

December
2022

TIPS & TOPICS



PEABODY COUNCIL ON AGING
Peter A. Torigian Senior Center
79 Central Street, Peabody, MA 01960
Monday-Friday 8:00AM - 3:00PM
Ph: (978) 531-2254 / Fax: (978) 531-7176
www.peabodycoa.org / Find us on Facebook!



Live Peabody
An Age Friendly Community

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



Holiday Party

December 14, 2022

9:30 am ~ 12:30 pm in Jubilee Hall

It's the time of the year where friends and family make a point of getting together to celebrate their special holidays. We hope that you will join us in celebrating this very special time of the year.



We are serving our Baked Stuffed Chicken dinner with Supreme Sauce, Mashed Red Bliss Potatoes, Green Beans Almondine and delicious Tiramisu for dessert. All served with fresh hot coffee. Scrumptious!

Tickets are \$15.00
and go on sale
Monday,
November 28th!

Enjoy great music by
"The Memory Laners"!



The talented students from the High School Chorale will also be here to sing a few Carols for your listening enjoyment!

Coming Soon!



Design and Construction has been completed but equipment deliveries continue to be behind, holding up the opening of the Friends Café.

But...We are still very excited to tell you about it!

The Café will offer the seniors a whole new dining experience, different from our dining hall. You will find the café cozier with ambient lighting and warm colors, creating a very relaxing and enjoyable atmosphere.

We have several tables that are wheelchair friendly and two chair height bar areas to dine at.

Delicious lunches will be offered for inside dining Monday through Friday and we will offer additional outdoor patio seating as well in the warmer months.

For your enjoyment there will be background music playing and if you have to wait to be seated, you will be given a pager to let you know when seating is available.

So stay tuned! We will be sure to keep you updated on our progress and will also keep you posted on our Grand Opening date!

Be sure to check our website at www.peabodycoa.org and our Monthly Newsletter, Tips and Topics for updates!

CITY OF PEABODY

24 LOWELL STREET
PEABODY, MA 01960



P. 978-538-5700
F. 978-538-5980

**OFFICE OF THE MAYOR
EDWARD A. BETTENCOURT, JR.**

December 2022

Dear Friends,

As Mayor of the City of Peabody, I am honored to extend to you my best wishes for a happy holiday season and a healthy and prosperous New Year. During this festive time of year, we often reflect on the truly important aspects of our lives like family, friends, and faith. We count our many blessings and give thanks for the freedom and opportunity we enjoy as Americans.

In celebrating our own good fortune, we are mindful of those who are less fortunate; the lonely and dispirited, the sick and dying, the hungry and helpless. The holiday season provides many opportunities to give of ourselves, our time, our money, and our prayers. As Mayor, I am privileged to witness extraordinary giving each day by the many caring individuals who make up the fabric of our community.

Peabody seniors are especially vibrant leading active social lives and engaging in their community more than ever. We are fortunate to be home to the Peter A. Torigian Senior Center which is a hub for thousands of older residents and has long been the envy of the entire region.

As we approach the New Year, I look forward to spending time with you at the Senior Center during the wonderful celebrations throughout the year. I also look forward to our annual Senior Day at Brooksby Farm.

May the joy of the season be yours and may the spirit of giving fill all our lives in 2023.
Happy Holidays!

Warmest regards,

Edward A. Bettencourt, Jr.
Mayor, City of Peabody

Our Veterans Meetings

The Veterans meeting will be on
Tues. Dec. 20th from 9:30—10:30am
in the Conference Room



The Disabled American Veteran's
will meet on *Wed. Dec. 21st* from
9:30 - 11:00 in the Conference Rm.

CRAZY CARDS

This month, Crazy Cards will be on

Wed. Dec. 28th
from 12:15 - 3:00pm



In the Computer Room

Please sign up in advance at the Front
Desk for your \$3.00 ticket

MOVIE TIME

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

Tues. Dec. 6th - "Radio Days"
Tues. Dec. 13th - "Meet Me in St. Louis"
Tues. Dec. 20th - "White Christmas"
Tues. Dec. 27th - "Pretty Women"



Enjoy some popcorn while you watch!

THE BOOK CLUB

Cate Merlin from the Main Library
runs the Book Club once a month.

This month they will meet on
Wednesday, **Dec. 7, 2022**
10:30am to 11:30am.

In the Conference Room.

To join, call Judy @ 978-531-2254 ext. 124



December Birthday Celebration Tuesday, Dec. 6th

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



November Birthdays were:

Alice Gallagher, Joe Colella, John
Boris, Dora Dyer, and Jack Lawless

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

The Low Vision Group

will meet on: Wednesday, Dec. 7th

from 12:30 - 2:00pm
in the Classroom A

This group is run by Judy Enos



DIABETIC SHOE CLINIC

Amy Baxter will be here on Thurs. Jan. 19, 2023
at 12:50pm, in the Health Room.



To make an appointment,
call Amy at 603-944-1311.



Doctors orders will be available
at the Front Desk along with forms at Reception

Monthly Blood Pressure Clinic

Element Care, will hold a Free Blood
Pressure clinic on the second Thursday
of each month.



Thursday, Dec. 8, 2022

9:00am—11:00am in the Health Room

Sign up at the Front Desk

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

Senator Joan Lovely will hold office hours at the PCOA on Monday, Dec. 19th
from 9:00am—10:00am

Phone & Computer Help - Friday Dec. 2nd & 16th from 9:00am - 11:00am

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



Scrabble - Most Wednesdays from 11:30pm - 2:30pm in the Computer Room

Peter A. Torigian Senior Center

December 2022

Lunch is served promptly at 11:30 am

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

Monday	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE WITHOUT NOTICE	IMPORTANT LUNCH CHANGES Diners need to purchase their lunch tickets between 10:00-11:00 am! <u>Lunch Tickets WILL NOT be sold after 11:00 am!</u>		1 <u>Roast Beef</u> Gravy Baked Potato Sour Cream Broccoli Tapioca Pudding	2 <u>Fish Cakes</u> Beans Homemade Coleslaw Brown Bread Ice Cream
5 <u>Chicken Parmesan</u> Ziti/ Tomato Sauce Garlic Dinner Roll Red Pepper Hummus & Crackers Chocolate Cream Pie	6 <u>Italian Sub</u> Pasta Salad Wedding Soup Ice Cream <u>Birthday Cake</u> 	7 <u>Chicken Salad</u> On Mixed Greens Dressing Cold Vegetable Lo Mein Noodle Salad Wheat Pita Fortune Cookie & Chilled Mandarin Oranges	8 <u>Hot Dog</u> Beans Cole Slaw Ice Cream	9 <u>Potato Crunch Fish</u> Tartar Sauce Wild Rice/Brown Rice Peas/Onions Mandarin Oranges
12 <u>Italian Sausage</u> Peppers & Onions On Roll Tossed Salad Dressing Chilled Pears	13 <u>Stuffed Shells</u> Meat Sauce Garden Salad Garlic Bread Custard Pie	14 Holiday Special <u>Baked Stuffed Chicken</u> Supreme Sauce Mashed Red Bliss Potatoes/Green Beans Almondine Tiramisu 	15 <u>Swedish Meatballs</u> Butter Rice Glazed Carrots Apple Pie	16 <u>Baked Scrod</u> Crumb Topping Lemon Wedge Oven Roasted Potatoes Vegetable Medley Bread Pudding Topping
19 <u>American Chop Suey</u> Seasoned Broccoli Garlic Bread Chilled Pears	20 <u>Breaded Chicken Filet</u> Marsala Sauce Rice Pilaf Greek Salad Apple Crisp	21 <u>Cheeseburger</u> Lettuce, Pickle, Tomato on a Roll Oven Fries Homemade Cole Slaw Peaches	22 <u>Cheese Lasagna</u> Apple Juice Meat Sauce Grated Cheese Italian Blend Veggies Cherry Pie	23  Christmas Eve <u>Seafood Salad</u> Tomato Basil Soup Crackers Potato Salad Chocolate Pudding/Topping
26 Center Closed For Christmas Day 	27 <u>Reduced Sodium Hot Dog</u> on Roll Sautéed Cabbage Baked Beans Condiments Yogurt with Fruit	28 <u>Stuffed Cabbage</u> Tomato Sauce Steamed Potatoes Carrots Tapioca Pudding	29 New Year's Eve <u>Chicken Cordon Bleu</u> Red Bliss Mashed Potatoes Corn and Pimentos Cheese Platter & Crackers Apple Cider <u>Champagne Toast</u> 	30 <u>Grilled Salmon</u> Lt. Bernaise Sauce Rice Pilaf/Spinach Peaches and Strawberries



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**



MODERNA Booster Clinic

Wednesday, December 7th
1:30 to 3:30 pm in Jubilee Hall

Please register at:

<https://home.color.com/vaccine/register/peabody>

If you need assistance, please leave your name and phone number at the front desk. Call (978) 531-2254 for reception.



BLOOD PRESSURE CLINICS

Element Care



will offer these clinics in the PCOA lobby on the 2nd Thursday of every month from 9-11 am for the next six (6) months through 2023. The dates are as follows for 2022 and 2023.

SIGN UP AT THE FRONT DESK!

Dates for 2022:

November 10

December 8

Dates for 2023:

January 12

February 9

March 9

Cost of Living Adjustment

Approximately 70 million Americans will see a 8.7% increase in their Social Security benefits and supplemental Security Income (SSI) payments in 2023. We will mail Cost-Of-Living Adjustment (COLA) notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients and representative payees.



Medicare.gov

- Insulin -



NEW! Change to Medicare Part D insulin costs starting January 1, 2023.

- Plans can't charge you more than \$35.00 for a one-month supply of each Medicare part D-covered insulin you take, and can't charge you a deductible for insulin.
- Because this is a brand-new benefit, the new \$35 cap may not be reflected in your estimated total costs when you review and compare plans.

What if I get a 60 or 90 day supply of insulin?

Your costs can't be more than \$35 for each month's supply of each covered insulin. For example, if you get a 60-day supply of a Part D covered insulin, you'll generally pay no more than \$70.

Note: Starting July 1, 2023 similar caps on costs will apply for insulin used in traditional insulin pumps (covered by Medicare Part B)

If you take insulin, you should get help comparing plans and costs for 2023.:

- Call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.
- Contact your local State Health Insurance Assistance Program (SHIP) to get free personalized health insurance counseling.

Starting in 2023, the cost of a one-month supply of each Part D-covered insulin will be capped at \$35, and you won't have to pay a deductible for insulin. This applies to everyone who takes insulin, even if you get Extra Help.



Inspector General's Warning:

Offers to Increase Your Social Security Benefit Are from Criminals.

Criminals continue to Impersonate Government Agencies

That unexpected offer from the Social Security Administration (SSA) to activate a benefit increase is from a criminal and not the real SSA. Do not share personal or financial information. Do not click on links or respond.

Report suspected scams to oig.ssa.gov/report.

Criminals continue to impersonate SSA and other government agencies in an attempt to obtain personal information, money, or download malware onto phones. Recent reports indicate that criminals are trying to trick people into sharing personal and financial information over the phone or through deceptive text and email messages that lure recipients to a fake Social Security website. Criminals falsely advise recipients to apply to receive Social Security benefits or extra money, such as a cost-of-living adjustment (COLA), or to set up an online account. The message may also provide fake contact information for SSA.

HOW A GOVERNMENT IMPOSTER SCAM WORKS

Recognizing the signs of a scam can help you avoid falling victim to one.

These scams primarily use the *telephone* to contact you, but scammers may also use *email*, *text message*, *social media*, or *U.S. Mail*. Scammers pretend to be from an agency or organization you know to gain your trust and say there is a problem or a prize and pressure you to act immediately, also telling you to pay in a specify way.

PROTECT YOURSELF!

- Do not take immediate action!
- Do not transfer your money!
- Do not buy that gift card!
- Be skeptical!
- Be cautious!
- Do not click on likes or attachments!

Recognizing the signs of a scan can help you avoid falling victim to one. Telephones are primarily used, but they also use email, text message, Social media, or U.S. Mail. Scammers pretend to be from an agency or organization you know to gain your trust. For more information on scams, visit the ftc.gov/scam to read about common scams.



REGISTRY OF MOTOR VEHICLES
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.***

December 9, 2022

12:30-1:30 PM in Jubilee Hall

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!***

We are always pleased when a new business advertises with us! Please be sure to support our Sponsors!

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Fax (978) 531-9939



Rani Varghese, DMD

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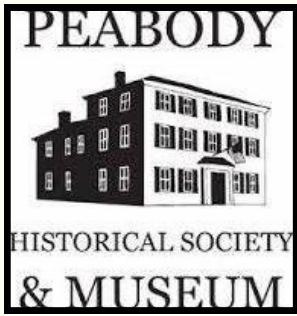
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Peabody, MA 01960

978-531-5767 or toll free 1-800-532-8500

Fax: 978-531-4607

www.Luso-American.com



**Presents a Holiday
Open House**

Sunday, December 4th, 2022
From 1:00 pm to 4:00 pm

At the Nathaniel Felton, Jr. House
and Firehouse Museum

There is parking at 38 Felton Street, Peabody, MA

Members are FREE / Non-members \$5.00
Handicap accessible



For more
Information,
please call:
(978)
531-0805



**VOLUNTEER
ICE CREAM SOCIAL**

Friday, December 9th

1:00 to 2:00 pm

In Jubilee Hall



RSVP Laurie Nadeau at
978-531-2254 X108

**THIS EVENT IS
FOR REGISTERED
VOLUNTEERS ONLY!**

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Points to Ponder... Jack Lawless

December: The month of "Joy and Happiness"

- No less than nine states became states in December, namely Delaware, Pennsylvania, New Jersey, Indiana, Mississippi, Illinois, Alabama, Iowa and Texas.
- Rosa Parks on the 1st in 1955 in Montgomery, Alabama started the bus boycott.
- The worlds first heart transplant took place in South Africa on the 3rd in 1987.
- On December 6, 1863 the 13th Amendment to the U.S. Constitution was ratified abolishing slavery.
- On December 7, 1941 was the Japanese attack on the U.S. Naval Base at Pearl Harbor.
- The 8th Full Moon is called the "Cold Moon".
- American Industrialist, Clarence Birdseye was born on the 9th in 1886 in Brooklyn, New York. He developed a method of deep-freezing foods.
- Father Edward Flanagan establishes Boys Town on the 12th in 1917.
- On the 15th in 1939 the movie, "Gone With The Wind" premieres.
- Hanukkah begins on the 19th and war broke out in French Indochina as Ho Chi Min attacked the French on the 19th in 1946, seeking to oust them from Vietnam which led to a thirty year conflict with heavy U.S. involvement.
- The Winter Solstice is on the 21st of the month and that was also when the first crossword puzzle was published in the New York World newspaper.
- In 1947 on the 23rd, Bell Labs demonstrates the worlds first Transistor radio.
- In 1865 on the 24th, a group of Confederate soldiers form the secret society the "Ku Klux Klan".
- Have a "Merry Christmas!" on the 25th.
- Radio City hall opened in New York city on the 27th in 1932.
- In 1945 on the 28th, the U.S. Congress officially recognized the Pledge of Allegiance to the Flag.
- Have a Safe and Happy New Year!



"Kindness is snow that beautifies everything it covers, so be kind in December".



GOD BLESS AMERICA AND OUR PATRIOTS!

We always appreciate when we get new sponsors! The printing of the newsletter wouldn't be possible without their support!



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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 Cheryl Campbell & Jerrilee Maille of the (Fraternity Lodge #118 100F Relief Fund):

For their generous gifts to the Peabody Council on Aging

In Honor of Anna Gallo:

For her generous gift to the PCOA

In Honor of Rita Callan:

Nancy Callan



In Memory of Christine Wronkowski:
Amelia Ogiba

“Age should not have its face lifted, but it should rather teach the world to admire wrinkles as the etchings of experience and the firm line of character.” Ralph B. Perry

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

In Loving Memory of my amazing Uncle “Russ” Daley, with much love and support to my Aunt and cousins:

Janet and Bob Foote

In Memory of Russell “Russ” Daley:
Mr. and Mrs. Armando Aprile & Family
Nancy Borelli, Robert Buice & Family,
Susan & Michael Carmody, Russell Daley, Herbert Foster, Anne Hazen, GeeGee Kaufman, Scott LaCreta, Chuck & Barbara McCauley, Mary Ellen & Bob O’Leary, Betty Travers, Jasny Vazquez, Carol & James Yandell

In Memory of Lenny DeFelice:

The Winsor Family

In Memory of Chris Wronkowski:

Natalie Rabitski

In Memory of Norman “Cookie” Regan:

Bonnie Regan

Please support our Sponsors. Our monthly newsletter would not be possible without them!

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

A Special Time of the Year

As we approach the upcoming Holiday Season, we will all be busy with our families and friends in attending holiday parties, visiting the malls to purchase that special gift, or sending out greeting cards to family and friends. However, we all know that there are those who have no family to get together with, who will not receive a gift or a greeting card and may even spend a holiday alone. As "Friends" we cannot and should not forget that there are folks who are too proud to ask but need our help. It is a wonderful time to think of others and share friendship and kindness.

"Friends Care – Friends Share"

As we draw near to the end of the year, the Board of Directors of the Friends of the Peabody Council on Aging would like to thank the Members who have supported the Friends Organization during the current year. Because of each of you and your generous donations to the Annual Appeal, we were able to support the Council on Aging, Director Carolyn Wynn, and her outstanding staff with their endeavors and to supplement their funding for the Council's many programs and events. One Hundred Percent (100%) of the funds derived from the Annual Appeal, are used to supplement the budget of the PCOA.

Hope you had an Enjoyable Day

This past month the Friends sponsored a Karaoke Party which was a huge success and a lot of fun. Many great singers performed, and the Friends awarded the top female singer Carol Frechette who sang "Be My Baby" and the top male singer Jim Rooney, who sang "Let It Be Me," each with a \$50.00 gift card to Market Basket.

Annual Holiday Party & Celebration

The Peabody Council on Aging will be hosting the Annual Holiday Party & Celebration on Wednesday December 14th. Tickets are available at the front desk. Come on down and enjoy the festivities with entertainment provided by The Memory Laners and the Peabody High School Chorale.

A new year will begin on January 1, and the 2023 Annual Appeal for Funds Packet will soon be in the mail. We sincerely ask for your continued support so that we may continue to assist in providing the many services, programs, and recreational activities provided at the center.

In closing, the entire Board of Directors of the Friends of the Peabody Council on Aging wish each of you and your families a Joyous Holiday Season and a Happy New Year.



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

In Honor of Jim (in Transportation) "The Best of the Best":

Elaine Hammond

In Honor of Maryanne Pierce LSW, for her professional service and the understanding and caring she shows:

Barry Nardone

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

In Memory of Fred Brienza:

Debra Jones, Fran McLaughlin, Linda Mendonca, Jenesta Smallman

In Memory of my Brother, Jerry D. Costantino:

Edward Nick Costantino

In Memory of Wilfred Crist:

Gail Driscoll & Family, Wood End Elementary School, Buddy and Janice Ouellette, Paul Rung, Kelly Zelenka

In Memory of Leonard DeFelice:

Kaellen D'Amour, Joan Johnson

In Memory of Bob Driscoll:

(on his November 22nd birthday):

Sally Driscoll

In Memory of Carol Dumont:

Roland Dumont, Jr.

In Memory of Alice Fabrizio:

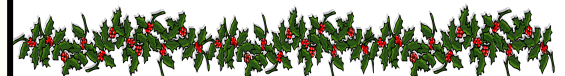
Judith Fabrizio & Family

In Memory of Janyce Harkins:

Kaellen D'Amour

In Memory of Jack Turgeon:

Helen Coleman



**Friends Board Meeting:
Monday, December 5th**



The Friends Board has joined forces with Amazon Smile. It's a simple and automatic way for you to support the Friends of the PCOA and shop on-line. With Amazon Smile you can now select: Friends of the PCOA as your favorite non-profit charity and 5% of your purchases will be donated by Amazon to the Friends.

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

PEABODY COUNCIL ON AGING

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

DECEMBER 2022

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 _____

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