

February  
2021

# TIPS & TOPICS



PEABODY COUNCIL ON AGING  
Peter A. Torigian Senior Center  
75R Central Street, Peabody, MA 01960  
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An Age Friendly Community

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

## THE 5 W's OF VACCINATIONS FOR VETERANS

Veterans 65 and older can make an appointment to get their vaccines

Remember the 5W's!



<b>WHO?</b>	Veterans Age 65+
<b>WHERE?</b>	Bedford VA Medical Center 61 Springs Road, Bedford, MA 01730
<b>WHEN?</b>	<b>By Appointment Only</b>
<b>HOW?</b>	Call: 781-687-4000
<b>WHY?</b>	<b>IT CAN SAVE YOUR LIFE!</b>



**(Veterans have to be enrolled in the VA health system)**



## Tax Assistance Program.

Here at the Senior Center we have been receiving numerous call about the Tax Assistance program that we have hosted for many years.

Since our building is officially closed to the public, we are uncertain that we will be able to accommodate the program this year. With so many questions, we suggest that you find an alternative to this program.

If at some point during the tax season we are able to host this program, we will post this information in our *newsletter*, *on our website* and on the *Peabody Public Access* channel.

The **IRS** has provided a link to help people file free taxes. We hope this is able to assist many of you.

<https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free>

## Medicare.gov About the Vaccine...



As vaccines become more widely available, **it's important to keep taking steps to slow the spread of COVID-19.**

Once the COVID-19 vaccine becomes available to you, here's what you should know:

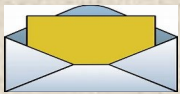
- **You will need two (2) doses of the vaccine for it to be effective.**  
When you receive your first dose, make sure to schedule your second dose!
- ***Medicare covers the COVID-19 vaccine, so there will be no cost to you.***
- State governments are handling the distribution of COVID-19 vaccines. ***Look for updates from your state and local officials*** as more doses of the vaccine become available for additional priority groups.

Visit **CDC.gov** for additional trustworthy information on the COVID-19 vaccines.



**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 Gifts to the Peabody  
Council on Aging:**

**With many thanks to the following for  
their generous gifts to the PCOA and  
staff:**

Evelyn Convicer, Willa Veno

**With many thanks to the following to  
help fund our program for delivering  
meals to home bound seniors:**

Gwendlyn Scott, Joe DiBartolo,  
Susan Levenson, Judy Walker,  
Betty Brennan, Pricilla Cobb,  
Constance and Arthur Ramsdell

**In Honor of Dot McKeen and to help  
fund our program for delivering meals  
to home bound seniors:**

Catherine Tassinari

**In Honor of the PCOA Staff:**

Tops MA #425 Peabody

**In Honor of your parents, Mr. and Mrs.**

**Michael Schulze:**

Joshua Schulze

**In Memory of Gloria Deveaux:**

Evelyn Convicer

**In Memory of Gladys Flynn:**

Maureen Flynn

**In Memory of Dolores Green:**

Lisa Banville

Mr. and Mrs. William Brown

Douglas and Janet Stoddard

Mr. and Mrs. Malcolm Tottingham

**In Memory of Ellen Hardy:**

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Thomas and Patricia Hawes  
Richard and Linda Makela  
Jack and Elaine Marshall  
Mary McCarthy  
Michael and Mary Schulze  
Dorothy Taylor  
Tom and Ann Zellen

**In Memory of Adele McDonnell:**

The McDonnell Family:  
Marie and Robert Finger  
Judi and Charley Lincicum  
Jim and Cathy McDonnell  
Ellen McDonnell and Dave Temple

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

**In Memory of Helen Jane Callahan:**

Maureen Newhall

**In Memory of Ellen Hardy:**

Carolyn Wynn

**In Memory of Leonard Swanson:**

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Dona McDuff  
Mark Rand  
Brooksby Singers  
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The Peter A. Torigian Senior Center is currently closed to the public. At the present time there will be staff members answering our telephones **Monday through Thursday from 8:00 AM to 2:00 PM.** Our Transportation Department is currently providing rides for necessary medical appointments and grocery shopping. We also have frozen meals available for delivery for those in need. **If you want a frozen meal that day, it must be ordered by 11:00 a.m. Orders after 11:00 am will be delivered the following day.**



Our Social Workers are assisting seniors over the phone. We are also making a lot of outreach calls to seniors living in our community. If you are in need of assistance please call **978-531-2254** or if you would like to be added to a list for a **friendly phone call**, we would love to talk with you. We also have current information on our website [www.peabodycoa.org](http://www.peabodycoa.org).



In addition, the City of Peabody has launched **Peabody United Community Resources** on the City website [www.peabody-ma.gov](http://www.peabody-ma.gov) for updates on the (COVID-19). On behalf of the staff and board members of our Senior Center, we wish good health to each and every one of you and remember we are only a phone call away, ready to assist in any way possible. **We will get through this together!**



## Activities...Judy Walker



### February 2021 Chair Yoga Meetings

Via Zoom: Every week on Mondays  
until February 22nd, 2021 at 10:00 a.m.



**Dates: Feb. 1, Feb. 8, Feb. 15, Feb. 22**

Please download and import the following iCalendar (.ics) files to your calendar system.

**Weekly:** <https://us02web.zoom.us/meeting/tZ0kdOmqrzwrGtKOARuFqt0kBwBY4iRpJ2dD/ics?icsToken=98tyKuGhpzqgGNWSsRmBRpx5HYjCc-rzmGZcjb2sz7XFgZCdIP9FPVgC-Z2Isj6>

**Join Zoom Meeting**

<https://us02web.zoom.us/j/89930217106?pwd=WEEdNaEpBK1p4ZXdpRVg3YmNYR25UUT09>

**Meeting ID: 899 3021 7106**

**Passcode: 685114**

**Also, try out Dot's two 15 minute you tube videos.**

<https://youtu.be/rWnZ7M3j63A> (This one is for balance)

<https://youtu.be/hil1dk5rGk> (This one is for stretching)

**THEY ARE FREE!**



Since these classes are FREE we would greatly appreciate it if our Seniors in the community would make a donation to the Peabody Council on Aging to help with the hundreds of meals that are being sent out to those in need. We thank you!

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

If you are interested in placing an ad into our newsletter, please Contact:

Carol McMahon at (978) 531-2254 on Ext. 117  
or email her at [cmcmahon@peabodycoa.org](mailto:cmcmahon@peabodycoa.org)

**There are other available options upon request! Call for more information. your ad will appear on our website FREE!**  
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# February TRIAD News



## Seniors Law Enforcement First Responders

This information is being shared by Peabody TRIAD.

The Peabody TRIAD Council consists of **Seniors, Law Enforcement and First Responders** working together to develop and implement policies and programs to reduce criminal victimization, promote crime prevention and safety awareness, and serve the needs of the senior community in Peabody.

In addition, the Council designs and supports programs to improve the quality of life for our senior citizens. The Peabody TRIAD Council believes they have the ability to make a difference in our community and are dedicated to serving our city and its residents.

### **NATIONAL HEART MONTH:**



February focuses on the heart making it **National Heart Month**. Anyone can be at risk for heart disease. More and more, our sedentary lifestyles are putting us at risk at a younger age. **Obesity, high blood pressure, and smoking all increase our risk factors.**

### **We can take action with each one of those to lower our risk.**

- Get moving.
- Remove stress.
- Quit smoking.
- Eat healthier.



### **Even small changes help make a difference.**

- Reduce the amount of fast food.
- Eat more greens.
- Take the stairs.
- Walk the kids to school.
- Go outside and play with the kids or walk the dog.



### **HOW TO OBSERVE**

Talk to your physician about your risk factors. Walking is one of the healthiest and safest activities we can do for ourselves.

Learn more at [www.cdc.gov](http://www.cdc.gov) and use **#NationalHeartMonth** to share on social media.

### **HISTORY**

The American Heart Association proclaimed February as National Heart Month.



## Points to Ponder ... by Jack Lawless

February — National Heart Month

*The February birth month flowers are the violet and the primrose.*

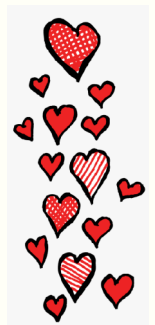
*Violets signify watchfulness, loyalty, and faithfulness and the primrose, lets someone know you can't live without them. Zodiac signs for this month are Aquarius and Pisces.*

- February may be the shortest month but is the longest month with love! February is one of the most misspelled words.
- On the 1st in 2003, the space shuttle, "Columbia" had a fatal crash killing seven astronauts.
- The Treaty to end the Mexican War was signed on the 2nd in 1848!
- February 4th is the Birthday of Aviation pioneer Charles Lindbergh (1902-1974) who was born in Detroit, Michigan. He made the first non-stop solo flight from New York to Paris, May 20-21, 1927.
- The 5th is John Jeffries day born on the 5th in 1744 as he is known as one of America's first weatherman. And the 6th is the birthday of Legendary baseball player George Herman "Babe" Ruth (1895-1948) who was born in Baltimore, MD.
- Superbowl LV is being held @ Raymond James Stadium in Tampa on the 7th.
- In 1964 on the 9th, it was the Beatles 1st appearance on The Ed Sullivan TV Show.
- Former President Ronald Reagan was born on the 11th in 1911, as was American inventor Thomas Edison (1847-1931)
- Happy Birthday to Honest Abe Lincoln on the 12th (1809) and the start of the Chinese New Year (OX).
- Happy Valentine's Day on the 14th; the day when 75% of the chocolates are bought by men. This is the 2nd most day for greeting cards.
- Presidents Day is celebrated on the 15th. This is also Susan B. Anthony's Birthday (1820).
- Don't forget Mardi Gras as Ash Wednesday falls on the 17th!
- George Washington was born on the 22nd in 1732.
- Levi Strauss' birthday, founder of Levis jeans occurs on the 26th.
- The full moon on the 27th is the Snow moon.

*"In the coldest February, as in every other month in every year, the best thing to hold onto in this world is each other!" Linda Ellerbee*




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**SOCIAL SERVICE: Maryanne Pierce**



**FRIENDLY TELEPHONE CALLS**

Would you like someone to talk to? We can provide a weekly telephone call to seniors who live in Peabody who may be lonely and would like to hear a friendly voice. If interested, please call Amber @ 978-531-2254

**SOCIAL SERVICE STAFF SCHEDULES**

**Staff Schedules:**

**Marguerite Mendonca** Mondays 9-1  
*(for our Portuguese speaking community)*  
**Sheila (Appt. schedule)** Mon-Fri 10-3  
**Sandra Cloutman** Mon-Fri 8-4  
**Maryanne Pierce** Mon-Fri 8-4  
**Amber Moutsoulas** Mon. & Fri. 8-4.  
**Fabia Faria** - Mondays 9:00 am to 1:00 pm  
 and Thursdays 9:30 am to 11:30 am.

*(She is trilingual and able to assist our Portuguese and Spanish speaking community.)*

**SHINE-Serving the Health Insurance needs of Everyone.**

**Free Health Insurance Information, Counseling and Assistance for people with Medicare.**  
 The PCOA has five (5) counselors available.

**Call reception at (978) 531-2254 to schedule an appointment.**

**Spanish**

*Fabia Faria estara disponible los lunes de 9AM-1PM y los jueves de 9:30 AM-11:30AM. Fabia habla espanol y portugues y estara dispnoble para ayudar a las comunidades de habla espanola y portuguesa. Por favor llame a recepcion en el Peabody Council on Aging (978) 531-2254 para hacer una cita.*

**Portuguese**

*Fabia Faria, estara disponivel das 9AM as 1PM nas segundas e das 9:30 AM as 11:30 AM nas quintas-feiras. Fabia fala espanhol e portugues e estara disponivel para ajudar as comunidades de lingua espanhola e portuguesa. Por favor, ligue para a recepcao do Peabody Council on Aging (978) 531-2254 para fazer um apontamento.*

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## FUEL Assistance 2020-2021

NSCAP is continuing to look for ways to service their clients while maintaining a safe environment for all. **Our offices remain closed to the public**, however we are still processing appeals and working to pay any remaining bills including secondary electric bills for clients with remaining funds. In addition we are gearing up for the season ahead. **The following new income thresholds have been released by DHCD for the 2020-2021 heating season.**

HOUSEHOLD SIZE	GROSS ANNUAL INCOME
1	\$ 39,105*
2	\$ 51,137*
3	\$ 63,169*
4	\$ 75,201*
5	\$ 87,223*
6	\$ 99,265*
60% of State Median Income	

**Since NSCAP does not have plans to reopen to clients, we began taking first time applications over the phone for oil clients in October, gas and electric in November and heat included in rent clients in January.**

**Please contact NSCAP at 978-531-0767 with any questions.**



Although the majority of the staff will be working remotely from home, we will make every effort to continue to provide a high level of service until we can safely return to normal operations. Clients will be asked to return their signed application by mail along with the requested documentation. A staff member will review their information and determine eligibility or whether additional documentation is needed and notify the client by mail.

**Clients are encouraged to call the status line (978) 531-8810**

to confirm their app is received and current status, what additional items may be needed to complete their application, determination of eligibility and payments made to their vendor. Clients are urged to visit [nscap.org](http://nscap.org) for additional information and we can be reached by email at:

[fuelassistance@nscap.org](mailto:fuelassistance@nscap.org).

## JUSTICE IN AGING

### FIGHTING SENIOR POVERTY THROUGH LAW

On October 22, 2020, the **Social Security Administration (SSA) revised the information available on its COVID-19 webpage** about who is eligible for an in-person appointment while its local offices, generally remain closed to the public due to the pandemic. They divide their instructions into: 1) Those who need help with their benefits; and 2) Those who need help with a Social Security number (SSN).

#### **For those who need help with their benefits:**

**Generally, SSA will schedule an in-person appointment for those "in dire need situations,"** SSA defines a dire need situation as when an individual:

- Is without food or shelter, including utilities, or is without medical care or coverage and needs to apply for or reinstate benefits from SSA; or
- Currently receives benefits from SSA and has an urgent need for payment to meet expenses for food, shelter, or medical treatment, and the individual cannot receive a payment from SSA electronically.

#### **For those who need help with a Social Security number:**

**SSA is prioritizing requests for in-person SSN services for:**

- Individuals age 12 or older applying for their first SSN card,
- Individuals who need to update or correct their SSN information (such as their name, date of birth, or citizenship) to obtain income, resources, or medical care or coverage, or other services or benefits (for example filing a tax return, applying for housing, or seeking an Economic Impact Payment).
- SSA encourages those who don't fit into one of these priority situations to request a replacement SSN card through an online my Social Security account, or by mailing an **application for a Social Security card (Form-SS-5)** to their local office, along with the original documents to prove their identity, with the assurance that these documents will be mailed back to the individual.

However, SSA concedes that since there are "delays processing mail-in SSN card applications, it may take us between two and four weeks to process the application and return the evidence. In many states, individuals will be punished if they are found to be driving without having their driver's license on their person, and the law prohibits immigrants from having their immigration documents out of their possession.

#### **SSA's Program Operations Manual System (POMS)**

contains this warning on the requirements for replacing an SSN card:

**CAUTION:** *Never ask a noncitizen applicant to mail his or her immigration document to SSA. Under the law, noncitizens 18 years of age or older in the U.S. must have immigration documentation in their possession at all times. If they do not, they are subject to fine and/or imprisonment.*



# Important information about the Vaccine...

## There are 3 Phases of receiving your COVID Vaccine... Please read carefully.

### When can I get a COVID-19 vaccine in MA?



#### PHASE ONE

In order of priority

- Clinical and non-clinical healthcare workers doing direct and COVID-facing care
- Long term care facilities, rest homes and assisted living facilities
- First responders (EMS, Fire, Police)
- Congregate care settings (including corrections and shelters)
- Home-based healthcare workers
- Healthcare workers doing non-COVID-facing care



#### PHASE TWO

In order of priority

- Individuals with 2+ comorbidities (high risk for COVID-19 complications), individuals age 75+, and residents and staff of public and private low income and affordable senior housing
- Early education and K-12 workers, transit, grocery, utility, food and agriculture, sanitation, public works and public health workers
- Adults 65+
- Individuals with one comorbidity



#### PHASE THREE

Vaccine available to general public

December - February

Estimated timeframes

February - April

April - June

For more information on vaccine distribution visit [Mass.gov/COVIDvaccine](https://www.mass.gov/COVIDvaccine)



*We can all make a difference in the lives of others in need because it is the most simple of gestures that make the most significant of differences.*



## MICHAEL F. "MIKE" ZELLEN, PRESIDENT OF FRIENDS REPORT: FEBRUARY 2021

It is with a heavy heart and a tremendous sense of loss to announce that The Friends of the Peabody Council on Aging, Inc. has sadly lost one of its Dedicated and Sincere Members of its Board of Directors. With the passing of Director Ellen T. Hardy, we have lost an individual who had dedicated over 20 years of her life in volunteering her time and talents to support the Peabody Council on Aging in providing services, programs, and activities to enrich the quality of life for all Senior Citizens of Peabody. Ellen T. Hardy will be deeply missed. Our deepest sympathy to her husband Frank and her family. May she Rest in Peace.

**At the January meeting of the Board of Directors, the Board discussed and voted on a new budget for the ensuing year in an amount more than \$110,000 to financially supplement the budget of the Peabody Council on Aging. Included in the budget were funds to continue the funding to the Peabody Council on Aging to help subsidize the home delivery frozen meal program during the Covid-19 pandemic.**

The Friends Annual Appeal for Funds is well underway. In January over 12,000 Letters and Friends Membership Enrollment Cards were sent out to our Current Members, Senior Citizens, and the Business Community, requesting a donation to renew or become new members. The packet contains a letter explaining the 'Purpose' of the Friends, and an enrollment card with a self-addressed return envelope. Yours is in the mail. If it isn't, please call 978-531-2254 and I will arrange to have one sent to you. We thank you in advance for your continued support of the Friends of the Peabody Council on Aging.

Everyone who enrolls to become a member of the 'Friends of the Peabody Council on Aging' receives the TIPS & TOPICS Monthly Newsletter in the mail, and a Membership Card. It is with appreciation and sincere thanks to the Friends Board of Directors in preparing and mailing the Annual Appeal packets. It is with appreciation and deep gratitude from the Friends Board of Directors for your continued support.



## **Best Wishes for a Happy Valentines Day!**

*Roses Are Red, Violets Are Blue,  
You Make the World Better, By Just Being You.*

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Carol McMahon at (978) 531-2254 on Ext. 117  
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**There are other available options upon request! Call for more information. your ad will appear on our website FREE!**  
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Go to our website at [www.peabodycoa.org](http://www.peabodycoa.org)  
and link us to your business!

The Friends Board has 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.

The Friends of the PCOA have a *PAYPAL* account for donations for *(In Honor of/In Memory of)*. Just go to the *PCOA website* at [www.peabodycoa.org](http://www.peabodycoa.org) and click on ***DONATE***. If you have any questions, please call Jim Cantrell at 978-535-3881.

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

With thanks for the generous gift made to Friends:

Robert Finger

In Honor of the PCOA: to help fund our program for  
delivering meal to homebound seniors:

Alice Tolmei

In Honor of the PCOA Staff:

Harriet Bornstein, Dorothy Bradford, Shirley Caproni,  
James Davis, Dora Dyer, Addy Emmett, Eileen Fry,  
David Halko, Fran McClure, Mary McDonough and  
John Burke, Georgia Metropolis, Rosanna Moakley,  
Geraldine Pawlak, Eugene Pellizzaro, Joseph Russell,  
Peggy Seeds, Harland Shapiro, Marjorie Smith,  
Joan and Buddy Trabucco

In Honor of Carolyn Wynn and her Staff:

Leonard Burgess

In Honor of Betty Bennet:

Roberta Swift

In Honor of Gladys Keating

Maryann Woodard

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In Memory of Ellen Fitzgerald and Bob Anderson:

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In Memory of John McCormack:

Elizabeth McCormack

In Memory of your Mother Adele McDonnell:

Ellen McDonnell

In Memory of Melvin Merken:

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Christine Zuppio



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**2021 Friends  
Board Meetings:**

March 1  
June 7  
September 13  
December 6

# PEABODY COUNCIL ON AGING

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# February 2021

Carol McMahon, Editor



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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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