

December  
2020

# TIPS & TOPICS

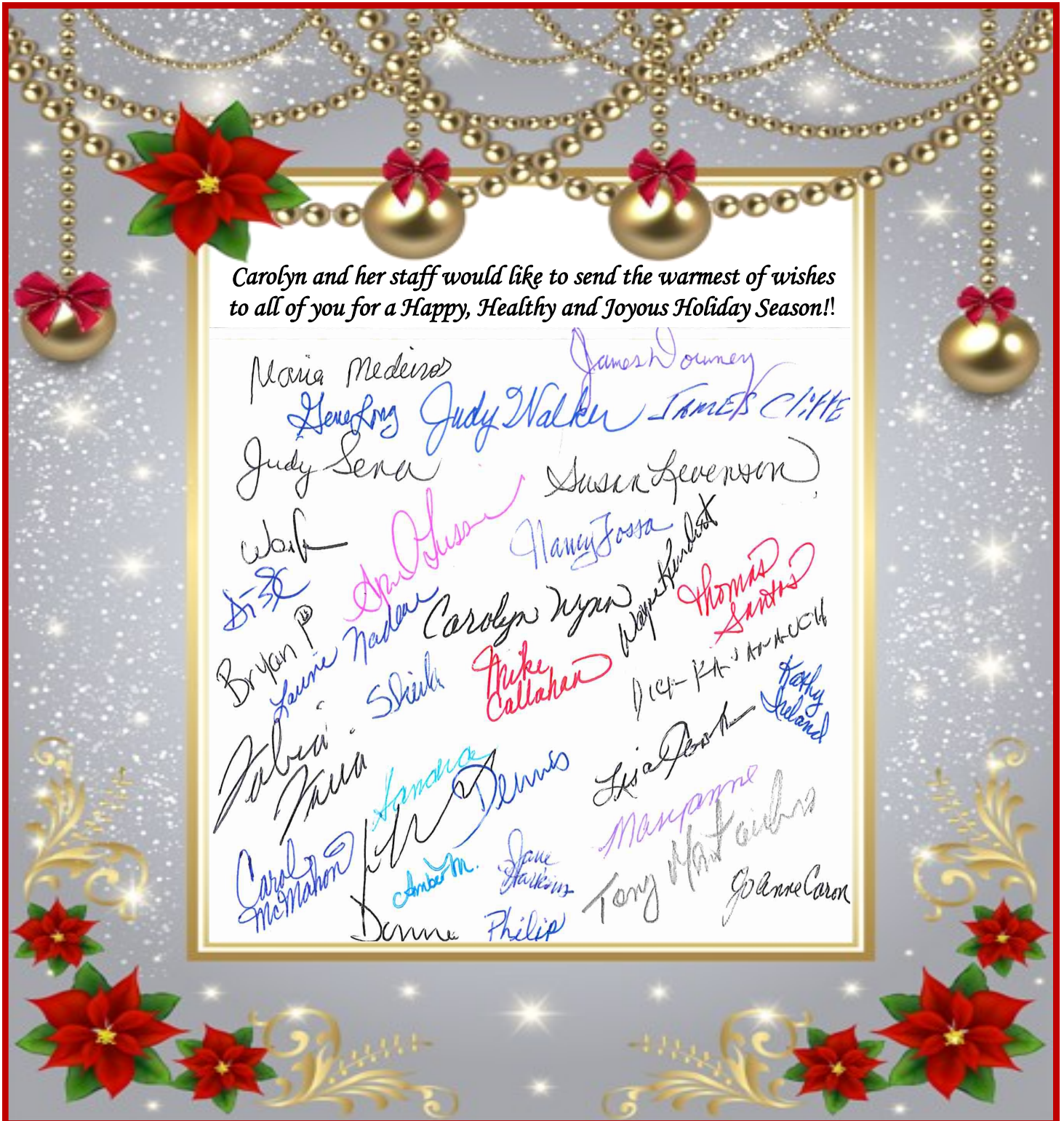


PEABODY COUNCIL ON AGING  
Peter A. Torigian Senior Center  
75R Central Street, Peabody, MA 01960  
Ph: (978) 531-2254 / Fax: (978) 531-7176  
Monday-Friday: 8:00 AM to 4:00 PM  
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Live Peabody  
An Age Friendly  
Community

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



*Carolyn and her staff would like to send the warmest of wishes to all of you for a Happy, Healthy and Joyous Holiday Season!!*


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P. 978-538-5700  
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**OFFICE OF THE MAYOR  
EDWARD A. BETTENCOURT, JR.**

December, 2020

Dear Friends,

As Mayor of the City of Peabody, I am honored to extend to you my best wishes for a happy holiday season and a healthy and prosperous New Year. During this festive time of year, we often reflect on the truly important aspects of our lives like family, friends, and faith. We count our many blessings and give thanks for the freedom and opportunity we enjoy as Americans.

In celebrating our own good fortune, we are mindful of those who are less fortunate; the lonely and dispirited, the sick and dying, the hungry and helpless. The holiday season provides many opportunities to give of ourselves; our time, our money, and our prayers. As Mayor, I am privileged to witness extraordinary giving each day by the many caring individuals who make up the fabric of our community. It is indeed an inspiration, particularly during these difficult times.

Although its doors will be closed for the rest of this year, the Senior Center continues to be a source of aid and comfort for many Peabody residents. Thanks to dedicated staff and volunteers, meals are still being delivered and transportation and social services still provided to many of our most vulnerable older residents.



Seniors are particularly vulnerable to the effects of COVID-19 and we have a shared obligation to protect them during this public health emergency. Although we miss dearly the lunches, holiday parties, classes, and other events that make the Center so special, we recognize that our sacrifice is helping to save lives.

An optimist by nature, I believe that better days lie ahead. For now, please continue to do the important things which help keep our families and fellow citizens safe and healthy. Remember, our Senior Center staff are only a phone call away and I look forward to seeing you back there as soon as circumstances allow.

May the joy of the season be yours and may the spirit of giving fill all our lives in 2021.  
Happy Holidays!

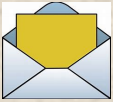
Warmest regards,

Edward A. Bettencourt, Jr.  
Mayor, City of Peabody



**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*.



We would also like to extend thanks and gratitude to the following individuals for donating special items that can always be used in many of our classes. We truly appreciate it. THANKS!

**With Special Thanks  
to Richard Trainito:**

For his very generous donations of the large amounts of beautiful yarn and supplies to be used in our many classes.

**With Special Thanks to  
both John and Ann Boris:**  
For their many gifts to the Senior Center and generous donations of material and sewing supplies to be used in the classes.

**In Honor of Gifts to the  
Peabody Council on Aging:  
In Honor of Dot McKeen and Joan Savioli:**

For their generosity in helping to fund our program for delivering meals to home bound seniors

**With many thanks to Gita Parmar:**  
For her generous gift to the PCOA

**In Memory of Gifts to the  
Peabody Council on Aging:  
In Memory of William Mahoney:**  
Mary Schulze

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

**In Memory of Robert Anderson:**  
Mr. and Mrs. Allen  
**In Memory of Edward Rudnicki, Jr.:**  
Geraldine Jenkins

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](http://www.peabodycoa.org). In addition, the City of Peabody has launched ***Peabody United Community Resources*** on the City website [www.peabody-ma.gov](http://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 be sure to support our sponsors, as they make the printing of our Newsletter possible. Thanks!**

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# "Caroling Show"

## Winter Holiday Show with the "Olde Towne Carolers"

To be aired on Peabody Access TV on Channel 99.

For your convenience, it will be aired the first two weeks of December.

Below is the schedule of days and times that it will be shown. Enjoy!



### Week One:

Wednesday, December 2 @ 6:00 pm

Friday, December 4 @ 8:00 pm

Saturday, December 5 @ 12:00 Noon

Sunday, December 6 @ 5:00 pm

### Week Two:

Monday, December 7 @ 11:00 am

Wednesday, December 9 @ 3:00 pm

Friday, December 11 @ 6:00 pm

Saturday, December 12 @ 4:00 pm

Sunday, December 13 at 8:00 pm

### December 2020 Chair Yoga Meetings

Via Zoom: Every week on Mondays

At 10:00 a.m. ITS FREE!

**December 7, 14, 21**

Please download and import the following iCalendar (.ics) files to your calendar system.

#### Weekly:

[https://us02web.zoom.us/meeting/tZEld-mhqDgpGdVs76VFDMyZFctOB-gNP\\_lr/ics?](https://us02web.zoom.us/meeting/tZEld-mhqDgpGdVs76VFDMyZFctOB-gNP_lr/ics?ic-)

[sToken=98tyKuGtpjsqE9KWsxqGRpwMGoigc PwpnZeja drj0izNQZ3TzrMEMFWHZAYf bq](https://us02web.zoom.us/j/85800963331?pwd=eW9iQUZXUksxSlhwOS9nNkxqTFVvQT09)

#### Join Zoom Meeting:

<https://us02web.zoom.us/j/85800963331?pwd=eW9iQUZXUksxSlhwOS9nNkxqTFVvQT09>

Meeting ID: 858 0096 3331 Passcode: 747247



### January 2021 Chair Yoga Meetings

Via Zoom: Every week on Mondays

until Jan 25, 2021 at 10:00 a.m.

**Jan 4, Jan 11, Jan 18, Jan 25**

Please download and import the following iCalendar (.ics) files to your calendar system.

#### Weekly:

[https://us02web.zoom.us/meeting/tZwpcuCrqj0uE9Pj6DmaKQfr\\_ZfX2b1XeSUb/ics?icsToken=98tyKuGgqj4jGdCTtBCARpw-Bo\\_4XenwiCFbj\\_ptlknBDiF4UwXkCdhECuB9QeDV](https://us02web.zoom.us/meeting/tZwpcuCrqj0uE9Pj6DmaKQfr_ZfX2b1XeSUb/ics?icsToken=98tyKuGgqj4jGdCTtBCARpw-Bo_4XenwiCFbj_ptlknBDiF4UwXkCdhECuB9QeDV)

#### Join Zoom Meeting

<https://us02web.zoom.us/j/88459346497?pwd=U2J0UjImdzg5aUhlNnIVS3lWdWc5QT09>

Meeting ID: 884 5934 6497 Passcode: 716842

Since these classes are 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. We thank you!

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](mailto: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](http://www.peabodycoa.org) and link us to your business!



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## Interesting Historical Facts... December: The "Festive" Month



*December's birthstone is the turquoise. It's available in a range of blue hues and is believed to protect the wearer from harm. The flower, the narcissus, symbolizes good wishes, faithfulness and respect. The holly, another December flower, stands for domestic happiness.*

- On December 1, 1955, the birth of the modern American Civil rights movement occurred as Rosa Parks was arrested in Montgomery, Alabama, for refusing to give up her seat to a white man and move to the back section of a municipal bus.
- December 2, 1982 - The first permanent artificial heart was implanted in 61-year-old Barney C. Clark by Dr. William De Vries at the University of Utah Medical Center in Salt Lake City.
- The Birthday of Walt Disney was December 5th (1901-1966) He was born in Chicago, Illinois.
- December 7, 1941 - The U.S. Naval base at Pearl Harbor, Hawaii, was attacked by nearly 200 Japanese aircraft in a raid that lasted just over one hour and left nearly 3,000 Americans dead. A day later the United States and Britain declared war on Japan.
- On December 9th, American industrialist Clarence Birdseye (1886-1956) was born in Brooklyn, New York. He developed a method of deep-freezing foods and was one of the founders of General Foods.
- George Washington died at Mount Vernon on December 14, 1799. It was also the birthday of French physician Nostradamus (1503-1566) who was born in St. Remy, Provence, France. He wrote astrological predictions in rhymed quatrains, believed by many to foretell the future.
- On the 15th in 1939, *Gone with the Wind* had its world premiere in Atlanta, featuring appearances by Vivien Leigh and Clark Gable. It was also the birthday of French engineer Alexandre Eiffel, who was born in Dijon, France in 1832. He designed the Eiffel Tower & helped design the Statue of Liberty.
- December 16, 1773 - The Boston Tea Party occurred as colonial activists disguised as Mohawk Indians boarded British ships anchored in Boston Harbor and dumped 342 containers of expensive tea into the water.
- After three years of experimentation, Orville and Wilbur Wright achieved the first powered, controlled airplane flights on December 17th in 1903.
- The 21st marks the day that Winter begins in the Northern Hemisphere. In the Southern Hemisphere it is the beginning of summer.
- December 23, 1987 - Dick Rutan and Jeana Yeager set a new world record of 216 hours of continuous flight around the world without refueling. Their aircraft *Voyager* traveled 24,986 miles at a speed of about 115 miles per hour.
- December 24th! Christmas Eve, and in 1914 on this day, Howard Hughes was also born.(1905-1976) in Houston, Texas. He was a movie producer, aviator and industrialist whose legendary desire for privacy generated many rumors and curiosity.
- In 1968, Apollo 8 broadcast to the Earth, and reported that there is a Santa Claus and in 1972, Entertainer Bob Hope gave his ninth (and final) Christmas show in Vietnam.
- December 25th is Christmas Day, commemorating the birth of Jesus of Nazareth. It has been celebrated on this day by the (Roman Catholic) Church since 336 A.D.
- And on December 31st it's New Year's Eve, the final evening of the Gregorian calendar year, traditionally a night for merry-making to welcome in the new year.




*Autumn passes and one remembers one's reverence and Winter passes and one remembers one's perseverance." Yoko Ono*

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## Medicare's OPEN ENROLLMENT - until December 7th!

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 2021. During Medicare's Annual **Open Enrollment (until December 7)**, you will have a chance to review and 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. **Due to COVID-19, Counselors will only be available for remote counseling over the phone. There will be no in-person appointments this year.**

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a phone appointment with the SHINE counselor here, please contact the Peabody Council on Aging at (978) 531-2254. **You may also call the Regional SHINE office at Mystic Valley Elder Services in Malden at 781-388-4845. Leave a message and a counselor will return your call as soon as possible.**

### 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.)*

**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.

#### 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) 531-2254 para fazer um apontamento.*

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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.

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## Aging Together: Senior Children and Their Parents

UMass Boston Research Study, funded by the National Institute on Aging and led by Dr. Kathrin Boerner

### Senior Children (aged 65+) of Parents (90+) with Dementia

We want to learn what your relationship with your parent is like, what challenges you may face, and what types of support you may need. We are also interested in how COVID-19 may be impacting your family, and how you are navigating the current challenges.

- Remote interview with you (via phone or video calls)
- You will receive \$40 as a thank you



Please call our study team at **617-901-1082**  
Or email us at [agingtogether@umb.edu](mailto:agingtogether@umb.edu)

## MEDICARE.GOV



It is so important to get your flu shot this year! Now more than ever, we all need to do our part to prevent the spread of illnesses. The best way to protect yourself from getting the flu and keep you from spreading it to others is to get vaccinated. Once per flu season, **flu shots are covered for people with Medicare** when you get it from your doctor, pharmacy, or other health care provider that accepts Medicare or your Medicare Plan. All places offering flu shots should be following CDC guidance to ensure you have a safe place to get vaccinated.

*This includes that patients wear a face covering and maintain social distance in areas like waiting rooms.*

Visit [CDC.gov](https://www.cdc.gov) for more information on how to safely get a flu shot during the pandemic.

## CONSUMER ALERTS

From the Federal Trade Commission

If you saw an email from FTC Chairman Joseph Simons, it wasn't. From him, that is. Scammers pretending to be him are emailing, though. They are trying to trick you into turning over personal information, like your birth date and home address, which could help them scam you. So if you get any mail from the chairman of the Federal Trade Commission about getting money because of an inheritance or relief funds related to the impact of the COVID-19 pandemic-or anything else-do not respond.

**DO NOT GIVE OUT YOUR PERSONAL INFORMATION!!**



## FUEL Assistance 2020-2021

NSCAP is continuing to look for ways to service their clients while maintaining a safe environment for all. **Our offices remain closed to the public**, however we are still processing appeals and working to pay any remaining bills including secondary electric bills for clients with remaining funds. In addition we are gearing up for the season ahead.

The following new income thresholds have been released by DHCD for the 2020-2021 heating season.

HOUSEHOLD SIZE	GROSS ANNUAL INCOME
1	\$ 39,105*
2	\$ 51,137*
3	\$ 63,169*
4	\$ 75,201*
5	\$ 87,223*
6	\$ 99,265*
60% of State Median Income Effective June 2020	

**At the present time, it is our intention to mail recertification applications for clients who heat with oil beginning in September, gas and electric heat in October and Heat included in rent in late December. Since NSCAP does not have plans to reopen to clients, we will likely begin taking first time applications over the phone for oil clients in October, gas and electric in November and heat included in rent clients in January. Please contact NSCAP at 978-531-0767 with any questions.**

Although the majority of the staff will be working remotely from home, we will make every effort to continue to provide a high level of service until we can safely return to normal operations. Clients will be asked to return their signed application by mail along with the requested documentation. A staff member will review their information and determine eligibility or whether additional documentation is needed and notify the client by mail.

**Clients are encouraged to call the status line (978) 531-8810** to confirm their app is received and current status, what additional items may be needed to complete their application, determination of eligibility and payments made to their vendor.

Clients are urged to visit [nscap.org](https://www.nscap.org) for additional information and we can be reached by email at: [fuelassistance@nscap.org](mailto:fuelassistance@nscap.org).





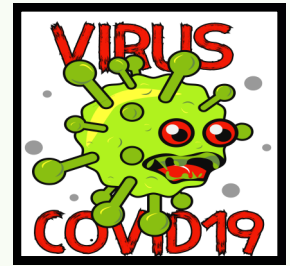
## Coronavirus Scams *Protect yourself from these ongoing scams!*

You may already be taking steps to protect your health During the COVID19 emergency. Be sure to also protect your identity from scammers by guarding your Medicare Number. It's easy to get distracted and let your guard down during these uncertain times.

**Scammers may try to steal your Medicare Number.** They might 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.
- Check your Medicare claims summary forms for errors.



### Coronavirus Testing Scams



If someone comes knocking at your door with offers of medical testing, call your local Police Department.

**Do Not Let Them In!**

COVID-19 testing should only be ordered by your treating physician.

### Never accept a test from someone:

- Who comes to your door.
- Who approaches you at the grocery store or other community venue, parking lot, etc.
- Who calls you on the telephone offering a mail-in test in exchange for money or your Medicare number.
- Who calls you to request your bank card or account information to pay for a test.

Contact the Massachusetts Senior Medicare Patrol (SMP) Program with questions and to report suspicious testing at

**800-892-0890 or at [www.MASMP.org](http://www.MASMP.org)**

**Strong people stand up for themselves, but stronger people stand up for others.**

## GRANDPARENT SCAMS

**In the age of the Coronavirus!**



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

Grandparent scams can take a new twist and a new sense of urgency in these days of coronavirus. Here’s what to keep in mind. Scammers pose as panicked grandchildren in trouble, calling or sending messages urging you to wire money immediately. They’ll say they need cash to help with an emergency, like paying a hospital bill or needing to leave a foreign country.

***They pull at your heartstrings so they can trick you into sending money before you realize it’s a scam.***

### ***How can we avoid grandparent scams or family emergency scams?***

- **Resist the urge to act immediately** ~ no matter how dramatic the story is.
- **Verify the caller’s identity.** Ask questions that a stranger couldn’t possibly answer. Call a phone number for your family member or friend that you know to be genuine. Check the story out with someone else in your family or circle of friends, even if you’ve been told to keep it a secret.
- **Don’t send cash**, gift cards (<https://www.consumer.ftc.gov/articles/paying-scammers-gift-cards>) or **money transfers** (<https://www.consumer.ftc.gov/articles/0090-using-monthly-transfer-services>) ~ once the scammer gets the money, it’s gone!

For more information, read **Family Emergency Scams** (<https://www.consumer.ftc.gov/articles/0204-family-emergency-scams>).

***And 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>).



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**December**  
**"TRIAD" News**

## Senior Days in November and December for customers age 75+ whose licenses expire in November and December!

Massachusetts law requires drivers who are age 75 or older to renew in person. The RMV will designate Wednesdays in November and December at 17 RMV Service Centers to serve these customers.

These service centers will be dedicated to processing license renewals for older customers whose licenses expire in November and December, 2020. A reservation is required.

Providing older adults with a designated RMV service center every Wednesday throughout the month of November and December will result in a safer space for customers to visit.

### The designated RMV service centers for customers 75+ are:

- Brockton
- Danvers
- Fall River
- Greenfield
- Lawrence
- Leominster
- Martha's Vineyard
- Nantucket
- New Bedford
- North Adams
- Pittsfield
- Plymouth
- Revere
- South Yarmouth
- Springfield
- Watertown
- Worcester

Customers 75 and older will be able to visit the RMV service centers listed above by reservation only Wednesdays in November and December.

License and ID renewal appointments are also available at our other open RMV Service Centers that offer general appointments to the public. Select Renew My Driver's License or Mass ID option on the Make/Cancel a Reservation at

[www.Mass.Gov/RMV](http://www.Mass.Gov/RMV)

to view availability and make a reservation at one of these locations.

A renewal letter has been sent to eligible customers who currently hold a driver's license or ID card expiring in December. Below are the options to renew by appointment:

- If you are a AAA member, you may make a reservation now to renew your driver's license/ID at a AAA location. Visit [www.aaa.com/appointments](http://www.aaa.com/appointments) to schedule your visit.
- If you are not a AAA member, visit Mass.Gov/RMV to make a reservation to renew at an RMV Service Center. Select the "Seniors License Renewal" option on the "Make/Cancel a Reservation transaction"
- Email the RMV for assistance to renew at [MassDOTRMVSeniors@dot.state.ma](mailto:MassDOTRMVSeniors@dot.state.ma)

**Call the RMV at  
(857) 368-8005**



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

***A Special Time of the Year***

As we approach the upcoming Holiday Season, our lives will be a little different this year due to the Covid-19 Virus. Traditionally, we all would be busy with our families and friends in attending holiday parties, visiting the malls to purchase that special gift, or sending out greeting cards to family and friends. However, with the health restrictions that we must follow it will certainly make this year's holiday festivities fewer.

However, we all know that there are those who have no family to get together with, who will not receive a gift or a greeting card and may even spend a holiday alone. As "Friends" we cannot and should not forget that there are folks who are too proud to ask but need our help.

***"Friends Care – Friends Share"***

At this special time of year, the Board of Directors, of the Friends of the Peabody Council on Aging, Inc. give thanks to the Members who have supported the Friends Organization during the current year. Because of each of you and your generous donations to the Annual Appeal, we were able to support the Council on Aging, Director Carolyn Wynn, and her outstanding staff with their endeavors and to supplement their funding for the Council's many programs. This past year, the Friends provided \$20,000 in funding to the Peabody Council on Aging for the frozen meal delivery program. We also provided \$73,028 in funding for the new carpeting throughout the Center and the new walkways and sealcoating at the front entrance to the Center. As you know, 100% of the funds derived from the Annual Appeal, are used to supplement the budget of the PCOA.

**As we usher in a new year, we reflect on the past year and the negative effect that the Coronavirus has had on the many activities, events, and programs provided at the Senior Center. Hopefully in the coming months we will be able to resume the many events, activities and programs provided to us at the Senior Center.**

A new year will begin on January 1, and the 2021 Annual Appeal for Funds Packet will soon be in the mail. We sincerely ask for your continued support so that we may continue to assist in providing the many services, programs, and recreational activities provided at the Center.



*In closing, the entire Board of Directors of the Friends of the Peabody Council on Aging wish each of you and your families a joyous Holiday Season and a Happy New Year.*

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

**In Honor of the PCOA Staff (and meals):**

Adele Bernstein, John Boris, Joan Boutchia, Ann Carpenter, Mary C. Clifford, Marcia Cohen, James Davis, Barbara Denis, Cleopatra Diskes, Steven Feldman, Mary Gallant, Joan Lavoie, Diane Pitrone, John Leondires, Maria LuzSoares, Mirtha Manon, Eugene Pellizzaro, Jennie Ruggiero, Angela M. Sironi, Theresa Sovulis, Irene Scheneck, Peggy Seeds, Joanne and Philip St. Pierre, Alice Tolmei, Joan A. Trabucco, Patricia Wiebowicz

**In Honor of Bob Driscoll's Birthday (November 22nd):**

Sally Driscoll  
**In Honor of Kay Morrocco's Birthday:** Elliot Hershoff  
**In Honor of Claire Rosenberg, for her birthday:** Dorothy Seigler

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

**In Memory of Betty Anthony:** Roberta Abramson  
**In Memory of Rose Ball:** Thomas & Patricia Hawes  
**In Memory of Richard E. Bradford:** Dorothy M. Bradford  
**In Memory of Elza Bettencourt:** Frances McLaughlin  
**In Memory of Aristides Bettencourt:** Aurea Bettencourt  
**In Memory of Maureen Buckley:** Richard Buckley  
**In Memory of Richard Caproni, Sr.:** Shirley A. Caproni  
**In Memory of Guy & Margaret DeFelice:** Concetta & Leonard DeFelice

**In Memory of Gloria Deveaux:** Judith Monahan  
**In Memory of Helen Dobriera:** Evelyn Levesque  
**In Memory of Patricia Doyle, PCOA Volunteer:** James Doyle  
**In Memory of Margaret and Michael:** Mary Gallant

**FRIENDS Board Meeting:**  
Dec. 7

**In Memory of Ellen Fitzgerald:**

Barbara Cronin  
**In Memory of Jane Gould:** Ms. Ruth Connolly  
**In Memory of Jacques Hatchouel:** Carl Hatchouel  
**In Memory of Claire Kane:** Buddy and Joan Trabucco  
**In Memory of Eileen Labrecque:** Joanne Phil St. Pierre  
**In Memory of Adventino "David" Lima:** John E. Johnson  
**In Memory of Anna Mendalka:** John Johnson  
**In Memory of your brother, Daniel Silva Muise:** Frances McLaughlin  
**In Memory of Cara Murtagh:** The Marron Family  
**In Memory of Margaret Paciulan:** Kenneth Paciulan  
**In Memory of your life long friend, Beverly Newton:** Roberta Swift  
**In Memory of Yolanda and Rocco Riggillo:** Concetta & Leonard DeFelice  
**In Memory of Barbara Royer:** Judy Epstein and her son Mark, Frances McLaughlin  
**In Memory of Marjorie Scott:** Alice Tolmei  
**In Memory of Joyce Spiliotis:** Susan Brotchie

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](http://www.peabodycoa.org)) and click on **DONATE**. If you have any questions, please call Jim Cantrell at 978-535-3881.

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.

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

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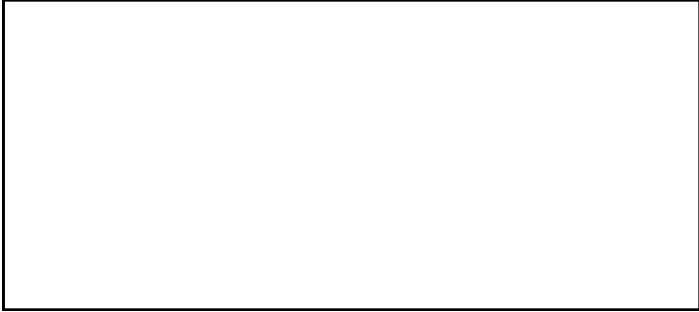
**Holiday Wishes...**



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

**December 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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