

February  
2024

# TIPS & TOPICS



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



Live Peabody  
An Age Friendly Community

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

## Special Valentine Lunch!



On Wednesday, February 14th in Jubilee Hall

Looking for something fun to do?

Grab some friends and join us on Valentine's Day for the upcoming

**Trivia and Tunes** game!

Trivia and Tunes combines questions designed specifically for the audience across a broad variety of categories with musical clues from the likes of Sinatra, The Beatles, Rosemary Clooney and Elvis.



This exciting and fun event will take place after our Wednesday lunch in the dining hall from **12:30—1:30 pm**

and it will be hosted by Vin Pisacreta .

So plan on staying after lunch for some memorable times. It's fun making connections through Knowledge!

*There will be a prize for the winning team!*



## BOCCE IS BACK!

Since we now have a brand new bocce court

right outside the Cafe, we are anxious to form some PCOA Bocce Teams!

The Peabody Council on Aging Bocce Team has always played against Danvers. So if you are 60 and over and are interested in forming a team to play against Danvers, let us know!

If you have any questions and need more information, please feel free to call Laurie, our Activities Coordinator at 978-531-2254, X124.

**Bocce games will be played on Thursdays at 1:00 pm.**

There will be a sign up sheet at the front desk!



Save  
The Date



On **Wednesday, March 13th...** we will have our **St. Patrick's Day Party!**

The fabulous Alan LaBella will be here to entertain us!

Tickets are \$15.00 and go on sale Monday, February 26th at the front desk!

## Diabetic Education



Marianne Chojnicki, RN, CDCES, (nurse diabetic educator) will be here to discuss living with diabetes on **Thursday, February 8th, 9:30-10:30 AM, in the conference room.**

Please come and learn more about taking care of yourself and your loved ones. Bring your questions!

Please sign up at The front desk!

*(There is a limit of 10 people for this discussion)*

## Senator Joan Lovely

Office hours at the PCOA on Monday, Feb, 12, 2024. from 9 -10am. For an appointment call 617-722-1410 or email - [joan.lovely@masenate.gov](mailto:joan.lovely@masenate.gov)

### **Fall Risk Screening**

**Courtesy of Gordon College's Center for Balance, Mobility and Wellness: Screening will be Thursday, Feb. 15th 10:30—12:00 In our main hallway. Please sign up at the front desk**

## **February Birthday Celebration** **Tuesday, Feb. 6, 2024**

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

**Jan. Birthdays were:**

Judy McLaughlin, Gerald Woodmansee, Sonny Doll, Shelli Green, Camille Cino, Kathleen Mello, Richard Mello, Tom McMaster, Gwen Scott, David Geragosian, Jim Davis, Gail Fine, Bonnie Powers, Maria Rebelo.

*Many thanks to Evans Flowers*

*For the rose and balloon!*



## **The Book Club**

Our Book Club is run by Al Hayden. They meet each month for a book discussion, at the PCOA. Al picks out and distributes the books to each participant. They are reading City of Girls by Elizabeth Gilbert for the Wednesday, February 14th Mtg, from 10:30 to 11:30am, in the conference room.



**Veterans Meetings:** Our Veterans Group will meet on Tues. Feb. 20, 2024 from 9:30 - 10:30am in Classroom A.



The DAV Group will not meet in February.

**Rummikub Players**  
**Come on and have fun! Most Wednesdays and Fridays**  
**Computer room 12:15**

## **Diabetic Shoe Clinic**



*Amy Baxter will be here on Thursday, April 11th at 1:00.*

**For an appointment call**

**Amy Baxter- 603-944-1311**



## **CRAZY CARDS**



A fun twist on whist!

**Wed. Feb 28 from 12:15—3:00 in Computer room**

*You must purchase your \$3.00 ticket by Jan. 17th*

Tickets may be purchased at the Front Desk

## **AARP TAX SERVICE**

**Tuesdays, Feb.6th –April 9th**

We are making appointments for the free AARP Tax Service. Sign up at the Front Desk, or call 978-531-2254.

***You must be 60 yrs. or older and a Peabody Resident***

## **MOVIE TIME**

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

**Tues. Feb 6 - The King And I**

**Tues. Feb. 13- An Affair To Remember**

**Tues. Feb.20- Vacation From Marriage**

**Tues. Feb.27- Hidden Figures**

**Enjoy Some Popcorn while you watch**



**Hearing Screenings - Joe from Apex Hearing will be here on Thurs. Feb. 22th from 10:00am to 1:00pm. (To make an appointment, call 978-531-2254)**

**The Low Vision Group**

***will not meet in February***

**Phone & Computer Help -**

**Fri. Feb. 2& 16- from 9:00am - 11:00am**

**Ping Pong - Most Mondays & Fridays**

**1:00—3:00 pm in the Computer Rm**



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**





**Peter A. Torigian Senior Center**

**FEBRUARY  
2024**

Lunch is served promptly at 11:30 a.m.

Meal Cost: \$5.00  
Friends Members: 4.00

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>Frozen Meals-To-Go</b> Can be purchased in the dining hall from <b>10:00 am to 12:00 pm</b> &amp; only <b>cost \$3.00!</b></p>	<p>1 <u>Chicken Piccata</u> Lyonnaise Potatoes Peas Apple Pie</p>	<p>2 <u>Pizza</u> Cucumber Salad Chilled Pears</p>
<p>5 <u>Cheese Burger</u> Lettuce, Tomato, Onion French Fries Condiments Ice Cream</p>	<p>6 <u>Breaded Chicken Filet</u> Marsala Sauce Rice Pilaf Corn  Birthday Cake </p>	<p>7 <u>Ziti &amp; Meatballs</u> Meat Sauce Green Beans Garlic Bread Fruit Cup</p>	<p>8 <u>Roast Beef</u> Gravy Rst Potatoes Fresh Baby Carrots Lemon Meringue Pie</p>	<p>9 <u>Fish Sandwich</u> with Cheese On a Roll (Lettuce, Tomato, Onion) Tartar Sauce Potato Puffs Cookie</p>
<p>12 <u>Macaroni &amp; Cheese</u> Stewed Tomato's Spinach Cookie</p>	<p>13 <u>Italian Sub</u> Italian Wedding Soup Chips Fruit Cup</p>	<p> 14 <b>Valentine's Day</b> <u>Steak Tip Salad</u> Lettuce, Tomato, Onions, Strawberries Pita Bread Raspberry Dressing Chips Strawberry Shortcake</p>	<p>15 <u>Roast Turkey</u> Gravy Cranberry Sauce Stuffing Peas &amp; Onions Tapioca Pudding</p>	<p>16 <u>Grilled Salmon</u> Lt. Bernaise Sauce Rice Pilaf Broccoli Ice Cream</p>
<p>19 Presidents' Day  CENTER CLOSED</p>	<p>20 <u>Tuscan Tuna Salad</u> on Hot Dog Roll Clam Chowder Crackers Pasta Salad Fruit cup</p>	<p>21 <u>Cheese Lasagna</u> Apple Juice Meat Sauce Green Beans Ice Cream</p>	<p>22 <b>Greek Independence Day</b>  <u>Moussaka</u> Greek Roasted Vegetables Baklava</p>	<p>23 <u>Baked Haddock</u> Mashed Potato Carrots Bread Pudding</p>
<p>26 <u>Vegetable Quiche</u> Roasted Potatoes Butternut Squash Chilled Pears</p>	<p>27 <u>Stuffed Peppers</u> Steamed Potato Green Beans Fruit Cup</p>	<p>28 <u>Chicken Salad</u> w/Cranberries on a roll Cucumber Salad Potato Salad Brownie</p>	<p>29 <u>Meatloaf</u> Gravy/Carrots Red Bliss Mashed Potatoes Vanilla Pudding</p>	<p>Menu Subject To Change Without Notice</p>

## **AGE SPAN (Home Care Program)**

The Massachusetts state funded Home Care Program helps older adults who meet income and need guidelines, remain in the community and meet their care needs at home. For those consumers who want to remain safe and independent in their own homes, sometimes this becomes difficult when declining physical or cognitive health results in the inability to manage routine tasks of daily living. AgeSpan can help by providing trusted services and resources.

The Home Care Program provides in-home help and resources to consumers who are residents of Massachusetts, and who meet eligibility guidelines. Home care services help older adults maintain their independence at home and in the community.

**ELIGIBILITY:** Consumers must be at least 60 years old or under 60 with a documented diagnosis of Alzheimer's Disease or a related dementia to qualify. Additionally, consumers must meet the required Functional Impairment Level which is assessed at home visit by a Care Manager.

**SERVICES:** A Care Manager and Registered Nurse, when applicable, collaborate to design, coordinate, and monitor individualized care plan for each consumer by working closely with consumers, caregivers, families and community agencies. They authorize services through a contract with provider agencies selected for cost and quality. Services may include by are not limited to:

- Adult Day Care
- Chore Services:  
(heavy house cleaning)
- Companionship
- Grocery Shopping/Errands
- Home Delivered Meals
- Homemaker Services:  
(light house cleaning)
- Meal Preparation
- Medical Transportation
- Medication Reminders
- Nursing Home Screening
- Personal Care/HHA Services
- Respite Care
- Social Day Care
- Transportation



**COST:** Services may be available at no cost or cost shared on a sliding fee scale. Cost share for home care services is based on income and is determined according to guidelines set forth by the state.

For more information about our Home Care Program,  
call our Information and Referral Department at 800-892-0890.

*Marie Bishop*



www.bishopsells.com  
marie@bishopsells.com



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link us to your business!

# Extra Help and SNAP Eligibility Enrollment Flyer

Attention Medicare Beneficiaries Over Age 60 - If you get Extra Help for Prescription Drugs, then you can get extra help for food costs too!

## Get Extra Help to Pay for Prescription Drugs for People with Medicare

Anyone who has Medicare can get Medicare prescription drug coverage. Some people with limited resources and income **may also be able** to get Extra Help to pay for the costs: monthly premiums, annual deductibles and prescription co-payments, related to a Medicare prescription drug plan. The Extra Help is estimated to be worth about \$4,000 per year. Many people qualify for these important savings and don't even know it.



### To qualify for Extra Help:

- You must reside in one of the 50 states or the District of Columbia;
- **Your resources must be limited to \$13,640 for an individual or \$27,250B for a married couple living together. Resources include such things as bank accounts, stocks and bonds.** We do not count your home, car or any life insurance policy as resources **and**
- **Your annual income must be limited to \$17,820 for an individual or \$24,030 for a married couple living together.** Even if your annual income is higher, you still may be able to get some help. Some examples where you may have higher income and still qualify for Extra help include if you or your spouse support other family members who live with you or you have earnings from work.

***Applying for Extra Help is Easy. Just complete Social Security's Application for Extra Help with Medicare Prescription Drug Plan Costs (SSA-1020)***

### Here's how:

- Apply online at **[socialsecurity.gov/extrahelp](https://www.socialsecurity.gov/extrahelp)**
- Call Social Security at **1-800-772-1213 (TTY 1-800-3235-0778)** to apply over the phone or to request an application; or
- Apply at **your local Social Security office.**
- Ask the SHINE Health Benefits Counselor at your local Council on Aging for help.

After you apply social Security will review your application and send a letter to you to let you know if you qualify for Extra Help. Once you qualify, you can choose a Medicare prescription drug plan. If you don't select a plan, the Centers for Medicare and Medicaid Services will do it for you. The sooner you join a plan, the sooner you begin receiving benefits. If you aren't eligible for Extra Help, you still may be able to enroll in a Medicare prescription drug plan.

Maryanne Pierce (Social Service)

# Senior "Circuit Breaker" Tax Credit



## What is it?

Senior citizens in Massachusetts may be eligible to claim a refundable credit on their state income taxes for the real estate taxes paid on the Massachusetts residential property they own or rent and which they occupy as their principal residence. The maximum credit allowed is \$2,590 for the tax year beginning January 1, 2023. If the credit due the taxpayer exceeds the amount of the total income tax payable for the year, the excess amount of the credit will be refunded to the taxpayer without interest.

Eligible taxpayers who own their property may claim a credit equal to the amount by which their property tax payments in the current tax year (excluding any exemptions and/or abatements), including water and sewer debt charges, exceed 10% of their "total income" for the same current tax year. Taxpayers residing in communities that do not include water and sewer debt service in their property tax assessments may claim, in addition to their property tax payments, 50% of the water and sewer charges actually paid during the tax year when figuring their credit.

For renters, the law assumes that 25% of their rent goes toward property tax. Accordingly, renters may claim a credit in the amount by which 25% of their annual rental payment is more than 10% of their total income.

For purposes of the tax credit, a taxpayer's "total income" includes taxable income as well as exempt income such as social security, treasury bills and public pensions.

## Who is eligible for the credit?

To be eligible for the credit for the 2023 tax year, a taxpayer must be 65 years of age or older before January 1, 2024 (for joint filers, it is sufficient if one taxpayer is 65 years of age or older), must own or rent residential property in Massachusetts and occupy the property as his or her principal residence. The taxpayer's total income cannot exceed \$69,000 for a single filer who is not the head of a household, \$86,000 for a head of household, or \$103,000 for taxpayers filing jointly. No credit is allowed for a married taxpayer unless a joint return is filed. Moreover, the assessed valuation of the real estate cannot exceed \$1,025,000.

No credit is allowed if the taxpayer claims the "married filing separate" status, receives a federal or state rent subsidy, rents from a tax-exempt entity, or is the dependent of another taxpayer.

## Is the tax credit considered income?

Tax credits received by eligible taxpayers are not considered income for the purpose of obtaining eligibility or benefits under other means-tested assistance programs including food, medical, housing, energy and educational assistance programs.

## How does a taxpayer claim the credit?

Taxpayers who are eligible for the tax credit in the 2023 tax year can claim the credit by submitting a completed Schedule CB, Circuit Breaker Credit, with their 2023 state income tax return.

**Note:** Taxpayers who qualified for the tax credit in a prior year but did not file Schedule CB with their original state income tax return should file an amended return by filling in the "Amended return" oval on their state income tax return. Also, taxpayers who qualified for the tax credit in a prior year and did not file a tax return should file a state income tax return with Schedule CB.

## What if the taxpayer is not required to file a state income tax return?

An eligible taxpayer who does not normally file a state income tax return may obtain a refund by filing a return with Schedule CB, Circuit Breaker Credit.

## How does a taxpayer claim the credit?

As with all claimed tax credits and deductions, the taxpayer must keep all pertinent records, receipts and other documentation supporting his or her claim for the credit.

**Schedule CB and further information is available at [mass.gov/dor](https://www.mass.gov/dor) or by contacting the Massachusetts Department of Revenue's Customer Service Bureau at (617) 887-6367 or toll-free in Massachusetts at 800-392-6089.**

**TAX CREDIT**

# TRIAD NEWS

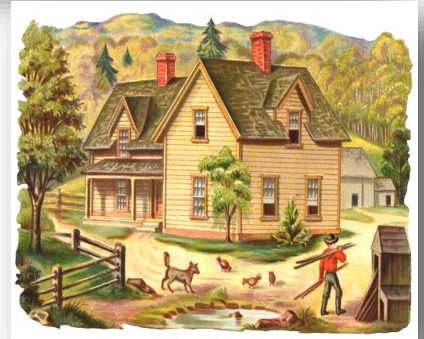
Thursday March 7, 2024

Peabody Senior Center in Jubilee Hall at 12:30 pm.

Attend a free Property Fraud Watch Alert Notification & Homestead Act Presentation to learn how to protect your home from fraud and scams.

It's your most valuable asset!

Register of Deeds DOROTHY A. HERSEY will be sending representatives from the Southern Essex District Registry of Deeds to explain the benefits of the FREE alert notification program and answer questions.



**SAVE THE DATE**

**This seminar is FREE and open to the public.**

Sign up by March 1, 2024 to receive a complimentary copy of your deed on the day of the seminar. To receive your complimentary copy, we need your name and property address.

[Sign up at the Peabody Senior Center Front Desk!](#)



## Friends Cafe news!

We are now serving **BREAKFAST** on **Tuesdays & Thursdays** between **8:00 and 10:00 a.m.!** The cost is **\$5.00** and comes with your choice of coffee or tea. On **Tuesdays**, you will have a choice of a **Breakfast Sandwich** or **newly added...French Toast!** On **Thursdays**, we will serve a **Delicious Traditional Breakfast.**

We offer the **Breakfast Sandwich** and a **Fruit and Yogurt Parfait** ... "A La Carte" for \$4.00.



## February Lunch Special:

Delicious Corned Beef with Swiss Cheese, Sauerkraut and Thousand Island Dressing on Grilled Marble Rye

**The Reuben!**



We are looking for more volunteers during the week to serve lunch in our Café. If you are 60 and over and are interested in doing a lunch shift, please call Kat DeLomba, our new Volunteer Coordinator at 978-531-2254 X108. And if you are a morning person and would like to be an alternate for our breakfast shift, let us know!



# Points to Ponder... Jack Lawless February: The "Leap to Love" Month

- It is believed that February is one of the most misspelled words in the English language as well as the snowiest month. We will find out on the 2nd from Groundhog or Punxsutawney Phil Day with the prediction of the next six weeks of winter.
- On the 3rd in 1913, the 16th Amendment was ratified, granting Congress the right to tax income.
- Legendary baseball player, George Herman "Babe" Ruth (1895-1948) was born on the 6th in Baltimore, Maryland. He shared 60 major league records including hitting 714 home runs. Massachusetts also became a state on the 6th in 1788.
- On the 10th in 1967, the 25th Amendment to the U.S. Constitution was ratified, clarifying the procedures for presidential succession in the event of the disability of a sitting president.
- Super Bowl LVIII will be played at the Allegiant Stadium Las Vegas, NV on the 11th.
- Boston Latin School, the first tax-payer supported (public) school in America was established in Boston, Mass on the 13th in 1635.
- Have a Happy Valentine's Day by celebrating with romantic cards and gifts on the 14th!
- Susan B. Anthony (1830-1906) women's voting rights advocate, was born in Adams, Massachusetts on the 15th.
- Presidents Day will be observed on the 19th between President Abraham Lincoln (on the 12th (1809-1865) and George Washington on the 22nd (1732-1799) birthdays.
- The Full Snow Moon occurs on the 24th. Ironically, 55 years ago from the 24th-27th, the 100 Hour Blizzard of 69 walloped Peabody and eastern Massachusetts with over 2 1/2 feet of snow.
- The 22nd Amendment was ratified on the 27th in 1950, limiting the president to two terms.
- The odds of being born on the 29th is 1,461 to 1 and can be called a "leaper" or "leaping".



This February, "Do more of what you love!" Anonymous



## 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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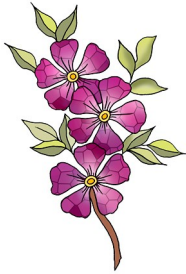
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**IN MEMORY OF/IN HONOR OF ENVELOPES:** Envelopes are available to remember a deceased individual or to honor an individual or group by a donation to the *Friends of The Peabody Council on Aging*. Envelopes are also available that will send your donation 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 PCOA:  
In Honor of our services:  
 Eleanor Noah  
In Honor of Transportation:  
 Frances Minsky  
In Honor of and In Appreciation of The Transportation Department, Happy New Year! :  
 Frances Minsky  
In Honor of and In Appreciation of the Transportation Department for your kindness and caring:  
 Eugenia Bezemes  
In Honor and In Appreciation for the services of the Social Service Department:  
 Elbert Porter



In Honor of/In Memory of the Trask Adult Day Health Scholarship Program:  
In Memory of Diane Durkee:  
 Dolores O'Leary  
In Memory of Jane Harkins:  
 Susan Levenson

**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).**



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

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 \$145,000.00. Included in that amount was \$64,635.00 to purchase a new pick-up truck with a plow and sander.

The Board also voted to continue the funding to the Peabody Council on Aging to help subsidize the daily lunch program. As everyone is aware, the cost of food has been increasing and the price of the daily lunch program is \$5.00 per meal. As you may know if you are a member of the Friends, you will pay \$4.00 per meal.

The Friends Annual Appeal for Membership Donations is well underway. In January, 12,210 Letters and Friends Membership Enrollment Cards were mailed 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 is not, please call 978-531-2254 and I will arrange to have one sent to you. You can also drop off your enrollment card in the mailbox just outside of the Friends Office, near the Physical Fitness Room in the front lobby. The response thus far has been overwhelming, and we thank you 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, a Membership Card, and as stated above, a savings of \$1.00 each day off the cost of the daily lunch program. It is with my appreciation and sincere thanks to my fellow Friends Board of Directors in preparing and mailing the Annual Appeal packets and also 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.*

*Friends Care ~ Friends Share*



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

### In Honor of Dr. Jay Anastasi:

Sandra C. Anastasi

### In Honor of Ron Christensen:

Marjorie Cleary

### In Honor of the PCOA Staff:

Thank you for all you do! It is good to know you are all there when we need you!

Gerard Schwach

### In Honor of the PCOA Staff: Thank you for all your good work!:

Kathleen O'Leary

### In Honor of the PCOA Staff and Volunteers:

Gita Parmar

### In Honor of Sue Savy (for a speedy recovery):

Irma Kline

### In Honor of Sue and Dick Turner:

Ann Marie Damian

### In Honor of Judy Walker on her retirement after 30 years at our beautiful Senior Center!:

Natalie Maga



## In Memory of Gifts to the Friends of the PCOA:

### In Memory of Salvatore Bordonaro:

Vincenza Bordonaro

### In Memory of Beverly June Colella:

Joseph F. Colella

### In Memory of George and Ruth Couris:

The Couris Family

### In Memory of Beverly Desmond:

James & Dawn Freeman

### In Memory of Adelaide Emmett:

David Limauro

### In Memory of Lorraine & George Gray:

Doreen & Michael Gray

### In Memory of Ellen T. Hardy:

Suzanne Plummer

### In Memory of Ephraim Katz:

Ikuo & Terumi Shinzato

### In Memory of Alice Nicewicz, who passed away on November 11, 2022 and was supported by

### Amber Moutsoulas:

AnnMarie Salemi

Ann Casale-Skinner

### In Memory of Guido & Armida Regis:

Linda, Richard & Paul Regis

### In Memory of Timothy Spanos:

Madeline Pimenta

### In Memory of Fran & Irene Zuppio:

Christine Zuppio

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.

### Friends Board Meetings for 2024:

March 4, June 3, September 9, December 2.

**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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**February 2024**

*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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