

April/May
2020

TIPS & TOPICS



PEABODY COUNCIL ON AGING
Peter A. Torigian Senior Center
75R Central Street, Peabody, MA 01960
Ph: (978) 531-2254 / Fax: (978) 531-7176
Monday-Friday: 8:00 AM to 4:00 PM
www.peabodycoa.org/Find us on Facebook!



Live Peabody
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Community

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

Important message from The Peter A. Torigian Senior Center!

The Peter A. Torigian Senior Center is currently closed to the public. At the present time there will be staff members answering our telephones

Monday through Thursday from 8:00 AM to 2:00 PM.

Our Transportation Department is currently providing rides for necessary medical appointments and grocery shopping. We also have frozen meals available for delivery for those in need.

***If you want a frozen meal that day, it must be ordered by 11:00 a.m.
Orders after 11:00 am will be delivered the following day.***

Our Social Workers are assisting seniors over the phone. We are also making a lot of outreach calls to seniors living in our community. If you are in need of assistance please call 978-531-2254 or if you would like to be added to a list for a friendly phone call, we would love to talk with you. We also have current information on our website www.peabodycoa.org.

In addition, the City of Peabody has launched ***Peabody United Community Resources*** on the City website www.peabody-ma.gov for updates on the (COVID-19).

On behalf of the staff and board members of our Senior Center, we wish good health to each and every one of you and remember we are only a phone call away, ready to assist in any way possible.

Don't forget that we are a strong community and a strong nation and we will get through this together! Please take care.

Warmly, Carolyn



An April message from
MICHAEL F. "MIKE" ZELLEN, PRESIDENT OF FRIENDS

Daylight Savings Time and Spring began during the Month of March.

As reported in last month's Tips and Topics, the Friends Annual Appeal for Funds is well underway. The response thus far has been overwhelming. As of March 3, The Friends have received over \$66,136.00 in donations which is \$5,296.00 greater than last year over the same time-period and we thank you for your continued support of the Friends of the Peabody Council on Aging, Inc.

The Friends Board has been notified that the Lahey Hospital and Medical Center has awarded the Friends of the Peabody Council on Aging a Community Benefits Grant in the amount of \$25,000.00. These funds are air marked towards the cost of the six (6) new buses that the Peabody Council on Aging has ordered and will be subsidized by the Friends of the Peabody Council on Aging., Inc.

A warm "thank you" goes to the Lahey Hospital and Medical Center for their generosity and commitment to our community and to the citizens who participate and enjoy the many programs at the Peter A. Torigian Senior Center.



***Again, the Friends Board of Directors
 would like to thank everyone for their continued support !***

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**MICHAEL F. "MIKE" ZELLEN, PRESIDENT
OF FRIENDS REPORT: MAY 2020**

My Dear fellow Friends,

The pandemic caused by the coronavirus is now affecting all aspects of our personal lives with so many activities on hold. For us, as Friends of the Peabody Council on Aging, this is unsettling and makes us feel isolated. We rely on one another for growth, support, and camaraderie. We have helped one another become stronger and become team players.

I encourage you to continue to find ways to connect, emotional wellness is just as important as physical health. Director Wynn and her staff are committed to helping you through these challenging times. While many of the staff are working remotely for the safety of all, they are dedicated to keeping service standards and helping members in any way they can. Please reach out to them for any assistance that you may need.

The health and safety of our membership is of utmost importance. My thoughts and wishes for the health and wellbeing are with all of you and your families during these trying times.

Older Americans Month 2020

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,

Make Your Mark.

This theme is to encourage and celebrate countless contributions that older adults make to our communities. Their time, experience, and talents benefit family, peers, and neighbors every day. Communities, organizations, and individuals of all ages are also making their marks. This year's theme highlights the difference everyone can make – in the lives of older adults, in support of caregivers, and to strengthen communities. I invite you to celebrate Older Americans Month and

Make Your Mark in May!

**The 5th month of the year brings us Memorial Day,
Mother's Day, and the last full month of Spring.**



*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 and In Memory of)*. Just go to the PCOA website at (www.peabodycoa.org) and click on **DONATE**. If you have any questions, please call Jim Cantrell at 978-535-3881.

Please note: Donations given in Honor of the Volunteer Musicians in the Golden Echoes Dance Band are from the Thursday Morning people who appreciate and enjoy Dancing and listening for two hours to the Wonderful Music of our Youth. Everyone who donates receives tickets for a 'Split the Pot' Raffle and two prizes are given away. With Sincere Appreciation, the Director of the PCOA is happy to share the donations received every Thursday morning, for this very enjoyable free activity.

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

**In Memory of
Jacqueline Demers:
Ikuo and Terumi Shinzato**

**In Memory of Connie Silva:
Maryanne Dechayne**

**In Memory of Bob Driscoll, on
his fourth (4th) year anniversary:
Sally Driscoll**

**In Memory of Jessie B Castello:
Mr. and Mrs. Thomas Hawes**



**2020 FRIENDS
Board Meetings:
June 1, Sept. 14, Dec. 7**

The Friends Board has joined forces with **Amazon Smile**. It is a simple and automatic way for you to support the Friends of the PCOA and shop on-line. With Amazon Smile you can now select: **Friends of the PCOA** as your favorite non-profit charity and 5% of your purchases will be donated by **Amazon** to the Friends.



THE ROGER B. TRASK ADULT DAY HEALTH PROGRAM
Care-Giving Support - Right in Your Neighborhood

Are you concerned about leaving a loved one at home alone during the daytime hours? Could they (and you) benefit from a supervised, caring atmosphere? *Come talk with us. We can help.*

We are a *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.

The monthly calendar offers activities such as weekly scenic rides followed by a stop at Treadwell's Ice Cream. In addition to scenic rides, we dine at local restaurants monthly as well as providing outside entertainment, Community Bingo and Big Band Dancing. We offer personal care, skilled nursing, medical monitoring, therapeutic meals, and social services.

For more information, or to make an appointment to visit our Center, please call our Program Coordinator: Susan Levenson, RN 978-531-2254 x 134 or email her at slevenson@peabodycoa.org.

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

In Honor of Anna Gallo:

For her generous support and monthly donations to the Peabody Council on Aging

In Memory of Robert Ruscio:
Michael and Mary Schulze



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

In Memory of John Henry Dabrieo:
Geraldine Jenkins

In Memory of Joan Vaillancourt:
Edward Quinn

In Memory of George Germano:
Anonymous

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*.



We always appreciate new sponsors and thank them for advertising with us.
Please be sure to support our sponsors, as they make the printing of our Newsletter possible.

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Points to Ponder...by Jack Lawless

April "Warming up to Spring" Month

- April Fools Day was on the 1st.
- Martin Luther King, Jr. was assassinated on the 54th in 1968.
- Christian Holy Week began on the 5th with Palm Sunday.
- "Twinkies" began 90 years ago on the 6th in 1930 in a bakery near Chicago.
- Full moons on the 7th are the Planter's Moon, Easter Moon, Pink Moon, Grass Moon, Egg Moon and Seed Moon.
- "Slinky's" birthday was April 7, 1945.
- Jewish Passover begins at Sundown on the 8th.
- Christian Good Friday is on the 10th.
- Western Easter will be celebrated on the 12th with Orthodox Easter being celebrated on the 19th.
- The 15th will be the 65th anniversary of the opening of the first franchised McDonald's Des Plaines, IL
- The 15th is also the 7th anniversary of the Boston Marathon Bombings, 2013.
- Patriots Day will be celebrated on the 20th in both Massachusetts and Maine.
- The 2nd is Girl Scout Leader's Day.
- The birth anniversary of Ella Fitzgerald is on the 25th, 1917-1996.
- On the 29th is the 75th anniversary of the "Peace Rose" celebrating the end of WWII in Europe.
- Bugs Bunny's anniversary of his debut on the 20th in 1938.



No winter lasts forever,, no Spring skips its turn.

April is a promise that May is bound to keep and we know it".

Hal Borland



GOD BLESS AMERICA AND OUR PATRIOTS!

March Birthday Celebrations!

In March, we celebrated... Ann Nichols, Shirley Parish, Maria Moison, John Tkaczuk, Rene Belanger, Diane Puchniak, Donna Cohen, Marcia Phillips, Priscilla O'Donnell, Gail Staunton & Maria Viera

*Always a special thanks to Evan's
Flowers for the Birthday Balloon & Rose!*



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Some Interesting Facts...month of May

- The birthstone for May is the emerald, which signifies love and success and the birth flower is the Lily of the Valley.
- The month of May was named for Maiak, the Greek goddess of fertility.
- In any given year, no month ever begins or ends on the same day of the week as May does.
- May is the month of Autumn in the southern Hemisphere and spring in the Northern Hemisphere.
- May 1st is May Day...Its marks the return of spring by bringing in braches of forsythia, lilacs or other flowering shrubs.
- Cinco de Mayo is celebrated on May 5th, which celebrates the victory of the Mexicans over the French army at the Battle of Puebla in 1862.
- May 12th is Mothers Day!
- Memorial Day, a poignant reminder of the tenacity of life is on May 27th.
- The first Saturday in May is the date of the annual Kentucky Derby, the most famous horse race in the United States.
- May's full Moon, the Full Flower Moon, occurs on Saturday the 18th, at 5:11 P.M. (EDT).



*Oh! Fragrant is the breath of May
In tranquil garden closes, and soft yet regal is her sway
Among the springtide roses. William Hamilton Hayne*



GOD BLESS AMERICA AND OUR PATRIOTS!

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SOCIAL SERVICE: Maryanne Pierce

SOCIAL SERVICE Staff Schedules

Staff Schedules:

Marguerite Mendonca Mondays 9-1
(for our Portuguese speaking community)
 Sheila Dzengelewski Mon-Fri 10-3
 Sandra Cloutman Mon-Fri 8-4
 Maryanne Pierce Mon-Fri 8-4
 Amber Moutsoulas Mon. & Fri. 8-4.
Fabia Faria - Mondays 9:00 am to 1:00 pm
 and Thursdays 9:30 am to 11:30 am.
*(She is trilingual and able to assist our
 Portuguese and Spanish speaking community.)*

**Please refer to Page One
 of the newsletter for
 updated information for
 our Social Services
 Department as we are
 not open to the public at
 this time. Thank you.**

Spanish

*Fabia Faria estara disponible los lunes de 9AM-1PM y los jueves de 9:30 AM-11:30AM.
 Fabia habla espanol y portugues y estara dispnible para ayudar a las comunidades de habla
 espanola y portuguesa. Por favor llame a recepcion en el Peabody Council on Aging
 (978) 531-2254 para hacer una cita.*

Portuguese

*Fabia Faria, estara disponivel das 9AM as 1PM nas segundas e das 9:30 AM as 11:30 AM nas
 quintas-feiras. Fabia fala espanhol e portugues e estara disponivel para ajudar as
 comunidades de lingua espanhola e portuguesa. Por favor, ligue para a recepcao do Peabody
 Council on Aging (978) 531-22543 para fazer um apontamento.*


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Call reception at (978) 531-2254 to schedule an appointment.

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 (978) 977-9622 for more info!

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Social Service News...Maryanne Pierce

Here is what to know about the **CORONAVIRUS**

Medicare.gov... You know about the *Coronavirus* (officially called "2019-Novel Coronavirus" or "COVID-19") as it's in the news. Medicare is still here to help.

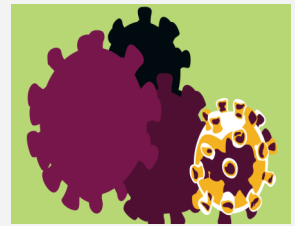
Your Medicare Part B (Medical Insurance)

covers a test to see if you have Coronavirus.

This test is covered when your doctor or a health care provider orders it, if you get the test on or after February 4, 2020. You usually pay nothing for Medicare-covered clinical diagnostic laboratory tests.

To prevent the spread of this illness or other illnesses, including the flu:

- Wash your hands often with soap and water.
- Cover your mouth and nose when you cough or sneeze.
- Stay home when you're sick, and
- See your doctor if you think you're ill.



Visit The Centers for Disease control website

for information on the Coronavirus.

***Your provider will need to wait until after
April 1, 2020 to submit a claim to Medicare for this test.**

EMERGENCY CONTACT FORMS

When you come back to the Center, please update your Emergency Forms!

They will be available at the Front Desk!

Thanks



Food for Thought... Just think about it.

Aging can be difficult at times, we all go through it.

It is important to remember that even though our physical appearance, our spirit does not. Some people in their 70s and 80s are much younger than some people in their 20s or 30s. It all comes down to one thing and that is our outlook on life. *Everybody is looking for the fountain of youth, but what they often are unaware of is that the fountain of youth can be found by simply looking within oneself.*

Always remember, we are never too old to realize a new goal or dream. We must realize, just because someone is older, it does not mean that they have nothing left to offer to society and are incapable of accomplishing great things in their remaining years.



Hello Seniors!

<https://www.yumpu.com/en/document/fullscreen/63188918/pwn0402>

At the Peabody Senior Center, we provide so many activities that it's hard to imagine our lives without them. Some of our daily routines have come to a complete standstill, but no worries! Here are some tips and ideas that you can do at home, even in isolation, that will help pass the time and make you feel so much better!

Just like at the Senior Center, there is something for everyone.

The key is motivation. Stay busy and healthy; maintain and improve your daily well-being.

Exercise! Walking is perfect! Do you have a treadmill? Tried YouTube? There are many videos with exercises for beginners and for 60 and over. You will feel like you are doing it with a friend.

Talk. Don't lose touch! Call a family member or friend to just say hello. Keep the conversation going. There are plenty of things to talk about.

Clean. What better time to take advantage of being stuck indoors? It's time to go through old clothes and collectibles! You will love the results.

Read a Book. The all-around great escape. There is truly nothing like a good read. You can indulge in it for hours.

Listen to Music. It can be as relaxing as jazz or as exciting as rock! Music heals the soul and just simply makes you feel good.

Keep a daily journal. Maybe you would like to put your thoughts down on paper, as it may help you cope with your daily dilemmas, like pros and cons. Ask your friends to do the same... compare notes later.

Ladies, do your hair and put lipstick on... Instant pick me up!

Movies. How can you go wrong with seeing James Cagney as the bad guy? There are some great movies playing On Demand, Netflix and on Turner Movie Classics. Have you ever laughed by yourself and out loud? Watch a comedy. Laughter is the best medicine.

Puzzles. Another great way to pass the day or week, depending how long it takes! Who cares? Right now you have plenty of time to do one.

Plant your seeds! If you are a gardener, start your seeds indoors in a sunny spot. The visual of seeing them grow just never gets old.

***Please don't be discouraged! Remember, you are not alone.
So, get motivated and feel better! And have some fun doing it!***



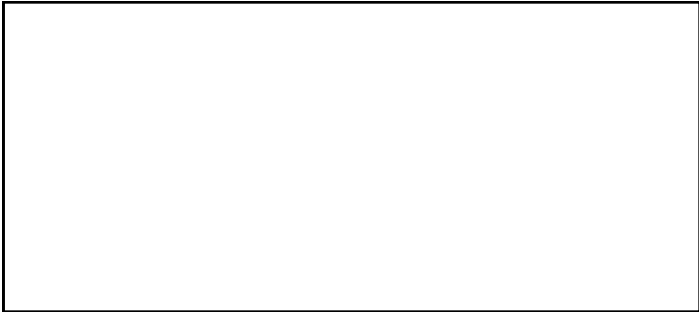
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April/May 2020

Carol McMahon, Editor


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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.

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