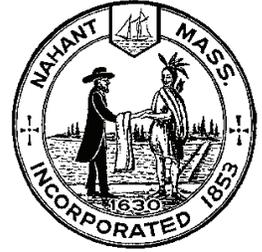


August 2013

# Nahant Tiffany Times



*Nahant Council on Aging*

334 Nahant Road Nahant, MA 01908  
(Basement of Town Hall)  
781-581-7557

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## *Our Mission*

***“The mission of the Nahant Council on Aging is to provide *physical, emotional, and mental stimulation* enabling those sixty and over to achieve engaged and fulfilling lives in a safe environment.”***

## **Meet the Staff**

Linda Spinucci -Peterson—Executive Director  
Caroline O’Connor—Assistant to Director  
Joe Desmond—Transportation

## **Nahant COA Board of Directors**

Gertrud Joyce— Chairman	Emily Potts—Treasurer
Sarah Risher-Vice Chairman	Nancy Gallo -Secretary
Maura Costin-Vice Chairman	Sheila Hambleton
Geraldine Wittrock-Walton	Linda Jenkins
Nancy Wilson	

## **FROM THE DIRECTOR**

Enough with the heat already..... Actually I love the heat but this heat can be very dangerous for seniors if you don’t take care of yourself. Dehydration is one of the biggest problems facing seniors and not only during heat waves.

Dehydration can be mild, moderate or severe. Mild to moderate dehydration can cause the following, dry mouth, fatigue thirst, decreased urination, headache, dizziness, lightheadedness and more. If left untreated, mild to moderate dehydration can quickly progress to severe dehydration which results in the following additional symptoms, lack of sweating, confusion, rapid heartbeat & breathing, low blood pressure, fever and more.

Dehydration can occur for several reasons, not drinking enough water, severe diarrhea, vomiting, high fever, and more. If you experience any of these symptoms you must immediately replace fluids in your system by drinking plenty of water or Gatorade. Many seniors have a reduced sense of thirst so there are many fruits and vegetables that have a high content of water. Some of these are listed on the back page of this newsletter.

Please drink plenty of water every day. The normal person should drink at least 8–8 oz. glasses a day. Let’s all stay hydrated during this hot summer and beyond.

*Linda Peterson*  
Executive Director

Many Thanks to the Essex County Sheriff’s Department and printing services, for the printing of our Tiffany Times Newsletter.

## “ON THE GO” SENIORS

<b>Thursday, August 1st</b>	<b>Newburyport</b> sidewalk sales, lunch at “Not Your Average Joe;” and more. Newburyport’s Yankee Homecoming is celebrating 56 years in August. We will be visiting the small coastal community to participate in some of the events. Like last year we will go on a 60 minute boat ride, visit the sidewalk sales and have lunch at Not Your Average Joe’s. <b>Leaving Tiffany Room at 9:30a.m. returning at 4:00pm. The cost of the entire trip including lunch, bus and boat ride will be \$40.00pp</b>
<b>Thursday, August 15th</b>	<b>Pizza Party at the Dory Club at 11:00</b> with <b>Jim Moses Entertainer</b> His song list is the best of the 30’s to today’s top hits. Jim Moses is a versatile or the young-at-heart. Performing full time for over 25 years, he has a beautiful voice and is a full range singer, guitar player, magician, DJ, and all around swell guy! <b>Cost: \$5.00pp</b>
<b>Friday, August 23rd</b>	<b>The Butterfly Place</b> ...an indoor garden filled with hundreds of freely-flying butterflies! Observe butterflies sipping from flowers, basking in the sunshine and flying freely in a natural habitat. Enjoy our koi fish and quail birds which live among the butterflies. See eggs, caterpillars or other interesting creatures up close. <b>Leaving Tiffany Room at 11:00 a.m. returning at 5:00p.m. Cost: \$6.00pp</b>
<b>Wednesday, August 28th</b>	<b>SENIOR CENTER ACTIVITIES</b> <b>Lunch &amp; A Movie:</b> Lunch at “The Ship Restaurant” - <b>11:00 A.M.</b> Movie: <b>“Austenland”</b> - The romantic comedy, co-starring Jennifer Coolidge, Jane Seymour and Flight of the Conchords' Bret McKenzie, focuses on a seemingly normal New Yorker, played by Russell, who's obsessed with Jane Austen's novels, particularly <i>Pride &amp; Prejudice</i> and its heartthrob Mr. Darcy.
<b>Friday, August 2nd</b>	<b>FRIDAY AFTERNOON AT THE MOVIES</b> The Impossible
<b>Friday August 16th</b>	Life of Pi
<b>Friday August 30th</b>	Breakfast at Tiffany’s

## COMING ATTRACTIONS

<b>Wednesday, September 11th</b>	<b>“Suffolk Downs Race Track”</b> - Join us once again for A Day At The Races. Cost: \$15.00pp
<b>Friday, September 20th</b>	<b>“Bourne Scallop Festival &amp; Cape Cod Canal Cruise”</b> The Bourne Scallop Festival has something for everyone, from craft booths and exciting entertainment. The cuisine and entertainment are always terrific! Later this afternoon you’ll relax and enjoy a cruise on the Cape Cod Canal. <b>Leaving Tiffany Room at 8:00 a.m.. returning home at 5:30 PM after a great day on the Cape! Tour Cost: \$64.00pp</b>
<b>Wednesday, September 25th</b>	<b>“Fabergé Revealed “</b> The name Fabergé is synonymous with refined craftsmanship, jeweled luxury and the Russian imperial family. Over 230 singular treasures created by the House of Faberge in the late 19th and early 20th centuries are featured, including enameled clocks, gold cigarette cases, hardstone carvings, ruby encrusted brooches and four signature imperial eggs made for Nicholas II and the Romanov family. This exhibition explores ideas of luxury, innovation, entrepreneurship and imperial patronage while providing insight into Peter Carl Fabergés life, business and legacy.
<b>Saturday October 5th</b>	<b>“Enjoying Cultures of Our World”</b> This Event will focus on Asian Cultures of Thailand, Japan, China & Vietnam. Various Foods, Entertainment, Costumes (worn by volunteers) and Educational Information will be presented. The evening festivities will take place at the Town Hall Event Auditorium. Continue to check-in

## Turning 65? 7 Common Questions (and Answers!) about Medicare from the National Council on Aging.

Over 10,000 people will enroll in Medicare every day over the next 10 years. Are you one of them? Or do you know someone who is nearing this rite of passage? It's not as complicated as it may seem. Explore 7 common questions (and answers) about how to get started with Medicare.

1. How do I enroll in Medicare? Is it automatic when I turn 65?

To enroll in Medicare, most people need to contact Social Security directly. Do this before your 65th birthday to avoid a lapse in health coverage. Some people—including early retirees receiving Social Security and those with Social Security disability or Railroad Retirement benefits—are automatically enrolled in Medicare when they become eligible. You can enroll online, at your local Social Security office, or by calling 1-800-772-1213 (TTY 1-800-325-0778).

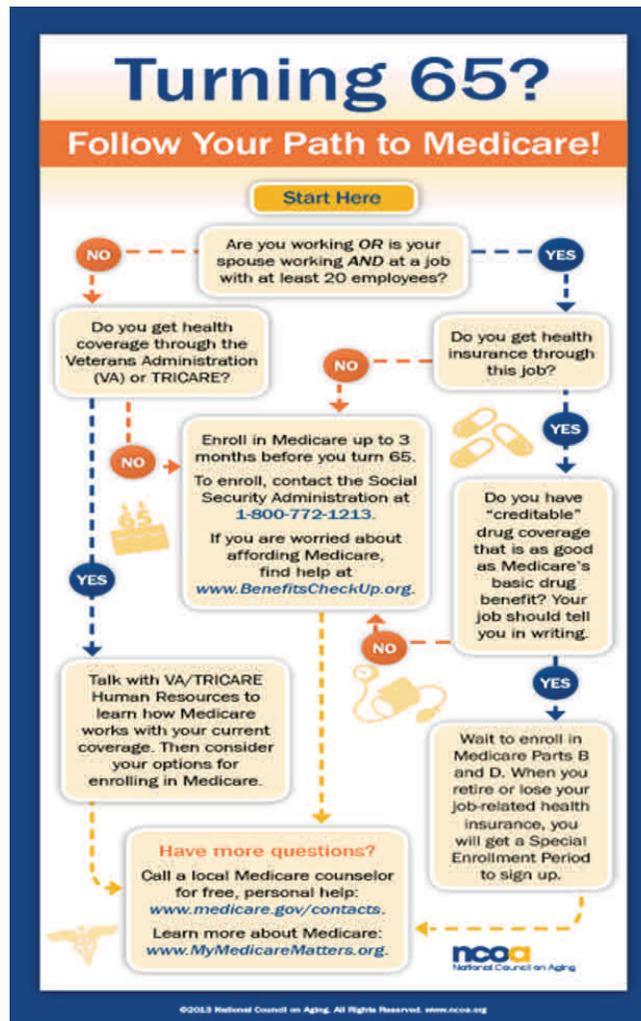
2. When do I have to enroll?

You have a 7-month window around your 65th birthday to enroll. This is called the Initial Enrollment Period.

After that, you can still enroll in Medicare, but you may have to wait for a designated special/general enrollment period to do so.

Learn more about when to join at NCOA's free website: My Medicare Matters

The Medicare & You handbook, which Medicare sends out every year to



beneficiaries, provides a summary of many covered services. For more specific coverage details, Medicare.gov contains a helpful online search tool where you can find whether a test, item, or service is covered. You also may speak with your doctor, or you can contact Medicare directly at 1-800-MEDICARE (1-800-633-4227) to verify coverage based on your personal situation.

3. What if I'm still working and have insurance? Do I need to enroll at age 65?

If you are working past age 65 and have insurance from your job (or your spouse is working and you get health coverage that way), you should contact your plan and review how your coverage will change before deciding whether you need to enroll in Medicare now. NCOA's free website My Medicare Matters offers some helpful tips for what to consider if you have other health insurance besides Medicare.

4. Does Medicare cover \_\_\_\_\_?

Medicare covers a wide range of medically necessary screenings, supplies, and procedures. Some are free, including many preventive services.

For more specific coverage details, Medicare.gov contains a helpful online search tool where you can find whether a test, item, or service is covered. You also may speak with your doctor, or you can contact Medicare directly at 1-800-MEDICARE (1-800-633-4227) to verify coverage based on your personal situation

5. I'm going on a cruise/overseas trip. Will Medicare cover me if I need emergency care when I'm away?

Medicare covers health care for people when they are physically located within the 50 U.S. states, District of Columbia, and U.S. territories. In rare cases, Medicare Part A may cover medically necessary services in a foreign country when a foreign hospital is closer than a U.S. facility. In some cases, Medicare Part B may cover medically necessary health care while on board a cruise ship within the territorial waters adjoining the U.S. Generally, Medicare won't pay for services you get when a ship is more than six hours away from a U.S. port. If you have a supplemental insurance policy, you should check to see if it covers medical care abroad. Otherwise, it is recommended to purchase travel insurance before your trip, which can help to offset the costs of overseas emergency care if it's needed.

6. How do I pay for my Medicare?

If you are receiving Social Security benefits at the time you enroll in Medicare, your Part B premium will be deducted automatically from your monthly check. If you have not begun to receive Social Security yet, you will receive a quarterly bill for your premium, which you can pay several different ways. If you enroll in a Medicare Advantage or Part D prescription drug plan, typically you will pay the plan directly for your premium.

7. How can I find out how much I've paid for Medicare services this year?

Medicare offers a free, confidential online service for people to access information about their benefits and services, including how much they've paid for services. See how to create an account. You also can contact Medicare directly at 1-800-MEDICARE (1-800-633-4227) with any questions about enrollment, payments, claims, coverage issues, and more.

Have more questions about Medicare?

Check our free website, [www.mymedicarematters.org/AboutMedicare](http://www.mymedicarematters.org/AboutMedicare), to find more information on Medicare enrollment, preventive services, and costs. Or contact your State Health Insurance Assistance Program (SHIP), which is federally funded to offer free, objective assistance about Medicare.

## FOOD FOR THOUGHT

### TIFFANY CAFÉ LUNCH PROGRAM

Served everyday at 11:30 - 12:30

All meals served with 1% milk, bread, crackers & soup

Requested Donation - \$2.00

Thursday 29th

Celebrating August Birthdays with Birthday Cake

### FOOD SHOPPING PROGRAM

Wednesday 7th	Market Basket and Vinnin Square	12:30 P.M.
Wednesday 14th	Market Basket and Vinnin Square	12:30 P.M.
Wednesday 21th	Market Basket and Vinnin Square	12:30 P.M.
Wednesday 22th	Market Basket and Vinnin Square	12:30 P.M.

### Healthy Eating

#### Budget Friendly Cilantro Lime Roasted Chicken



#### Cost

This recipe is \$9.89 for the entire recipe. That's just \$1.65 per serving

#### Ingredients

Cooking spray  
2½ pound whole chicken, cut into 8 pieces  
2 tablespoons chopped cilantro  
1 lime, zested and juiced  
1 tablespoon honey  
2 cloves garlic, minced  
½ teaspoon ground black pepper  
½ teaspoon salt (optional)

#### Directions

1. Preheat oven to 375 degrees F. Coat a baking dish with cooking spray.  
2. Remove the skin from the chicken and arrange in a single layer in the baking pan.  
3. In a small bowl, whisk together the cilantro, lime zest, lime juice, honey, garlic, ground black pepper and salt (optional). Pour the mixture evenly over the chicken and bake for 45-50 minutes or until the internal temperature of the largest piece of chicken is 165 degrees.  
Side Suggestion: Frozen tri-color pepper

### 3 SUPER FOODS FOR SENIORS

Recent long-term research studies have pointed to a number of essential nutrients that many seniors lack, but that are especially valuable for those who have a risk or history of heart disease, stroke or Alzheimer's disease. Here are three "super foods" that are loaded with these essential nutrients. So go ahead and eat up!

#### Super Food #1: Salmon And Other Fatty Fish

Salmon and other cold water fish, such as tuna, sardines and mackerel, are low in calories and saturated fat, yet high in protein. Most important, these fish are rich in a unique type of health promoting fat, omega-3. Omega-3 essential fatty acid (DHA) optimizes levels of triglycerides which carry fat in your bloodstream, reducing the low density LDL (bad) cholesterol, while improving the high HDL (good) cholesterol that fights deposits in the arteries. There is strong evidence linking low levels of DHA to memory loss and other symptoms of dementia.

#### Super Food #2: Walnuts, Almonds And Other Nuts

Considerable scientific evidence suggests that eating one ounce per day of certain nuts, most notably walnuts, almonds, hazelnuts, pecans, pistachios, and peanuts, may reduce the risk of heart disease. Although nuts are a higher-fat food, they are cholesterol-free. One handful of walnuts a day is all that is needed to meet the daily omega-3 dietary recommendation by the National Academies' Institute of Medicine and also provides 35 percent of the RDA (recommended dietary allowance) for vitamin E. One study reported in the Journal of the American Medical Association suggests vitamin E may help protect people against Alzheimer's disease.

#### Super Food #3: Carrots

Many studies have shown that people who consumed higher levels of vitamin A and other anti-oxidants over several years had substantially decreased levels of Alzheimer's disease. This was even more pronounced among smokers. Another study links diets rich in four antioxidants—beta-carotene, vitamin C, vitamin E and zinc—to lower odds of losing eyesight proficiency during to old age. Nothing beats a carrot as a powerful source of beta-carotene (which your body converts to vitamin A).

*"Many studies have shown that people who consumed higher levels of vitamin A and other anti-oxidants over several years had substantially decreased levels of Alzheimer's disease."*



# Tiffany Café Menu

## AUGUST 2013

*"One should eat to live not live to eat"*  
~Moliere~

\*\*= LOW SODIUM ITEM



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>A BIT OF HUMOR</b>			
<p><i>"We could certainly slow the aging process down if it had to work its way through Congress."</i></p> <p>- Will Rogers</p>			<p>Potato Crunch Fish/Lemon O'Brien Potato Carrots/ Muffin Chilled Fruit ALTERNATIVE Salisbury Steak/ Gravy</p>	<p>Boneless Garlic Chicken Sr Cream Whipped Potato Peas &amp; Onions Fresh Fruit ALTERNATIVE Liver &amp; Onions/ Gravy</p>
<p>Stuffed Shells/ Meat Sauce Grated Cheese/ Spinach WW Roll Chilled Fruit ALTERNATIVE Chicken Marsala</p>	<p>Pepper Steak/ Roll Hash Browns Peas &amp; Carrots Cookie ALTERNATIVE Omelet/Cheese Sauce</p>	<p>Orzo Veggie Soup Honey Mustard Tyson Chicken Italian Roasted Potatoes Fresh Fruit ALTERNATIVE Apple Glazed Roast Pork</p>	<p>Chili/Shredded Cheese Steam Rice Tossed Salad/ Corn Bread Mandarin Oranges ALTERNATIVE Chicken Paprika</p>	<p>Ham &amp; Cheese Quiche Whipped Potato Roman Blend Veggies Jell-O ALTERNATIVE Beef Rib-B-Q/BBQ Sauce</p>
<p>Macaroni &amp; Cheese Baked Potato Half Green Beans/Oat Roll/Fruit ALTERNATIVE Chicken Meatballs/Gravy Whipped Potato</p>	<p>Stuffed Pepper/ Sauce Diced Seasoned Potato Peas &amp; Carrots Chilled Fruit ALTERNATIVE Mesquite Chicken/ Gravy</p>	<p>Fiesta Fish/ Dill Sauce Garlic Whipped Potato Corn &amp; Red Pepper Pudding ALTERNATIVE Dominican Beef Stew</p>	<p>Orange Pineapple Chicken Veggie Lo Mein Noodles Broccoli Fresh Fruit ALTERNATIVE Pork Patty/Gravy</p>	<p>Minestrone Soup Egg Salad/WW Pita Potato Salad Cake ALTERNATIVE Turkey Salad/ WW Salad</p>
<p>Hot Dog/Roll Veggie Baked Beans Coleslaw Jell-O ALTERNATIVE Salisbury Steak/ Gravy</p>	<p>Rosemary Herb Tyson Chicken Lyonnaise Potato Zucchini &amp; Red Pepper Brownie ALTERNATIVE Vegetarian Burrito/ Rice &amp; Beans</p>	<p>Swedish Meatballs Whipped Potato Beets Chilled Fruit ALTERNATIVE Haitian Turkey</p>	<p>Cream of Broccoli Soup Shaved Roast Beef/ Mustard Tossed Salad Chilled Fruit ALTERNATIVE California Chicken Salad</p>	<p>Roast Turkey/ Gravy Sweet Potato Peas &amp; Onions Muffin/Fresh Fruit ALTERNATIVE Mushroom Quiche</p>
<p>Chicken Florentine Cheddar Whipped Potato Jardinière Veggie WW Roll/ Chilled Fruit ALTERNATIVE Beef Strip Steak/ Gravy</p>	<p>Tomato Basil Soup Tuscan Tuna/WW Bulkie Macaroni Salad Pudding ALTERNATIVE Turkey &amp; Cheese</p>	<p>Meatloaf/Gravy Delmonico Potato Fiesta Blend Veggies Chilled Fruit ALTERNATIVE Veggie Quiche</p>	<p>Chicken Stir Fry Steamed Rice Stir Fry Veggies/ Oat Roll Cookie ALTERNATIVE Spanish Beef/ Yellow Rice</p>	<p>Hamburger/ Cheese/Roll Potato Salad Lettuce/ Tomato/Pickle Corn/ Watermelon ALTERNATIVE Grilled Chicken Sandwich</p>

## HEALTH AND WELLNESS

Tuesday 6th,	9:30 a.m.	Manicurist (sign up required) \$10.00
Tuesday 20th,	9:30 a.m.	Manicurist (sign up required) \$10.00

### EXERCISE

Monday	9:00 a.m.	YOGA (\$5.00)	Tiffany Room
Tuesday & Thursday	10:30 a.m.	Chair Exercise	Tiffany Room
Monday	9:00 a.m.	Total Body Exercise	Community Center
Tuesday	1:00 p.m.	Cribbage	Community Center
Wednesday	9:00 a.m.	Total Body Exercise	Community Center
Thursday	5:00 p.m.	Total Body Exercise	Community Center

**\*\*The Tuesday "Total Body Exercise" Class at 5 P.M. is suspended for July & August. We will resume Tuesday's on September 10th.**

### **Building the Foundation for Balance: Strengthen your Toes**

Your toes are critical to balancing and walking. Here are 8 easy ways to strengthen them.

When you exercise, do you include your toes? Unless they experience pain, many people take their toes for granted. But strong feet and toes are the foundation for a smooth gait and overall skeletal health. Think about it: if the bones of your feet and toes don't support your other bones, there can be problems all the way up to your neck and shoulders. Not only that, neglected toes can lead to falls. If you don't lift your toes as you step forward, you can literally trip over your own feet!

Here are 8 easy exercises, including foot stretches, to keep your toes strong and healthy. Most are done in standing position, but you can do them as seated exercises in a chair if that's easier for you. You can repeat these moves every day.

#### EASY EIGHT: STRETCHES FOR TOES AND FEET

1. With feet flat, lift and spread your toes. Repeat 10 times.
2. Now curl your toes under as though you were raking leaves with them. Repeat 10 times.
3. If the previous exercise is easy, stand on a wood or tile floor (this doesn't work on carpeting) with your toes on the edge of a hand towel. Gather the towel under the arch of your foot with your toes.
4. Lift your big toe, keeping the littlest toe down flat. Repeat 10 times.
5. Reverse the previous exercise and lift your little toe, leaving the big toe down. Repeat 10 times.
6. To stretch, sit on the edge of a chair with a firm seat. Bring your foot onto the opposite knee and pull all the toes down with your hand until you feel a gentle stretch. Then push the toes up.
7. Stand or sit on the edge of a chair. Press into your toes, lifting the heel until you feel a stretch in the arch of the foot.
8. Put the tops of your toes on the ground and gently press forward until you feel a stretch in the top of the foot.

## August Historical Events

**August 1, 1936** - The first Olympic games opened in Berlin, Germany

**August 10, 1831** - The term Old Glory, referring to the U.S. flag, was first used by William Driver of Salem, Massachusetts, who was the captain of the ship, Charles Daggett. When presented with an American flag, Driver raised it to the masthead and said, "I name thee Old Glory."

**August 22, 1906** - The record player was patented

**August 24, 79 A.D.** - Mount Vesuvius erupted, burying the Roman cities of Pompeii and Herculaneum in volcanic ash, killing 20,000.

**August 30, 30 B.C.** - Cleopatra, the seventh and most famous queen of ancient Egypt committed suicide,

# Dog Breeds Word Search

Find the names of various dog breeds hidden in the puzzle.

Z P A G X L B S H A R P E I J  
P H S J L A B R A D O R J S W  
C D A L M A T I A N Z E G P S  
O N A M R E B O D A H T W A Y  
L E A B C R E I R R E T E N W  
L U M N S H Z E L A D E R I A  
I G Q A G V I Y M U I S O E F  
E Q O V L B S H K N P D T L D  
E D Q D O A K H U S R D A G N  
N Z N X L C M P I A U B T P U  
A R E U D L O U N H H H P O O  
D R G E H O U R T E T U W I H  
T Z X U D S E B G E Z Z A N Y  
A B L L P B H O N I C O U T E  
E M E M T C D C G M W O K E R  
R A H S A O B E A G L E U R G  
G F F I T S A M C D H I Y A O

AIREDALE  
BEAGLE  
BOXER  
BULLDOG  
CHIHUAHUA  
COLLIE  
CORGI  
DACHSHUND  
DALMATIAN  
DOBERMAN  
GREATDANE  
GREYHOUND  
HUSKY  
LABRADOR  
MALAMUTE  
MASTIFF  
POINTER  
POODLE  
PUG  
SETTER  
SHARPEI  
SHIHTZU  
SPANIEL  
STBERNARD  
TERRIER

**All About Puzzles**  
puzzles.about.com

## More Humor

*"I had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalog: 'No good in a bed, but fine against a wall.'"*

- Eleanor Roosevelt

Food	% Water	Food	% Water
Apples	84%	Grapefruit (pink or red, raw)	91%
Applesauce (canned, sweetened)	80%	Grapes (raw)	81%
Apricots (raw)	86%	Honeydew Melon (raw)	90%
Apricots (canned)	78%	Kiwi Fruit (raw)	83%
Asparagus (cooked)	91%	Lettuce (raw)	96%
Avocados (raw)	73%	Mangoes (raw)	82%
Bananas (raw)	74%	Nectarines (raw)	86%
Bell Peppers (raw)	92%	Olives (ripe, canned)	80%
Blackberries (raw)	86%	Oranges (raw)	87%
Broccoli (cooked)	91%	Peaches (raw)	88%
Broccoli (flower clusters, raw)	91%	Peaches (canned)	79%
Cabbage (raw)	92%	Pears (raw)	84%
Cantaloupe (raw)	90%	Pears (canned)	80%
Carrots (raw)	88%	Plums (raw)	85%
Cauliflower (raw)	92%	Potato (baked)	75%
Cauliflower (cooked)	93%	Raspberries (raw)	87%
Celery (raw)	95%	Strawberries (raw)	92%
Cherries (raw)	81%	Tangerines (raw)	88%
Corn (1 ear, cooked)	70%	Tomatoes (raw)	94%
Cucumbers (raw)	96%		



### Leo Astrology July 23 - August 22

Leo Strength Keywords: - Confident- Ambitious- Generous- Loyal- Encouraging

Zodiac Facts: Fifth sign of the zodiac; fixed, hot, positive, masculine and dry

Leo Birthstone: Peridot

### AUGUST BIRTHDAY CELEBRATIONS

August 1 - Elizabeth Robinson  
August 2 - Joseph Loventz, Farris Vanmeter  
August 3 - Marguerite Rizzo, Robert Kershaw, Maryanne Asselin  
August 4 - Brenda Cook, Steven Landry, Mark Dougherty  
August 5 - Raemary Ferguson  
August 6 - Frances Hall, Barbara Ennis, Marianne Moore  
August 7 - William White, Richard O'Connor  
August 8 - Laurence Ward, John Falat, Claire Crane, Marcia Gaudet, August Salliman  
August 9 - Margaret Piccola, Joseph Haskell, Karen Driscoll  
August 10-Diane Mason  
August 11-Anne Arnold, Richard Adamo, Alan McSweeney, Barbara Hodges  
August 12-Martina Fallon, Nancy Cantelmo  
August 13-Jeanne Kirovac  
August 14-Carl Easton, Sharlene Queenan  
August 15-Paul Laubner, Kathryn Desmond, Patricia Demit, Wendy Munro, Esther Johnson  
August 16-Winifred Kane, Sylvia Hickey, Angela Sansone, James Clark  
August 17-Joseph McDonal, David Brahm, Martha Lederer, John Kennedy  
August 18-Lee Regnante, Nancy Leydon, Viola Patek, Claudia Mannix, Michael Rauworth, Robert Cotter  
August 19-Robert Spencer, John Toomey, Peter Devens, Mary Pearson  
August 20-Harriet Steeves, Michael Billias, Fred Murphy, Thomas Swirka, Marcia Divall, Stephen Deangelis, Richard Scourtas  
August 21-Donna Morrison, Mirjana Maksimovic, Susan Branga, Laura Erlich  
August 22-Ernest Messina, Brenda Conley  
August 23-Thomas Costin, Charles Jones, Mary Behen, Dorothy Ryckman  
August 24-Maureen Edison, Shirley Spillane, John Connor, Margaret Bolthrunis  
August 25-Claire Roffi, Mary Maker, Shirley Allard, Joseph Casey  
August 26-Paul Mador, Pamela Motley, Karen Hansell  
August 28-John Casey, Patricia MCCardle  
August 29-Helen Cort, Ruth Brownell, Robert Brienze  
August 30-Joan Mehiean, John Lombard, Stanley Benulis  
August 31-Edward Brown, Janet Benkert, David Conlin