

January
2024

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

A warm message from Carolyn to welcome in the New Year!

First, our Staff and Board members want to wish our PCOA family a very Happy and Healthy New Year!

The start of a new year is not only a great time to think of all the possibilities that lie ahead, but it also gives us the opportunity to reflect on the year that has passed. In this New Year's message, I thought it would be a great time to share some statistics regarding the many services we have provided throughout 2023.

As many of you know, the Peabody Council on Aging is primarily a social services agency. For over 50 years, we have based many of our core services on the Older Americans Act of 1965. The tenants outlined in that legislation include Transportation, Social Services and Nutrition. Our transportation service, "Project Mobility", is for Peabody residents only. We provide transportation to medical appointments, shopping, and to the PCOA to attend programs, receive services, and share a lunch with friends. We also provide many miscellaneous trips as well.

Project Mobility provided 31,961 trips this year. Of those trips, **6,197 required the use of our wheelchair lift**, making our services more accessible to all.

Our social services are also available to Peabody residents only. We often receive requests for social services from non-Peabody residents, but we must be steadfast in this rule, as a significant portion of our city is over 60 years in age. We would like to be able to help everyone, but unfortunately that is not possible. However, we are happy to provide contact information for non-residents to receive necessary assistance. Our social services team assists with many services, such as: health insurance (particularly during open enrollment), Mass Health, fuel assistance, SNAP program, I & R, housing applications, and the commodity food program. **This year we provided 16,378 units of service.**

Our licensed Adult Day Health program is the only one in the state to be operated by a senior center, going beyond the scope of a supportive day program through the support of our clients. The ADH program has extremely caring staff providing needed services. Our program has allowed caregivers more time together with their loved ones - often delaying placement in nursing homes, and many times avoiding placement altogether. The ADH program also gives clients' families a respite to take care of themselves. Caregiving is one of those things that truly cannot be completely understood until you are experiencing it.

It is always enjoyable to share a meal with friends. Our senior center operates an independent lunch program, and all are welcome! A wonderful addition to this nutrition program is the recently opened Friends Café, serving older adults from many communities. Our lunch program is one of the biggest social programs that we have.

This year, we served 31,770 meals.

I was fortunate to be present 32 years ago when Mayor Peter Torigian cut the ribbon to open our new senior center. His words still ring true, that all who can get to our center will be welcome - something that has not only been our policy, but our strength from the beginning.

From that day, we have always been a welcoming place to older adults from Peabody and many surrounding communities, just as Peabody residents are welcomed in other local senior centers. In fact, many of our volunteers are from other communities, but choose to volunteer their time and talents here at our center.

Aside from our core services, we have a myriad of classes and activities to keep older adults engaged and living independently in the community. There are so many positive health benefits arrived from participating in social activities. I know many are looking for that "miracle cure" to stay young and mentally fit, but the one tried and true solution is to stay active and socially engaged. There is no better place for this than the Torigian Senior Center as is evident by **12,486 people signed in for fitness and exercise programs, 19,802 activity and class attendees, and 3,456 sold for our special events.**

Currently, every available space in the center is being used. We realize that the new generation of retirees that have started to join us are looking for more exercise programs, and we are hoping to provide that.

We are presently in the process of completing our outside recreation area that will house modern pickle ball and bocce courts. This addition has transformed an unused area that will become a place of incredible activity!

We want to thank the CPA for funding this project.

In the near future, we hope to start a capital campaign for an expansion of our senior center that will add more space for fitness programs. In the meantime, we are trying to add afternoon exercise classes to accommodate this growing need. Remember, we have a beautiful indoor fitness room that is staffed by helpful volunteers, and it is free to use. Even with all that is offered here, we are always open to suggestions for new classes and activities, so please share your ideas with us!

I hope to see you at our center!

Fondly, Carolyn



Diabetic Education

Marianne Chojnicki, RN, CDCES, (nurse diabetic educator) will be here to discuss living with diabetes. Please come and learn more about taking care of yourself and your loved ones. Bring your questions! Thursday, February 8th, 9:30-10:30 AM, in the conference room. Please sign up at The front desk. Limit of 10 people



January Birthday Celebration Tuesday, Jan. 2, 2024

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

Dec. Birthdays were:

Joan Fulchino, Margaret Fulchino, Linda Kilroy, Norma O'Neil, Dave Halko, Lualle DeBello, Kevin Konaris, Gladys Thompson, Judy Walker, Maria Figueiredo, Patricia Lynch

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



Senator Joan Lovely

Office hours at the PCOA on Monday, Jan 22, 2024. from 9 -10am. For an appointment call 617-722-1410 or email - joan.lovely@masenate.gov

Veterans Meetings

Our Veterans Group will meet on Tues. Jan 16, 2024 from 9:30 - 10:30am in Classroom A.

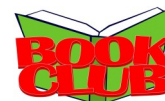
The DAV Group will meet on Wed. Jan. 17, 2024 from 9:30 - 10:30 am in the Conference Room



The Book Club

Our Book Club is happy to announce that Al Hayden will be taking Cates place .They meet each month for a book discussion, at the PCOA. Al picks out and distributes the books to each participant. They are reading The Lost City of the Monkey God by Douglas Preston for the January meeting .

Wed. Jan. 10, 2024
from 10:30am - 11:30am



LOW VISION GROUP

The Low Vision Group **will NOT meet** in January or February



CRAZY CARDS

A fun twist on whist!

Wed. Jan. 24th from 12:15—3:00 in Computer room

You must purchase your \$3.00 ticket by Jan. 17th

Tickets may be purchased at the Front Desk



MOVIE TIME

Our Movies will be shown by Earl Rosen in the Jubilee Hall from 12:15 – 2:15 pm

Tues. Jan. 2. - One Fine Day
Tues. Jan 9 - Libeled Lady
Tues. Jan.16 - Mao's Last Dancer
Tues. Jan 23 - Starting Over
Tues. Jan 30. - Dirty Dancing, Havana Nights

Enjoy some popcorn while you watch!



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; you think you shouldn't go out, stay home and stay safe!

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

Phone & Computer Help -

Fri. Jan. 5 & 19- from 9:00am - 11:00am

Ping Pong - Most Mondays & Fridays 1:00—3:00 pm in the Computer Rm



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 up until 2:00 pm the day 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**

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.


 Please **call by at least by 2:00 pm a day ahead** to get your name on the list!

ATTENTION All Riders!!

For booked appointments, we will get you there *on time* but *return* time takes a while due to unforeseen conditions. (Thankyou 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**




Peter A. Torigian Senior Center
**JANUARY
2024**
**Lunch is served
promptly at 11:30 a.m.**
**Meal Cost: \$5.00
Friends Members: 4.00**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Center Closed</p>  <p>New Year's Day</p>	<p>2</p> <p><u>Swedish Meatballs</u> Gravy Cheddar Whipped Potatoes Beets</p> <p><i>Birthday Cake</i> </p>	<p>3</p> <p><u>Lasagna</u> Apple Juice Tomato Sauce Grated Cheese Seasoned Green Beans/Garlic Bread Ice Cream</p>	<p>4</p> <p><u>Baked Meatloaf</u> Onion Gravy Baked Potato Salad Chocolate Chip Cookie</p>	<p>5</p> <p><u>Baked Haddock</u> Steamed Potatoes Butternut Squash Blueberry Pie</p>
<p>8</p> <p><u>Chicken Parmesan</u> Tomato Sauce & Cheese Ziti Chilled Mixed Fruit</p>	<p>9</p> <p><u>Steak Bomb</u> With Cheese on a Roll Pasta Salad Homemade Cole Slaw Chilled Peaches</p>	<p>10</p> <p><u>Squash Ravioli</u> Squash Gravy Corn Scalloped Potatoes Chocolate Pudding Topping</p>	<p>11</p> <p><u>Shepherd's Pie</u> Gravy Glazed Carrots Fruit Cup</p>	<p>12</p> <p><u>Shrimp Scampi</u> Over Rice Garden Salad Lemon Meringue Pie</p>
<p>15</p> <p>Senior Center Closed</p>  <p>Martin Luther King Jr.'s Birthday Celebrated</p>	<p>16</p> <p><u>Stuffed Peppers</u> Greek Salad Steamed Potato Sour Cream Yogurt</p>	<p>17</p> <p><u>Chicken Piccata</u> Guacamole salad Oven brown potato Cookie</p>	<p>18</p> <p><u>Hamburger Stroganoff</u> Over Noodles Whipped potato Cheddar Broccoli Soup Ice Cream</p>	<p>19</p> <p><u>Fish Sandwich</u> with Cheese On a Roll (Lettuce, Tomato, Onion) Tartar Sauce Potato Puffs Rice Pudding</p>
<p>22</p> <p><u>American Chop Suey</u> Seasoned Broccoli Garlic Bread Chilled Pineapple</p>	<p>23</p> <p><u>Chicken Pot Pie</u> Greek Salad Mashed Potato Tropical Fruit Cup</p>	<p>24</p> <p><u>Turkey Wrap</u> Pasta e Fagioli Soup Cucumber Salad Popcorn Strawberry Cream Pie</p>	<p>25</p> <p><u>Roast Beef</u> Gravy Baked Potato Sour Cream Corn and Pimentos Ice Cream</p>	<p>26</p> <p><u>Seafood Salad</u> Potato Salad Homemade Coleslaw Chilled Pears</p>
<p>29</p> <p><u>Reduced Sodium Hot Dog</u> Condiments Baked Beans Sautéed Cabbage Butterscotch Pudding</p>	<p>30</p> <p><u>Mac & Cheese</u> Stewed Tomato Spinach Mandarin Orange</p>	<p>31</p> <p><u>Tuscan Tuna Salad</u> Italian Garden Soup Crackers Potato Salad Vanilla Pudding with Fruit</p>	<p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p>IMPORTANT LUNCH CHANGES Diners need to purchase their lunch tickets between 10:00-11:00 am! They WILL NOT be sold after 11:00 am</p>

Exciting Senior Center Happenings!!

You must have noticed some major activity going on outside of our dining hall and café! This previously unused space has been revamped into an amazing outdoor recreation area! We have built new Bocce and Pickle Ball courts, which includes a basketball hoop! The amazing team of Mike and Tom (these two just never stop!) along with our contractors, have been working very hard. The soil was dug, leveled and graded, gravel went in, both courts were framed and cement patios were poured. A beautiful stone wall has been built and a fence will be installed. Sun shades will also be provided to keep players and fans cool on those hot and sunny days. This has been another amazing accomplishment (always with the seniors in mind) and we can't wait to share it with you in the Springtime!



Pickle Ball Court and Basketball Hoop



Bocce Court

The building of this project was made possible by the funds provided by a grant through the Community Preservation Committee .



Marie Bishop



www.bishopsells.com
marie@bishopsells.com



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AGE SPAN (Home Care Program)



The Massachusetts state funded Home Care Program helps older adults who meet income and need guidelines, remain in the community and meet their care needs at home.

For those consumers who want to remain safe and independent in their own homes, sometimes this becomes difficult when declining physical or cognitive health results in the inability to manage routine tasks of daily living. AgeSpan can help by providing trusted services and resources.

The Home Care Program provides in-home help and resources to consumers who are residents of Massachusetts, and who meet eligibility guidelines. Home care services help older adults maintain their independence at home and in the community.

ELIGIBILITY:

Consumers must be at least 60 years old or under 60 with a documented diagnosis of Alzheimer's Disease or a related dementia to qualify. Additionally, consumers must meet the required Functional Impairment Level which is assessed at home visit by a Care Manager.

SERVICES:

A Care Manager and Registered Nurse, when applicable, collaborate to design, coordinate, and monitor individualized care plan for each consumer by working closely with consumers, caregivers, families and community agencies. They authorize services through a contract with provider agencies selected for cost and quality.

Services may include by are not limited to:

- Adult Day Care
- Chore Services:
(heavy house cleaning)
- Companionship
- Grocery Shopping/Errands
- Home Delivered Meals
- Homemaker Services:
(light house cleaning)
- Meal Preparation
- Medical Transportation
- Medication Reminders
- Nursing Home Screening
- Personal Care/HHA Services
- Respite Care
- Social Day Care
- Transportation

COST:

Services may be available at no cost or cost shared on a sliding fee scale. Cost share for home care services is based on income and is determined according to guidelines set forth by the state.

For more information about our Home Care Program, call our Information and Referral Department at 800-892-0890.

Mobile Check-In Express is Available! SSA.GOV

Clients visiting our local Social Security Offices can check-in from their mobile device using our new feature,
Mobile Check-in Express.

To use **Mobile Check-In Express**, your clients can scan the QR code located at the local Social Security office they are visiting.

This will allow your clients to check in for both scheduled appointments and non-scheduled visits.

For **Mobile Check-In Express** to work, your clients must be at the Social Security office and have their mobile location services on. They should also make sure they're using the latest version of their internet browser. **The service is most compatible with Safari, Google Chrome, Microsoft Edge and Firefox.**

Your clients will also want to ensure they are in the Social Security office when their ticket number is called and enable their mobile notifications.

This will:

- Allow them to receive their electronic ticket so they will know their place in line.
- Alert them when we are ready to help them.
- Provide them with the interview location information.
- Invite them to participate in our feedback survey.

We encourage everyone to use **Mobile Check-In Express** for all office visits and share this message with colleagues,



Inspirational Quote of the Month: Don't stop having fun when you get older, because you will get older when you stop having fun!

The Hazards of Hypothermia

Stay Warm in Cold Weather

Winter brings many opportunities for cold-weather fun. But it can also bring dangerous temperatures. As you venture outdoors this season, take care to keep yourself safe from cold-weather hazards like hypothermia.

“Hypothermia is when the body’s core temperature decreases below 95 degrees Fahrenheit,” says Dr. Basil Eldadah, an NIH aging expert.

Hypothermia can happen when you’re exposed to very cold temperatures for too long. If your body temperature drops too low, it can affect your ability to think clearly, walk, or talk. So acting fast when you see signs of hypothermia is important.

Signs of mild hypothermia include cold feet and hands, shivering, a

puffy or swollen face, or pale skin. You may also get sleepy, start to become clumsy, or become angry or confused.

“As hypothermia advances, there may be slurred speech, trouble walking, clumsiness, or stiff movements,” Eldadah explains. “Then, you may experience a slower heartbeat, a weak pulse, and slow or shallow breathing. It could even result in loss of consciousness in advanced stages.”

Anyone can get hypothermia when exposed to cold temperatures. But certain factors increase your risk. These include older age, young age, certain medications, and some illnesses. All can impact your body’s ability to regulate your temperature.

Certain diseases, like diabetes, heart disease, and hypothyroidism can impair your blood circulation. These kinds of diseases become more common with age. “A well-functioning circulatory system keeps our body temperature at the right place,” explains Eldadah.

Older adults may have difficulty controlling their body temperature for other reasons, too. With aging, our bodies have less ability to shiver and perform other internal actions that keep you warmer. Aging can also mean that you have less fat under your skin to insulate your body.

Certain conditions that are more common with age can make the cold more dangerous, too. Parkinson’s disease and arthritis can make it more physically difficult to get out of the cold. People with conditions that cause difficulty with thinking and memory, like dementia, may not dress appropriately for the weather changes.



“For older people, even mild exposure to cold environments can result in hypothermia,” says Eldadah. “People can get hypothermic in the summertime because their air conditioners are set at a very low temperature.”

But everyone needs to be careful when the temperatures drop. You can get hypothermia in cool weather just because you’re wet from sweat or rain.

“Be on the lookout for the signs and symptoms of hypothermia,” Eldadah says. Low body temperature can become dangerous before you know what’s happening.

The best way to prevent hypothermia is to protect yourself from the cold—indoors and outdoors. Bundle up if you have to go outside in cold weather. And remember to stay warm indoors and keep your home at a safe temperature. See the Wise Choices box for more tips to stay safe in cold weather. ■



Wise Choices

Protect Against the Cold

- At home, wear socks, slippers, and a hat. Or stay covered up with a blanket.
- Keep your heat set to at least 68°F or higher during cold weather. If you need help paying your heating bills, see if you qualify for the energy assistance program at liheapch.acf.hhs.gov/help.
- Wear a windproof and water-proof jacket if you’re heading into cold, rainy, windy, or snowy conditions. Dress in layers.
- If someone is showing signs of hypothermia, act fast. Get them out of the cold and into a warm room. Remove any wet clothing. Warm them up gradually. Cover them with warm blankets. Offer them warm drinks, but not alcohol. Avoid hot baths or heating pads. And take their temperature. If it’s below 95°F, get medical help immediately.

For more information about hypothermia, go to:

[newshealth.nih.gov/2023/12/hazards-hypothermia](https://www.newshealth.nih.gov/2023/12/hazards-hypothermia)

★ Senior Center Happenings! ★

We are excited to let you know that Laurie Nadeau our Volunteer Coordinator, has accepted the position of Activities Coordinator as Judy Walker retired last month. And we are also very pleased to tell you that Kat DeLomba who was one of our drivers, has accepted the position of Volunteer Coordinator! Be sure to congratulate them both!

Friends Cafe news!

Starting Thursday, January 4th, we are happy to announce that we will be serving **BREAKFAST** on **Tuesdays** and **Thursdays** between **8:00 and 10:00 a.m.**

The cost is **\$5.00** and comes with your choice of coffee or tea.



On **Tuesdays**, we will serve a **Breakfast Sandwich**.

Eggs and cheese with your choice of Canadian bacon or breakfast sausage on an english muffin. (Served with hashbrowns)



On **Thursdays**, we will serve a **Traditional Breakfast**.

Two eggs, scrambled or fried with your choice of two breakfast sausages or bacon. (Served with hash browns or toast)



We will offer the *Breakfast Sandwich* and a *Fruit and Yogurt Parfait* ... "A La Carte" for \$4.00.

Our Breakfast menu and any changes that may take place will be available inside and outside the café.

We look forward to having you!

The January Lunch Special

Grilled Chicken Caprese Sandwich

Marinated chicken breast, sliced tomato, fresh mozzarella, basil pesto and balsamic glaze layered on sliced bread and grilled to perfection.

Served with your choice of a side.



We are looking for more volunteers during the week to serve lunch. If you are 60 and over and are interested in doing a lunch shift, please call Kat DeLomba, our new Volunteer Coordinator at 978-531-2254 X108. Thanks!

Betty's Christmas Raffle



Our Wonderful Betty Brennan has once again held "Betty's Christmas Raffle". Her due diligence has raised \$2,456.00 for the Center! The proceeds were split between the Transportation Department and the Daycare (\$1,228.00 each). The winner of the painting was Nancy Riley. The winner of the Quilt (donated by Roberta Swift), was Terry Walters. The Grand Winner of the Christmas Tree full of gift cards and cash was Sal Lombardo!

Congratulations to all!

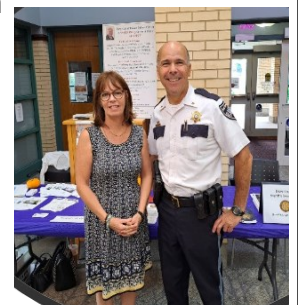


TRIAD NEWS

This past year has been great, and we're so excited to see what the next one brings! TRIAD has accomplished many goals, made valuable community connections, and had fun along the way.

One of the favorite highlights was the Property Fraud Watch Event by the Southern Essex Registry of Deeds partnered with Essex County Sheriff's Dept.'s SCAM Presentation. We're excited to continue working together in the New Year.

Until then, enjoy the holidays with your loved ones.



Points to Ponder... Jack Lawless

January: Trust the Magic of
New Beginnings Month

- Betsy Ross (1752-1836) was born on the 1st in Philadelphia, PA. She was the seamstress credited with helping to originate and sew the Stars and Stripes flag of America in 1776.
- On the 3rd in 1959, Alaska was admitted as the 49th U.S. state with a land mass almost one-fifth the size of the lower 48 states together.
- The first patent issued for a typewriter was issued to British inventor Henry Mill in 1714 on the 7th.
- Edgar Allen Poe (1809-1849) poet and writer of mystery/suspense tales was born in Boston, MA on the 19th. BTW, the NFL Baltimore football team chose its nickname after his famous poem "The Raven".
- Franklin Delano Roosevelt was inaugurated to an unprecedented fourth term as president of the United States on the 20th in 1945. This led to Congress passing the 22nd Amendment to the U.S. Constitution limiting the president to be only eligible to swerve two terms.
- Hawaii's monarchy ended as Queen Liliuokalani was forced to abdicate on the 24th in 1895. Hawaii was annexed by the U.S. and remained a territory until statehood was granted in 1959.
- Jewish: Tu Bishvat (The New Year for Trees) is on the 25th and starts at sundown on the previous day. The 25th is also the day of the Full Wolf Moon.
- Fifty years ago on the 27th in 1973, the U.S. Involvement in the Vietnam War ended as North Vietnamese and American representatives signed an agreement in Paris.
- On the 28th in 1918, the U.S. Coast Guard was created by an act of Congress, combining the Life Saving Services with the Revenue Cutter Service.
- Jackie Robinson (1919-1972) was born in Cairo, Georgia on the 31st. He was the first African American to play professional baseball and played for the Brooklyn Dodgers from 1947-1956.



"New Year - A new chapter, new verse, or just the same old story?
Ultimately, we write it. The choice is ours." Alex Morritt



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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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 PCOA:

In Honor of Anna Gallo:

For her generous gift to the PCOA

In Honor of Jacky & David Ankeles:

For their generous donation towards the Nutrition Program

In Honor of Frances Minsky:

For her generous gift to the PCOA

In Memory of Olga Cassell and with gratitude to the Transportation Dept. for their great service:

Nancy Sykes

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

In Memory of Jane Harkins:

Richard and Mary Thibodeau

In Memory of Jane Harkins:

Judy Sena

In Memory of Tim Spanos:

Richard and Mary Thibodeau

THE ROGER B. TRASK

ADULT DAY HEALTH PROGRAM:

Care-Giving Support In Your Neighborhood

We are an Adult 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 x134 or email her at

slevenson@peabodycoa.org



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MICHAEL F. "MIKE" ZELLEN, PRESIDENT OF FRIENDS REPORT: JANUARY 2024

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 2024 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 month, the Friends of the Peabody Council on Aging will be providing the funding necessary to purchase a brand-new pick-up truck with a snowplow and sander to keep the Center's parking lot clear of snow and ice.

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



The entire Board of Directors of the Friends of The Peabody Council on Aging wish each of you a very joyful New Year. We hope that the new year brings you and your family much laughter, joy, happiness, and prosperity. May you find fulfillment and joy all year long!

Friends Care ~ Friends Share

In Honor of Gifts to the Friends of the PCOA:

In Honor of Rose Regis on her 109th Birthday!
Linda and Paul Regis
Rosemarie Grillo



In Memory of Bob Driscoll
(In Honor of his birthday on 11/22):

Sally Driscoll
In Memory of Alice Fabrizio:
Judy Fabrizio and Family
In Memory of Jacques Hatchouel:
Colette Ford
In Memory of Henry and Florence Soboczinski, Della Brennan, Henrietta Wieczorek and Pamela Thomasvic:

Jean Soboczinski
In Memory of Erpino "Mucci" Martocchio:

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In Memory of Alfred Mathews:
Janis Marren

In Memory of Alfred Richard Mathews:
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In Memory of Richard Mooney:
Bruce and Camilla Corson

In Memory of our Parents:
Francisco and Theresa Mendonca

In Memory of Marie E. Scarnegie:
Frances McLaughlin Family
Tadeusz Goclawski

In Memory of Irene Scheneck:
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In Memory of Tim Spanos:
Andrew Metropolis

In Memory of Janice Wolff:
Louis Wolff



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

Friends Board Meetings for 2024:

**January 8, March 4, June 3,
September 9 and December 2.**

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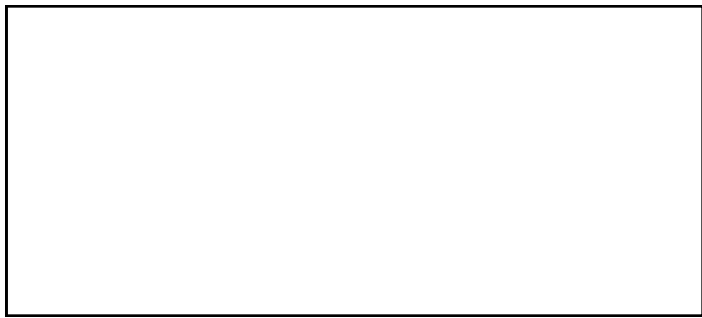
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This newsletter is provided through the generosity of "Friends of the Peabody Council on Aging, Inc." and our Advertisers.

January 2024

Carol McMahon, Editor



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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.

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