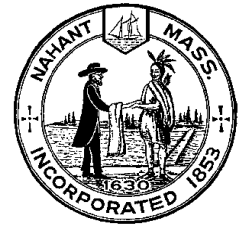


# February 2018 *Nahant Tiffany Times*



*Nahant Council on Aging  
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

Penny Morse - Assistant

Arthur Barreda - Transportation

Jim O'Connor - Transportation

Pat Scanlon - Transportation

## Nahant COA Board of Directors

Nancy Gallo - Chairman

Angela Bonin—Vice Chairman

Emily Potts—Treasurer

Joseph Benson -Secretary

Sheila Hambleton

Linda Jenkins

Carol Sanphy

Marcia Divioll

Lollie Ennis

## Friends of Nahant COA Executive Board

Linda Lehman - Co-President

Lana Mogan - Co-President

Mary Irene Dickenson - Treasurer

Margaret Silva - Secretary

**Nahant Senior Center is located at:**  
**334 Nahant Road**  
**Nahant, MA 01908**  
**(Lower Level of Town Hall)**

**Tel.# 781-581-7557**

Visit us at:  
**[www.nahantcouncilonaging.org](http://www.nahantcouncilonaging.org)**  
Like us on Facebook:  
**nahant council on aging and senior  
community center**

## **From the Director,**

February, although the shortest month of the year, often feels like it goes on forever. Luckily we have some important dates to remember and celebrate. In one week we celebrate Mardi Gras, Valentine's Day and the Chinese New Year followed by Presidents day. Before we know it February will be over and we will be that much closer to spring.

The COA has marked the end of an era. For the past 25+ years the COA has offered a quilting class. This class is the longest running program offered by the COA. Our instructor, of that many years, is one of the most decorated quilters on the North Shore, Margaret Berkowitch (Margie) as all her friends call her. Margie's work is on display every year at the Topsfield Fair. Most years there is a ribbon on it. Along with taking care of the Nahant quilters, Margie also holds classes at the Saugus Senior Center. Margie was ready to retire and the fact that many of her long time quilting students have been slowly dwindling the time was right. Many thanks Margie for your dedication to your art and the seniors of Nahant.

*Linda Peterson  
Executive Director*

## *Tiffany Room Hours*

*2018*

*Monday-Friday 9:00-1:00*

*Closed*

*State Primary, Tuesday, February 6*  
*President's Day, Monday, February 19*

## TRIPS, EVENTS...ON THE GO!

- Fri., Feb. 2**      **PEM, Georgia O'Keeffe: Art, Image, Style at the Peabody Essex Museum.** *Georgia O'Keeffe: Art, Image, Style* is the first exhibition to explore the art, image and personal style of one of America's most iconic artists. O'Keeffe's understated and carefully designed garments, many never before exhibited, are presented alongside photographs and her paintings, illuminating O'Keeffe's unified modernist aesthetic and distinctive self-styling. Group Tour \$20.
- Tues., Feb. 6**      **Tide's Restaurant.** It's Primary Election Day and the Tiffany Room will be closed. So let's go to Tide's for lunch! The bus will leave the Tiffany Room at 11:30. Sign up at the Tiffany Room. (Food shopping will be on Monday, 2-5)
- Wed., Feb. 14**      **Valentine Luncheon.** We want to show how much we love you! Join us at the Tiffany Room for a **LOVELY** lunch. You must reserve your space, so sign up soon. Space is limited!

**The Nahant COA welcomes everyone to participate in these planned events. We request, however, that you register for events in advance. We want to make sure that we can accommodate all the guests who wish to participate. You can register for events on line at [www.nahantcouncilonaging.org](http://www.nahantcouncilonaging.org), by phone (781-581-7557), or in person at the Tiffany Room.**

## COMING ATTRACTIONS

- Thurs., March 1**      **Senior Whole Health Information Seminar.** Find out if you qualify for this Care Plan. Representatives will be at the Tiffany Room to explain the benefits of the program and check to see if you are eligible. 10:00 to 12:00.
- Thurs., March 1**      **Ice Cream Social with Representative Brendan Crighton.** Meet and greet Massachusetts State Rep. Brendan Crighton at the Tiffany Room at 12:00.
- Wed., March 14**      **Boston Flower and Garden Show. "SAVOR SPRING".** Enjoy the first taste of spring while gathering recipes and ingredients you will need for a successful garden. Group rate is \$17.
- Thurs., March 15**      **St. Patrick's Day Celebration.** Traditional corn beef and cabbage, Irish soda bread and a green punch. Entertainment by the M.E.R.J. Festivities will be held at the Life Saving Station.
- Wed., March 21**      **Stoneham Theatre, The Irish and How They Got That Way.** *A musical celebration of Irish heritage filled to the brim with humor, stories and heart. Sláinte!* Created by Pulitzer Prize winning author, Frank McCourt (*Angela's Ashes*), this revue is a celebration of a heritage that confronts adversity with determination, good humor, music, and a love of life. McCourt's wit, insight and boundless love for the Irish are underscored by music extending from the auld Irish folk ballads to World War II standards, and beyond. Tickets are \$37.00. Reserve your seat by March 9.

## HAPPENINGS AROUND TOWN

- Thurs., Feb. 1**      **Tides Night Fundraiser for the Johnson School. 6:00-9:00.** A fun night out with the Nahant Education Foundation. Grab your friends and families and meet us at the Tides. Eat in or take out, a portion of the restaurant's proceeds will benefit the Education Foundation's efforts at the Johnson School. Lots of a great raffle prizes too! See you there.
- Fri., Feb. 2**      **Nahant Community Breakfast.** The February breakfast will be held on Friday, February 2nd. The presenter will be Town Administrator Jeff Chelgren who will be offering the "State of the Town" presentation which provides an overview of the finances of the Town, the projected budget for FY2019 (starting as of July 1, 2018), and reviews the draft warrant articles expected to appear on the April 28, 2018 Annual Town Meeting warrant. Although the information is in development, it allows the public an opportunity to understand the challenges and successes facing our community. The free breakfast is held at the Nahant Village Church at 8 a.m. Please plan to come for a hearty breakfast, an informative presentation and wonderful camaraderie. All are welcome. Spread the word and bring a family member or friend.
- Wed., Feb. 3**      **Take Your Child to the Library Day, with "STEAM Everywhere, Every Day,"** activities for families with young children Nahant Public Library 9:00-2:00. Families with children aged 3 and up can visit Nahant Public Library for Take Your Child to the Library Day. Library staff will introduce their grant-funded "STEAM Everywhere, Every Day" project, bringing the joy of learning to young children and their families. Programmable "Bee-Bots" will make their debut at the event, enabling children to experience simple computing coding concepts as they guide the robots through obstacles. All "STEAM Everywhere, Every Day" activities are free, provided by Nahant Public Library with federal funding from the Institute of Museum and Library Services, administered by the Massachusetts Board of Library Commissioners. Additional funding has been provided by the Friends of Nahant Public Library. For additional information, please call the Library at 781-581-0306.
- Tues., Feb. 6**      **Massachusetts State Primary. VOTE!** Polls are located in the Tiffany Room. Polls open at 7:00a.m. and close at 8:00p.m.
- Thurs., Feb. 22**      **Tide's Night Fundraiser for Nahant Lions. 6:00-9:00.** Take a night off from cooking and support the Nahant Lions and Eye Research. This event continues to be one of the Lion's most successful fundraisers. Come to the Tides for **FUN! FOOD! FRIENDS!**

## NAHANT PUBLIC LIBRARY - HOURS

**Tuesday and Thursday 10am to 7pm**

**Wednesday and Friday 10am to 5pm**

**Saturday 12pm to 4pm**

**Sunday once a month**

**Monday - Closed**

**781-581-0306**

**[www.nahantlibrary.org](http://www.nahantlibrary.org)**

**Please call for holiday information and events.**



# OUTREACH



In an effort to meet our Mission the Nahant COA provides a variety of services to the members of our community and surrounding areas.

## NAVIGATE NAHANT

The Nahant Public Library in collaboration with the COA is pleased to provide a home delivery system to our library patrons. **Navigate Nahant** brings library materials to individuals who are unable to come to the library due to illness, disability or restricted mobility. This is FREE of charge and is available on a long-term or short-term basis. Contact the Library at 781-581-0306 to sign up for the **Navigate Nahant Program**.

## VETERAN'S FOOD PROGRAM

If you are a veteran, widow, widower, or dependent of a veteran, the **Veteran's Food Market Program** sponsored by Nahant's Veterans Affairs Office and the Nahant COA, is facilitated and staffed by Nahant's American Legion Post 215 which provides monthly delivery of fresh and non-perishable foods. The Food Distribution Program is held the first Wednesday of the month from 10:30-11:30a.m. at the Town Hall. For any further information, please contact Nahant's Veteran's Service Officer, Jon Lazar at 781-581-0018 or 781-599-1948. The American Legion thanks the COA for the use of its vehicle for the food pickup.

Keep on top of your health with our **monthly medical clinics**. Nurse Debbie Murphy is here on the second Thursday of the month for Blood Pressure checks. Podiatrist, Dr. Mark Sanphy is also available for appointments here at the Tiffany Room. Call the COA for dates and times. Or check our monthly newsletter. Make your appointment soon!

781-581-7557

Are you or someone you know in need of medical equipment? The COA has a variety of **medical equipment for loan** to members of the Nahant community. Contact the COA office to inquire about availability.

The Nahant COA has become a host site to assist the **Massachusetts Registry of Motor Vehicle** in some simple online transactions.

You can renew your license (under age 75), registration or make a change of address here at the Tiffany Room. To schedule an appointment call the COA at 781-581-7557.

## YOUR SHINE REPRESENTATIVE

**CHARLIE RANDALL**

**will be at the Tiffany Room on Wednesday, February 14, from 1:00 - 3:00.  
Make your personal appointment at the Tiffany Room.**



February has traditionally been known as the heart healthy month, and although I was thinking about making this message about heart health, I have decided to focus on something that is taking the front seat in our health news at the current time-

## The Flu.

I'm sure many of you have been following the reports on TV and know that this years' flu virus, AH3N2, is particularly potent. The flu season started earlier this year and some states have already declared a state of emergency.

Currently, Massachusetts is reporting moderate activity. Although this years' flu vaccine did contain the strain for this virus, it has only been 40% effective. The reason is that the AH3N2 virus has evolved to invade human immunity is constantly changing and evolves rapidly. People with heart disease and those who have had a stroke are at high risk for developing serious complications from the flu. This recent increase in activity of influenza in the US has prompted the CDC to release a health advisory emphasizing the importance of its antiviral treatment recommendations this season.

So what are the steps that we all need to take to fight this flu?

- **Get a flu vaccine.** Flu vaccination has been associated with lower rates of some cardiac events among people with heart disease.
- **Take everyday action to stop the spread of flu:**
  - Cover your nose and mouth with a tissue when coughing or sneezing and throw the tissue away after using it.
  - Wash your hands with soap and water frequently, especially after coughing and sneezing.
  - Try to keep your hands away from your face.
  - If you are sick with flu-like symptoms stay home for 24 hrs after your fever is gone.
  - If you do get sick with flu symptoms, call your doctor and take antiviral drugs as soon as possible, within 48 hrs is most effective. Antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious health problems that can result from the flu.

Let's be smart and take these recommendations seriously to prevent the further spread of the flu in our community.

*Deb Murphy R.N.*



We women sure know a lot of numbers by heart, like phone numbers, birthdays, pin numbers and passwords. But do you know the most critical numbers for your heart health? That knowledge could

just save your life. That's why Go Red For Women and The Heart Truth are encouraging all women to schedule a visit with their doctor to learn their personal health numbers including **Blood Pressure, Cholesterol, Blood Sugar and Body Mass Index (BMI)** and assess their risk for heart disease and stroke. It's time to learn the most critical numbers in **Your** life. Your heart depends on it.

**FRIDAY, FEBRUARY 2, 2018**  
**NATIONAL WEAR RED DAY!**

Wear red to raise awareness about cardiovascular disease and save lives. Because when we come together, there's nothing we can't do.



## ATTENTION VOTERS

### There are five (5) elections in 2018

**Tuesday February 6, 2018**

Special State Election Primary (indicate which party ballot)  
Third Essex Senatorial District (to fill vacancy caused by  
the resignation of Senator Thomas M. McGee)

**Tuesday March 6, 2018**

State Election

**Saturday April 28, 2018**

Annual Town Meeting/Election

**Tuesday Sept. 4, 2018**

State Primary (**indicate which party ballot**)

**Tuesday November 6, 2018**

State Election

#### SUBJECT TO CHANGE BY THE GENERAL COURT

**If you are unable to vote at the polls on Election Day due to:**

1. Absence from the voter's city or town during normal polling hours;
2. Or physical disability preventing you from going to the polling place;
3. Or religious belief.

Please contact me for an absentee ballot application or go online **[www.nahant.org](http://www.nahant.org)**

IF YOU ARE REGISTERED TO VOTE AS **No Party (unenrolled)**, YOU MUST CHOOSE ONE OF THE FOLLOWING FOR THE: **STATE PRIMARIES**

Republican ---- Democrat----- No party (unenrolled)----- Libertarian



Margaret R. Barile (Peggy)

Town Clerk

781-581-0018

[mbarile@nahant.org](mailto:mbarile@nahant.org)



*Saturday, February 17*

*National Act of  
Kindness Day*

*Make someone  
feel loved today!*

**Representative  
Brendan Crighton  
will be hosting a  
meet and greet  
Ice Cream Social  
at the  
Tiffany Room  
on  
Thursday, March 1,  
at 12:00pm.  
All are welcome to  
attend.**

## TIFFANY CAFÉ LUNCH PROGRAM

**Served everyday at 11:30 - 12:30**  
**Reservations required 24 hours in advance. 781-581-7557**  
 Cost - \$3.00

### FOOD SHOPPING PROGRAM

|                |                |               |            |
|----------------|----------------|---------------|------------|
| <b>Monday</b>  | <b>Feb. 5</b>  | Market Basket | 12:30 P.M. |
| <b>Tuesday</b> | <b>Feb. 13</b> | Market Basket | 12:30 P.M. |
| <b>Tuesday</b> | <b>Feb. 20</b> | Market Basket | 12:30 P.M. |
| <b>Tuesday</b> | <b>Feb. 27</b> | Market Basket | 12:30 P.M. |

### VETERAN'S FOOD PROJECT

|                     |                      |                      |                       |
|---------------------|----------------------|----------------------|-----------------------|
| <b>Feb. 7, 2018</b> | <b>Mar. 7, 2018</b>  | <b>April 4, 2018</b> | <b>May 2, 2018</b>    |
| <b>June 6, 2018</b> | <b>July 11, 2018</b> | <b>Aug. 1, 2018</b>  | <b>Sept. 12, 2018</b> |

## Shepherd's Pie Baked Potatoes

*Now you can make this comfort food in individual servings! If you substitute ground turkey or chicken instead of ground beef, use chicken or vegetable broth.*

### Ingredients

- 4 russet potatoes (about 8 ounces each)
- 5 tablespoons unsalted butter
- 1/2 onion, chopped
- 3 cloves garlic, sliced
- 1 tablespoon chopped fresh thyme
- 12 ounces ground beef
- 1 cup low-sodium beef broth
- 3 tablespoons ketchup
- 2 teaspoons Worcestershire sauce
- 1 cup frozen peas and carrots, thawed
- 1 cup shredded colby jack cheese (about 4 ounces)

### Directions

- Pierce the potatoes with a fork in a few spots. Put on a microwave-safe plate and microwave until tender, 14 to 16 minutes. \*
- Melt 1 tablespoon butter in a large skillet over medium-high heat. Add the onion, garlic, thyme and 1/4 teaspoon salt.
- Cook, stirring, until the onion is soft, about 4 minutes.
- Add the beef, turkey or chicken, 1/2 teaspoon salt and a few grinds of pepper and cook, breaking up the meat, until no longer pink, about 4 minutes.
- Stir in broth, ketchup and Worcestershire sauce and bring to gentle simmer. Cook, stirring occasionally, until slightly thickened, 6 to 8 minutes. Stir in the peas and carrots and warm through, about 1 min.; season with salt and pepper.
- Preheat the broiler.
- Halve the potatoes lengthwise and fluff the flesh with a fork; top each potato half with 1/2 tablespoon butter and season with salt and pepper.
- Place on a baking sheet. Divide the meat mixture among the potato halves, then top with the cheese. Broil until melted, about 2 minutes.



*\*For crispier potato skins, bake potato in convention oven.*

## HEALTH AND WELLNESS

|          |         |             |  |
|----------|---------|-------------|--|
| Monday   | Feb. 12 | 9:00 a.m.   | Manicurist (sign up required) \$10.00    |
| Monday   | Feb. 26 | 9:00 a.m.   | Manicurist (sign up required) \$10.00    |
| Thursday | Mar. 1  | 8:30 a.m.   | Dr. Sanphy—Podiatrist (sign up required) |
| Thursday | Feb. 8  | 10:00-11:30 | Blood Pressure Clinic                    |
| Monday   | Feb. 26 | 9:30 a.m.   | Hair Styling (sign up required)          |

### EXERCISE/ACTIVITIES

|                    |            |                     |                  |
|--------------------|------------|---------------------|------------------|
| Monday             | 9:00 a.m.  | YOGA (\$5.00)       | Tiffany Room     |
| Monday, Wed., Fri. | 9:00 a.m.  | Total Body Exercise | Community Center |
| Tuesday & Thursday | 10:30 a.m. | Chair Exercise      | Tiffany Room     |
| Tuesday & Thursday | 5:00 p.m.  | Mat & Stretch Class | Community Center |

## PUZZLE OF THE MONTH!

|          |          |          |
|----------|----------|----------|
| ADORING  | ELF      | MUSS     |
| AIM      | END      | OBEY     |
| ALE      | EON      | OCCUPIER |
| APSES    | EVICTED  | OPT      |
| AQUAVITS | EWE      | OUT      |
| ARC      | EXPLAINS | OWLISHLY |
| ARID     | FAILURE  | PICKETS  |
| ASH      | FAY      | PLATTER  |
| BAR      | FEIGN    | POET     |
| BESMEAR  | FIT      | PURIST   |
| BLESS    | FIZZ     | RABBLE   |
| BLOODILY | FLAYS    | RAIN     |
| BOG      | FLEETS   | REX      |
| BRANDY   | FREAK    | ROBS     |
| BUD      | FUND     | ROVE     |
| BUGGED   | FUSE     | RUDE     |
| BURSTING | GABLE    | SAG      |
| BUT      | GAD      | SAT      |
| CAM      | GRAFT    | SCAPULA  |
| CAR      | HEATER   | SCENE    |
| CLARINET | HEDGERS  | SCUTUM   |
| CLOGGIER | HISSING  | SHOVED   |
| COAST    | HOWL     | SIP      |
| CURRIES  | IDEA     | SLEETY   |
| DAD      | INKS     | SMEAR    |
| DAUNTING | INLET    | SOLO     |
| DENS     | ITS      | SPROUTS  |
| DIASPORA | LAW      | STAMPED  |
| DIVAS    | LID      | STEADY   |
| DOE      | LOSES    | STY      |
| DOPE     | LOVELESS | SWIG     |
| DOTARDS  | LUG      | TAINT    |
| DROOLED  | LURE     | TAMPED   |
| DYE      | MEAL     | TEE      |
| EDGE     | MEDIC    | TIE      |
| EEL      | MELD     | TOWER    |

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Y | W | A | Y | S | H | S | U | S | A | T | M | G | W | K | A | E | R | F | R | S |
| S | L | T | E | E | O | N | Y | E | Y | D | R | A | R | A | L | W | Y | A | D | P |
| C | S | I | A | R | H | S | C | A | P | U | L | A | C | A | R | A | E | R | S | I |
| U | C | T | D | O | U | R | N | O | L | O | S | O | I | E | F | M | A | E | N | C |
| R | E | O | O | O | D | L | A | T | I | F | D | C | N | T | S | T | T | X | E | K |
| R | U | K | A | E | O | G | I | B | E | A | R | C | F | E | O | G | P | H | D | E |
| I | S | D | V | S | U | L | M | A | B | L | H | U | B | D | A | R | O | T | W | T |
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TRAITOR  
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## Tiffany Café Menu February 2018

*“One should eat to live not live to eat”*

~Moliere~



| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
|   |   |   | <sup>1</sup><br>Salad,<br>Spaghetti and<br>Meatballs,<br>Garlic Bread                   | <sup>2</sup><br>Salad,<br>Chicken Piccata<br>over Linguine,<br>Vegetable,<br>French Bread |
| <sup>5</sup><br>Beef Stew<br>Potatoes, carrots<br>Salad   | <sup>6</sup><br><b>STATE PRIMARY<br/>TIFFANY ROOM<br/>CLOSED<br/>Lunch at Tide's<br/>Restaurant</b> | <sup>7</sup><br>Salad,<br>Chicken<br>Cordon Blue<br>Casserole   | <sup>8</sup><br>Meatloaf,<br>Mashed Potato,<br>Vegetable                                | <sup>9</sup><br>Stuffed Chicken<br>Breast wrapped in<br>Bacon,<br>Wild Rice,<br>Salad     |
| <sup>12</sup><br>Blueberry/<br>Cinnamon<br>Baked French<br>Toast,<br>Bacon,<br>Home Fries,<br>Fruit Salad   | <sup>13</sup><br>Jambalaya,<br>Shrimp & Grits,<br>Vegetable,<br>King Cake                           | <sup>14</sup><br><br>Luncheon    | <sup>15</sup><br>Roast Chicken,<br>Stuffing,<br>Mashed Potatoes,<br>Gravy,<br>Vegetable | <sup>16</sup><br>Chicken Ziti<br>Broccoli,<br>Vegetable,<br>Garlic bread                  |
| <sup>19</sup><br><b>PRESIDENT'S<br/>DAY</b><br><br><b>TIFFANY ROOM<br/>CLOSED</b> | <sup>20</sup><br>Cesar Salad,<br>Fenway Park<br>Lasagna,<br>Garlic bread                            | <sup>21</sup><br>Salad,<br>Chicken stuffed<br>with Spinach,<br>Mushrooms and<br>Mozzarella,<br>served over<br>Pasta | <sup>22</sup><br>Chili,<br>Corn Bread<br>Casserole,<br>Salad                            | <sup>23</sup><br>Salad,<br>Beef Stew,<br>French<br>Bread                                  |
| <sup>26</sup><br>Tuna Melt<br>Sandwich,<br>French Fries,<br>Soup  | <sup>27</sup><br>Salad,<br>Baked Ham,<br>Delmonico Potato,<br>Vegetable,<br>Cheesy Biscuits         | <sup>28</sup><br>Salisbury Steak<br>with Onion<br>Gravy,<br>Mashed Potato,<br>Vegetable                             | <b>All lunches served<br/>with:<br/>Milk<br/>Bread &amp; Butter<br/>Dessert</b>         |   |
|   |   |   |   | <b>Menu is subject to<br/>change</b>  |



### Can I Still Change My Medicare Plan?

The annual Medicare Open Enrollment period ended on December 7, but you may still be able to change plans during 2018.

#### **Medicare's 5-Star Special Enrollment Period**

You have an opportunity to enroll in a top-rated (5-Star) plan, once during the year. This can be done at any time through November 30, with the enrollment effective the first of the following month. The Tufts Medicare Preferred HMO plans, the Blue Cross Blue Shield HMO Blue plans, and the Blue Cross Blue Shield Prescription Drug plans have achieved the 5-Star rating for 2018. You can enroll in one of these plans, as long as you meet the plan's eligibility requirements. If you are currently in a Medicare Advantage or Medicare Prescription Drug Plan, this new enrollment will automatically unenroll you from your previous plan. For the HMO plans you should check with your doctor (s) and other health care providers to confirm that they are in this plan's network since it only provides coverage for in-network providers.

#### **For those with a Medicare Advantage Plan (HMO or PPO):**

Between January 1 and February 14 each year, anyone with a Medicare Advantage plan may drop it and switch to Original Medicare. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time.

#### **For those with Prescription Advantage or getting "Extra Help" paying for prescription drugs:**

You can change your Medicare Advantage plan or drug plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month.

For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs.

Call the Nahant Council on Aging at 781-581-7557 to make an appointment with our local SHINE Representative, or 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 within two business days.

The Friends of the  
Nahant Council on Aging  
have recently received the  
following donations:

In Memory of:  
Paul English Jr.

In Honor of:  
Carol and Paul Aten

## MATCHING DONATIONS

*Employee Matching Gifts* are donations an employer makes to match its employees' charitable contributions. Usually associated with corporate grant makers, employee matching gifts often are dollar-for-dollar, but some companies will give double or even triple the original donation.

**Even if you are retired, many employers continue to honor your charitable donations.**

**Check to see if your employer participates in a matching donation program.**

### Friends of Nahant COA Executive Board

FRIENDS

Linda Lehman - Co-President  
Lana Mogan -Co- President  
Mary Irene Dickenson - Treasurer  
Margaret Silva Secretary

Friends meet the second Wednesday of each month.

FIN COM ROOM, TOWN HALL 9:30

CORNER

### Help Support the Friends of the Nahant Council on Aging

Please accept my tax-deductible donation as a supporting member:

\_\_\_\_ Individual \$10.00    \_\_\_\_ Good Friend \$25.00    \_\_\_\_ Great Friend \$50.00

Name \_\_\_\_\_ Address \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Please accept my tax-deductible donation of \$ \_\_\_\_\_ In memory of \_\_\_\_\_

Person's name \_\_\_\_\_ In honor of \_\_\_\_\_

Donated by \_\_\_\_\_ In appreciation of \_\_\_\_\_

Address \_\_\_\_\_

Please make checks payable to: **Friends of Nahant Council on Aging**

334 Nahant Road, Nahant, MA 01908

## BIRTHDAY CELEBRATIONS

February 1, - Edith Malatesta, Irene Cullinan, Richard Koehler, David Dunn,  
Mark Lucantonio, Judith Vanloon, Raymond Champigny  
February 2, - Stephen Nicketakis, Sandra Shute  
February 4, - Pauline Lavery, Ernest Priftakis, Gail Woodhead, Ronald Petrucci, Karen Regante,  
Kathryn Deon  
February 5, - Amelia Bik  
February 6, - Phyllis Crifo, Diane Perepelitza, Edith Kenneally  
February 7, - Louise Andrews, John Vanmaanen, Sheila Barry, Suzanne Hamill  
February 8, - Mark Connelly, Paula Bethune, Francis Cullinan  
February 9, - Reno Pisano, Leone Barletta, James Konowitz, Jefferson Thomas, Catherine Duffy  
February 10- William Crawford  
February 11- June Borys, Mary Evos, Eleanor Collins, Deborah Barnes, Francis Guidara  
February 12- Vittorio Capano, Mary Nagle, Barbara Sweeney, James Hart, Douglas Lemle, Stacy Miliotis  
February 13- David James O'Neil  
February 14 - Clement Trempe, Caren A. Cahoon, Frederick Ahern, Joan Bingham, Christopher Battiston,  
Nancy Elliott, Maria Koutroubis  
February 15 -Lewis Moody, Elizabeth Crispin  
February 16 -Wayne Wilson, Joanne Curtis  
February 17 -Eva Murphy, Mary Ellen Taylor, Jeanne Buckley, Kenneth Carpenter, Karen Savino,  
Jeffrey Lewis, Michael Curran  
February 18 -Melinda Hatfield, Andrew Karl, Susan Alessi, Robert Goode, Roy Goode, Joanne Sullivan,  
Jonathan Gilman  
February 19 -Paul Richardson  
February 20 -Paul Gaudet, Charles Langevain, Joseph Benson, Richard Evans, Genevieve Hemenway  
February 21 - Pauline Anderson, Susan Hargraves, Mary Barletta  
February 22 -Alicia Quinn, Linda Gardner, Mary Matthews, Lana Wortman  
February 23 -Joseph Lamando, Thomas Donahue, Robert McCahey, Barbara Lambl, Michael Mahoney,  
February 24 -John Patek, Ellen Klink, Ralph Colson, Paul Brien  
February 25 -Elaine Budnik-Caira, Elizabeth Berman, Joseph Giunta  
February 27 -James Carroll, Supunpim Banchongmanic  
February 28 -Richard Bailey, William Edwards, Patricia Aswad, Nancy Hamson  
February 29 -Robert Lane, Michael Szostakowski, Maria DaSilva

Would you like to have an event or other  
information included in next month's  
Tiffany Times?

Please submit your article to  
Penny Morse at [pmorse@nahant.org](mailto:pmorse@nahant.org),  
or drop it off at the office.

### THE TIFFANY ROOM

is now available for private  
gatherings.

For more information,  
contact Linda Peterson at  
781- 581-7557, or  
[lpeterson@nahant.org](mailto:lpeterson@nahant.org)