

May/June
2020

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
Monday-Friday: 8:00 AM to 4:00 PM
www.peabodycoa.org/Find us on Facebook!



Live Peabody
An Age Friendly
Community

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



To All Our Volunteers at the Peabody Council on Aging

Hello all PCOA volunteers,

The Peabody Council on Aging would like to thank you all for your countless efforts and work you've put in towards helping the community center thrive. We deeply value and appreciate all the hours our Volunteers put in selflessly to keep the PCOA running. Our annual volunteer Luncheon, a tradition for many years, has been an event that we look forward to every year to show our thanks to the volunteers.

Unfortunately, this year the volunteer Luncheon is cancelled due to the ongoing COVID-19 Pandemic. While we continue to monitor the impact of the situation, we have cancelled the Volunteer Luncheon for 2020 to ensure the safety and health of the volunteers, staff and the community. With over 250 Volunteers, the PCOA thrives because of the help you all provide us. It is with a heavy heart that we cancel the Volunteer Luncheon, but we would like to remind everyone to please remain safe and health during these trying times. The money used towards the Luncheon is being redirected to help the members of our community by providing meals and transportation during these tough times. Thank you for your cooperation and we look forward to seeing you all soon during safer times!

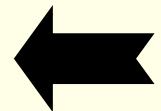
Sincerely, all of us at The Peabody Council on Aging



Hello Everyone, For those seniors who paid \$12.00 to go the St. Patrick's Day Celebration and did not get reimbursed, we have great news for you. In a few weeks, we will be mailing out **\$12.00 St. Pat's Reimbursement Gift Cards** to those who paid to go to the party. (See sample below)



ST. PAT'S DAY PARTY REFUND
This Gift Card is Worth
Twelve Dollars \$12.00
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Lunches, Classes or in the Gift Shop
1 2 3 4 5 6 7 8 9 10 11 12



They can be used for lunches, class fees, or in the gift shop.

There are numbers 1-12 on the bottom of the card, that represents dollars. Each time you use the card, we will punch the numbers; for example:

If someone buys a lunch, we will punch 3 dollars (\$3.00) and so on. So, watch the mail!



Important message from The Peter A. Torigian Senior Center!

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.

Don't forget that we are a strong community and a strong nation and we will get through this together! Please take care.

Warmly, Carolyn



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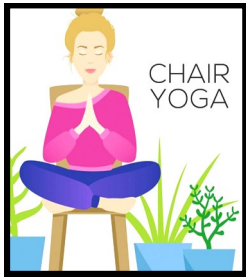
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Activities with Dot McKeen! On line, via YouTube and Zoom!

Dot McKeen has been putting together some classes via YouTube and Zoom....please use this link: https://youtu.be/_hil1dk5rGk

Chair Yoga at 10:00 am on Mondays from her home studio and it is free! Take part in these activities and enjoy! Thank you Dot!

Since this class is **free** we would greatly appreciate it if our **Seniors in the community** would **make a donation to the Peabody Council on Aging** to help with the hundreds of meals that are being sent out to those in need.

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 Memory of / In Honor of Gifts to the Peabody Council on Aging:

With many thanks to Anna Gallo:
For her generous monthly donations
In Honor of and with many thanks to
Ellen and Francis Hardy:

For their generous donation to help fund our program delivering meals to homebound seniors:

In Memory of Ruth E. Pelletier:
Donna and John Kozlowski, Diane & Ray Snell
In Memory of Jane Gould:
Mike and Mary Schulze



In Memory of/In Honor of the Trask Adult Day Health Scholarship Program:

In Memory of Mary Coan:
Catherine Tassinari
In Memory of Jane Gould:
Maureen Newhall, Catherine Tassinari
In Memory of Richard Holland:
Edward Quinn
In Memory of John O'Malley:
Edward Quinn
In Memory of Anthony Petricca:
Catherine Tassinari
In Memory of Evelyn Uvello:
Catherine Tassinari



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.

We always appreciate new sponsors and thank them for advertising with us.

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

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Some Interesting Facts...month of June

The month of June comes from the Roman, or Julian, calendar. June was initially named Iunius. The name comes from the Roman goddess Juno, wife of Jupiter, the goddess of marriage. In the early Roman calendar June only had 29 days. It was Julius Caesar who added the additional day giving June 30 days.

- This month is special because it has the longest day hours in the Northern Hemisphere and the longest night hours in the Southern Hemisphere.
- June is regarded as the National Iced Tea Month as well as the national Candy Month in the US.
- The birthstones for June are the pearl and the Alexandrite, an extremely rare gemstone that changes color based on the lighting and the traditional flower of the month of June is the rose, symbolizing love, gratitude and appreciation.
- Special holidays in June include Children's Day, Father's Day, and the Summer Solstice.
- On June 1, 1792, the state of Kentucky, also known as the Bluegrass State, became the 15th state of the United States.
- On June 4, 1919, The 19th Amendment to the U.S. Constitution was passed by Congress, guaranteeing women the right to vote.
- The assassination of Bobby Kennedy was on June 5th, 1968.
- On June 6, 1933, the first drive-in movie theater is opened in Camden, NJ, & is the anniversary of D-Day.
- June 8, 1968 was Dr. Martin Luther King, Jr.'s Last Speech Before he was assassinated.
- Benjamin Franklin flies a kite in a lightening storm on June 10th, 1752 and discovers electricity.
- Fathers Day is Sunday, June 14! But the first Father's Day was celebrated for the first time in Spokane, Washington in 1910.
- On June 15, 1775, George Washington was appointed the commander in chief of the Continental Army and on the same day in 1836, Arkansas also known as the Natural State, became the 25th state of the United States.
- On June 17 The Statue of Liberty arrive in New York City. (1885) and on June 18th 1983, Sally Ride becomes the first woman in space.
- June 20, 2020, is the longest day of the year in most time zones in the Northern Hemisphere.
- The famous English tennis tournament Wimbledon is played during the month of June.
- The longest day of the year occurs on either June 21st or 22nd.
- On June 22 Doughnuts are created. (1847) and on the 23rd, the US Secret Service is created in 1860.
- June 29, 1956 Dwight D. Eisenhower signs the National Interstate and Defense Highways Act to create 41,000 miles of Interstate Highways.

"It is better to be a young June bug than an old bird of paradise" Mark Twain



GOD BLESS AMERICA AND OUR PATRIOTS!

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SOCIAL SECURITY ADMINISTRATION— Response to COVID-19

Justice in Aging: Fighting Senior Poverty Through Law



In response to COVID-19 concerns, the Social Security Administration (SSA) has made significant changes in its operations and policies. **As of Tuesday, March 17, local SSA offices were closed to the public indefinitely.** SSA is also extending their deadlines for filing wherever possible. The agency is also **regularly posting information** about how the pandemic is affecting its services.

Some SSA employees in local offices are continuing to work on SSA's highest priority workloads that include:

- Requests for "dire need" benefit payments, for individuals who did not receive their regular monthly payment, are currently homeless or at risk of becoming homeless, or whose benefits previously were suspended and can now be reinstated.
- Disability applications for those with the most severe disabilities.
- Changes of address, changes of direct deposit, changes of representative payee, and reports of death.
- Local office continue to provide some services over the phone. You can now find the direct phone number for each **local office by zip code.** To find, look below the result for the local office, scroll down past the listing of the hours, and click on the plus sign to "show Additional Office Information" the phone number for the local office will be shown here. **Online services** also remain available. There are not enough SSA employees currently available to handle the call volume to the national 800 number, so callers will likely experience extremely significant delays or inability to access the line.

Continuing Disability Review and Overpayments. SSA is not starting or completing any medical continuing disability reviews (CDR's) and has suspended processing and collecting most new overpayment. Some automated processes will still proceed because there are not enough SSA employees available to take the manual action necessary to stop them. However SSA will continue established collection activity for existing overpayments.

HEARINGS: Currently all SSA hearing offices are closed to the public. All in-person hearings before an Administrative Law Judge have been cancelled, and claimants and their representatives who are scheduled to have a hearing soon are being contacted to schedule telephone hearings. Postponements are being granted for anyone who declines a telephone hearing. If they decline a phone hearing at this time, it could be months before an in-person hearing is scheduled for them.

SCAM ALERT: SSA is not taking any new, manual actions to reduce, suspend, or delay any benefits during this period, although automated actions may continue. If an individual receives a communication threatening to suspend or discontinue benefits because SSA offices are closed, this is **most likely a scam and should be reported to the Inspector General.**

As the COVID-10 public health situation is developing rapidly, these policies may change in the days to come. Please check SSA's website for updates and contact Kate Lang at klang@justiceinaging.org with any questions or concerns you have.

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SOCIAL SERVICE: Maryanne Pierce

SOCIAL SERVICE Staff Schedules

Staff Schedules:

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

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

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 disponible 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 rececao do Peabody Council on Aging (978) 531-22543 para fazer um apontamento.

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.

Please refer to Page Two of
 the newsletter for
 updated information for
 our Social Services Dept.
 as we are not open to the
 public at this time.

Thank you.

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Social Service News...Maryanne Pierce

JOURNEY
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**Places of Worship
offering Livestream Services**



For your convenience, the following Religious Organizations offer live stream services:

Saint Vasilios Greek Orthodox Church
<https://www.facebook.com/StVasiliosPeabody/>

**Calvary Baptist Church
Peabody**
<https://m.facebook.com/cbcpeabody/>

**St. John and St. Thomas
Churches of Peabody**
<https://www.facebook.com/stthomaspeabody/>

St. Ann's Parish, Peabody
<https://www.facebook.com/stannparishbazaar/>

Community Covenant Church
<https://www.facebook.com/cccwpm/>

**Temple Tiferet Shalom
of the North Shore**
<https://www.facebook.com/Tiferetshalom/>

West Church
<https://www.facebook.com/westchurchpeabody/>

Our Lady of Fatima Church
<https://www.facebook.com/ourladyoffatimapeabody/>

**Saint Adelaide Parish
Roman Catholic Church**
<https://www.facebook.com/WestPeabodyCatholic/>

Temple Ner Tamid of Peabody Massachusetts
<https://www.facebook.com/Temple-Ner-Tamid-of-Peabody-Massachusetts-236126516434941/>
<https://www.youtube.com/channel/UCTRYgUskin9TJMOSxht6l9g/videos>

Share your technology wisdom with a senior or loved one that may be disconnected during this pandemic so they can enjoy these virtual events too!



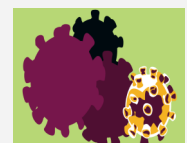
Here is what to know about the CORONAVIRUS

Medicare.gov... You know about the *Coronavirus* (officially called "2019-Novel Coronavirus" or "COVID-19") as it's in the news. Medicare is still here to help. Your Medicare Part B (Medical Insurance) **covers a test to see if you have Coronavirus.**

This test is covered when your doctor or a health care provider orders it, if you get the test on or after February 4, 2020. You usually pay nothing for Medicare-covered clinical diagnostic laboratory tests.

To prevent the spread of this illness or other illnesses, including the flu:

- Wash your hands often with soap and water.
- Cover your mouth and nose when you cough or sneeze.
- Stay home when you're sick, and
- See your doctor if you think you're ill.



Visit The Centers for Disease control website for information on the Coronavirus.

***Your provider will need to wait until after April 1, 2020 to submit a claim to Medicare for this test.**

Taking Care of Your Behavioral Health

Tips for Social Distancing, Quarantine, and Isolation during An Infectious Disease Outbreak

In the event of an infectious disease outbreak, local officials may require the public to take measures to limit and control the spread of the disease. This tip sheet describes feelings and thoughts you may have during and after social distancing, quarantine and isolation. It also suggests ways to care for your behavioral health during these experiences and provides resources for more help.

What to Expect: Typical Reactions

Every reacts differently to stressful situations such as an infectious disease outbreak that requires social distancing, quarantine, or isolation. People may feel:

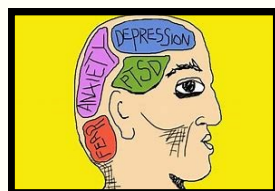
- **Anxiety, worry, or fear** related to your own health status and the health status of others whom you may have exposed to the disease.
- **Resentment** that your friends & family may feel as if they need to go into quarantine as a result of contact with you.
- **The experience of monitoring yourself**, or being monitored by others for signs and symptoms of the disease.
- **Time taken off** from work and the potential loss of income and job security.
- **The challenges** of securing things you need such as groceries and personal care items.
- **Concern** about being able to effectively care for children or others in your care.
- **Uncertainty or frustration** about how long you will need to remain in this situation, and uncertainty about the future.
- **Loneliness** associated with the feeling cut off from the world and from loved ones.
- **Anger** if you think you were exposed to the disease because of others' negligence.
- **Boredom** and frustration because you may not be able to work or engage in regular day-to-day activities.
- **Uncertainty** or ambivalence about the situation.
- **A desire to use** alcohol or drugs to cope.
- **Symptoms of depression** such as feelings of hopelessness, changes in appetite, or sleeping too little or too much.

Ways to Support Yourself during social Distancing, Quarantine, and Isolation

- **Stay up to date:** on what is happening, but limit your media exposure and look for credible sources for information.
- **Be Your Own Advocate:** Speaking out about your needs is important if you are in quarantine. Work with others to find out how you can arrange for groceries and toiletries to be delivered to your home and make sure you inform health care providers of your medications and continue to receive them.
- **Educate yourself:** don't be afraid to ask questions, and ask for written information when available, even ask a family member or friend to get the information for you.
- **Work with your employer:** to reduce financial stress & provide them with a explanation of why you away from work.
- **Connect with Others:** Reach out to people you trust by calling, emailing and using social media, such as talking face to face by using Skype or FaceTime.
- **Talk to your Doctor:** Ask them whether it would be possible to schedule remote appointments via Skype or Face Time for mental health, substance abuse, or physical health needs.
- **Use Practical Ways to Cope and Relax:** Deep breaths, stretch mediate or engage in activities you enjoy and maintain a sense of hope and positive thinking. Keep a journal and write down things you are grateful for.

After Social Distancing, Quarantine, or Isolation

You may experience **mixed emotions**, including a sense of relief. If you were isolated because you had the illness, you may feel sadness or anger because loved ones may have unfounded fears of contracting the disease from contact with you, even though you have been determined not be contagious. If you experience symptoms of extreme stress such as trouble sleeping problems with eating, speak to a health care provider .



If you are feeling overwhelmed with emotions such as sadness, depression, anxiety, or feel like you want to harm yourself or someone else, call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).



MEDICARE.GOV:

Protect yourself from coronavirus scams

You may already be taking steps to protect your health during the COVID-19 emergency. Be sure to also protect your identity from scammers by guarding your Medicare Number.

Scammers may try to steal your Medicare Number and lie about sending you Coronavirus vaccines, tests, masks, or other items in exchange for your Medicare Number or personal information.

PROTECT YOURSELF FROM SCAMS:

- Only share your Medicare Number with your primary and specialty care doctors, participating Medicare pharmacist, hospital, health insurer or other trusted healthcare provider and check your Medicare claims summary forms for errors.

Visit: [Medicare.gov/fraud](https://www.medicare.gov/fraud) for more information on protecting yourself from fraud and reporting suspected fraud

CORONAVIRUS TESTING SCAM:

- COVID-19 testing should only be ordered by your treating physician. **Never** accept a test from someone who **comes to your door** or **approaches you** at the grocer store or other community venue, parking lot, etc.
- Who **calls you on the phone** offering a mail-in test in exchange for money or Medicare number;
- Who calls you to **request your bank card or account information** to pay for a test. If someone comes knocking at your door with offers of medical testing, call your local police department.

DO NOT LET THEM IN!

Contact the Massachusetts Senior Medicare Patrol (SMP) Program with questions and to report suspicious testing at 800-892-0890 or at www.MASMP.org.

Remember: Never give out your Medicare number to someone you don't know!!

GRANDPARENT SCAMS IN THE AGE OF CORONAVIRUS

“Grandma, I’m in the hospital, sick, please wire money right away” or “Grandpa, I’m stuck overseas, please send money”....

In grandparent scams scammers pose as panicked grandchildren in trouble, calling or sending messages to wire money immediately. They will say they need cash to help with an emergency, like paying a hospital bill. They trick you into sending money before you realize it is a scam.

To avoid a Grandparent scam,

- Resist the urge to act immediately—not matter how urgent the story is
- Verify the caller’s identity: Ask questions a stranger couldn’t possible answer
- Don’t send cash! Once the scammer gets the money, it’s gone!

If you get a scam call, report it to the FTC at [ftc.gov/complaint](https://www.ftc.gov/complaint)(<https://www.ftc.gov/complaint>).



Taxpayers should be aware of coronavirus-related scams!

Taxpayers should be on the lookout for IRS impersonation calls, texts and email phishing attempts about the coronavirus or COVID-19 Economic Impact Payments.. These scams can lead to tax-related fraud and identity theft.

Here is what taxpayers should know:

- The IRS will not call, email or text you to verify or request your financial, banking or personal information.
- Watch out for websites and social media attempts to request money or personal information. The official website is IRS.gov
- Don't open surprise emails that look like they are coming from the IRS or click on attachments or links.
- Taxpayers would not provide personal or financial information or engage with potential scammers on line or over the phone.
- Forward suspicious emails to phishing@irs.gov, then delete.
- go to IRS.gov for the most up-to-date information.

Here is what people should know about the Economic Impact Payments:

- The IRS will automatically deposit Economic Impact Payments into the bank account taxpayers provided on the your 2019 or 2018 tax return for a direct deposit of their tax refund.
- Those without a direct deposit account on file may be able to provide their banking information on line through a new secure tool, Get My Payment.
- Anyone who is eligible for an Economic Impact Payment and doesn't provide direct deposit information, will receive a payment mailed to the last address the IRS has on file.
- The IRS does not charge a fee to issue the payment.

Scammers May:

- Ask an individual to sign over their Economic Impact Payment check to them.
- Ask for verification of personal or banking information.
- Suggest that they can get someone a tax refund or Economic Impact Payment faster by working on their behalf.
- Issue a bogus check, often in an odd amount, then tell a person to call a number or verify information online in order to cash it.

Official IRS information about the COVID-19 pandemic and Economic Impact Payments can be found on the Coronavirus Tax Relief page on IRS.gov. The IRS encourages people to share this information with family and friends. Many people who normally don't normally file a tax return may not realize they are eligible for an Economic Impact Payment.

An important Resource for Current Information Massachusetts: 2-1-1

***Massachusetts residents are urged to use 2-1-1
for information, resources, and referrals regarding COVID-19.***

Operators are staffing this hotline 24/7 and translators are available in multiple languages. Residents with questions can dial 2-1-1 from any landline or cellphone, or use the live chat option on the Mass 2-1-1 website.

As of now, Mass 2-1-1 has answered a total of 4,502 coronavirus-related calls since last week. There are 17 staff now answering calls, including staff from the United Way and 7 staff members from the Department of Public Health.

Support Elder Services and our mission to help older adults live a *Life Made Easier*.

MICHAEL F. "MIKE" ZELLEN, PRESIDENT OF FRIENDS REPORT: JUNE 2020

Hello Everyone,

I hope this newsletter finds you in good health. We are all hoping that the Peter A. Torigian Senior Center will be reopening soon and that we can all resume our normal lives and enjoy the festivities and programs provided at the Senior Center.

The Annual Volunteer Appreciation Luncheon that is sponsored by the "Friends of the PCOA, Inc." had to be cancelled this year due to "the stay at home" policy that is in effect. However, the Friends Board of Directors would like to give a big shout out and say "Thank You" to our dedicated and hard-working Volunteers.

The Friends Board of Directors would also like to give a "Big Thank You" to Director Carolyn Wynn and her dedicated staff for all their efforts during this pandemic. The Council on Aging Staff has prepared and sent out thousands of meals to those who are in need. The transportation department continues to provide transportation for our fellow citizens for trips to grocery stores and for necessary medical appointments.

While the Center has been closed, the Council on Aging's Maintenance Staff has been hard at work sanitizing and cleaning the entire building.

All the administrative offices have a fresh coat of paint. In addition, The Friends Board of Directors has authorized to provide the necessary funding to install all new carpeting throughout the building.

May is generally the month that the Friends Board of Directors sends out the second mailing of the Annual Appeal to our many "Friends of PCOA, Inc." who have been away for the winter months and to those Members who may have misplaced or did not receive the Annual Appeal Packet. Hopefully, during the month of June we will be able to prepare and send out that second mailing. If you did not receive the Annual Appeal Letter, Enrollment Card, and return envelope in the mail to become a "Friend of the Peabody COA"; please call the Torigian Center (978) 531-2254 and request that one be sent out to you.



During the month of June, we also celebrate Father's Day. A celebration honoring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society. The Board of Directors of the Friends of the PCOA, Inc. wish our members a Happy Father's Day.:

"Friends Care – Friends Share

"By Working Together to Make a Difference

Please note: Donations given in Honor of the Volunteer Musicians in the Golden Echoes Dance Band' are from the Thursday Morning people who appreciate and enjoy Dancing and listening for two hours to the Wonderful Music of our Youth. Everyone who donates receives tickets for a 'Split the Pot' Raffle and two prizes are given away. With Sincere Appreciation, the Director of the PCOA is happy to share the donations received every Thursday morning, for this very enjoyable free activity.

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

In Honor of the
Transportation Department:
Janice Deschene
Many thanks for their generosity
to Friends of the PCOA:
Steven Feldman & Michael Thistle



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

In Memory of
Virginia Bettencourt:
Her daughter, Carol Bento
In Memory of Marilyn Chigas:
Mary Lou Keenan
In Memory of Mary Coan:
Joan Johnson
Buddy and Joan Trabucco
In Memory of Jane Gould:
Andrew and Elaine Metropolis
In Memory of Charles Grasso:
Amber Moutsoulas
In Memory of Don Kelley:
The Moutsoulas Family

2020 FRIENDS Board Meetings:
June 1, Sept. 14, Dec. 7

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



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

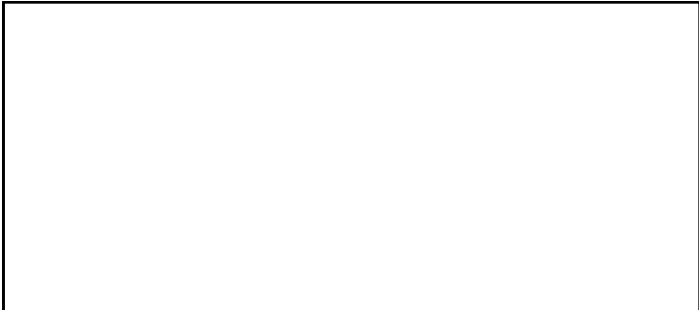
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May/June 2020

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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