

November
2023

TIPS & TOPICS



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



Live Peabody
An Age Friendly Community

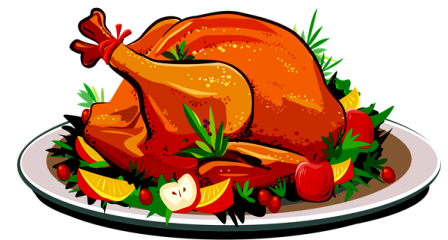
Carolyn Wynn, Director
Edward A. Bettencourt, Jr., Mayor

Carolyn and her staff would like to extend their warmest wishes to all the Seniors and their families in the community for a Safe, Happy and Healthy Thanksgiving!

Thanksgiving Celebration!

Thursday, November 16th in Jubilee Hall

What a great way to start off the holiday season! Come and join us for incredibly delicious meal to celebrate the wonderful holiday of Thanksgiving.



We are serving a Hot Roasted Turkey and Gravy dinner, served with Cranberry Sauce, Bread Stuffing, Roasted Butternut Squash and for dessert, scrumptious Pumpkin Pie! All served with water and hot coffee.

Tickets Cost \$15.00 and can be purchased at the Front Desk.

Entertainment provided by the amazing Golden Echoes!



COVID Vaccine Clinic

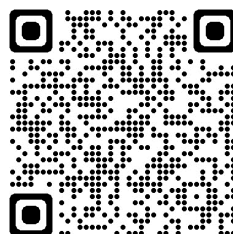


Wednesday,
December 6, 2023
1:30—4:00 pm
in Jubilee Hall

Please use this link below to register online:

<https://home.color.com/vaccine/register/peabody>

If you don't have access to a computer, please call the Health Department at City Hall.
978-538-5931



The 'Forever Young Chorus' presents: 'The Chorus Goes West!'

Wednesday,
November 29th

12:30 pm to 2:30 pm
in Jubilee Hall

Tickets cost \$5.00

and can be purchased at the front desk.

Call the center at 978-531-2254 for more information.



**The Book Club**

Our Book Club is run by Cate Merlin. They will meet on Wed. Nov. 8th from 10:30am - 11:30am in the Conference Room

Veterans Meetings

Our Veterans Group will meet on Tues. Nov. 21, 2023 from 9:30 - 10:30 In Classroom A.

The DAV Group will meet on Wed. Nov. 15th from 9:30 - 11:00, in the Conference Room

'Love Letters From The Front'

"Love Letters from the Front" is a musical tribute to the Veterans of WWII. Actual letters are read aloud against a backdrop of those songs being performed by Bob DiCicco and Maureen Pilot.



("I'll Be Seeing You", "As Time Goes By" "Chattanooga Choo Choo" etc.)

**Tuesday, Nov. 14, 2023
12:30—1:45 In the Jubilee Hall
This event is free!**

Please sign up at the Front Desk

MOVIE TIME

Our Movies will be shown in Jubilee Hall from 12:15 – 2:15 Due to other events, there will be just **one** movie this month.
Tues. Nov. 21 - "The Reivers"



CRAZY CARDS Wed. Nov. 15th from 12:15—3:00 in Classroom A. You must purchase your \$3.00 ticket by Nov. 8th
Tickets may be purchased at the Front Desk

**November Birthday Celebration
Tuesday, Nov. 14, 2023**

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

Oct. Birthdays were: Philip Celeste, Betty Brennan, Peggy T, Lorraine Plante, Helen Lange, Millie Gates, John Wilkinson, Sam Aiken, Pat Picardi, Betty Hosman, & Jerry Clark.



Many thanks to Evans Flowers for the Birthday Balloon and Rose!

Medications and You:**What Older Adults Need to Know!**

Dan Newberg, former Director of Pharmacy at Beverly Hospital will be here to talk about:

- 1- How aging affects how medication work in the body
- 2 - Importance of dosage changes
- 3 - How to avoid adverse side effects
- 4 - What you need to know about the medications you take

Wed. Nov. 15th at 12:30 in the Computer Room
Please sign up at the Front Desk

SHOPPING SPREE!

On Thurs. Nov. 9th, we will have a few tables set up with things for sale. There will be knitted items, paintings, quilting items, cards, hats, gloves, Sweatshirts and more. Get a jump on your holiday shopping!!

Thurs. Nov. 9th from 9:30—12:00, in the Lobby

DIABETIC SHOE CLINIC

Amy Baxter will be here on Tues. Nov. 28th at 1:00pm
For an appointment call

Amy Baxter - 603-944-1311

Hearing Screenings - Joe from Apex Hearing will be here on Thurs. Dec. 7th from 10:00am to 1:00pm. To make an appointment call 978-531-2254.

Senator Joan Lovely office hours at the PCOA on Mon. Nov. 13th from 9 -10am

Phone & Computer Help - Fri. Nov. 3 & 17- from 9:00am - 11:00am

Ping-Pong - Mondays & Fridays 1:00 - 3:00pm in the Computer Room

LOW VISION GROUP - Wed. Nov. 8 from 12:30 - 2:00 in Classroom A





Peter A. Torigian Senior Center



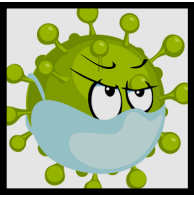
NOVEMBER
2023

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

Meal Cost: \$5.00
Friends Members: 4.00

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Subject To Change Without Notice</p>	<p>IMPORTANT LUNCH CHANGES Diners need to purchase their lunch tickets between 10:00-11:00 am! They WILL NOT be sold after 11:00 am!</p>	<p>¹ <u>Reduced Sodium Hot Dog</u> on a Hot Dog Roll Condiments Bk Beans Homemade Coleslaw Ice Cream</p>	<p>² <u>Stuffed Roast Pork</u> Gravy Roast Turnip Split Peas Soup Bread Pudding</p>	<p>³ <u>Grilled Salmon</u> Lt Bernaise Sauce Rice Pilaf Spinach Strawberry Shortcake</p>
<p>⁶ <u>Mac & Cheese</u> Stewed Tomato Spinach Tapioca Pudding</p>	<p>⁷ VOTING DAY  No Lunch Today!</p>	<p>⁸ <u>Meatloaf</u> Gravy Whipped Potatoes Hearty Vegetable Soup/ Crackers Chilled Pears</p>	<p>⁹ Veterans Day  Free lunch for Veterans <u>Stuffed Sole</u> With Scrimp & Scallops Lobster Sauce Oven Brown Potatoes Boston Cream Pie </p>	<p>¹⁰ Veterans Day  Center Closed</p>
<p>¹³ <u>Chicken Piccata</u> Lyonnaisse Potatoes Peas Ambrosia Fruit Cup Bean Dip and Crackers</p>	<p>¹⁴ <u>Italian Sub</u> Beef Barley Soup Chips Tropical Fruit Cup Birthday Cake </p>	<p>¹⁵ <u>Stuffed Cabbage</u> Tomato Sauce Steamed Potatoes Carrots Cookie</p>	<p>¹⁶ Thanksgiving Party <u>Roast Turkey</u> Gravy/Cranberry Sauce/Bread Stuffing Roast Butternut Squash Pumpkin Pie  CAFÉ CLOSED</p>	<p>¹⁷ <u>Haddock</u> Cream of Broccoli Soup Baked Potato Sour Cream Ice Cream CAFÉ CLOSED</p>
<p>²⁰ <u>Steak Tip Salad</u> Lettuce, Tomato, Onions, Strawberries Raspberry Dressing Chips Ice Cream CAFÉ CLOSED</p>	<p>²¹ <u>Squash Ravioli</u> Squash Gravy Carrots Scalloped Potatoes Chocolate Pudding/ Topping CAFÉ CLOSED</p>	<p>²² <u>Chicken Salad Sandwich</u> Lettuce, Tomato, Onion Potato Salad Cole Slaw Chips/Brownie CAFÉ CLOSED</p>	<p>²³ Happy Thanksgiving!  Center Closed</p>	<p>²⁴ Center Closed for Holiday Weekend </p>
<p>²⁷ <u>Cheese Burger</u> Lettuce, Onion, Tomato, Pickle French Fries Chocolate Pudding Topping</p>	<p>²⁸ <u>Chicken Marsala</u> Sauce Rice Greek Salad Apple Crisp</p>	<p>²⁹ <u>BBQ Pulled Pork</u> on Roll Homemade Coleslaw Pasta Salad Dreamsicle Jello</p>	<p>³⁰ <u>Shepherd's Pie</u> Gravy Broccoli Tapioca Pudding</p>	<p>Frozen Meals-To-Go Can be purchased in the dining hall from 10:00 - 12:00 & only cost \$3.00!</p>

UPDATED COVID INFORMATION! **What you need to know...**



Now that people are starting to move back indoors, we are seeing an increase in COVID cases being reported to us. Wastewater monitoring also shows an uptick in the amount of COVID virus.

We wanted to share the current requirements for those who have tested positive or who have been exposed to COVID.

If you test positive for COVID, you must isolate for a minimum of 5 days.

Please see <https://www.mass.gov/info-details/covid-19-isolation-and-exposure-guidance-for-the-general-public> for more info.

If you are exposed to someone with COVID but are asymptomatic, you do not need to quarantine but you do need to mask when indoors around others for 10 days.

Able to Mask

Yes

- If you never had symptoms or symptoms are improving, you may end your isolation on day 6.
- ***Wear a mask*** around others for 10 days (including in the household). You may remove your mask prior to day 11, if you have had two negative tests taken 48 hours apart.

No

- If you never had symptoms or symptoms are improving, you may end your isolation on day 11.

Isolation

- ***Stay home and isolate for at least the first 5 days; you are probably most infectious during these 5 days.***

If you have been exposed to someone with COVID, you do not need to quarantine as long as you remain asymptomatic, regardless of your vaccination status. You must wear a mask any time you are around others inside your home or indoors in public for the 10 days following your exposure, unless you are unable to mask.

If you were exposed and develop symptoms at any time, isolate and take a test and stay home until you know the result. If the result is positive, follow isolation protocols. If your test is negative or if you have remained asymptomatic, take a test on day 6.

The City of Peabody Health Department no longer have free test kits available for distribution. The federal government will ship 4 free test kits to your residential address.

You can order them at: <https://www.covid.gov/tests>.

Your health insurer may also cover the cost of test kits purchased at your local pharmacy. Lastly, updated recommendations for COVID vaccine were adopted last week. The Peabody Health Dept. does not currently have the updated vaccine, but it is available at pharmacies and primary care practices. We will keep you updated as to our plans to offer this vaccine in the future. It is no longer being provided for free by the federal government other than for children and for uninsured adults.



TRANSPORTATION: Jim Downey

RIDE DONATION OF \$1.00 EACH WAY IS GREATLY APPRECIATED

8:00 - 9:15 AM
Trask ADH pick-ups only

9:00 AM— 1:45 PM
Senior pick-ups to Medicals,
etc. to: Peabody, Danvers,
Beverly, Salem and Lynn

2:30 PM
Center and Trask ADH

MEDICAL RETURN
PICK-UP REMINDER:
In Peabody:
be ready **before 3:00 PM**

Out of Peabody:
be ready **before 2:30 PM**

Attention Shoppers!!

9:30 am PICKUP/11:30 am RETURN
Shaws, Stop & Shop and NSSC

Monday: So. Peabody, Rockdale Park, Lynn & Lynnfield Sts.
Tuesday: Eastman Park, Bresnahan Street,
Washington Street and 98 Central St.
Wednesday: East End, Connolly Terrace, Wilson Terrace
and 103 Central St.
Thursday: 50 Warren, 12-15-16 Crowninshield, 75 Central
Friday: 20 Central St., 18 Walnut, Lowell St.
Friday: West Peabody (Big Y, Shaws & NSSC)

Due to the high volume of riders, the time for making a reservation for transportation has changed. All immediate reservations must be made a minimum of **ONE WEEK** before your appointment date.

Reservations can be made up to **two (2) months in advance for a ride** and we are encouraging riders to call us as soon as they have an appointment. Please be aware that you should call as early as possible to secure a ride. **Shoppers can still call up until 2:00 pm the day before and be added to the shopping pickup.**

  **ATTENTION ALL SHOPPERS!!!**

Below is the MARKET BASKET in Danvers schedule starting at 11:00 AM and returning at 1:00 PM. The limit is **4 COA BLUE bags per person**

Monday 12-15-16 Crowninshield Street, 18 Walnut Street, Lowell Street and West Peabody
Tuesday 50 Warren Street, 75 Central Street, 20 Central Street
Wednesday South Peabody area, Rockdale Park, Lynn Street and Lynnfield Street
Thursday Eastman Park, Bresnahan Street, Washington Street, 98 Central Street
Friday East End area, Connolly Terrace, Wilson Terrace, 103 Central Street

Please call the Transportation Office at 978-531-2254 with any questions.


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

ATTENTION All Riders!!

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

***** JUST A NOTE *****

Those wishing to go the hairdressers will follow the same schedule as the Medical. Any day, any time, **AS LONG AS YOUR HAIRDRESSER IS LOCATED IN PEABODY**



Open Enrollment is Underway... *Medicare's annual Open Enrollment started October 15th.*

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should have received information from your plan by the end of September. It is important to read and save this information because it explains the changes in your plan for 2024.

During Medicare's Annual Open Enrollment (through December 7),

you will have a chance to change your plan for next year. If you never had a drug plan, this is your opportunity to join one.

SHINE (Serving the Health Insurance Needs of Everyone... on Medicare) counselors can help you understand your plan changes, as well as explain other options you may have.



OPEN ENROLLMENT IS BY APPOINTMENT ONLY!
You MUST BE A PEABODY RESIDENT to schedule an appointment... by calling 978-531-2254.

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

Marie Bishop



www.bishopsells.com
marie@bishopsells.com



L A & R Realty Partners
978.766.3533

SENIOR CONNECTION (A Ladies Social Group)

If you are interested in making new friends, new experiences, stimulating and enjoyable conversation with peers while creating new connections, this social group may be for you!

Gerri Memory created this *ladies only* social group three years ago and it continues to be enjoyable and successful today!


It is exciting to announce that we are able to accept a limited amount of new members.

We open in an open round table forum on *Thursdays* from *12:00 Noon to 1:30 pm* in *Classroom A*.


If interested and for more information, call Gerri at (978) 531-2384.




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, please contact Social Services.



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 Reception.



We collect eyeglasses and eyeglass cases for the Lions Club... If you have any old glasses and eyeglass cases that you are not using anymore, please bring them down to the Center.
 Thanks !



WeCare Senior Outreach Project

North Shore Public Health Collaborative offers a community outreach program for older adults.

Our Mission is to promote social connection; Friendly phone calls help build meaningful connections between trained callers and older adults. And to conduct a wellness check-in. WeCare callers check to make sure out older adults are doing well and are not in immediate harm or in need of urgent medical attention.

Who Is Eligible

The service is free of charge and available to older adults who: are sixty (60) years of age or older; live alone or are homebound; and reside in Beverly, Danvers, Nahant, Marblehead, Peabody Salem or Swampscott. Individuals can self-refer or be referred by a caregiver.

For more information, please contact the local health department in your City or town.

Phone Numbers:

- Beverly: (978) 921-8591
- Danvers: (978) 777-0001
- Marblehead: (781) 631-0212
- Nahant: (781) 581-0088
- Peabody: (978) 538-5926
- Salem: (978) 741-1800
- Swampscott: (781) 596-8864



In Partnership with Public Health

Prevent, Promote, Protect

North Shore Public Health Collaborative
Beverly, Danvers, Lynn, Marblehead, Nahant,
Peabody, Salem, Swampscott
Est. 2021

FLU CLINICS at the COA

CHASSEA ROBINSON, Public Health Nurse
for the City of Peabody will be having Flu Clinics
at the Council on Aging:

Wednesday, November 8th
Thursday, November 30th

*The Health Department will bring both the High
Dose flu vaccine and the standard flu vaccine to
each of these clinics.*

**Please note that all Clinics
are from 1:30 to 4:30 pm.**

**BE SURE TO BRING
YOUR INSURANCE CARD!**

Pre-registration
(via a website link)
will be available as well
as onsite registration.



**Please continue to support our sponsors! Our
newsletter would not be possible without them.**

Tel (978) 532-7177

Fax (978) 531-9939



Rani Varghese, DMD

premierfd2019@gmail.com 39 CROSS STREET, STE 101
www.PremierFamilyDentistryPeabody.com PEABODY, MA 01960

Offering our members
Competitive Rates / Excellent Service!

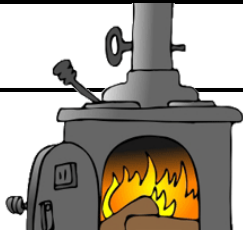
We are strong!



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

Maryanne Pierce (Social Service)



Do You Need Help Paying Your Heating Bills And Keeping Your Home Warm This Winter?

The Home Energy Assistance Program at the North Shore Community Action Programs, Inc. helps income-eligible households pay their winter heating bills even if the cost of heat is included in your rent. If your gross household income falls within the limits shown in this chart, you may qualify for payment towards your winter heating bills. In addition, eligible National Grid customers may qualify for a discount of up to 32% off their electric and gas bills too!

For an appointment call (978) 531-0767 Ext. 136 (October 1st—April 30th)

For more information about Home Energy Assistance,

Call (978) 531-8810, visit nscap.org or email fuelassistance@nscap.org.

North Shore Community Action Program, Inc.,

119 Rear Foster Street, Building #13, Peabody, MA 01960

Call the PCOA for more information at 978-531-2254 and ask for Social Services.

2023-2024 INCOME GUIDELINES

HOUSEHOLD MEMBERS	MAXIMUM GROSS INCOME	HOUSEHOLD MEMBERS	MAXIMUM GROSS INCOME**
1	\$45,392	\$87,294	\$81,561
2	\$59,359	\$101,261	\$94,610
3	\$73,326	\$115,228	\$107,660

CAFÉ NEWS AND UPDATES:

Due to all the upcoming events taking place at the Senior Center, we felt it best to wait to begin serving breakfast after the holidays. I know it's disappointing, but it is something to look forward to! However, we do have some good news to share with you!

You can now purchase a 12oz. Bowl of Soup 'TO GO' with a beverage for only \$6.00.

See the new "To Go" station outside the café to place any 'TO GO' orders!



Our **November Special** will be **The Rachel!** (Sister of the Reuben)

It is a Grilled Turkey Sandwich, with Coleslaw, Swiss Cheese and Thousand Island Dressing on Marble Rye. Yum!

We will also be offering a **Harvest Salad** as well. Greens, Pears, Dried Cranberries, Goat Cheese and Pecans with Maple Balsamic Dressing.

There is always something good cooking at our Café!

Points to Ponder... Jack Lawless

November. The 'Historic Thankful Month of Remembrance'

- Roman Catholics observe the 1st as All Saints Day.
- On the 2nd in 1955, Jim Henson's 'Kermit the Frog' the first Muppet was copyright registered.
- The Soviet Union launched the first inhabited space capsule, Sputnik II, which contained a dog named Laika on the 3rd in 1957.
- As of now, the federal government or MA have not changed Daylight Savings Time ending on the 5th of this month.
- On the 10th in 1775, the U.S. Marine Corps was established as part of the U.S. Navy and became a separate unit on July 11, 1789.
- On the 11th hour of the 11th day of the 11th month, World War One came to an end; it is now celebrated as Veterans Day.
- In 1942 on the 13th, the five Sullivan brothers were lost in the torpedoed U.S. Navy cruiser, USS Juneau which caused the U.S. Navy to change regulations to prohibit close relatives from serving on the same ship.
- NAFTA, The North American Free Trade Agreement was approved by the U.S. House of Representatives on the 17th in 1993.
- At the Gettysburg Battlefield Ceremony after famed MA orator Edward Everett spoke for nearly two hours, President Lincoln delivered his address in less than two minutes on the 19th, 1863.
- President John F. Kennedy on the 20th in 1962 announced that U.S. Naval Blockade of Cuba had been lifted thus ending the Cuban Missile Crisis and a little more than a year later on the 22nd in 1963, President Kennedy was fatally shot in Dallas, Texas.
- On the 26th in 1789, the first American holiday occurred, Thanksgiving Day, proclaimed by President George Washington.
- The full Beaver Moon shows up on the 27th.
- Fire erupted inside the Coconut Grove nightclub in Boston on the 28th in 1942 killing nearly 500 persons which later led to fire restrictions on locked doors in establishments.
- Palestine was portioned into Jewish and Arab land on the 29th in 1947 by the U.N. General Assembly resulting in the establishment of the Jewish state of Israel the following year.



"Don't wait until the 4th Thursday in November to sit with family and friends to give thanks.

Make every day a day of Thanksgiving." Charmaine J. Forde

GOD BLESS AMERICA AND OUR PATRIOTS!

We always appreciate when we get new sponsors! The printing of the newsletter wouldn't be possible without their support!

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: meidelmandmd.com



Century House
UNDEVELOPED 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



R. P. McLAUGHLIN CO., INC.
PLUMBING & HEATING

(978) 532-3300

- Boilers
- Water Heaters

- Radiant Heat
- Bathrooms

Small Repairs a Specialty

Bob McLaughlin

Master Lic. 10154
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

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

IN MEMORY OF/IN HONOR OF ENVELOPES:

Envelopes are available to remember a deceased individual or to honor an individual or group by a donation to the *Friends of The Peabody Council on Aging*. Envelopes are also available that will send your donation to the *Roger B. Trask Adult Day Health Program, City of Peabody*. Donations help to fund the scholarship and Activity Programs in the Trask Center. Both envelopes are available at the local Funeral homes and at the reception area at the Peter A. Torigian Senior Center. All donations will be listed in *Tips & Topics*.



In Honor of/In Memory of Gifts to the PCOA:

In Honor of Anna Gallo:

For her generous gift to the PCOA

In Honor of our Veterans:

Fred Curtins II

In Memory of Betty Ann Quinlan:

Jan Briggs

Mark and Eleanor Manning



Don't believe in age...

Believe in energy. Don't let age dictate what you can and cannot do.

THE ROGER B. TRASK

ADULT DAY HEALTH PROGRAM:

Care-Giving Support In Your Neighborhood

We are an Adult Day Health Program located, along with the Peabody Council on Aging, in the Peter A. Torigian Senior Center. Our Program is designed to provide a structured setting for individuals who would benefit from supervised care. We offer social and therapeutic activities, transportation, personal care, bi-lingual staff, medical monitoring, meals and snacks, as well as counseling and other social services.

The Trask Program also offers many benefits for families and caregivers such as freedom from concern of leaving a loved one home alone, as well as needed respite time for caregivers to pursue their own activities.

Services are provided by a Program Coordinator, Registered Nurses, Licensed Social Worker, Activities Coordinator, Certified Nursing Assistants, and Trained Volunteers.

For more information, or to make an appointment to visit our Center, please call our Program Coordinator:

Susan Levenson, RN at 978-531-2254 x134 or email her at slevenson@peabodycoa.org.

We always appreciate when a new business advertises with us! Please support our sponsors!

Energy Credit Union
www.energycreditunion.org
Responsible Banking Since 1931!

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

NCUA MSIC
NMLS# 470307

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

GRAVOC

Technology Solutions

Software Solutions Information Technology
Information Security Creative Technology

10 Centennial Drive, Peabody (978) 538-9055 gravoc.com

**CONWAY
CAHILL-BRODEUR**

20 Church Street & 82 Lynn Street
Peabody, MA 01960
978-531-0472
www.ccbfuneral.com

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

Joseph L. Ruggiero
Director
www.ruggieromh.com
info@ruggieromh.com

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

Fax (617) 561-0034

MICHAEL F. "MIKE" ZELLEN, PRESIDENT OF FRIENDS REPORT: NOVEMBER 2023

November 11th

The History Behind Veteran's Day

An armistice between the Allied nations and Germany came into existence on the 11th hour of the 11th day of the 11th month of 1918. On November 11, 1919, Armistice Day was commemorated for the first time ever.

Although November 11th was initially recognized as Armistice Day, President Dwight D. Eisenhower officially renamed it Veterans Day. Veterans Day is an important day for every American and is intended to honor and appreciate all servicemen and servicewomen who served the United States in all wars. On this day, the American flag is hung at half-mast. Sometimes a period of silence lasting two minutes is held at 11 am.

Annual Thanksgiving Celebration

The Peabody Council on Aging will be hosting the Annual Thanksgiving Celebration on Thursday, November 16 from 9:30 am – 12:30pm.

Tickets are available to be purchased at the front desk.

Come on down and enjoy the festivities with entertainment provided. The day will begin with the Golden Echoes Big Band playing for your listening and dancing pleasure.

Thanksgiving Day – November 23

Thanksgiving Day in the United States is celebrated on the fourth Thursday of November each year. Traditionally it is a time to give thanks for all the sacrifice and hard work done for the harvest. It is a day to spend time with family and friends over a large feast.



*The Board Members
of the "Friends"
wish all a
Happy and Safe
Thanksgiving Day!*

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

**In Honor of Kay Morrocco
(Happy 103rd Birthday Kay!)**
Suzanne Baldracchi



In Honor of Carol Murtagh:
Anonymous

In Honor of Salvatore Bordonaro:
Vincenza Bordonaro

In Honor of Norma Deschene:
Alfred & Linda Mathews

In Memory of Dianne Donahue:
Carol & Kim Murtagh

In Memory of Diane Durkee:
Tom & Claire Moran

In Honor of Max Feiner:
Zipora Feiner

In Honor of Lena & Max Kantrowitz,
Harry & Sara Berman:
Renee Miller

In Memory of Erpino "Mucci" Martocchio:

Mark and Kat DeLomba
John E. Johnson

In Memory of Helen C. Oteri:
John F. Oteri

In Memory of Betty Ann Quinlan:
James and Geralyn Hinchion,
Joan Johnson, Ed & Beth Mazzetta,
Peter and Jeannette McGinn,
Carol Rudnicki, Virginia Soucy



The Friends of the PCOA
have a PAYPAL account for
donations for (In Honor of/In
Memory of) Go to the PCOA
Website: www.peabodycoa.org
and click on DONATE.

**Remaining 2023
Friends Board Meetings:**
December 4



PEABODY COUNCIL ON AGING

Peter A. Torigian Senior Center
79 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

Happy Thanksgiving!



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

November 2023

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
John Sacramone, Vice Chairperson
Joseph A. Mendonca, Treasurer
Cookie Melanson, Secretary
Linda Mendonca
Andrew M. Metropolis
Catherine E. Morrocco
Judy Selesnick
Jacqueline Torigian
Dorothy Wallman



FRIENDS OF THE PCOA BOARD

Michael F. Zellen, President
Russell E. Bowden, Vice President, Past President
Kaellen D'Amour, Secretary
Judith Enos, Treasurer
Gayle A. Cavanaugh, Assistant Treasurer
Sandra Dupont, Financial Secretary
Catherine E. Morrocco, Asst. Financial Secretary
Ann M. Blazewicz
Marion J. Bowden
Elliot Hershoff
Andrew M. Metropolis
Dorothy A. Bonfanti
Bruce Gradwohl
Joseph A. Mendonca
Carol A. Murtagh
Gitadevi R. Parmar