

April  
2023

# TIPS & TOPICS



PEABODY COUNCIL ON AGING

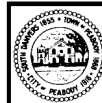
Peter A. Torigian Senior Center

79 Central Street, Peabody, MA 01960

Monday-Friday 8:00AM - 3:00PM

Ph: (978) 531-2254 / Fax: (978) 531-7176

[www.peabodycoa.org](http://www.peabodycoa.org) / Find us on Facebook!



Live Peabody  
An Age Friendly Community

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

## Enjoy our three-part **MUSIC SERIES!**

We are presenting a three part "Music Series" put on by John Clark from the Great American Music Experience.

Wednesday, April 4th: 12:30—1:30 pm

*"Big Band Swing"* for Jazz Appreciation Month

Wednesday, May 17th: 12:30—1:30 pm

*"Music of WWII"* for Memorial Day

Wednesday, June 14th: 12:30-1:30 pm.

*"Greatest Love Songs of all Time"* for Wedding Month

**This music series is FREE!**

*Please sign up at the Front Desk!*



## **VOLUNTEER** Appreciation Breakfast

Friday, April 21st:

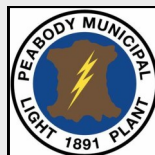
8:30~9:30 am in Jubilee Hall

**RSVP Laurie at**

**978-531-2254 (X108)**

Heartfelt   
**THANKS**  
TO OUR VOLUNTEERS!

This event is  
for registered  
volunteers  
only!



## **Senior Citizen Appreciation Concert**

Friday, April 28, 2023  
from 10:00 - 11:00 am

Peabody Veterans Memorial High School

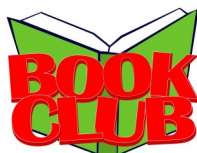
**A delicious luncheon will follow!**

*Please sign up at the  
front desk for transportation.*

*Sponsored by the  
Peabody Municipal  
Light Plant*

## The Book Club

Our Book Club is run by Cate Merlin, from the main branch of the Peabody Library. They meet on the second Wednesday of each month for a book discussion, at the Peabody Council in Aging. Cate picks out and distributes the books to each participant. They are reading "Under Occupation" by Alan Furst for the April meeting.



Wed. April 12th  
from 10:30am - 11:30am  
in the Conference Room

## **April Birthday Celebration** **Tuesday, April 4th**

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



**March Birthdays were:** Gail Staunton, Cathy Ciano, Donna Cohen, Sue Savy, Judy Carr, Priscilla O'Donnell, John Tkaczuk, Ann Nichols, Lenny Burgess, Maria Moison, and Ruth McNulty

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

## **Our Veterans Meeting**



The Veterans meeting will be held in the Computer Room on Tuesday April 18th from 9:30am—10:30am

This group is run by Tom Moran

The DAV group will meet on Wed. April 19th From 9:30—11:00 am

## **LOW VISION GROUP**

Our Low Vision Group will meet on Wednesday, April 12th From 12:30pm - 2:00pm In Classroom A



This group is run by Judy Enos

## **CARD MAKING WITH SOPHIA**

Sophia will be back to teach you how to make spring cards. All materials are supplied and there is no cost for the class. Everybody loves a home-made card! Friday, April 7th from 12:30—2:00pm In Classroom A.

There is a limit of 10 people.

Sign up at the front desk



## **MOVIE TIME**

Our Movies will be shown in Jubilee Hall from 12:15 – 2:15

Tues. April 4 - "Forget Paris"

Tues. April 11 - "Return to Me"

Tues. April 18 - "Damn Yankees"

Tues. April 25 - "A League of their Own"

*Enjoy some popcorn while you watch!*



## **DO YOU LIKE TO MARCH?**

Our Drill Team is looking for new members. They meet in the Jubilee Hall on Mondays from 12:30 to 2:00. It's a lot of fun. Come on in and watch what they do to see if you're interested! Don't be shy!



*A special "Shout-out" to all of our amazing volunteers who help us run our programs every day! We couldn't do it without you!*

**Hearing Screenings** - Joe from Apex Hearing will be back on Thurs. April 27th from 10:00am to 1:00pm. To make an appointment call 978-531-2254.

**Blood Pressure Clinic** - Thursday, Apr. 13 from 9:00 - 10:30 in the Health Room

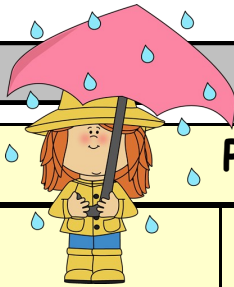
**Senator Joan Lovely** will hold office hours at the PCOA on Monday, Apr. 10th from 9:00am—10:00am

**Phone & Computer Help** - ONLY Friday Apr. 7th - from 9:00am - 11:00am

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

**Crazy Cards** - Wed. April 26th from 12:15pm - 3:00pm





## Peter A. Torigian Senior Center



April  
2023

Lunch is served  
promptly at 11:30

Meal Cost: \$5.00  
Friends Members: \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>			
<p>3</p> <p><b><u>Reduced Sodium Hot Dog</u></b> Condiments Baked Beans Sautéed Cabbage Butterscotch Pudding</p>	<p>4</p> <p><b><u>Shaved Beef Steak Bomb</u></b> with Cheese on a Sub Roll/French Fries/Ketchup Tomato Salad</p> <p><i>Birthday Cake</i> </p>	<p>5</p> <p><b><u>Stuffed Peppers</u></b> Tomato Sauce Steamed Potato Corn Ice Cream</p>	<p>6</p> <p><b><u>Bk Meatloaf</u></b> Onion Gravy Basil Carrots Garlic Mashed Potatoes Chilled Pears</p>	<p>7</p> <p><b>Good Friday</b> <b><u>Shrimp Scampi</u></b> Over Rice Garden Salad Lemon Meringue Pie</p>
<p>10</p> <p><b><u>Chicken Broccoli Alfredo</u></b> Over Pasta Broccoli Strawberry Cream Pie Popcorn</p>	<p>11</p> <p><b><u>Meat Ball Sub</u></b> Au Gratin Potatoes Corn Fruit and Yogurt</p>	<p>12</p> <p><b><u>Cheeseburger</u></b> Potato Salad Homemade Cole Slaw Chips</p>	<p>13</p> <p><b><u>Roast Stuffed Pork</u></b> Sauce Wild Rice Vegetable Medley (Broccoli, Cauliflower, Carrots &amp; Red Pepper) Apple Crisp with Vanilla Ice Cream</p>	<p>14</p> <p><b><u>Grilled Salmon</u></b> Lt. Bernaise Sauce Rice Pilaf Spinach Peaches And Strawberries</p>
<p><b>Patriot's Day</b></p> <p><b>Center closed</b></p>	<p>18</p> <p><b><u>Italian Sub</u></b> Chicken Noodle Soup Potato Puffs Lemon Squares</p>	<p>19</p> <p><b><u>Lasagna</u></b> Apple Juice Tomato Sauce Grated Cheese Seasoned Green Beans/Garlic Bread Butterscotch Pudding</p>	<p>20</p> <p><b><u>Chicken Cordon Bleu</u></b> Gravy Twice Baked Potato Corn &amp; Pimentos Brownie</p>	<p>21</p> <p><b><u>Baked Haddock</u></b> Mashed Potatoes Butternut Squash Ice Cream</p>
<p>24</p> <p><b><u>American Chop Suey</u></b> Seasoned Broccoli Garlic Bread Chilled Pears</p>	<p>25</p> <p><b><u>Chicken Piccara</u></b> Guacamole salad Oven brown potato Cottage cheese &amp; Peaches</p>	<p>26</p> <p><b><u>Italian Sausage</u></b> on Roll Onions &amp; Peppers Mustard Home Fries Tomato &amp; Cucumber Salad / Cookie</p>	<p>27</p> <p><b><u>Roast Beef</u></b> Gravy Baked Potato Sour Cream Corn and Pimentos</p>	<p>28</p> <p><b><u>Santoro's Pizza</u></b> Caesar Salad Ice Cream</p>



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!!**

**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 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** 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 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**



## SOCIAL SERVICE: Marianne Pierce



# CONCERNED ABOUT MEDICARE COSTS?

## There may be help!



Medicare premiums, deductibles and co-payments can add up. Luckily, there are several programs that can help a beneficiary with Medicare cost sharing. Below is a list of these programs, their eligibility requirements, information about applying, and the benefits they provide. ***If you have any questions regarding these programs, contact Social Services at 978-531-2254 to make an appointment. NEW INCOME AND ASSET LIMITS AS OF MARCH 1st, 2023***

	Gross Monthly Income Limit	Asset Limit	Application	Benefits
MassHealth (65+ years old)	\$1,215 (individual) <sup>1</sup>	\$2,000 (individual) <sup>2</sup>	MassHealth SACA-2 form	Supplemental health and drug coverage Automatic enrollment in Senior Buy-in
	\$1,644 (couple) <sup>1</sup>	\$3,000 (couple) <sup>2</sup>	1-800-841-2900	Automatic enrollment in Extra Help
MassHealth Senior Buy-in (QMB)	\$2,309 (individual)	\$18,180 (individual) <sup>2</sup>	MassHealth SACA-2 form or Mass Buy-In form	Pays Medicare Part A & B premiums Pays Medicare Part A & B deductibles & copays
	\$3,123 (couple)	\$27,260 (couple) <sup>2</sup>	1-800-841-2900	Automatic enrollment in Extra Help
MassHealth Buy-in (QI-1)	\$2,734 (individual)	\$18,180 (individual) <sup>2</sup>	MassHealth Buy-in Application	Pays Medicare Part B premium
	\$3,698 (couple)	\$27,260 (couple) <sup>2</sup>	1-800-841-2900	Automatic enrollment in Extra Help
Extra Help Full	\$1,640 (individual)	\$10,590 (individual) <sup>3</sup>	Social Security Application for Extra Help	Reduces Part D premium Eliminates Part D deductible
	\$2,219 (couple)	\$16,630 (couple) <sup>3</sup>	1-800-772-1213	Lowers Part D copays to \$4.15/\$10.35
Extra Help Partial	\$1,823 (individual)	\$16,660 (individual) <sup>3</sup>	Social Security Application for	Reduces Part D premium Reduces Part D deductible
	\$2,465 (couple)	\$33,240 (couple) <sup>3</sup>	Extra Help 1-800-772-1213	Lowers Part D copays to 15%
Prescription Advantage (65+ years old) (no enrollment fee)	\$3,645 (individual)	NONE	Prescription Advantage Application	Supplemental prescription coverage that reduces copays once the total retail costs of covered prescription drugs reaches \$4,660
	\$4,930 (couple)		1-800-243-4636	
Prescription Advantage (65+ years old) (\$200 enrollment fee)	\$6,075 (individual)	NONE	Prescription Advantage Application	Supplemental prescription coverage that pays prescription copays once out-of-pocket drug costs reach \$4,080
	\$8,217 (couple)		1-800-243-4636	
Health Safety Net	Full: \$1,823 (individual) \$2,465 (couple)	NONE	MassHealth SACA-2 form (65+ years old)	Pays for some services received at a hospital or Community Health Center (CHC)
	Partial: \$3,645 (individual) \$4,930 (couple)		1-800-841-2900	Rx & dental available at some CHC's

<sup>1</sup> If over the income limit, may qualify by meeting a deductible

<sup>2</sup> Primary residence and one vehicle are not counted

<sup>3</sup> Primary residence, vehicles, and life insurance are not counted

## 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](mailto:slevenson@peabodycoa.org).**

### 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 Reception.



### We collect eyeglasses and 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 Senior Center.

Thanks!



### **Friendly Telephone calls**

Are you lonely and just want someone to talk to? Call Social Service at the PCOA at

978-531-2254  
and ask for  
Amber.



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The Commodity Supplemental Food Program (CSFP) is a once-a-month food distribution for individuals 60 years of age or older. *You may be eligible to receive two free bags of food once a month containing healthy shelf stable products!*

**Proof of identity and age are all that is required to apply.**

### SFP Income Guidelines (effective January 31, 2023)

Household Size	Weekly	Monthly	Annually
1	\$365	\$1,580	\$18,954
2	\$493	\$2,137	\$25,636
3	\$622	\$2,694	\$32,318
4	\$650	\$3,250	\$39,000

For more information  
or to apply:

by email @ [CSFP@gbfb.org](mailto:CSFP@gbfb.org)

or call  
Social Services  
at 978-531-2254.

The Massachusetts **“CIRCUIT BREAKER” TAX PROGRAM** is for qualifying persons age 65 or over whose property tax (or 25% of rent) exceeds 10% of their annual gross income. You may be eligible even if you receive a property tax exemption through your city/town.

Whether or not you owe taxes, you may be eligible for **cash or a tax credit of up to \$1,200 this tax year—even if you did not file Massachusetts state income tax forms.** This benefit equals the amount that your property tax (plus 50% of your Water and Sewer Bill\*) or 25% of your rent exceeds 10% of your income up to a maximum benefit amount that varies by year.

To obtain the benefit, you must file for the 2022 tax year beginning in January 2023.

You may also file retroactively for any benefits you could have qualified for in the past three years.

**The maximum credit you may receive for tax year 2022 is \$1,200; 2021 is \$1,170; 2020 is \$1,150; and 2019 is \$1,130.**

**The deadline for retroactive filing for tax year 2019 is April 15, 2023.**

**See if you Qualify:**

1. You must be **Age 65** or over by the end of tax year for which you are filing.
2. Your **Income** must not exceed the following (Including Social Security, and other income not ordinarily taxed in Massachusetts.)

<b><u>Income for tax year</u></b>	<b><u>2019</u></b>	<b><u>2020</u></b>	<b><u>2021</u></b>	<b><u>2022</u></b>
Single	60,000	61,000	62,000	64,000
Head of Household	75,000	76,000	78,000	80,000
Married, filing jointly	90,000	92,000	93,000	96,000

3. Your **primary residence**, owned or rented, must be in Massachusetts. Public Housing and subsidized renters are not eligible.
4. The **accessed value** of your home must not be greater than:  
**2019: \$808,000      2020: \$848,000      2020: \$884,000      2022: \$912,000**
5. **Homeowners:** Your property tax plus 50% of your water and sewer bill\* must exceed 10% of your income. Multi-acre property owners; not only one acre plus your home count toward your qualifying assessment. Consult your local assessor to compute assessment for application.

**Renters:** 25% of your annual rent must exceed 10% of your gross income.

**Even if you don't normally file with the state,** you are most likely due a check or tax credit from the Dept. of Revenue if you meet the above criteria. ***If you have an accountant, ask for help with this year and/or previous years.***

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[www.Mass.Gov/RMV](http://www.Mass.Gov/RMV)

The Registry of Motor Vehicles (RMV)  
Michele Ellicks,  
Community Outreach Coordinator,  
will be offering a FREE workshop on the  
**REAL ID.**

**Wednesday, MAY 3rd, 2023**  
in Jubilee Hall from 12:30 –2:00 pm

Information will be presented on new federal and state requirements concerning driver's license and ID card renewals.

REAL ID is a federal ID that you can use to fly within the United States or enter a federal building. To get one, you'll need to provide **Additional Documentation** and come into an RMV service center.

*Sign up at the Front Desk!*



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## Points to Ponder... Jack Lawless

April: The Prayerful Month

- April is believed to be named after the Greek Goddess of love, Aphrodite.
- There are several versions of the origin of the term, April's Fool Day so the best way of saying is the quote "The first of April is the day we remember what we are the other 364 days of the year."
- French writer, Emile Zola (1840-1902) was born on the 2nd in Paris. In one of his novels he defined people as products of heredity and environment.
- On the 3rd in 1948, President Harry S. Truman signed the Marshall Plan designed to aid the war torn countries of Europe (WWII) from spread of Communism.
- On the 4th in 1968, Civil Rights leader Dr. Martin Luther King, Jr. was shot and killed by a snipers bullet in Memphis, Tennessee. One week later on the 11th, President Lyndon B. Johnson signed the Civil Rights Act of 1968.
- Jewish Passover starts at sundown on the 5th.
- After a break of 1500 years, on the 6th in 1896, the first Olympics of the modern era was held in Athens, Greece. This 6th is also the full moon called the Pink Moon.
- Western Easter is observed on the 9th with Orthodox Easter being celebrated on the 16th. Happy and Joyous Easter to all!
- Twenty-five years ago on the 10th in 1998, the politicians in the North of Ireland signed the Good Friday agreement aimed at ending 30 years of violence which had claimed over 3,400 lives.
- On the 15th in 1912, the famous Titanic ship on its one and only trip hit an iceberg off the coast of Newfoundland with a loss of 1,500 of its 2,224 passengers.
- American artist and naturalist John J. Audubon (1785-1851) was born on the 26th in Haiti.
- James Munroe (1758-1831) was born on the 28th and served as president for two terms and is best remembered for the Monroe Doctrine.
- George Washington became the first U.S. President on the 30th in 1789 as he was administered the oath of office in New York City.



*The coming of April heralds the time to plant seeds of magic and fill the heart and home with the joy of light and life" Lotuswulf Satyrhorn*



# GOD BLESS AMERICA AND OUR PATRIOTS!

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**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 Anna Gallo:**

For her generous gift to the PCOA

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

**In Memory of Eugene M. Long:**

Dorothy Taylor

**In Memory of Marian Graves:**

Maureen Keenan



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### MICHAEL F. "MIKE" ZELLEN, PRESIDENT OF FRIENDS REPORT: APRIL 2023

As we begin the month of April, we look forward to warmer weather, the trees beginning to bud, and the blossoming of flowers.

Sure signs that winter, the snow, and the cold are just memories.

*As reported in last month's Tips & Topics, The Friends Annual Appeal for Funds is well underway. The response thus far has been overwhelming. As of mid-March, The Friends have received \$74,642 in donations which is \$3,522 greater than last year over the same time-period and we thank you for your continued support of the Friends of the Peabody Council on Aging.*

#### Hope you had an Enjoyable Day

This past month the Friends sponsored another Karaoke Party which was a huge success and a lot of fun. Many great singers performed, and the Friends awarded the top female singer Susan Lowry and the top male singer Lynn Cockreham, each with a \$25.00 gift card to Kelly's Roast Beef.

#### Friends Café

The Friends Café opened for business this past month and has been extremely busy! Everyone who dines for lunch is very satisfied with the menu choices and raves about the food and the dedicated volunteers who serve them. As you may know, the Friends financed the entire renovation of the Café including the outdoor patio, soon to come.

The café is managed by the Council on Aging with all the proceeds used to support Transportation, Social Services and all the other important programs at the Senior Center.

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"; please call the Torigian Center (978) 531-2254 and request that one be sent out to you.



*During the Month of April, we celebrate both Easter and Passover and the Friends Board of Directors wish all our Members a Holiday filled with Love, Family, and Friends.*

**SPRING has Sprung  
and Sunny Days  
Have Begun!**

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

#### In Honor of the Friends of the Peabody Council on Aging:

#### In Honor of the Friends of the PCOA:

Mildred E. Justo (Trust)

#### In Honor of the PCOA Activity Department:

Berea K. Girard

#### In Honor of Rose Regis, Happy Birthday!:

Millie Schweizer

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

#### In Memory of Olga Cassell:

Nancy E. Sikes

#### In Memory of Catherine Cavallon:

Marie Snow

#### In Memory of Father Andrew Demotses:

Helen & John Apostolides

#### In Memory of Reverend Andrew Demotses:

Tina Kennery

#### In Memory of Joseph E. Edry:

Rita Edry & Family

#### In Memory of Audrey C. Farnsworth:

Cheryl, Wayne and Fran McLaughlin

#### In Memory of Leona Kaplan:

(We met freshman year at college and reunited at Brooksby Village five years ago, and rekindled our friendship).

Lois Berman

#### In Memory of Gene Long:

Sandra Cloutman, Joan Johnson

#### In Memory of Mom & Dad:

Diane Zydavicius

#### In Memory of Cara Murtagh:

Elaine & Andy Metropolis

Carol & Kim Murtagh

#### In Memory of Michael Schulze:

Mary Schulze

#### In Memory of Connie Silva:

Lauren Dechayne-Donarti

#### In Memory of Ken Webster:

Elizabeth Brennan, Sandra Cloutman

#### In Memory of Leon Zaimes:

Tina Kennery



The Friends of the PCOA have a PAYPAL account for donations for (In Honor of/In Memory of)



Go to the PCOA Website: ([www.peabodycoa.org](http://www.peabodycoa.org)) and click on DONATE..

#### 2023 Friends Board Meetings:

June 5  
September 11  
December 4



# PEABODY COUNCIL ON AGING

Peter A. Torigian Senior Center  
79 Central Street, Peabody, MA 01960  
978-531-2254 www.peabodycoa.org

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## Happy Spring!



This newsletter is provided through the generosity of "Friends of the Peabody Council on Aging, Inc." and our Advertisers.

# APRIL 2023

Carol McMahon, Editor



**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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