

**October  
2021**

# TIPS & TOPICS



PEABODY COUNCIL ON AGING  
Peter A. Torigian Senior Center  
75R Central Street, Peabody, MA 01960  
Monday-Friday 8:00AM - 2:00PM  
Ph: (978) 531-2254 / Fax: (978) 531-7176  
[www.peabodycoa.org](http://www.peabodycoa.org)/Find us on Facebook!



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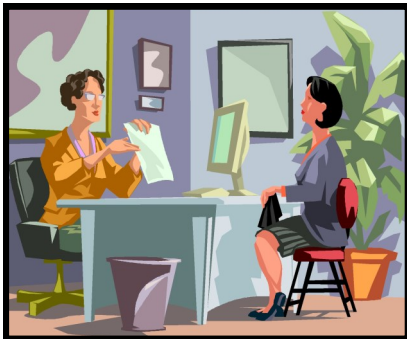
## Medicare's: OPEN ENROLLMENT!

**Starting this month! Open Enrollment is here!**

*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 2022.*

**During Medicare's Annual Open Enrollment (October 15-December 7),**

you will have a chance to 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.



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 PCOA at 978-531-2254.

You may also call the Regional SHINE office at Mystic Valley Elder Services in Malden at 781-388-4845. Please leave a message and a counselor will return your call as soon as possible.

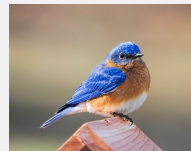
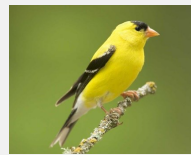


## It's Movie Time!

<u>Tuesday, October 5th:</u>	“The Pajama Game”
<u>Tuesday, October 12th:</u>	“Going in Style”
<u>Tuesday, October 19th:</u>	“Call Me Madam”
<u>Tuesday, October 26th:</u>	“Woman in Gold”

Earl Rosen will show four (4) Oscar winning movies in October! They will be shown in Jubilee Hall on Tuesdays, from 12:15pm – 2:15pm





## “Songbirds of the Northeast”

**Tuesday, October 5th at 6:30 PM**

This 90-minute zoom presentation features both images and recordings of our local songbirds. It will be presented by naturalist John Root. Co-sponsored by the Peabody Council on Aging.

*This program is supported in part by the Peabody Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*

### Join Zoom Meeting

<https://tinyurl.com/57jyr9n7>

Meeting ID: 869 5180 4104

Passcode: 996591

### Dial by your location

+1 646 558 8656 US (NY)

Meeting ID: 869 5180 4104

Passcode: 996591



## October Activities!



CLASS / ACTIVITY	ROOM	DAY	TIME	COST
AEROBICS	JUBILEE HALL	MON. WED. FRI.	9:00AM-10:00AM	FREE
AGING BACKWARDS	JUBILEE HALL	TUESDAY	9:15AM-10:15AM	\$3.00/CLASS
BIG BAND DANCING	JUBILEE HALL	THURSDAY	9:30AM-11:30AM	FREE
BOCCE	OUTDOORS	WEDNESDAY (SEASONAL)	10:00AM-11:30AM	FREE
COMPUTER / PHONE HELP	COMPUTER ROOM	1ST & 3RD FRIDAY/MONTH	9:00AM-11:00AM	FREE
KNITTING / CROCHETING	CLASSROOM A	TUESDAY	11:45AM-2:00PM	FREE
DRILL TEAM	JUBILEE HALL	WEDNESDAY	12:00PM-1:30PM	
DUPLICATE BRIDGE	COMPUTER ROOM	MONDAY	9:00AM-12:00PM	FREE
FITNESS ROOM	FITNESS ROOM	EVERY DAY (M-F)	8:00AM-1:45PM	FREE
BUNKA WORKSHOP	ART ROOM	TUESDAY	9:00AM-11:30AM	FREE
LINE DANCING	JUBILEE HALL	TUESDAY	10:30AM-11:30AM	\$5.00/CLASS
MAH JONGG	COMPUTER ROOM	TUESDAY	11:45AM-2:00PM	FREE
MODEL SHIP BUILDING	ART ROOM	WEDNESDAY	11:45AM-2:00PM	FREE
PAINTING	ART ROOM	THURSDAY	8:30AM-11:30AM	FREE
PAINTING	ART ROOM	FRIDAY	8:30AM-11:30AM	FREE
PLAY POOL	POOL ROOM	EVERY DAY (M-F)	8:00AM - 2:30PM	FREE
QUILTING	CLASSROOM A	THURSDAY	8:00AM-11:30AM	FREE
RUG HOOKING	COMPUTER ROOM	WEDNESDAY	9:00AM-11:30AM	10WKS/\$40.00
SEWING & REPAIR SHOP	CLASSROOM A	WEDNESDAY	8:00AM-11:00AM	
SCRABBLE	COMPUTER ROOM	WEDNESDAY	11:30AM-2:00PM	FREE
WHIST	COMPUTER ROOM	TUES. (EXCEPT 3RD) & THURS.	8:30AM-11:00AM	FREE
TABLE-TENNIS	COMPUTER ROOM	FRIDAY	12:00PM - 2:30PM	FREE
WOOD CARVING	ART ROOM	WEDNESDAY	9:00AM-11:30AM	FREE
WOOD WORKING	WOOD SHOP	EVERY DAY (M-F)	8:00AM - 2:30PM	-
CHAIR YOGA	JUBILEE HALL	MONDAY	10:00AM-11:00AM	8WKS/\$30/\$5 CLASS
FOREVER YOUNG CHORUS	JUBILEE HALL	THURSDAYS	12:30PM-2:30PM	-
ZUMBA	JUBILEE HALL	MONDAY	11:15AM-12:15PM	\$3.00/CLASS
ZUMBA	JUBILEE HALL	WEDNESDAY	10:15AM-11:15AM	\$3.00/CLASS
<b>HEALTH / WELLNESS CLINICS AND SUPPORT GROUPS</b>				
HEARING SCREENINGS	HEALTH ROOM	THURS. OCT. 28TH	10:00 AM-1:00 PM	FREE
LOW VISION GROUP	CLASSROOM A	WED. OCT. 13TH	12:30 PM-2:00 PM	Judy Enos: 978-290-6080
TOPS	CLASSROOM A	FRIDAYS	WEIGH-IN - 8:30AM-9:15AM	MEETING - 9:30AM-10:30AM
VETERAN'S GROUP	COMPUTER ROOM	TUES. OCT. 19TH	9:30AM-10:30AM	Tom Moran 978-968-0999
DAV GROUP	COMPUTER ROOM	WED. OCT. 20TH	9:30AM - 10:45AM	Donald White

## Peter A. Torigian Senior Center

**October 2021**

 Meals served between  
11:30 am and 12:00 Noon

 Meal Cost: \$4.00  
Friends Members: \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>	<b>1</b>  <u><b>Lemon Pepper Fish</b></u> Mashed Potato Broccoli and Cauliflower Chocolate Chip Cookie
<b>4</b>  <u><b>Chicken Pot Pie</b></u> Potato Salad Greek Salad Chilled Peaches	<b>5</b>  <u><b>Turkey Sandwich</b></u> w/Cheese Lettuce, Tomato, Onion/Pickle/Mayo Broccoli Cheddar Soup Tropical Fruit Cup   <u><b>Birthday Cake</b></u>	<b>6</b>  <u><b>Chicken Piccata</b></u> Lyonnaise Potatoes Fresh Baby Carrots Ice Cream	<b>7</b>  <u><b>Baked Meatloaf</b></u> Onion Gravy Corn Roast Potatoes Chilled Pears	<b>8</b>  <u><b>Oriental Chicken Salad</b></u> on Mixed Greens Dressing Cold Vegetable Lo Mein Noodle Salad Wheat Pita Fortune Cookie & Chilled Mandarin Oranges
<b>11</b>   <b>Columbus Day</b>  <b>Center Closed</b>	<b>12</b>  <u><b>Italian Sausage</b></u> On A Roll Onion/Peppers Oven Fries/Ketchup Cole Slaw Ice Cream	<b>13</b>  <u><b>Cheese Lasagna</b></u> Apple Juice Meat Sauce Green Beans Yogurt	<b>14</b>  <u><b>Chicken Cordon Bleu</b></u> Gravy Scalloped Potatoes Caesar Salad Pub Cheese Triscuit Crackers Lemon Meringue Pie	<b>15</b>  <u><b>Haddock</b></u> Lyonnaise Potatoes Peas/Red Pepper Chilled Peaches
<b>18</b>  <u><b>Hamburger Stroganoff</b></u> Over Noodles Mixed Vegetable Cookie	<b>19</b>  <u><b>The All American Hot Dog</b></u> Tomato, Onions, Pickles, Beans Homemade Coleslaw Rice Pudding	<b>20</b>  <u><b>Chicken Salad</b></u> Chips Corn Chowder Orange Cake	<b>21</b>  <u><b>Stuffed Peppers</b></u> Greek Salad Red Bliss Potato Chilled Diced Pears	<b>22</b>  <u><b>Potato Crunch Fish</b></u> Tartar Sauce Rst Potatoes Harvest Blend Vegetable Ice Cream
<b>25</b>  <u><b>Vegetable Quiche</b></u> Tomato Soup/ Crackers Oven Browned Potatoes Chilled Apricots	<b>26</b>  <u><b>Cheese Burger</b></u> Sandwich Roll Sautéed Cabbage Chips Watermelon	<b>27</b>  <u><b>Tuscan Tuna Salad</b></u> Italian Garden Soup Crackers Potato Salad Vanilla Pudding with Fruit	<b>28</b>  <u><b>Shepherd's Pie</b></u> Gravy Salad with Strawberries Raspberry dressing Banana Cake	<b>29</b>   <b>HALLOWEEN SPECIAL</b> <u><b>Roast Beef</b></u> Baked Potato/Sour Cream Butternut Squash & Apple Soup Boston Cream Pie  





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**

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.

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



**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! )

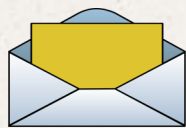
**\*\*\* JUST A NOTE \*\*\***

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.

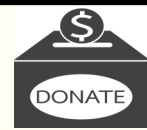


### IN MEMORY OF & IN HONOR OF ENVELOPES:

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 Honor of Anna Gallo: For her generous donation



### THE ROGER B. TRASK ADULT DAY HEALTH PROGRAM Care-Giving Support Right in Your Neighborhood

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.**

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](mailto:slevenson@peabodycoa.org).**



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Carol McMahon at (978) 531-2254 on Ext. 117

or email her at [cmcmahon@peabodycoa.org](mailto:cmcmahon@peabodycoa.org)



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## Points to Ponder... Jack Lawless *October: The "Fall Foliage Month"*

- On the 1st in 1982, the first CD (cassette player) was introduced by Sony.
- California's Redwood Forest was established on the 2nd in 1968.
- The Patriots will be playing host on the 3rd to Tampa Bay and Tom Brady.
- Belgium gained its independence from the Netherlands on the 4th in 1830.
- On the 5th in 1877, Chief Joseph of the Nez Perce Indians surrendered to the U. S. Calvary "Trail of Tears".
- The Columbus Holiday is on the 11th while some states have renamed it "Indigenous People's Day").
- The United States Navy was born on October 13, 1775 after the 2nd Continental Congress authorized an acquisition of a fleet of ships.
- On the 14th in 1644, William Penn, the founder of Pennsylvania was born in London.
- The Nuremberg War Crimes trial against Nazi leaders began on the 18th in 1945.
- The Hunter's Full moon is on the 20th.
- President Kennedy appeared on television to announce the presence of missiles in Cuba on the 22nd in 1962.
- Gangster Al Capone was sentenced to 11 years in jail on the 24th in 1931 for federal income tax evasion.
- The Statue of Liberty, a gift from France, was dedicated on Bedloe's Island in New York Harbor on October 28, 1886.
- Happy Halloween on the 31st!



*"October is the treasurer of the year/and all the months pay bounty to her store!"*

*Paul Lawrence Dunbar*



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## 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



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



**October 1st–April 30th**

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

**CANCELLED**

## FARMERS MARKET – UNDER THE TENT

The Peabody council on Aging has partnered with “Newhall Fields” to provide fresh, healthy, affordable locally grown produce and herbs. They accept the farmers Market coupons and will be here under the tent on

**October 19th : 10:30- 1:00 pm**

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.



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## SOCIAL SERVICE STAFF SCHEDULES

### Staff Schedules:

Sheila Dzengelewski	Mon-Fri	9-3
Sandra Cloutman	Mon-Fri	8-3
Maryanne Pierce	Mon-Fri	8-3
Amber Moutsoulas	Mon-Fri.	8-3

### *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.

## 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.

Please be sure to support our sponsors, as they make the printing of our Newsletter possible. Thanks!

**MICHAEL L. EIDELMAN, D.M.D., F.A.G.D.**

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# Medicare Savings Programs

From the Massachusetts Executive Office  
of Elder Affairs and MassHealth

## Want to Save money on your Medicare coverage?

A new state law in Massachusetts is expanding several Medicare Savings Programs (also known as “MassHealth Buyin” programs).

These programs help older residents and people living with disabilities save money on their Medicare coverage.

If you are a Massachusetts resident with limited income and assets, who is eligible for Medicare, you may qualify for a Medicare Savings Program that will pay out monthly Medicare Part B premium, which is now deducted from your Social Security benefit. In certain cases, a Medicare Savings program may also pay your out-of-pocket Medicare Part A and Part B costs and your Part A premium (if you have one).

*It started on January 1, 2020...* the Income and asset limits for the Medicare Savings Programs are increasing, meaning more people will be able to get help paying for Medicare.

*If you qualify for a Medicare Savings Program you will also automatically qualify for Extra Help, a program that will help pay for your prescription drugs under Medicare.*

## Three (3) Easy Steps to See If You Qualify:

Learn about the new income and asset limits: If your income and assets are at or below the amounts listed here, you may qualify for help from one of several Medicare Savings Programs.

You are a

Single Individual  
Married Couple

Your income is at or below

\$1711/month  
\$2396/month

Your assets are at or below

\$15,940  
\$23,920

Please call Social Services at (978) 531-2254 with any questions you may have.



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



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**“In the end, it’s not  
the years in your life  
that count. It’s the life  
in your years.”  
Abraham Lincoln**



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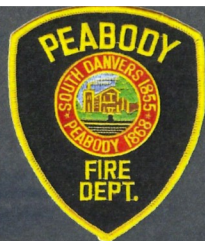
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## October TRIAD News

Community  
Connect

### PEABODY COMMUNITY CONNECT

Together, Building a Safer  
Community Through Prevention,  
Preparedness & Response

**CREATE OR UPDATE YOUR PROFILE TODAY**



peabodyfire.org

#### 1 Create an account

Sign up for free and get started doing your part. It just takes your email, phone number and address.

#### 2 Enter the info that matters most

Enter valuable information that can help us assist you more effectively during an emergency.

#### 3 Help your Fire Department when seconds count

That's it. Just keep us updated when things change over time so we can always be prepared.

### WHAT KIND OF INFORMATION CAN I PROVIDE?

#### For Households

Any information you provide through Community Connect is completely voluntary and based on what you are comfortable sharing. We have made it easy for you to know what may be important by organizing your secure portal into buckets of information you can enter.

#### For Businesses

Provide First Responders with critical information, valuable emergency plans and more - available at a moment's notice in the event of an incident - for your business, school, age-care facility, or other public location. Stay aware with notifications from First Responders through text messages in the event they are ever dispatched to your property.



Your Property



Your People



Your Plans



Your People



Your Needs



Your Pets



Your Property



Your Contact Info

### HOW SECURE IS MY DATA AND HOW IS IT USED?

Data that you provide Community Connect is secure and is used only for the purpose of better serving you during emergency situations. Your information is never used for any other purpose. All logins are password protected with bank level encryption and security. If you're comfortable logging in to your online bank you'll be comfortable logging in to Community Connect.



Community Connect is  
**Safe & Secure**



## **MICHAEL F. "MIKE" ZELLEN, PRESIDENT OF FRIENDS REPORT: OCTOBER 2021**

### ***Come on Down & Enjoy Daily Activities & Lunch***

As you know the Center is open 5 days a week and all activities, classes, and workshops except for Bingo are in full swing. The fitness room is also open for your daily workout. A delicious lunch is also available every day in the dining room.

While the Center is open there is currently a requirement for masks to be worn when entering the building and remain on while in the building. This policy is in effect due to the uptick with the virus and to protect each other from possible transmission of the virus.

### ***Monthly Birthday Celebrations Are Back***

Celebrate your Birthday with a *"Free Lunch" and Birthday Cake!* Each month on the first Tuesday we celebrate our "Friends" who will be celebrating their birthday during the month. October's celebration will be held on October 5th at 11:30am in the dining room. Just sign in with the Ladies at the table at the door to receive your free lunch! The oldest person will receive a rose and a balloon, generously donated by The Friends of the Peabody Council on Aging.

### ***Planning Ahead for Thanksgiving***

Due to the inability for large numbers of people to gather in the dining room, the Annual Thanksgiving Celebration will not be held as in past years; however, through the generosity of the Board of Directors of the Friends of the Peabody Council on Aging, a delicious full Thanksgiving Dinner and a Pie will be available for pick-up during Thanksgiving Week.

For those unable to come by and pick-up the dinner arrangements can be made for delivery. Full details and sign-up requirement will be published in the November edition of Tips & Topics.

The Friends Board of Directors hope that you had an enjoyable Summer and wish all our Members a Fall Season filled with Love, Family, and Friends.

**Happy Halloween  
to all!**

*Friends Care - Friends Share*



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

### **In Honor of the PCOA Staff:**

Sheryl L. Campbell, John and Shirley Griffin, Olivia Gullotto, Cheng-Yeh Lin, Mirtha Manon  
**In Honor of the following for helping to fund our program for delivering meals to home bound seniors:** Cheng-Yeh Lin, John Burke and Mary McDonough, Catherine Moran

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

### **In Memory of Paul Bonsaint:**

Andrew Metropolis

### **In Memory of James Brennan:**

Barbara Legere

### **In Memory of Linda Cavallon:**

Dorothy Taylor

Joan and Buddy Trabucco

### **In Memory of Carol Dumont:**

Roland W. Dumont, Jr.

### **In Memory of Joseph Edry:**

Rita Edry and Family

### **In Memory of Alice Fabrizio: Judith Fabrizio**

### **In Memory of Merrill Greaves: Maria Greaves**

### **In Memory of Barbara Koutrakis:**

Bob Horrocks

### **In Memory of Peter Leondires:**

Evangeline Leondires

### **In Memory of Joel Marron: Diane M. Donahue**

### **In Memory of Gerald (Jerry) Pelequin:**

Nancy E. Hanlon

### **In Memory of Walter Sarowsky:**

Caroline Busta, Paula S. Clickstein,

Scott and Brenda Ferris, Rosemarie Grillo

### **In Memory of Desi Tagliamonte:**

Andrew Metropolis

### **In Memory of Kathleen (Kathy) Walsh:**

Ann and Joe Birkner

### **In Memory of Unknown: Lisa Byers**

### **In Memory of Robert Waitt:**

Susan & Kenneth Atkins, Maureen Bik,

Ann Marie Bourque, Roccie and Gail

Caputto, Carol and Bob Carter, Robert

Clocher, Joseph Colella, Dolores DeCoff

(Love, Tunie & Thom), Barbara Legere,

Michael & Nancy Markiewicz, Sharon and

Victor Mastone, Steven Painchaud (from

Brenda), Francis Murphy, James Pelrine,

Joan and Frank Pokrant, Jane Reid,

Catherine & David Ryder, Recore Trading

Company LLC, Joanne R. Woolridge



**2021 Friends Board Meetings: Dec. 6**



## PEABODY COUNCIL ON AGING

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

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# October 2021

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.

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