

January
2026

TIPS & TOPICS



PEABODY COUNCIL ON AGING

Peter A. Torigian Senior Center

79 Central Street, Peabody, MA 01960

Monday-Friday: 8:00AM - 4:00PM

Phone: (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

Happy New Year!



Carolyn, her staff, and the PCOA Board Members would like to wish all of our participants and their families a most Happy and Healthy New Year!

Larchmont Remembered



Wed. Jan 14th @12:30 ~ Jubilee Hall

Please sign up at the front desk

We are all familiar with the story of the *Titanic*, a legendary ship that sank in the Atlantic and captured the world's imagination. But just five years earlier, New England experienced a maritime disaster that was every bit as horrific - a tragedy so extreme it almost defies belief, yet it is one that has been largely forgotten by history.

On the evening of February 11th, 1907, the wooden side-wheel steamship *Larchmont* departed Providence for New York on a routine overnight trip. The weather was brutal - zero degrees, with a fierce wind whipping up twenty-foot waves. In the frigid waters off Block Island, the *Larchmont* collided with the three-masted schooner, Harry Knowlton. What followed was a night of suffering, depravity, and wonder. The ship sank in just 15 minutes, leaving over 150 souls to the mercy of the icy Atlantic. Eyewitness accounts from survivors describe a nightmare of frozen lifeboats, scalding steam, and acts of both incredible cowardice and breathtaking heroism.

Creating Abstract Photo Art



**Wednesday, January 21
12:30 in the Jubilee Hall**

Presenter: Janet Hosking
Piano Music: Jon Hosking

Discover the creative world of abstract photography in this engaging presentation. The first portion will explore techniques for transforming the reality in an image through both in-camera and post-processing methods, creating textures and backgrounds, and layering images. The program will conclude with a slideshow of abstract photo art accompanied by piano music - a visual and musical experience you won't want to miss.

Avoiding Scams & Scammers!

**Wednesday, January 28th @ 12:30 in Jubilee Hall.
Please sign up at the front desk**

Please join Mayor Edward A Bettencourt & District Attorney Paul Tucker for a presentation about recent scams across Massachusetts.

From case studies to the latest data, learn what you need to stay up to date on the latest in fraud prevention. Often victims say, "I can't believe this happened to me."

Get a deeper understanding of payment fraud tactics, steps you can take to stop digital scams, and how to react to authorized or unauthorized fraud. Financial losses are often irreversible. Peabody Police and State Auditor Diana DiZoglio will also be available for feedback and questions. The presentation will be filmed by Peabody TV.

Friends Café Specials



Salad special:
Garden salad
With mozzarella,
roasted red peppers,
pepperoncini, and
croutons with your
choice of dressing on
the side

Sandwich Special:
Caprese Sandwich
Fresh mozzarella,
sliced tomato, basil
pesto, and balsamic
glaze on a
ciabatta roll



Café Hours:

Breakfast: 8:00 am to 10:00 am
(Tuesdays and Thursdays only)

Lunch: 11:30 am to 1:00 pm



Peter A. Torigian Senior Center

January
2026

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

Meal Cost: \$5.00
Friends Members: 4.00

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| Menu Is Subject To Change | Reminder: Diners need to purchase their lunch tickets between 10:00-11:00 am. Tickets will not be sold after 11:00 am | Breakfast is served in the Friends Café on Tuesdays/Thursdays 8-10:00 a.m. Menus are in the lobby & Café |  1 Center Closed | Center Closed For Staff Development Day 2 |
| 5 Rosemary Ham Wrap Tomato, Onions, Pickles Dijon Mayo Tomato Florentine Soup Chips | 6 Steak Bomb Calzone Pasta Salad Homemade Coleslaw Chilled Peaches Birthday Cake | 7 Cheese Ravioli Tomato Sauce Mixed Vegetables Scalloped Potatoes Chocolate Pudding/ Topping Café Closed | 8 Bk Meatloaf/ Onion Gravy Baked Potato Corn Chocolate Chip Cookie | 9 Shrimp Scampi Over Rice Garden Salad Lemon Meringue Pie |
| 12 Balsamic Chicken Over Rice Greek Salad Tropical Fruit Cup | 13 American Chop Suey Seasoned Broccoli Garlic Bread Chilled Pineapple | 14 Chicken Piccata Guacamole Salad Oven-Brown Potato Cookie | 15 Hamburger Stroganoff Over Noodles Cheddar Broccoli Soup Ice Cream | 16 Fish Sandwich w/ Cheese On a Roll (Lettuce, Tomato, Onion) Tartar Sauce Potato Puffs Rice Pudding |
| 19 Center Closed  | 20 Stuffed Peppers Greek Salad Steamed Potato Sour Cream Yogurt | 21 Turkey Wrap Pasta E Fagioli Soup Cucumber Salad Popcorn Strawberry Cream Pie | 22 Chicken Cacciatore (Peppers, Onions, Tomato, Mushrooms) Fingerling Potatoes Corn Ice Cream | 23 Shrimp Po Boy Lettuce, Tomato, Onions, Pickles Chipotle Mayo Chilled Pears |
| 26 Cheeseburger (Lettuce, Tomato, Pickles) French Fries Homemade Coleslaw | 27 Swedish Meatballs Gravy Cheddar Whipped Potatoes Beets | 28 Mac & Cheese Stewed Tomato Spinach Mandarin Orange | 29 Chicken Kabob Salad Rice Pilaf Tomato Salad Bread Pudding | 30 Tuscan Tuna Salad Italian Garden Soup Crackers Potato Salad Ice Cream |

January Birthday Celebration
Tuesday Jan. 6th, 2026



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

December Birthdays were:
Ronnie our Student, Joe Silva, Eleanor Varnelt, Dave Halko. Missing from the photo: Rose Raymond, Diane Silva, Amber Moutsoulas, Tony Martoccio, Anna LaMiche, Maria Figarido



Many Thanks to Evans Flowers For the rose and balloon!

MOVIE TIME

With Earl Rosen
In Jubilee Hall, from 12:10 – 2:00 pm

Tues. Jan 6th: The First Wives Club
Tues. Jan 20th: The American President
Tues. Jan 27th: Rumor Has It

ENJOY AN AFTERNOON MOVIE &



CRAZY CARDS

A fun twist on whist!
Wed., January 28th, from 12:15 - 3:00 in the Computer Room
You must purchase your \$3.00 ticket by December 17th

Tickets may be purchased at the Front Desk

Computer room activities:

- **Phone/computer help:** On Friday, January 16th from 9:00 AM - 11:00am
- **Ping Pong:** Most Mondays & Fridays from 1:00 - 4:00 pm
- **Rummikub:** Most Wednesdays and Fridays at 12:15 pm
- **Chess:** Wednesdays at 10:00 AM



Senator Joan Lovely: Will be holding office hours at the PCOA on **Monday, January 12th** from 9:00 - 10:00 am. Walk-Ins Welcome!

Representative Tom Walsh: Will be holding office hours at the PCOA on **Tuesday, January 6th** from 10:30 - 11:30 AM.

Veterans Meetings:
Our Veterans Group will meet on Tues. January 20th, 2026 from 9:30 - 10:30 am in Classroom A



Book Club

January's book:
"What Can We Know"
By Ian McEwan

Our Book Club is run by Morgan Yeo. We meet each month for a book discussion, at the PCOA. This month's discussion is Wednesday Jan. 14th at 10:30 AM in the conference room.

This Month's Musical:

“Sweet Charity”

Wednesday, Jan 7th

@12:00 PM - In Jubilee Hall

Some of our ongoing activities:

- Whist: Tues. & Thurs. 8:30-11:00
- Mah Jongg: Every Tue. 11:45-2:00
- Japanese Bunka: Tues. 9:00-12:00
- Knitting & Crochet: Tues. 11:45-2:00
- Rug Hooking: Wed. 9:00-11:30
- Wood Carving: Wed. 9:00-11:30
- Model Ship Building: Wed. 11:45-2:00
- Painting Class: Thurs. & Fri 8:30-11:30
- Quilting: Thurs. 8:30-11:30

Call Laurie for more info: 978-531-2254

Hearing Screenings

Joe from Apex Hearing will be here on Thurs. Jan 22nd, 10:00am to 1:00pm.

To make an appointment, call 978-531-2254

Diabetic Education

With Marianne Chojnicki

Will resume on Tuesday, Jan. 6th: 10:30-11:30

Low Vision Group

Will not meet in January or February

Call Judy Enos if you have any Questions: 978-290-6080

Fall Risk Assessment

Gordon College will be here on Thurs. Jan 15th, from 10:45 am - 12:00 pm
For your free assessment
Please sign up at the front desk



Foot Clinic with

Crystal Perry – CFCN

Tuesday, Jan 20th, 9:00 -3:00

Please call 978-531-2254

To Schedule your appointment

\$50 for Evaluation, \$45 for a follow up.

Payment must be cash or check made out to the PCOA

Medications and You: What Older Adults Need to Know!

Tuesday, Jan. 13th, at 12:30 in Jubilee Hall

- How aging affects how medications work
- Importance of dosing changes
- How to avoid adverse side effects
- What you need to know about the medications you take



Please bring a list of all the medications you take, or bring them in a bag for review by the Pharmacist, and any questions you would like to ask

Presented by:

Daniel F. Newberg, BS Pharm, MS,
Pharmacist

Carol B. Freedman, BS Pharm, MAS,
Pharmacist

Please sign up at the front desk



A rocking horse was built by John Sacramone in the PCOA wood shop - a gift for his grandson! Wood shop members Ron, Louie, George, Marco, and PCOA staff Mike and Tom helped with building the rocking horse!

PCOA Arts & Crafts Class

Thursday, January 15th ~ 1PM

In the Art Room

Well, we know there has been a lot of interest about the display in the hallway!

In our display case we have a lot of projects, and each one will have a related class!



This first class will involve painting - a wooden cat to be precise. Participants will have a choice in future projects!

Limit of 15 people per class



Healthy Eating, Healthy You



Marianne Chojnicki will be here on **Tuesday Jan. 27th @ 10:15 - 11:15 - Classroom A** To coach us all on how to eat healthier, make better choices and be a better you in 2026. Space is limited. Please sign up at the front desk

Virtual Reality News

Included in our available virtual reality games, we have 35 different pinball machines to choose from - Indiana Jones to Jaws and many more!

The VR adds immersive realism above a regular pinball machine, and it is quite the experience. Using the flippers and the pull plunger is very simple and a lot of fun.



Shown above is a scene from one of our new pinball machine games!



VR is offered on Wednesdays in January

Morning: 9:00 to 11:00 am

Afternoon: 12:30 to 2:30 pm



Cornhole every Thursday at 12:15 pm, in the Computer Room



A big thank you to our PCOA Drill Team for their performance at our Holiday Party!



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

Shaw's, 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, Shaw's & 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**

Please **call by at least by 2:00 pm a day ahead** to get your name on the list!



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.

Attention All Riders!!

For booked appointments, we will get you there *on time* but *return* time takes a while due to unforeseen conditions. Thank you for your patience and understanding!

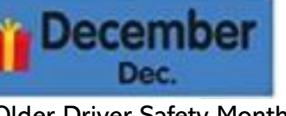
Just a note:

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.



The Peabody TRIAD calendar is a tool designed to keep the community informed and engaged with upcoming events, initiatives, and activities throughout the year.

Participants can expect workshops focusing on community safety and well-being, which are central to TRIAD's mission of fostering partnerships between law enforcement, seniors, and community groups.

| | |
|--|---|
|  January Jan. |  July Jul. |
| The Year Ahead | National TRIAD Month |
|  February Feb. |  August Aug. |
| National Heart Month | Heat Safety Month |
|  March Mar. |  September Sept. |
| Nutrition Month Poison Prevention Month Consumer Protection Month | Grandparent's Day Senior Center Month National Preparedness Month Fall Safety Month |
|  April Apr. |  October Oct. |
| Healthcare Decisions Month | Fire Prevention Week National Crime Prevention Public Power Week International Day For Older Persons Disaster Preparedness Month |
|  May May |  November Nov. |
| Older Americans Month Stroke Awareness Month Senior Health Month | Family Caregiver Month |
|  June Jun. |  December Dec. |
| National Safety Month | Older Driver Safety Month |

2026

Snow Days

To find out if the Senior Center is closed, tune into radio station 104.9 FM or turn on Channel 9 on your television. Even if school is closed, we may be open. If you're unsure, call the center at 978-531-2254. We cannot call everyone to let them know when we are closed! Safety should always come first!

Hearing Aid Recycle Box

Do you have a gently used hearing aid you no longer need? You can donate it to the North Shore Hearing Foundation. We have a drop off box located at the PCOA. If you have any questions, contact social services.

Eyeglasses and cases collection for the Lions Club

If you have any old glasses and/or eyeglass cases that you are no longer using anymore, consider donating them to the PCOA

Unwanted Cell Phones

We continue to accept donations of unwanted cell phones. If you no longer use them, donate them to the PCOA. The money raised will be used for the Center. Please drop off your cell phone donation at the reception desk.

The Peabody TRIAD Council consists of Seniors and Law Enforcement 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.

Points to Ponder: By Jack Lawless

January: The first cold winter month

- Happy New Year on the most celebrated holiday around the world.
- During the Revolutionary War, General George Washington defeated the British at Princeton on January 3, 1777.
- On January 5, 1972, President Richard Nixon approved the development of the NASA Space Shuttle program.
- At approximately 3:40 a.m. local time, under heightened security, the U.S. Congress officially confirmed Joe Biden as president-elect on January 7, 2021.
- Elvis Presley (1935–1977) was born in Tupelo, Mississippi, on January 8.
- The United States and the Vatican established full diplomatic relations on January 10, 1984, after a break of 116 years.
- In Southern Africa, the Anglo-Zulu War began in January 1879 between the British Empire and the Zulu Kingdom, ultimately leading to the defeat of the Zulu Empire.
- The full Wolf Moon appears on January 13. 
- Jewish holidays: The holy day of Tu B'Shevat begins at sundown on January 14.
- American film producer Hal Roach (1892–1992) was born on January 14 in Elmira, New York. He produced over 1,000 films, including the Laurel and Hardy comedies.
- Martin Luther King Jr. (1929–1968) was born on January 15 in Atlanta, Georgia. Martin Luther King Jr. Day is celebrated on January 19.
- The USS *Nautilus*, the world's first nuclear-powered submarine, was launched in Groton, Connecticut, on January 21, 1954.
- On January 23, 1849, Elizabeth Blackwell received her medical degree from Geneva Medical College in New York, becoming the first woman in the United States to earn an MD.
- President John F. Kennedy conducted his first televised presidential press conference on January 25, 1961, five days after taking office.
- January 27th is International Holocaust Remembrance Day.
- On January 28, 1963, African American student Harvey Gantt entered Clemson University in South Carolina, becoming its first Black student.
- Franklin D. Roosevelt (1882–1945), the 32nd president of the United States, was born in Hyde Park, New York, on January 30.

“January is here with its promise of new beginnings.”

— Anonymous

GOD BLESS AMERICA AND OUR PATRIOTS!

In Memory of Gifts

To the Roger B. Trask Adult Day Health Program

In Memory of Dorothy Bonfanti

Carolyn Wynn

In Memory of Barbara Doyle

Dolores O'Leary

In Memory of George P Tsouvalas

Jeanne, Louis, Michael & Andy Tsouvalas

In Honor of Gifts

To the Peabody Council on Aging

Gift to the PCOA: Anna Gallo

Gift to the Nutrition Program: Seth Ryan

In honor of the PCOA Staff & Volunteers:

Ronda Winer

~~~~~

### In Memory of Gifts

To the Peabody Council on Aging

### In Memory of Dorothy Bonfanti

Grand Knight John Sacramone,

Knights of Columbus Leo Council #508

  
**Energy**  
 Credit Union  
*Every Member Counts. Every Member Gains.*

[www.energycreditunion.org](http://www.energycreditunion.org)  
**Responsible Banking Since 1931!**

**Low Cost Loans - High Interest Savings**  
**Outstanding Member Service**

  
 NMLS# 470307

12 Chestnut Street • Peabody, MA 01960 • (978) 532-1385  
 156 Spring Street • West Roxbury, MA 02132 • (617) 325-1999

  
**Century House**  
 UNINCORPORATED  


235 Andover  
 Street • Peabody, MA 01960  
 Restaurant: 978.531.1410  
 Epicurean Shoppe: 978.531.1638  
 Fax: 978.531.3462  
 Visit us at our Website:  
[www.centuryhousepeabody.com](http://www.centuryhousepeabody.com)

**CONWAY**  
**CAHILL-BRODEUR**

20 Church Street & 82 Lynn Street  
 Peabody, MA 01960  
 978-531-0472  
[www.ccbfuneral.com](http://www.ccbfuneral.com)

**GRAVOC**

**Technology Solutions**

Software Solutions      Information Technology  
 Information Security      Creative Technology

10 Centennial Drive, Peabody (978) 538-9055 [gravoc.com](http://gravoc.com)

  
**Ruggiero Family**  
 MEMORIAL HOME  
*"A Personal Service, at A Personal Time."*

**Joseph L. Ruggiero**  
 Director  
[www.ruggieromh.com](http://www.ruggieromh.com)  
[info@ruggieromh.com](mailto:info@ruggieromh.com)

10 Chestnut St.  
 Peabody, MA 01960  
 (978) 595-3949

971 Saratoga St.  
 East Boston, MA 02128  
 (617) 569-0990

Fax (617) 561-0034

Offering our members  
**Competitive Rates / Excellent Service!**

We are strong!  We are committed!

We are your Credit Union!  
 37 Tremont St. & 79 Lynnfield St.  
 Peabody, MA 01960  
 978-531-5767 or toll free 1-800-532-8500  
 Fax: 978-531-4607  
[www.Luso-American.com](http://www.Luso-American.com)

  
**R. P. McLAUGHLIN CO., INC.**  
**PLUMBING & HEATING**  
 (978) 532-3300

• Boilers      • Radiant Heat  
 • Water Heaters      • Bathrooms

***Small Repairs a Specialty***

Master Lic. 10154  
 Bob McLaughlin      Journeyman Lic. 19540

ESTABLISHED 1948      Master License #A6130  
 Div. of Power Distribution Co., Inc.

**Paras Electric**  
 PEABODY, MASS.

THOMAS J. PARAS  
 President  
[t.j.paras@verizon.net](mailto:t.j.paras@verizon.net)

(978) 531-7673  
 REAR 106 LYNN STREET  
[www.paraselectric.com](http://www.paraselectric.com)

Please continue to support our sponsors!  
 Without them, our newsletter would not  
 be possible!

Thank you!

If you are interested in placing an ad into our  
 newsletter, please contact Sandra Dupont  
 (978) 531-2254

There are other available options upon  
 request! Call for more information.  
 Your ad will appear on our website FREE!



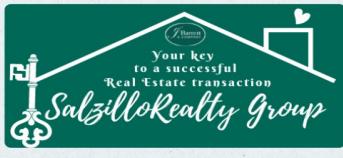
**LAER**  
REALTY PARTNERS™

**Marie Buckley Bishop**  
978.766.3533  
bishopsells@gmail.com






**MARIA SALZILLO**  
VICE PRESIDENT & REALTOR



Your key  
to a successful  
Real Estate transaction  
**Salzillo Realty Group**

508.527.6910  
MrsREagent@gmail.com  
www.Salzillorealtygroup.com

Your AD Here!



**The Roger B. Trask  
Adult Day Health  
Program:**  
*Care-Giving Support In  
Your Neighborhood*

Susan Levenson RN, Program Manager  
978-531-2254

## *Eyeglasses for all ages and budgets!*



*Personalized service ~ repairs ~ adjustments*

### **The Eye Place**

**474 Lowell St. Peabody**

**978-535-3644**

[www.theeyeplacepeabody.com](http://www.theeyeplacepeabody.com)

**Owner / Optician: Shellee Rubin**

**For the best service, appointments are  
highly recommended... no lines, no waiting!**

**~ Exceptional customer care since 2006 ~**



## **PLUMBING & DRAIN SERVICES**

**Your Local Plumber**

- Clogs
- Slow Drains
- Leaks
- Water Heaters Repair
- Water Heater Installs
- Garbage Disposals
- Toilet Installs
- Water Pressure
- Main Sewer Lines
- Fixture Installs

**CALL: 978-293-5770**



**SAME-DAY  
SERVICE**

 **4.9 RATING**

 **5.0 RATING**



# Volunteer spotlight

## Mike Zellen



January's Volunteer Spotlight features Mike Zellen, who has been a volunteer with us since 2009

Mike was born and raised in Everett, MA - where he was active in his community from a young age. Initially, he went to Bryant and Stratton School of Business, and then on to get his Bachelor's degree at Suffolk University in Boston, majoring in business administration, and minoring in teaching. He also received his Masters degree in Business Administration from Suffolk. When he was a junior at Suffolk, he ran for the city council in Everett and won!

He and his wife went on to have four daughters, and Mike ran for Everett school committee, where he served two terms as before moving up to Peabody, MA.

Mike has been highly involved with the community of Peabody since moving here over 40 years ago. He worked for North Shore Bank, and during that time, he became aware of the PCOA and the Friends organization. When he was on the city council in Everett, he would attend meetings of councilors in various cities, and that is how Mike and Mayor Peter Torigian first met. When he moved to Peabody, Mayor Torigian asked if Mike would be interested in being on the zoning board, which he served on for several years. He also ran for Ward 6 councilor, and served several terms in that role. But his community roles don't stop there - Mike also co-chaired the International Festival for a number of years - a celebration that is core to the City of Peabody, bringing cultures and communities together!

Mike's community service goes beyond the North Shore, and even beyond Massachusetts. He has been a member of the Elks for 58 years, holding local, national, and state officer positions. He was also the National President of the Elks in 2016 and 2017. He still remains active in overseeing four states - MA, NH, RI, and Maine, approving decisions and overseeing around 100 lodges. The Elks organization also helped to fund Mike's education at Suffolk University following his father's passing through the Elks National Foundation emergency scholarship - this experience caused him to be very active with the organization from a young age.

Mike ended up joining the Friends of the PCOA 16 years ago, in December of 2009, and now holds the role of President. He dedicates a great deal of time to his roles as Friends President, often coming to the PCOA 3-4 days a week. In addition to his leadership of the Friends, he also does office work, utilizing bookkeeping software, and helping to keep things running smoothly.

### *For readers who might be unfamiliar, what does the Friends of the PCOA do?*

"The Friends role is to raise money through membership, of which there are different levels. All of the money raised is donated to the PCOA, and the Friends make purchases for things that the Center needs. For example, this year alone, we have bought the three new busses, organized and paid for the new boiler system to be installed, and raised money to do work inside the Center." Mike continues, "Over the years, we have provided the funds to build the Friends Café, and during the pandemic when the Center was closed, the Friends paid for the new carpeting and furniture that was installed." Mike also noted that the Friends subsidize the lunch discount that their members get. Mike also started the Friends-sponsored karaoke - an event that is enjoyed by so many of our patrons!

When asked what he would say to someone who was considering volunteering at the PCOA, but was on the fence, Mike said, "I'd tell them that especially if they are at home, retired - come down to the senior center. A lot of people don't realize how much is here. We have a wood shop, a pool room, ping-pong, sewing classes, all kinds of activities - I could go on and on." Mike notes that a few people he has told about the PCOA have already joined as volunteers! "The social aspect of the Center is so important."

**Thank you Mike, for all of your work as Friends President, and for the many ways you have served the community!**

## Get Help Paying Medicare Costs

Apply to Medicare Savings Programs (MSPs) now to save thousands a year on Medicare costs.

### What are Medicare Savings Programs?

Medicare Savings Programs (MSPs) will pay for some or all of Medicare premiums, deductibles, copayments, and co-insurance. Depending on your income, MSPs will pay for your Medicare Part A & B premiums and cost sharing, or Medicare Part B premium, as well as lower your prescription costs. This is not an insurance plan.

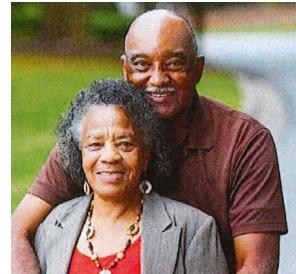
### Who qualifies?

Medicare beneficiaries who meet the following income limits:

**If you think you may be eligible, call the PCOA to book a Social Services appointment at 978-531-2254**

| You are                        | Your income is at or below |
|--------------------------------|----------------------------|
| Single                         | <b>\$2,935 per month</b>   |
| Married                        | <b>\$3,966 per month</b>   |
| <b>There is no asset limit</b> |                            |

Call: **1-800-841-2900/TDD/TTY: 711** to receive an application.



MED-ALF\_2025-03

**Learn more at [Mass.gov/MedicareSavings](http://Mass.gov/MedicareSavings)**

### Need Help Paying Your Heating Bills and Keeping Your Home Warm This Winter?

The Fuel Assistance Program at North Shore Community Action Programs, Inc. helps income-eligible homeowners or renters pay their winter heating bills. If your gross household income falls within the limits shown in this chart, you may qualify for payment towards your winter heating bills as well as Weatherization services including: heating system repair or replacement, a new refrigerator and a home energy audit which may help reduce your electricity bills and keep your house warm. In addition, National Grid customers may qualify for a discount of up to 25% on their bills.

| Household members | Maximum Income* | Household Members | Maximum Income |
|-------------------|-----------------|-------------------|----------------|
| 1                 | \$51,777        | 4                 | \$99,753       |
| 2                 | \$67,709        | 5                 | \$115,504      |
| 3                 | \$83,641        | 6                 | \$131,436      |

\*60% of Estimated State Median Income - Effective June 2025

For information about Fuel Assistance, call: 978-531-8810

Email: [fuelassistance@nscap.org](mailto:fuelassistance@nscap.org), or visit [nscap.org](http://nscap.org)

Appointments - Call: 978-531-0767 x 136

(October 1st - April 30th).

North Shore Community Action Programs Inc.  
119 Rear Foster Street, Building 13, Peabody, MA 01960



### About the Massachusetts Behavioral Health Help Line

The Massachusetts Behavioral Health Help Line (BHHL) is here to connect you directly to clinical help, when and where you need it. Even if you're not sure what kind of help or treatment you may need, we can help guide you.

- It's free, confidential, and no health insurance is required.
- Real-time interpretation in 200+ languages.
- Deaf or hard of hearing? Contact MassRelay at 711, or use your video relay or caption provider of choice.

*The Behavioral Health Help Line is a service of the Commonwealth of Massachusetts, operated by the Massachusetts Behavioral Health Partnership (MBHP).*

**Call or Text: 833-773-2445**

[masshelpline.com](http://masshelpline.com)

**We're here for you 24/7, including holidays**

# Roger B. Trask Adult Day Health Program



**Photos from the  
ADH program's  
Thanksgiving  
event!**



We have some exciting news to share - We are now contracting with the Veterans Administration to provide Veterans in need of ADH program services to have their fees paid through the Veterans Administration. In order to take advantage of this VA program, Veterans need to be registered with VA healthcare system. We can assist with that process.

For questions about this program please call Program Manager Susan Levenson, RN at 978-531-2254 Ext. 134.

## Family Caregiver Support Group

We meet on the 3<sup>rd</sup> Tuesday of each month at the *Roger B. Trask Day Health Program*  
from 1:30 to 2:30pm

Please join us to connect with others, share the challenges of caregiving and explore potential suggestions and solutions.

Facilitators:

*Mary Ellen Abodeely, LSW*

*Susan Levenson, RN, Program Manager*

Next meeting: Tuesday, January 20th

1:30 to 2:30 pm

Please RSVP: 978-531-2254 x 136 or 134

**MICHAEL F. "MIKE" ZELLEN,  
PRESIDENT OF FRIENDS REPORT:  
JANUARY 2026**

At this special time of year, the Board of Directors, of the Friends of the Peabody Council on Aging, give thanks to the Members who have supported the Friends Organization during the past 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.

In addition, during 2025, the Friends of the Peabody Council on Aging provided the funding to purchase three new buses and install a new boiler system in the Center.

A new year has begun, and the 2026 Annual Appeal for Funds Packets will be in the mail over the next several weeks. 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.

Annual Appeal funds are also used to print and mail the monthly "Tip & Topics" newsletter, keeping our members informed of upcoming events and contains a day-by-day activities calendar.

In closing, the entire Board of Directors of the Friends of the Peabody Council on Aging Wish each of you a Happy and Healthy New Year.

*We hope 2026 brings  
you lots of love, laughter,  
and joy  
All year long!  
Happy New Year!*

*Take care of yourselves and  
hope to see you soon!  
Friends Care ~ Friends  
Share*



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

In Honor of the PCOA Staff & Volunteers -  
Thank you for all you do  
Sandi Dupont

In Honor of the PCOA Staff including Carolyn, Laurie, Kat,  
Cathy, Maryanne and all other support members for their out-  
standing work - with deep appreciation:  
Dorothy McKeen

In Honor of Rose Regis, on her 111th birthday  
Linda & Paul Regis  
Rosemarie Grillo

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

In Memory of Mary Boczenowski  
Rosemary LaFratta

In Memory of Dorothy (Dottie) Bonfanti  
Sandi Dupont  
Elaine & Andy Metropolis

In Memory of Rosemary Whalen Boudreau - thank you for all  
that you offer, and all that you do  
Jack & Elaine Marshall

In Memory of Joann & Lenny DeRosa  
Douglas & Sheila Hayes

In Memory of Sheila DeStefano  
Carl DeStefano

In Memory of Rita Edry  
Russell & Marion Bowden  
Sheila Dzengelewski  
Andrew Metropolis  
Jennifer Mitchell-Tuthill & Family  
Linda Mathews & Family - She is loved and missed by all of us

In Memory of Milton Goldberg  
Gerald Goldberg

In Memory of Lorraine & George Gray  
Doreen & Michael Gray

In Memory of Ellen Hardy  
Francis Hardy  
Robert Rubman

In Memory of Denise Morton  
Mr. & Mrs. Joseph Mangano  
Janet O'Connor  
Claire Zeimetz

In Memory of Cara Murtagh  
Joe Amico & Family

In Memory of Armida & Guido Regis  
Linda, Richard & Paul Regis



## PCOA Happenings



*Friends of the PCOA with our new bus!*



*The setup crew for our Thanksgiving party!*



## Photos from “A Forever Young Christmas”



Thank you to everyone  
who attended our  
volunteer pie event!  
Our volunteers make the  
PCOA the wonderful place  
that it is!



## PEABODY COUNCIL ON AGING

**Peter A. Torigian Senior Center  
79 Central Street, Peabody, MA 01960  
978-531-2254    [www.peabodycoa.org](http://www.peabodycoa.org)**

Non-Profit Org.  
U.S. Postage  
**PAID**  
Permit No. 1  
Peabody, MA 01960



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

**Donations *In Memory* or *In Honor Of* Are Tax-Deductible.**  
Each Church Pledge to Encourage the PCO4 Jesus.

**Enclose Check Payable to 'Friends of the PCOA, Inc.'**

\$ \_\_\_\_\_.\_\_\_\_ Date: \_\_\_\_\_

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*

1 (Please Print)

Donee's Name: \_\_\_\_\_

## Please

\_\_\_\_\_

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

| <u>PCOA BOARD</u>   |                       |
|---------------------|-----------------------|
| Natalie Maga:       | Chairperson           |
| John Sacramone:     | Vice Chairperson      |
| Joseph A. Mendonca: | Treasurer             |
| Cookie Melanson:    | Secretary             |
| Anne Goggin         | Catherine E. Morrocco |
| Linda Mendonca      | Judy Selesnick        |
| Andrew Metropolis   | Jacqueline Torigian   |
| Dorothy Wallman     |                       |

#### **THE FRIENDS OF THE PCOA BOARD**

|                        |                           |
|------------------------|---------------------------|
| Michael F. Zellen:     | President                 |
| Russell E. Bowden:     | VP & Past President       |
| Judith A. Enos:        | Treasurer                 |
| Margaret F. Parsons:   | Asst. Treasurer           |
| Josephine Amico:       | Secretary                 |
| Sandra P. Dupont:      | Financial Secretary       |
| Catherine E. Morrocco: | Asst. Financial Secretary |
| Ann M. Blazewicz       | Andrew A. Metropolis      |
| Marion J. Bowden       | Joseph A. Mendonca        |
| Kaellen D'Amour        | Carol A. Murtagh          |
| Colleen A. Kolodziej   | Gitadevi R. Parmar        |
| Zilda Raposo           | Marianne Chojnicki        |