

July
2024

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

Hello Everyone!

Saying "So Long" to those you enjoy working with, see and converse with every single day is not easy!

The decision to retire from the PCOA was a tough one for me. I mean, how many people can say they love their job and actually look forward to going to work every day?

It has truly been a pleasure working here and getting to know so many special and wonderful people, both in the city itself and especially at the Council on Aging. You have inspired me all these years with your infinite wisdom and positive attitudes!

Several of you have asked "What are you going to do? "Do you have a plan?" Even, "Why?" All of those are pretty standard questions, but really difficult to answer. My usual answers are just, "Alot.", "Yes, I have a plan." and "Well, it's just time." It will be a change for sure, but I plan to embrace those trivial moments and find that balance.

Aside from my everyday administrative duties, being involved in the design of the 'Friends Cafe' was a bonus for me and seeing the seniors enjoy it makes my day. I have also enjoyed putting the monthly newsletter, 'Tips & Topics' together and hope that you have found it easy to navigate, a little bit of fun and of course most importantly, informative!

I have said it from the beginning; I feel so very fortunate to have had the opportunity to be a part of this unique and amazing City and of course the PCOA team. It has certainly been one of the best and most rewarding times in my long-time business career.

None of us know what tomorrow will bring or what the future holds; but one thing I am sure of is that no one quite retires from the PCOA!

I thank all of you that I have worked with, had the distinct pleasure of meeting, spoken with over the phone or even emailed, for passing on all your knowledge, patience, and help to me over all these years. It was always appreciated. You are the best and I wish all of you well!

Stay Happy and Healthy!

Carol McMahon



RETIREMENT
ONLY MEANS
IT IS
TIME
FOR A NEW
adventure

ATTENTION:

The Peabody Senior Center
will be **CLOSED** on
**Thursday, July 4th for the
Fourth of July and
Friday, July 5th
For Staff Development.**
Thanks!

A Big Thank You!!

We would once again like to thank **Jacky Ankeles**, (creator and Host of "Beyond Bingo!") and **Peabody TV** for their interest in our Senior Center and the work that is done on behalf of older adults. If you were unable to join us at the premiere of this documentary, please visit our webpage peabodycoa.org and under the PCOA Blog click on **In the news** tab to view it at your leisure.



Thanks! Carolyn

Beginner Pickleball Lessons

Join us for a *one hour beginner* training session on

**Wednesdays
at 1:00 pm.**

Please sign up
at the front desk!

978-531-2254



Fall Risk Screening

Courtesy of Gordon College's Center for Balance, Mobility and Wellness:
Screening will be
Thursday, July 18th from
10:30am—12:00N In our main hallway.
Please sign up at the front desk!

Senator Joan Lovely: Office hours at the PCOA: **Monday July 8, 2024** from 9 -10am. Walk-Ins Welcome!

**Veterans Meetings:**

Our Veterans Group will meet on Tues. July 16, 2024 from 9:30 - 10:30 am Classroom A.
DAV Group will not meet in July or August.

MOVIE TIME

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

Tues. July 2nd - South Pacific
Tues. July 9th - Four Weddings and a Funeral
Tues. July 16th - Priceless
Tues. July 23rd - Test Pilot
Tues. July 30th - Summertime

**Chair Reiki with Dot McKeen**

Every Thursday starting at 10:00 AM
Price: 15 Minutes for \$10.00
Sign Up at the PCOA reception desk!



Low Vision Group will meet
Wednesday, July 17th
12:30-2:00 in Classroom A

CRAZY CARDS: A fun twist on whist!

Wed. July 24th from 12:15—3:00
in Computer room

You must purchase your \$3.00 ticket by
July 17th...Tickets may be purchased



at the Front Reception Desk



Hearing Screenings - Joe from Apex Hearing will be here on Thurs. July 24th from 10:00am to 1:00pm. (To make an appointment, call 978-531-2254)

**July Birthday Celebration
Tuesday, July 2, 2024**

Please register in the dining room
for a free meal between 10:00—11:00 am!

**June Birthdays were:**

Cathie Tassinari, Roy Young,
Barbara Gherzi, Terry Brodbine,
Rachel Smalley

Many thanks to Evans Flowers
For the rose and balloon! Special Thanks
goes out to Senator Joan Lovely for
providing a birthday cake!

KARAOKE**Is Back!**

Wed. July 31st
12:30 to 2:00 pm
In Jubilee Hall

Every participant gets a
Friends café gift card,
Top two winners get a
\$25 Market
Basket gift card

**Virtual Reality Every Wednesday in
July** In the dining hall!

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

If you have any questions,
call Laurie, our Activities
Coordinator at 978-531-2254
X124.

**The Book
Club**

Our Book Club is run
by Al Hayden.

They meet each
month for a book
discussion, at the
PCOA. Al picks out
and distributes the
books to each
participant.

They are reading

"Our Missing Hearts"
by Celeste NG

for Wed.,
July 10th, Mtg.,
from 10:30 to
11:30 am
in the
conference room.

Phone & Computer Help: On Fridays,
July 5th & 19th from 9:00am - 11:00am in the
computer room.

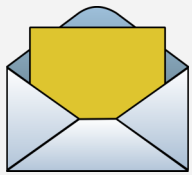
Diabetic Education: Thursday, July 11th.
Please sign up at the front desk

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

Rummikub Players:

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





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 PCOA:

In Honor of Anna Gallo:
For her generous gift to the Peabody Council on Aging

THE ROGER B. TRASK ADULT DAY HEALTH PROGRAM:
Care-Giving Support In Your Neighborhood

We are an Adult Day Health Program located, along with the Peabody Council on Aging, in the Peter A. Torigian Senior Center. Our Program is designed to provide a structured setting for individuals who would benefit from supervised care. We offer social and therapeutic activities, transportation, personal care, bi-lingual staff, medical monitoring, meals and snacks, as well as counseling and other social services. The Trask Program also offers many benefits for families and caregivers such as freedom from concern of leaving a loved one home alone, as well as needed respite time for caregivers to pursue their own activities. Services are provided by a Program Coordinator, Registered Nurses, Licensed Social Worker, Activities Coordinator, Certified Nursing Assistants, and Trained Volunteers.



For more information, or to make an appointment to visit our Center, please call our Program Coordinator: Susan Levenson, RN at 978-531-2254 x134 or email her at slevenson@peabodycoa.org.

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

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July is a time to Celebrate TRIAD!

NATIONAL ASSOCIATION OF TRIADS: The National Association of Triads is a partnership of three organizations—law enforcement, older adults, and community groups.

The purpose of Triad is to promote older adult safety and to reduce the fear of crime that older adults often experience. National Association of Triad assists at the grassroots level, helping organize your Triad and providing a clearinghouse of programs and resources that can be implemented at a community level, and training materials for law enforcement, volunteers, and community groups.

What Triads do:

- Educate: by sponsoring crime prevention and public education for older adults.
- Assist: by recruiting and training volunteers to assist sheriff's offices, police departments, and other agencies.
- Support: by identifying community resources and providing referrals to older persons to help reduce fear and lend moral support.
- Unite: by involving the older adult population, law enforcement, community agencies, and individuals to identify problem areas in their communities.
- Extracted from www.sheriffs.org/programs/national-triad Go to the site for more information.

We look forward to having you join us at one or more of our TRIAD events! Peabody TRIAD believes we have the ability to make a difference in our community and are dedicated to serving our city and its residents.

For general questions and comments about **Peabody TRIAD** contact us at:

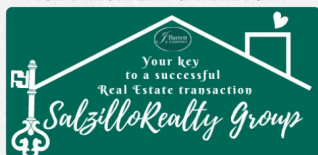
Triad@Peabodycoa.org or call **978-531-2254 X118**

It's not about being
better than someone else.
It's about being better
than you were yesterday!

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CALL: 978-293-5770



**SAME-DAY
SERVICE**





TRANSPORTATION: Jim Downey

RIDE DONATION OF \$1.00 EACH WAY IS GREATLY APPRECIATED

8:00 - 9:15 AM
 Trask ADH pick-ups only

9:00 AM— 1:45 PM
 Senior pick-ups to Medicals, etc. to: Peabody, Danvers, Beverly, Salem and Lynn

2:30 PM
 Center and Trask ADH

MEDICAL RETURN PICK-UP REMINDER:

In Peabody:
 be ready before
3:00 PM

Out of Peabody:
 be ready before
2:30 PM

Attention Shoppers!!

The Days for Pick up and Return for Eastman Park has changed for both 9:30 and 11:00 shoppers. Please look at the schedule!!

9:30 am PICKUP/11:30 am RETURN

Shaws, Stop & Shop and NSSC

Monday: Eastman Park, So. Peabody, Rockdale Park, Lynn & Lynnfield Sts.

Tuesday: 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 up until 2:00 pm the day before and be added to the shopping pickup.

ATTENTION ALL SHOPPERS!!!

Below is the MARKET BASKET in Danvers schedule starting at 11:00 AM and returning at 1:00 PM. The limit is 4 COA BLUE bags per person

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 Eastman Park, South Peabody area, Rockdale Park, Lynn Street & Lynnfield Street

Thursday 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 by at least by 2:00 pm 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. (Thankyou 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**





Get Help Paying Medicare Costs

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

What is the Medicare Savings Program:

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

Who Qualifies? Medicare beneficiaries who meet the following income limits:

You Are	Your income is at or below
Single	\$2824 per month
Married	\$3,833 per month

New as of March 1, 2024, there is **NO** asset Limit.

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

Learn More at [Mass.gov/Medicare Savings](https://www.mass.gov/Medicare-Savings)



Mass.gov

The Attorney General's Elder Hotline

The Attorney General's office has a statewide, toll-free hotline to help elders with a range of issues. Call the Elder Hotline at (888) AG-ELDER or (888) 243-5337

The Elder Hotline is open Monday through Friday from 10:00 am to 4:00 pm and is staffed by senior volunteers.

How the Elder Hotline can help you

Senior volunteers with the Elder Hotline can help you find answers to your questions, resolve disputes with businesses, and assist with other issues including: Abuse and exploitation of elders, Debt and debt collection practices, Health Insurance, Home improvement, Landlord, tenant and housing issues, Long-term care, Identity theft and scams, Retail disputes, Telemarketing

Get Consumer Support

- *Read about getting consumer support at the Attorney General's Office ([get-consumer-support](#))*
- *In addition to calling the Elder Hotline, You can file a consumer complaint online with our office ([how-to/file-a-consumer-complaint](#))*
- **Attorney General's Elder Hotline: Phone (888) AG-ELDER (888) 243-5337 : Monday—Friday 10A-4P. Mass relay dial 7-1-1 and connect via mail number.**

Money Management Program

Helping adults aged 60 and older who have difficulty managing their personal finances.

Service Description content: Sponsored by the Executive Office of Elder Affairs (EOEA) and local Aging Services Access Points (ASAPs), the Money Management Program is run by program staff and volunteers who assist older adults who are having difficulty managing their personal finances. Support may include help creating budgets and paying bills on time, as well as providing information on how to communicate with creditors. The goal is to help people manage their everyday financial affairs and stay as independent as possible in their communities.

Eligibility and Cost: The Massachusetts Money Management Program is a free program for income eligible individuals aged 60 and older.

Contact: For more information call (508) 949-6640





OPTIONS COUNSELING

Options counseling is available to help adults aged 60+, their family members, and caregivers make decisions about available supportive services.

ABOUT THE OPTIONS COUNSELING PROGRAM: The aging process can be overwhelming. There are many resources available to help you or your loved one age, but it can be stressful to navigate all your options. That's where an Options counselor comes in. An Options Counselor provides unbiased information to help people find long-term personal care, transportation services, and other resources to assist in the aging process. Options Counselors can provide guidance on where to live, whether that means staying home, moving in with family, or finding a nursing home or assisted living facility. And wherever you decide to live an Options counselor can point you in the right direction to get connected to services available in your community,

An Options counselor can meet with you or speak to you over the phone and will work with you to determine next steps for you and your loved one.

ELIGIBILITY AND COST: Options counseling is a free service for adults aged 60+, adults living with a disability and their family members and caregivers.

CONTACT: To speak to an options counselor in your area, call MassOptions toll free at (800) 243-4636.

OMBUDSMAN PROGRAMS

An Ombudsman is an advocate. The ombudsman service offers a way for consumers to voice their complaints and have concerns addressed so they can live with dignity and respect.

COMMUNITY CARE OMBUDSMAN:

A Community Care Ombudsman volunteers their time to listen to concerns, identify solutions, and navigate a process toward resolution. The community Care Ombudsman advocates for the care, safety and quality of life of aging adults in a nursing or rest home setting.

An Ombudsman serves as an advocate and helps consumers who live in the community to review and resolve service complaints that may include: Home Health Care, Community based MassHealth programs, Home care funded program, and Federal private pay elder care programs



Community Care Ombudsman service are available for free to adults 60+.
Contact the community Care Ombudsman at (617) 727-7750 TTY.

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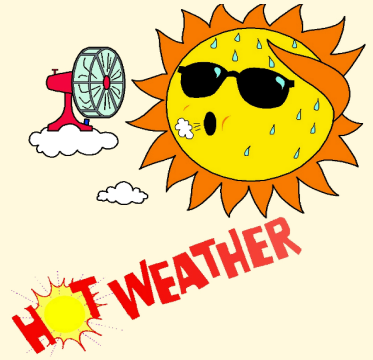
Fax (617) 561-0034


Peter A. Torigian Senior Center
**July
2024**
**Lunch is served
promptly at 11:30 a.m.**
**Meal Cost: \$5.00
Friends Members: 4.00**


Monday	Tuesday	Wednesday	Thursday	Friday
1 <u>Breaded Chicken</u> Filet Marsala Sauce Rice Pilaf Green Beans	2 <u>Ziti & Meatballs</u> Meat Sauce Green Beans Garlic Bread Fruit Cup	3 <u>Italian Sausage</u> On A Roll Onion/Peppers Corn Salad Cookie	4 Independence Day CENTER CLOSED 	5 <u>Pete's Pizza</u> Caesar Salad Ice Cream
8 <u>Mac & Cheese</u> Stewed Tomato's Spinach Cookie	9 <u>Steak Bomb</u> with Cheese on Potato Salad Homemade Coleslaw Birthday Cake 	10 <u>Chicken Piccata</u> Guacamole Salad Oven Brown Potato Peaches	11 <u>Stuffed Cabbage</u> Steamed Potatoes Greek Salad Cookie	12 <u>Chef Salad</u> on Mixed Greens Dressing Pita Chilled Mandarin Oranges
15 <u>Meatball Sub</u> Minestrone Soup French Fries Watermelon	16 <u>Chicken Kabob</u> On Pita Bread Pasta Salad Cucumber Salad	17 <u>Lasagna</u> Meat Sauce Corn Garlic Bread Cookie	18 <u>Roast Turkey</u> Gravy Cranberry Sauce Fresh Sweet Potatoes Green Beans Whole Wheat Roll Strawberry Cream Pie	19 <u>Grilled Salmon</u> Lt Bernaise Sauce Rice Pilaf Spinach Peaches And Strawberries
22 <u>Chicken Breast</u> <u>Parmesan</u> Ziti/ Tomato Sauce Greek Salad Garlic Dinner Roll Hummus and Crackers Chocolate Cream Pie	23 <u>Italian Sub</u> Italian Wedding Soup Potato Puffs Watermelon	24 <u>Squash Ravioli</u> Apple Juice Squash Gravy Carrots Scalloped Potatoes Chilled Pears	25 <u>Chicken</u> <u>Cordon Bleu</u> Gravy Twice Baked Potato Corn & Pimentos Vanilla Pudding with Strawberries and Kiwi	26 <u>Haddock</u> Bread Topping Tartar Sauce Lemon wedge Roasted Yams Peas/Red Pepper Cookie
29 <u>BBQ Pulled Pork</u> on Roll Oven Fries Ketchup PC Sautéed Cabbage Chilled Mixed Fruit	30 <u>Sodium Reduced</u> <u>Hot Dog on Roll</u> Baked Beans Ketchup, Mustard & Relish Chilled Beets Chilled Pears	31 <u>Clam Chowder</u> Crackers Tuscan Tuna Salad on Hot Dog Roll Pasta Salad Ice Cream	BREAKFAST is served in the Friends Café on Tuesdays/ Thursdays 8-10:00 a.m. Menus are in the lobby & Cafe	MENU SUBJECT TO CHANGE WITHOUT NOTICE

Hot Weather Tips... *Provided by Peabody TRIAD...*

- Never leave people or pets in a closed car on a warm day.
- If air conditioning is not available in your home, go to a cooling center.
- Take cool showers or baths.
- Wear loose, lightweight, light-colored clothing.
- Use your oven less to help reduce the temperature in your home.
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Drink plenty of fluids to stay hydrated.
- Avoid high-energy activities or work outdoors, during midday heat, if possible.
- Check on family members, older adults and neighbors.
- Watch for heat cramps, heat exhaustion and heat stroke.
- Consider pet safety. If they are outside, make sure they have plenty of cool water and access to comfortable shade. Asphalt and dark pavement can be very hot to your pet's feet.
- If using a mask, use one that is made of breathable fabric, such as cotton, instead of polyester. Don't wear a mask if you feel yourself overheating or have trouble breathing.




We collect eyeglasses and eyeglass cases for the Lions Club...If you have any old glasses and eyeglass cases that you are not using anymore, please bring them down to the Center.




Thank You!

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, please contact Social Services.



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. Please drop off your cell phone at the Reception area.



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Points to Ponder...by Jack Lawless

July: The Hottest Month in the Northern Hemisphere

- On the 1st in 1863, the Battle of Gettysburg began.
- President Lyndon B. Johnson signed the Civil Rights Act 1964 on the 2nd.
- During the American Revolution, George Washington on the 3rd in 1775 took command of the Continental Army at Cambridge, Massachusetts.
- On July 4, 1776, the Declaration of Independence was adopted by the Continental Congress.
- Louis Pasteur gave the first successful anti-rabies inoculation to a boy who had been bitten by an infected dog on the 6th in 1885.
- American philosopher Henry David Thoreau (1817-1862) of Walden Pond fame, was born on the 12th in Concord, Massachusetts.
- The fall of the Bastille occurred on the 14th as the start of the French Revolution in 1789.
- San Diego was founded on the 16th in 1769 as the mission San Diego de Alcalá by Father Junipero Serra.
- Jewish—the 17th Day of Tammaz is observed on the 23rd.
- A global audience watched on the 20th in 1969 as Apollo 11 Astronaut Neil Armstrong took his first step on the moon.
- On the 23rd in 1952 Egyptian army officers launched a revolution changing Egypt from a monarchy to a republic.
- The U.S. Cruiser Indianapolis arrived in the Marianas with an unassembled Atomic bomb, met by scientists ready to complete assembly on the 26th in 1945.
- Jackie Kennedy (1929-1994) wife of President Kennedy was born on the 28th in Southampton, NY as Jacqueline Lee Bouvier.



"With Freedom Comes Responsibility" Eleanor Roosevelt



God Bless America and Our Patriots!

Marie Bishop



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at (978) 531-2254 on Ext. 117
or email her at
cmcmahan@peabodycoa.org.

There are other available options upon request!
Call for more information.

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www.peabodycoa.org and link us to your business!



MICHAEL F. "MIKE" ZELLEN, PRESIDENT
OF FRIENDS REPORT: JULY 2024

Celebrate the 4th of July

In just a few days, it will be the 4th of July. Scenes of picnics, parades and fireworks will be everywhere. This is how we celebrate the holiday. It is the day we set apart from all others, to honor the anniversary of the birth of our nation. It is the day America declared our Independence.

The 4th of July is a holiday Americans hold near and dear to their hearts. It marks the day America became the country it is today—a country where people have a right to life, liberty, and the pursuit of happiness. On this day, we remember the United States' fight for freedom and celebrate our country with friends, family, food, and fun.

The second mailing of the Annual Appeal to our many "Friends of PCOA, Inc." who have been away for the winter months and to those Members who may have misplaced or did not receive the Annual Appeal Packet, a second mailing was sent out in May. The response to the second mailing has been very good. If you did not receive the Annual Appeal Letter, Enrollment Card, and return envelope in the mail to become a "Friend of the Peabody COA" this year; please call the Torigian Center (978) 531-2254 and request that one be sent out to you.

The Friends are bringing Karaoke back!!

The Friends are putting on another Karaoke afternoon on Wednesday, July 31, 2024, from 12:30 p.m. to 2:00 p.m.

DJ Jane Mitchell will be here to lead the singing.

Top male and female singers will receive a Gift Card.

Come on down and join the fun.

Seeking Applications

The Friends of the Peabody Council on Aging, Inc. are accepting applications to fill vacancies on the Board of Directors. We are seeking individuals with either bookkeeping experience or who are familiar with preparing meeting minutes. Anyone interested should request an application from Kaellen D 'Amour, Chairperson of the Nominating Committee.



*The Board of Directors
of the Friends of the
Peabody Council on
Aging wishes everyone a
safe and enjoyable
4th of July.*

**In Honor of Gifts
to the Friends of the PCOA:**

In Honor of the PCOA Staff:

Jean Becker, Kathleen Connors,
Constance LeBrun

**In Honor of Jim Downey, Tony Martocchio
and all the PCOA drivers. All the drivers
I've had are very nice and caring. Thanks!**

Roberta Taylor

In Honor of Project Mobility:

Beverly Yaloff

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

In Memory of Connie Silva:

Maryanne Dechayne

In Memory of Dahria Dylingowski:

Sarah Dylingowski

Millie Schweizer

In Memory of Milton Goldberg:

Gerald Goldgerg

In Memory of Bill Montbleau:

Joshua Kantor

In Memory of Mary Boczenowski:

Rosemary LaFratta

**In Memory of Paul J. Costanzo, on his
6th Anniversary:**

Maria Mendonca

In Memory of The Murtagh and Waselchuk

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In Memory of Sarah V. Cali, My Mom:

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2024 Friends Board Meetings
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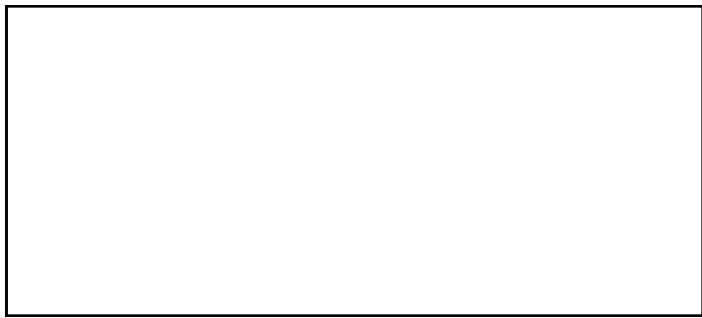
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Have a Safe Fourth of July!



July 2024

Carol McMahon, Editor



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