2025

November TIPS & TOPICS





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 / Find us on Facebook!





Live Peabody An Age Friendly Community

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

Carolyn, her staff, and the Board Members of the Peabody Council on Aging would like to wish all of our participants and their families a most Happy and Healthy Thanksaivina!



Thursday, November 20th in the Jubilee Hall 9:30 AM - 12:30 PM

Morning music by the Wonderful Golden Echoes Band!

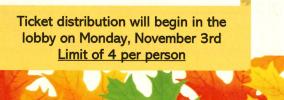




Complete **Turkey Dinner with Apple Pie for dessert!**

We are happy to announce that this year's event is sponsored by the Peabody Knights of Columbus Leo Council 508 and the Building Association. As an organization, they wanted to give back to the older adults that have done so much for our community and attend programs at the senior center.

Special thanks to Grand Knight John R. Sacramone FDD, and Deputy Grand Knight Lou Cersosimo PGK





Sandwich special: **Smashburger** Salad special: Beet and goat cheese salad

The Friends Café will be closed: November 4th, 11th, 14th, and 28th





Delvena Theater Company Presents

Mangia. Meatballs. & Murder

Who dunnit? An Exciting, Live, comedic, interactive murder mystery performance set in Luigi's Ristorante. Come put your "Super sleuth" on - having much fun along the way. Token prizes will be awarded.

> Wednesday, November 12, 2025 12:30 PM in the Jubilee Hall

This performance is funded in part by a grant from the Peabody Cultural Council, which is supported by the Massachusetts Cultural Council, a state agency.



BURN BOSTON BURN!

A presentation by special agent and author, Wayne miller



Nov 5th @12:30 in Jubilee Hall Sign up at the front desk!

Peter A. Torigian Senior Center



November 2025 Lunch menu

Lunch is served promptly at 11:30 a.m.

Meal Cost: \$5.00 Friends Members: 4.00

| | | and to be | | |
|--|--|---|---|---|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Macaroni & Cheese Green & Golden Beans Chunky Tomato Soup/ Crackers Chilled Pineapple | Voting Day No Lunch VOTE Café Closed | Haddock Oven Roasted Potatoes Butternut Squash Birthday Cake | Meatloaf Mashed Potato Green Beans Ice Cream | Italian Sub Beef Barley Soup Chips Tropical Fruit Cup |
| 10 | 11 | 12 | 13 | 14 |
| Stuffed Sole With Broccoli and Cheese Lobster Sauce Oven Brown Potatoes Peach Berry Pie Free lunch for Veterans in celebration of Veteran's Day | Veterans Day PCOA Closed | Eggplant Parmesan Pasta Cauliflower Lemon Meringue Pie Bean Dip and Crackers | Pot Roast Gravy Baked Potato Glazed Carrots Sour Cream Mandarin Oranges | Stuffed Cabbage Tomato Sauce Steamed Potatoes Peas Tapioca Pudding Café Closed |
| 17 | 18 | 19 | 20 | 21 |
| Reduced Sodium Hot Dog Beans Corn Rice Pudding | Chicken Salad Sandwich Lettuce, Tomato, Onion Potato Salad Cole Slaw Chips | Lasagna/Meat Sauce Zucchini & Summer Squash Garlic Dinner Roll Watermelon | Roasted Turkey Apple Cranberry Stuffing Red Bliss Mashed Potato Cranberry Sauce Apple Pie Thanksgiving Party! | Grilled Salmon/ Lt Béarnaise Sauce Rice Pilaf Spinach Peaches And Strawberries |
| 24 | 25 | 26 | 27 | 28 |
| Meatball Sub French Fries Cucumber Salad Ice Cream | Breaded Chicken Filet Marsala Sauce Rice Greek Salad Apple Crisp | Tuscan Tuna Salad Italian Garden Soup Crackers Pasta Salad Vanilla Pudding with Fruit | Happy Thanksgiving Center Closed | Center closed for holiday weekend |
| | | | Reminder: | Breakfast is sanyed in the |

Menu

subject to change

Diners need to

purchase their lunch

tickets

between 10:00-11:00

Tickets will not be

sold after 11:00 am

is served in the

Friends Café on

Tuesdays/ Thursdays

8-10:00 a.m. Menus are in the

lobby & Café

This Months Musical

"Broadway Melody of 1940" Wednesday, Nov. 26th @

12:00 PM START TIME

In Jubilee Hall

Senator Joan Lovely: Office hours at the

PCOA: Monday, November 10th, 2025

from 9 - 10am. Walk-Ins Welcome!

Veterans Meetings:

Our Veterans Group will meet on Tues. November 18th, 2025 from 9:30 - 10:30 am in Classroom A

Book Club



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

November's book is "The 100-Year Old Man Who Climbed out the Window and Disappeared" By Jonas Jonasson Discussion is Wednesday, November 12th at the PCOA 10:30 AM in the conference room.



CRAZY CARDS

A fun twist on whist! Wed. November 26th from 12:15 - 3:00 in the **Computer Room**

> You must purchase your \$3.00 ticket by November 19th,

Tickets may be purchased at the Front Reception Desk

Virtual Reality

Wednesdays in November

Morning: 9:00 to 11:00 am Afternoon: 12:30 to 2:30 pm



Computer room activities:

Phone/computer help: On Fridays, November 7th & 21st 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



November Birthday Celebration
Wednesday, Nov. 5th, 2025
Please register in the dining room
for a free meal between 10:00 - 11:00 am!

October Birthdays were:

Millie Cunningham, Jerry Clarke,
Phil Celeste, Steve Wise, Lorraine Hutchins,
Phyllis Serino, Sharon McGrath, Peter
LaChapelle, Roger Moscarito, Myrna Daum,
Carol Turmenne, and Alice Wynn

Many Thanks to Evans Flowers

For the rose and balloon!



MOVIE TIME

With Earl Rosen

in the Jubilee Hall from 12:10 - 2:00 pm



Tues Nov. 18th - Scaramouche Tues Nov. 25th – My Favorite Year

ENJOY AN AFTERNOON MOVIE & SOME POPCORN

WE HAVE A NEW CLASS

Diamond Art (similar to paint by numbers) Every Tuesday, 12:30 –1:30 In the art room, Instructed by Shelley Call Laurie for more information 978-531-2254 ext. 124

SOME OF OUR ONGOING ACTIVITIES

Whist: Tues. & Thurs. 8:30-11:00 Mah Jongg: Every Tue. 11:45-2:00 Japanese Bunka: Tues. 9:00-12:00 Knitting & Crochet: Tues. 11:45-2:00 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

Hearing Screenings

Joe from Apex Hearing will be here on Thurs. Dec 4th - from 10:00 am to 1:00 pm. To make an appointment, call 978-531-2254

Low Vision Group

Will meet Wed. Nov. 12th at 12:30 in Classroom A **Call Judy Enos for more** Details: 978-290-6080

Diabetic Shoe Clinic

Amy Baxter will be at the PCOA on Wed. Nov. 12th @ 1:00PM. You must call for an appointment 603-944-1311

Our Bocce Teams are still playing (weather permitting), so if you would like to join in and learn to play, this is the time to give it a try!

Pickleball courts are also open - bring your own players, or you can call ahead and join some of our players! Cornhole is also available, weather permitting. Bring your friends and come on down!



Our Bocce Winners!



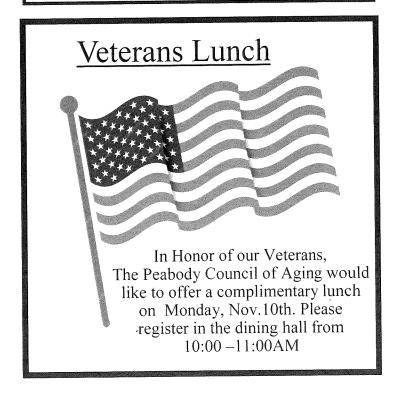
Foot Clinic with Heather DaCosta - CFC

Monday, Nov.17th 9:00-3:00 Tuesday, Nov. 18th, 9:00 -3:00

Please call 978-531-2254 To Schedule your appointment \$50 for Evaluation, \$45 for a follow up. Payment must be cash or check Made out to PCOA

> **Diabetic Education** With Marianne Chojnicki Class is cancelled for Nov & Dec.

Flu Clinic Thursday, November 6th In Dining area 1:30 pm - 3:30 pm





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 II

9:30 am PICKUP/11:30 am RETURN

Shaw's, 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. West Peabody (Big Y, Shaw's & 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 <u>two (2) months in advance for a ride</u> 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. <u>Shoppers can still call up until</u> 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 <u>call by</u>
<u>at least by 2:00 pm</u>
<u>a day ahead</u> to get
your name on the list!

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
 Thursday
 Friday
 South Peabody area, Rockdale Park, Lynn Street and Lynnfield Street
 Eastman Park, 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. Thank you for your patience and understanding!

Just a note:

Those wishing to go the hairdressers will follow the same schedule as the Medical. Any day, any time, as long as your hairdresser is located in Peabody.



MASSACHUSETTS FAMILY CAREGIVER SUPPORT PROGRAM

How can the Family Caregiver Support Program help me? Family Caregiver Specialists can, at no cost to you, facilitate...

Refer you to services and resources in your community

Counseling and training

Advise you one-on-one

Help you plan for care wherever your loved one lives

Organize caregiver support groups Run workshops and training

Provide educational materials

Respite care

Relieve you temporarily from your caregiving responsibilities so you can get the rest and respite you need

How do I connect with the Family Caregiver Support Program?



Call MassOptions at 844-422-6277 from 9:00 AM - 5:00 PM, Mon - Fri Someone will connect you with a Family Caregiver Specialist at your local Aging Services Access Point!



Visit Mass.gov/family-caregiver-support-program for more on:

Eligibility for Family Caregiver Support Program -

Caregiver help and

Grandparents Raising Grandchildren

Caregiving information for

Training and technology for families caring for individuals

soecialists

MASSACHUSETTS FAMILY CAREGIVER SUPPORT PROGRAM

Am I a family caregiver?

- who is an older adult, or has If you . for a a disability or illness, you are a family caregiver.
- could include helping with finances, grocery shopping, transporting, cleaning, or cooking.
- You could be caring for a spouse, parent, grandparent, adult child, grandchild, friend, or neighbor.





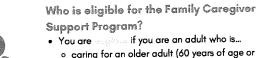
Do I need family caregiver support?

- · Caregiving can be rewarding and fulfilling, but can also take an emotional, physical, and financial toll.
- For example, providing care can lead to fatigue, stress, worry, missed work, and time spent away from family, friends, or hobbies.

What is the Massachusetts Family Caregiver Support Program?

- The Family Caregiver Support Program provides caregivers. to ·
- The program is administered by the Massachusetts Executive Office of Elder Affairs and provided by your local Aging Services Access Point (ASAP). ASAPs are regional non-profits dedicated to aging services.





- if you are an adult who is...
- o caring for an older adult (60 years of age or older)
- o caring for an individual living with dementia (e.g. Alzheimer's disease)
- o age 55 or older caring for a child under age 18
- o age 55 or older caring for someone with a disability

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!

Unwanted Cell Phones

We continue to accept donations of unwanted cell phones. If you no longer use them, you can donate them to the PCOA. You can drop off your cell phone donation at the reception desk.

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.

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.

Points to Ponder: By Jack Lawless November: Celebrate to be thankful month

- Christians observe All Saints' Day (All Hallows Day) on the 1st, while the 2nd is All Souls Day, along with the return of Standard Time by turning the clocks back one hour.
- On the 4th in 1979, Iranian militants stormed the U.S. Embassy in Iran, taking 90 hostages, including 52 Americans, who were held for 444 days.
- The full Beaver supermoon appears on the 5th.
- Canada's first transcontinental railway, the Canadian Pacific, was completed in British Columbia on the 7th in 1885.
- Dracula author Bram Stoker (1847–1912) was born on the 8th in Dublin, Ireland.
- Sixty years ago, in 1965 on the 9th, the Great Blackout of the Northeast including Peabody began, affecting over 30 million people with a massive power outage along the East Coast.
- Veterans Day is celebrated on the 11th, honoring the end of World War I, which was signed at the 11th hour of the 11th day of the 11th month.
- On the 13th in 1956, the Supreme Court ruled that racial segregation on public buses was unconstitutional.
- Brazil became a republic on the 15th in 1889.
- NAFTA, the North American Free Trade Agreement, was approved by the U.S. House of Representatives on the 17th in 1993.
- Puerto Rico was discovered by Columbus during his second voyage to the New World on the 19th in 1493.
- Portuguese navigator Vasco da Gama became the first to sail around the Cape of Good Hope on the 22nd in 1497, while searching for a trade route to India.
- Horror film actor Boris Karloff (1887–1969) was born on the 23rd in London as William Henry Pratt.
- American temperance leader Carry Nation (1846–1911) was born in Kentucky on the 25th. She was famed as a hatchet-wielding smasher of saloons.
- Have a Happy Thanksgiving on the 27th express gratitude and appreciation.
- On the 29th in 1929, American explorer Richard Byrd and Bernt Balchen completed the first airplane flight to the South Pole.
- The first college football game played on Thanksgiving was on the 30th in 1876, with Yale defeating Princeton, 2–0.

Be thankful for what you have. Your life is someone else's fairy tale!"

— Wale Ayeni

GOD BLESS AMERICA AND OUR PATRIOTS

<u>In Memory of Gifts</u> <u>To the Roger B. Trask Adult Day Health Program</u>

In Memory of Virginia (McOsker) Veno
Claire Curtin
Maureen Newhall

In Memory of Barbara Doyle
Carolyn Wynn

In Memory of Fiorenzo Pietrosanto
Carolyn Wynn

In Memory of Lena Tusinski Stan Tusinski

In Honor of Gifts To the Peabody Council on Aging

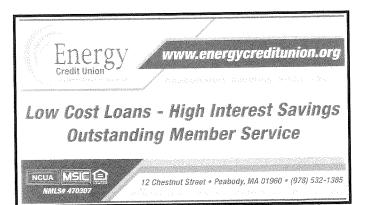
Anna Gallo

<u>In Memory of Gifts</u>

<u>To the Peabody Council on Aging</u>

In Memory of Jacky Ankeles
Shirat Hiyam of the North Shore Board of Directors and Cemetery Committee

Leo Zisis



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Thank you!





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If you are interested in placing an ad into our newsletter, please contact Sandra Dupont (978) 531-2254

There are other available options upon request! Call for more information. Your ad will appear on our website FREE!







The Roger B. Trask Adult Day Health Program:

Care-Giving Support In Your Neighborhood

Susan Levenson *RN*, Program Manager 978-531-2254

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www.theeyeplacepeabody.com

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Volunteering (Kat DeLomba)

Anne Goggin

November's Volunteer Spotlight features Anne Goggin, who has been a volunteer with us since 2016!

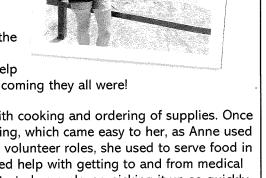
Most of us know Anne as a world-traveling PCOA volunteer, sharing her trips with us through her programs! Anne

grew up in Boston, MA - one of 7 kids! For the majority of her career, she has worked in the field of supply-chain management for telecommunications testing equipment. She's worked for companies, both large and small, eventually focusing on working for startup businesses towards the end of her career. During this time, she would travel to different locations worldwide to troubleshoot problems. Anne saw the evolution of telecommunications over the years, even working for a startup that developed the first cellular credit card reader!

Following this career, Anne decided that she wanted to give back to the community via volunteer work, and was interested in the PCOA. Volunteering was something that she had done before, even in her elementary school years, there was a requirement to volunteer at nursing homes. "It was ingrained in me to always give back." Anne reflected.

She began volunteering at the PCOA in 2016, initially working to help in the computer room, assisting people with computers, phones, and other technology. She notes how much fun it was working with the other tech help

folks, Tony, Lenny, and Dave - and how warm and welcoming they all were!



Eventually, Anne began helping out in the café and thrift store, assisting with cooking and ordering of supplies. Once the Friends café opened, she began doing hostess and eventually waitressing, which came easy to her, as Anne used to work at the Union Oyster House when she was in high school! For other volunteer roles, she used to serve food in the PCOA lunchroom, in addition to working to assisting patrons that need help with getting to and from medical appointments. Moving outdoors, Anne also gives pickleball lessons! She started as a player, picking it up so quickly that she soon began teaching lessons herself! She noted that pickleball can be picked up at any skill level, and people typically improve within the first few sessions!

In addition to all of her volunteer roles, (both inside and outside of the center), Anne is also a board member, and coming up on her one-year mark!

During the past five or so years, she has run a program titled "Travels with Anne," where she will present a slideshow of photos from her many travels. Anne has been to all 7 continents, including Antarctica! She will be traveling to Japan next month, and will be doing another installment of her fantastic program in January. Some of the trips she has highlighted include Egypt, Kenya, China, New Zealand, and beyond!

When asked what she would say to someone who was considering volunteering here, but was on the fence about it,

Anne laughed, "I would escort them in here myself!"



What would you consider the most rewarding parts of volunteering?

"Giving back" Anne says. She notes that with the phone and computer help, people are so ecstatic once they figure out how to do something they've been struggling with. "You can see the lightbulb switch on in their heads!" she says. "It's a privilege to volunteer!"

Thank you Anne, for the many wonderful things you do here at the PCOA. Happy Travels!

Medicare Open Enrollment DEC

Maryanne Pierce (Social Services)

The Peabody Council on Aging no longer has any SHINE appointments available

Medicare is Available, and able to help, 24 hours/7 days a week

Be Informed

Review your coverage. Compare your options. Choose or change your Medicare health and prescription drug plans for the coming year. Help is available!

> Medicare.gov ~ 1-800-MEDICARE (1-800-633-4227) TTY: 1-877-486-2048



Need Help Paying Your Heating Bills and Keeping Your Home Warm This

The Fuel Assistance Program at North Shore Community Action Programs, Inc. helps income-eligible homeowners or renters pay their winter heating bills. If your gross household income falls within the limits shown in this chart, you may qualify for payment towards your winter heating bills as well as Weatherization services including: heating system repair or replacement, a new refrigerator and a home energy audit which may help reduce your electricity bills and keep your house warm. In addition, National Grid customers may qualify for a discount of up to 25% on their bills.

Winter?

| Household members | Maximum Income* | Household Members | Maximum Income |
|----------------------|--------------------|----------------------|-------------------|
| 1 | \$51,777 | 4 | \$99,753 |
| 2 | \$67,709 | 5 | \$115,504 |
| 3 | \$83,641 | 6 | \$131,436 |

*60% of Estimated State Median Income—Effective June 2025

For information about Fuel Assistance:

Call: 978-531-8810/Email: fuelassistance@nscap.org, or visit nscap.org Appointments - Call: 978-531-0767 x 136 (October 1st - April 30th) North Shore Community Action Programs Inc. 119 Rear Foster Street, Building 13 Peabody, MA 01960

Social Services

The Social Service program provides information and referrals to seniors and their families about programs and services provided by the Council on Aging and other agencies in the elder network. The social service staff also provides assistance with the application process and participation in Fuel Assistance, SNAP benefits, Housing and many other programs.

Four members of our staff are certified SHINE counselors and specialize in health insurance for Medicare recipients. Appointments are available by telephone or in-person.

Please call us at (978)-531-2254

On behalf of our staff, Sandra Cloutman, Sheila Dzengelewski, Amber Moutsoulas and Maryanne Pierce LSW, we would like to welcome the newest member of our team, Mariana Melville!

Bilingual services are available to our Spanish and Portuguese community.

Peabody Health Department

Free 2025 FLU VACCINE CLINICS

Everyone 6 months of age and older is recommended to get an annual influenza vaccine, even healthy adults.

Please bring your insurance card with you

Preregistration Encouraged
Scan QR code below



October 21 | 1:30-3:30 pm Tuesday

> Peabody Senior Center 79 Central St

October 29 | 11 am –2:00 pm Wednesday

Peabody City Hall, 24 Lowell St Wiggin Auditorium

November 6 | 1:30-3:30 pm Thursday

> Peabody Senior Center 79 Central St

November 20 | 3:00-6:00 pm Thursday

> Peabody City Hall, 24 Lowell St Wiggin Auditorium

For more information, please call 978-538-5926

Roger B. Trask Adult Day Health Program



Sharing memories

Shuffleboard!

Susan Levenson (ADH Program)





Ballroom Dancing



This program is available for those that need extra help maintaining an independent lifestyle, providing a warm and friendly setting with professional staff, including registered nurses, licensed social workers, activities coordinators and certified nursing assistants. We offer a structured and supervised daily program of stimulating activities tailored for older adults with individual interests and levels of functioning.

Benefits for the participant:

- A special place to come during the day to enjoy warm individualized attention in a safe and structured setting.
- Availability of individualized nursing care to assess and monitor medical conditions.
- A chance to meet new friends and socialize outside the home.
- A means of helping oneself to maintain or increase their present level of functioning.
- A means of instilling a feeling of self-worth and independence.

Benefits for Caregivers:

- Freedom from concern during the day, especially for caregivers working outside the home.
- A respite time for caregivers who are at home so they may be free for a few hours to pursue their own activities.
- A cost-effective method of maintaining an individual at home while ensuring their safety and emotional wellbeing.

Family Caregiver Support Group

We meet on the 3rd 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, November 18th

1:30 to 2:30 pm

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

MICHAEL F. "MIKE" ZELLEN, PRESIDENT OF FRIENDS REPORT: NOVEMBER 2025

History of Veterans Day November 11th

It was 11 am on November 11, 1918, that a temporary peace, or armistice was signed and the fighting during World War I came to an end. A year later, President Woodrow Wilson announced that November 11th would be called Armistice Day in the United States. A day to honor America's Veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. Many people fly a US flag on this day to show their patriotism and support for the armed forces. At 11 am, a moment of silence is observed to remember those who served.

Annual Thanksgiving Celebration

The Peabody Knights of Columbus will be hosting the Annual Thanksgiving Celebration on Thursday,

November 20, from 9:30 am – 12:30pm. Tickets are free and will be available at the table in the front hallway beginning November 3rd. Come on down and enjoy the festivities with entertainment provided by the Golden Echoes.

Thanksgiving Day - November 27th

Thanksgiving Day in the United States is celebrated on the fourth Thursday of November each year. Traditionally



it is a time to give thanks
for all the
sacrifice and hard work
done for the
harvest. It is a day to
spend time with
family and friends over a
large feast.

The Board Members of the "Friends" wish all a Happy and Safe Thanksgiving Day

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

In Honor of Sandra Cloutman, SHINE
Counselor, for outstanding work
Charlene Perkins

In Honor of the PCOA Staff - We deeply appreciate the "home" given to us to play bridge. Our quality of life has improved because of our weekly socialization Monday Duplicate Bridge Group

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

In Memory of Jacky Ankeles

Thomas and Colleen Kolodziej
Marvin and Jan Menovich
Serafim and Emily Romano
Marion Sokolov
Marblehead Class of 1965 Reunion Committee
(David, Maureen, Marvin, Jean & Georgina) Jacky was a beloved member of the Reunion

In Memory of Gerlinda Baedita
Carol Bettencourt

Committee

In Memory of Rhea Balinneau (Mother)
Irma Kline

In Memory of Barbara Alice Doyle
Rosmarie McDonald

In Memory of Ellen Hardy
Suzanne Plummer

In Memory of Anna L McMaster
Thomas McMaster

In Memory of Sheila E (Cunniff) O'Keeffe
Anne M Russell, RN

In Memory of Helen C Oteri
John F Oteri

In Memory of Fiorenzo Pietrosanto
Pietrosanto Family

PCOA Happenings!



A packed Jubilee Hall for Harvey Leonard's weather presentation!



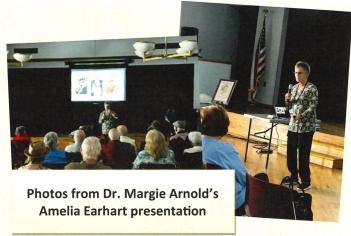
Roseanne
Ankiewicz and
Joe Smith from
our painting
class take 1st
and 2nd place
at the
International
Festival art
show!

Congrats to both!



Veteran's trip to the American Heritage Museum in Hudson, MA!







A rainy but fun day at the Topsfield Fair!



Card-Making Class!



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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