

JULY
2023

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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Live Peabody
An Age Friendly Community

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

Friends Cafe News!

The outdoor patio in the Friends Café is now open and it is just beautiful! Our talented team of Mike and Tom have once again created a beautiful outdoor space for seniors to relax and enjoy their lunch. With four outdoor tables and chairs, beautiful evergreen shrubs, colorful and seasonal flowers, even an aromatic herb garden, it will be sure to please the senses! No need to worry about the sun, there are two large awnings for shade to keep you cool and comfortable. Of course, music will be played out there as well!



'Friends' Annual BBQ

Thursday, July 13th, 2023

from 9:30 am to 12:30 pm in Jubilee Hall

Even though this event is **FREE**, tickets must be obtained to attend.

They will be available at the reception desk.

The Golden Echoes will entertain with their delightful music from 9:30 to 11:15 am!



We are now selling **Gift Certificates** in the Friends Café! Great way to treat a friend to a delicious lunch for only \$6.00! Please see the hostess to purchase one.



Also please note that the Café will be **CLOSED** Friday, July 7 and Thursday, July 13th.

Peter A. Torigian Senior Center

**JULY
2023**

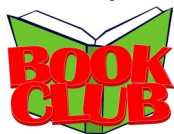
**Lunch is served
promptly at 11:30 a.m.**

**Meal Cost: \$5.00
Friends Members: 4.00**

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p><u>Sodium Reduced</u> <u>Hot Dog</u> on a Roll Baked Beans Homemade Coleslaw Chilled Pears</p>	<p>CLOSED</p> <p>INDEPENDENCE DAY</p> 	<p><u>Steak Bomb</u> With Cheese Potato Salad Three Bean Salad Chocolate Cream Pie</p>	<p><u>Chicken</u> <u>Cordon Bleu</u> Gravy Baked Potato Corn & Pimentos Vanilla Pudding with Strawberries and Kiwi</p>	<p><u>Tuscan</u> <u>Tuna Salad</u> Clam Chowder Crackers on Hot Dog Roll Pasta Salad Ice Cream</p> <p style="color: red; font-weight: bold; text-align: center;">Café Closed</p>
10	11	12	13	14
<p><u>Chicken</u> <u>Piccata</u> Guacamole Salad Oven Brown Potato Watermelon</p>	<p><u>Italian Sub</u> Italian Wedding Soup Potato Puffs</p> <p>Birthday Cake</p> 	<p><u>Stuffed Cabbage</u> Steamed Potatoes Greek Salad Cookie</p>	<p><u>Roast Turkey</u> Gravy Cranberry Sauce Sweet Potatoes Green Beans Ice Cream</p> <p style="color: red; font-weight: bold; text-align: center;">Friends BBQ Café Closed</p>	<p><u>Grilled Salmon</u> Lt. Bernaise Sauce Rice Pilaf Spinach Peaches and Strawberries</p>
17	18	19	20	21
<p><u>Meatball Sub</u> French Fries Marinated Beets Watermelon</p>	<p><u>Chicken Pot Pie</u> Mashed Potatoes Garden Salad Brownie</p>	<p><u>Lasagna</u> Meat Sauce Green Beans Garlic Bread Cookie</p>	<p><u>Cheeseburger</u> French Fries Homemade Coleslaw Ice Cream</p>	<p><u>Seafood Salad</u> On A Hot Dog Roll Potato Salad Tomato Salad Tropical Fruit Cup</p>
24	25	26	27	28
<p><u>BBQ</u> <u>Pulled Pork</u> on Roll Oven Fries Sautéed Cabbage Chilled Mixed Fruit</p>	<p><u>Italian Sausage</u> On A Roll Onion/Peppers Corn Salad Ice Cream</p>	<p><u>Squash Ravioli</u> Apple Juice Squash Gravy Carrots Scalloped Potatoes Chilled Pears</p>	<p><u>Meatloaf</u> Gravy Oven Brown Potatoes Zucchini, Onion, Tomato Vegetable Lemon Meringue Pie</p>	<p><u>Fish Sandwich</u> with Cheese On a Roll Lettuce & Tomato Tartar Sauce Potato Puffs Pasta Salad Chocolate Pudding</p>
30	31	<p style="background-color: black; color: white; padding: 5px;">IMPORTANT LUNCH CHANGES Diners need to purchase their lunch tickets between 10:00- 11:00 am! They <u>WILL</u> <u>NOT</u> be sold after <u>11:00 am!</u></p>		<p style="text-align: center;">MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>

The Book Club

Our Book Club is run by Cate Merlin. They meet on the second Wednesday of each month for a book discussion, at the PCOA. Cate picks out and distributes the books to each participant. They are reading "Boston Girl" by Anita Diamant, for the July meeting



Wed. July 12th
from 10:30am - 11:30am
in the Conference Room

July Birthday Celebration Tuesday, July 11, 2023



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

June Birthdays were: Peter McSwiggin, Teresa Brodbine, Roy Young, Barbara Gherzi, Lee Webster, Cathie Tassinari and Jeannie Pitman

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

LOW VISION GROUP

Our Low Vision Group will meet on Wednesday, July 12th



From 12:30pm - 2:00pm
In Classroom A



Our Veterans Meeting

*The Veterans meeting will be held
In Classroom A on Tuesday
July 18th from 9:30am—10:30am*



*The DAV Group will not meet
In July or August*

MOVIE TIME

Our Movies will be shown in Jubilee Hall from 12:15 – 2:15

Tues. July 11th - "Some like it Hot"

Tues. July 18 - "My Best Friend's Wedding"

Tues. July 25th - "Shirley Valentine"

Enjoy some popcorn while you watch!



Free Class for iPhones and iPads

Kevin Figueroa from Kev Tech Services will teach his second free class on:

Fri. July 7th 9:30 - 10:30

and will focus on keeping your day organized using notes, calendars, reminders, and Siri.

There is a **limit of 15 people** in this class.

You must sign up at the Front Desk



LET'S TALK ABOUT "AI"

We are hearing a lot about **Artificial Intelligence** these days! What do you think? How do you feel about it?

Tony Schettino will lead a discussion on this subject - **Tues. July 25th**

From 9:30am—10:30am

In Classroom A

Please sign up at the Front Desk



"GIFT CARDS" As you may know, we already have gift cards for our "Friends Café". We now have gift cards that can be used for our exercise classes! They cost \$25.00 and have five \$5.00 punches. Our exercise classes cost \$5.00 a class, which is paid ahead at the beginning of the month. What a great gift to give someone you know that takes a class here! To purchase one, come see Judy or Laurie

Hearing Screenings - Joe from Apex Hearing will be here on **Thurs. July 27th** from 10:00am to 1:00pm. To make an appointment call 978-531-2254.

Senator Joan Lovely office hours at the PCOA on **Mon. July 17th** from 9 -10am

Phone & Computer Help - **Fri. July 21st** only - from 9:00am - 11:00am

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

Crazy Cards will take the Summer off and resume in the Fall!



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**





COUPONS

**FIRST COME,
FIRST SERVED**

Eligible seniors receive \$50.00 worth of coupons that can be used for locally grown fresh fruit, vegetables, fresh-cut herbs and honey sold by local growers.

To be eligible to receive Senior Farmers Market Coupons, you must be a:

- Peabody resident
- 60 years of age or older
- Disabled and living in senior housing where congregate nutrition services are provided **(75 Central St. is the only location in Peabody)**
- Monthly Maximum Income Guidelines:
Household size of one: \$2248
Household size of two: \$3041



Contact Maryanne Pierce at 978-531-2254 X120

Please leave your name, address and telephone number.

Social Services will contact each household with a date to pick up the coupons.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communications for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.) would contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

Please continue to support our sponsors! Our newsletter would not be possible without them.

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MEDICARE SAVINGS PROGRAM 2023



Did you know that the **Medicare Savings Plans** can help you pay for Medicare premiums and make you eligible for savings on your prescriptions? In January 2023, Massachusetts expanded the income and asset limits for the Medicare Savings Program, so more people are now eligible for this program.

For example, Susan is 73 years old, has Medicare, and has income and assets that make her eligible for MassHealth Senior Buy in (QMB). She recently became eligible for QMB and no longer has to pay the part B monthly premium of \$164.90. Her inhaler which previously had a high copay, is now costing her \$4.15 per month. This incredible savings has given her more financial stability!

Check these current 2023 numbers below to see if you may qualify!

Medicare Savings Plans	Gross Monthly Income Limit*	Asset Limit*	Application to use	Benefits
MassHealth Senior Buy-In (QMB)	\$2,309 (individual) \$3,123 (couple)	\$18,180 (individual) \$27,260 (couple)	MassHealth SACA-2 or Buy-In 1-800-841-2900	Medicare A, B premiums, deductibles and copays, automatic full extra help with prescription costs
MassHealth Buy-In (SLMB, QI-1)	\$2,734 (individual) \$3,698 (couple)	\$18,180 (individual) \$27,260 (couple)	MassHealth SACA-2 or Buy-In 1-800-841-2900	Pays Medicare B premium and automatic full extra help with prescription costs

*Please note, some income and assets may not be counted the same, for example a primary residence and one vehicle are not counted as assets. Income and asset limits are subject to change annually.

If you have any questions about these programs, contact a SHINE Counselor or Outreach Worker at your Council on Aging (COA) (978-531-2254) or MassOptions at (1-800-243-4636).

You can apply any time by completing a Medicare Savings Program Application at mass.gov/doc/medicare-savings-programs-application/download.

Complete and sign the application.

Mail:
MassHealth Enrollment Center
P. O. Box 4405
Taunton, MA 02780-0968

Fax: (857) 323-8300

Drop Off/Hand-Deliver:
MassHealth Enrollment Center



Attention! MassHealth members 65 or older

Take these steps to renew your coverage:

1. Update your info.

The easiest way to update your information is to call Customer Service at (800) 841-2900 TDD / TTY:711

2. Check your mail

3. Respond to MassHealth

4. Contact Social Services

at 978-531-2254 to book an appointment.

Note: If you turned 65 since March 2020, this year's renewal for will look a little different. We will now review your assets along with your income.

If you are no longer eligible for MassHealth, there are other programs available to meet your healthcare needs.



Loss of MassHealth is a Special Enrollment Period (SEP) that allows you to enroll in Medicare outside of standard enrollment periods.

Individuals who do not qualify for Medicare may be eligible for Connector coverage.

Other programs include: The Medicare Savings Program (MSP), the Frail Elder Waiver (FEW), Prescription Advantage, and PACE.

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



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PEABODY TRIAD

WHAT IS TRIAD?

Triad is a national community concept that partners law enforcement agencies with older adult volunteers and related community services to educate older adults on crime and fraud, to reduce crime against the elderly, and eliminate the unwarranted fear of crime. It is a positive, public relations and marketing tool for both Law Enforcement and service providers.

SINCE 1988:

Triad has helped law enforcement keep older adults safe in their communities by using older volunteers and others within the private sector who have a vested interest in older adults.

For general questions and comments about Peabody TRIAD contact us at:

Email: Triad@Peabodycoa.org

Phone Number: 978-531-2254 X118

WHY CREATE TRIAD IN YOUR COMMUNITY?



The Live Peabody Age Friendly Action Plan indicates that residents Ages 60 and older make up the fastest growing segment of Peabody's population. Projections suggest that by the year 2035, approximately 38% of Peabody's residents will be age 60 or older.

Generally speaking, older adults have high levels of trust with regard to strangers, telephone salespersons, contractors, workers, officials, and others they deal with. Therefore, they become an easier target for a variety of crimes that specifically target older adults.

The older adult victim may not recover from the physical and mental repercussions of the crime, leading to a loss of independence and self-confidence.



The National Council on Aging reports that older adults lose an estimated \$3 BILLION each year to financial scams.

PROJECTS THROUGH TRIAD

- Identify theft prevention
- Social Security Theft prevention
- Fraud and scam prevention
- Disaster preparedness programs
- Older adult driving safety programs
- Personal Safety
- Older adult abuse prevention

Points to Ponder... Jack Lawless July: "The Fireworks and Festival Month"

- On the 1st in 1862, President Lincoln signed the first income tax bill while Congress established the Bureau Of Internal Revenue.
- Congress announced on the 2nd in 1788 that the U. S. Constitution had been ratified.
- The Full Buck Full Moon occurs on the 3rd.
- July 4th, 1776, the Declaration of Independence was approved by the Continental congress.
Happy Fourth of July!!
- African-American Leroy (Satchel) Page was born on the 7th in 1906. He pitched in Negro Leagues and became an American League (MLB) at the age of 42 and was later inducted into the Baseball Hall of Fame in 1971.
- On the 9th in 1868, the 14th amendment was passed describing American citizen and in addition banning individuals for holding office if involved in a rebellion against the United States.
- The Bahamas gained their independence after 250 years as British Crown Colony on the 10th in 1973.
- The 14th is Bastille Day marking the fall of Bastille Prison, which occurred at the beginning of the French Revolution (1789).
- A women's rights convention was held in Seneca Falls, New York marking the first organized women's rights movement in the U.S. on the 19th and 20th, 1848.
- The Italian liner Andrea Doria, sank after colliding with the Swedish liner, Stockholm on its way to New York on the 25th in 1956. Nearby ships saved 1,634 people.
- Jewish Tish'a B' Av begins at sundown on the 26th.
- The Korean War (1950-1953) ended on the 27th in 1953.
- Jackie Kennedy (Jacqueline Lee Bouvier) wife of President John F. Kennedy was born on the 28th in 1929 in Southampton, New York.
- The U.S. Patent Office opened on the 31st in 1790 with its first patent for pearlash and potash to Samuel Hopkins of Vermont. This patent was signed by George Washington and Thomas Jefferson.



"It is the nature of the world. One thing remains and the other is gone! Goodbye June, Hello July!"

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 Peabody Council on Aging:

In Honor of Anna Gallo:

For her generous gift to the PCOA

In Honor of Berea Girard:

For her generous gift to the PCOA



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

In Honor of the Trask Program:

Diane Zydavicius

In Memory of Joan Walker:

Dorothy Taylor

In Memory of Dorothy Buckley:

Joe and Marguerite Mendonca

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**

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MICHAEL F. "MIKE" ZELLEN, PRESIDENT OF FRIENDS REPORT: JULY 2023

Celebrate the 4th of July!

In just a few days, it will be the 4th of July. Scenes of picnics, parades and fireworks will be everywhere. This is how we celebrate the holiday. It is the day we set apart from all others, to honor the anniversary of the birth of our nation. It is the day America declared our Independence.

Friends Summer Barbeque

The Board of Directors of the Friends of the Peabody Council on Aging will be sponsoring a "Summer Barbeque" on Thursday, July 13, 2023. The day will begin at 9:30 am with the Golden Echoes Big Band playing for your listening and dancing pleasure. Followed by a free barbeque lunch at 11:30 am consisting of hot dogs, hamburgers, potato salad, cold slaw, and an ice cream sundae cup for dessert. The Barbeque is free to all; however, you must register to attend. Registration will take place at the front desk beginning July 1, 2023. Mark your calendar and plan to attend and enjoy the day with your friends.

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.

The Friends of The Peabody Council on Aging is a partner with Amazon Smile. If you shop on-line with Amazon Smile you can select Friends of the PCOA as your favorite non-profit charity and 5% of your purchases are donated by Amazon to the Friends.

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



The winners of our June 14th Karaoke contest were: Jim Davis, who sang "Too Good To Be True" and Annie Batchelder, who sang "Blame It On Your Heart".



The winners received \$25.00 gift certificates to Market Basket and all participants received gift certificates worth \$6.00 to the Friends Café.

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

In Honor of the PCOA Friends Board (Thank you for all your hard work):

Ann Nichols

In Honor of the Staff and Volunteers of the PCOA:

Philip Celeste

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

In Memory of Rosa Alvernaz:

Alice Pinto

In Memory of Judith Celeste:

Phil Celeste

In Memory of Maria Medeiros:

(Bus Driver):

Gloria Daley

In Memory of Ann Richardson:

Gloria Daley

In Memory of Gilbert Simmons:

Inez Simmons & Family

In Memory of Teddy Thrasivoulos:

Kaellen D'Amour, Ellen Viger

In Memory of Joan Walker:

Ana Beatriz Gutierrez

In Memory of Thomas Zellen, (42nd Anniversary 3/23):

Tom & Ann Zellen



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..

2023 Friends Board Meetings:

September 11
December 4



PEABODY COUNCIL ON AGING

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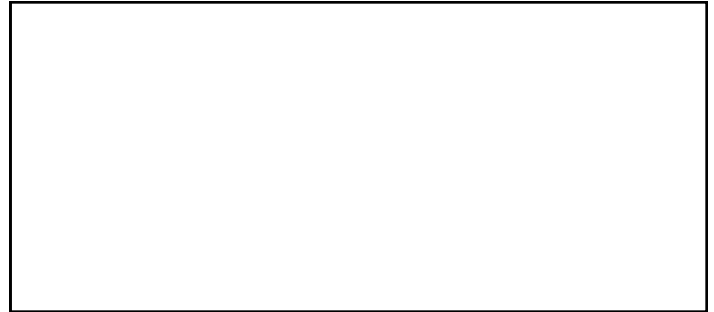
RETURN SERVICE REQUESTED

JULY 2023

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

(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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