

# Tips & Topics

## June 2026



PEABODY COUNCIL ON AGING  
 Peter A. Torigian Senior Center  
 79 Central Street, Peabody, MA 01960  
 Monday-Friday 8:00AM - 4:00PM  
 Phone: (978) 531-2254 / Fax: (978) 531-7176  
[www.peabodycoa.org](http://www.peabodycoa.org) / Find us on Facebook!



Live Peabody  
 An Age Friendly Community

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



### Summer Kickoff!

**50s Dance Party**  
 6/17:  
 12:30-2:00 pm

**Menu**  
**\$4 lunch for PCOA members**  
 - Steak tip salad  
 - Strawberry shortcake

**Father's Day Luncheon**  
 6/17  
 11:30 am  
 Wear your Hawaiian shirts!



You make a **DIFFERENCE!**

## VOLUNTEER Appreciation PARTY!



### Jubilee Hall

Thursday June 25th 2026  
 4:00-7:00

Join us as we celebrate YOU and thank you for your time, passion and dedication. We couldn't do it without you!

Menu by **Kowloon** restaurant

A special performance by our staff for your entertainment

If you need transportation please call the center so we can arrange a ride for you.

R.S.V.P. Kat  
 978-531-2254 Ext 108

**THANK YOU for being AMAZING!** 

## Building Brain-Healthy Habits

An education program presented by the Alzheimer's Association®



Friends Café  
 Specials  
 Page 5 

### Tips to build healthy habits and to protect your brain

Research shows there are everyday habits you can build today to help protect your memory and thinking as you get older – even reducing your risk of cognitive decline and possibly dementia.

Join us to learn about:

- » Healthy habits for your brain, like exercising and eating right.
- » The brain-heart connection.
- » Why brain health is important at all ages.
- » Building your personalized action plan for brain-healthy habits.

Wednesday, June 10  
 12:30 PM - 1:30 PM

Peabody Council on Aging - 79 Central St  
 Peabody, MA 01960

Please RSVP by calling (978) 531-2254 or stopping by reception at the PCOA.

Visit [alz.org/CRF](http://alz.org/CRF) to explore additional education programs in your area.

## TRIAD Community-Wide Outreach Event

Wednesday, June 24, 2026  
 12:30 PM, Jubilee Hall  
 Please RSVP: 978-531-2254

Peabody Council on Aging and Peabody TRIAD invite you to attend a special community outreach event focused on helping older adults stay safe, informed, and prepared.

Visit Informational Tables From The Peabody Council on Aging / Peabody TRIAD, Peabody Municipal Light Plant, VNA Care, and AgeSpan

**Discussion Topics:** Fraud and scam prevention, fire prevention and safety, emergency response and safety awareness

## Peter A. Torigian Senior Center

June  
2026Lunch is served  
promptly at 11:30 a.m.Meal Cost: \$5.00  
Friends Members: 4.00

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b><u>Chicken Stir-Fry</u></b> Rice Vegetable medley Ice Cream 	2 <b><u>Turkey Wraps</u></b> Pasta Salad Tomato Salad Birthday Cake 	3 <b><u>Hamburger Stroganoff</u></b> Over Noodles Whipped Potato Mixed Vegetable Watermelon	4 <b><u>Eggplant Parmesan</u></b> Pasta Carrots Ice Cream	5 <b><u>Shrimp Po Boy Sandwich</u></b> Fries Homemade Coleslaw Apple Pie
8 <b><u>Cheeseburger</u></b> (Lettuce, Onion, Tomato, Pickles) Potato Salad Chilled Peaches 	9 <b><u>Italian Sub</u></b> Chicken Noodle Soup Potato Puffs Lemon Squares	10 <b><u>Portuguese Chowder</u></b> With Clams and Linguica Over Rice Spring Vegetable Mix Custard Tart Sweet Bread <b>Portuguese Day</b>	11 <b><u>Sheperd's Pie/ Gravy</u></b> (Whipped Potatoes, Ground Beef, Corn) Green Beans Ice Cream 	12 <b><u>Chicken Tenders</u></b> Dipping Sauce French Fries Homemade Coleslaw Ice Cream
15 <b><u>Chicken Pot Pie</u></b> Baked Potato Carrots Watermelon 	16 <b><u>Sloppy Joe On a Roll</u></b> Apple Juice Grated Cheese Italian Blend Vegetables Apple Crisp	17 <b><u>Steak Tips</u></b> Au Jus Mashed Potato Spring Vegetable Mix Strawberry Shortcake <b>Father's Day</b>	18 <b><u>Chicken Cordon Bleu</u></b> Gravy Roast Potatoes Corn and Pimentos Cookie	19 Juneteenth PCOA Closed 
22 <b><u>Mac &amp; Cheese</u></b> Stewed Tomato Spinach Mixed Fruit	23 <b><u>Chicken Fajita</u></b> Peppers & Onions Rice Nacho Chips Salsa Lemon Meringue Pie 	24 <b><u>Meatball Sub</u></b> Minestrone Soup French Fries Watermelon 	25 <b><u>Yankee Pot Roast</u></b> Gravy Red Bliss Potatoes Peas/Onions Banana Cake 	26 <b><u>Tuscan Tuna Salad</u></b> Potato Salad Homemade Coleslaw Cookie
29 <b><u>Chicken Patty On a Roll</u></b> Cheese Mayo Packet French Fries Wedding Soup Brownie	30 <b><u>Roast Beef &amp; Swiss Cheese Wrap</u></b> Cheddar Broccoli Soup Ice Cream	<b>Breakfast</b> is served in the Friends Café on Tuesdays/Thursdays 8-10:00 a.m. Menus are in the lobby & Cafe	<b>Menu subject to change</b>	<b>Reminder:</b> Diners need to purchase their lunch tickets between 10:00-11:00 am. Tickets will not be sold after 11:00 am

## June Birthday Celebration Tuesday, June 2nd, 2026



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

### May Birthdays were:

David Cino, Barabara Vanasten,  
Judy Gandolpho, Kimmy, Jack Modini,  
Michael Lynch, Jody, Laurie, Grazia Liars,  
Peg Parsons, Marie Bishop  
Many thanks to Evan's Flowers for the  
rose and balloon!



## MOVIE TIME

With Earl Rosen

In the Jubilee Hall, from 12:10 – 2:00 pm

Tues. June 2nd: Same Time, Next Year

Tues. June 9th: Nebraska

Tues. June 16th: Mystic Pizza

Tues. June 23rd: To Be or Not To Be

Tues. June 30th: An Affair To Remember



## CRAZY CARDS

A fun twist on whist!  
Wed., June 24th, from

12:15 - 3:00 in the Computer Room

You must purchase your \$3.00  
ticket by June 17th

Tickets may be purchased at the  
Front Desk



## Computer room activities:

- Phone/computer help: On Friday, June 5th from 9:00 AM - 11:00am
- Ping Pong: Most Mondays & Fridays from 1:00 - 4:00 pm
- Rummikub: Most Wednesdays and Fridays at 12:15 pm
- Chess: Wednesdays at 10:00 AM



Senator Joan Lovely: Will be holding office hours at the PCOA on **Monday, June 8th** from 9:00 - 10:00 am. Walk-Ins Welcome!

## Veterans Meetings:

Our Veterans Group will meet on  
Tues. June 16th, 2026 from  
9:30 - 10:30 am in Classroom A



## Book Club

June's book:  
"The Good  
Left  
Undone"  
By Adriana  
Trigiani

Our Book Club is run  
by Morgan Yeo. We  
meet each month for a  
book discussion, at the  
PCOA.

This month's  
discussion is  
Wednesday

June 10th at 10:30 AM  
in the conference room.

## Virtual Reality

Every Wednesday in June

Morning Session:

9:00 to 11:00AM

Afternoon Session:

12:30 to 2:30 PM



## Some of our ongoing activities:

Whist: Tues. & Thurs. 9:00-11:00

Mah Jongg: Every Tue. 12:00-3:00

(Looking for new players!)

Japanese Bunka: Tues. 9:00-12:00

Learn to Speak Italian: Mondays at 10:15

Knitting: Tues. 11:45-2:00

Diamond Art: Tues. 12:30-1:30

Rug Hooking: Wed. 9:00-11:30

Wood Carving: Wed. 9:00-11:30

Model Ship Building: Wed. 11:45-2:00

Painting Class: Thurs. & Fri 8:30-11:30

Quilting: Thurs. 8:30-11:30

Call Laurie for more info: 978-531-2254

### Low Vision Group

Our next Low Vision Meeting Will be  
Wed. June 10th at 12:30  
Call Judy Enos at 978-290-6080 if you  
have any questions.

### Diabetic Education

with Marianne Chojnicki. The next class  
will be Tues. June 2nd, 10:30-11:30 am  
Please sign up at the Front Desk

### Hearing Screenings

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



### Foot Clinic *with* Crystal Perry – BSN, RN, CFCN

**Mon. June 15th, 9:00 - 3:00**  
**Tues. June 16th, 9:00 - 3:00**

Please call 978-531-2254  
to schedule your appointment.  
Payment must be cash or check made  
out to PCOA  
Cost is \$55.00



## Outdoor Corner

We are now playing Bocce!

- Wednesdays at 9:00 AM
  - Thursdays at 12:15 PM
- Come and Have fun while meeting new  
people!

### Pickleball Courts are Open!

Monday through Friday, 8:30 am - 3:00 pm  
Please call to make a reservation,  
or see Laurie/Kat.

### Outdoor Cornhole

8:30 - 3:00, Monday through Friday

### 3D ART CLASS

Thursday, June 25th  
@12:30

Please sign up at the  
Front Desk



### Looking for Scrabble Players

Tuesdays at 10 am  
in the computer  
room. Starting June  
9th. Come out of the hot sun and  
enjoy a game or two!

### This Month's Musical

### Kiss Me Kate

Wed. June 3rd  
12:00 pm start time  
Jubilee Hall

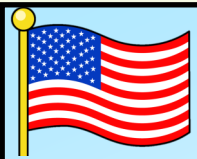




# Motown vs. The Rat Pack

Photos from the Forever Young Chorus variety show performance!

**A big thank you to the PCOA Ladies Drill Team for their opening performance!**



We are once again collecting worn American Flags for proper disposal. Thanks to the Vice Chair of our Board Members, John Sacramone. John has made a connection with a Veterans group, and has willingly agreed to transport the flags that are collected at our senior for proper respectful disposal. Please bring the worn flags to the front reception desk.



Friends Café  
Specials

*Chicken teriyaki sandwich*

*Chicken teriyaki salad*

# PCOA Transportation



**Did you know?**  
 The PCOA has 2 full-time dispatch staff, 8 full-time drivers, and 5 part-time drivers meeting transportation needs!

Our transportation offers door-to-door rides to Peabody residents upon request, for medical appointments and shopping. Wheelchair vans are also available.

*For schedule information, or any questions, call 978-531-2254*

A ride donation of \$1.00 *each way* is greatly appreciated!

**General Transportation Schedule:**  
**8:00 - 9:15 AM**  
 Trask ADH pick-ups only  
**9:00 AM - 1:45 PM**  
 Pick-ups for medical appointments, etc.  
 To: Peabody, Danvers, Beverly, Salem and Lynn  
**2:30 PM**  
 PCOA and Trask ADH return trips

**Medical appointment pick-up reminder:**  
**In Peabody:**  
 be ready **before 3 PM**  
**Outside of Peabody:**  
 be ready **before 2 PM**

**Attention All Riders!!!**  
 The PCOA transportation Service "Project Mobility" provides door-to-door service. That means that the drivers assist riders from the bus to your door. We are asking riders to wait until the driver reaches the bus doors so they can safely assist you off the bus. A fall can truly be a life-changer, and we want to do as much as possible to avoid falls. Your patience is truly appreciated

## Shopping Trip Schedule:

Maximum of **4 PCOA blue bags per person** 

Schedule for trips to the Danvers Market Basket			Pickup: 11 AM	Return: 1 PM
<b>Monday:</b> 12-15-16 Crowninshield Street, 18 Walnut Street, Lowell Street and West Peabody	<b>Tuesday:</b> 50 Warren Street, 75 Central Street, 20 Central Street	<b>Wednesday:</b> South Peabody area, Rockdale Park, Lynn Street and Lynnfield Street	<b>Thursday:</b> Eastman Park, Bresnahan Street, Washington Street, 98 Central Street	<b>Friday:</b> East End area, Connolly Terrace, Wilson Terrace, 103 Central Street

Schedule for trips to Shaw's, Stop & Shop, and North Shore Shopping Center (NSSC)			Pickup: 9:30 AM	Return: 11:30 AM
<b>Monday:</b> So. Peabody, Rockdale Park, Lynn & Lynnfield streets	<b>Tuesday:</b> Eastman Park, Bresnahan Street, Washington Street and 98 Central St.	<b>Wednesday:</b> East End, Connolly Terrace, Wilson Terrace and 103 Central St.	<b>Thursday:</b> 50 Warren, 12-15-16 Crowninshield, 75 Central St	<b>Friday:</b> 20 Central St, 8 Walnut St, Lowell St., West Peabody (Big Y, Shaw's & NSSC)



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

**Hairdressing/Barber appointments:**


Those wishing to go the hairdresser or barber will follow the same schedule as medical appointments.

Any available date or time, as long as your hairdresser is located in Peabody.



**Ride reservations for appointments:**

Due to the high volume of riders, all immediate (non-shopping) reservations must be made a minimum of **one week** before your appointment date. Reservations can be made up to **two months in advance** for a ride, and we are encouraging riders to call us as soon as they have an appointment.



**Please Note:**

For booked appointments, you will arrive on time but return time can vary due to various circumstances.

# Senior Safety

## Stairwell

Make sure you have secure railings on both sides of the stairs.

## Medical Alerts

Wear a medical alert necklace in case of emergency.

## Space Heaters

Keep space heaters away from flammable materials.



## Take Proper Care of Medication

1. Make sure all medications are labeled properly.
2. Send reminders to take medication on time.



## Smoke Alarms

Install new smoke alarms with new batteries.



## Proper Lighting

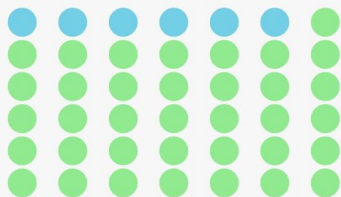
Make sure hallways and stairwells are properly lit.

Use a grabber for hard to reach places

Hand rails in the bathroom

Non-skid bathroom mats

Secure stand alone rugs



The Peabody TRIAD Council consists of Seniors and Law Enforcement working together to develop and implement policies and programs to reduce criminal victimization, promote crime prevention and safety awareness, and serve the needs of the senior community in Peabody. In addition, the Council designs and supports programs to improve the quality of life for our senior citizens.

The Peabody TRIAD Council believes they have the ability to make a difference in our community and are dedicated to serving our city and its residents.




800-227-0515  
[www.movesforseniors.com](http://www.movesforseniors.com)  
[info@movesforseniors.com](mailto:info@movesforseniors.com)

**Unwanted Cell Phones**  
 We continue to accept donations of unwanted cell phones. If you no longer use them, donate them to the PCOA. The money raised will be used for the Center. Please drop off your cell phone donation at the reception desk.

**Eyeglasses and cases**  
**collection for the Lions Club**  
 If you have any old glasses and/or eyeglass cases that you are no longer using anymore, consider donating them to the PCOA

**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.

## Points to Ponder: By Jack Lawless June: Return of summer and strawberry moon month

- The 1st is *Say Something Nice Day*, a day to encourage others you meet to feel good.
- On the 3rd in 1965, Ed White became the first American to conduct a spacewalk.
- On the 5th in 1783, the first public hot-air balloon flight took place in Annonay, France, when brothers Joseph and Jacques Montgolfier launched their balloon.
- Eighty-two years ago on the 6th was D-Day, the largest amphibious landing in history, as Allied forces landed in Normandy, France, during Operation Overlord.
- Composer and lyricist Cole Porter (1891–1964) was born on the 9th in Peru, Indiana. He published his first song, “The Bobolink Waltz,” at the age of 10.
- After 49 years, the Soviet military occupation of East Germany ended on June 11, 1994.
- The 14th is Flag Day. On June 14, 1777, John Adams supported a resolution before Congress adopting the United States flag. It is also the 80th birthday of President Trump.
- England’s King John, on the 15th in 1215, set his seal to the Magna Carta, the first charter of British liberties guaranteeing basic rights that later influenced modern democracies. Since that time, England has never again had a king named John.
- On the 18th in 1815, Napoleon Bonaparte was defeated at Waterloo in present-day Belgium and was later exiled to St. Helena, where he died in 1821.
- Juneteenth, also called Emancipation Day, is celebrated on the 19th to mark the end of slavery in the United States.
- In the Northern Hemisphere, the summer solstice occurs on the 21st, marking the first day of summer. In the Southern Hemisphere, it marks the first day of winter. This is also Father’s Day - Happy Father’s Day!
- June 24th is Midsummer Day, marking the midpoint between planting and harvesting. It is also called St. John the Baptist Day.
- American musician Mildred J. Hill (1859–1916) was born on the 27th in Louisville, Kentucky. She composed the melody for what became the world’s most widely sung song, “Happy Birthday to You.”
- The full Strawberry Moon lights up the sky on the 29th. 

“June is the gateway to summer”

— Jean Hersey

## GOD BLESS AMERICA AND OUR PATRIOTS!

In Honor of/In Memory of Gifts  
To the Peabody Council on Aging:

Gift to the PCOA  
Anna Gallo

In memory of Catherine “Kay” Morrocco

Angela Maxwell  
Philip & Jean Marie Marchetti



## Woodshop Notice

**We are very fortunate here at the Torigian Senior Center to have a woodshop on-site. Participants can come in and work on personal projects. Volunteers will be on hand to determine one’s ability to use the equipment.**

**It is important to note that our woodshop is not a repair shop. You can work to repair your own items, but no items will be dropped off to be repaired by volunteers.**

**Thank you for your cooperation.**

**- Carolyn Wynn**



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**Alliance Health at Rosewood** (978) 535-8700  
22 Johnson St., Peabody, MA 01960 AllianceHHS.Org/Rosewood



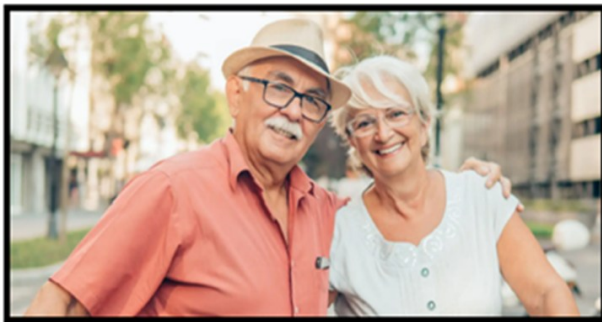
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**SAME-DAY SERVICE**






# Volunteer spotlight

## Cheryl WhiteDear



June's volunteer spotlight highlights Cheryl WhiteDear, who has been volunteering with us for the past two years!

Cheryl is originally from Barbados, where she says it is "summer every day!" She moved to this region when she was 18, to attend college - the Boston area was an easy choice, as her father owned a home in Dorchester. This year will be her 50th year living in New England! Cheryl notes how much she enjoys living in this region, how she loves the seasonal changes, and being involved in the communities she's lived in. She has one son, Ruddy, who studied aeronautical engineering at Rensselaer University, and now works for Boeing.

Cheryl first discovered the PCOA through a class at the Peabody library. As she puts it, she just "showed up one day!" Soon after, she found out about the many classes and activities that are here, and became a volunteer. "I feel like I am reliving my second childhood!" She says. "I can come here any day I feel like, and I have never been to a place where I have felt so welcome and so received."

Although she has many different volunteer roles, she is best known as one of our pickleball enthusiasts! Cheryl and her group play pickleball every week. "I love that the center took the step to invest in the pickleball court and players!" Cheryl says that she's "never found a game with a ball she didn't like," and she played tennis as a teenager as well, so some of those skills translate well to this game!

She talks about getting other people into the game, "We don't play to win, we play to have fun!" And for those who take a class, she encourages folks to not just take the class and disappear, come back and play regularly!

Outside of the PCOA, Cheryl has volunteered her whole life! She has helped tutor children from marginalized communities in reading/homework, and has worked with at-risk teenagers, being a supportive role model in their lives. She has also volunteered at a local food bank in Malden, and was involved with the school board and field trips when her son was in school. Currently, she is a reader to first graders at the McCarthy elementary school in Peabody. As she says, she "never met a book she didn't like!"

The PCOA is a place she frequently tells others about. "Anyone who will listen to me, I tell them about the PCOA! This is a place for us seniors!" She continued, "The people who are here want to be here, the sense of belonging and activities are wonderful."

As for hobbies, Cheryl describes herself as a voracious reader. During any given week, she reads 5 to 7 books. Physical books, audiobooks, she likes them all! In terms of other hobbies, she is an avid gardener, and a passionate cook. Additionally, she also is an avid movie-watcher, and writes film reviews!



*Thank you Cheryl, for all you do at the PCOA, and for getting us all outside and active!*



## Gaining Access: A Resource For Massachusetts Seniors

### Massachusetts Senior Medicare Patrol (SMP) Program

SMP provides information and training on the importance of being engaged healthcare consumers to prevent healthcare errors, fraud and abuse. To schedule a free educational session for your community or agency on how to identify and report Medicare and Medicaid fraud and other deceptive marketing practices, contact 800-892-0890 or visit [www.masmp.org](http://www.masmp.org).

### Health Care For All (HCFA)

HCFA is a statewide advocacy organization that works to ensure that Massachusetts has a consumer-centered health care system that provides comprehensive, affordable, accessible, culturally competent, high quality care and consumer education for everyone. For free assistance in enrolling in health insurance programs, call 800-272-4232; for assistance resolving concerns or receiving information about the One Care program for individuals with disabilities, call the HelpLine One Care Ombudsman at 855-781-9898. Visit HCFA on the web at [www.HCFAMA.org](http://www.HCFAMA.org).

### Livanta - Massachusetts' Quality Improvement Organization (QIO)

Livanta is the Beneficiary and Family Centered Care QIO - (BFCC-QIO) responsible for conducting quality review of cases, appeals and complaints for Massachusetts' Medicare beneficiaries. To appeal discharges and termination of Medicare covered services, call 866-815-5440 or visit [www.bfccqioarea1.com](http://www.bfccqioarea1.com).

### Massachusetts Attorney General's Office Elder Hotline

The Attorney General's Office Hotline serves Massachusetts' senior citizens as a resource for information and referral on a full range of concerns, including: debt and debt collection practices, health insurance, home improvement, landlord/tenant issues, long-term care insurance, scam awareness and telemarketing. In certain cases, the hotline can act as a dispute mediation/resolution service by contacting a business on behalf of an elder to reach a fair and mutually agreeable resolution. For more information or assistance, call 888-AG-ELDER (888-243-5337) • TTY: 617-727-4765 or visit [www.mass.gov/AGO](http://www.mass.gov/AGO).

### Massachusetts Department of Public Health (DPH)

DPH serves all people in the Commonwealth and promotes health and healthy communities through compassionate care, education and prevention by a variety of public health programs and services. For information about public health programs and services such as healthy aging and disability, licensure and inspection of health care facilities, assistance with and reporting concerns related to quality of care, call 617-624-6000 • TTY/TTD 617-624-6001 or visit [www.mass.gov/dph](http://www.mass.gov/dph).

### Massachusetts Executive Office of Elder Affairs (EOEA)

Massachusetts Executive Office of Elder Affairs (EOEA) EOEA develops and manages services for elders and adults with disabilities through a network of elder and disability agencies and programs. For more information, call 800-AGEINFO (800-243-4636) or visit [www.800ageinfo.com](http://www.800ageinfo.com). **To report elder abuse, neglect and/or financial exploitation, call 800-922-2275.**

### MassHealth (Medicaid)

MassHealth provides comprehensive health insurance or help with paying for private health insurance to more than one million Massachusetts children, families, seniors and people with disabilities. For more information, call 800-841-2900 • TTY 800-497-4648 or visit [www.mass.gov/masshealth.com](http://www.mass.gov/masshealth.com). **One Care** participants can call MassHealth at 800-841-2900 or the One Care Ombudsman at 855-781-9898 for help addressing concerns or conflicts that interfere with their enrollment or services.

### Medicare

A health insurance program for people 65 or older, people under 65 with certain disabilities, or people of any age with End-Stage Renal Disease (ESRD). Call 800-MEDICARE (800-633-4227) • TTY/TTD 877-486-2048 or visit [www.Medicare.gov](http://www.Medicare.gov). For issues with a Medicare health or drug plan, contact Medicare at 800-MEDICARE (800-633-4227), your health plan, or call 617-565-1232. To arrange for a guest speaker on Medicare issues, or for more information on partnering with Medicare, call 617-565-1218.

### Medicare Advocacy Project (MAP)

MAP provides statewide advice and free legal representation on Medicare and Medicare-related issues to Massachusetts elders and persons with disabilities. For assistance call 800-323-3205 or 617-371-1234. Visit MAP on the web at [www.gbls.org](http://www.gbls.org).

### Prescription Advantage (PA) - State's Prescription Assistance Program

PA is a state-sponsored prescription drug assistance program available to qualifying seniors and people with disabilities who are residents of Massachusetts. For more information or assistance, call 800-AGE-INFO (800 243-4636, Press 2) or visit [www.800ageinfo.com](http://www.800ageinfo.com).

### Serving Health Insurance Needs of Everyone (SHINE)

Provides health benefits counseling for Medicare beneficiaries of all ages; multiple languages served. For more information or assistance, contact your local Council on Aging or call 800-AGE-INFO (800-243-4636, Press 3) or visit [www.800ageinfo.com](http://www.800ageinfo.com).

### Social Security Administration (SSA)

SSA is responsible for the enrollment of eligible persons into Medicare Parts A and B; pays for monthly retirement and survivor benefits and makes payments under the Social Security Income Program (SSI). For more information, call 800-772-1213 • TTY 800-325-0778 or visit [www.socialsecurity.gov](http://www.socialsecurity.gov).

### Other Medication Assistance Programs\*

Exception Form/Prior authorization from doctor - Ask your pharmacist  
 Low Income Subsidy (LIS) - Contact SSA  
 Limited Income Newly Eligible Transition (LINET) Program  
 MassMedline - 866-633-1617 • [www.mcphs.edu/pharmacyoutreach](http://www.mcphs.edu/pharmacyoutreach) • [www.massresources.org](http://www.massresources.org)  
 NeedyMeds Help Line - 978-865-4115 • [www.needymeds.org](http://www.needymeds.org)  
 \*See SHINE Counselor for assistance in applying for these programs.



### Best Wishes in your retirement!

It is a funny feeling to feel happy and sad at the same time, but I can honestly say that's how we feel and have felt since Susan Levenson RN, announced her plans to retire in June.

Susan has been the Program Manager of the Trask Adult Day Health program for the past 17 years. She grew up in South Weymouth on the South Shore of Boston, the youngest of four girls. She started working with older adults at a very young age as her grandmother owned and managed a rest home in Abbingdon. She spent many days in her youth assisting the residents and many hours getting to know them.

Susan has been married to her husband, Marty for the past 42 years, and has two grown daughters. She raised her family in Danvers and was active in the community. As many of you know, we have been operating the Trask program for almost 35 years. In 2015 the Commonwealth of Massachusetts decided to license all Adult Day Health programs through the State Department of Public Health. This was an arduous process, and without Susan's help, it may not have been accomplished! We will always be indebted to her.

After graduating High School, Susan started to pursue a degree at Salem State College in the field of social work. After two years of study, she decided to go into the field of nursing instead, following in her mother's footsteps. She was accepted into St. Elizabeth's Nursing School. Following graduation, Susan worked at Massachusetts Eye and Ear Hospital, a world-renowned specialty hospital for ophthalmology and otolaryngology. She also worked in community nursing for the VNA. Most of her nursing work was in the field of Geriatric nursing as she always felt extremely comfortable working with older generations.

*Thank you for everything, Susan – and best wishes in all of your upcoming adventures!*



**A fun  
afternoon of  
shuffleboard!**



## Roger B. Trask Adult Day Health Program

### Family Caregiver Support Group

**We meet on the 3<sup>rd</sup> Tuesday of each month at  
the *Roger B. Trask Day Health Program* from  
1:30 to 2:30pm**

**Please join us to connect with  
others, share the challenges of  
caregiving and explore potential  
suggestions and solutions.**

#### Facilitators:

*Mary Ellen Abodeely, LSW*

*Susan Levenson, RN, Program Manager*

**Next meeting: Tuesday, June 16th, 1:30 to 2:30 pm**

**Please RSVP: 978-531-2254 x 136 or 134**

**MICHAEL F. "MIKE" ZELLEN, PRESIDENT OF  
FRIENDS REPORT**  
**June 2026**

**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 14<sup>th</sup> 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.

*Thank you for the laughter,  
For the good times that we share,  
Thanks for always listening,  
For trying to be fair.*

*Thank you for your comfort,  
When things are going bad,  
Thank you for the shoulder,  
To cry on when I'm sad.*

*This poem is a reminder that  
All my life through,  
I'll be thanking Heaven  
For a Special Dad like you.*

**Volunteer Dinner**

On June 25<sup>th</sup>, 2026, the Peabody Council on Aging will be hosting the Annual Volunteer Dinner from 4 to 7 PM at the Senior Center. Invitations will be sent out by mail to all the Center's Hard-Working Volunteers. Invitees will need to respond to Kat DeLomba at (978) 531-2254, Ext. 108 if you are planning on attending. The Friends will be presenting a gift to each attendee.  
Hope to see you at dinner.

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

**In Honor of Gifts**  
**to the Friends of the PCOA:**

**In Honor of the AARP Tax Preparers**  
Bernadette Chaput  
Frank & Cynthia Peters

**In Honor of the PCOA Staff**  
Anonymous

**In Memory of Gifts**  
**to the Friends of the PCOA:**

**In memory of Tessie Armoian**  
Michael & Harriet Zolotas

**In memory of Cara Murtagh**  
Elaine & Andy Metropolis

**In memory of Ellen Hardy - Mothers Day**  
Suzanne Plummer

**In memory of Grace Hayes**  
Tom & Helen Marcotti

**In memory of Irma Kline**  
Gigi Hooker

PCOA Mah Jongg Friends: (Chris Feeley, Marie Giglio, Gail Staunton, Gail Fine, Carol Willens, Janice Gershlak, Sue Savy, Renee Miller)  
Nancy Nash

**In memory of Catherine "Kay" Morrocco**  
Walter & Ann Blazewicz

Krista Burke  
Michael & Angela Cronin  
Kaellen D'Amour  
Marie DiFranco  
James Edwards

JoAnn Giuggio & Joseph Giunta  
Karen & Tom Guidi & Family  
Ana Beatriz Gutierrez

Donna Lang  
Louis Levesque  
Tom & Helen Marcotti  
Jean Niland  
Carol Rudnicki

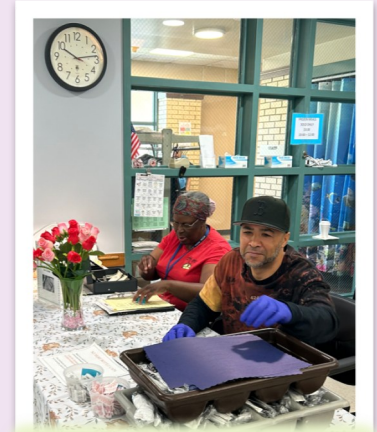
Carol & Jay McMahon - "We will never forget  
you Kay! You were one in a million!"

**In memory of Maria Rebelo**  
Joan Johnson  
Maureen Keenan

A carving of a soldier by Joe Smith in the PCOA wood carving group!



Thank you to Alliance Health at Rosewood for making our Mother's Day Luncheon extra special, through the donation of these beautiful roses!



Our volunteers hard at work!



Diabetic education class!

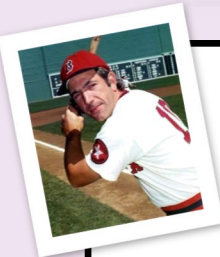
Gabi Toth, from the Peabody Institute Library, sharing her grandfather's story



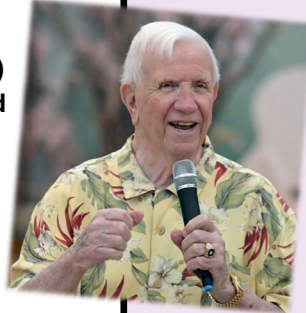
Red Sox Player Visit: Bob Montgomery



Bob Montgomery spent his entire 10-year Major League career, (1970-1979) as a catcher for the Boston Red Sox, primarily serving as a backup to Hall of Famer Carlton Fisk.



Over 387 career games, he compiled a .258 batting average, 306 hits, 23 home runs, and 156 RBIs. Here are a few photos from his PCOA visit!



A few photos from our "Scrapbooking your life's story" class!



# PEABODY COUNCIL ON AGING

Peter A. Torigian Senior Center  
79 Central Street, Peabody, MA 01960  
978-531-2254 www.peabodycoa.org

Non-Profit Org.

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Peabody, MA 01960

RETURN SERVICE REQUESTED



# June 2026

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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