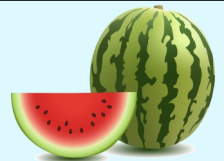


**JUNE
2022**

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

VOLUNTEER Appreciation Breakfast On Friday, June 24, 2022 in Jubilee Hall



We will be hosting an Appreciation Breakfast for all registered volunteers.

The breakfast will be held in the dining room from 8:30-9:30 am.

Please mark your calendar! We would love to see you all, as each and everyone of you are so very much appreciated!

It's been a rough couple of years for us all but we hope to be back to "almost normal" sooner than later, and hopefully back at Danversport next year!

**Please RSVP to Laurie at 978-531-2254
Ext 108...no later than June 17!**

***This event is for
Registered Volunteers only!***

The 'Friends'

"Welcome Back" Barbeque

Thursday, July 14, 2022 in Jubilee Hall

The day will begin with the Big Band playing for your listening and dancing pleasure.

It will be followed by a free barbeque lunch consisting of hot dogs, hamburgers, potato salad, cold slaw, and an ice cream sundae cup for dessert.

After lunch we have arranged to have a comedy show, starring comedian Johnny Pizzi.

The Barbeque is FREE to all;
however, you must register to attend.

Registration will take place at the front desk beginning June 13, 2022.



It has been brought to our attention that some of you aren't receiving your monthly newsletter and we want to make sure that you receive it!

If you have recently moved and your mailing address has changed, please let us know so we can update our records! We want to make sure that you can receive your "Tips and Topics" newsletter!

Our Veterans Meetings

The monthly Veterans Meeting run by Tom Moran will be on Tuesday, June 21st from 9:30am to 10:30am, in the Computer Room.



The Disabled American Veteran's will meet on Wed. June 15th From 9:30-11:00am

CRAZY CARDS IS COMING BACK IN JULY!

The 3rd Wed. of each Month
In the Computer Room
12:15—3:00pm Cost - \$3.00



Starts on Wed. July 20th

Crazy Cards is a fun card game with twists and turns on Whist! There are prizes for the four top scorers. We provide coffee and a light refreshment

Please sign up at the Front Desk for your \$3.00 ticket by July 18th

THE BOOK CLUB



Cate Merlin from the Library runs the Book Club on the second Wed. of each month (June 8th) from 10:30am to 11:30am In the Conference Room.

To join, please sign-up at the Front Desk or call Judy @ 978-531-2254 ext. 124

MOVIE TIME

Our Movies will be shown in Jubilee Hall On Tues. from 12:15 – 2:15pm

Tues. June 7th - "Mrs. Henderson"

Tues. June 14th - "No Reservations"

Tues. June 21st - "In & Out"

Tues. June 28th - "Seven Brides For Seven Brothers"



COOKING DEMONSTRATION

Come watch sisters, Tina and Tessie, teach you how to make Spanakopites. These two women will whip up a batch for you to taste. You will go home with the recipe in your hand!

Tues. June 7th at 12:30 in the Dining Room

You must have a reservation!

This demo is **limited to 20 people**

Sign up is at the front desk.



June Birthdays Celebration!
Tuesday, June 7th

Please register in the dining room for a free meal by **11:30am!**

May Birthdays were:

David Cino, Irma Kline, Joseph Giglio, Gertrude Vieira, Ruthann Brewer, Jack Modini, Joe Karpicz, & Jackie Galopim

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

Hearing Screenings - Joe from Apex Hearing will be here on **Thurs. June 23rd** 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, June 27th** from 9:00am—10:00am

Phone & Computer Help - Fridays June 3rd & 17th 9:00am - 11:00am

Low Vision Group - Wednesday, June 8th from 12:30 - 2:30pm



Watch Batteries - Thursday, June 16th from 9:00 - 10:45am



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



Peter A. Torigian Senior Center

JUNE 2022

Lunch is served
promptly at 11:30 am

Meal Cost: \$4.00
Friends Members: \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Subject To Change Without Notice		1	2	3
		<u>Pulled Pork</u> on a Roll Potato Salad Homemade Coleslaw Ice Cream	<u>Eggplant Parmesan</u> Scalloped Potatoes Rice Pilaf Lemon Meringue Pie	<u>Fish Sandwich</u> with Cheese On a Roll Lettuce & Tomato Tartar Sauce French Fries Pasta Salad Butterscotch Pudding Topping
		8	9	10
		<u>Shepherd's Pie</u> Gravy (Whipped Potatoes, Gr. Beef, Corn) Green Beans Ice Cream	<u>Chicken Cordon Bleu</u> Gravy Roasted Potatoes Corn and Pimentos Apple Turnovers	<u>Baked Haddock</u> Twice Baked Potatoes Butternut Squash Chocolate Cream Pie
		15	16	17
6	7	SPRING FLING <u>Stuffed Chicken Breast</u> Zucchini, Onion, Tomato Vegetable Red Bliss Mashed Potato Nice Dessert 	13	14
<u>Stuffed Cabbage</u> Steamed Potatoes Greek Salad (Feta and Olives) Mandarin Oranges	<u>Turkey Wraps</u> Pasta Salad Potato Salad <i>Birthday Cake</i> 		<u>Chicken Piccata</u> Lyonnais Potatoes Salad Brownie	<u>Sloppy Joe</u> Apple Juice On a Roll Grated Cheese Italian Blend Vegetables Chilled Peaches
20	21		22	23
 CENTER CLOSED	<u>Italian Sub</u> Chicken Noodle Soup Potato Puffs Lemon Squares		<u>Meatball Sub</u> Minestrone Soup French Fries Watermelon	<u>Yankee Pot Roast</u> Gravy Red Bliss Potatoes Peas/Onions Banana Cake
	28	29	30	31
<u>Cheeseburger</u> On a Roll (Lettuce, Tomato, Onion, Pickle) Oven Fries Pasta Salad Chocolate Pudding	<u>Oriental Chicken Salad</u> on Mixed Greens Dressing Cold Vegetable Lo Mein Noodle Salad Wheat Pita Fortune Cookie	<u>Hamburger Stroganoff</u> Over Noodles Whipped Potato Mixed Vegetable Butterscotch Pudding	<u>Stuffed Roast Pork</u> Gravy Roast Turnip Split Peas Soup Bread Pudding	

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 John Curtis:

For his gift in celebration of the Easter Season

In Honor of Anna Gallo:

For her generous gift to the PCOA

In Honor of Leona Kaplan:

Carolyn Wynn

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

In Honor of Doris Cowart on her Birthday:

Amber Moutsoulas



In Memory of Leonard Swanson:

Linda Brindle

In Honor of Edward Quinn:

Judy McNiff

In Honor of Ann Sacco:

Amber Moutsoulas

In Honor of Connie DeFelice:

Amber Moutsoulas, Catherine Tassinari, Dorothy Taylor



FRIENDLY TELEPHONE CALLS:

Would you like someone to talk to? We can provide a weekly telephone call to seniors who live in Peabody who may be lonely and would like to hear a friendly voice. If interested, please call Amber @ 978-531-2254.

Unwanted Cell Phones

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

We collect eyeglasses & eyeglass cases for 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. Thanks !



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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 **2 DAYS** 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 at least
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. (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**



Points to Ponder... Jack Lawless

**JUNE: "Rose" Month" and
"Adopt a Shelter Cat" Month**

- Kentucky (1792) and Tennessee (1796) both became states on the 1st.
- The first Pulitzer prize was awarded on the 4th in 1917.
- On the fifth in 1968, Robert Kennedy was assassinated.
- D-Day (Battle of Normandy) took place on the 6th in 1944.
- The book, "1984", was first published on the 8th in 1949.
- On the 12th in 1991, the Russians elected Boris Yeltsin as President of their new Republic.
- In 1920 on the 13th, the US Postal Service ruled that children can't be sent by mail!
- A busy 14th...the US Army established (1775), Flag Day (1777), and it is former President Donald Trump's birthday (1946).
- The full moon on the 14th is the Strawberry Moon.
- The golf US Open will be on the 16-19th at The Country Club in Brookline, Massachusetts.
- The Battle of Bunker Hill was fought on 17th in 1775.
- Happy Father's Day on the 19th! It is also the new federal holiday-Juneteenth, honoring the announcement (1865) by Union General Gordon Granger ending slavery in the state of Texas. This year, the holiday is being celebrated on Monday.
- The 20th in 1863 found West Virginia becoming a state.
- The first day (5:14 am EST) begins summer in the Northern Hemisphere; not only is it called the Summer Solstice but it is the longest daylight in the Northern Hemisphere.
- The Korean War started in 1950 on the 25th.
- On the 27th in London, England the world's first ATM machine was installed.
- Margaret Mitchell's book, "Gone With The Wind" was published on the 30th in 1936.



"Hello June! Be a month of peace and love. - Unknown

GOD BLESS AMERICA AND OUR PATRIOTS!



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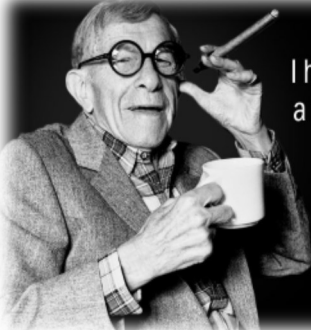
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I honestly think it is better to be
a failure at **something you love**
than to be a success
at **something you hate.**

— George Burns



What to Do if You Were Scammed



Find out what to do if you paid someone you think is a scammer, gave them some personal information, or if they have access to your phone or computer. Scammers can be very convincing. They call, email and send us text messages trying to get our money or our sensitive personal information, like our Social Security number or account numbers. And they're good at what they do. ***Here's what to do if you paid someone you think is a scammer or gave them your personal information.***

If you paid a scammer: Did you pay with a credit card or debit card: Contact the company or bank that issued the credit card or debit card. Tell them it was a fraudulent charge. Ask them to reverse the transaction and give you your money back.

Did a scammer make an unauthorized transfer from your bank account: Contact your bank and tell them it was an unauthorized debit or withdrawal. Ask them to reverse the transaction and give you your money back.

Did you pay with a gift card? Contact the company that issued the gift card. Tell them it was used in a scam and ask if they can refund your money. Keep the gift card itself and the gift card receipt.

Did you send a wire transfer through a company like Western Union or MoneyGram? Contact the wire transfer company. Tell them it was a fraudulent transfer. Ask them to reverse the wire transfer and give you your money back. **MoneyGram: (1-800-666-3947) Western Union: 1-800-325-6000**

Did you send a wire transfer through your bank: Contact your bank and report the fraudulent transfer. Ask if they can reverse the wire transfer and give you your money back.

Did you send money through a money transfer app? Report the fraudulent transaction to the company behind the money transfer app and ask if they can reverse the payment. If you linked the app to a credit card or debit card, report the fraud to your credit card company or bank. Ask if they can reverse the charge.

Did you pay with cryptocurrency? Contact the company you used to send the money and tell them it was a fraudulent transaction. Ask to have the transaction reversed, if possible.

Did you send cash? If you sent it by US Mail, contact the US Postal Inspection Service at 877-876-2455 and ask them to intercept the package. To learn more about this process, visit USPS Package Intercept: The Basics. If you used another delivery service, contact them as soon as possible.

If you Gave a Scammer Your Personal Information

Did you give a scammer your Social Security number: Go to [IdentityTheft.gov](https://www.IdentityTheft.gov) to see what steps you should take, including how to monitor your credit.

Did you give a scammer your username and password? Create a new, strong password. If you use the same password anywhere else, change it there, too.

If A Scammer Has Access to Your Computer or Phone

Does a scammer have remote access to your computer? Update your computer's security software, run a scan and delete anything it identifies as a problem. Then take other steps to protect your personal information.

Did a scammer take control of your cell phone number and account? Contact your service provider to take back control of your phone number. Once you do, change your account password. Also check your credit card, bank, and other financial accounts for unauthorized charges or changes. If you see any, report them to the company or institution. Then go to [IdentityTheft.gov](https://www.IdentityTheft.gov) to see what steps you should take.

Report a Scam to the FTC (Federal Trade Commission)

When you report a scam, the FTC can use the information to build cases against scammers, spot trends, educate the public, and share data about what is happening in your community. If you were scammed, report it to the FTC at [ReportFraud.ftc.gov](https://www.ReportFraud.ftc.gov).

You can check out what is going on in your state or metro area by visiting [ftc.gov/exploredata](https://www.ftc.gov/exploredata).

CALL 2-1-1 for Non-Emergency Assistance

Call 2-1-1 during a disaster to receive non-emergency information such as shelter locations, disaster assistance programs, or how to volunteer.

Mass 2-1-1 was created and is staffed by the United Way. This 24/7 service was created as a resource to connect callers to information about critical health and human services programs.

2-1-1 is the commonwealth's primary telephone information call center. Call 2-1-1 for information about the location of open shelters, transportation or other restrictions due to a declared state of emergency, post disaster assistance, ways to volunteer or donate, or other services you or your family may need.

If you have an emergency or you need the assistance of a first responder (Police, Fire, EMS) call 9-1-1.

For more information about Mass 2-1-1 go to: <https://mass211.org/>



*Follow three rules: Do the right thing,
Do your best, and Always show people you care.
— Lou Holtz*

Reporting Elder Abuse & Neglect

Elder abuse includes physical, sexual, and emotional abuse, caretaker neglect, financial exploitation, and self neglect. Elder Abuse reports can be filed 24 hours a day either online (see instructions below) or by phone at (800) 922-2275.

Elder abuse includes: physical, sexual and emotional abuse, caretaker neglect, financial exploitation and self-neglect.

Elder Protective Services can only investigate cases of abuse where the person is age 60 and over and lives in the community.

To report abuse of a person with a disability under the age of 60, call the Disabled Persons Protection Commission at (800) 462-5540.

Call 911 or local police if you have an emergency or life-threatening situation.



THE ROGER B. TRASK ADULT DAY HEALTH PROGRAM:

Care-Giving Support Right in Your Neighborhood

We are a *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 x 134
or email her at slevenson@peabodycoa.org.**

Mystic Valley Elder Services



When you become eligible for Medicare, you have choices on how and when to receive your Medicare benefits. It is very important to know the Medicare rules and decision deadlines to avoid costly mistakes that can last a lifetime.

For help understanding Medicare and our options, reach out to a SHINE counselor today.

The SHINE Program at Mystic Valley Elder Services provides FREE unbiased health care information and counseling to eligible Medicare beneficiaries who are turning 65 or who have deferred Medicare benefits. SHINE counselors are trained, certified Medicare experts who can work with you to ensure you have accurate, up-to-date information about your health care options so you can determine the best coverage to meet your needs.

To find a SHINE counselor or to request our New to Medicare informational packet, go online to **MVES.ORG/SHINE** or call **781-388-4845**.

Please call the Peabody Council on Aging at (978) 531-2254 and ask reception to schedule an appointment.

The City of Peabody has partnered with the William James College Interface Referral Service.

Where can you learn about Mental Health Resources in or near your community? How can you access Mental Health Services? Find answers at the William James College Interface Referral Service.
interface.williamjames.edu



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INTERFACE Referral Service

Call the INTERFACE Helpline at 1-888-244-6843 Monday-Friday 9:00 am to 5:00 pm to consult with a mental health professional about resources and/or receive personalized matched referrals.

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June is National Safety Month"



Falls are not a normal part of aging—they can be prevented. Older adults, caregivers, and healthcare providers can work together to reduce the risk of falling and prevent devastating injuries.

If you're an older adult, there are simple things you can do to keep yourself from falling and stay independent longer.

Talk to your healthcare providers. Tell your doctor if you have fallen, if you feel unsteady when standing or walking, or if you're afraid you might fall. Ask your doctor or pharmacist to review your medicines to see if any might increase your risk of falling. Ask your doctor about health conditions (like depression or osteoporosis) that can increase your risk for falling. Ask your doctor to check your eyes at least once a year and update lenses as needed.

Stay active: Do exercises that make your legs stronger and improve your balance (like Tai Chi).

Make your home safer: Get rid of trip hazards. Keep floors clutter free. Add grab bars in the bathroom. Have handrails and lights installed on all staircases.

Caregivers: (As a caregiver, you can encourage your loved ones to take action to reduce their fall risk.)

Initiate a conversation with your loved one and their healthcare provider about fall risk and prevention and encourage your loved one to participate in exercise programs that can help improve strength and balance (like Tai Chi).

Healthcare Providers: (As a healthcare provider, you have an important role in caring for older adults and helping them prevent falls.)

Use CDC's STEADI initiative in your practice: **CDC's STEADI (Stopping Elderly Accidents, Deaths, & Injuries)** initiative offers a coordinated approach to implementing the American and British Geriatrics Societies' clinical practice guideline for fall prevention. **STEP 1: Screen** all patients age 65+ for fall risk, **STEP 2: Assess** a patient's modifiable risk factors and fall history and **STEP 3: Intervene** to reduce identified risk using effective strategies

Please continue to support our sponsors. Without them, our newsletter would not be possible! Thank you!

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MICHAEL F. "MIKE" ZELLEN, PRESIDENT OF FRIENDS REPORT: JUNE 2022

The Symbol that Unites Us

The official Flag Day observance is on June 14th of each year. Flag Day is a time to respect the flag, to celebrate its origin, and to honor those who created the first flag. The flag flies over the United States to remind us that we are one nation, a nation under God; to remind us that we are a nation that is indivisible; and to remind us of each day of those who fought to protect all who live within this nation.

What better way for every "Member of the Friends" to demonstrate their Patriotism than to display Old Glory on June 14th over their homes.

During the month of June, we also celebrate Father's Day.

A celebration honoring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society. The Board of Directors of the Friends of the PCOA wish our members a happy Father's Day.

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

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

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

As announced in the May issue of Tips & Topics, the Board of Directors of the Friends of the Peabody Council on Aging will be sponsoring a "Welcome Back Barbeque" on Thursday, July 14, 2022. The day will begin with the Big Band playing for your listening and dancing pleasure. Followed by a free barbeque lunch consisting of hot dogs, hamburgers, potato salad, cold slaw, and an ice cream sundae cup for dessert.

After lunch we have arranged to have a comedy show, starring comedian Johnny Pizzi.

The Barbeque is free to all; however, you must register to attend. Registration will take place at the front desk beginning June 13, 2022. Come on down and enjoy the day with your friends.

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



The Friends of the PCOA have a PAYPAL account for PAYPAL donations for (In Honor of/In Memory of). Go to the PCOA Website: www.peabodycoa.org click on **DONATE.**

The Friends Board has joined forces with Amazon Smile. It's 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.

Friends 2022 Board Meetings:
June 6, September 12, December 5



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

In Honor of the PCOA and the repairs
to the pool tables: Philip Celeste

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

In Memory of Richard & Mark Burns:

Nancy C. Burns

In Memory of Mary Coan:

Walter and Ann Blazewicz

In Memory of Leo Connolly:

Francine A. Connolly

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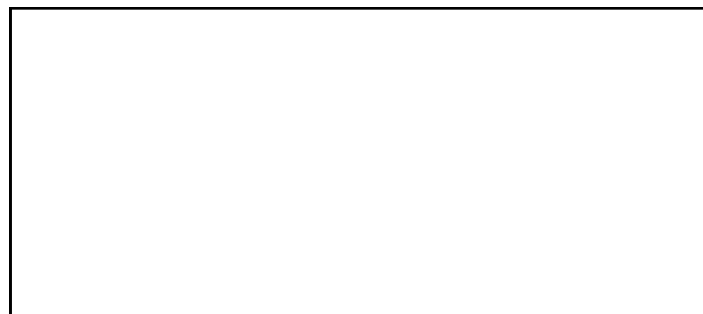
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JUNE 2022

Carol McMahon, Editor



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