

July/August
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

Dear members of our PCOA family,

First, it is our hope that everyone is healthy and safe. We know that this virus has had a devastating effect on the senior population not just in Peabody, but all over the world. We have lost friends and family members. Social isolation has come at an unbelievable cost, restricting us from not only seeing each other in person, but also from doing many of the things we enjoy.

I wanted to take this opportunity to share with you the work that has gone on at the PCOA during this quarantine period. I cannot begin to express my gratitude towards the dedicated staff members who have been working during the closure of the senior center. Even though the building has been closed to the public, they have been both here at the center and working from home answering phone calls, helping clients with social service requests, providing transportation for medical appointments and grocery shopping. Nurses and staff from our Adult Day Health program have been making weekly calls to each of our participants to check in on their wellbeing.

Additionally, we have delivered over 5,000 frozen meals to seniors living in Peabody. These healthy and delicious meals were prepared in our kitchen and frozen immediately after cooking to be delivered later. I am honored and proud to have the privilege of working with such dedicated individuals, and wish to offer my sincere thanks to them.

Not only have we been working to serve our clients, but an incredible amount of updating is currently being done in the senior center. Many of the rooms have been painted and new carpeting and flooring is being installed. Our building is 29 years old this coming November, so much of the carpeting was original. We can thank the "Friends of the PCOA" for funding many of these improvements and our Maintenance Department for doing the work. When we do open our doors once again, we know how much these updates will be appreciated.

One phrase that we have frequently heard is the concept of reaching a "new normal" in the future. This phrase naturally brings about mixed emotions on what exactly a "new normal" would consist of. My hope is that instead of thinking about a new normal, our ultimate goal is working to get back to a normal where people can connect on a level that they once did; a normal day where people shared a meal, took a class, had a wonderful conversation, and looked forward to coming and meeting their friends the following day to do it all over again. People need other people, and that is what we do best.

I truly wish that I could provide solid answers to everyone's inquiries regarding a timeframe of when activities can be resumed here at the senior center. The situation with COVID-19 is dynamic and continually changing, and therefore unpredictable. We aren't sure when this date of reopening will be, but the situation is constantly being monitored. We assure you that we will open as safely and as thoughtfully as possible.

Although you may be currently isolated, know that you are *never alone*. We at the PCOA are here, always have been, and always will be to serve the seniors of Peabody.

If you need assistance of any kind, please don't hesitate to call us at 978-531-2254. Remember, we are only a phone call away. Looking forward to seeing you soon.

Fondly, Carolyn



As you know, The Peter A. Torigian Senior Center is currently closed to the public. At the present time there will be staff members answering our telephones **Monday through Thursday from 8:00 AM to 2:00 PM.**

Our Transportation Department is currently providing rides for necessary medical appointments and grocery shopping. We also have frozen meals available for delivery for those in need. **If you want a frozen meal that day, it must be ordered by 11:00 a.m. Orders after 11:00 am will be delivered the following day.**



Our Social Workers are assisting seniors over the phone. We are also making a lot of outreach calls to seniors living in our community. If you are in need of assistance please call 978-531-2254 or if you would like to be added to a list for a **friendly phone call**, we would love to talk with you. We also have current information on our website www.peabodycoa.org.

In addition, the City of Peabody has launched **Peabody United Community Resources** on the City website www.peabody-ma.gov for updates on the (COVID-19). On behalf of the staff and board members of our Senior Center, we wish good health to each and every one of you and remember we are only a phone call away, ready to assist in any way possible.

We will get through this together!

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

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

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

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/>

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!



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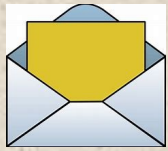
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IN MEMORY OF & IN HONOR OF ENVELOPES:

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 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 Honor of and with many thanks
for their generosity and donations:**

John Boris, Ruth Connolly,
Mike and Mary Schulze

In Memory of Gifts to the Peabody Council on Aging:

In Memory of Marilyn Ball:

Christine and Robert Weston

In Memory of Jane Gould:

Mike and Mary Schulze

In Memory of Ruth E. Pelletier:

Donna and John Kozlowski
Diane and Ray Snell

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

In Memory of Mary Coan:

Catherine Tassinari

In Memory of Robert Flaherty:

John Lawless

In Memory of Jane Gould:

Maureen Newhall

Catherine Tassinari

In Memory of Richard Holland:

Edward Quinn

In Memory of Jack Lynch:

John Lawless

In Memory of John O'Malley:

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In Memory of Anthony Petricca:

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In Memory of Evelyn Uvello:

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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.

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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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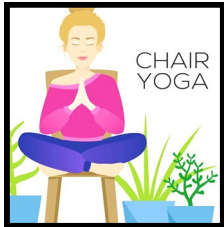
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this one focusing on **"BALANCE"**.

Straight from her home studio and it's FREE! Take part and enjoy

For this week's class, please use this link: <https://youtu.be/rWnZ7M3j63A>

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. Thanks so much!

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

Visit our website at: www.peabodycoa.org

Click on Virtual Events

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



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



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

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



Attention! Coming Soon!



Farmer's Market Coupons will be available on a first come, first serve basis to Peabody residents age 60 and over who meet the eligibility guidelines for 2020.

Household Size of 1 - \$1968

Household Size of 2 - \$2658

Due to the limited number of coupon booklets, we ask that you call Social Services and leave a message with your name, address and telephone number at (978) 531-2254, Extension 120. Thanks!



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Noteworthy facts for July !

July: The month of
“meaning” and “symbolism”

- Traditionally, the Full Moon for July is called the Full Buck Moon because a bucks antlers are in full growth at this time.
- On July 1, 1862, President Abraham Lincoln signed the first income tax bill and in 1863 it was the beginning of the Battle of Gettysburg during the American Civil War.
- On the 2nd of July, the Lawrence Welk show premieres on television. (1955)
- On July 4, 1776 the Declaration of Independence was signed and we celebrate the Fourth of July! *Don't forget to raise the flag!*
- On July 5, 1937, Baseball great Joe DiMaggio hits his first grand slam!
- Dick Clark hosts American Bandstand for the very first time on July 9, 1956.
- July 16, 1945—The experimental Atomic bomb “Fat Boy” was set off at 5:30 a.m. in the of New Mexico desert, creating a mushroom cloud rising 41,000 feet. In 1969 on this same day, the Apollo II Lunar Landing Mission began with a lift off from Kennedy Space Center at 9:37 a.m.
- On July 17th, the air conditioner was invented. (1902) and Walt Disney's Disneyland opened in Anaheim, Ca. (1955)
- On July 20, 1969, Apollo II Astronaut Neil Armstrong took his first step onto the moon. He stated “That’s One Small Step for Man, One Giant Leap For Mankind”.
- Bank robber John Dillon was shot dead on the 22nd in (1934) and also on this day, an Act of Congress restores Civil War Confederate General Robert E. Lee's citizenship (posthumously-1975).
- On July 25, 1956, the Italian luxury liner Andrea Doria sank after colliding with the Swedish liner Stockholm on its way to New York.
- On the 27th in 1953, The Korean War ended with the signing of an armistice by U.S. and North Korean delegates.
- The U.S. Patent Office first opened its doors on July 31, 1790. The first one was issued to Samuel Hopkins of Vermont for a new method of making potash. The patent was signed by George Washington and Thomas Jefferson.



“Our country is not the only thing to which we owe our allegiance. It is also owed to justice and to humanity. Patriotism consists not in waving the flag, but in striving that our country shall be righteous as well as strong.” – James Bryce



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Points to Ponder... *August: "Stay Hydrated" Month*

- August was named in honor of Augustus Caesar. It has 31 days because Augustus wanted as many days as Julius Caesar's month of July had.
- On August 1, 1834, Slavery was abolished in the British Empire with the Slavery Abolition Act.
- On August 4th, the movie "Holiday Inn" was released in theaters.
- August 11th marks the end of the Dog Days of Summer, which began on July 3rd.
- August is a wonderful month for star gazing! It's also the month of the Perseid Meteor Showers, which reach their peak between August 11 and August 13. This year, they peak just a couple days before the bright Full Moon.
- August's Full Moon, the Full Sturgeon Moon, reaches peak fullness on Thursday, August 15, at 8:29 a.m. EDT. For the best view of the (nearly) full Moon, look skyward on the night of the 14th!
- On the 19th in 1909, the first automobile race at the Indianapolis Motor Speedway took place.
- August 19th also brings National Aviation Day, chosen for the birthday of Orville Wright who piloted the first recorded flight of a powered heavier-than-air machine in 1903.
- In 1934, the first All-American Soap Box Derby was held in Dayton, Ohio and on August 21, 1959, Hawaii becomes the 50th state.
- Mount Vesuvius erupted on August 24, 79 AD. The cities of Pompeii and Herculaneum, were buried in volcanic ash.
- In 1932, Amelia Earhart became the first woman to fly across the United States non-stop, from Los Angeles to Newark, New Jersey.
- August 30, 1984, The Space Shuttle "Discovery" took off on its maiden voyage.
- The Lewis and Clark expedition started on August 31 1803, heading west by leaving Pittsburgh, Pennsylvania.



"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." John F. Kennedy



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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 recepcao 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 take note that these schedules will resume when the Senior Center is opened to the public. We are currently closed.

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

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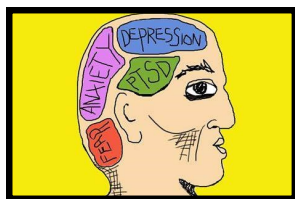
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Social Service News...Maryanne Pierce

Behavioral Health Services

Connect with a Trained Specialist To Help Find these services....

Please look at the following links:

Massachusetts Substance Use Helpline:

(<https://helplinema.org/>)

(Free and Confidential information and referrals for alcohol and other substance abuse problems.)

LEARN MORE (HTTPS://HELPLINEMA.ORG/)

Name Mass Compass:

Guiding you to mental health resources

(<https://namimass.org/resources/compass>)

(Navigators answer a wide range of questions and refer to community resources)

LEARN MORE: (HTTPS://NAMIMASS.ORG

/NAMI-MASS-COMPASS-HELPLINE

**LEARN MORE
(/MH/CONTENT.ASPX?CID=8308**

Family Resource Centers:

(<https://namimass.org/resources/compass>)

Information and assistance related to health care, safety, employment training, education and peer support for families with children ages 0-18

LEARN MORE: (HTTPS://WWW.FRCMA.ORG)

Learn How To Apply for Services Offered by State Agencies:

(</mh/content.aspx?cid=8308>)

Service Eligibility Requirements.

MassHealth/SNAP/Health Connector Mass Dept. of Mental Health:

(you may need to complete an application to determine if you are eligible to receive certain services offered by state agencies.)

Medicare.gov

Managing Stress during COVID-19



More than ever, it's important to stay home to slow the spread of COVID-19, and if you must go out, practice social distancing. While we stay home, don't let fear and anxiety about the COVID-19 pandemic become overwhelming.

Here are a few ways the CDC recommends managing stress during these challenging times:

- Take breaks from watching, reading, or listening to news stories and social media.
- Connect with others. Talk with friends and loved ones over the phone or via video chat about your concerns and how you are feeling.

Take care of yourself. Take deep breaths, stretch or meditate. Try to eat healthy meals, exercise regularly and get plenty of sleep.

Remember if you need to see your doctor, please call them first. Medicare has expanded their ability to use telehealth services during the COVID-19 emergency for common office visits, mental health counseling and preventive health screenings.

Medicare beneficiaries can temporarily use telehealth services for common office visits, mental health counseling and preventive health screenings. This will help ensure Medicare beneficiaries are able to visit with their doctor from their home without having to go to a doctor's office or hospital, which puts themselves and others at risk.

Please call them first to see if you appointment can be conducted over a smartphone with video capability or any device using video technology, like a tablet or laptop.

Remember Medicare covers the lab tests for COVID-19. You pay no out-of-pocket costs.



Harsh SNAP (*S*upplemental *N*utrition *A*ssistance *P*rogram) **Rules Stopped During COVID=19**

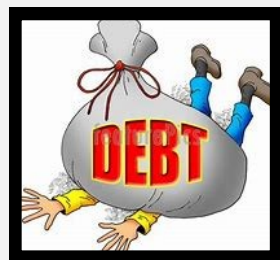
Massachusetts adults with no or low income have the right to apply for SNAP benefits!

On April 1, 2020, the 3-month SNAP time limit and work rules have stopped. No one has to meet work rules to get or keep SNAP. These rules affect childless adults ages 18-50 who are not disabled. Congress suspended these harsh rules during the COVID-19 public health emergency.

- If your SNAP stopped because the Dept. of Transitional Assistance said you did not meet work rules, reapply now.
- If you are part of a larger SNAP household have your household tell DTA to add you back into your family's case.

If you need help buying food:

- Apply for SNAP online or on a smartphone DTACconnect.com, or
- Get a paper application and learn more at Mass.gov/SNAP, or
- Apply over the phone or get help locating food resources near you by calling the Project Bread FoodSource Hotline at: 1-800-645-8333.



MANAGING your bills during COVID-19

COVID-19 has thrown the economy into a tailspin. Many people have been laid off, Furloughed; are working fewer hours and as wages dry up, bills can pile up. Here are some ideas about how you can manage your debt and start regaining your financial footing.

Gather your bills: Make a list of your monthly bills: rent/mortgage, car payment, utilities, student loans, medical bills and anything else. Factor in how much you need for food, medicine and other necessities.

Ask for help: Many companies have special programs to help people right now. Contact the companies you owe money to and try to work out a new payment plan with lower payments or delayed due dates. Make sure to get any changes in writing.

- Find out if your state (<https://www.usa.gov/states-and-territories>) or local government (<https://www.usa.gov/local-governments>) offers program that will allow you to hold off paying some bills right now.
- Trouble paying your mortgage. (<https://www.consumer.ftc.gov/blog/2020/04/coronavirus-and-your-mortgage>) on how to manage that. If you have a government backed mortgage, you may be able to delay payment by contacting your servicer.

Prioritize if you need to: If you still can't pay everything on time, look at what would happen if you couldn't pay each bill and decide which to pay first. Would you lose your home? Would your car be repossessed? Would your debt go into collection and affect your credit report?

Study up: Check out the Federal Trade Commission's advice on how to cope with debt. (<https://www.consumer.ftc.gov/articles/0150-coing-debt>)

Watch out for scams: In stressful times, scammers are everywhere. Beware of any company that guarantees that creditors will forgive your debts or make you pay up front for help. **If you come across a debt relief scam, we want to hear about it. Let us know at [ftc.gov/complaint](https://www.ftccomplaintassistant.gov/#crnt&panel1-1)(<https://www.ftccomplaintassistant.gov/#crnt&panel1-1>).**

CORONAVIRUS (COVID-19): Tips for Dementia Caregivers

Most likely, dementia does not increase risk for COVID-19, the respiratory illness caused by the new coronavirus, just like dementia does not increase risk for flu. However, dementia-related behaviors, increased age and common health conditions that often accompany dementia may increase risk. For example, people with Alzheimer's disease and all other dementia may forget to wash their hands or take other recommended precautions to prevent illness. In addition, diseases like COVID-19 and the flu may worsen cognitive impairment due to dementia.



Tips for Dementia Caregivers at home:

Caregivers of individuals living with Alzheimer's and all other dementia should follow guidelines from the Centers for Disease control (CDC), and consider the following tips:

- For people living with dementia, increased confusion is often the first symptom of any illness. If a person living with dementia shows rapidly increased confusion, contact your health care provider for advice.
- People living with dementia may need extra and/or written reminders and support to remember important hygienic practices from one day to the next.
- Consider placing signs in the bathroom and elsewhere to remind people with dementia to wash their hands with soap for 20 seconds.
- Demonstrate thorough hand-washing.
- Alcohol-based sanitizer with at least 60% alcohol can be a quick alternative to hand-washing if the person with dementia cannot get to a sink or wash his/her hands easily.
- Ask your pharmacist or doctor about filling prescriptions for a great number of days to reduce trips to the pharmacy.
- Think ahead and make alternative plans for the person with dementia should adult day care, respite, etc. be modified or cancelled in response to COVID-19.

Tips for Caregivers of individuals in Assisted Living:

The CDC has provided guidance to facilities on infection control and prevention of COVID-19 in nursing homes. This guidance is for the health and safety of residents. Precautions may vary based on local situations.

- Check with the facility regarding their procedures for managing COVID-19 risk. Ensure they have your emergency contact information and the information of another family member or friend as a backup.
- Do not visit your family member if you have any signs or symptoms of illness.
- Depending on the situation in your local area, facilities may limit or not allow visitors. This is to protect the residents but it can be difficult if you are unable to see your family member.
- If visitation is not allowed, ask the facility how you can have contact with your family member. Options include telephone calls, video chats or even emails to check in.
- If your family member is unable to engage in emails or video chats, ask the facility how you can keep in touch with facility staff in order to get updates.

**MICHAEL F. "MIKE" ZELLEN, PRESIDENT OF FRIENDS
REPORT: JULY/AUGUST 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.

We are in extraordinary times. Together we share the grief, suffering and pain of the families who have lost a loved one. We are also grateful to our health care workers, first responders and essential workers who continue to help us make it through these very uncertain times.

Amidst all the loss and hardship during these uncertain times, we must continue to support one another and look forward to a return of normalcy.

The Friends Board of Directors would 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.

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 a second mailing was sent out in June. 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" this year; please call the Torigian Center (978) 531-2254 and request that one be sent out to you.



During the month of July, we celebrate Independence Day to commemorate the adoption of the Declaration of Independence on July 4, 1776, declaring independence from the Kingdom of Great Britain.

The Board of Directors of the Friends of the PCOA, Inc. wish our members a Happy Fourth of July.

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 Jessie B. Castello:

Mr. and Mrs. Thomas Hawes

In Memory of Marilyn Chigas:

Mary Lou Keenan

In Memory of Mary Coan:

Russell and Marion Bowden

Walter and Ann Blazewicz

Joan Johnson

Buddy and Joan Trabucco

In Memory of Jacqueline Demers:

Ikuo and Terumi Shinzato

In Memory of Myriam Dinerman:

Sheila and Doug Hayes

In Memory of Bob Driscoll,

on his fourth (4th) year anniversary:

Sally Driscoll

In Memory of Jane Gould:

Andrew and Elaine Metropolis

In Memory of Charles Grasso:

Amber Moutsoulas

In Memory of John Karamas:

The Moutsoulas Family

In Memory of Don Kelley:

The Moutsoulas Family

In Memory of Connie Silva:

Maryanne Dechayne



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.

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

PEABODY COUNCIL ON AGING
 Peter A. Torigian Senior Center
 75R Central Street, Peabody, MA 01960
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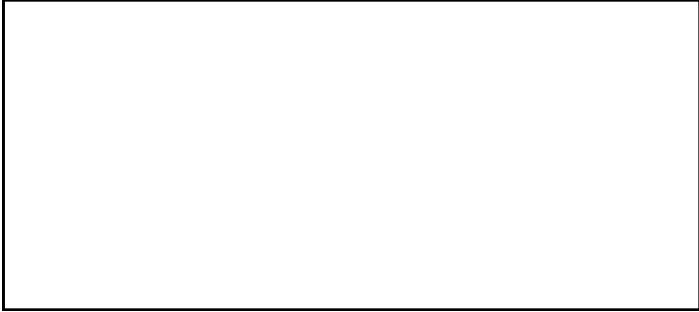
Have a safe and happy



July/August 2020

Carol McMahon, Editor

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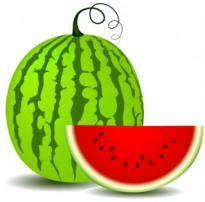
Donations In Memory or In Honor Of Are Tax-Deductible.
 Enclose Check Payable to 'Friends of the PCOA, Inc.'
 \$ _____ Date: _____
 Telephone Number: _____

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 _____
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 Please Circle: **In Memory** or **In Honor**

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The Name of Donor and Donee will be recognized in The Peabody Council on Aging *Tips & Topics* Newsletter.

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