



Oniontown Seniors Danvers Council on Aging

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The mission of the Danvers Council on Aging and the Senior Center which it manages is to provide and advance those programs and services which enrich the lives of older adults in the Danvers Community.

Welcome to our new reality for a while...

We at the Danvers Council on Aging want to continue to reach out to the Seniors of Danvers even if it is from our couch. We will be publishing information on virtual classes, DCAT schedules for activities such as Zumba with Priscilla, Tai Chi and much more to our Facebook page, website and this Newsletter (see page 2) .

In addition if you need to contact a member of staff, you can call us at 978-762-0208 and leave a message at x100. Staff checks this mailbox daily.

Volunteers Needed

We are looking for some crafty volunteers who would be able to make home made cloth masks that we can distribute to seniors in need. As we all know by now it is mandatory to wear a face covering when in public places. If you have extra fabric, elastic and time, then we would greatly appreciate your help! Easy to follow directions and video tutorials are available at the following link <https://www.ecommunity.com/giveppe/homemade-mask-instructions>. Please call the senior center at 978-762-0208 ext.100 and leave a message if you can help. Messages are retrieved frequently throughout the day and your call will be returned. Thank you in advance for your assistance in this important effort!!

If you are a senior or know of one that is in need of a mask, please call the senior center at the number above and leave a message.

Would you like to receive our newsletter by email? If yes, please send your email address to: Lmachado@danversma.gov.

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CHECK US OUT...

We are happy to inform you that we have filmed Priscilla Gerrard's Chair Toning and Zumba class for DCAT.

On **Tuesday, April 28** you will be able to find it on Youtube under a search for Danvers Cable Access Television.

Please check Comcast channel 99 or Verizon channel 36 for the schedule to watch on your television.

ACTIVITIES

During this trying time as activities, classes and events have been canceled at the Senior Center we are all looking for some fun things to do.

If you have a computer:

Like our Facebook page: Danvers Council on Aging and Senior Center. On this page there are featured virtual tours, daily trivia as well as updates on what is happening around town.

Some fun virtual tours you can find are:

Museum of Fine Arts: <https://www.youtube.com/watch?v=vMb8prTLhK8>

Isabella Stewart Gardner Museum: https://artsandculture.google.com/streetview/isabella-stewart-gardner-museum/WgGwvp4sRb4yrw?sv_lng=-71.09891535715373&sv_lat=42.33861945635496&sv_h=300&sv_p=0&sv_pid=ielw90_WKZU0j_ZSQ82SIww&sv_z=1

Smithsonian Museum of Natural History: <https://naturalhistory2.si.edu/vt3/NMNH/>

Vatican Museum: <http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>

Free fitness videos for seniors: <https://living.medicareful.com/5-great-youtube-fitness-channels>

Whether or not you, a family member or friend has a computer there are still things you can do: Get creative and find a new hobby or a hobby you have not done in a long time. Knitting, crossword puzzles, sit on your porch and read a book, cook up a new recipe with what is in your pantry. Or even start a new fitness routine. It can be as simple as walking through your house or walking in your backyard. Stay in touch with friends by phone. Everyone needs contact, so reach out and connect with your friends. We look forward to seeing everyone when possible and we can resume all of our programming.

PROGRAMMING

Looking for programming opportunities for older adults who do not have access to a computer? Here are some “**phone only**” options. All need access to the internet to selected and register.

DOROT's University Without Walls program offers hundreds of classes, appealing to a wide range of interests - all available over the telephone. For more information or to enroll, call (877) 819-9147 or email at uww@dorotusa.org. <https://www.dorotusa.org/our-programs/at-home/university-without-walls> . Programs are available in English and Russian.

Covia Well Connected is a telephone and online community made up of participants, staff, facilitators, presenters, and other volunteers who care about each other and who value feeling connected. You do need access to the internet to download the catalog, but the programming is all delivered via telephone. <https://covia.org/services/well-connected/> (877) 797-7299.

With Mather Lifeways Telephone Topics, you simply call a toll-free number to listen to a wide range of interesting discussions and programs. You can choose from wellness programs, education programs, discussion topics, music reviews, live performances. **You do need access to the internet to view the choices and register.** <https://www.mather.com/neighborhood-programs/telephone-topics> (888) 600-2560.

ECONOMIC SECURITY

50+ Job Seekers Program: COA is pleased to announce that the **50+ Job Seekers Program** is going statewide! Now that the program has been completely moved to a virtual platform, any Massachusetts resident 50+ years old can register to participate. Now, more than ever we need to direct those who are unemployed to participate in programs such as this. Each session is guided by a professional employment coach. Please Visit: <https://50plusjobseekers.org/>

FUEL ASSISTANCE UPDATE:

Due to COVID-19, LIHEAP has been extended to May 31, 2020 for new applications. Priority is given to households who heat with oil or propane. The team at North Shore Community Action Program is working remotely and processing applications by phone. For information or to apply, call NSCAP's Fuel Assistance Program at (978) 531-0767, x136 or email fuelassis-tance@nscap.org. The Massachusetts Dept. of Public Utilities has extended the moratorium on utility shut-offs. This means that no household will be facing a termination until the Commonwealth's State of Emergency has been lifted.

SNAP (FOOD STAMPS UPDATE):

In response to the COVID-19 pandemic, Congress approved special SNAP supplement benefits.

Will I get extra SNAP benefits? If your regular monthly SNAP benefit is less than the maximum SNAP for your household, you will get a supplemental (extra) benefit up to the maximum SNAP grant. If already you receive the maximum SNAP benefit, you will not get extra SNAP. This is because of a decision made by USDA (the federal government), not DTA.

Household size Max. SNAP 1 \$194 2 \$355

If I qualify for extra SNAP, when will I get it? P Eligible households will get 2 emergency SNAP EBT payments. P On March 31 extra SNAP payments were put on cards. P In April extra SNAP payments will also be made, likely at the end of the month. **How do I learn how much I get in SNAP and if I get extra SNAP?** DTA will not send you a notice if you get extra SNAP. You may get a text message. Check your balance and your monthly SNAP benefit amount on the **DTA Connect mobile app** or online at **DTAConnect.com** or call EBT Customer Service Line at **(800) 997-2555** (number on the back of your EBT card). **New to SNAP? Apply for SNAP benefits Online at DTAConnect.com or call Project Bread at 1-800-645-8333.**

CURRENT QUESTIONS/CONCERNS

Home Delivered Meals (aka Meals on Wheels)—Visit North Shore Elder Services at <https://nselder.org/> to learn more about their Nutrition Program. If you would like to apply to receive Home Delivered Meals or, if you are already receiving meals and have questions or concerns, contact NSES Nutrition Program at 978-750-4540.

Brown Bag Lunches are Available for Delivery— If you would like to receive a prepared lunch from the Danvers High School Cafeteria, please email: lunch@danvers.org or call Cheryl at 978-882-2118, by 9am each day with your name, address, number of family members and lunch(s) of choice. Danvers High School Staff and volunteers will deliver to your home and leave on your doorstep. **The following choices will be available: turkey and cheese, ham and cheese, tuna salad & salad.** Lunches will also remain available for pickup between 11am and 1pm, Monday through Friday.

SUPINO'S Buy One Get One—SUPINO'S Restaurant is OPEN for TAKEOUT and DELIVERY! Order online or call (978) 774-0707. When you buy one of their BOGO specials on Sunday-Thursday, you can choose to GIVE the FREE ONE to an elderly shut-in. If you are a senior, who could use a free meal from SUPINO'S call the senior center at (978) 762-0208 and leave a message.

Transportation— Unfortunately, per the direction of the Town Manager, due to COVID-19, we are unable to provide transportation to medical appointments or shopping. Although we are tentatively planning to reopen in May, the exact date of when we will return is uncertain. We will resume booking transportation appointments when Town Offices reopen to the public.

AARP Tax Assistance Update—If you had an appointment to have your taxes done at the Senior Center, the Federal and State tax deadline has been extended until July 15th. We will be in contact with the Tax Volunteers when Town Offices reopen to the public and reschedule.

Classes—Classes will resume when we are allowed to reopen. Students will still get the number of sessions they signed up for.

Trips—If you signed up for a trip that was canceled and want to know how you will get a refund, all credit card refunds are done on our town secured server and can not be done remotely. This will be done as soon as we are able. Refunds for payments made by check will also be done as soon as we are back in the office.

CURRENT QUESTIONS/CONCERNS

The People to People Food Pantry— Please be advised that the People to People Food Pantry is still in operation, thanks to the Town Employees who have volunteered. The Pantry currently is delivering food to the doorstep of people in need on Thursdays only. The grocery bags are being prepackaged with staple goods and you have a choice of Hamburger or Chicken.

If you need a delivery, **please call the Pantry at (978)739-4188** and leave a message with: **NAME, ADDRESS, PHONE NUMBER** and your choice of Hamburger or Chicken. **Please speak slowly and clearly.**

You will get a call back within 2 days telling you when to expect a delivery. PLEASE make sure you answer your phone, **we cannot leave a bag if you don't answer.**

All bags are packed and delivered by volunteers wearing gloves and masks. There will not be any face to face contact.

The Pantry is not taking any food donations at this time due to the risk of cross contamination. Thanks to the many people who have offered groceries. If you would like to make a donation of money, please send a check to Danvers People to People Food Pantry PO Box 2076 Danvers, MA 01923. Thank you to the Danvers Community for helping us serve the needs of everyone during this difficult time.

The Commodity Supplement Food Program (CSFP)– The CSFP is a monthly grocery distribution program for income qualifying residents over age 60 in the Danvers area. The program runs on the first Monday of each month out of the Danvers Senior Center with food brought from the Greater Boston Food Bank. To learn more visit the Commodity Supplemental Food Program go to https://www.danversma.gov/csfp_faq/

Do you have a loved one in a Long Term Care Facility?

Nursing Home Family Resource Line

The Nursing Home Family Resource Line at 617-660-5399 is a dedicated phone line to connect family members of nursing home and rest home residents with the information and resources they need. This phone line provides one central contact for families and community members who have questions about the nursing home or rest home care their loved one is receiving during the COVID-19 outbreak.

The Nursing Home Family Resource Line is staffed from 9:00 AM - 5:00 PM, seven days a week. Staff will field questions on a range of topics and coordinate across state agencies to help provide answers.

Did You Know??

The results of the 2020 Census will help determine how hundreds of billions of dollars in federal funding flow into communities every year for the next decade. That funding shapes many different aspects of every community, no matter the size, no matter the location.

This is especially important to the older adult population. For this purpose, anyone over 60 years is considered a senior citizen. One very important source of support the senior center relies on is our Formula Grant. Funding is determined by how many senior citizens reside in each community. We only have one opportunity to capture these numbers which is why your help is so crucial!

How To Respond...

Most households received their invitation to respond to the 2020 Census between March 12 - 20. These official Census Bureau mailings will include detailed information and a Census ID for completing the census online.

For the first time, you can choose to complete the census online, by phone, or by mail. Find out more about each of these methods below: • Online: <https://my2020census.gov/> Please note that if you are responding online, you must complete the census in one sitting, as you don't have the ability to save your progress.

• Phone: 844-339-2020

• Paper: All homes will receive a paper questionnaire if they do not first respond online or by phone. When responding, use blue or black ink to fill in the questionnaire. Do not use a pencil.

In the Spirit of Healthy Competition!

Steve Bartha, Town Manager entered a little neighboring community bet with Andover and North Andover about who can get high census return rates.

The losing TMs have to buy lunch for the winning TM and wash a dirty town vehicle for the community - we don't want to lose!

THE NUTRITION CORNER

By Cathy Andre

During this very uncertain time when we are all feeling isolated and we feel like we have no control, I offer some good news for you; **There is something you can do to help protect yourself.... Eat Good Food!**

Now this may sound easy, and it is, but it may be a little different than what you are currently doing. I believe if we understand how the foods we eat affect us we can make better decisions and help our bodies boost our immune systems and that is empowering.

So here I have listed some of the foods we should stay away from as much as possible;

*Soda

* Processed foods-white flours, refined sugars

*Sugary snacks-candy bars, sugary sweets

*Refined carbohydrates; white rice & pastas, white breads, cakes, doughnuts, batter fried foods

*Alcohol

* Packaged foods-if you don't know what an ingredient is or can't pronounce it don't buy it!

Moderation is key when thinking about the list above

The problem with refined sugar is that it weakens our immune system. After eating a sugary snack or a soda within 30 minutes our immunity is weakened and it can last hours! So if you eat sugary foods and drinks throughout the day your body's immune system is being challenged not helped. At this time especially we want to do all we can to help ourselves.

Now for the good for your immune system foods!

- Plenty of fruits: especially citrus fruits high in vitamin c and berries of all kinds
- Colorful Veggies: Red bell peppers and broccoli and spinach all have vitamin c and many other vitamins to help with immunity, best if lightly steamed or eaten raw
- Greek Yogurt or those with live cultures but stick to plain and add your own natural sweetener such as honey, or pure maple syrup, and fresh fruits

- Spices and seasonings: garlic, ginger, Turmeric all have immune boosting properties and taste delicious!

- Poultry; chicken and turkey are good sources of lean protein and are high in vitamin b-6. You can also use chicken bone broth in your soups and recipes that call for chicken broth to amp up the health factor

- Shellfish-Crab, Clams, Lobster and mussels are all high in Zinc which we are hearing much about these days to help with immunity. Just be sure not to have the fried versions and stick to the daily recommended allowance of zinc men 11mg and women 8mg or it could have the opposite effect.



- Almonds - A healthy source of fat and lots of Vitamin E

- Avocados- another healthy fat and great for skin and hair

- Beans-all kinds of beans are healthy and versatile and can add to many recipes

- Healthy Grains; Brown rice and pasta, quinoa, whole grains

The good news is we can help strengthen our immune system just by eating good foods!! There are many healthier whole foods to enjoy.

So the foods that are best for you are colorful fruits and vegetables, try to load up on these. They are best fresh or frozen as opposed to canned. If you only have canned rinse and drain before adding to recipes. Root vegetables have a long shelf life as well. Many vegetables can be found in freezer section.

Also try to stay away from prepackaged fruit that contains any kind of syrup. That just equals added sugars. When possible fresh is always best! Apples, pears and oranges last for a while after purchased but berries and mango can be bought frozen if you won't use them right away.

I have included a few suggested recipes for incorporating your immune boosting foods using ingredients that you may already have in your pantry. I hope you enjoy!

GINGER TURMERIC SALAD DRESSING

Ingredients

- Juice of 3 small, or 2 large lemons {just over $\frac{1}{4}$ c of fresh juice}
- 1" chunk fresh peeled ginger {or 1 tsp ground ginger}
- $\frac{1}{2}$ tsp minced garlic {or 1 tsp garlic powder}
- 2 tsp ground turmeric
- 1 tbsp Honey
- 5 tbsp Avocado Oil or olive oil
- Salt to taste

If you have any questions or would like more information or recipe ideas using these immunity boosters, please email me at candre@danversma.gov

1. Place all ingredients in a blender and mix well. Feel free to adjust seasonings as necessary.

2. Pour over your favorite salads, roasted vegetables, and more. Store leftovers in refrigerator.

*Leftovers store well in refrigerator for 7-12 days in air tight glass jar {mason jar}. Shake well before serving.

Dressing can be served over:

A fresh spinach salad topped with red peppers, tomatoes, cucumbers, mushrooms and grilled or rotisserie chicken.

or

A grain bowl made with brown rice or quinoa, (grilled, baked, poached or rotisserie) chicken and some grilled or roasted vegetables.

You can always rinse and drain canned beans and add them to your salad or grain bowl for a twist. Avocado is also a nice addition to salads or grain bowls. You can add or change any ingredients according to your preferences. Any of your favorite dressings can also be substituted.



GINGER CHICKEN BREASTS WITH TURMERIC AND LIME

RECIPE ADAPTED FROM PIERRE FRANÉY 60 MINUTE GOURMET NYT

INGREDIENTS

- 2 to 3 skinless, boneless chicken breasts, about 1 1/2 pounds
- 1 tablespoons olive oil
- 1 ½ tablespoons freshly squeezed lime juice
- ¼ teaspoon chile powder
- ¼ teaspoon ground turmeric
- 1 teaspoons chopped fresh or crushed dried rosemary leaves
- ½ teaspoon finely minced garlic
- Salt to taste if desired
- Freshly ground pepper to taste
- 1 tablespoons melted butter

PREPARATION

1. Heat a grill or the broiler.

2. Put the oil in a mixing bowl; and lime juice, chile powder, turmeric, rosemary, garlic, salt and pepper. Stir to blend well and add the chicken pieces. Turn them in the marinade to coat well. Cover and set aside until ready to cook. If they are to be marinated for a long period, refrigerate them.

3. Place chicken pieces on the grill or on the rack under the broiler. Cover the grill or close the door to the broiler. Cook about 2 to 3 minutes and turn the pieces. Continue cooking until done, about 2 to 3 minutes on the grill, possibly a little longer under the broiler.

4. Remove the pieces and brush the tops with the melted butter.

Now, as the distribution of stimulus payments continues to roll out over the coming weeks, we want to make sure the money stays where it belongs — in your wallet and out of the hands of scammers. Unfortunately, crooks don't slow down in a crisis; in fact, they thrive during times of uncertainty. And they don't have a heart. Already, more than \$13 million has been lost to coronavirus-related schemes, based on nearly 10,000 fraud complaints filed with the Federal Trade Commission (FTC) as of mid-April.

We know that con artists like to prey on older adults, and now, your stimulus payments are a top target. Please remember this: The IRS won't email, call or text asking you to verify personal or financial information like bank account numbers in order to send you a payment. Scammers will. The IRS also won't ask you to pay a fee to issue or speed up a stimulus payment. The only place you should enter your bank account information online is through the **secure web tools on** <https://www.irs.gov/>

The scams don't stop at stimulus payments. AARP has already warned its members and the public about a host of swindles that have emerged during the pandemic, from **fake coronavirus testing sites to websites peddling bogus COVID-19 cures**. We will continue to stay in touch with authorities and alert you to the latest scams as they develop.

There are more steps you can take to help protect yourself from coronavirus-related fraud. If you or a loved one suspects a scam, call the AARP Fraud Watch Network Helpline toll-free at 877-908-3360 or visit us at <https://www.aarp.org/money/scams-fraud/> You can also report scams online using <https://www.aarp.org/money/scams-fraud/tracking-map/> In addition, if you receive a suspicious stimulus-payment email, forward it to **phishing@irs.gov**; you can file a complaint with the <https://www.ftccomplaintassistant.gov/#crnt&panel1-1>.

It's crucial to stay alert and stay informed during this crisis. Together, we can keep fraudsters at bay and keep our money safe.

USE OF CLOTH FACE COVERINGS TO HELP SLOW THE SPREAD OF COVID-19

How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
 - be secured with ties or ear loops
 - include multiple layers of fabric
 - allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission. CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.

For more information visit: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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Facebook—Did you know that you can get current updates on activities, classes, etc. just by liking us on Facebook? We update on a regular basis any changes/additions in our activities and on any programming. Search for us at: Danvers Council on Aging and Senior Center, click Like, and you will be kept up to date!

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IN MEMORY OF

In lieu of flowers, please consider making a tax-deductible contribution in memory of a loved one. A coupon is located on **the back page** for your convenience in making a gift that will bring more opportunities and enhance services for senior citizens today and tomorrow. Families of those honored will be notified of your contribution.

GIFTS TO THE FRIENDS OF THE DCOA

Friends of the Danvers Council on Aging
25 Stone Street, Danvers, MA 01923

In lieu of flowers, please consider making a tax-deductible contribution in memory of a loved one. This coupon is for your convenience in making a gift that will bring more opportunities and enhance services for senior citizens today and tomorrow. Families of those honored will be notified of your contribution. Please see pg 19 for memorials.

A Living Memorial / Honor

I am enclosing \$ _____ (Please make check payable to FRIENDS of DCOA)

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