

May
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 Forever Young Chorus Presents...

The PCOA Spring Variety Show!

Wed. May 10, 2023

from 12:30pm - 2:15pm in Jubilee Hall



Tickets cost \$5.00
and can be purchased
at the Front Desk!



Blood Pressure Screenings

On Wednesday,
May 10th the MGB
Community Care Van
will be at the
Council on Aging
9:00am – 12:00 Noon
for a blood pressure
screening clinic
with their medical team of
nurse practitioners, medical
assistant, and social worker.

They will provide blood
pressure screenings with
blood pressure care plans,
provision of BP cuffs,
education about their use
and recommendations for
follow-up with primary care.

They will also screen for
social determinants of health
and provide connection to
community health worker
for resources.

This is a walk-in clinic that
is open to all, regardless
of insurance,
residence or
immigration
status. !



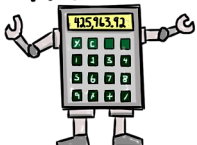
Many Thanks!

TO OUR TAX PREPARERS
Dave, Wes and Beth!!

We are so fortunate to have
three caring and wonderful
tax preparers from AARP
come to our center every
year to help so many of our
seniors with their taxes.

They truly
appreciate it
and we are so
grateful
for all of you!

TAXES



Stroke Awareness

Do you know the warning
signs of a stroke?
Knowing what to look for
can save a life.

Encompass Health

will hold a one hour event on
Tuesday, May 16th from
12:30—1:30pm
in Jubilee Hall

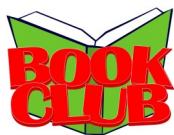
Come and hear a local
stroke survivor tell
their story!

Please sign up
at the Front Desk!



The Book Club

Our Book Club is run by Cate Merlin, from the main branch of the Peabody Library. They meet on the second Wednesday of each month for a book discussion, at the Peabody Council in Aging. Cate picks out and distributes the books to each participant. They are reading "The Keeper of Lost Things" By Ruth Hogan, for the May meeting.



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

May Birthday Celebration Tuesday, May 2, 2023

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



April Birthdays were: Charles Kelly, John Fritz, Ephraim Katz, Cathie Swift and Anna Colagiovanni, who turned turned 101 !

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

Our Veterans Meeting



*The Veterans meeting will be held
In the Computer Room on Tuesday
May 16th from 9:30am—10:30am
This group is run by Tom Moran*

LOW VISION GROUP

Our Low Vision Group will meet on Wednesday, May 10th



From 12:30pm - 2:00pm



In Classroom A

This group is run by Judy Enos

Representative Walsh will hold Office hours at the PCOA on Tues. May 2nd from 9:00am - 10:00am In the Conference Room.

MOVIE TIME

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

Tues. May 2 - "The Awful Truth"

Tues. May 23 - "Notting Hill"

Tues. May 30 - "Yanks"



Enjoy some popcorn while you watch!

Coming in June! Save the Date!

The Wingmasters

The Birds of Prey presentation is put on by Jim Parker. 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 from 12:30—1:30

It's free! Sign up at the front desk

DO YOU LIKE TO MARCH? Our Drill Team is looking for new members..

They meet in the Jubilee Hall on Mondays from 12:30 to 2:00. It's a lot of fun.

Come on in and watch what they do to see if you're interested! Don't be shy!



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

Senator Joan Lovely will hold office hours at the PCOA on Monday, May 8th from 9:00am—10:00am

Phone & Computer Help - Friday May 5 & 19 - from 9:00am - 11:00am

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

Crazy Cards - Wed. May 24th from 12:15pm - 3:00pm


Peter A. Torigian Senior Center
May 2023

Lunch is served promptly at 11:30

Meal Cost: \$5.00
Friends Members: 4.00

Monday	Tuesday	Wednesday	Thursday	Friday
1 <u>Ham & Cheese Quiche</u> Tomato Salad Pasta salad Chilled Peaches	2 <u>Chicken Patty</u> on a roll (Lettuce, Tomato, Pickles, Onions) Cheese Mayo Packet French Fries Corn Mex Salad <i>Birthday Cake</i> 	3 <u>Lasagna</u> Apple Juice Tomato Sauce Grated Cheese Seasoned Green Beans Garlic Bread Chocolate Cream Pie	4 <u>Baked Meatloaf</u> Gravy Baked Potato Sour Cream Broccoli Ice cream	5 <u>Baked Salmon</u> Lemon Wedge Sweet Potato Peas Chilled Pears
8 <u>Chicken Parmesan</u> Tomato Sauce & Cheese/Ziti Greek Salad Chilled Mixed Fruit	9 <u>Cheese Burger</u> Lettuce, Onion, Tomato, Pickle French Fries Ice Cream	10 <u>Squash Ravioli</u> Squash Gravy Carrots Scalloped Potatoes Brownie	11 <u>Roast Turkey</u> Gravy Cranberry Sauce Stuffing Peas & Onions Tapioca Pudding	12 Mother's Day <u>Baked Stuffed Scrod</u> Wild Rice Zucchini, Onion, Tomato Vegetable Pie 
15 <u>Swedish Meatballs</u> Gravy Mashed Potatoes Beets Watermelon	16 <u>Stuffed Peppers</u> Greek Salad Baked Potato Sour Cream Yogurt	17 <u>Chicken Cordon Bleu</u> Gravy Twice Baked Potato Corn & Pimentos Cookie	18 <u>Stuffed Roast Pork</u> Mashed Potato Basil Carrots Gravy Bread Pudding	19 <u>Baked Haddock</u> Sweet Potatoes Corn & Pimentos Apple Pie
22 <u>American Chop Suey</u> Seasoned Broccoli Garlic Bread Chilled Pears	23 <u>Reduced Sodium Hot Dog</u> Condiments Baked Beans Sautéed Cabbage Butterscotch Pudding	24 <u>Pulled Pork</u> on a Roll Pasta Salad Cucumber Salad Ice Cream	25 <u>Shepherd's Pie</u> Gravy Glazed Carrots Chilled Peaches	26 <u>Fish Sandwich</u> with Cheese On a Roll (Lettuce, Tomato, Onion) Tartar Sauce Potato Puffs Rice Pudding
29 Memorial Day  MEMORIAL DAY CLOSED	30 <u>Chicken Piccata</u> Lyonnais Potatoes Salad Brownie	31 <u>Hamburger Stroganoff</u> Over Noodles Mixed Vegetable Chilled Peaches	IMPORTANT LUNCH CHANGES Diners need to purchase their lunch tickets between 10:00-11:00 am! They <i>WILL NOT</i> be sold after 11:00 am!	Menu Subject To Change Without Notice



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**



Medicare Savings Program Expansion 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 or MassOptions at (1-800-243-4636). You can apply any time by completing a Medicare Savings Program Application at

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
The Schrafft Center



For assistance, please call Social Service at the Peabody Council on Aging at 978-531-2254.

Property Fraud Watch Alert & Homestead Act Presentation

Thursday, May 18, 2023

Peabody Senior Center in Jubilee Hall at 12:30 pm.

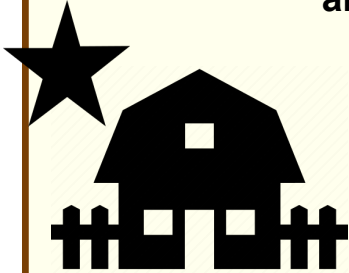
Attend a free Property Fraud Watch Alert Notification & Homestead Act presentation to learn how to protect your home from fraud and scams. It's your most valuable asset!

Register of Deeds John O'Brien will be sending representatives from the Southern Essex District Registry of Deeds to explain the benefits of the FREE alert notification program and answer questions.

This seminar is FREE and open to the public.

Sign up by May 11, 2023 to receive a complimentary copy of your deed on the day of the seminar. To receive your complimentary copy, we need your name and property address.

Sign up at the Peabody Senior Center Front Desk!



Feeding Eastern Massachusetts

Could you benefit from
FREE groceries EVERY MONTH?

You may be eligible for CSFP!

The Commodity Supplemental Food Program (CSFP) is a once-a-month food distribution for individuals 60 years of age or older. *You may be eligible to receive two free bags of food once a month containing healthy shelf stable products!*

Proof of identity and age are all that is required to apply.

SFP Income Guidelines (effective January 31, 2023)

Household Size	Weekly	Monthly	Annually
1	\$365	\$1,580	\$18,954
2	\$493	\$2,137	\$25,636
3	\$622	\$2,694	\$32,318
4	\$650	\$3,250	\$39,000

For more information
or to apply:
by email @ CSFP@gbfb.org
or call Social Services
at 978-531-2254.

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

Tel (978) 532-7177

Fax (978) 531-9939



Rani Varghese, DMD

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Attention MassHealth members 65 or older



You will need to
renew your
coverage this year.

Take three 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

Note: if you turned 65 since March 2020, this year's renewal form 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.

If you need help from a family member or friend to fill out your renewal, you can fill out and sign the Permission to Share Information (PSI) or Authorized Representative Designation (ARD) Form.

- This form lets us share your eligibility information with the persons listed on the form (the "designee").
- If you filled out a PSI more than 12 months ago, you will need to fill out a new one.

Act now. Stay covered. masshealthrenew.org
800-841-2900 (TTY: 711)

For assistance or more information,
please call Social Services at 978-531-2254.

This information is being shared by

Peabody TRIAD in honor of "**Older American's Month**"



Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens. This year's theme, **Aging Unbound**, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age. This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in **Aging Unbound**:

- **Embrace the opportunity to change.** Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- **Explore the rewards of growing older.** With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- **Stay engaged in your community.** Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- **Form relationships.** As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

For more information, visit the **official OAM website**, <https://acl.gov/oam/2023/older-americans-month-2023> follow ACL on **Twitter and Facebook**, and join the conversation using **#OlderAmericansMonth**.

Please continue to support our sponsors!
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would not be possible! Thank you!



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Points to Ponder... Jack Lawless

May: the Welcoming Back of Hummingbirds and Butterflies Month

- On the 1st is May Day, celebrated since ancient days and is not observed by some Socialist countries.
- Al-Qaeda terrorist leader Osama Bin Laden was killed on the 2nd in 2011 by U.S. Special Operations Forces.
- What else can one say to Star Trek fans but "May the Fourth Be With You"!
- Cinco de Mayo is celebrated on the 5th in Mexico, honoring the defeat of the invading Napoleon III forces in Mexico on the 5th in 1862. On the 5th is also the full moon, the Flower Moon.
- The 149th Running of the Roses (Kentucky Derby) takes place on the 6th with another leg of Horseracing's Triple Crown will be the Preakness Stakes on the 20th.
- The British passenger ship, the Lusitania was sunk by a German submarine on the 7th in 1915 leading to America's involvement in WWI.
- The golden spike at Promontory Point, Utah was driven in on the 10th, 1869, thus connecting the east and west railways in the U.S.
- On the 14th, have a Happy Mothers Day!
- The first Kentucky Derby horse race took place at Churchill Downs, Louisville, KY on the 17th in 1875.
- Former president of Vietnam, Ho Chi Minh (1890-1969) was born on the 19th.
- President Abraham Lincoln signed the Homestead Act opening millions of government acres to "homesteaders" in 1863 on the 20th.
- The American Red Cross was founded by Clara Barton on the 21st in 1881.
- Jewish Shavuot starts at sundown on the 25th.
- Al Jolson (1886-1950), actor and singer was born on the 26th as Asa Yoelson in St. Petersburg, Russia.
- John Fitzgerald Kennedy, the 25th U.S. president was born on the 29th, 1911 in Brookline, MA.
- On the 30th in 1922, the Lincoln Memorial in Washington, DC was dedicated with the "Seated Lincoln".



"I have very strong feelings about life. You always look ahead, you never look back!" Ann Richards



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 Eleanor Noah:

for her generous gift to the PCOA

In Memory of Gladys Flynn:

Maureen Flynn



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

In Memory of Ina Crowell:

Theresa Zambella

In Memory of Dorothy Buckley:

Catherine Tassinari, Dorothy Taylor

In Memory of Priscilla Giftakis:

Catherine Tassinari, Dorothy Taylor

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**

Please support our Sponsors. Our monthly newsletter would not be possible without them!

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Call for more information.

Your ad will appear on our website **FREE!**

<http://www.peabodycoa.org/sponsors.html>

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

Older Americans Month 2023

Every May, the Administration for Community Living leads our nation's observance of "Older Americans Month". This year the Administration for Community Living's adopted theme is **Aging Unbound.**

- Aging Unbound offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age. I invite you to celebrate Older Americans Month and Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits.
- Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by taking part in activities at the senior center.
- Form relationships, invest time with people to discover deeper connections with family, friends, and community members.

May is also the month the Friends Board of Directors will be sending out the second mailing of the Annual Appeal to our "Friends of PCOA" who have been away for the winter months and to those Members who may have misplaced or did not receive the Annual Appeal Packet.

If you did not receive the Annual Appeal Letter, Enrollment Card, and return envelope in the mail to become a "Friend of the Peabody COA," please call the Torigian Center (978) 531-2254 and request that one be sent out to you.

The 5th month of the year brings us Memorial Day, Mother's Day, Armed Forces Day, and the last full month of Spring. During the Memorial Day Weekend, we should take a little time to remember what it is, we are celebrating.

Memorial Day was created as an occasion to honor those who have paid the ultimate price to ensure our freedom.

It is our opportunity to stop and give thanks for the many who have died protecting that freedom.

*Here's wishing you a Mother's Day
That's filled with every pleasure,
And a future that's as happy
As the memories you treasure!*



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 Dolores Green: Amanda Green

In Honor of the Transportation Department:

Golden Age Club, c/o Joanne MacGregor

In Honor of Carolyn Wynn and her team for all they do for our seniors in our great City of Peabody: Natalie Maga

In Honor of Carolyn Wynn, our amazing Director and her amazing staff. Thank you all for all you do!: Ann Nichols

In Memory of Gifts to the

Friends of the Peabody Council on Aging:

In Memory of Dorothy Buckley:

Susan Ring & Jim Brown, Lawrence & Paula Buckless, Joanne & Michele Doucette, Sandra Dupont, Carol Ficek, Maureen Flynn, Joan Johnson, Sharon Lockwood, Stephen Tassinari, Janice Terrill

In Memory of "Aunt Dolly" (Dorothy Buckley):

Linda Ketchopulos

In Memory of Manuel & Mariana Candido:

Lucy Sprague

In Memory of Joseph M. Cranson:

Mah Jongg Girls c/o Gail Staunton

In Memory of Norma Douglas:

Su Baldracchi

In Memory of Bob Driscoll on his seven (7) year anniversary 4/24):

Sally Driscoll

In Memory of John & Margaret Dunn:

Nancy Dunn

In Memory of Marion Graves:

Cynthia Gargas

In Memory of Nellie Klopotosky:

Joan Johnson

In Memory of John McGinn:

Andrew & Elaine Metropolis

In Memory of Cara Murtagh:

Carol & Kim Murtagh

In Memory of William L. Story:

Joan & Frank Trabucco

In Memory of Victoria Surman:

Lola Busta & Family

In Memory of Ken Webster "My Ken Doll":

Always a smile!:

Frances McLaughlin

In Memory of Lorraine Belanger, Virginia

Britton, Joseph Giglio, Cara Murtagh, Michael

Schulze and Mary Velez:

Redmond and Gail Staunton



PEABODY COUNCIL ON AGING

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Carol McMahon, Editor

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