

June
2021

TIPS & TOPICS



PEABODY COUNCIL ON AGING

Peter A. Torigian Senior Center
75R Central Street, Peabody, MA 01960

Monday-Friday 8:00AM - 2:00PM

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



We are happy to announce that through a competitive grant process, we were recently awarded five (5) new buses and one (1) new minivan. The new vehicles are registered and are on the road! We want to thank Jack B. Lawless for agreeing to have his photo on one of the new buses along with our Director. The bus with the photos will be used by the Trask ADH program.

Pictured: Jack Lawless, PCOA Director, Carolyn Wynn

At the present time there will be staff members answering our telephones *Monday through Friday* from 8:00 AM to 2:00 PM.

Our Transportation Department is currently providing rides for necessary medical appointments and grocery shopping. We also have frozen meals available for delivery for those in need. ***If you want a frozen meal that day, it must be ordered by 11:00 a.m. Orders after 11:00 am will be delivered the following day.***

Our Social Workers are assisting seniors over the phone. We are also making a lot of outreach calls to seniors living in our community. If you are in need of assistance please call us at 978-531-2254 or if you would like to be added to a list for a ***friendly phone call***, we would love to talk with you. We also have current information on our website www.peabodycoa.org.

In addition, the City of Peabody has launched ***Peabody United Community Resources*** on the City website www.peabody-ma.gov for updates on the (COVID-19).

On behalf of the staff and board members of our Senior Center, we wish good health to each and every one of you and remember we are only a phone call away, ready to assist in any way possible. ***We will get through this together!***

How To Build Your Emotional Pension

A Non-Financial Guide to Living a Meaningful life in Retirement

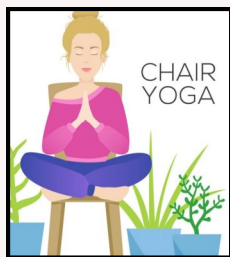
A one-hour presentation discusses four major issues in retirement: **loss of identity, loneliness, depression and boredom.** It offers proven responses to these issues.

It proceeds with a review of a recent study by Columbia University that lays out the ***"Eight Keys to Living a Meaningful and Enjoyable Retirement Life."*** In the discussion of the eight keys, there will be examples and explanations for each.

Join Zoom Meeting

<https://us02web.zoom.us/j/83633129964?pwd=dkVoaWlNc3hkWXlvSkNFVjNPanV6Zz09>

Meeting ID: 836 3312 9964 / Passcode: 080372



Chair Yoga Schedule This month and beyond!

DOT MCKEEN'S CHAIR YOGA

On Peabody Access TV

Wednesdays at 2:00 pm
Thursdays at 4:00 pm
Fridays at 10:00 am
Saturdays at 10:30 am
Sundays at 2:00 pm

All classes are on Channel 99.

Chair Yoga (Via Zoom) with Dot: **June 2021 at 10:00 AM**

Every week on Monday until 6/28...

Time: Jun 7, 2021 10:00 AM Eastern Time

Jun 7, 2021 10:00 AM
Jun 14, 2021 10:00 AM
Jun 21, 2021 10:00 AM
Jun 28, 2021 10:00 AM



Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: <https://us02web.zoom.us/meeting/tZlodOyvpzkrGN3LOEtCyWehF1UqMGVb-CIB/ics?icsToken=98tyKuGuqzgvdHd2XsRuORpwAGYjCZ-3xmHpcjY0OsDDAFwNKVQb-ELN3I59YJtqd>

Join Zoom Meeting:

<https://us02web.zoom.us/j/86535792129?pwd=Wjd5d0lBdXlMNGJ3M0l2OUhxdm9vZz09>

Meeting ID: 865 3579 2129 / Passcode: 042742

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If you are interested in placing an ad into our newsletter, please Contact:

Carol McMahon at (978) 531-2254 on Ext. 117
or email her at cmcmahon@peabodycoa.org

There are other available options upon request! Call for more information. your ad will appear on our website FREE!
<http://www.peabodycoa.org/sponsors.html>

Go to our website at www.peabodycoa.org
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www.mariebishop.com
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**** Activity Schedule ****

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30AM - 11:00AM	9:30AM - 11:00AM	9:30AM - 11:00AM	9:30AM - 11:00AM	9:30AM - 11:00AM
Drill Team Tambourine Team (1st & 3rd) Bunka Workshop (2nd & 4th)	Knitting	Model Ship Building	Quilting	TOPS
12:00pm - 1:30pm	12:00pm - 1:30pm	12:00pm - 1:30pm	12:00pm - 1:30pm	12:00pm - 1:30pm
Rug Hooking	Painting	Wood Carving	Senior Connections	Forever Young Chorus

We are very excited to be starting small classes in the old Fitness Room! The room has been transformed by our amazing maintenance crew: Mike and Tom! They removed all the fitness equipment, washed and waxed the floor, brought in tables and chairs, installed a top grade air-purifier and put shelves in the storage room. There are two doors to the outside and windows that can be opened. We couldn't have started this without our hard working dynamic duo! Thank you Mike and Tom!!

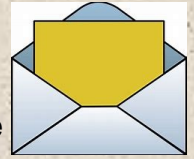
We are starting slow. We will not be able to invite new students to the classes until we see how many of our regular students return. We are taking baby-steps! The room is not that large so we can only accommodate a small group at a time. This is the schedule we are starting with. We have a large tent on order and when that comes in, we will hold exercise classes under the tent in the parking lot.

We are asking everyone to be patient, as we know you all want to come back. We look forward to the day we can open our doors and welcome everyone in! Let's hope it's soon.



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 Gifts to the
Peabody Council on Aging:**

In Honor of the following and with
appreciation for their very generous gifts:

Anna Gallo, John Boris, Grace Carr
In Honor of those that helped fund our
program for delivering meals to home
bound seniors:

Walter & Ann Blazewicz, Mirtha Manon,
NARFE-North Shore Chapter #479,
Mildred Schweizer

In Honor of Dot McKeen for helping to
fund our program for delivering meals
to home bound seniors:

Catherine Tassinari

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

In Memory of Your Very Close Friends:

Sandra Costa

In Memory of Mike Schulze:

Tom and Ann Zellen

**In Memory of Gifts to the
Trask ADH Scholarship Program:**

In Memory of Joyce Fournier:

Carolyn Wynn

In Memory of Jocelyn Keating:

Edward Quinn

In Memory of David King:

Joellen Coggeshall

Ken and Eileen Parsons

In Memory of Mona Magesky:

Carolyn Wynn

In Memory of Lawrence & Grace Nadeau:

Catherine Tassinari

In Memory of Norma Roulx:

The Gendron Family

In Memory of Mike Schulze:

Carolyn Wynn



**FRIENDLY
TELEPHONE
CALLS**

Would you like
someone to talk
to? We can
provide a weekly
telephone call to
seniors who live
in Peabody who
may be lonely
and would like
to hear a
friendly voice.

If interested,
please call

Amber @

978-531-
2254



**Embrace the current
season of your life.**

Roger B. Trask Adult Day Health Program

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

Please be sure to support our sponsors, as they make the printing of our Newsletter possible. Thanks!

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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 returns

**MEDICAL RETURN
PICK-UP REMINDER:**

In Peabody:

be ready **before** 2:00 PM

Out of Peabody:

be ready **before** 1:30 PM

SHOPPERS ARE BACK!:

9:30 PICKUP / 11:30 RETURN

Shaws, Stop & Shop and NSSC



Monday: So. Peabody, Rockdale Park, Lynn & Lynnfield Sts.

Tuesday: Eastman Park, Bresnahan St, Washington 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!!!

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, 20 Central Street, 18 Walnut Street,
Lowell Street and West Peabody

Tuesday 50 Warren Street, 75 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 at least
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. (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

*June: The Pearl, Rose
and Honeysuckle Month*

- Some believe that June was named in honor of Juno, the goddess of marriage...
- Strange as it seems, whatever day of the week June begins on that no other month of that year will begin on the same weekday.
- Marilyn Munroe (Norma Jean Mortensen) was born on the 1st (1926-1962).
- New states on the 1st were Kentucky (1792) & Tennessee (1796).
- The Belmont Stakes Horserace is on the 5th, this also World Environment Day.
- D-Day, the WWII Allied Invasion of Normandy, France took place on the 6th in 1944.
- Best Friend Day is on the 8th so hug a friend-be it a human or animal.
- Ballpoint pen Day is on the 10th-in 1948, a ballpoint pen cost \$12.50.
- Actress Judy Garland was born on the 11th (1922-1969).
- On June 14, 1777, John Adams proposed a resolution in Congress creating a flag with "13 stripes and 13 stars..." So Happy Flag Day!!!!
- Arkansas was admitted as a state on the 15th in 1836. This is also Smile Power Day so use that smile to make a better day for all of us!
- The Summer Solstice occurs on the 20th @ 11:32 pm in the N. Hemisphere & is the longest daylight time. The 20th was when in 1863 West Virginia became a state. Best of all it's Father's Day--HAPPY FATHER'S DAY!!!!!!
- On the 21st in 1788, New Hampshire ratified its statehood.
- The full moon on the 24th is the Strawberry Moon, some other names are Hot Moon, Mead Moon & Rose Moon.
- The 25th in June of 1950 was the start of the Korean War. Virginia attained its statehood on the 25th in 1788.
- At midnight on the 30th in 1997, China took control of Hong Kong after the British Crown Colony's 99 year lease expired..



"It isn't the big pleasures that count the most; it's making a big deal out of the little ones". Jean Webster



GOD BLESS AMERICA AND OUR PATRIOTS!

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Volunteer News: A warm message from April...



As our Volunteer Appreciation Luncheon month approaches I wanted to let all of our volunteers know that we miss each and every one of your beautiful smiling faces.

As we move forward towards reopening the center there will be a need for many Volunteers to return back to work from the cheerful receptionists answering the phones to direct all of the many calls that are to come to the sewing ladies and woodshop volunteers, where I'm sure as all of us are stuck inside we have found many of clothes and items in need of repair.

Along with many of pounds we could shed while chatting with our friendly Fitness Room Volunteers. I know many of the staff have been craving those yummy salads and sandwiches prepared but our outstanding Café volunteers. Or even the wonderful faces that welcome us as we enter the dining room to the remarkable crew that always delivers lunch and a dessert with a smile.

Starting slowly and safely to get back to our old ways we will continue to need our various Volunteer instructors to carry on with all our computer and cell phone help. Along with our classes of oil painting, Japanese Bunka, model ship building and wood carving. I personally can't wait to hear the beautiful sounds traveling through the hallways of the Big Band playing in Jubilee Hall with all the gracious dancers flowing around the room. Even visit the Office Volunteers or Gift Shoppe Volunteers just to get out and about plus buy things I probably don't need but can't live without.

I'm looking forward to seeing the beaming smiles from the Drill Team and Tambourine Team crew working hard week after week. Going forward there are so many Volunteers I cannot wait to see back here at the Center, including the Escorts that keep seniors safe back and forth to their appointments, the Maintenance crew helping to keep this building in tip top shape, the amazing weekly sing a long group, or the Triad Volunteers to make sure our seniors stay safe and are aware of things going on throughout the city.



Whether it's a Volunteer serving coffee and a free donut from the coffee shop or the Forever Young Chorus performing their next masterpiece, I'm delighted to invite the Volunteers back when the time is right. Step by step, we anticipate our Volunteers to return checking in clients for classes, creating new Hug a Bears, tackling puzzles together and of course...playing Bingo in a welcoming environment, as soon as possible.

I miss and can't wait to hug and see all of you soon, please call me if you are in need of anything or just want to chat!

Fondly, April

Visit our Online Library and our Virtual Events section...

Do You, or Does Someone You Know Need Access to Technology Support?



Visit our **ONLINE LIBRARY** for info on how to get home internet access for eligible households during COVID-19.

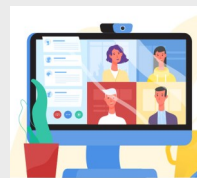
<http://peabodycoalibrary.blogspot.com/2020/05/home-internet-access-for-eligible-html?m=1>

The PCOA has created a **Virtual Events Section** of our Blog Page chock full of resources for staying at home during COVID-19.

Visit our website at: www.peabodycoa.org

Click on Virtual Events

- Staying active at Home
- Virtual Museum Tours
- Drawing Tutorials
- Free Online Courses



SOCIAL SERVICE: Maryanne Pierce

SOCIAL SERVICE STAFF SCHEDULES**Staff Schedules:**

Marguerite Mendonca Mondays 9-1
(for our Portuguese speaking community)
 Sheila Dzengelewski Mon-Fri 9-3:30
 Sandra Cloutman Mon-Fri 8-4
 Maryanne Pierce Mon-Fri 8-4
 Amber Moutsoulas Mon-Fri. 8-4.
Fabia Faria - Mondays 9:00 am to 1:00 pm
 and Thursdays 9:30 am to 11:30 am.

PLEASE NOTE:
 The Social Workers days and hours
 have been updated, so please read
 carefully. Thanks.

(She is trilingual and able to assist our Portuguese and Spanish speaking community.)

SHINE-Serving the Health Insurance needs of Everyone. Free Health Insurance Information,
 Counseling and Assistance for people with Medicare. The PCOA has five (5) counselors available.
Call reception at (978) 531-2254 to schedule an appointment.

Spanish

Fabia Faria estara disponible los lunes de 9AM-1PM y los jueves de 9:30 AM-11:30AM. Fabia habla espanol y portugues y estara dispomsble para ayudar a las comunidades de habla espanola y portuguesa. Por favor llame a recepcion en el Peabody Council on Aging (978) 531-2254 para hacer una cita.

Portuguese

Fabia Faria, estara disponivel das 9AM as 1PM nas segundas e das 9:30 AM as 11:30 AM nas quintas-feiras. Fabia fala espanhol e portugues e estara disponivel para ajudar as comunidades de lingua espanhola e portuguesa. Por favor, ligue para a recepcao do Peabody Council on Aging (978) 531-2254 para fazer um apontamento.

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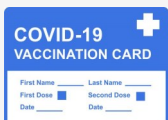
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GUARD YOUR COVID-19 VACCINATION CARD

After you get your COVID-19 vaccine, keep your vaccination card safe; scammers are using the COVID-19 pandemic to try to steal your personal information.

DON'T SHARE A PHOTO OF YOUR COVID-19 VACCINATION CARD ONLINE OR ON SOCIAL MEDIA!! Scammers can use content you post, like your date of birth, health care details, or other personal information to steal your identity. Protect Yourself!



You should get a COVID-19 vaccination card at your first vaccine appointment. If you didn't, contact the provider site where you got vaccinated or your state health department to find out how to get a card. **If someone contacts you to buy or sell a vaccination card, it's a scam. If you suspect COVID-19 health care fraud, report it online or call 800-HHS-TIPS (800-447-8477).**

"US Trading Commission" website is not the FTC

We are not flattered at all by a scam website designed to look like a Federal Trade Commission site and steal your money. The imposter calls itself the US Trading Commission and uses the FTC's seal and address.



It claims it operates a "personal data protection fund" to compensate people whose personal information has been exposed on the web. The site says you can "instantly receive" a cash payment by clicking on some links and giving the site your personal data and bank account or electronic wallet information. Of course, if you do that, your money will be gone, you may download malware onto your device and scammers can misuse your personal information to steal your identity.

The site pops up as a YouTube link and has used several different URL's. It promises that payment "is available to residents of all countries of the world." People as far away as Russia, Ukraine, Belarus, Kazakhstan, and Latvia have reported the site to the FTC. And several have reported losing money.

Here's what you need to know:

The FTC does shut down scams and return money to people who lost it to dishonest or unfair business practices. **BUT WE WILL NEVER ASK FOR MONEY, OR FOR YOUR BANK ACCOUNT, CREDIT CARD, OR SOCIAL SECURITY NUMBER** so that you can get a refund.

If the FTC needs to get money to you, we usually send a check through the mail.

You can learn about our refund programs at [FTC.gov/refunds](https://www.ftc.gov/refunds)(<https://www.ftc.gov/refunds>).

If you have encountered this scam or any other, tell us at [ReportFraud.ftc.gov](https://reportfraud.ftc.gov/)(<https://reportfraud.ftc.gov/>) so we can warn others.



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FEDERAL EMERGENCY BROADBAND BENEFIT (EBB) Program

The Federal Emergency Broadband Benefit (EBB) started on May 12th, 2021.

Affordable broadband internet service for low-income households.

- Up to \$50/month discount for broadband service
- Up to \$75/month discount for households on qualifying Tribal lands and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider if the household contributes more than \$10 but less than \$50 toward the purchase price.

The Emergency Broadband Benefit is limited to one monthly service discount and one device discount per household.



Who is Eligible?

A household is eligible if a member of the household

- Participates in certain assistance programs, such as SNAP, Medicaid, or Lifeline
- Receives benefits under the free and reduced-price school lunch program or the school breakfast program, or did so in the 2019-2020 school year
- Received a Federal Pell Grant during the current award year
- Experienced a substantial loss of income due to job loss or furlough since February 29, 2020
- Meets the eligibility criteria for a participating broadband provider's existing low-income or COVID-19 program, or...
- If the household has an income that is at or below 135% of the Federal Poverty Guidelines

Check out www.fcc.gov/broadbandbenefit for a Consumer FAQ and other program resources.

Three Ways to Apply.

1. Contact your preferred participating broadband provider directly to learn about their application process.
2. Go to GetEmergencyBroadband.org to apply on line and to find participating providers near you.
3. Call 833-511-0311 for a mail-in application, and return it along with proof of eligibility to:

Emergency Broadband Support Center
P.O. Box 7081
London, KY 40742



For more help regarding the Emergency Broadband Benefit program, Call 833-511-0311.
Or find more information about the Emergency Broadband Benefit at www.fcc.gov/broadbandbenefit.



The Friends of the PCOA have a **PayPal** account for donations for (In Honor of/In Memory of). Just go to the PCOA website at (www.peabodycoa.org) and click on **DONATE.**

The Friends Board has joined forces with **Amazon Smile**. It is 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.

amazon smile
You shop. Amazon gives.

MICHAEL F. "MIKE" ZELLEN, PRESIDENT OF FRIENDS REPORT: JUNE 2021

The Symbol that Unites Us

The official Flag Day observance is on June 14th of each year. Flag Day is a time to respect the flag, to celebrate its origin, and to honor those who created the first flag. The flag flies over the United States to remind us that we are one nation, a nation under God; to remind us that we are a nation that is indivisible; and to remind us each day of those who fought to protect all who live within this nation.

What better way for every "Member of the Friends" to demonstrate their Patriotism than to display Old Glory on June 14th over their homes.

During the month of June, we also celebrate Father's Day.

A celebration honoring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society. The Board of Directors of the Friends of the PCOA wish our members a happy Father's Day and offer the following tribute:

***HE is the one who picks you up after you fall
and pushes you to try again. HE is the one who walks
you down the aisle and tells you that everything is
going to be ok. HE may scold you when you break
the rules, but he is also the first to shine with pride
when you succeed.***

The Torigian Center is now partially reopened to accommodate small classes in the old Fitness Room. It is heartwarming to see the faces that we have not seen in a long time. Check out the insert in this addition of the Tips & Topics for the scheduling of the resumed classes. The Council on Aging has also purchased a large tent and when it is erected in the parking lot additional classes such as Yoga, Line Dancing, and Zumba will be resumed.



Hopefully, in the coming weeks, the Center will re-open its doors completely and will resume all the classes, activities, and events that we all enjoy and have missed for over a year now.

"Friends Care – Friends Share."

***By Working Together
to Make a Difference***

2021 Friends Board Meetings:

June 7, September 13, December 6

In Honor of Gifts to the Friends of the PCOA:

In Honor of Family OK: Frances A. McLaughlin
In Honor of helping fund our program for delivering meals to home bound seniors: Shirley Caproni, Mary C. Clifford, Arthur and Barbara Doyle, Alice Tolmei

In Honor of April Lussier: Madeline Bouffard

In Honor of Phil Marquardo's 90th Birthday:

Mary and Joel Marron

In Honor of the PCOA Staff:

Shirley Caproni, Cleo Diskes, L. Robert and Eileen Labrecque, Cheng-Yeh C Lin, Mirtha Manon, Catherine Moran, Patti O'Connell, Fernando Palomo, Gita Parmar, Eugene Pellizzaro, Joseph Russell, Roberta Swift

In Memory of Gifts to the Friends of the PCOA:

In Memory of Sandra Bonaccorsi:

Sandra Dupont, Joan Johnson

In Memory of Marilyn Capobianco: Joan Walker

In Memory of Mary Coan: Ana Beatriz Gutierrez

In Memory of Pat Doyle: James F. Doyle

In Memory of Robert Emmett: Adelaide Emmett

In Memory of Alice & Jerry Fabrizio: Judy Fabrizio

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June 2021

Carol McMahon, Editor

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