February 2022 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!

Peabody COA

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

Remember!

As you know the federal government will be releasing free at-home test kits, up to 4 kits per household, delivered by USPS.

There are two (2) ways to order today:

Via website at: wwwcovidtests.gov or Call: 1-800-232-0233

Circuit Breaker Tax Credit

If you are age 65 or older, you may be eligible to claim a refundable credit on your personal state INCOME TAX RETURN. The Senior Circuit Breaker tax credit is based on the actual real estate taxes paid on the Massachusetts residential property you own or rent and occupy as your principal residence.

The maximum credit amount for tax year 2021 is $1,170. If the credit you're owed exceeds the amount of the total tax payable for the year, you will be refunded the additional amount of the credit without interest.

Senior Circuit Breaker Tax Credit (/Info-details/Massachusetts-senior-circuit-breaker-tax-credit)

Go on-line and Learn more with:

Age 65 or Over Exemption

You're allowed a $700 exemption if you are 65 or older before the end of the year. If filing a joint return, each spouse may be entitled to one (1) exemption if each is age 65 or over on December 31 (not January 1) as per federal rule) of the tax year.

To report the exemption on your tax return:

1. ***Fill in the appropriate oval(s) and enter the total number of people who are age 65 or over in the box.***
2. ***Multiply the total by $700 and enter the result on either Form 1 (Line 2c) or Form 1-NR/PY (Line 4c)***

Blindness, Medical and Dental Exemptions - Blindness Exemption

You're allowed a $2,200 exemption if you or your spouse is legally blind at the end of the taxable year.

You are legally blind for Massachusetts purposes if your visual acuity with correction is 20/200 or less in the better eye, or if your peripheral field of vision has been reduced to a 10-degree radius or less.

You're not legally required to attach a doctor's statement verifying legal blindness to your return, but you should be prepared to submit such a statement upon request.

To report the exemption on your tax return:

1. ***Fill in the appropriate oval(s) on either Form I (Line 2d) or Form 1-NR/PY (Line 4d).***
2. ***Enter the total number of blindness exemptions in the small box.***
3. ***Multiply the number of exemptions by $2,200 and enter the result on either Form 1 (Line 2d) or Form 1-NR/PY (Line 4d).***

Our Veterans Meetings

The monthly Veterans Meeting run by Tom Moran will be on **Tuesday, Feb. 15th** from **9:30am** to **10:30am**, in the Computer Room.

The Disabled American Veterans group run by Donald White, will not meet in February.

February Birthday Celebrations!

Tuesday, Feb. 1st

Please register in the dining room for a free meal by 11:30AM!

Jan. Birthdays were:

Sonny Dall, Gwen Scott, Cecelina DaSilva, Maria Ribeiro, Shelly Green, Sandy Dupont, & Earl Rosen.

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

Need a New Battery for your Watch?

Jon Hosking will be here on

Thursday, Feb.17th

from 9:00am-11:00am

In the Lobby

Donation of $2.00 per watch

Due to the high demand, We now have a limit of one watch per person!

THE LOW VISION GROUP

Will NOT MEET IN FEBRUARY

Joan Lovely will hold office hours at the PCOA on Mon. Feb. 28th from 9:00am-10:00am

HEARING SCREENINGS

Joe Sarofeen from Apex Hearing, will be here on:

Thursday, Feb. 24th

10:00AM—1:00PM

To make an appointment, call the Front Desk

978-531-2254

HELP IS HERE!

If you need help with basic computer skills or using your cell phone, come see Anne Goggin and Tony Schettino in the Computer Room

Fri., Feb. 4th & Fri.Feb.18th

9:00am-11:00am

It's Movie Time!

February Movies will be shown in **Jubilee Hall**

On Tuesdays, from **12:15pm – 2:15pm**

Tues. Feb.1st - "That's Entertainment" Part-2

Tues. Feb. 8th - "Hidden Figures"

Tues. Feb. 15th - "The Last of the Blonde Bombshells"

Tues. Feb. 22nd - "An American in Paris"

WE HAVE A NEW CLASS!!

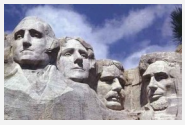
Jill Martin is teaching a new class on Fridays from 11:15 to 12:15 called "RHYTHM & RELAX". It's consists of 30 minutes of dance, utilizing drumsticks and 30 minutes of Aging Backwards exercises. The class can be done from a chair, but is geared towards standing. The cost is $3.00. It's fun! Come on in and try it!

Peter A. Torigian Senior Center

FEBRUARY

LUNCH IS SERVED PROMPTLY AT 11:30 AM

Meal Cost: $4.00
Friends Members: $3.00

Monday	Tuesday	Wednesday	Thursday	Friday
	1 ***Macaroni & Cheese*** Stewed Tomatoes Spinach *Birthday Cake* 	2 ***Seafood Salad*** Potato Salad Cucumber Salad Brownie	3 ***Eggplant Parmesan*** Ziti/Sauce Tossed Salad/ Dressing Ice Cream	4 ***Yankee Pot Roast*** Gravy Red Bliss Potatoes Peas/Onions Chilled Pineapple
7 ***Breaded Chicken Filet*** Marsala Sauce Rice Pilaf Greek Salad Apple Crisp	8 ***Reduced Sodium Hot Dog*** On a Roll Sautéed Cabbage Baked Beans Condiments Chilled Peaches	9 ***Chicken Cacciatore*** w/ Peppers & Onions Pasta/Broccoli Tapioca Pudding	10 ***Stuffed Roast Pork*** Gravy Roast Squash Split Peas Soup Wheat Roll Fruit Turnover	11 ***Fish Sandwich*** with Cheese On a Roll (Lettuce, Tomato, Onion) Tartar Sauce Potato Puffs Chilled Mixed Fruit
14 Valentine's Day ***Steak Tip Salad*** Lettuce, Tomato, Onions, Strawberries Pita Bread/Raspberry Dressing/Chips Strawberry Shortcake	15 ***Italian Sub*** Italian Wedding Soup Chips/Yogurt	16 ***Cheese Lasagna*** Meat Sauce Green Beans Garlic Bread Orange Cake	17 ***Chicken Piccata*** Lyonnaise Potatoes Peas Fruited Jello	18 ***Gallo Nero Pizza*** Greek Salad Ice Cream
21 Presidents' Day  TORIGIAN SENIOR CENTER CLOSED	22 ***Vegetable Quiche*** Roasted Potatoes Butternut Squash Chilled Pears	23 ***Stuffed Cabbage*** Steamed Potato Green Beans Chocolate Pudding Topping	24 ***Meatloaf Gravy/Carrots*** Red Bliss Mashed Potatoes Cookie	25 ***Tuscan Tuna Salad*** on Hot Dog roll Lobster Bisque Ambrosia Salad
28 ***Meatball Sub*** Greek Salad French Fries Butterscotch Pudding			**Menu Subject to Change Without Notice**	

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 Peabody Council on Aging:

In Honor of Joseph DeBartolo, Anna Gallo, Elfriede Patel and Gerard Schwach:
For their generous gifts to the Peabody Council on Aging.

In Honor of Francis Hardy:
For helping to fund our program for delivering meals to home bound seniors

In Memory of Edward Quinn:
Gilda Nogueira
East Cambridge Savings Bank
Michael Quinn

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

In Memory of Jackie Harrington:
Anonymous

"If we had no winter, the spring would not be so pleasant: if we did not sometimes taste adversity, prosperity would not be so welcome."

THE ROGER B. TRASK ADULT DAY HEALTH PROGRAM Care-Giving Support In Your Neighborhood

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.**

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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**

SHOPPERS ARE BACK!:

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 St, 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 the day before and be added to the shopping pickup.

ATTENTION ALL SHOPPERS!!!

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

Please call at least a day ahead to get your name on the list! ☎

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

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

ATTENTION All Riders!!

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

*** JUST A NOTE ***

Those wishing to go the hairdressers will follow the same schedule as the Medical. Any day, any time, as long as you call plenty of time ahead.

Points to Ponder... Jack Lawless

February: Chocolate Lovers and Heart Month

- The 1st is Dark Chocolate Lovers Day as well as the beginning Chinese New Year (Year of the Tiger).
- Groundhog (Punxsutawney Phil) Day occurs on the 2nd.
- in 1973 on February 3rd, the Vietnam War came to an end!
- Facebook was launched on the 4th in 2004.
- Feb. 6,1788 was when Massachusetts entered the Union as a State.
- The Boy Scouts of America became incorporated in Washington, D.C. on the 8th in 1910.
- The 25th amendment concerning the U.S. presidential succession was passed on the tenth in 1967.
- February 12,1809 was the birthdate of our 16th President, Abraham Lincoln, while the 22nd in 1732 thus we now have Presidents' Day honoring all U S presidents on the 21st this year.
- NFL'S football Superbowl LVI will be played on the 13th in Inglewood,CA at SoFi Stadium.
- Happy Valentine's Day on the 14th!!!!!!
- The first Teddy Bear Day was held on the 15th in 1903 after President Teddy Roosevelt allowed the use of his first name!
- The Full Snow Moon shows up on the 16th.
- NASCAR was founded on the 21st in 1948.
- The siege of The Alamo in San Antonio, Texas took place on the 23rd in 1836.
- The final episode of MASH was aired on Feb. 28,1983.

" Though February is short, it is filled with love in the air!" Charmaine J. Forde

GOD BLESS AMERICA AND OUR PATRIOTS!

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Short Term and Long Term Stays

Exciting Peabody TRIAD news...for Year 2022!

This information is being shared by Peabody TRIAD in honor of *National Heart Month.*

Heart disease is the leading cause of death in the United States, but there is a lot you can do to prevent it. Taking time to care for your heart can be challenging as you go about daily life. Small acts of ***self-care***, like taking walks, getting quality sleep and cooking healthy meals help your heart. Research shows that self-care can help you keep your blood pressure in a healthy range and reduce your risk of heart disease and stroke.

- ***Self-Care means Heart-Healthy living!***
- Get a daily dose of physical activity such as a brisk, 30 minute walk.
- Cook meals that are low in sodium and unhealthy fats.
- Take your medications as prescribed and keep your medical appointments.
- Sleep 7-8 hours a night.
- Manage stress through meditation, yoga and a warm bath.
- Try to reach a healthy weight by moving more and having snacks like fruits and veggies.
- Go for a bike ride or take an online exercise class.

What is your health status?

Part of self-care is knowing it. Get your blood pressure, blood sugar and cholesterol levels checked. And talk to your health care provider about your heart health.

Taking care of our hearts together.

- Move More! Get at least 2.5 hours of physical activity each week. That is only 30 minutes a day, 5 days a week. (Not bad!)
- Do muscle strengthening exercise at least 2 days a week.
- Remember, some physical activity is better than none.

Eat Healthy Foods.

- A healthy diet that is low in sodium and saturated fat is key to heart disease prevention.
- Eating vegetables, fruits and whole grains.
- Eating fish, poultry, beans, nuts, vegetable oils, and fat free or low-fat dairy products.
- Limiting foods that are high in saturated fat and sodium.
- Limiting sugar and other sweeteners.
- Be active, together!
- Invite a friend to keep you on track. Go for a walk and exercise together!
- Eat healthy together too!
- Start your meal with a salad or vegetables so you will have something healthy first.

Your healthy choices may inspire those around you!

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.

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.

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-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.

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

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.

What are the Medicare Savings (Buy-In) programs?

The MassHealth Medicare Savings (Buy-In) programs help pay some of the out-of-pocket costs of Medicare. The Buy-In programs can also help get *Medicare Part B* for people who only have *Medicare Part A.*

If you are in a Buy-In program, you will also be automatically enrolled in the Medicare Part D Extra Help program, which can help with pharmacy costs.

How much can I have in Income and Assets?

Please see the charts to the right and see which program is right for you.

For INDIVIDUAL: IF your countable assets are less than or equal to $15,940

AND your monthly income before taxes and deductibles is less than or equal to...	THEN you will be eligible for…
$1,396	Senior Buy-In
$1,771	Buy-In

For a MARRIED COUPLE who live together. IF your countable assets are less than or equal to $23,920

AND your monthly income before taxes and deductibles is less than or equal to...	THEN you will be eligible for...
$1,888	Senior Buy-In
$2,396	Buy-In

Do you need Help Paying Your Heating Bills and Keeping Your Home Warm This Winter?

The Home Energy Assistance Program at 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 of up to $1,100 paid towards your winter heating bills. In addition, eligible National Grid customers may qualify for a discount of up to 29% off their electric and gas bills, too!

(*Some restrictions apply) For an appointment call 978-531-0767 Ext. 136.

2021-2022 INCOME GUIDELINES

NORTH SHORE community action PROGRAMS

Household Members	Maximum Gross Income**	Household Members	Maximum Gross Income**
1	$40,951	4	$78,751
2	$53,551	5	$91,351
3	$66,151	6	$103,951

This program runs until April 30, 2022.

For more information about Home Energy Assistance
Call 978-531-8810 or email: fuelassistance@nscap.org

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MEDICARE.GOV

It's not too late to get your flu shot yet, there's still time.

The flu shot is the best way to help keep you from getting the flu and, if you do get sick with the flu, your symptoms likely won't be as bad or last as long.

Remember, **the flu shot is covered for people with Medicare** from providers that accept Medicare or your Medicare plan.

You can also get your flu shot and a COVID-19 vaccine at the same visit.

Flu season peaks in the winter, but can last well into the spring.
That's why it is important to get your flu shot if you haven't done so already.

Don't wait—get your flu shot today!

FRIENDLY TELEPHONE CALLS: Would you like someone to talk to? We can provide a weekly telephone call to seniors who live in Peabody who may be lonely and would like to hear a friendly voice. If interested, please call Amber @ 978-531-2254

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 !

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.

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

MICHAEL L. EIDELMAN, D.M.D., F.A.G.D.
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MICHAEL F. "MIKE" ZELLEN, PRESIDENT OF FRIENDS REPORT: FEBRUARY 2022

The Friends Board of Directors would like to welcome their newest member of the Board who was elected to fill a vacancy on the Board. *We welcome Judith Enos*! Judy is a hard-working volunteer at the Senior Center and will certainly be an asset to the Friends of the Peabody Council on Aging, Inc.

At the January meeting of the Board of Directors, the Board discussed and voted on a new budget for the ensuing year in an amount of more than $117,000 to financially supplement the budget of the Peabody Council on Aging. Included in the budget were funds to replace the floors in the computer room and the fitness room, the purchase of additional physical fitness equipment, recover the two (2) pool tables, and the remodeling of the café.

The Friends Annual Appeal for Funds is well underway. In January over 12,000 Letters and Friends Membership Enrollment Cards were sent out to our Current Members, Senior Citizens, and the Business Community, requesting a donation to renew or become new members. The packet contains a letter explaining the 'Purpose' of the Friends, and an enrollment card with a self-addressed return envelope. Yours is in the mail. If you did not receive it, please call 978-531-2254 and I will arrange to have one sent to you. We thank you in advance for your continued support of the Friends of the Peabody Council on Aging.

Everyone who enrolls to become a member of the 'Friends of the Peabody Council on Aging' receives the TIPS & TOPICS Monthly Newsletter in the mail, and a 2022 Membership Card which reduces the cost of daily lunch at the Center from $4.00 to $3.00.

It is with appreciation and sincere thanks to the Friends Board of Directors in preparing and mailing the Annual Appeal packets and it is with appreciation and deep gratitude from the Friends Board of Directors for your continued support.

Best Wishes For a Happy Valentines Day!

Roses Are Red, Violets Are Blue,
You Make the World Better,
By Just Being You.

amazonsmile The Friends Board has joined forces with ***Amazon Smile***. It's 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/In Memory of).* *Go to the PCOA Website at: (www.peabodycoa.org) and click on* ***DONATE.***

Friends 2022 Board Meetings:

March 7
June 6
Sept. 12
Dec. 5

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

In Honor of Andrea Boudreault:
Nancy Correva, Andrea Boudreault
In Honor of my colleagues at the Lahey Peabody Orthopedics:
Meredith Johnson
In Honor of Linda Mendonca:
Marcia Cohen
In Honor of the Peabody Triad Council:
Sara C. Shaw
In Honor of Rocco & Rosa Rabita:
Vincenza Bordonaro
In Honor of Rose Regis (107th birthday):
Millie Schweizer
In Honor of the PCOA Staff:
Cheryl L. Campbell, Jack Lawless
In Honor of Ann Travers:
Nancy Lundergan

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

In Memory of Carol Dumont:
Roland W. Dumont, Jr.
IN Memory of Joseph F. Edry:
Rita Edry and Family
In Memory of Beth Georgepoulos:
Millie Schweizer
In Memory of George and Lorraine Gray:
Doreen and Michael Gray
In Memory of Ellen T. Hardy:
Bill and Suzanne Plummer
In Memory of Jackques Hatchouel:
Carol Hatchouel
In Memory of Elaine Little:
Susan J. Moutsoulas
In Memory of Adele McDonnell:
Robert Finger
In Memory of Sylvia Nathanson:
Rita Edry and Family
In Memory of Edward Quinn;
Marie DeFranco, Kara & Patrick McNamara, Joan Melanson, Mary C. Peoples, John P. Quinn
In Memory of Michael Schulze:
Mary Schulze
In Memoryof Bob Waitt:
Jason M. Pachucki
In Memory of Kathleen (Kathy) Walsh (December birthday remembrance):
Ann and Joe Birkner

PEABODY COUNCIL ON AGING
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RETURN SERVICE REQUESTED

February 2022

Carol McMahon, Editor

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

Donations *In Memory* or *In Honor Of* Are Tax-Deductible.
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
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