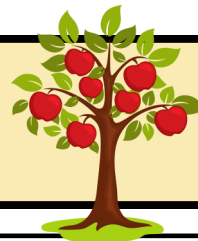


September
2023

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

Mayor Bettencourt's 9th Annual "Senior Day" at Brooksby Farm

Wednesday, September 13th:
10:00 am to 1:00 pm

Please join Mayor Bettencourt and the PCOA staff
in celebrating this exciting Senior Event!

There will be a complimentary lunch consisting of our scrumptious, grilled
hot dog served with potato salad and coleslaw. For dessert, an ice cream sundae!
(Feel free to bring your own lunch if you wish.)

There will be enjoyable hayrides, tours of the historical properties
and plenty of time to shop inside the farm stand for fruits and veggies!

Music will be provided by our pianist from The Golden Echoes, Dan Murphy, and some bandmates!



If you want PCOA Transportation, please be inside
our lobby by 9:00 a.m. Please sign up at the front
desk, even if you are not taking our transportation.



FLU SHOTS
will also
be available
this day.

(Parking is provided in the Brooksby Farm field, which will be
clearly marked for guests, and attendees will be bused to the event area.)

New England Wood Carvers Show and Model Ships too!

"SPIRIT OF WOOD"

at the Torigian Senior Center: Sunday, October 15th: 10:00 am to 3:00 pm

This fair is FREE! Don't miss it!

There will be lots of raffles and soap carving for
the kids. Unique carvings from individual artists will
also be for sale and there will also be an abundance of
woodcarvings from all over New England on display.

And don't forget to see all the Model Ships being
displayed in the computer room! They are truly amazing!



'Friends Cafe' September Special!

Fall is right around the corner so it is time to think about getting those cozy blankets out, sitting by a warm fire and having a heartwarming meal. What better way to start the season off by coming into the Café and having a hot delicious sandwich to give you just that September warmth...This month we are featuring a



Gourmet Grilled Cheese Sandwich
with apples, bacon, caramelized onions and
white cheddar cheese on multigrain bread **Wow! Yum!**



Pictures from the 2023 Friends Barbeque!



Celebrating KAY MORROCCO

who turned **103** years young
on August 10, 2023!!

Joined by Director Carolyn Wynn and
Carol McMahon, Kay was honored
with a bouquet of flowers and a very
Happy Birthday sung by all
the seniors and staff at the COA.



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

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Fax (978) 531-9939



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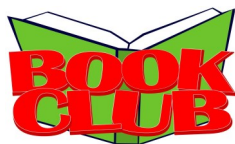
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Fax: 978-531-4607

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The Book Club

Our Book Club is run by Cate Merlin. Cate picks out and distributes the books to each participant. They are reading "The Lincoln Highway" by Amor Towles. **Due to Brooksby Farm Day**, this month they will meet on the third Wednesday.



Wed. Sept. 20th
from 10:30am - 11:30am
in the Conference Room

September Birthday Celebration Tuesday, Sept. 5, 2023



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

August Birthdays were: Tom Hosman, Tony Schettino, Elbert Gardner, Mary Fronczak and Robert Levion

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

LOW VISION GROUP



Our Low Vision Group will not have a regular meeting this month. We will reserve a table for members that attend *Brooksby Farm Day* on Sept. 13th

Veterans Meeting

Our *Veterans Group* will meet on **Tues. Sept 19th from 9:30 - 10:30**
In Classroom A.



The *DAV Group* will meet on **Wed. Sept. 20th from 9:30 - 11:00,**
in the Conference Room

\$\$ "GIFT CARDS" \$\$

We now have gift cards that can be used for our exercise classes! They cost \$25.00 and have five \$5.00 punches. Our exercise classes cost \$5.00 a class, which is paid ahead at the beginning of the month. What a great gift to give someone you know that takes a class here!
To purchase one, come see Judy or Laurie



MOVIE TIME

Our Movies will be shown in Jubilee Hall from 12:15 – 2:15
Tues. Sept. 5 - "Mrs. Harris Goes to Paris"
Tues. Sept. 19 - "Runaway Bride"
Tues. Sept. 26 - "Father Goose"



Enjoy some popcorn while you watch!

CRAZY CARDS WILL RETURN!



Wednesday, Sept. 27, 2023
In the Computer Room
12:15—3:00pm Cost - \$3.00

Tickets must be purchased by Sept. 20th!

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 Sept. 20th

SAVE THE DATE

The Friends of the PCOA will be hosting another Karaoke event, here in the Jubilee Hall on Tues. **October 24th** at 12:30pm.
It's always a great time!!

Hearing Screenings - Joe from Apex Hearing will be here on **Thurs. Sept. 28th** from 10:00am to 1:00pm. To make an appointment call 978-531-2254.

Senator Joan Lovely office hours at the PCOA on **Mon. Sept. 18th** from 9 -10am

Phone & Computer Help - **Fri. Sept. 1st & 15th** - from 9:00am - 11:00am

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



Peter A. Torigian Senior Center

September
2023

Lunch is served
promptly at 11:30 a.m.

Meal Cost: \$5.00
Friends Members: 4.00

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Frozen Meals-To-Go Can be purchased in the dining hall from 10:00 - 12:00 & only cost \$3.00!</p>	<p>IMPORTANT LUNCH CHANGES Diners need to purchase their lunch tickets between 10:00-11:00 am! They WILL NOT be sold after 11:00 am!</p>	<p>Menu Subject To Change Without Notice</p>		<p>Seafood Salad On A Hot Dog Roll Potato Salad Tomato Salad Cookie</p>
<p>4 SENIOR CENTER CLOSED LABOR DAY</p> 	<p>5 BBQ Pulled Pork on Roll/Oven Fries Ketchup/Salad Sautéed Cabbage Dreamsicle Jello</p> <p><i>Birthday Cake</i></p> 	<p>6 Italian Sub Beef Barley Soup Chips Tropical Fruit Cup</p>	<p>7 Grilled Salmon Lt. Bernaise Sauce Rice Pilaf Spinach Peaches & Strawberries</p>	<p>8 Italian Day </p> <p>Vegetable Lasagna Escarole Soup Twice Baked Potato Ciabatta Bread With Dipping Oil Spumoni Ice Cream Dinner Music</p>
<p>11 Swedish Meatballs Gravy Mashed Potatoes Peas & Carrots Chocolate Pudding</p> <p>Café Closed</p>	<p>12 Voting Day</p>  <p>No Lunch Today Café Closed</p>	<p>13 Senior Day (Brooksby Farm)</p> <p>Hotdogs </p> <p>Potato Salad Home Made Coleslaw Ice Cream Sundae</p> <p>Center Closed</p> 	<p>14 Turkey Sandwich w/Cheese Lettuce, Tomato, Onion Pasta Salad Marinated Tomato Salad Cookie</p> <p>Café Closed</p>	<p>15 Gallo Nero Pizza Caesar Salad Ice Cream</p> <p>Café Closed</p>
<p>18 Chicken Pot Pie Mashed Potato Greek Salad Tapioca Pudding</p>	<p>19 Italian Sausage On A Roll Onion/Peppers Oven Fries/Ketchup Cole Slaw Chilled Mixed Fruit</p>	<p>20 Lasagna Meat Sauce Zucchini & Summer Squash Garlic Dinner Roll Watermelon</p>	<p>21 Roast Turkey Gravy Cranberry Sauce Bread Stuffing Rst Butternut Squash Cherry Pie</p>	<p>22 Potato Crunch Fish Tartar Sauce Whipped Potatoes Green Beans Bread Butterscotch Pudding</p>
<p>25 Swedish Meatballs Gravy Mashed Potatoes Beets Ice Cream</p>	<p>26 American Chop Suey Green Beans Garlic Bread Custard Pie</p>	<p>27 Oriental Chicken Salad on Mixed Greens Dressing/Cold Vegetable Lo Mein Noodle Salad Wheat Pita Fortune Cookie</p>	<p>28 Yankee Pot Roast Gravy Red Bliss Potatoes Peas/Onions Banana Cake</p>	<p>29 Tuna Salad on Wheat Tomato Florentine Soup Crackers Bread/Mayo Corn & Black Bean Salad Fruit Cup</p>



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**



WeCare Senior Outreach Program

North Shore Public Health Collaborative offers a community outreach program for older adults.

North Shore Public Health Collaborative offers a community outreach program for older adults.

Our Mission

- To promote social connection; Friendly phone calls help build meaningful connections between trained callers and older adults.
- To conduct a wellness check-in. WeCare callers check to make sure out older adults are doing well and are not in immediate harm or in need of urgent medical attention.

Who Is Eligible

- The service is free of charge and available to older adults who: are
- Sixty (60) years of age or older; live alone or are homebound; and reside in Beverly, Danvers, Nahant, Marblehead, Peabody Salem or Swampscott. Individuals can self-refer or be referred by a caregiver.

Contact

For more information: Please contact the local health department in your City or town.

Phone Numbers:

Beverly: (978) 921-8591
 Danvers: (978) 777-0001
 Marblehead: (781) 631-0212
 Nahant: (781) 581-0088
 Peabody: (978) 538-5926
 Salem: (978) 741-1800
 Swampscott: (781) 596-8864

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North Shore Public Health Collaborative

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 Nahant, Peabody, Salem, Swampscott
 Est. 2021



Join Peabody's Team Bill and walk in downtown Peabody
act.alz.org/goto/TeamBill

Sunday, October 1, 2023 at 9:30 a.m.

Downtown Peabody 10:00—The Walk begins

Welcome Back "Team Bill" Fundraiser

- **Ice Cream Social:** Sunday, 9/24 from 1-4pm at the Torigian Senior Center (\$5.00 per person at the door (includes one Sundae) (We would like to thank Tom Gould "Treadwells" (for his generous donation of the ice cream for the fundraiser!))
- **Annual Flag Raising at City hall:** Tuesday, 9/26 at 1:00 pm
- **Torigian Senior Center Walk:** Thursday, 9/28 at 10:00 am.





Medicare.gov

How to Choose a Nursing Home

Whether you're planning ahead or need to make an unexpected decision, there's a lot to think about when choosing the right nursing home for you or your loved one.

Medicare.gov makes it easy to find and compare nursing homes in your area. Personalize your results by filtering for what matters most to you, like inspection results, location, quality ratings, and more.

When comparing nursing homes:

- Check out their overall star ratings. The overall rating is based on a nursing home's performance in 3 areas: health inspections, staffing, and quality of resident care.
- View detailed staffing data, including the staffing levels and turnover rates.
- Find nursing home contact information and directions.

Visit [Medicare.gov](https://www.medicare.gov) for more information about nursing homes and what Medicare does and does not cover.

Massachusetts Mental Health Hotline

It has received more than 11,000 calls and counting! A groundbreaking change in access to mental health care for people across Massachusetts has been paying off.

The Massachusetts Behavioral health Help Line, which was launched on January 3rd has already received over 11,000 calls and over 3,000 texts and chats.

The line can be reached 24/7 by calling or texting 833-773-2445.



Trained licensed clinicians offer immediate assistance FREE of charge and then connect people with the help they need right away. Mental health appointments are set up with urgency at one of 25 newly opened community behavioral health centers in Massachusetts.

The helpline is able to work with people who don't have health insurance and connect them with appropriate care.

"We make sure that help is truly available at the time the person is seeking it", said Department of Mental Health Commissioner Brooke Doyle. "The intention is to offer people a community-based alternative so they don't have to rely on emergency rooms."

The state granted Boston 25 News access to one of its new centers in East Boston. The centers started operating this year as part of the "Roadmap" policy to improve mental health care. Many of the centers provide outpatient, inpatient and emergency services.

Boston 25 News people haven't only been calling about themselves. She said school districts have been reaching out for assistance with students in crisis and parents have been looking for help too. The state is now looking to track where the highest volume of calls is coming from to make sure everyone's needs are being met. The intention behind tracking where people are calling from is so we can track volume by location and help us identify where we might need to do more engagement.

The Massachusetts Behavioral health Help Line is different from the nation's 988 Suicide and Crisis lifeline and strictly caters to residents in Massachusetts. It has the capacity too communicate with people in over 200 languages.

Download the FREE Boston 25 News app for breaking news alerts.

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,



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





FLU CLINICS

CHASSEA ROBINSON, Public Health Nurse for the City of Peabody will be having Flu Clinics at the Peabody Council on Aging, on the following dates:

(Please note that all clinics are from 1:30—4:00 pm.)

Wednesday, October 4
 Wednesday, October 25
 Wednesday, November 8
 Thursday, November 30

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

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

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

Marie Bishop



www.bishopsells.com
 marie@bishopsells.com



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Friends of the Peabody Council on Aging has been selected to receive \$1 from every specially marked \$10.99 Bloomin' 4 Good bouquet sold during the month of September 2023 at: Stop & Shop, 9 Howley Street, Peabody

SAVE THE DATE!

Thursday, October 12, 2023
 9:30-11:30 AM

Outreach Event with guests: PCOA/Front Lobby

Fire Prevention Week: Peabody Fire
National Crime Prevention: Peabody Police
Public Power: Peabody Municipal Light plant
 (in honor of Public Power Week)

Bloom Baby Bloom



Points to Ponder... Jack Lawless September: The Peaks and Fall Month

- Boxing champ, Rocky Marciano (1923-1969) was born in Brockton Mass as Rocco Francis Marchegiano on the 1st of the month.
- The FIRST elections were held in the Irish Free State on the 2nd in 1923 after achieving independence from Great Britain.
- On the 4th in 1609, the island of Manhattan was discovered by navigator Henry Hudson.
- Mother Teresa died in Calcutta at age 87 on the 5th in 1997 after a life of good work spent aiding the poor and sick in India through her Missionaries of Charity order.
- On the 7th in 1822, Brazil declared its independence from Portugal after 322 years as a colony.
- The New England Patriots open their 2023 season at home vs. Indiana Colts on the 10th.
- The 11th (911) now known as Patriot's Day, marks the terrorists attacked of four hijacked airliners in 2001. Remember all the victims in your prayers.
- Jewish Holy Days: Rosh Hashanah begins at sunset on the 15th while Yom Kippur starts at sunset on the 24th.
- September 17th is an incredibly important day for the U.S., as it was on this day in 1787 the U.S. Constitution was adopted.
- The 18th in 1947 was when the U.S. Air force was established as a separate military service.
- In 1949 on the 21st, the People's Republic of China was proclaimed by its Communist leaders.
- Autumn begins at 1:37 a.m. on the 23rd with the autumn equinox in the Northern Hemisphere while spring begins in the Southern Hemisphere.
- Britain agreed to allow Hong Kong to revert to Chinese sovereignty in 1997 on the 26th in 1984.
- Congress on the 29th in 1789, created the United States Army consisting of 1000 enlisted men and officers. This is also the day of the full Harvest Moon.
- Iconic famous movie star, James Dean perished in a car crash on the 30th in 1955.



New Month, New Day, New Date, New Chapter, New Page, New Wishes, Welcome September

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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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 the Transportation Department:

Sheryl Campbell

In Honor of Ms. Joan Gagne:**(with warm wishes for a complete recovery)**

Ken and Judy Rosenthal

**In Honor of/In Memory of the
Trask ADH Scholarship Program:****In Honor of and with many thanks to the
Daughters Chapter 120 Charities, Inc.:**For their very generous donation to the Trask
Adult Day Health Scholarship Program**In Memory of Jean DePlacido:**

Dorothy Taylor

In Memory of Mary T. Leary:

Dorothy Taylor

In Memory of Remedios Resendiz:

Ana Maria Resendiz

Kathleen and Foy Feener

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*.

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.**

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

Significance of Labor Day

Labor Day is an annual celebration that is observed on the first Monday in September to represent the social and economic achievements of American workers. Labor Day was originally only recognized by labor activists and individual states before it became a federal holiday. This day celebrates the contributions of workers around the country who created the labor movement in the late 19th century to allow individuals the recognition they deserved.

Come on Down & Enjoy Coming Events:
Monthly Birthday Celebration

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.

September's celebration will be held on September 5th, at 11:30am in the dining room. Please register with the Ladies at the door between 10:00 – 11:00 am to receive your free lunch!

Brooksby Farms "Senior Day"

The Triad Committee, Friends of the Peabody Council on Aging, Inc., and many other Organizations will present their programs at the **Mayor's Annual Senior Day on Wednesday, September 13th at Brooksby Farm from 10:00 a.m. to 1:00 p.m.** Hayrides, viewing of Historic Homes, Shop for Fruits and Vegetables, See the Farm Animals, and Enjoy a free lunch provided by the PCOA for all who attend.

Sign up is required! Plan to attend and Enjoy the day.

Peabody International Festival

Plan to come and enjoy all the diversity that the City of Peabody has to offer at the largest exhibition of culture on the North Shore! **The 2023 Festival** will be held on **Sunday, September 10th, 2023.** The festival is **Free** and open to the public, the festival will run from 11am-5pm and will showcase the wonderful diversity of the city through its art and food. Bring the whole family to enjoy the festival. 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.

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

In Honor of Bruce Gradwohl for the equipment donations:

John Early

The Woodshop at the PCOA



In Honor of our amazing Maintenance Staff, Michael and Tom:

Ann Nichols

In Honor of the PCOA Friends Board; toward expenses for the Friends BBQ.

Thank you so much!:

Gail Staunton

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

In Memory of Grace Barbagallo:

Tuesday Knitting & Crochet Ladies

In Memory of Jerome S. Baron:

Lola Baron

In Memory of Derek Burdon

and Earl Effinger:

Wood Working Class

In Memory of Sara V. Cali:

Tom & Claire Moran

In Memory of Ellen Crowdis:

Kaellen D'Amour

In Memory of Judy Berry Fairbank:

Kaellen McHugh D'Amour

In Memory of Robert Sauvageau:

Joan Johnson



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 and click on **DONATE..**

2023 Friends Board Meetings:

September 11
December 4



PEABODY COUNCIL ON AGING

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

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RETURN SERVICE REQUESTED



This newsletter is provided through the generosity of "Friends of the Peabody Council on Aging, Inc." and our Advertisers.

September 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.

PCOA BOARD

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