganse:

Maria K. Ganse

In Memory of Susan Mantsourani:

Eva Melanson, Ken and Joyce Riley,
Carol Tsoukalas, Mary G. Tsoukalas

In Memory of Members that we've lost:

The Golden Age Club

In Memory of Joel Marron & Cara Murtagh:

Mary Marron & Family

In Memory of Edward Quinn:

Russell and Marion Bowden, Whitney
Fox, Joan Johnson, Carol A. Leger,
Jane Ronan

In Memory of Philip Smigliani:

Betsy Toomey

Friends 2022 Board Meetings:

January 10

March 7

June 6

September 12

December 5



PEABODY COUNCIL ON AGING

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January 2022

Carol McMahon, Editor

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Enclose Check Payable to '*Friends of the PCOA, Inc.*'.

\$ _____ Date: _____

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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

(Please Print)

Donee's Name: _____

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

Name _____

Address _____

City _____ State _____ Zip _____

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

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