

November  
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](http://www.peabodycoa.org)/Find us on Facebook!



Live Peabody  
An Age Friendly  
Community

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

## Medicare's: OPEN ENROLLMENT!

*It is here...Medicare's annual Open Enrollment*

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 (October 15-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.**



## MEDICARE.GOV

It is so important to get your flu shot this year!

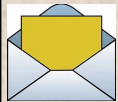
Now more than ever, we all need to do our part to prevent the spread of illnesses. **The best way to protect yourself from getting the flu and keep you from spreading it to others is to get vaccinated.** Once per flu season, **flu shots are covered for people with Medicare** when you get it from your 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** for more information on how to safely get a flu shot during the pandemic.

**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:**

**In Memory of Fran Mallett:**

Ann Nichols

**Many thanks for gift from the proceeds  
of sale of quilt donated by Roberta Swift:**

TOPS Group

**Many thanks to Roberta Swift:**

For her gift of the beautiful quilt

**Many thanks for the generous gifts given  
to the PCOA to help fund our program for  
delivering meals to home bound seniors:**

Mr. & Mrs. Manuel Avila, John Burke, Mary McDonough, Sandra Dupont, United Polish Organizations for the Daughters of St. Joseph, United Polish Organizations of Peabody, Phyllis Ann Turner

**Many thanks to Rosalyn Stein:**

For her generous gift to the PCOA

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

**In Memory of Robert Anderson:**

Pat Fabucci

Kathy and Wayne Wilkins

**In Memory of Fred Gardner:**

Edward Quinn

**In Memory of Donald A. Leo:**

Virginia Leo

**In Memory of William Mahoney:**

Edward Quinn

**“Age is no barrier.  
It’s a limitation  
you put on your  
mind.”**

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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## Chair Yoga...with Dot McKeen! On-line, via Zoom

Straight from her home studio and it's FREE...

### November and December dates:

Every week on Mondays,  
until Dec 21, 2020, 8 occurrence (s)

Nov 2

Nov 9

Nov 16

Nov 23

Dec 7

Dec 14

Dec 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?  
icsToken=98tyKuGtpjsqE9KWsxqGRpwMGoigc\\_PwpnZejadri0izNQZ3TzrMEMFWHZAvF\\_bg](https://us02web.zoom.us/meeting/tZEld-mhqDgpGdVs76VFDMYZFCtOB-gNP_lr/ics?icsToken=98tyKuGtpjsqE9KWsxqGRpwMGoigc_PwpnZejadri0izNQZ3TzrMEMFWHZAvF_bg)

### Join Zoom Meeting:

<https://us02web.zoom.us/j/85800963331?pwd=eW9jQUZXUksxSlhwOS9nNkgxTFVkbkQ09>

Meeting ID: 858 0096 3331 Passcode: 747247

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!

### **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](http://peabodycoalibrary.blogspot.com/2020/05/home-internet-access-for-eligible-html?m=1)

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



Visit our website at:  
[www.peabodycoa.org](http://www.peabodycoa.org)

**Click on Virtual Events**

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

It does not matter  
how slowly you go,  
as long as you do not  
stop

CONFUSCIUS

Please continue to support our Sponsors...they make the  
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"Irish Woman of the Year" Peabody



# Historical Points to Ponder...

November: the month for "Giving Thanks"

*The name of the month of November comes from the Latin "novem", meaning "nine", because in the Roman calendar November was the ninth month of the year out of a total of ten months. The birthstones are the topaz and citrine, both known for their calming energies, bringing warmth and fortune to those who wear them.*

- November 1, 1848 was the date that the first medical school for women opened in Boston.
- On November 2, 1947, the first and only flight of Howard Hughes' "Spruce Goose" flying boat occurred in Long Beach Harbor, California.
- **Tuesday, November 3<sup>rd</sup> is Election Day!! Don't forget to vote!**
- November 4<sup>th</sup> (1916-2009) Famed TV journalist Walter Cronkite was born in St. Joseph, Missouri. He was a leading correspondent for United Press International during World War II. From 1962 to 1981, he was the anchorman of the CBS Evening News.
- On the 7th in 1944 - President Franklin D. Roosevelt was elected to an unprecedented fourth term, defeating Thomas E. Dewey. Roosevelt died less than a year later on April 12, 1945.
- November 8th was the birthday of Astronomer and mathematician Edmund Halley (1656-1742) was born in London.
- **Veterans Day** (formerly called Armistice Day) in the U.S. is celebrated on November 11th with parades and military memorial ceremonies.
- November 12th in 1867 marks the day major eruption of Mount Vesuvius Italy began, lasting several months.
- Pope John Paul II visited West Germany on the 15th in 1980, the first papal visit to Germany in 200 years.
- On the 19th in 1863, President Abraham Lincoln delivered the Gettysburg Address during ceremonies dedicating 17 acres of the Gettysburg Battlefield as a National Cemetery.
- November 19th is the Birthday of Robert F. Kennedy (1925-1968), born in Brookline, Mass.
- England's Princess Elizabeth married Philip Mountbatten on November 20, 1947. She became Queen Elizabeth II upon the death of her father in 1952.
- And John Fitzgerald Kennedy, the 35th President of the United States, was assassinated on Friday, November 22, 1963, at 12:30 p.m. Central Standard Time in Dallas, Texas, while riding in a presidential motorcade through Dealey Plaza. Three days after his assassination, he was buried with full military honors at Arlington National Cemetery.
- Happy Thanksgiving! This wonderful day is celebrated on Thursday November 26<sup>th</sup>.
- November 28, 1942 - A fire erupted inside the Coconut Grove nightclub in Boston killing nearly 500 persons who had become trapped inside.
- November 29, 1929 - American explorer Richard Byrd and Bernt Balchen completed the first airplane flight to the South Pole. It is also the Birthday of *Little Women* author Louisa May Alcott (1832-1888) was born in Philadelphia, Pennsylvania.



*The year has turned it's circle, The seasons come and go,  
The harvest is all gathered in, And the chilly north winds blow.*

## GOD BLESS AMERICA AND OUR PATRIOTS!




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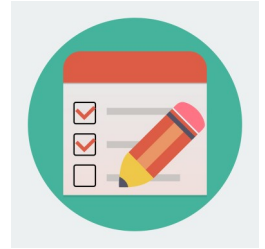
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Transportation Department: James Downey



# Important News from Transportation!



Hello everyone!  
As you know our Transportation Department has been running from almost the beginning of the pandemic. We have continued to bring our seniors to their medical appointments and grocery shopping!

To the right is a Wellness checklist.

**Please be sure to carefully read everything on the checklist before calling to schedule to be picked up.**

It is important that we know the **nature of your condition** before we schedule you to go onto the bus with other clients.

We appreciate your cooperation on this matter, as the health and safety of our seniors and ourselves as well, is of the utmost importance.

**Thank you!**

## Peabody Council on Aging Daily Health & Wellness Check For Transportation Participants

This form does not need to be turned in; however, participants must complete this wellness check before using our Transportation services. \*Please keep this form\*

1. Today or within the past 24 hours, have you had any of the following symptoms?

- A. Fever (temperature of 100.0 °F or above), felt feverish, or had chills?  
     o Current temperature: \_\_\_\_\_ °F (taken by self)       Yes     No
- B. Cough? .....  Yes     No
- C. Sore throat? .....  Yes     No
- D. Difficulty breathing? .....  Yes     No
- E. Gastrointestinal symptoms (diarrhea, nausea, vomiting)? .....  Yes     No
- F. Abdominal pain? .....  Yes     No
- G. Unexplained Rash? .....  Yes     No
- H. Fatigue (in combination with other symptoms)? .....  Yes     No
- I. Headache (in combination with other symptoms)? .....  Yes     No
- J. New loss of smell/taste? .....  Yes     No
- K. New muscle aches? .....  Yes     No
- L. Congestion or runny nose (in combination with other symptoms)?.....  Yes     No
- M. Any other signs of illness? .....  Yes     No

2. In the past 14 days, you had close contact with a person known to be infected with the novel coronavirus (COVID-19)? .....  Yes     No

3. In the past 14 days, have you traveled outside of Massachusetts to a state that is not on the list of lower-risk states?.....  Yes     No

**If you have answered “Yes” to any of the questions above, please refrain from using our transportation until you no longer have symptoms.**

**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 dispnible 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) 531-2254 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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Visit the Front Desk for or call the Y (978) 977-9622 for more info!

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# GRANDPARENT SCAMS

## In the age of the Coronavirus !

*“Grandma”, I’m in the hospital, sick, please wire money right away!*  
*“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.

In grandparent scams, 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. In these days of Coronavirus concerns, their lies, can be particularly compelling.

But we all need to save our money for the real family emergencies.

*So, how can we avoid grandparent scams or family emergency scams? If someone calls or sends a message claiming to be a grandchild, other family member or friend desperate for money:*

- 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>).*



**CONSUMER ALERTS...** From the Federal Trade Commission  
*The FTC Chairman is NOT writing to you.*

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!!** But do hit “delete”



## Your MEDICARE CARD

When you are enrolled in Medicare, you'll get your red, white, and blue Medicare card in the mail.

If **you're automatically enrolled**, you'll get your red, white and blue Medicare card in the mail three (3) months before your 65th birthday or your 25th month of getting disability benefits. Your Medicare card shows that you have Medicare health insurance.

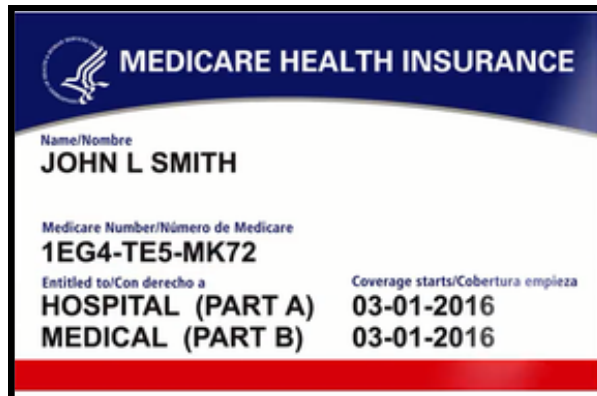
It shows whether you have

**Part A (listed as HOSPITAL), Part B (listed as MEDICAL) or both**, and the **date your coverage begins**. If you have

Original Medicare you'll use it to get your Medicare-covered services. If you join a Medicare Advantage Plan or other Medicare health plan, in most cases, you'll use your plan's card to get your Medicare-covered services.

You can get all of the Medicare-covered services in this section if you have both Part A and Part B.

**Be sure to carry your card with you when you're away from home. Let your doctor, hospital, or other health care provider see your card when you need hospital, medical or other health services.**



### Five (5) things to know about your Medicare card

1. Your card has a Medicare Number that's unique to you, instead of your Social Security Number. This helps to protect your identity.
2. Your card is paper, which is easier for many providers to use and copy.
3. If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare - you should still keep and use it whenever you need care. And, if you have a Medicare drug plan, be sure to keep that card as well. Even if you use one of these other cards, you also may be asked to show your Medicare card, so keep it with you.
4. Only give your Medicare number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.
5. If you forget your card, you, your doctor or other healthcare provider may be able to look up your Medicare Number online.



**Watch out for scams!**  
**Medicare will NEVER call you uninvited and ask you to give personal or private information**

**Scam artists** may try to get personal information, like your Medicare Number. If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call us at 1-800-MEDICARE (1-800-633-4227) **Learn more about the limited situations in which Medicare can call you.**

### How can I replace my Medicare Card?

If you need to replace your card because it's damaged or lost, log into your secure Medicare account online at **MyMedicare.gov** to print an official copy of your Medicare card. You can also use this account to manage your personal and other coverage information (like your drug list and claims status). If you don't have an account, visit **MyMedicare.gov** to create one.

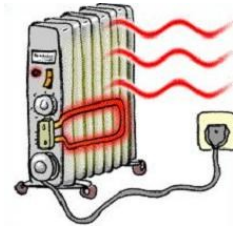
If you need to replace your card because you think that someone else is using your number, call us at 1-800-MEDICARE (1-800-633-4227), TTY users can call 1-877-486-2048.

### How do I change my name or address?

Medicare uses the name and address you have on file with Social Security. To change your name, please follow **these instructions**. To change your address, visit your online **my social Security account**.

**Note: Medicare is managed by the Centers for Medicare and Medicaid Services (CMS)**  
**Social Security works with CMS by enrolling people in Medicare.**

# 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.

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

The following new income thresholds have been released by DHCD for the 2020-2021 heating season. **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](http://nscap.org) for additional information and we can be reached by email at: [fuelassistance@nscap.org](mailto:fuelassistance@nscap.org).



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.

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

### History of Veterans Day November 11<sup>th</sup>



It was 11 am on November 11, 1918 that a temporary peace, or armistice was signed and the fighting during World War I came to an end. A year later President Woodrow Wilson announced that November 11<sup>th</sup> would be called Armistice Day in the United States. A day to honor America's Veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. Many people fly a US flag on this day to show their patriotism and support for the armed forces. At 11 am a moment of silence is observed to remember those who served.

### Thank You to all the Senior Center Staff.

Although the Torigian Center has been closed since the pandemic arrived, COA Director Carolyn Wynn and her staff have been working tirelessly in assisting everyone who needed meals delivered, provided transportation for medical appointments and for shopping. The staff has also been available to answer questions and assisting those in need by telephone. They are a very dedicated group of people.

### Thanksgiving Day – November 26

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 Duffy Geary:

The Moutsoulas Family

#### In Honor of Kay Morrocco:

Jacqueline M. Torigian

#### In Honor of the PCOA Staff and all they do:

Betty Csogi, Joan Boutchia,  
Mr. and Mrs. Charles DiMare, Dora Dyer,  
Steven Feldman, Claire Gagne,  
Evangeline A. Leondires,  
Patricia and Edward Nichols,  
Ed & Carol Rudnicki, Jean Soboczinski,  
Mr. and Mrs. Louis Sotis, Gladys Thompson,  
Joan & Frank Trabucco

#### In Honor of the PCOA for helping to fund our program for delivering meals to home bound seniors:

Ann and Walter Blazewicz

#### In Honor of your granddaughter,

#### Lily Metropolis:

Georgia Metropolis

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

#### In Memory of Salvatore Bongiorno:

Mary Bongiorno

#### In Memory of Richard E. Bradford:

Dorothy Bradford

#### In Memory of Helen M. Dobreira:

Kenneth H. Kulakowski

#### In Memory of William Fury:

Anonymous

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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.

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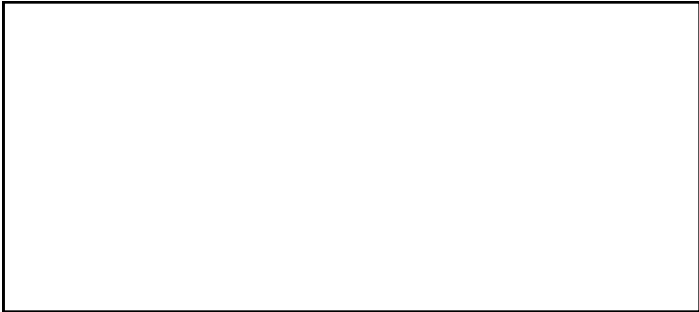
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**November 2020**

*Carol McMahon, Editor*

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