

October  
2023

# TIPS & TOPICS



PEABODY COUNCIL ON AGING  
Peter A. Torigian Senior Center  
79 Central Street, Peabody, MA 01960  
Monday-Friday 8:00AM - 3:00PM  
Ph: (978) 531-2254 / Fax: (978) 531-7176  
www.peabodycoa.org / Find us on Facebook!



Live Peabody  
An Age Friendly Community

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

## STAFF DEVELOPMENT DAY

The Torigian Senior Center  
will be **CLOSED** on **Friday, October 27th**  
for **Staff Development**. Thank you.

## FLU CLINICS

offered at the PCOA



CHASSEA ROBINSON, Public Health Nurse for the City of Peabody will be having Flu Clinics at the PCOA, on the following dates...on Wednesdays: October 4th, October 25th, November 8th & on Thursday, November 30th

*The Health Department will bring both the High Dose flu vaccine and the standard flu vaccine to each of these clinics.*

**BE SURE TO BRING  
YOUR INSURANCE CARD!**

Please note that **all clinics are from 1:30 - 4:00 pm.**

Pre-registration (via a website link) will be available as well as onsite registration.

One Stop shopping to find COVID guidance, masks, vaccines, treatment and testing options: [COVID.gov](https://www.covid.gov)

**For more information, please call Reception at 978-531-2254**

## Melanoma Presentation

Speaker - **Steve Fine** is the founder and President of the **Melanoma Education Foundation**.

He will be here at the senior center to speak about early prevention of melanoma skin cancer.

Wednesday, October 18th  
at 12:30 in Jubilee Hall

Please sign up at the Front Desk!



## October TRIAD news!

There will be an **Outreach Event** at the Torigian Senior Center on **Thursday, October 12<sup>th</sup> 2023** 9:30 – 11:30 a.m. in the front lobby.



Police, Fire, Cataldo Ambulance and Peabody Municipal Light Plant all in one!



Crime Prevention Month  
Fire Prevention Week  
Public Power Week



### The Book Club

Our Book Club is run by Cate Merlin. Cate picks out and distributes the books to each participant. Due to the Sept. cancellation the October discussion will be on "The Lincoln Highway" by Amor Towles.



Wed. Oct. 11th  
from 10:30am - 11:30am  
in the Conference Room

### October Birthday Celebration Tuesday, Oct. 3, 2023

Please register in the dining room for a  
**free meal between 10:00—11:00!**



**Sept. Birthdays** were: Cynthia Kolhonen, Eva Alexes, Judy Enos, Joe DiBartola, and Jeannie Reim.



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

### **LOW VISION GROUP**

Our Low Vision Group will meet on  
Wednesday, October 11  
From 12:30pm - 2:00pm  
In Classroom A



### **Veterans Meeting**

Our Veterans Group will meet on  
Tues. Oct. 17th  
from 9:30 - 10:30  
In Classroom A.



The DAV Group will meet on Wed.  
Oct. 18th from 9:30 - 11:00,  
in the Conference Room

### **KARAOKE!**

The Friends are sponsoring Karaoke  
on Tuesday, October 24th  
from 12:30—2:00 pm  
in Jubilee Hall



The top male and female  
singers will receive a  
\$25.00 gift card  
to Market Basket!

### **CRAZY CARDS**



**Wednesday, Oct. 25, 2023**  
**In the Computer Room**  
**12:15—3:00pm Cost - \$3.00**

Tickets must be purchased by Oct. 18th!

Crazy Cards is a fun card game with  
twists and turns on Whist! There are  
prizes for the four top scorers.

*We provide a light refreshment*

**Please sign up at the Front Desk for  
your \$3.00 ticket by Oct. 18th**

### **MOVIE TIME**

Our Movies will be shown in  
Jubilee Hall from 12:15 – 2:15

Tues. Oct. 3 - "Cinema Paradiso"

Tues. Oct. 10 - "Quackser Fortune  
Has a Brother in the Bronx"

Tues. Oct. 17 - "Sixty Six"

Tues. Oct. 31 - "Passionada"



*Enjoy some popcorn while you watch!*

### **CARD MAKING with SOPHIA**

Friday, Oct. 20th from 12:30 - 1:30  
In Classroom A



Limited to 10 people!

Please sign up at the Front Desk

**Hearing Screenings** - Joe from Apex Hearing will be here on Thurs. Oct. 26th  
from 10:00am to 1:00pm. To make an appointment call 978-531-2254.

**Senator Joan Lovely** office hours at the PCOA on Mon. Oct. 16th from 9 - 10am

**Phone & Computer Help** - Fri. Oct. 6 & 20th - from 9:00am - 11:00am

**Ping-Pong** - Mondays & Fridays 1:00 - 3:00pm in the Computer Room



# Kitchen Happenings!

**Hello Everyone! As you all know our Café is well underway, and it has been featuring some really delicious specials! We have our lovely Chef Cathy, whom we all just adore, and many awesome volunteers as well, who welcome and serve patrons with a smile every day.**

**But there have been some major changes in our dining room kitchen we want to share with you. Our long time chef Washington, and his assistant Gil have moved on to different endeavors, and although we will truly miss them, we wish them all the best!**

**You may have noticed some new faces in there recently, Jimmy and Pat, our amazing chefs! They have been whipping up some awesome lunches for all of us and we are so lucky to have them! We can't forget Bob, who works out back with the chefs and Victor, who also assists in the kitchen as well. Wow!! If you see them, please welcome them!**



**And from the whole staff here at the Council on Aging, we thank you for all your hard work and everything else you do for our seniors. We hope you have many happy years cooking in our kitchen and in our café!**

## 'Friends Cafe' October Special!



**Our Gourmet Grilled Cheese Sandwich and Fall Salad were so popular, we are going to feature them for the month of October as well!**

## Café News!!

You've all been asking, so we are really excited to announce that...

***BREAKFAST***  
***will start being served***  
***on Tuesdays & Thursdays***  
***starting in November!***

Stay tuned for the breakfast hours and the specials that we will be offering.

The Café is ***CLOSED:***  
Thursday, October 12th  
and Friday, Oct. 27th.

**Please continue to support our sponsors! Our newsletter would not be possible without them.**

Tel (978) 532-7177

Fax (978) 531-9939



Rani Varghese, DMD

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## Peter A. Torigian Senior Center

OCTOBER  
2023Lunch is served  
promptly at 11:30 a.m.Meal Cost: \$5.00  
Friends Members: 4.00

Monday	Tuesday	Wednesday	Thursday	Friday
2 <u>Cheeseburger</u> Sautéed Cabbage Chips Watermelon	3 <u>Chicken Pot Pie</u> Potato Salad Greek Salad  Birthday Cake 	4 <u>Tuscan Tuna Salad</u> Italian Garden Soup Crackers Potato Salad Vanilla Pudding with Fruit	5 <u>Shepherd's Pie</u> Gravy Salad with Strawberries Raspberry dressing Banana Cake	6 <u>Lemon Pepper Fish</u> Mashed Potatoes Broccoli and Cauliflower Chocolate Chip Cookie
9 Center Closed  Columbus Day	10 <u>Vegetable Quiche</u> Oven Brownd Potatoes Tomato Soup/ Crackers Chilled Apricots	11 <u>Turkey Sandwich</u> Cheese Lettuce, Tomato, Onion Pickle/Mayo Broccoli Cheddar Soup	12 <u>Chicken Cordon Bleu</u> Gravy Scalloped Potatoes Caesar Salad Lemon Meringue Pie Pub Cheese and Triscuit Crackers <b>Café Closed</b>	13 <u>Oriental Chicken Salad</u> on Mixed Greens Dressing Cold Vegetable Lo Mein Noodle Salad Wheat Pita/Fortune Cookie & Chilled Mandarin Oranges
16 <u>Chicken Parmesan</u> Ziti Greek Salad Garlic Bread Chilled Diced Pears	17 <u>Italian Sausage</u> On A Roll Onion/Peppers Oven Fries/Ketchup Cole Slaw Ice Cream	18 <u>Cheese Lasagna</u> Apple Juice Meat Sauce Green Beans Yogurt	19 <u>Baked Meatloaf</u> Onion Gravy Corn Roast Potatoes Chilled Pears	20 <u>Baked Haddock</u> Lyonnaise Potatoes Peas/Red Pepper Chilled Peaches
23 <u>Hamburger Stroganoff</u> Over Noodles Mixed Vegetable Cookie	24 <u>The All American Hot Dog</u> Tomato, Onions, Pickles Beans Homemade Coleslaw Rice Pudding	25 <u>Stuffed Peppers</u> Steamed Potato Peas & Onions Fruit Cup	26 <u>Chicken Salad</u> Sandwich Chips Corn Chowder Banana Cake	27 CENTER CLOSED  STAFF DEVELOPMENT
30 <u>Chicken Piccata</u> Lyonnaise Potatoes Fresh Baby Car- rots Ice Cream	31 Happy Halloween Spooky Music <u>Roast Beef</u> Gravy Roasted Potatoes Fresh Baby Carrots Lemon Meringue Pie 	<b>IMPORTANT LUNCH CHANGES</b> Diners need to purchase their lunch tickets between 10:00-11:00 am! They <b>WILL NOT</b> be sold after 11:00 am!	<b>Frozen Meals-To-Go</b> Can be purchased in the dining hall from <b>10:00 - 12:00</b> & only <b>cost</b> <b>\$3.00!</b> 	





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**

**Attention Shoppers!!**

**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 Street,  
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 up until 2:00 pm 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 by at least by 2:00 pm 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. (Thankyou 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 YOUR HAIRDRESSER IS LOCATED IN PEABODY**





# The Mayor's Senior Day... at the COA!

As we all know there is nothing we can do about the weather...more importantly, the safety of our seniors are always of the utmost importance! Keeping that in mind, we were pleased to be able to have Senior Day inside the center this year. It may have been a little different, but the efforts that it took to make it a memorable day for everyone was a success. Mayor Bettencourt graciously addressed everyone with his witty sense of humor about the weather conditions and was sure to credit Carolyn and her team for putting this together in record time. He also introduced everyone that was on hand that day and wow, did we have amazing help! Special thanks to the police and firemen, City Hall staff, state house employees, COA staff and volunteers and especially Joanne Roadan from Brooksby Farm! What an amazing group of people. We can't thank you all enough for coming down and helping us out! with one of the biggest events of the year!





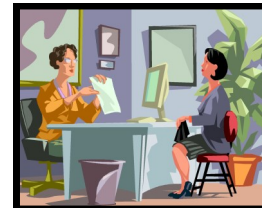
# Open Enrollment is here!! *Medicare's annual Open Enrollment*

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 2024.

**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.



**OPEN ENROLLMENT IS BY APPOINTMENT ONLY!**  
**You MUST BE A PEABODY RESIDENT to schedule an appointment... by calling 978-531-2254.**

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

*Marie Bishop*



www.bishopseells.com  
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## USE YOUR FARMERS MARKET COUPONS AT OUR POP-UP FARMSTAND

Thursday, October 12th  
 between 12:30 to 2:00 pm

Newhall Fields Community Farm  
 (behind Tillie's Farmstand)  
 193 Lynn Street, Peabody, MA



We accept farmers market coupons, cash, checks, credit/debit cards and SNAP/EBT/HIP for fresh nutritious produce grown right here in Peabody!

Free street parking is available on Lynn Street. If you need a ride to the farm, please call the Senior Center at 978-531-2254, and ask for transportation. The shuttle will leave the Senior Center at 12:30 pm and return at 1:30 pm.

Brought to you by Newhall Fields community Farm and the Peabody Council on Aging

### 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.



### 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!





# Need help buying groceries? SNAP can help!



## SNAP can help you buy healthy food.

- It is fast & easy to apply
- Buy food in stores & online (multiple retailers)
- SNAP is not considered in a “public charge” test
- If you are not a US citizen or eligible immigrant, it is safe for you to get SNAP for an eligible family member (like your US citizen child)

## Am I Eligible for SNAP?

Household Size	Your Monthly Income (before taxes)*	Monthly Maximum SNAP Amount**
1	\$2,430	\$281
2	\$3,287	\$516
3	\$4,143	\$740
4	\$5,000	\$939
5	\$5,857	\$1,116
8+	+\$857	+\$211

\*Effective 2/1/2023

\*\*Effective 10/1/2022

## For more information/ apply for SNAP:



Scan code with phone camera to apply online



[DTAConnect.com](https://DTAConnect.com)



877-382-2363 Mon – Fri 8:15 am-4:45 pm



Mail or Fax a paper application

Get a paper application: [Mass.gov/SNAP](https://Mass.gov/SNAP)



In the community: local kiosk, SNAP outreach partner, DTA office

Find a location near you: [Mass.gov/ContactDTA](https://Mass.gov/ContactDTA)

## Points to Ponder... Jack Lawless

October: the Pumpkin and Spookiest Month

- In 1979 on the 1st, after 70 years of American control, the Panama Canal Zone was formally handed over to Panama.
- California's Redwood National Park was established on the 2nd in 1968.
- After 45 years of cold War division, East and West Germany were reunited as the Federal Republic of Germany on the 3rd in 1990.
- On the 5th in 1910, Portugal became a republic following a successful revolt against Manuel II.
- Jewish Holy day of Simchat Torah begins at sundown on the 7th.
- The first "talkie" opened in New York on the 6th in 1927. The Jazz Singer starring Al Jolson was the first full feature film using spoken dialogue.
- On the 9th is the national holiday Columbus Day, while some states celebrate it as Indigenous Peoples Day.
- Brazil became independent from Portugal on the 12th in 1822.
- The United States Navy was born on the 13th, 1775 after the Second Continental congress authorized the acquisition of the purchase of a fleet of ships.
- On the 16th in 1978, Cardinal Karol Wojtyla of Poland was elected as Pope. He was the first non-Italian Pope to be chosen in 456 years and took the name of John Paul II.
- The U.S. embargo of Cuba began on the 19th in 1960 as the State Department prohibited shipment of all goods except medicine and food.
- On the 21st in 1967, thousands of anti-war protestors stormed the Pentagon over the Vietnam War.
- President John F. Kennedy appeared on television on the 2nd in 1962 to inform Americans of the existence of Russian missiles in Cuba.
- The United Nations was founded in 1945 on the 24th.
- Harvard University named after John Harvard, Puritan was founded on the 28th in 1636 and is the oldest institution of higher learning in America.
- Happy Halloween on the 31st or All Hallow's Eve, an ancient celebration combining the Christian festival of All Saints with Pagan (Samhain) autumn festivals. Many think that Halloween activities such as Trick or Treating and Jack O Lanterns came from Ireland. When the Irish came to America they changed from turnips to pumpkins.



October is not only a beautiful month but marks the overlap of hockey, baseball, basketball ad football.

# GOD BLESS AMERICA AND OUR PATRIOTS!

We always appreciate when we get new sponsors! The printing of the newsletter wouldn't be possible without their support!

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

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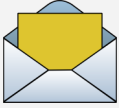
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**IN MEMORY OF/IN HONOR OF ENVELOPES:**

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/In Memory of Gifts to the PCOA:****In honor of Anna Gallo:**

For her generous gift to the PCOA

**In Honor of Frances Minsky & Charles Lawrence:**

For their very generous gifts  
in honor of the Transportation Department

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

**In Memory of Geraldine Jenkins:**  
Dolores O'Leary

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

We are an Adult 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 x134  
or email her at [slevenson@peabodycoa.org](mailto:slevenson@peabodycoa.org).**



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**MICHAEL F. "MIKE" ZELLEN, PRESIDENT  
OF FRIENDS REPORT: OCTOBER 2023**

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

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

***Monthly Birthday Celebrations***

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 3rd 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 Evans Florist.

***We are bringing Karaoke back!!***

The Friends are putting on another Karaoke afternoon on Tuesday, October 24th from 12.30 p.m. to 2:00 p.m. DJ Jane Mitchell will be here to lead the singing. Top male and female singers will receive a Gift Card. Come on down and join the fun.

***Seeking Applications***

The Friends of the Peabody Council on Aging, Inc. are accepting applications to fill a vacancy on the Board of Directors. We are seeking an individual with bookkeeping experience and who is familiar with Microsoft applications and QuickBooks. Anyone interested should request an application from Kaellen D 'Amour, Chairperson of the Nominating Committee.



*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!**

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

**In Honor of Rita Edry:  
Elliott Hershoff**

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

**In Memory of Rosa Alvernaz:  
Alice Pinto**

**In Memory of Stephanie Beaupre  
& Mark and Richard Burns:**

**Nancy Burns**

**In Memory of Ann Marie Connor:  
Joan Johnson**

**In Memory of Arthur H. Doyle:  
Barbara Doyle & Family  
Mary Lou Keenan**

**In Memory of John A. Gould:  
Millie Schweizer**

**In Memory of Geri Jenkins:  
Mary Lou Keenan**

**In Memory of Jack Kennedy:  
Patsy C. Juliano**

**In Memory of Shirley Parish:  
Ikuo & Terumi Shinzato**

**In Memory of Teddy Thrasivoulos:  
Jack and Elaine Marshall**

**In Memory of Nancy Weinburgh:  
Judith Enos**

The Friends of the PCOA have a PAYPAL account for donations for (In Honor of/In Memory of) Go to the PCOA Website: [www.peabodycoa.org](http://www.peabodycoa.org) and click on DONATE..

**Remaining 2023 Friends  
Board Meetings:  
December 4**



# PEABODY COUNCIL ON AGING

Peter A. Torigian Senior Center  
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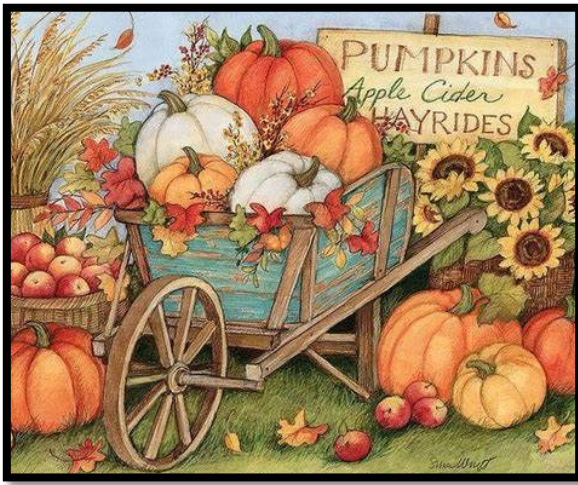
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# October 2023

Carol McMahon, Editor



## 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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