Summer BBQ

With entertainment by “The Classics”

What better way to celebrate Summer than with a lunch featuring our delicious BBQ Chicken and Ribs, Corn on the Cob, Homemade Coleslaw and Potato Salad!
All served with Lemonade.
Dessert will be Ice Cream Sundaes!

Tickets cost $12.00

Be sure to sign up at the Front Desk!

SAVE THE DATE!
Mayor Bettencourt is hosting his 6th Annual "SENIOR DAY" at

Brooksby Farm

on Wednesday, September 11, 2019

Be sure to mark your Calendars!

Pre-register for transportation, flu shots and door prizes.

Things are "brightening up" around the Senior Center!

We have started lighting up the building for special occasions, as well as holidays!
For the Fourth of July for instance, we’re using lights such as red, white & blue and for St. Patrick’s Day, green... and of course the City of Peabody’s color, blue.

Be sure to drive by any time after 8:00 p.m. to see our beautiful new lights!
Great times at our annual Volunteer Appreciation Luncheon!

Just a reminder:
BREAKFAST will not
be served during the
summer months in the
dining hall or in the
café starting in July.

PIZZA
Served hot
every Monday and
Friday in our Café.
One slice costs $2.00

July Monthly Special
Lobster roll with
a bag of chips
$8.00

FROZEN MEALS
TO GO..
in the café freezer!
They only cost $2.50!
MALNUTRITION
Would you know how to identify the signs of malnutrition in a friend or family member? Malnutrition is not the same as being underweight—it could be caused by vitamin/mineral deficiency, or an excess of nutrients in your diet. Come learn more about how you can improve health outcomes for yourself or a loved one and get a free screening!

Tuesday, July 23rd at 12:30 in the Jubilee Hall.
Please sign up at the front desk

Low Vision Group: ☀️
Will meet on Wed. July 10th
From 12:30 – 2:30 In Classroom A
For more information please contact
Jen Buchanan at: 978-621-8374 or
Genevieve Gannon at: 978-531-1845

“TRAVELS WITH ANNE GOGGIN”
Travel the world in the comfort of your chair!
Come explore the country of Jordan!
You’ll see Amann, Jerah (Pompeii of the Middle East)
The Lost City of Petra and the Dead Sea
Thurs., July 18th
from 12:15—1:15pm
In the Computer Room
Please sign up at the Front Desk

Save the Date
Our “Rockin Lobsta” Party is on Wed. August 14th
The tickets go on sale Tues., July 23rd at 8:00am

Walking Group
Come join the walking group and walk the track with Anne Goggin on
Tues. and Thurs. from 9:00am—10:00am.
Wear comfortable shoes and a hat and bring water to stay hydrated! Set small goals and start getting fit!
Sign up at the Front Desk

MOVIE CLUB
Our weekly “Movie Club” is hosted by Earl Rosen. He has an extensive collection of movies and will show one on Thursdays, in Classroom A from 12:15—2:15pm.

Malnutrition:
Would you know how to identify the signs of malnutrition in a friend or family member? Malnutrition is not the same as being underweight—it could be caused by vitamin/mineral deficiency, or an excess of nutrients in your diet. Come learn more about how you can improve health outcomes for yourself or a loved one and get a free screening!

Tuesday, July 23rd at 12:30 in the Jubilee Hall.
Please sign up at the front desk

July Birthday Celebrations!
July birthdays will be celebrated on Tues., July 2nd. Please register in the dining room for a free meal by 11:30am!
June Birthdays were: Linda Lafferty, Roy Young, Fred Brienza, Tom Dow, Joan LaVoie, Larry Lane and Rachel Smalley.
“Happy Birthday!”

Senator Joan Lovely: will hold Office hours at the PCOA on Mon., July 15th from 9:00—10:00am
Scrabble: Come join us! We meet on the first and third Friday of each month at 1:00pm
In the Computer Room. Dates are Friday, July 5th & 19th
Ping Pong: on most Fridays from 1:00pm—3:00pm in the Computer Room

Free Hearing Screenings by Appointment: Joe Sarofeen from Apex Hearing will be here on July 25th from 10:00am-1:00pm. Call 978-531-2254 for an appointment.
Podiatrist: Dr. Butler will be here on Mon., July 8th from 9:30am-12:00pm. Make an appointment at the Front Desk or call 978-531-2254. Please bring your insurance cards.

Walk in Blood Pressure: No Appointment necessary! Thurs. July 11th, 9:30-11:00am in the Health Room

Computer & Phone Help: Fri., July 5th & 19th in the Computer Room from 9:00am -11:00am

DAV Meeting will meet on Wed. July 17th from 9:30-11:00am in the Conf. Room

Veterans Meeting: — Tues. July 23rd From 9:30—10:30am in the Dining Rm.
“Exercising” Your Brain

ARE YOU THINKING ABOUT “THINKING”?  
Let’s work together to promote good brain health! We can put our heads together to solve Brain Teasers and Logic Puzzles.

Friday, July 12th From 9:30—11:00am

You know more than you think you know!

Have fun with Tony Schettino In the Computer Room
Sign up at the Front Desk for this fun class!

AARP SMART DRIVER COURSE

Wednesday, July 10: 10:00am - 2:30pm in the Computer Room

$15.00 for members and $20.00 non-AARP members

The aim of this course is for older drivers to better understand the updated technologies in new vehicles, provide a refresher course on the rules of the road, and learn strategies to compensate for age-related changes in vision, hearing, or response time. There is NO test and NO actual driving!

Some Insurance companies give a 5% discount with Certificate!

You are welcome to bring your own lunch or purchase one in our dining room or café.
Please sign up for this course at the Front Desk!

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 the Peabody Council on Aging:
In Honor of the Transportation Department:
June and Richard Patuzzi

Special Thank You’s on behalf of the PCOA sent to:
Anonymous: For a very generous donation to the PCOA
Dorothy Fossa: For her very generous donation to the PCOA
Bill Metropolis: For his very generous donation to the PCOA
Karen Sousa: For refreshments for the Remembrance Day Celebration
Stephen Tassinari: For a full set of hub caps for the MV1

In Honor of/In Memory of Trask ADH Scholarship Fund:
In Honor of Mary Bongiorno’s 90th Birthday: Patricia Bourque
In Memory of Walter Schweizer: Geri Jenkins
In Memory of John Christensen: Geri Jenkins
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. There is no change in bringing clients into the Senior Center. They can still call the day before or in the early morning and they will be put on the 10:00 a.m. lunch pickup. Shoppers can still call the day before and be added to the shopping pickup. Clients have 2 days a week to go shopping (except when a holiday falls on their day.)

**SHOPPING DATE CHANGE:**
Starting in July, Walmart is the 2nd Tuesday/month and Target is 4th Wednesday/month

**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** and 12 people.

**Monday**
20 Central Street, 18 Walnut Street, Lowell Street and West Peabody

(Pick up starts @ 10:00 a.m. - W. PEABODY ONLY)

**Tuesday**
50 Warren Street, 12-15-16 Crowninshield Street, 75 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.

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**ATTENTION All Riders!!**

For booked appointments, we will get you there **on time** but **return** time takes a while due to unforeseen conditions.

(Also, on party days we will not be taking any appointments until after 10:00 AM.)

Thank you for your patience and understanding!

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***** REMINDER *****

Clients who have **medical appointments** on the same day that we pick them up for lunch, etc. should remind Transportation to **cancel** their lunch pick up.

This will help save unnecessary trips for the drivers!
"Points To Ponder"...by Jack Lawless

- Lawn Tennis Championships at Wimbledon, England are from the 1st to the 14th.
- At Noon on the 2nd is the Halfway Point of 2019.
- Happy 4th of July! (Independence Day) to one and all.
- The debut of the bikini named after the Bikini Atoll (where an American Atom bomb had been detonated on July 1).
- The 106th Le Tour De France (World’s best cyclists) takes place from the 6th to the 28th.
- In Pamplona, Spain from the 7th to the 14th will be the Running of the Bulls.
- On the 9th will be the 90th Major League baseball All star game being played at Progressive Field, Cleveland, OH.
- Wyoming’s (Equality State) admission Day was on the 10th in 1890.
- On the 11th in 1964, the Supremes released the song, Where Did Our Love Go.
- In 1964 on the 11th the TV Premiere of the Newlywed Game took place.
- France’s Independence Day or Bastille Day marking the beginning of the French Revolution is on the 15th. (1789).
- On July 16, 1790, George Washington signed into legislation making the District of Columbia the new seat of government for the United States of America. On the 16th are full moons, namely Summer Moon, Buck Moon, Thunder Moon, Hay Moon and Mead Moon.
- The 17th will be the anniversary of the opening of Disneyland, Anaheim, CA in 1955.
- New York (the Empire State) became a state on July 26, 1788 while on July 26, 1951, the Disney animated movie Alice in Wonderland was released.
- The Korean War Armistice was signed 66 years ago on the 27th.
- The founder of the Ford Motor Company Henry Ford was born on July 30, 1863.

Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.”  Marcel Proust

GOD BLESS AMERICA AND OUR PATRIOTS!

Please continue to support our Sponsors...they make the publishing of our Newsletter possible. Thanks!
Please continue to support our Sponsors...they make the publishing of our Newsletter possible.

**PROPERTY FRAUD WATCH**

*We are pleased to provide you with a FREE, first of its kind, state of the art, Property Fraud Watch notification service.* This service will….

- Alert you if any documents have been filed at the Southern Essex Registry of Deeds containing your name and address.
- Notify you when documents are recorded with our office.
- You will receive an email alert from our office containing a link to the document on the day the document is recorded.
- You will be able to view, download, and print the document from your home computer free of charge.

**FREE PROPERTY FRAUD ALERT, It’s Fast and Sign-up Is Easy!**


**Call our Customer Service team at (978) 542-1704**

and they will sign you up for the service.

For most of us, our home is our most valuable asset and Register O’Brien wants to help you keep that asset protected by providing you with this free notification service. The FBI has reported that one of the quickest growing white collar crimes in America is property and mortgage fraud. This occurs when summons records a document with the Registry of Deeds which affects your property title.

Please continue to support our Sponsors...they make the publishing of our Newsletter possible.
SOCIAL SECURITY WARNS PUBLIC ABOUT

**Caller ID “Spoofing”**

In recent months, Social Security has issued several warning about new phone call scams. The calls often display a caller ID of 1-800-772-1213 which is the real Social Security Customer Service number; other calls may display the real social Security Fraud Hotline number on the caller ID screen. These calls are scams using caller ID “spoofing” - showing false caller ID’s.

In some cases, the caller says that Social security does not have all of your personal information on file. Other callers claim Social Security needs additional information so the agency can increase your benefit payment, or that Social Security will terminate your benefits if they do not confirm your information. Callers sometimes state that your Social Security number is at risk of being deactivated or suspended because it’s connect to a serious crime.

**Any threatening phone call from social Security is fraudulent and you should just hang up!** If you want to report a suspicious call, you can call the Fraud Hotline at 800-269-0271., Monday through Friday, 10 a.m. to 4:00 pm EST.

If you have any questions about suspicious calls from Social Security or Medicare, or other health insurance issues, trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Call your local Senior Center to schedule a phone consultation or in-person appointment.

For other SHINE related matters, call your Regional SHINE Headquarters at Mystic Valley Elder Services: 781-388-4845.
**North Shore Hearing Foundation**

**Our Story...**North Shore Hearing Foundation was started by Audiologist Joan McCormack to fulfill her passion to bring quality hearing care and devices to those who are under insured or of very low income.

Dr. McCormack and her colleagues at Atlantic Hearing Care have long recognized the need for a program to bridge the gap between those eligible for Medicaid and those who have the financial resources to purchase quality hearing devices.

*We want to thank you for your continued support to NSHF.*

*At this time, they have helped fifty (50) people who would otherwise have gone without.*

*How do we make this happen?:*

Contact North Shore Hearing Foundation at (781) 581-1500 with any questions.

The PCOA continues to accept donations of hearing aids and batteries.

Please drop them off at the front desk. Thanks in advance!

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**HEARING AID Recycle Drop 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 box located at the PCOA. If you have any questions, please contact Social Services.

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**MEMORY CAFE**

Will still be held the 3rd Thursday of the month from 1:00—2:30 pm in the Trask Adult Day Health Sunroom.

**See you on July 18!**

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**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 donation at Reception. Desk.

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**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 to the Senior Center. Thanks!**

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**ALS Support Group:**

These meetings are open to any person with ALS, or a caregiver or family member of a loved one with ALS. Please contact: Genesis Lugo, Care Services Coordinator at the ALS Assn. Mass. Chapter, for more information or if you plan to attend this month’s meeting. You can contact her by phone at (781) 255-8884 or email her at Genesis.lugo@als-ma.org.

*The next meeting will be July 25 in the Computer Room from 1:30-3:00*

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Please continue to support our Sponsors...they make the publishing of our Newsletter possible.

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**ROSEWOOD**

Rosewood Nursing and Rehabilitation Center
22 Johnson Street – W. Peabody, Massachusetts 01960
978-535-8700
QUALITY YOU CAN TRUST
Serving the Peabody Community Since 1994
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.

Before submitting your donation, please be sure to check the spelling of the individual(s) name on the donation card to insure that it is spelled correctly when listed in our Newsletter.

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

In Honor of Sheila Dzengelewski:
Sara Shaw

In Honor of Roy and Eileen Young on their 40th Wedding Anniversary:
Tony and Ann Schettino

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

In Memory of Jane T. LaChapelle:
Peter D. Chapelle

In Memory of Mary Coleman:
Alaine C. Geary

In Memory of Peter J. Garzone:
Russell and Marion Bowden

In Memory of Shirley A. Kobialka:
Rita and Joe Edry

In Memory of Adele McDonnell:
Rosemary O’Connell

In Memory of Alec and Helen Niconchuk:
Patricia Niconchuk

In Memory of Patsy Souza and Matt Tambeau:
Sandra Costa

The Friends Board has recently 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.

Support Friends of the Peabody Council On Aging Inc.
When you shop at smile.amazon.com, Amazon donates
Go to smile.amazon.com
amazonsmile

MICHAEL F. “MIKE” ZELLEN,
PRESIDENT OF FRIENDS REPORT: JULY 2019

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 Annual Volunteer Appreciation Luncheon sponsored by the “Friends of the PCOA” was held at the Danversport Yacht Club on June 7, 2019. The Board of Directors of the “Friends” would like to thank COA Director Carolyn Wynn, Volunteer Coordinator April Lussier, and the entire staff for planning the wonderful event.

The Luncheon was a huge success and gave the “Friends Board” the opportunity to “Honor” and say “Thank You” to our dedicated and hard-working Volunteers. Over 300 attendees enjoyed a delicious lunch and fun filled entertainment provided by “The Senior Tones”.

Mayor Ted Bettencourt was in attendance and brought the greetings of the City of Peabody. There were also Local Elected Officials present to honor of our hard-working volunteers.

A “Special” thank you to Geri Jenkins, Gayle Cavanaugh, Kay Morrocco, Jim Cantrell, Sandi Dupont, and Dottie Bonfanti for preparing the second mailing of the Annual Appeal to members who were out of town for the winter and to other members who did not respond to the first mailing. Also, a “High Five” to Joe Mendonca for preparing the paperwork and delivering the second mailing to the post office.

On July 17, 2019 the Council will be hosting the “Annual Summer Cookout” at the Torigian Center. Entertainment will be provided by “The Classics”. Tickets are $12.00 per person and are available at the front desk at the Center.

Come on down and enjoy the day and enjoy the friendship of your fellow members.

The Board of Directors of the Friends of the Peabody Council on Aging wish everyone a safe and enjoyable 4th of July!

Remaining 2019 FRIENDS BOARD MEETINGS
September 9
December 2

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 w.peabodycoa.org and click on DONATE.

If you have any questions, please call Jim Cantrell at 978-535-3881.
Care-giving right in your neighborhood!

Our program is designed to provide a structured setting for individuals who would benefit from supervised care. 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. The program offers many benefits for families and caregivers including respite time for caregivers to pursue their own activities.

Services are provided by a Program Coordinator, Licensed Nurses, Social Worker, Activities Coordinator and Certified Nursing Assistants. For more information, or to make an appointment to visit our Center, please call our Program Coordinator: Susan Levenson, RN at (978) 531-2254, Ext. 134 or at: slevenson@peabodycoa.org

What is means to be a part of...
The Roger B. Trask Adult Day Health Program

CAREGIVER CONNECTION

A Caregiver Support Group
TRASK Adult Day Health Program at the Peabody Council on Aging in Classroom A

On the 2nd and Last Monday of each month from 2:00 to 3:00 pm

Respite care services offered at TRASK during meeting time.

Please RSVP to Fabia Faria, LCSW at (978) 531-2254, Extension 136
Donations In Memory or In Honor Of Are Tax-Deductible. Enclose Check Payable to ‘Friends of the PCOA, Inc.’.

$_________.____  Date: ______________

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.

(Please Print)
Donor’s Name ________________________________
Address _____________________________________________

City __________________ State ______ Zip ____________

Please Circle: In Memory  or  In Honor

(Please Print)
Donee’s Name: ________________________________

Please notify the following individual (s). (Please Print)

Name ___________________________________________
Address __________________________________________

City __________________ State ______ Zip ____________

The Name of Donor and Donee will be recognized in The Peabody Council on Aging Tips & Topics Newsletter.

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