

March
April
2021

TIPS & TOPICS



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

IMPORTANT Information on the COVID-19 VACCINE Clinic At the Peabody Council on Aging



At this time, we are only vaccinating residents of the City of Peabody.

We normally publish a newsletter every month, but because our staff is assisting with registering older adults for the vaccine, this newsletter will cover the months of both March and April.

The information about eligibility for the vaccine seems to be changing every day, so please read carefully...

*The PCOA became a designated vaccination site as of the beginning of February.
At the present time our staff members are assisting adults 75 years and older that have no access to a computer or the internet, schedule appointments.*

We suggest those that are able to have a family member that can assist with registering to do so.

1. Call your doctor...as they may have vaccines available.
2. If you have a family member that can help with registering, we suggest you do so.
3. If you need assistance with scheduling, call us at the Peabody Council on Aging at (978) 531-2254 and we will schedule your appointment.



Remember to be sure to bring identification and your insurance card when going to your appointment.



We will remain open as a vaccination clinic throughout the Phases and as the Phases change with the state and the Governor's office, we will do our best to notify those wishing to be vaccinated, when they become eligible.

Please continually check our website at the PCOA (www.peabodycoa.org) and check our monthly newsletter for updates on the vaccination process and the clinic we have on site at the Peabody Council on Aging.

When you become eligible for a vaccine, please call us at (978) 531-2254. We will then take your information and get back to you with an appointment. We are doing our best to accommodate those wishing to be vaccinated and strive to get back to you in a timely fashion to book your appointment.

Please be aware that the above information is subject to change at any time.

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 & Top-

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

With many thanks for their generous gifts to the PCOA:
Ronald Christensen, Anna Gallo,
Bruce Malcomson, Linda Binari

In Honor the PCOA Staff:
Evelyn Convicer

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

In Memory of
Manuel and Mariana Candido:
The Candido Family

In Memory of Dolores Green:
Sue Ranshaw

In Memory of Lauren Swartz:
Marc Swartz

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

In Memory of Robert Blanchard:

John and Barbara Gould

In Memory of Joe Edry:

Rita Edry

In Memory of Joanne Gardner:

Edward Quinn

In Memory of Ellen Hardy:

Rita Edry

In Memory of Helen Kolodziej:

Dorothy Taylor

In Memory of Betty Reynolds:

Dorothy Taylor

In Memory of Mrs. Janice Santo:

Edward Quinn

In Memory of Leonard Swanson:

Polly and Peter Southwick

Ellen Clarkson

In Memory of William Tanbini:

Edward Quinn

"There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age." ~Sophia Loren

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



Please be sure to support our sponsors, as they make the printing of our Newsletter possible. Thanks!

MICHAEL L. EIDELMAN, D.M.D., F.A.G.D.

FAMILY AND COSMETIC DENTISTRY

117 Lynn Street
Peabody, MA 01960
Telephone: (978) 531-5100

OFFICE HOURS
BY APPOINTMENT

website: meidelandmd.com

CONWAY CAHILL-BRODEUR

20 Church Street & 82 Lynn Street
Peabody, MA 01960

978-531-0472
www.ccbfuneral.com

THE ROGER B. TRASK ADULT DAY HEALTH PROGRAM

Care-Giving Support Right in Your Neighborhood

Are you concerned about leaving a loved one at home alone during the daytime hours? Could they (and you) benefit from a supervised, caring atmosphere? **Come talk with us. We can help.** We are a 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 x 134 or email her at slevenson@peabodycoa.org.

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.

In addition, the City of Peabody has launched **Peabody United Community Resources** on the City website 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!



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

There are other available options upon request! Call for more information. your ad will appear on our website FREE!
<http://www.peabodycoa.org/sponsors.html>

Go to our website at www.peabodycoa.org and link us to your business!



Marie Buckley Bishop
Agent, Partner



156 Andover Street
Danvers, MA 01923
978.766.3533

bishopsells@gmail.com
www.mariebishop.com
"Irish Woman of the Year" Peabody



Points to Ponder: Jack Lawless

March & April:
The "Welcome Back Spring" months

The March birth flowers are the **daffodil** (new beginnings) and the **jonquil** (domestic happiness and friendship). And the birth flower for April, is the **daisy**, associated with purity and innocence.

MARCH

- The month of March is named after Martius-god of war & farming.
- On the 4th in 1789, the U.S. Constitution replaced the Articles of Confederation.
- The battle of The Alamo, TX was on the 6th, in 1836.
- Alexander Graham Bell received his patent for telephone in 1876 on the 7th.
- On the 8th in 2006, the show Top Chef debuted on Bravo TV.
- The Spanish flu pandemic began @Fort Riley, KS on the 12th, 1918 and killed 20 million people worldwide.
- One year ago on the 16th, the MA governor announced the initial covid shutdown for probably for two weeks.
- On March 17, 1762, the Irish Soldiers of the British Army marched in the first parade in New York City. ERIN GO BRAGH!
- Spring (Vernal Equinox) begins at 5:37 AM on the 20th--*Don't forget to turn your clock ahead 1 hour plus it is time to replace batteries in safety devices.*
- Jewish Passover begins at sundown on the 27th.
- Western Church Christians celebrate Palm Sunday on the 28th.



APRIL

- On the 1st, Happy April Fools Day!
- The first ever Mobile phone call was placed on the 2nd in 1972.
- Western Christian Good Friday is on the 2nd, followed by Easter on the 4th.
- On the 4th in 1968, Martin Luther King, Jr. was assassinated in Memphis, Tennessee.
- April 5, 1621 was the date that the Mayflower sailed back to Plymouth, England.
- The USA declared war on the 6th in 1917 on Germany to enter WWI. Also the Hostess dessert "Twinkie" was invented this day in 1930.
- The Titanic left on the 12th in 1912 on its ill-fated voyage and 3 days later on the 15th, the "unsinkable ship" hit the iceberg, eventually sinking.
- Massachusetts and Maine celebrate Patriots Day on Monday, the 19th.
- April 20, 1912 saw both Fenway Park (Boston) and Tiger Stadium (Detroit) open for the first time.
- Elvis' first song to hit Number 1 was "Heartbreak Hotel" on the 21st in 1956.
- The first IBM PC (personal computer) was introduced on the 24th in 1981 followed by the computer mouse on the 27th.
- The Orthodox Good Friday will be observed on the 30th.

"Spring has sprung; the grass has riz: I wonder where the birds is"!!!
Child Song Lyrics




GOD BLESS AMERICA AND OUR PATRIOTS!



Full-Service Retirement Living



Call 1-800-978-9251
to request a free brochure.

 **Brooksby Village**
Add more Living to your Life!
100 Brooksby Village Drive, Peabody, MA 01960
BrooksbyVillage.com

Please continue to support our Sponsors. They make the publishing of our Newsletter possible.

Offering our members
Competitive Rates
Excellent Service!

We are strong!



We are committed!

We are **your** Credit Union!
37 Tremont Street, Peabody, MA 01960
978-531-5767 or toll free 1-800-532-8500

SOCIAL SERVICE: Maryanne Pierce

SOCIAL SERVICE STAFF SCHEDULES**Staff Schedules:**

Marguerite Mendonca	Mondays	9-1
<i>(for our Portuguese speaking community)</i>		
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.

At the present time,
our Social Services Dept.
is available by phone
Monday through Thursday
between 8:00 am and 2:00 pm

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 dispomsble 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.

We thank you so much for placing ads with us! Please support our sponsors!

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

Paras Electric
PEABODY, MASS.

THOMAS J. PARAS
President
t.j.paras@verizon.net

(978) 531-7673
REAR 106 LYNN STREET
www.paraselectric.com



N

NORTH SHORE BANK

Well north of your expectations.™

northshore-bank.com |     


Member FDIC Member SIF Equal Housing Lender 

TORIGIAN FAMILY YMCA

Proud to bring Enhance® Fitness, an evidence-based program geared towards older adults of all fitness levels to the Torigian Senior Center.

Visit the Front Desk for or call the Y
(978) 977-9622 for more info!



A Alliance
Health at Rosewood

Nursing and Rehabilitation Center
22 Johnson Street – W. Peabody, Massachusetts
01960

978-535-8700

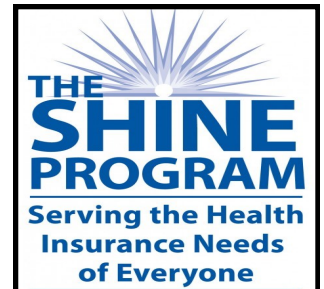
QUALITY YOU CAN TRUST
Serving the Peabody Community Since 1994
Short Term and Long Term Stays
alliancehhs.org

Medicare

...TIPS from SHINE!

(Serving the Health Insurance Needs of Everyone)

- Did you know that if you have a Medicare Advantage (MA) plan and want to change, you can? You have until March 31 to change to another MA plan or back to Medicare A&B with a drug plan. Call SHINE to learn more about your Medicare Advantage plan options at 1-800-243-4636.
- Did you know that in 2021 more people qualify for help to pay for Medicare B and more through the Medicare Savings Program? If your individual income is under \$1,755/month and assets under \$15,940 you may qualify. Call SHINE for more information on programs that can save you money at 1-800-243-4626.
- And lastly, **the COVID vaccine is free.** Insurance information may be asked for by those administering the vaccine in order to bill back to insurance. However, you will not be charged. If you do not have insurance, you are still eligible to receive the vaccine free of charge. **If someone says they can get you a vaccine quicker and all they need is your credit card of Medicare number, it is a SCAM.** Hang up and report the call to your local police department. To find out more about when and where you can get vaccinated, visit www.mass.gov/covidvaccinephases.
- At this time, everyone in Phase 1 and individuals 75+ can get the COVID-19 vaccine. The vaccine is safe, effective, and free. **Due to high demand and limited supply, it may take several weeks to get an appointment.**
- This message is from SHINE (Serving the Health Insurance Needs of Everyone) and we are here to help with your health insurance questions or concerns. Call your local Council on Aging, or the SHINE Regional office at 781-388-4845 to speak with a SHINE counselor.



As we grow older, we must discipline ourselves to continue expanding, broadening, learning, keeping our minds active and open. Clint Eastwood

Visit our Online Library and our Virtual Events section...

Do You, or Does Someone You Know Need Access to Technology Support?



Visit our **ONLINE LIBRARY** for info on how to get home internet access for eligible households during COVID-19.

<http://peabodycoalibrary.blogspot.com/2020/05/home-internet-access-for-eligible-html?m=1>

The PCOA has created a **Virtual Events Section** of our Blog Page chock full of resources for staying at home during COVID-19.

Visit our website at: www.peabodycoa.org

Click on Virtual Events

- Staying active at Home
- Virtual Museum Tours
- Drawing Tutorials
- Free Online Courses



Contact Tracing Call?

Five (5) things to know



A contact tracer from your state health department might call if you've been exposed to COVID-19. But scammers are pretending to be contact tracers, too. Here's how you can spot the scam.



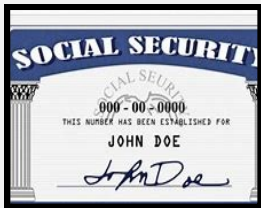
Real contact tracers won't ask you for money.

Only scammers insist on payment by gift card, money transfer, or cryptocurrency.



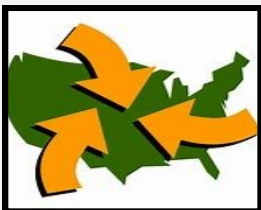
Contact tracing doesn't require your bank account or credit card number.

Never share account information with anybody who contacts you asking for it.



Legitimate contact tracers will never ask for your Social Security Number.

Never give any part of your Social Security number to anyone who contacts you.



Your immigration status doesn't matter for contact tracing, so real tracers won't ask.

If they do, you can bet it's a scam.



Do not click on a link in a text or email.

Doing so can download malware on your device.

Talking to a real contact tracer helps stop the spread of COVID-19. Reporting scammers helps stop them too. Report fake contact tracers to your state and at [ftc.gov/complaint](https://www.ftc.gov/complaint).



FEDERAL TRADE
COMMISSION

For more information about contact tracing, *visit your state health department's website* and [ftc.gov/coronavirus/scams](https://www.ftc.gov/coronavirus/scams)



Fiscal year 2021—Exemption Criteria

What is a Tax Exemption?

Tax exemption is a discharge from the obligation to pay all or a portion of your real estate tax. For eligibility, an individual must satisfy requirements relating to (1) age, (2) ownership and (3) domicile annual income and (4) whole estate or assets.



All applicants must own and occupy the property as their domicile as of July 1, 2020. applications must be filed annually and the deadline is April 1st of each Fiscal Year. Please contact the Peabody Assessors at 978-538-5716 for further information or to request an application.

CL 17D *Persons over 70, surviving spouses or minors with limited assets.*

Applicant must be (1) a widow or widower of any age, OR (2) over 70 or (3) a qualified minor who has a deceased parent AND have assets that do not exceed \$57, 279. Assets include, but are not limited to, savings account balances, checking account balances, stocks, bonds, CD's and annuities as of July 1, 2020.

Applicants over 70 must have owned and occupied the property as their domicile for not less than 5 years.

Qualified applicants are entitled to between \$175.00 and \$280.00 off their taxes.

CL 22 *Qualifying Veterans, their spouses and parents.*

Applicant must have a (1) service connected disability of 10% or more, OR (2) been awarded the Purple Heart, OR (3) have served in the Spanish War, Philippine Insurrection or the Chinese Relief Expedition, OR (4) fathers and mothers of sailors who died in wartime service, or (5) spouses of qualifying veterans for as long as they remain unmarried. Applicants must have lived in Massachusetts for at least 6 months prior to entering the service or have resided in the Commonwealth for the 5 years prior to the date of filing for the exemption.

Qualified applicants are entitled to an exemption between \$400.00 and \$640.00 total tax exemption depending on their qualifications.

CL37A *Legally Blind*

Applicant must be legally blind as of July 1, 2020 with annual certification from the Commission of the Blind.

Qualified applicants are entitled to between \$500.00 and \$800.00 off their taxes.

CL41A *Person over 65 with limited income.*

Applicant must be over 65 years of age as of July 1, 2020 and have income that does not exceed \$42,270.00. Income includes, but is not limited to, social security, pensions, retirement, interest and dividends, wages, salaries and tips. This exemption provides for the provision for the deferral of real estate taxes during he life of the owner until the property is sold and at that time the taxes and 8% interest must be paid back to the City.

Qualified applicants are entitled to determine the amount that they wish to defer annually.

CL41C *Persons over 65 with limited income and limited assets.*

Applicant must have been continuously domiciled in Massachusetts for the 10 years preceding the application and have owned and occupied the property or other property in Massachusetts for 5 years. Applicant must be 65 years or older as of July 1, 2020.

Gross receipts (income) must be less than \$23,450 if single and \$28,731 if married (INCLUDES SOCIAL SECURITY). Income includes, but is not limited to, social security, pensions, retirement, interest and dividends, wages, salaries and tips. Whole estate (assets) must be less than \$40,095 if single and \$42,959 if married. Assets include, but are not limited to, savings account balance, checking account balances stocks, bonds, CD's, stocks and annuities as of July 1, 2020.

Qualified applicants are entitled to between \$500.00 and \$800.00 off their taxes.



National Institute on Aging

Institute on Aging

The Friendship Line

24 Hour toll-free hotline/warmline for older and disabled adults

The Friendship Line at Institute on Aging is the nation's only accredited 24-hour toll-free hotline for older and disabled adults. The Friendship Line is both a crisis intervention hot line and a warmline (non-urgent calls), our services provide older and disabled adults reassurance, crisis intervention, information and referrals.

In addition to receiving incoming calls, our volunteers make routine outbound phone calls that provide emotional support, and well-being check-ins. For many depressed and lonely seniors, we offer a lifeline of hope. In every call, the goal is to help the individual feel safe and valued.

The Friendship Line is accredited by the American Association of Suicidology.



24-Hour Hotline/Warmline Available 24 hours a day, 7 days a week:

- * Crisis intervention
- * Emotional support
- * Well-Being check-ins
- * Information and referrals

Call the Friendship Line anytime, day or night, 7-days a week at 1-800-971-0016 and introduce yourself to one of our staff members or volunteers—it's that easy.

**The Friendship Line - 24-Hour Hotline/Warmline
1-800-971-0016**

Who can call the Friendship Line?

- Any person 60 years or older
- Disabled adults 18 years or older
- Caregivers of older and disabled adults

Call-In Service

We are available to people 60+ who may be lonely, isolated, grieving, depressed, anxious and/or thinking about death or suicide. We also welcome calls from caregivers and/or disabled adults of all ages.

Call-Out Service

We make outbound emotional support calls to older adults who request it. These calls can be arranged by contacting Institute on Aging at 415-750-4111.

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



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



David Gravel
President/CEO

10 Centennial Drive, Suite 105 | Peabody, MA 01960
e: dgravel@gravoc.com
t: 978.538.9055 x 114

www.gravoc.com



Century House
UNEXCELLED FOOD

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

TM

JAMES DENNIS LEARY
Attorney At Law

Serving the Peabody Community
Wills, Trusts, Probate, VA Appeals
(Home Visits Available)

Phone: 321-544-0012
Email: JAMESLEARY@ATT.NET



MICHAEL F. "MIKE" ZELLEN, PRESIDENT OF FRIENDS REPORT:
MARCH/APRIL 2021

March is the month when spring officially begins, but you might not know it from the weather. As the seasons change from winter to spring, take some time to review the special days, holidays, and observances for March and April.

When Is Daylight Saving Time in 2021?

To remember which way to set their clocks, folks often use the expression, "**Spring forward, Fall back.**" Daylight Saving Time begins on Sunday, March 14, 2021 at 2:00 A.M. On that Saturday night before you go to bed, set your clocks forward one hour (i.e., losing one hour) to "spring ahead."

Why do People wear Green on St Patrick's Day?

As the tradition goes, wearing green on Saint Patrick's Day is supposed to make you invisible to leprechauns. They will pinch you as soon as you come up on their radar if you do not wear green.

Passover Begins at Sundown on March 27

Passover is one of the most important religious festivals in the Jewish calendar. Our Jewish Friends celebrate the Feast of Passover to commemorate the liberation of the Children of Israel who were led out of Egypt by Moses. Jewish families have celebrated Passover since about 1300 BC.

Easter Sunday, April 4, 2021

During the Month of April, we celebrate Easter Sunday, and the Friends Board of Directors wish all our Members a Holiday filled with Love, Family, and Friends. The Friends Annual Appeal for Funds is well underway. In January over 12,582 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 response thus far has been tremendous, 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 and a Membership Card.

May you enjoy the wonderful moments and the joy of family during the upcoming holidays and that they are full of cheer and everything you want it to be!

Have a great day!

Friends Care - Friends Share



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) and click on **DONATE.**

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.



You shop. Amazon gives.



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

**Many thanks and in appreciation to the following for
their generous gifts:**

Joseph Bowlds, David Boynton, Ellen Cohen,
Ray Gagne, Susan McBride

**In Honor to the following for helping to fund our
program for delivering meals to home bound seniors:**

Pauline Alexander, Shirley Caproni, James Davis,
Joanne Gallant, Geraldine Jenkins, Cheng-Yeh Lin,
Fran McLaughlin, Joseph Russell, Katherine Ward

**In Honor of the Employees and Volunteers of the
Peabody Council on Aging:**

Tracy Cranson

In Honor of the Peabody Council On Aging Staff:

The Bordonaro Family, Dorothy Bradford,
Dale Carver, Dora Dyer, John Earley, Maria Ferreira,
Cheng-Yeh Lin, Linda Mathews, Catherine Moran,
Patricia O'Connell, Geraldine Pawlak,
Joseph Russell, Peggy Seeds, Roberta Swift,
Sandra Sylvester, Alice Tolmei, Joan and Frank
Trabucco

In Honor of Dolores Green:

Amanda Green

In Honor of Dot McKeen:

Dorothy Nelson

In Honor of Maryanne Pierce:

Maria da Luz Soares

In Honor of Carolyn Wynn and Staff:

Theresa Souvulis

**In Honor of Dorothy Wallman, for her many years
of service on the PCOA Board:**

Sharon Weber



**2021 Friends
Board
Meetings:**

**March 1
June 7
September 13
December 6**

Just a reminder to please
be sure to ***check your
spelling*** when making a
donation to the 'Friends'.
We want to make sure
names are ***spelled correctly***
in the newsletter. Thanks!
We appreciate it!

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

In Memory of Reverend Robert and Mrs. Ruth Barber:

Robert Cavanaugh

In Memory of Peggy Emmett Brimmer:

Addy Emmett

In Memory of Marilyn Capobianco:

Ana Beatriz Gutierrez

In Memory of Pauline Comora:

Dorothy Nelson

In Memory of Leo Despres:

Anonymous

In Memory of Maureen Gallant:

Michael and Patricia Brady

In Memory of John A. Gratiano, Jr.:

Fran McClure

In Memory of Ellen Hardy:

Dorothy Berg, Mike and Dotty Bonfanti, Robert
Cavanaugh, Mr. and Mrs. Robert Corriveau,
Kaellen D'Amour, Linda and Ronald Goncalves,
Geraldine Jenkins, Linda Merrill, Judith Monahan,
Fernando Palomo, Gita Parmer, Ann and Walter
Blazewicz

In Memory of Shirley Lipman:

Rosalyn Stein

In Memory of Elizabete Lonnergam:

Jose and Geraldina Felix

In Memory of your mother, Rose Maria:

Joyce Maria

In Memory of Dolly Mueller:

Jacqueline Levesque

In Memory of John Pacilli, Jr.:

Janet Lamabe

In Memory of Betty Reynolds:

Joan Johnson

Anonymous

In Memory of Emma Rossi:

Rich Hargraves

In Memory of Barbara Spofford:

Keith Spofford

In Memory of Carol Stone:

Elaine Davis and Norma Butter

In Memory of Alexandra Tingus:

Fran McClure

In Memory of RoseAnn Trainito:

John Trainito

In Memory of Thomas M. White:

Richard and Sheila D'Ambosio



PEABODY COUNCIL ON AGING
Peter A. Torigian Senior Center
75R Central Street, Peabody, MA 01960
978-531-2254 www.peabodycoa.org

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

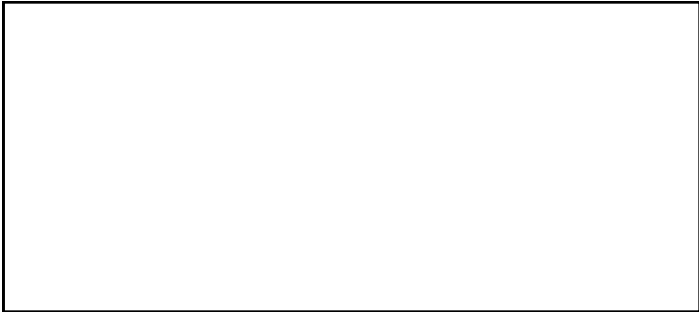
RETURN SERVICE REQUESTED



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

March/April 2021

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.

- PCOA BOARD**
- Natalie Maga, Chairperson
 - Leona Kaplan, Vice Chairperson
 - Joseph A. Mendonca, Treasurer
 - Cookie Melanson, Secretary
 - Arthur N. Doyle
 - Linda Mendonca
 - Andrew M. Metropolis
 - Catherine E. Morrocco
 - Loretta Tenaglia
 - Jacqueline Torigian
 - Dorothy Wallman
- 

- FRIENDS OF THE PCOA BOARD**
- Michael F. Zellen, President
 - Russell E. Bowden, Vice President, Past President
 - Kaellen D'Amour, Secretary
 - Geraldine M. Jenkins, Treasurer
 - Gayle A. Cavanaugh, Assistant Treasurer
 - Sandra Dupont, Financial Secretary
 - Catherine E. Morrocco, Asst. Financial Secretary
 - Ann M. Blazewicz
 - Marion J. Bowden
 - Rita S. Edry
 - Joseph A. Mendonca
 - Carol A. Murtagh
 - Dorothy A. Bonfanti
 - Antoinette M. Dunn
 - Bruce Gradwohl
 - Andrew M. Metropolis
 - Gitadevi R. Parmar