



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



Live Peabody An Age Friendly Community

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



Thursday, May 9, 2024 From 4-7pm in Jubilee Hall

So many of our events and activities would not be as successful without you, our amazing Volunteers! Honestly, we thank you so very much for all you do for us every day, all year!

For your partying pleasure, *the fabulous Alan LaBella* will be here to entertain you! Following the entertainment will be a delicious dinner you won't want to miss!

Please call Kat DeLomba, our Volunteer Coordinator at 978-531-2254 by <u>Tuesday, April 30th</u> to sign up for this wonderful event in your Honor.

If you need Transportation, please call the Center at 978-531-2254 so we can arrange a ride for you.

Remember, this event is for Registered Volunteers only!



The Forever Young Chorus Presents...

The PCOA Variety Show on

Wednesday, May 22, 2024 12:30 pm - 2:15pm

The tickets are \$5.00 and can be purchased at the front desk!



Thank you We would like to thank our AARP Volunteers,

Wes, Dave, and Beth for another successful tax Season!

We are always so grateful for all you do for our Seniors!



Bring on the Red, White and Blue!

We would like the month of May to be a time of remembering all the good in our lives.

We will be have a **Memorial Day Parade** here at our senior center on **Friday, May 24th starting at 10:00AM** in our Lobby and continuing outside to the outdoor track (weather permitting).

So wear your red, white & blue and join us by marching in our parade!

Light refreshments will be served after the parade.

Fall Risk Screening

Courtesy of Gordon College's Center for Balance, Mobility and Wellness: Screening will be Thursday, May 16th from 10:30am—12:00N In our main hallway. Please sign up at the front desk!

Senator Joan Lovely:

Office hours at the PCOA Monday, May 13, 2024 from 9 -10am. Walk-Ins Welcome!

Veterans Meetings:

Our Veterans Group will meet on Tues. May 21, 2024 from 9:30 - 10:30 am Classroom A.



DAV Group will meet on May 15th 9:30-10:30 in the conference room

Watch Batteries

Jon Hosking will be here on Thursday, May 9th, We will be giving out 20 tickets only starting at 8:15



Low Vision Group will meet Wednesday, May 8th 12:30-2:00 in Classroom A

CRAZY CARDS: A fun twist on whist! Wed. May 22nd from 12:15-3:00 in Computer room

You must purchase your \$3.00 ticket by May 15th...Tickets may be purchased

at the Front Reception Desk

Chair Reiki with Dot McKeen

Every Thursday starting at 10:00 AM Price: 15 Minutes for \$10.00 Please register by calling 978-531-2254 or stop by the PCOA reception desk!

Hearing Screenings - Joe from Apex Hearing will be here on Thurs. May 23rd from 10:00am to 1:00pm. (To make an appointment, call 978-531-2254)



May Birthday Celebration <u>Tuesday, May 7, 2024</u> Please register in the dining room for a free meal between 10:00—11:00 am! <u>April Birthdays were:</u> Charlie Kelly, Daniel Fronczak, Jeanine Higgins, Cathy Swift, Ann Blazewicz and Dennis Glenn Many thanks to Evans Flowers For the rose and balloon! Special Thanks goes out to Senator Joan Lovely for providing a birthday cake!

The Book Club

Our Book Club is run by Al Hayden. They meet each month for a book



discussion, at the PCOA. Al picks out and distributes the books to each participant. They are reading "The Wager by David Grann for the Wednesday, May 8th Mtg., from 10:30 to 11:30am, in the conference room.

MOVIE TIME

Our Movies will be shown by Earl Rosen in the Jubilee Hall from 12:15 – 2:15 pm

Tues. May 7th - Murphy's Romance Tues. May 14th – High Society Tues. May 28th - (42-The Jackie **Robinson Story**)



Enjoy Some Popcorn!

Phone & Computer Help: Fridays, May 3rd & 17th from 9:00am - 11:00am in the computer room.

Diabetic Education: Will be on Thursday, May 2nd, 9:30–10:30 am with Marianne Chojnicki in the small conference room.

Ping Pong: Most Mondays & Fridays from 1:00–3:00 pm in the Computer room Rummikub Plavers:

Most Wednesdays and Fridays in the Computer room 12:15 pm







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 The Days for Pick up and Return for Eastman Park has changed for both 9:30 and 11:00 Shoppers!! shoppers. Please look at schedule!! 9:30 am PICKUP/11:30 am RETURN Shaws, Stop & Shop and NSSC Eastman Park, So. Peabody, Rockdale Park, Monday: Lynn & Lynnfield Sts. Bresnahan Street, Washington Street and Tuesday: 98 Central St. Wednesday: East End, Connolly Terrace, Wilson Terrace and 103 Central St. 50 Warren, 12-15-16 Crowninshield, 75 Central Thursday: 20 Central St., 18 Walnut, Lowell St. Friday: 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 <u>ONE WEEK</u> 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

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

Monday Tuesday Thursday Friday

12-15-16 Crowninshield Street, 18 Walnut Street, Lowell Street and West Peabody 50 Warren Street, 75 Central Street, 20 Central Street Wednesday Eastman Park, South Peabody area, Rockdale Park, Lynn Street & Lynnfield Street Bresnahan Street, Washington Street, 98 Central Street East End area, Connolly Terrace, Wilson Terrace, 103 Central Street

Please call the Transportation Office at 978-531-2254 with any questions.

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!)

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



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PEABODY COUNCIL ON AGING

May 2024

Peter A. Torigian Senior Center					
May 2024Lunch is served promptly at 11:30 a.m.Meal Cost: \$5.00 Friends Members: 4.00					
Monday	Tuesday	Wednesday	Thursday	Friday	
Happy Mothers Day!	BREAKFAST is served in the Friends Café on Tues./Thurs. 8-10:00 a.m. Menus are in the lobby & Cafe	1 <u>Steak & Cheese</u> Calzone Marinara Sauce French Fries Ice cream	2 <u>Roast Beef</u> Gravy Oven Roasted Potato/Corn Chocolate Chip Cookie	3 <u>Home Made</u> <u>Fish Sandwich</u> with Cheese On a Roll (Lettuce, Tomato, Onion)/Tartar Sauce Potato Puffs Cherry Pie	
6 <u>Chicken</u> <u>Parmesan</u> Tomato Sauce & Cheese Over Ziti Watermelon	7 <u>Cheeseburger</u> Lettuce , Onion, Tomato, Pickle French Fries Birthday Cake	8 <u>Squash Ravioli</u> Squash Gravy Carrots Scalloped Potatoes Fruit Cup	9 <u>Roast Turkey</u> Gravy Cranberry Sauce Stuffing Peas & Onions Tapioca Pudding	10 Mother's Day <u>Baked</u> <u>Stuffed Scrod</u> Wild Rice Fresh Spring Vegetables Peach Berry Pie	
13 <u>Vegetable Quiche</u> Oven Browned Potatoes Tomato Soup/ Crackers Chilled Apricots	14 <u>Chicken</u> <u>Salad Sandwich</u> (Lettuce, Tomato, Onion) Pasta Salad Homemade Coleslaw Apple Pie	15 <u>Lasagna</u> Apple Juice Tomato Sauce Grated Cheese Seasoned Green Beans/Garlic Bread Butterscotch Pudding	16 <u>Baked Meatloaf</u> Gravy Baked Potato Sour Cream Broccoli Orange Cake	17 <u>Hot Dog</u> Reduced Sodium Condiments Baked Beans Sautéed Cabbage Ice Cream	
20 <u>American</u> <u>Chop Suey</u> Seasoned Broccoli Garlic Bread Chilled Pears	21 <u>Italian Sausage</u> On A Roll Onion/Peppers Oven Fries/Ketchup Cole Slaw Ice Cream	22 <u>Breaded</u> <u>Chicken Filet</u> Marsala Sauce Rice Pilaf Corn Mandarin Oranges	23 <u>Shepherd's Pie</u> Gravy Glazed Carrots Chilled Peaches	24 <u>Chicken</u> <u>Primavera</u> Roasted Vegetable Garlic Bread Bread Pudding	
27 SENIOR CENTER CLOSED Memorial DAY	28 <u>Swedish</u> <u>Meatballs</u> Gravy Mashed Potatoes Beets Oatmeal Cookie	29 <u>Chicken Patty</u> on a roll (Lettuce, Tomato, Pickles, Onions) Cheese/Mayo Packet French Fries Corn Mex Salad Chilled Mixed Fruit	30 <u>Stuffed Peppers</u> Greek Salad Baked Potato Sour Cream Yogurt	31 <u>Grilled Salmon</u> Lt Bernaise Sauce Rice Pilaf Spinach Ice Cream	

Get Help Paying Medicare Costs

Apply to the Medicare Savings Program (MSP) NOW to save up to \$3,000 a year on Medicare costs

What is the Medicare Savings Program?

Medicare Savings Programs (MSP) will pay for some or all of Medicare premiums, deductibles, copayments, and co-insurance. Depending on your income, MSP will pay for your Medicare Part A & B premiums and cost sharing, or Medicare Part B premium, as well as lower your prescription costs. This is not an insurance plan.

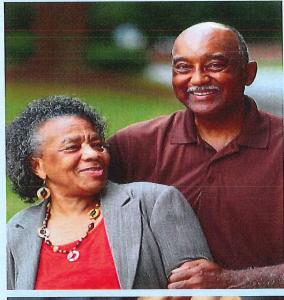
Who qualifies?

Medicare beneficiaries who meet the following income limits:

If you are a PEABODY resident and need help applying, please call Social Service @ 978-531-2254.

You Are	Your income is at or below			
Single	\$2,824 per month			
Married	\$3,833 per month			
NEW AS OF MARCH 1, 2024:				

THERE IS NO ASSET LIMIT



Call 1-800-841-2900 to Receive an Application

Learn More at Mass.gov/MedicareSavings



<u>Hearing Aid Recycle Box</u> 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 guestions, contact Social Services.

<u>We collect eyeglasses</u> <u>& and eyeglass cases for</u> the Lions Club...

If you have any old glasses and eyeglass cases that you are no longer using anymore, please bring them down to the Center.

Unwanted Cell Phones

We continue to accept donations of unwanted cell phones. If you no longer use them, donate them to the COA. The money raised will be used for the Center. Just drop off your cell phone donation at the Reception desk.

Senior "Circuit Breaker" Tax Credit

What is it?

Senior citizens in Massachusetts may be eligible to claim a refundable credit on their state income taxes for the real estate taxes paid on the Massachusetts residential property they own or rent and which they occupy as their principal residence. The maximum credit allowed is \$2,590 for the tax year beginning January 1, 2023. If the credit due the taxpayer exceeds the amount of the total income tax payable for the year, the excess amount of the credit will be refunded to the taxpayer without interest.

Eligible taxpayers who own their property may claim a credit equal to the amount by which their property tax payments in the current tax year (excluding any exemptions and/or abatements), including water and sewer debt charges, exceed 10% of their "total income" for the same current tax year. Taxpayers residing in communities that do not include water and sewer debt service in their property tax assessments may claim, in addition to their property tax payments, 50% of the water and sewer charges actually paid during the tax year when figuring their credit.

For renters, the law assumes that 25% of their rent goes toward property tax. Accordingly, renters may claim a credit in the amount by which 25% of their annual rental payment is more than 10% of their total income.

For purposes of the tax credit, a taxpayer's "total income" includes taxable income as well as exempt income such as social security, treasury bills and public pensions.

Who is eligible for the credit?

To be eligible for the credit for the 2023 tax year, a taxpayer must be 65 years of age or older before January 1, 2024 (for joint filers, it is sufficient if one taxpayer is 65 years of age or older), must own or rent residential property in Massachusetts and occupy the property as his or her principal residence. The taxpayer's total income cannot exceed \$69,000 for a single filer who is not the head of a household, \$86,000 for a head of household, or \$103,000 for taxpayers filing jointly. No credit is allowed for a married taxpayer unless a joint return is filed. Moreover, the assessed valuation of the real estate cannot exceed \$1,025,000.

No credit is allowed if the taxpayer claims the "married filing separate" status, receives a federal or state rent subsidy, rents from a tax-exempt entity, or is the dependent of another taxpayer.

Is the tax credit considered income?

Tax credits received by eligible taxpayers are not considered income for the purpose of obtaining eligibility or benefits under other means-tested assistance programs including food, medical, housing, energy and educational assistance programs.

How does a taxpayer claim the credit?

Taxpayers who are eligible for the tax credit in the 2023 tax year can claim the credit by submitting a completed Schedule CB, Circuit Breaker Credit, with their 2023 state income tax return.

Note: Taxpayers who qualified for the tax credit in a prior year but did not file Schedule CB with their original state income tax return should file an amended return by filling in the "Amended return" oval on their state income tax return. Also, taxpayers who qualified for the tax credit in a prior year and did not file a tax return should file a state income tax return with Schedule CB.

What if the taxpayer is not required to file a state income tax return?

An eligible taxpayer who does not normally file a state income tax return may obtain a refund by filing a return with Schedule CB, Circuit Breaker Credit.

How does a taxpayer claim the credit?

As with all claimed tax credits and deductions, the taxpayer must keep all pertinent records, receipts and other documentation supporting his or her claim for the credit.

Schedule CB and further information is available at mass.gov/dor or by contacting the Massachusetts Department of Revenue's Customer Service Bureau at (617) 887-6367 or toll-free in Massachusetts at 800-392-6089.



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PEABODY COUNCIL ON AGING

May 2024

Do not go where the path may lead, go instead where there is no path and leave a trail." ...



TRIAD news for the month May...

OLDER AMERICANS MONTH 2024

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM).

The **2024 theme** is *Powered by Connection*, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.

We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

What can individuals do to connect?



Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community. Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.

Please be sure to support our sponsors! The newsletter would not be possible without them!

MICHAEL L. EIDELMAN, D.M.D., F.A.G.D. FAMILY AND COSMETIC DENTISTRY

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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.

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 or email her at slevenson@peabodycoa.org.



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PEABODY COUNCIL ON AGING

MICHAEL F. "MIKE" ZELLEN, PRESIDENT OF FRIENDS REPORT: MAY 2024 Older Americans Month 2024

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,

"Powered by Connection."

Certainly! The theme "**Powered by Connection**" for **Older Americans Month 2024** underscores the profound impact that **meaningful relationships and social connections** have on our health and well-being. Here are some key aspects of this theme:

<u>Emphasizing Relationships</u>: The theme encourages us to recognize and celebrate the value of connections. Whether it's family, friends, or community, these relationships play a crucial role in enriching our lives.

<u>Health Benefits</u>: Research consistently shows that social connections positively affect both mental and physical health. Strong social ties can reduce stress, boost immunity, and enhance overall well-being.

<u>Combating Isolation</u>: Many older adults face social isolation, which can lead to loneliness and health issues. By promoting connection, we aim to combat this isolation and create a supportive environment.

<u>Community Engagement</u>: The theme encourages older adults to actively engage with their communities. Participating in local events, clubs, volunteering, and mentorship programs fosters a sense of belonging.

<u>Digital Connections</u>: In today's digital age, technology can bridge gaps and connect people across distances. Encouraging older adults to embrace digital tools for communication is part of this theme.

Hope you had an Enjoyable Day

The Friends sponsored another Karaoke Party on March 27th which was a huge success and a lot of fun. Many great singers performed, and the Friends awarded the top female singer Sally Thompson and the top male singer Lynn Cockreham, each with a \$25.00 gift card to Market Basket. All who performed were awarded a Gift Certificate to the Friends Café.



The 5th month of the year brings us Memorial Day, Mother's 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.

> 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!

In Memory of Gifts to the Friends of the PCOA:

In Memory of Dr. John Argeros: Paul & Gail Champigny

In Memory of Ann (Peachy) Barbieri: Jim & Jeanne Barbieri

> In Memory of Betty Csogi: Ronald Bovio

<u>In Memory of</u> <u>Warren F. Deleskey, Jr.:</u> Eileen Deleskey

In Memory of M. Tom Hallinan: Eileen Ciman 7:30 AM Walking Friends

In Memory of Ephraim Katz: Sue Savy

In Memory of Pauline Langley: Denise Martwichuck

In Memory of Beverly M. Maguire: (9/8/1940-2/16/2024): Grace Carr

In Memory of Edward W. McDonald: Essex Green Condominium Trust Dakota Wealth Management

In Memory of Joseph Megna (my wonderful brother, Buddy): Lucille DiBello

In Memory of Natalie Rabitski: Walter & Ann Blazewicz Elaine & John Dassuk Daughters of Saint Joseph

2024 Friends Board Meetings

June 3 September 9 December 2



The Friends of the PCOA have a PAYPAL account for donations for (In Honor of/In Memory of) Go to the PCOA Website: wwwpeabodycoa.org) and click on <u>DONATE</u>. PEABODY COUNCIL ON AGING Peter A. Torigian Senior Center 79 Central Street, Peabody, MA 01960 978-531-2254 www.peabodycoa.org



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May 2024

Carol McMahon, Editor

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Enclose Check Payable to 'Friends of the PCOA, Inc.'.	Natalie Maga, Chairperson John Sacramone, Vice Chairperson Joseph A. Mendonca, Treasurer Cookie Melanson, Secretary Linda Mendonca Andrew M. Metropolis Catherine E. Morrocco Judy Selesnick Jacqueline Torigian Dorothy Wallman	
\$ Date: Telephone Number:		
The Purpose of <i>Friends of the PCOA</i> 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. <i>(Please Print)</i> Donor's Name Address		
City State Zip		
Please Circle: In Memory or In Honor (Please Print) Donee's Name:	FRIENDS OF THE PCOA BOARDMichael F. Zellen, PresidentRussell E. Bowden, Vice President, Past PresidentKaellen D'Amour, SecretaryJudith Enos, TreasurerGayle A. Cavanaugh, Assistant TreasurerSandra Dupont, Financial SecretaryCatherine E. Morrocco, Asst. Financial SecretaryAnn M. BlazewiczDorothy A. BonfantiMarion J. BowdenBruce GradwohlElliot HershoffJoseph A. MendoncaAndrew M. MetropolisCarol A. MurtaghGitadevi R. Parmar	
Please notify the following individual (s). <i>(Please Print)</i>		
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City State Zip The Name of Donor and Donee will be recognized in The Peabody Council on Aging <i>Tips & Topics</i> Newsletter.		