

September  
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!**



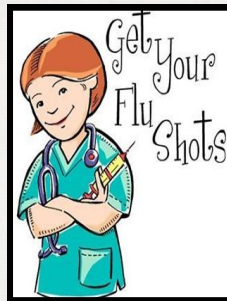
Live Peabody  
An Age Friendly Community

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

## Two FREE Flu Clinics Offered by the City of Peabody at the Peabody Council on Aging

Thursday, September 23rd  
10:00 am to 1:00 pm

Thursday, September 30th  
10:00 am to 1:00 pm



**High Dose** flu vaccine will be available for seniors **65 and over**, as well as the **standard** flu vaccine for individuals **under 65 years** of age.

Individuals should bring their Health Insurance cards and Medicare cards if they have them, but individuals will not be turned away if they are uninsured or underinsured.

For more information about the clinic or to pre-register, please call the Council on Aging at (978) 531-2254.

You **DO NOT** have to be a Peabody Resident to get your flu shot.

## The Movies are Back!

Earl Rosen will show three (3)  
Oscar winning movies in September!  
They will be shown in the Jubilee Hall  
From 12:15pm – 2:15pm



Tues. Sept. 7<sup>th</sup>  
"Green Book"

Tues. Sept. 21<sup>st</sup>  
"The King's Speech"

Tues. Sept. 28<sup>th</sup>  
"Driving Miss Daisy"

Peabody  
Goes  
Purple!



## PEABODY IS "GOING PURPLE"

from **September 21 to October 3rd**

to help raise awareness for the  
Alzheimer's Association and the  
Northeastern MA Walk to End  
Alzheimer's!

**Kicking off on September 21  
(World Alzheimer's Day)**

there will be events and programs  
**through Sunday, October 3rd**

to raise awareness and share  
information about free support  
services and educational programs  
for those facing Alzheimer's  
or another dementia.

### **COME JOIN US!**

On Tuesday, September 21<sup>st</sup>  
at 10:00 am our staff will be walking  
the track at the Senior Center to raise  
awareness about Alzheimer's disease.  
Then... Wednesday, September 22  
at 4:00 p.m. there will be a Caregiver  
Program at the Council on Aging.

Registration required by calling  
Carolyn at 978-531-2254.


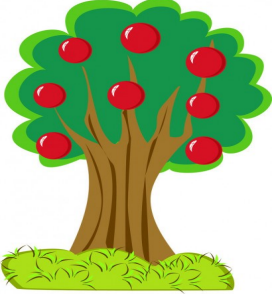
Lastly, our building will be illuminated  
in purple the week of September 26th  
to raise awareness as well!

## SEPTEMBER ACTIVITIES

<u>CLASS / ACTIVITY</u>	<u>ROOM</u>	<u>DAY</u>	<u>TIME</u>	<u>COST</u>
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	FREE
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. SEPT. 23RD	10:00 AM-1:00 PM	FREE
LOW VISION GROUP	CLASSROOM A	WED. SEPT. 8TH	12:00 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. SEPT. 21ST	9:30AM-10:30AM	Tom Moran 978-968-0999
DAV GROUP	COMPUTER ROOM	WED. SEPT. 15TH	9:30AM - 10:45AM	Donald White

## Peter A. Torigian Senior Center

**September 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> Reuben Sandwich Minestrone Soup Homemade Cole Slaw Watermelon	<b>2</b> Chicken Cacciatore W/ Peppers & Onions Pasta Greek Salad Tapioca Pudding	<b>3</b> Gallo Nero Pizza French Fries Ice Cream
<b>6</b> TORIGIAN SENIOR CENTER <b>** CLOSED **</b> <b>LABOR DAY</b>	<b>7</b> Italian Sub Beef Barley Soup Chips Tropical Fruit Cup	<b>8</b> Hotdog On A Roll Coleslaw Potato Salad Chilled Peaches	<b>9</b> Grilled Salmon/ Lt Bernaise Sauce Rice Pilaf Spinach Peaches And Strawberries	<b>10</b> Gallo Nero Pizza Caesar Salad Ice Cream
<b>13</b> Fish Sandwich with Cheese On a Roll Lettuce, Tomato, Onion Tartar Sauce Potato Puffs Pasta Salad Chocolate Pudding	<b>14</b> <b>Voting Day</b> <b>NO LUNCH</b>	<b>15</b> Squash Ravioli Corn and Pimentos Red Bliss Mashed Potato Garlic Dinner Roll Cookie	<b>16</b> Stuffed Cabbage Steamed Potatoes Salad Mandarin Oranges	<b>17</b>  <b>Italian Day</b> Vegetable Lasagna/ Escarole Soup Twice Baked Potato Ciabatta Bread With Dipping Oil Spumoni Ice Cream Dinner Music
<b>20</b> Chicken Marsala Mashed Potato Peas & Carrots Dreamsicle Jello	<b>21</b> American Chop Suey Italian Blend Vegetables Garlic Bread Tropical Fruit Salad	<b>22</b> Seafood Salad On A Hot Dog Roll Potato Salad Tomato Salad Cookie	<b>23</b> Baked Meatloaf/ Gravy Whipped Potatoes Peas & Onions Vanilla Pudding With Real Fruit	<b>24</b> Haddock Lyonnaise Potatoes Peas*/Red Pepper Chilled Peaches
<b>27</b> Meatball Sub Greek Salad French Fries Cheese and Crackers Ice Cream	<b>28</b> Pasta E Fagioli Soup Crackers Chicken Salad w/ Cranberries on roll Corn & Black Bean Salad Watermelon	<b>29</b> Beef Stew Stew Vegetables Parsley Boiled Potato Corn Bread Ambrosia Salad	<b>30</b> Rst Turkey/Gravy Cranberry Sauce Bread Stuffing Rst Butternut Squash Peach 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

**(REVISED!)**  
**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 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.







# The City Municipal Primary

will be held on:

**Tuesday, September 14th**

**From 7:00 am to 8:00 pm**

**The Torigian Senior Center  
will be a polling place for Ward 3.**

If you are unsure of your polling location,  
please contact the City Clerk's office at 978-538-5756.

If you would like to vote by mail, you may download the application  
from the city's website [www.peabody-ma.gov](http://www.peabody-ma.gov).  
You can also obtain an application from the Secretary of State's Office,  
or you can contact the City Clerk's office at City Hall.

**NO LUNCH will be served this day!** Classes will be able to meet,  
but again, we will not have a lunch program that day.



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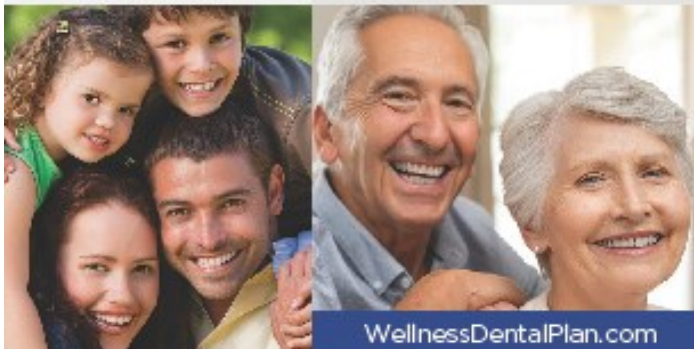
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## Points to Ponder... Jack Lawless

September: 20 Years since the  
9/11 TERRORISTS ATTACK MONTH

- On the 1st 1897, Boston opened the first subway in North America.
- The first ATM (Automatic Teller Machine) was installed on the 2nd in 1969.
- The Treaty of Paris was signed Sept. 3, 1783 ending the American Revolution War.
- The Labor Day holiday is observed on the 6th with the starting of the Jewish holy day Rosh Hashanah beginning at sundown.
- Google, the search engine, was founded on the 7th in 1998.
- The 2021 NFL football season opens on the 9th with Super Bowl Champs, the Tampa Bay Buccaneers hosting Dallas while the Patriots play at home against Miami on the 12th.
- Patriots Day, in remembering the victims of the terrorist attack twenty years ago, will be observed on the 11th.
- Happy Grandparents Day on the 12th!!!!
- **Remember there is a City of Peabody voting primary on the 14th! Also, on the 14th the primary election is for Electric Light Commissioner and Wards 4&5 Council Seats!**
- Jewish Yom Kippur starts @ sundown on the 15th.
- Boston was founded as a city on the 17th in 1630, three years after the founding of Salem in 1626. The U.S. Constitution was also signed in 1787 on the 17th.
- The start of fall (Autumnal Equinox) begins @ 3:21 pm on the 22nd. The full moon on this date is the Sturgeon Moon but it is sometimes called the Fruit Moon, Grain Moon and the Green Corn Moon.
- Babe Ruth became the first player to hit 60 home runs in a single year on the 30th of this month in 1927.



*"If it's Fair on the 1st, It will be Fair all month!"*

**GOD BLESS AMERICA AND OUR PATRIOTS!**

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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)



## Farmer's 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

**Tuesday, September 21st & Tuesday, October 19th**  
**from 10:30 until 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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# Medicare: OPEN ENROLLMENT!

It is almost 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 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.

**Counselors will only be available  
for remote counseling over the phone.**

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.



## Meet the Social Workers! In the Dining Room



Every Wednesday  
between 10:00 and 11:00 am.  
Dates: September 1, 8, 15, 22, 29  
*Hope to see you there!!*

## FRIENDLY TELEPHONE CALLS

Would you like someone to talk to? We can provide a weekly telephone call to seniors who live in Peabody who may be lonely and would like to hear a friendly voice. If interested, please call Amber at (978)531-2254



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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## September TRIAD News...



This information is being shared by **Peabody TRIAD** in honor of **National Falls Prevention Month**. The Peabody TRIAD council designs and supports programs to improve the quality of life for our senior citizens.

Falls affect us all—whether personally or someone we love or care about. According to the Centers for Disease Control and Prevention, every second of every day an older adult falls. In 2015 alone, more than one in four older adults reported falling and more than 28,000 older adults died as a result of falls — that's 74 older adults every day.

There are simple steps you can take to prevent falls and decrease falls risks. CDC developed the **STEADI (Stopping Elderly Accidents, Deaths & Injuries)** initiative which includes educational materials and tools to improve fall prevention.

**Please call Sheila @ 978-531-2254 x118 to request a "Check for Safety" brochure to help identify and eliminate fall hazards in the home.**

### Check for Safety

A Home Fall Prevention Checklist for Older Adults



**STEADI**  
Stopping Elderly Accidents,  
Deaths & Injuries

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**"You are as young as your faith,  
as old as your doubt; as young  
as your self-confidence, as old  
as your fear; as young as your  
hope, as old as your despair."**

**Douglas Macarthur**

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**IN MEMORY OF  
& IN HONOR OF  
ENVELOPES:**

Envelopes are available to remember a deceased individual or to honor an individual or group by a donation to the *Friends of The Peabody Council on Aging*. Envelopes are also available that will send your donation to the *Roger B. Trask Adult Day Health Program, City of Peabody*. Donations help to fund the scholarship and Activity Programs in the Trask Center. Both envelopes are available at the local Funeral homes and at the reception area at the Peter A. Torigian Senior Center. All donations will be listed in *Tips & Topics*.

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

**In Honor of Anna Gallo:**

For her generous gift to the PCOA

**In Honor of Robert and Kris Gillis:**

For their generous gift to the PCOA

**In Honor of Catherine Tassinari:**

For helping to fund our program for delivering meals to homebound seniors

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

**In Memory of Dorothy Hamilton:**

Rosalie Clewer, Carole & Melvin

Dembosky, Jeanne Katz, Daniel &

Lisa LaForge, Phyllis Myers, Madeline

Pimenta, Patricia Willis

**In Memory of Walter Sarowsky:**

Patricia and Roland Morency

**In Honor of Gifts to the  
Trask ADH Scholarship Fund:**

**In Honor of Kaellen D'Amour:**

For her generous gift to the Trask ADH Scholarship Fund



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

**In Memory of Mary Duff:**

The Moutsoulas Family

**In Memory of David Bik:**

The Moutsoulas Family

**In Memory of Dorothy Hamilton:**

Catherine Tassinari, Carolyn Wynn

**In Memory of Gloria Lawrence:**

Edward Quinn

**ROGER B. TRASK ADULT DAY HEALTH PROGRAM:** For more information on our Adult Day Health Program, please call our Program Coordinator: Susan Levenson, RN at 978-531-2254 Ext. 134...or email her at [slevenson@peabodycoa.org](mailto:slevenson@peabodycoa.org).



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

**Come on Down & Enjoy September Activities!**

As you may know the Peter A. Torigian Senior Center is back open and operating five days a week. All classes and most activities (with the exception of Bingo), Health/Wellness Clinics and Support Groups are in full swing. And it is great to see all the smiling faces enjoying their visits to the Center.

Lunch is served every day and a monthly menu is available at the front desk.

Lunches are available for \$3.00 per person. Come on down and enjoy a meal with your fellow seniors.

*Due to pandemic both the Brooksby Farms "Senior Day" and the International Festival have been cancelled this year.*

In the July and August issues of the Tips & Topics it has been mentioned that the Friends of the Peabody Council on Aging, Inc. is planning and will be sponsoring a festive "*Welcome Back Celebration*." The Friends had hoped to schedule this event during the month of September; however, with the resurgence of Covid-19, practicing limitations on the number of people allowed inside at one time are in place at the Center. Since the 4<sup>th</sup> of July, there has been a steady drumbeat of discouraging COVID-19 news. Infections are climbing and Director Carolyn Wynn and her staff have determined that due to the number of people who would be in attendance, the Welcome Back Celebration sponsored by the Friends should be held later in the fall. Once a date has been determined it will be announced in the Tips & Topics.

**September has arrived and brings with it cooler weather and the beginning of Fall.**

*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.*

**Friend Care – Friends Share**



**In Honor of Gifts to the Friends of the PCOA:****In Honor of Sheila Dzengelewski:**

Maria da Luz Soares

**In Honor of James Moutsoulas:**

(Happy Birthday Dad!)

Demi &amp; Amber Moutsoulas

**In Honor of Catherine Tassinari:**

Elaine Hammond

**In Honor of the PCOA Staff:**

Charlotte Bloch, Mary Donlon, Barbara Efstathopoulos,  
Steven Feldman, Elaine Hammond, Freda Kravetz,  
Eugene J. Pellizzaro, Joan Trabucco

**In Honor of Catherine Moran:**

For helping to fund our program for delivering  
meals to home bound Seniors

**In Honor of Roberta Swift:**

For helping to fund our program for delivering  
meals to home bound seniors

**In Honor of Transportation:**

Elaine Hammond

**In Memory of Gifts to the Friends of the PCOA:****In Memory of Richard L. and Mark Burns:**

Nancy C. Burns

**In Memory of Joel Marron and Cara Murtagh:**

Kim and Carol Murtagh

**In Memory of Sally Silva and Carmie Howcroft:**

Addy Emmett

**In Memory of Linda Cavallon:**

Joan Johnson

**In Memory of Nancy Delivorias:**

Jody and Cheryl Chadwick, The Law Office of  
Elaine M. Dalton PC, Donald Martinage, Fran McClure,  
Shirley Parish

**In Memory of Jacqueline Demers:**

Ikou and Terumi Shinzato

**In Memory of Richie Greaves:**

Ikou and Terumi Shinzato

**In Memory of Dorothy Hamilton:**

Joan Johnson, Cynthia Kolhonen, Natalie Maga,  
Linda McKenna, Amber Moutsoulas, Millie Schweizer,  
Dorothy Taylor, Jacqueline Torigian

**In Memory of Dorothy Hamilton:**

(Celebrating a lifetime of Friendship, Love and Laughter)

Gary Jones

**In Memory of Dorothy Hamilton:**

(We celebrate a beautiful person and a lovely  
life we were fortunate to be a part of for so  
many remarkable years)

Gary Jones

**In Memory of Shirley Hubert:**

Terumi Shinzato

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

Virginia Leo

**In Memory of Raymond R. Lussier:**

The Moutsoulas Family

**In Memory of Helen C. Oteri:**

John F. Oteri

**In Memory of Robert Waitt:**

Pat Fabucci, The Moutsoulas Family,  
Dianne Hannus, Michael Legere, Steven  
Painchaud

**In Memory of Robert Waitt:**

Condolences from Bob, Bette and Lizzie  
Cunningham

**In Memory of Robert Waitt from the Harold  
Waitt Family:**

Elizabeth Waitt

**In Memory of Michael Schulz and Ed Lucas:**

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**2021 Friends Board Meetings:****September 13, December 6**



# PEABODY COUNCIL ON AGING

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## September 2021

Carol McMahon, Editor

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