

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



Live Peabody
An Age Friendly Community

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

The Volunteer Appreciation Luncheon was recently held at the Council on Aging. Our amazing volunteers were treated to a delicious buffet breakfast, along with pastries and fresh fruit cups complete with entertainment by the spectacular Acapella Group, "The North Shoreman Chorus"! Senator Joan Lovely made an appearance and Volunteer Coordinator Laurie Nadeau thanked the volunteers, for all the contributions they make to the Center!



Another entertaining **KARAOKE** event will be held in Jubilee Hall on **Tuesday, June 13th between 12:30-2:00 pm.**

The wonderful and fun DJ Jane Mitchell will be here again to find the tunes you would like to sing to...This fun event is put on by the 'Friends of the Peabody Council on Aging' and shouldn't be missed!

Be sure to brush up on your singing and be prepared to entertain or be entertained by our many talented seniors!

The male and female winners will receive gift certificates to Market Basket and participants will get gift certificates to our new Friends Café!



"The Wingmasters"

If you love wildlife and birds of prey, you won't want to miss this event!



Jim Parker is bringing his Birds of Prey presentation to the COA. His educational program will last one hour and he will bring live raptors such as hawks and owls.

He will be here on

Friday, June 16th: 12:30-1:30 pm.

This awesome event is FREE!

Please sign up at the front desk!

Please note: The Friends Café will be closed Thursday, June 1st & Friday June 2nd.

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 "Killers of the Flower Moon" By David Grann, for the June meeting on:
Wed. June 14th from 10:30am - 11:30am
 in the Conference Room

June Birthday Celebration

Tuesday, June 6, 2023

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



May Birthdays were: Jack Modini, Fran McClure, Irma Kline, David Cino, Mary Puchnika, Tony Pascarella & Roberta Swift

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

LOW VISION GROUP

Our Low Vision Group will meet on
Wednesday, June 14th
 From 12:30pm - 2:00pm
 In Classroom A



Our Veterans Meeting

*The Veterans meeting will be held
 In Classroom A on Tuesday*



June 20th from 9:30am—10:30am

Our DAV meeting will be held on

*Wednesday, June 21st from 9:30 - 11:00
 In the Conference Room*

2 Free Classes for iPhones and iPads

Kevin Figueroa from Kev Tech Services will teach 2 free classes on the basics of using an iPad or iPhone. The first class is on:

Fri. June 30th 9:30—10:30.

He will cover the basics of the buttons, camera, messaging, calling, etc. The second class is 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 each class.

You must sign up at the Front Desk

MOVIE TIME

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

Tues. June 6th - The Americanization of Emily

Tues. June 20th - Mamma Mia

Tues. June 27th - Kate & Leopold

Enjoy some popcorn while you watch!



"The Greatest Love Songs of all Times"

Part 3 of our Music Series by John Clark. He will give the history and background of some of the greatest love songs of all times. **It's Free!**

Wednesday, June 14th

12:30 - 1:30 in the Jubilee Hall

Sign up at the Front Desk



Senior Martial Arts Class Thurs. June 22nd 12:30 - 1:30 in the Jubilee Hall

Alan Klapman, from Cervizzi's Martial Arts Academy will hold a free introductory class, uniquely designed to incorporate stretching, cardiovascular and muscle strengthening exercises, along with martial arts movements, to enhance flexibility and balance. If you are interested, please **sign up at the front desk.**

Hearing Screenings - Joe from Apex Hearing will be here on **Thurs. June 22nd** from 10:00am to 1:00pm. To make an appointment call 978-531-2254.

Senator Joan Lovely office hours at the PCOA on **Mon. June 12th** from 9 - 10am

Phone & Computer Help - **Fri. June 2nd & 16th** - 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!



Peter A. Torigian Senior Center

June
2023

Lunch is served
promptly at 11:30

Meal Cost: \$5.00
Friends Members: 4.00

Monday	Tuesday	Wednesday	Thursday	Friday
<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>	<p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>		<p>1 <u>Eggplant Parmesan</u> Scalloped Potatoes Rice Pilaf Lemon Meringue Pie</p>	<p>2 <u>Seafood Salad</u> Homemade Coleslaw Pasta Salad Ice Cream</p>
<p>5 <u>Stuffed Cabbage</u> Steamed Potatoes Greek Salad (Feta and Olives) Mandarin Oranges</p>	<p>6 <u>Pulled Pork on a Roll</u> Potato Salad Homemade Coleslaw <i>Birthdays Cake</i> </p>	<p>7 <u>Shepherd's Pie</u> Gravy (Whipped Potatoes, Gr. Beef, Corn) Green Beans Ice Cream</p>	<p>8 <u>Yankee Pot Roast</u> Gravy Red Bliss Potatoes Peas/Onions Apple Pie</p>	<p>9 <u>Baked Haddock</u> Baked Potatoes Sour Cream Baked Squash with Onions Chilled Peaches</p>
<p>12 <u>Mac & Cheese</u> Stewed Tomato Spinach Tapioca Pudding</p>	<p>13 <u>Chicken Piccata</u> Lyonnaise Potatoes Salad Brownie</p>	<p>14 <u>Italian Sub</u> Chicken Noodle Soup Potato Puffs Watermelon</p>	<p>15 <u>Chicken Broccoli Ziti</u> Baked Potato Basil Carrots Tropical Fruit Cup</p>	<p>16 Father's Day <u>Steak Tip Salad</u> Lettuce, Tomato, Onions, Strawberries Pita Bread Raspberry Dressing Strawberry Shortcake </p>
<p>19 JUNE TEENTH FREEDOM DAY CLOSED</p>	<p>20 <u>Oriental Chicken Salad</u> on Mixed Greens Dressing Cold Vegetable Lo Mein Noodle Salad Wheat Pita Fortune Cookie</p>	<p>21 <u>Beef Steak Bomb</u> Cheese Sandwich Roll Oven Fries/ Ketchup Cole Slaw Chilled Peaches</p>	<p>22 <u>Chicken Cordon Bleu</u> Gravy Baked Potato Sour Cream Corn & Pimentos Brownie</p>	<p>23 <u>Fish Sandwich</u> with Cheese On a Roll Lettuce & Tomato Tartar Sauce French Fries Homemade Coleslaw Butterscotch Pudding Topping</p>
<p>26 <u>Cheese Burger</u> on Roll (Lettuce, Tomato, Onion, Pickle) Potato Puffs Tomato Salad Ice Cream</p>	<p>27 <u>Breaded Chicken</u> Filet Marsala Sauce Rice Pilaf Greek Salad Choc Cream Pie</p>	<p>28 <u>Meatball Sub</u> Minestrone Soup French Fries Watermelon</p>	<p>29 <u>Sodium Reduced Hot Dog</u> on Roll Baked Beans Ketchup, Mustard & Relish Homemade Coleslaw Chilled Pears</p>	<p>30 <u>Gallo Nero Pizza</u> Pasta Salad Ice Cream</p>



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**



AGE SPAN

We hope you can join us for our **In-Person Memory Café**
June 6th from 10:30 am—12:00 pm
 at the Peabody Council on Aging!

Memory Café is a wonderfully welcoming place for individuals with Alzheimer's designed to include the care partner as well, for a shared experience. Additionally, it is helpful for people with all forms of mild cognitive impairment (MCI)

Age Span is sponsoring this Café and the theme is "Summer Breeze".

We will look at some fabulous summer inspired paintings, learn about the history of lemonade and create a small colorful work of art.

Siobhan McDonald from Granger St. Studios will be facilitating the program. She designs Memory Cafes around the state that are interactive and fun and she looks forward to seeing you there.

Registration is required, so please contact
 Lynn Brennan at lbrennan@agespan.org
 or call 978-946-1368.



The WeCARE Program



The **WeCARE** program, offered by a collaborative of North Shore Health Departments, offers friendly phone calls to older adults living in Beverly, Danvers, Marblehead, Nahant, Peabody, Salem and Swampscott.

Under this program, trained Community Health Workers will contact older adults or homebound individuals daily to provide comforting calls and offer a greater sense of personal connection. Our team of callers are available to speak with seniors *Monday through Friday* and offer interpreter services if needed.

If you or an older adult in your life is interested in participating in this free program, please reach out to Carolyn Wynn, Director at 978-531-2254.

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

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Fax (978) 531-9939



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Medicare.gov (Important Information!)

More Vaccines covered at no cost to you!

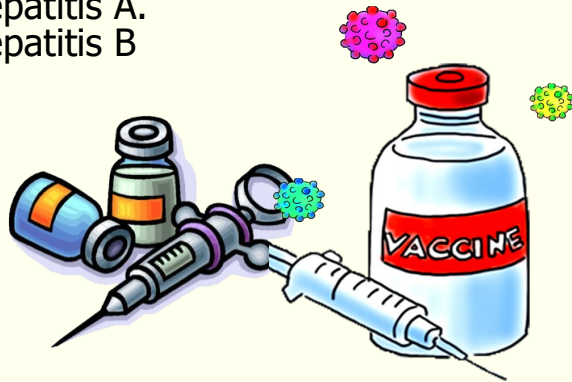
More recommended vaccines covered \$0 out-of-pocket!

We've got good news to share! Thanks to the prescription drug law that went into effect this year, even more vaccines are free for people with Medicare Part D—an average savings of up to \$70 in out-of-pocket costs each year.

This means more people with Medicare being protected against disease and severe illness.

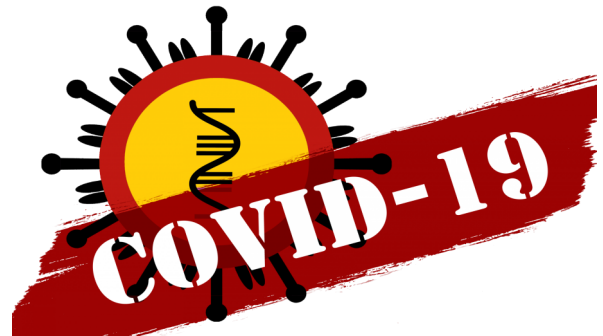
Examples of vaccines now covered under **Medicare Part D include:**

- Shingles
- Tetanus/diphtheria (Td)
- Tetanus, diphtheria, and pertussis (whooping cough) (Tdap)
- Hepatitis A.
- Hepatitis B



Flu shots, COVID-19 vaccines and pneumococcal shots are still covered by Medicare.

Serious diseases can impact our health and quality of life. That's why it's so important to stay up-to-date with vaccines. Talk with your doctor about which vaccines are right for you!



The public Health Emergency for COVID-19 ended on May 11, 2023. What does this mean for you?

After May 11, 2023, Medicare will no longer cover or pay for over-the-counter (OTC) COVID-19 tests.

- Medicare will continue to cover **COVID-19 vaccines** at no cost.
- You'll be able to get **COVID-19 PCF and antigen test** with no out-of-pocket costs when ordered by a doctor.
- **Expanded telehealth services** will continue through December 31, 2024.

If you're enrolled in a **Medicare Advantage Plan**, you may have more access to tests depending on your benefits.

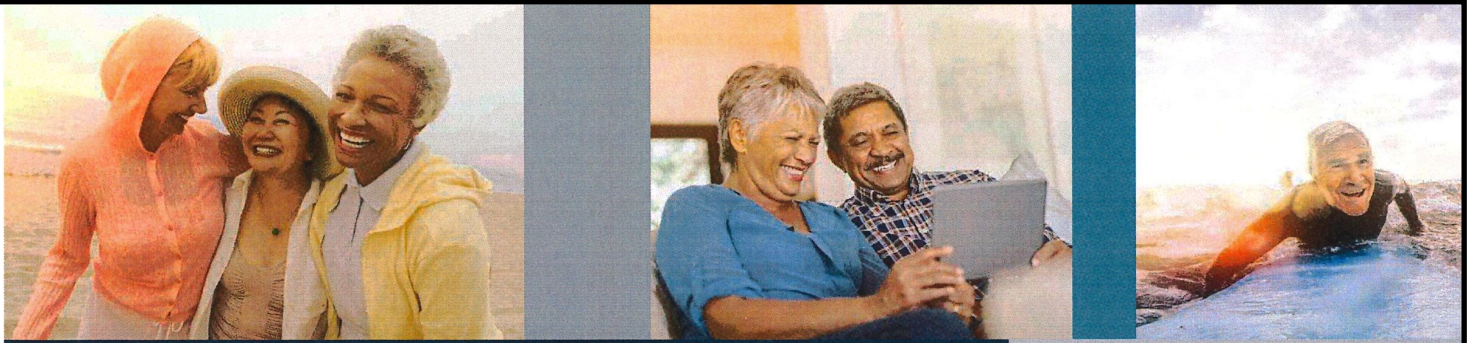
Make sure to check with your plan!

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, contact Social Services.



Life is not measured by the number of breaths we take, but by the moments that take our breath away...George Carlin



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- How do you get the most from your benefit?
- What is the future of Social Security?
- When should you file for Medicare?

Learn how to use **my Social Security** online account and other online services. You should go to www.socialsecurity.gov/myaccount to create a **my Social Security** account and print out your *Social Security Statement* **before** attending the workshop.

Speaker:

Public Affairs Specialist
Social Security Administration
Helia Sousa
Public Affairs Specialist

***Sign Ups at the front desk!
(978) 531-2254***

Event Coordinator:

Maryanne Pierce, LSW
Peabody Council on Aging

Location:

79 Central Street
Peabody, MA 01960

Date:

6/21/2023

Time:

12:30 pm

SocialSecurity.gov

Don't Forget to sign up at the front desk at the Peabody Council on Aging.

**This information is being shared by Peabody
TRIAD in honor of National Safety Month.**



Still Going Strong Campaign - Information for Older Adults

Injuries from falls and car crashes are more common as we age. These injuries can have devastating effects. But these injuries can be prevented so you can stay healthy and independent longer.

Preventing a Fall: More than 1 in 4 older adults report falling each year—this results in about 36 million falls. Falls can cause serious injuries such as broken bones or a head or brain injury. But falls are not a normal part of aging—they can be prevented. **You can take action** to prevent falling and stay independent longer. **There are simple steps you can take to keep yourself from falling and to stay healthy and independent longer.**

Speak up. Tell your doctor if you have fallen, if you feel unsteady when standing or walking, or if you are afraid you might fall. Ask your doctor or pharmacist to review the medicines you take. Some medicines might make you dizzy or sleepy which can increase your risk of falling.

Have an eye doctor check your eyes at least once a year and update your eyeglasses as needed.

Have your doctor check your feet at least once a year and discuss proper footwear to reduce your risk of falling. Ask your doctor about health conditions like depression, osteoporosis, or hypotension that can increase your risk for falling.

Stay active. Do exercises that make your legs stronger and improve your balance, like Tai Chi.

Make your home safer. Get rid of trip hazards like throw rugs, and keep floors clutter free, Brighten your home with extra lighting or brighter light bulbs and install grab bars in the bathroom(s)—next to the toilet and inside and outside of your bathtub or shower. Install handrails on both sides of staircases.



Learn more about how to prevent a fall by visiting

<https://www.cdc.gov/stillgoingstrong/olderadults/index.html#print>

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Without them, our newsletter
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Points to Ponder... Jack Lawless

June the "Honeysuckle/Rose" Month

- The founder of the Mormon Church, Brigham Young was born on the 1st (1801-1877) and led to over 300 settlements in the West including Salt Lake City, Utah.
 - The Full Moon, the Strawberry Moon, shows up on the 3rd.
 - On the 4th in 1989 the Chinese government ordered its troops to open fire on unarmed protesters in Tiananmen Square in Beijing.
 - Robert F. Kennedy was shot and mortally wounded while leaving the Hotel Ambassador in Los Angeles on the 5th in 1968.
 - D-Day took place on the 6th in 1944 as the largest amphibious landing in history as the Allied Forces land off the coast of Normandy, France in WWII.
 - On the 9th 1898, the British signed one (1) 99 year lease for Hong Kong with China and the land reverted back to China on the 1st of July in 1997.
 - Actress Judy Garland (1922-1969) was born in Grand Rapids Minnesota on the 10th as Francis Gumm.
 - American football coach Vince Lombardi (1913-1970) of Green Bay Packers fame, was born on the 11th. The SuperBowl Trophy—the Lombardi trophy is named in is honor.
 - The New York Times began publishing the Pentagon Papers, a collection of top secret documents exposing U. S. strategy in the Vietnam War on the 13th in 1971.
 - Univac 1, the world's first commercial electronic computer was unveiled in Philadelphia at the Census Bureau, the 14th of June in 1951.
 - On the 18th in 1983, Dr. Sally Ride (a 32 year old physicist and pilot), became the first American woman in space aboard the space shuttle, the Challenger.
 - The 19th is Juneteenth when on the 19th in 1865, Union General Gordon Granger read the Emancipation Proclamation of President Lincoln freeing the enslaved people of the state of Texas.
 - The first day of summer occurs on the 21st as the Summer Solstice returns making it the longest daylight day in the northern hemisphere.
 - On the 25th in 1950 the Korean War started when North Korea invaded South Korea.
 - The assassinations on the 28th in 1914 of Archduke Francis Ferdinand, Crown Prince of Austria and his wife led to the beginning of WW1.
- Hello June! Let the summer Begin! Author unknown.**



GOD BLESS AMERICA AND OUR PATRIOTS!

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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 the

John & Linda Barbuto Trust:

For their generous gift to the PCOA



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

In Memory of Geri Jenkins:

Catherine Tassinari, Dorothy Taylor

In Memory of Dorothy Buckley:

Carolyn Wynn

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: JUNE 2023



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 of 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:



A Dad is patient, helpful, and strong. He is there by your side when things go wrong. He's someone who guides you to do the right thing, and helps you solve problems that life sometimes brings.

We're bringing Karaoke back!!

The Friends are putting on another Karaoke afternoon on Tuesday, June 13th from 12.30 p.m. to 2:00 p.m. DJ Jane Mitchell will be here to lead the singing.

Everyone who signs up to sing will receive a gift certificate for a free lunch in the Friends Café and the top male and female singers will receive a Market Basket Gift Card. Come on down and join the fun.

"Friends Care – Friends Share."

By Working Together to Make a Difference



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

2023 Friends Board Meetings:
June 5
September 11
December 4



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

*In Honor of our parents,
Russ and Marion Bowden
on their 71st Wedding
Anniversary, June 14th:*

Bruce Bowden and Judy Dugar



In Memory of Gifts to the

Friends of the Peabody Council on Aging:

In Memory of Rev. Robert & Mrs. Ruth Barber:

Bob Cavanaugh

In Memory of Dorothy Buckley:

Sandra Cloutman, Ana Beatriz Gutierrez,
 Gene & Judy Howland, J. Keith Spatz

In Memory of Loving Aunt Dorothy:

Beth Thornton

In Memory of Margaret Conlin:

Jean Soboczinski

In Memory of Gloria McKenna Gallo:

Helen Farnsworth

In Memory of Manuel Galopim:

Rita Edry and Family

In Memory of Maria Hallam:

Ron & Marguerite D'Avolio

In Memory of Geraldine "Geri" Jenkins:

Walter & Ann Blazewicz, Mike & Dotty Bonfanti,
 Russell & Marion Bowden, Joyce & Rich
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 Tom & Peg Levesque, Guy Mawhinney,
 Andrew Metropolis, Dr. John Meyers and the
 entire Hodges University Family c/o Angie
 Manley, Tom & Claire Moran, Anthony
 Petrella, Betty Quinlan, Carol Rudnicki,
 Jean Soboczinski, David & Hazel Springer

In Memory of Robert Kiley:

Suzanne Baldracchi

In Memory of Connie Koulas:

Marie & Greg Koulas

In Memory of Melvin Merken:

Shirley Merken

In Memory of John J. O'Connor:

Janet V. O'Connor

In Memory of Sharlene & Laurie Preece:

Bob Preece

In Memory of Sam & Dolores Rizzoti:

Shirley R. Luz

In Memory of Henry & Florence Soboczinski:

Jean Soboczinski



PEABODY COUNCIL ON AGING

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JUNE 2023

Carol McMahon, Editor



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\$ _____ 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 _____

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

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

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