



CITY OF PEABODY



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Edward A. Bettencourt Jr., Mayor
Rev. Andrew Demotses, Chairman

Carolyn Wynn, Director

HOME OF:

City of Peabody Council on Aging
Roger B. Trask Adult Day Health Center
Peabody TRIAD Council
Friends of the Peabody Council on Aging

PEABODY TRIAD COUNCIL Community Report 2010 - 2012

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PEABODY TRIAD COUNCIL'S COMMUNITY REPORT FOR 2010 -2012

The word TRIAD means a group of three and the TRIAD Logo depicts the three groups involved:

District Attorney/Sheriff
Council on Aging/Seniors, Mayor,
Police/Fire Chief, Board of Health, Ambulance Service

HISTORY: The TRIAD Council was founded in 1988 by representatives of the following:

American Association of Retired Persons
AARP International Association of Chief of Police – IACP
And the National Sheriffs Association – NSA

The Peabody TRIAD Council is a member of the Essex County TRIAD Group and was officially launched in August, 2003 with the official signing of the Bylaws by:

Mayor Michael Bonfanti
Police chief Robert Champagne
Chairman of the COA Board Reverend Andrew Demotses
Former Director of the COA Denis Coleman
District Attorney Jonathan Blodgett
Essex County Sheriff Frank G. Cousins

MISSION STATEMENT: 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 addition, the Council will design and support programs to improve the quality of life for our senior citizens and the community at large. The TRIAD Council in Peabody is very fortunate to have the membership as well as the three groups to work on the occurring day to day issues which are profound in our elderly population. See page 2 for the TRIAD membership.

GOALS: The major purpose of Triad is to develop, expand and implement effective crime prevention and education programs for older community members by having local law enforcement, local councils on aging and the Sheriff and District Attorney's Office work together. As a group, seniors can be a powerful and active force in our communities. The Peabody Police Department, the Sheriff's Department and the District Attorney's Office agreed to work together to develop, coordinate and implement their responses to crimes against all senior citizens that will insure a safe community environment.

TRIAD Councils can now be found in many cities and towns in several counties in 47 states.

The Police will conduct all criminal investigations: the District Attorney will conduct all the prosecutions. Each of these agencies will support the senior citizens in their community, always acting within the statutory authority of their agency.

CURRENT MEMBERS

Permanent Members

Mayor City of Peabody Edward A. Bettencourt, Jr.

District Attorney Jonathan W. Blodgett

Essex County Sheriff: Frank Cousins, Jr.

Chairman PCOA: Rev. Andrew Demotses

Director PCOA: Carolyn Wynn

Peabody Police Chief: Robert Champagne

Peabody Fire Chief: Steven Pasdon

Director Peabody Housing Authority: Ann Marie Burns

Director Peabody Board of Health: Sharon Cameron

Director of Veteran's Services and Homeland Security: Chris Tighe

Peabody Municipal Light Plant: Randi Holland

Director of Operations Atlantic Ambulance: Kevin Prendergast EMT

Permanent Members Representatives

District Attorney's Office: Debra S. MacGregor

Essex County Sheriff's Office: Jason Ebacher, John Russell, Maurice E. Pratt

Mayor's Chief of Staff: Chris Ryder

Peabody Police Chief's Representatives: Sgt. Richard Girolimon, Sgt. Sheila McDaid

Executive Director Healthy Peabody Collaborative, Police Dept.: Sarah Grinell

Peabody Collaborative Police Dept: Sandi Drover

Peabody Fire Department: Tom Desmond

Peabody Housing Authority: Susan Velez

Peabody Board of Health: Bill Pasquale

Members at Large

Chairperson: Joseph Mendonca. Vice Chairperson: Michelle Talisman.

Corresponding Secretary: Catherine Morrocco. Recording Secretary: Marie Valaitis.

Fatima Aguiar	Arthur Doyle	Carol Murtagh	Steve Shea
Marge Carey	Barbara Doyle	Mary Panevino	
Pat Carrette	Helen Lang	Natalie Rabitski	
Justine Cormier	Maria Mello	Florence Reed	

STATISTICS

The Peabody TRIAD Council meets on the 4th Wednesday of the month at 12:15 PM at the Torigian Community Life Center in Classroom A or at alternative sites.

The Peabody TRIAD Council has continued to work diligently to present their programs to all Peabody seniors and to develop & implement programs which enrich and protect the day-to-day living of all the seniors in our community. These programs were presented at various venues, including Media, Houses of Worship, Senior Centers, Senior Housing and visits to the homebound as requested.

Sites visited:

- 2010: Penelope Apartments – 1/27/10
Wilson Terrace – 4/23/10
Connolly Terrace – 6/30/10
Our Lady of Fatima Church – 9/22/10
- 2011: Fairweather Apartments – 3/23/11
Rockdale Park – 6/22/11
- 2012: Penelope Apartments – 3/28/12

TRIAD Events held at the Torigian Life Center for information and distribution of TRIAD materials.

Dates: 1/2/11, 2/18/11, 3/28/11.

Open House: 11/9/11 – 10:00 AM – 2:00 PM.

TRIAD booth at the International Festival in 2010 & 2011.

Home Visits:

In the April, 2003 minutes, Skip Robertie, TRIAD minutes, reported on her home visits which continued up to her passing. In 2010, Marie Valaitis reintroduced the home visits on which TRIAD members visit home bound seniors who request such visits. Each visit is done by two members.

Information for Home Visits is published in the Tips & Topics monthly starting in October, 2011.

Home Visits, as requested through Meals on Wheels:

2010 – 6

2011 – 8

2012 – 2

Survey developed by Lisa Landrebe, Social Services, for follow-up on Home Visits, started in October, 2011.

Skit on Elder Abuse “Breaking the Silence: Voices of Hope” was offered at the Torigian Community Life Center on 5/4/11 and the Lynnfield COA on 5/11/11 and the Saugus COA on 5/22/12.

Training:

1. Essex County TRIAD Annual Meeting at the Essex County Correctional Facility in November, 2010 and November, 2011 attended by three TRIAD members.
2. October 24, 2011 - Elder Abuse Awareness Training presented by Shelly Luckenbill, Protective Services Program Manager from North Shore Elder Services, Inc. was attended by eight TRIAD members.
3. April 18, 2012, 12:15 – 2:00 pm – The Massachusetts Office on Disability with the Peabody Council on Aging TRIAD Council hosted a meeting to bring together people with disabilities and local emergency preparedness professionals, The purpose of the meeting was to explore how to ensure that people with disabilities have the assistance they need in times of emergency. Persons with disabilities received an “Emergency Go Pack” with essential items that might be needed during an emergency. First responders received “Tips for First Responders, 3rd edition.”

Yellow Dot

Yellow Dot for you car's rear window will indicate to the responding Emergency Medical Service, Police and Fire personnel that the updated medical information for the person needing treatment is in the glove compartment. See form below:

Yellow – Dot

Sponsored by the Peabody TRIAD

Please follow the few simple instructions listed in packet.

- 1 – Fill out your information card in **PENCIL**.
This will make changes easier.
- 2 – Place your Yellow –Dot sticker in your cars **rear** window in the **lower left** corner.



- 3 – Place your information card (in its envelope) in your glove box.
- 4 – Bring your information card to your doctor's office so that changes can be made.

FILE OF LIFE

January, 2012

The Peabody TRIAD Council and the Friends of the Peabody Council on Aging are offering File of Life refrigerator magnets and inserts free of charge to seniors.

The File of Life effectively provides emergency responders (Police, Fire, and EMT's) with your essential information in regards to you medical condition in emergency situations.

The File of Life is a miniature medical history that is kept in a red plastic sleeve with a magnetic strip. Once the history card is filled out, it is placed back in the sleeve. The magnetic sleeve is then placed on the refrigerator door in a visible place.

The File of Life details a person's name, emergency medical contacts, current and past health problems, current medications and dosage, allergies, recent surgeries, your doctor's name and phone number and your health care proxy information.

TRIAD is a national based program that is available in most communities in Essex County. This program focuses on safety and awareness programs for Seniors.

For more information contact the Council on Aging Social Service staff at 978-531-2254 and ask for Maryanne, Lisa, Sheila or Marguerite.

See other side for form.

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PEABODY PRESCRIPTION TAKE BACK PROGRAM

The Healthy Peabody Collaborative, the City of Peabody's substance abuse prevention coalition, launched a free Medication Disposal Program at the Peabody Police Department. Residents are encouraged to bring their unused/unwanted medications to the lobby at the Peabody Police Department for disposal in the black box.

Residents can also dispose of used needles and syringes in puncture containers in the red box also located in the lobby of the Police Department.

The disposal boxes are accessible 24 hours a day. The disposal program was made possible through a community collaboration of the Mayor's Office, the Peabody Police and Health Departments, and Lahey Clinic North Shore.

INSERT FILE OF LIFE SAMPLE HERE



IDENTITY THEFT

What to do if you or someone you know is a victim of Identity Theft

Step One: Place a fraud alert on your credit reports

- Fraud alerts help prevent an identity thief from opening more accounts in your name

Step Two: Order free copies of credit reports to review

- To place a fraud alert & review credit reports call one of the following:

Equifax
P.O. Box 740241
Atlanta, GA 30374
1-800-525-6285

TransUnion
Fraud Victim Assistance Division
P.O. Box 6790
Fullerton, CA 92834
1-800-680-7289

Experian
P.O. Box 9532
Allen, TX 75013
1-888-397-3742

Report identity theft to the following authorities:

- Peabody Police 978-538-6303
- Social Security 1-800-269-0271
- Post Office 978-531-6666
- Personal Credit Card Companies
- Federal Trade Commission 1-877-438-4338
TTY: 1-866-653-4261

TELEMARKETING FRAUD

Protecting Yourself from Telemarketing Fraud

What you can do:

In the face of this onslaught of fraud, the best course for consumers is to beware. Here are some pointers so you won't be conned by the pros.

- **If a caller asks for your credit card, bank account or Social Security number to verify a free vacation, a prize, or a gift, say “No” and hang up.**
- **If you're calling a 900 number in response to an advertisement or something you received in the mail, make sure you know all the charges up front.**
- **Before you agree to support a charity that calls seeking money, ask for written information about its finances and programs.**

If you feel you've been conned, call the police or the Better Business Bureau. Remember: consumer fraud is a crime. And last but not least, remember that an offer that sounds too good to be true probably is.

Consumer Beware:

The following are possible signs of a fraudulent appeal for your hard-earned dollars.

- **High-pressure tactics aimed at forcing a quick decision**
- **Demands for “cash only” or special delivery/pick-up of your payment**
- **Companies and charities with “copycat” names—e.g., Salvation League instead of Salvation Army**
- **Delayed delivery of a product or a prize**
- **No risk, high-yield investments**

If you're suspicious, ask the company or charity to send written information before you make any commitments. And feel free to hang up if you don't feel comfortable. Remember: *It's your choice.*

**The phone numbers to call if you wish to be on the “Do Not Call List”:
National – 888-382-1222. Mass. – 866-231-2255.**

If you have a cell phone, the number to call is 1-888-382-1222. Cell phone users can be charged for the call if it is a telemarketing call even if they just leave a message.

TRIAD SHREDDING & LAMINATING

Shredding & Laminating (by appointment at the Torigian Community Life Center – 978-531-2254) is provided monthly. Assistance is available when using shredder. Only documents containing personal information will be shredded. See #4 below. Client is responsible for the materials to be shredded. Sign up (name & phone #) at the reception is requested. Laminating is available for wallet size cards.

HOW CAN YOU PROTECT YOURSELF FROM IDENTITY THEFT?

1. Identity Theft is when a thief obtains your personal information and uses it without your knowledge to commit fraud or theft. Once an identity is stolen, it can take a lot of time and money clearing credit records and reputations.

2. ONE WAY YOU CAN PROTECT YOUR IDENTITY IS PROPERLY DISPOSING OF UNNECESSARY PAPER MATERIALS THAT MAY CONTAIN YOUR PERSONAL INFORMATION.

3. The best way to dispose of these materials is to shred them. Simply throwing them in the barrel is an open invitation to dumpster divers, or those thieves who will look through your trash or recycling bins searching for information on your identity.

4. Some items you may want to consider shredding include the following:

- expired credit cards
- expired drivers licenses
- pre-approved credit applications, cards or offers that come in the mail

5. Remember, you only have to keep financial records from the past 3 years. Anything that may appear on your filed tax returns should be kept for 3 years.

6. Anything older than 3 years can be shredded, including:

charge card receipts	bank statements
credit card statements	W2 forms
insurance forms	utility bills (water bills, electric bills, etc.)
physician statements	old bank checks
miscellaneous bills	

7. Any documents of importance (Birth/Marriage/Death Certificates, Deeds, etc. should not be discarded.

Provided by the Essex County TRIAD Council, Sheriff Frank Cousins and District Attorney Jonathan Blodgett.

INSERT “HEALTHY PEABODY COLLABORATIVE” HERE

INSERT “DISABILITY INDICATOR FORM” HERE

INSERT OTHER SIDE OF “DISABILITY INDICATOR FORM” HERE

ATLANTIC AMBULANCE SERVICE REPORT

Community CPR Program

In honor of National Public Health Week, the Boards of Health and Health Departments of Peabody have collaborated with Atlantic Ambulance to offer residents free community CPR trainings. Atlantic Ambulance will be offering the free “Family & Friends CPR” Trainings on Monday, April 2, 2012, from 12-1 pm at Peabody City Hall, located at 24 Lowell Street in Peabody, MA; According to the American Heart Association, 88 percent of cardiac arrests occur at home. Effective bystander CPR provided immediately after sudden cardiac arrest can double or triple a victim’s chance of survival. Sadly, 70 percent of Americans may feel helpless to act during a cardiac emergency because they either do not know how to administer CPR or their training is not current. We are happy to be able to offer free CPR trainings to local residents in partnership with the local Boards of Health and Health Departments.

MaryAnn O’Connor, Director of the Lynn Health Department stated, “Atlantic Ambulance has made it their priority to be active in the communities they serve. We are thankful that Atlantic Ambulance has given back to our community by donating defibrillators and by offering these free CPR trainings to residents. I know that I can speak on behalf of the other Boards of Health and Health Departments in stating that we are proud to be partners with Atlantic Ambulance on this and many other important Public Health initiatives in our communities.” Sharon Cameron, Director of the Peabody Health Department stated, “We are excited to be collaborating with Atlantic Ambulance and our neighboring Boards of Health and Health Departments in order to offer free training to our residents. The American Heart Association now recommends ‘hands-only’ CPR for the layperson. We encourage everyone to learn how to perform this simplified CPR so that they will be able to respond in an emergency to help save the life of a loved one.”

Peabody Defibrillator Program

Sudden cardiac arrest claims 400,000 people each year in the US. Studies have shown that survival rates are greatly improved when a defibrillator is used within minutes of cardiac arrest. An automated external defibrillator is a computerized medical device that checks a person’s heart rhythm. It can recognize a rhythm that requires a shock and it can advise the rescuer when a shock is needed. The AED uses voice prompts, lights and text messages to tell the rescuer the steps to take.

In 2009, Atlantic Ambulance partnered with the Peabody Area Chamber of Commerce to identify local businesses or organizations that could benefit from having access to a defibrillator on site. Since that time, defibrillators have been provided to Peabody City Hall, St. John the Baptist School, Peabody House, Heritage Industries, Peabody Access Telecommunication, Latitudes Sports Club, Peabody Learning Academy, Temple Ner Tamid, Torigian Family YMCA and PVMHS Athletic Department have received a unit and staff training courtesy of Atlantic Ambulance.

Robert Dionne, Director of Business Development at Atlantic Ambulance commented, “Research has shown that sudden cardiac arrest (SCA) occurs most often at home. When SCA does occur in a public place, it is often an isolated event which makes it difficult to predict when and where it is going to happen. However, some locations are known to experience a higher number of incidents such as health clubs, community centers and those with a large customer base.” Deanne Healey, President and CEO of Peabody Area Chamber commented, “Just last year, the unit at Latitudes Sports Club helped saved a member’s life. This program demonstrates Atlantic Ambulance’s philosophy of giving and their commitment to the well-being of the community.”

Atlantic Ambulance is a division of Cataldo Ambulance which participates in more than 100 community programs and special events each year, offering everything from education and medicine enhancement to local charity and fundraising events, all with the common goal of improving the Quality of Life!

Businesses interest in being considered as a possible donation location must be willing to have an employee trained on CPR and use of the equipment, and generally be a place accustomed to large gatherings of the general public or a high concentration of elderly customers.

Child Education

Atlantic's Kids 1st Program is a community based program which targets fourth and fifth grade students with the Atlantic and Cataldo service area (Malden, Everett, Chelsea, Saugus, Somerville, Peabody, Lynn, Melrose, Revere, Salem, and Marblehead). Paramedics and Emergency Medical Technicians (EMTs) teach students emergency first aid and prevention, as well as how to treat typical injuries kids may encounter. Elementary students also have the opportunity to explore the inside of an ambulance, to ask questions about the vehicle and to touch and test important pieces of equipment used daily. Students will become familiar with EMTs and Paramedics in this relaxed forum which encourages children and teachers to interact with their instructors. We have provided this educational package to Peabody Schools.

Alcohol Awareness Program

This program combines the resources of high school drama students and the audio visual department in conjunction with Cataldo Ambulance Service, police and fire departments to simulate the awesome results of a fatal crash which leaves one dead, four seriously injured and dozens traumatized. This event, held at or near prom season, fully illustrates the potential devastations of drinking and driving that adolescents are too often exposed to. Cataldo Ambulance Service works with local high schools, police and fire, to offer the Alcohol Awareness Program which educates high school juniors and seniors on the dangers of drinking and driving.

Social Services *Peabody Council on Aging*

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 staff is available in the office, by telephone and will visit home-bound seniors in their home. The social service staff works collaboratively with many agencies serving seniors, including home care, legal assistance, protective services, housing, and visiting nurses. Three of our staff specialize in health insurance and assist seniors in this complex area.

What we do:

The social service staff provides assistance with the application process and participation of the following programs:

- Fuel Assistance
- SNAP benefits
- Safelink Wireless
- SHINE counseling
- LIS
- Circuit Breaker / Tax Relief
- Housing
- Meals on Wheels
- Prescription Advantage

Fuel Assistance helps with the cost of heating homes and is available to income eligible individuals and families whether they own their home or rent.

SNAP benefits (formerly referred to as Food Stamps) is a supplemental nutrition assistance program available to low-income individuals and families.

Safelink Wireless is a program that provides a free cell phone for individuals who meet certain requirements. To be eligible, an individual must have one of the following: Fuel assistance, SNAP benefits, MassHealth, SSI, or Emergency aid to Elderly or Disabled.

The SHINE program provides free health insurance information, counseling and assistance in navigating the Medicare and MassHealth systems for seniors. Three of our staff are certified SHINE counselors and can provide accurate, unbiased and up-to-date information about healthcare options.

LIS (Low Income Subsidy), also referred to as Extra Help, reduces the costs of drug

plan premiums and prescription co-pays. LIS is available to individuals who meet the income/asset requirements.

An individual may be eligible for the **Circuit Breaker** tax refund if s/he meets certain requirements. Check with personal accountant to see if you qualify. The social service staff can also help with tax abatements and other property **tax relief** programs.

The social service staff can assist individuals in applying for subsidized housing. **Subsidized housing** is affordable public housing that bases rent on 30% of income.

We offer home delivered meals (**Meals on Wheels**) Monday through Friday for homebound elders who are unable to prepare a balanced meal.

Prescription Advantage is a state pharmaceutical assistance program that helps cover costs on prescription co-pays when an individual reaches the “donut hole” or coverage gap. When a Medicare beneficiary spends a certain amount of out-of-pocket expenses on prescriptions s/he will fall into the “donut hole” causing his/her co-pays on medication to increase. A Medicare beneficiary can qualify for this assistance in the “donut hole” based on income and assets.

CAREGIVING SUPPORT—RIGHT IN YOUR NEIGHBORHOOD

The Roger B. Trask Adult Day Health Program

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 to us. We can help.

We are a Day Health Program located at the Torigian Community Life 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, bilingual staff, medical monitoring, meals and snacks, as well as counseling and other social services.

The Trask Program also offers many benefits to families and caregivers such as freedom from the 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

978-531-2245 ext. 134

slevenson@peabodycoa.org

SPEAKER SERIES

Law enforcement members meet with senior groups to discuss issues of concern, such as identity theft, domestic violence and elder scams. Learning what to do and how to protect themselves can give seniors a feeling of confidence as well as a peace of mind.

List of available Topics (by representatives from the Sheriff's Dept., the District Attorney's Office and you local Police & Fire Departments.):

- Identity Theft
- Senior Scams
- Prescription Drug Disposal
- Elder Abuse
- Healthcare Proxy & Durable Power of Attorney
- Homestead Act
- Home Improvement Contractor's Statute
- Teens Today: Currant Issues Facing Your Adolescent Grandchild.

Additional topics that are available by other agencies:

- **Hoarding.**
- **Health Care Errors, Fraud & Abuse.**
- **The Play, Breaking the Silence – Voices of Hope.**
- **Registry of Motor Vehicles, Safe Driving Presentations.**

The following are new programs that are being considered and planned for the future:

1. PROJECT SAFE RETURN (for people who wander away from home)

A program to register with police the photos and information about people with Alzheimer's disease.

2. ELDER BULLYING PRESENTATION

This program is still being developed. Any examples of bullying can be forwarded to Debbie MacGregor.

3. HOME VISITS

Expanding visits to places of worship, community organizations and visits to the homebound.

PEABODY EMERGENCY “GRAB and GO” Bag



SPONSORS:



Aviv
Centers for Living



NORTH SHORE BANK
Well north of your expectations.™

Peabody Council on Aging

Donations for Grab & Go Bags

Peabody Municipal Light.....1000 Flashlights
Peabody Healthy Collaborative.....500 Pill boxes
TD Bank.....1000 Hand sanitizers
1000 Pens
Cataldo Ambulance.....1000 Tricolor pens
1000 Note pads
Friends of Peabody Council on Aging.....1000 File of Life sleeves
480 First Aid Kits
Essex County Sheriff’s Department.....1000 File of Life inserts
1000 Emergency Grab & Go Checklists
1000 Emergency info contact sheets

On behalf of all the seniors, disabled and regular folks who will benefit from the Grab & Go Bags, I would like to thank all the donors, sponsors, volunteers, and staff at the Peabody Council on Aging, District attorney’s Office and all the members of the Peabody TRIAD for your help bringing the Grab & Go Bag project to the first 1000 bags’ beginnings.

-Joseph A. Mendonca
TRIAD Chair

BREAKING THE SILENCE: VOICES OF HOPE

A special thanks to all the actors who participated in the “Breaking the Silence: Voices of Hope” production at the Peabody COA on May 4, 2011:

Directed by:

Joanne Anderson

Stories Performed by:

Pam Kiriaji

Maria Mello

Jim Maloney

Jane Martel

John Agurkis

Kay Morrocco

Barbara Therrien

Natalie Maga

Lee Hardy

Dori Mottola

Stories Adapted by:

Kelsey McCabe, LSW

Edited By:

Lisa Landrebe & Marie Valaitis

Committee:

Fatima Aguiar

Arthur Doyle

Maria Mello

Joseph Mendonca

Marie Valaitis