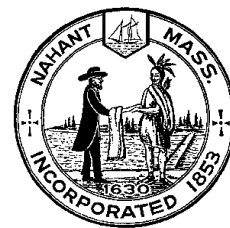


# February 2019 *Nahant Tiffany Times*



*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

Nancy Maddocks- Assistant  
Arthur Barreda - Transportation  
Jim O'Connor - Transportation  
Pat Scanlon - Transportation

## Nahant COA Board of Directors

Marcia Divoll- Chairman  
Angela Bonin—Vice Chairman  
Lollie Ennis—Treasurer  
Joseph Benson -Secretary

Nancy Gallo  
Sheila Hambleton  
Linda Jenkins  
Emily Potts  
Carol Sanphy

## 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,**

In December, the COA received 3 large donations. Two donations were in memory of Bob Casey. Bob was a Nahant resident who recently passed away. Several of Bob's friends, also Nahant residents, became his caregivers for the last few years of his life. These friends were rewarded with money from his estate. One donor, donated \$1,200.00 to supply free lunches for the seniors one day a month for the year. Today, as I write this column, we provided the seniors with the 1<sup>st</sup> Bob Casey free lunch.

Another one of Bob's caregivers donated his entire portion of the estate to the COA. This donation will be put to a new COA kitchen. The COA is applying for a grant for these renovations. Because of this donation, another large donation from Karen Wakefield, the help of the Friends of the COA, and the grant, we are hopeful that in the next year we will have a new kitchen to continue to feed our seniors.

Lastly, a donation in the amount of \$5,000.00 was received by the Friends of the COA. This donation came from the Weatherspoon Charitable Foundation to be used for the Memory Café. Nice to see that folks want to support our Memory Café.

*Linda Peterson  
Executive Director*

## *Tiffany Room Hours*

*2019*

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

*Closed*

*President's Day, Monday February 18*

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

<b>Wed., Feb 6</b>	<b>It's Show time!</b> The latest talked about movie "On The Basis Of Sex". Contact the Tiffany Room to see when the bus will leave.
<b>Tues., Feb. 12</b>	<b>Museum Of Fine Arts, Boston.</b> "Ansel Adams in our Time" (1902– 1984), presenting some of his most celebrated prints. The exhibition looks both backward and forward in time: his black-and-white photographs are displayed alongside prints by several of the 19th-century government survey photograph who greatly influenced Adams, as well as work by contemporary artists. Tickets \$18pp. The bus will leave the Tiffany Room at 10:00 A.M.
<b>Thurs., Feb.14</b>	<b>Valentine's Day Luncheon.</b> "Share the LOVE" at the Tiffany Room Valentine's Day!



### FOOD SHOPPING PROGRAM

Tuesday	Feb.5	Market Basket	12:30 P.M.
Wednesday	*Feb. 13 *	Market Basket	12:30 P.M.
Tuesday	Feb. 19	Market Basket	12:30 P.M.
Tuesday	Feb. 26	Market Basket	12:30 P.M.

**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

<b>Wed., Mar. 6</b>	<b>Tiger's Den.</b> Lynn Tech Tiger's Den is open for lunch. The students at LVTI are eager to serve us and show off their culinary skills. The cost of lunch is \$10.00 which includes gratuity. The bus will leave the Tiffany Room at 11:15. If you want to take your own vehicle, you can join us at the school. Make your reservation soon!
<b>Thurs., Mar. 14</b>	<b>Boston Flower and Garden Show.</b> "SAVOR SPRING". Enjoy the first taste of spring while gathering recipes and ingredients you will need for a successful garden. Group rate \$17pp.
<b>Fri., March 15</b>	<b>St. Patrick's Day Celebration.</b> 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. \$15pp.

## HAPPENINGS AROUND TOWN

- Fri., Feb. 1**      **Nahant Community Breakfast, Nahant Village Church. 8 A.M.** Join us for a talk about the history and construction of the Alaska Highway. We will weave history of gold mining, Yukon River riverboats, railroads, dog sleds, airplanes, along with the WW II threat of a Japanese invasion of Alaska. And we will talk about the present Highway with the roadhouses and sights along the route.
- Wed., Feb. 6**      **Tiffany Room, Nahant Town Hall. 7 P.M.** A Nahant Dementia Caregivers Support Group has begun, for anyone in town dealing with a loved one that has dementia and is looking for a safe place to talk, share, vent, get ideas/advice, please join us! We will be meeting on the first Wednesday night of the month.
- Thurs., Feb.14**      **Nahant Public Library , “Connections” A Memory Café 10am –12.** This monthly program provides opportunities to network and enjoy refreshments; connect with caregiver support specialist; and, if you like, join in creative projects and interactive learning.

**The Town of Nahant now has Winter “Red” and “Blue” light graphics on both the Town and Police website homepages. The RED light indicates the Winter Parking Ban Is In Effect. The BLUE light indicates that a Snow Emergency is declared and All vehicles (sticker waiver or not), MUST be off the roads.**

RED = Winter Parking Ban In Effect



BLUE = Snow Emergency In Effect No Parking



## 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.**

## Tides Fundraisers

**Come out and Support A Group**

Thursday, February 7 – Johnson School 3<sup>rd</sup> Grade

Thursday, February 21 – Nahant Garden Club

Thursday, February 28 – Nahant Lions





# 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.

## **“Connections” A Memory Café**

Nahant Public Library

### **A program of Arts & Sharing**

Meeting Every 2nd Thursday of Month

10:00– 12:00 noon

15 Pleasant St., Nahant

Contact [Shawkes@nahant.org](mailto:Shawkes@nahant.org)

RSVP 781-581-0306

Offered for people with memory impairment and their caregivers.

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.

## **NAVIGATE NAHANT**

The Nahant Public Library in collaboration with the COA is pleased to provide 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**.

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**

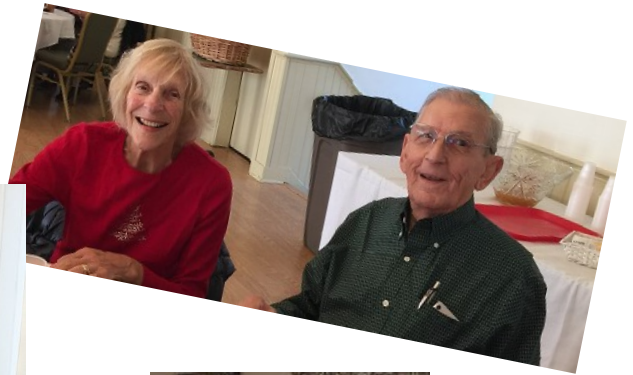
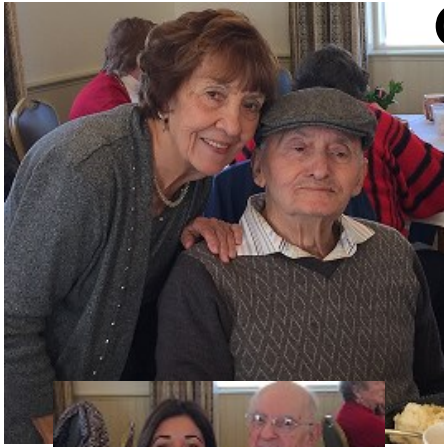
**CHARLIE RANDALL**

**will be at the Tiffany Room on Wednesday, February 6, from 1:00 - 3:00.**

**Make your personal appointment at the Tiffany Room.**



# Christmas Party at K of C



**We come together with our wings  
down low but at the end we are all  
fluttering together! - Dick Hagoort**



## TIFFANY CAFÉ LUNCH PROGRAM

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

## VETERAN'S FOOD MARKET PROGRAM

**Town Hall 10:30 - 11:30 a.m.**

Feb. 6, 2019	April 3, 2019	June 5, 2019	Aug. 7, 2019	Oct. 2, 2019
Mar. 6, 2019	May 1, 2019	July 10, 2019	Sept. 4, 2019	Nov. 6, 2019

The Veteran's Food Program is sponsored by the Nahant's Veterans Affairs Office and facilitated and staffed by the Nahant's American Legion Post 215.  
Any further information, please contact Jon Lazar at 781-581-0018 or 781-599-1948.

## Lemon Blueberry Mini Cheesecake Recipe

### INGREDIENTS

- 12 Lemon Oreos
- 2 8oz. Bars Cream Cheese, softened
- 1/2 c. Powdered Sugar
- 2 tbsp. Lemon Juice
- 1 tsp. Lemon Zest
- 1 tsp. Pure Vanilla Extract
- Pinch of Salt
- 2 c. Heavy Cream
- 1/4 c. Blueberry Preserves



### Directions

1. Line a cupcake pan with cupcake liners then place an Oreo into the bottom of each cup. Set aside.
2. In a large bowl, beat cream cheese with a hand mixer until smooth, then beat in powdered sugar, lemon juice, lemon zest, vanilla and salt.
3. Add heavy cream and beat until fluffy and stiff peaks form. Spoon cream cheese mixture over Oreos.
4. Using a small spoon, dollop a small amount of blueberry preserves into the center of each cheesecake. Use a toothpick (or a small skewer) to swirl.

Refrigerate until firm, about 4 hours.





The Friends of the Nahant Council on Aging want to thank everyone who supported our Fundraiser at the Tides on November 24, 2018.



Linda Champigny - Lottery Board

Helene Rossert - Spa Basket

Anna Manzano - Snowman Basket

Mary Jo Gavin - Holiday Basket

**Congratulation to the Winners!!**

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

**In Memory of:  
Harriet Margo  
Joseph E. Alessi**

**In Honor Of:  
Carol & Larry Aten**

**In Appreciation of:  
Trudy Joyce**



# Tiffany Café Menu

February 2019

“One should eat to live not live to eat”

~Moliere~



Monday	Tuesday	Wednesday	Thursday	Friday
<b>All lunches served with:</b> <b>Milk</b> <b>Bread &amp; Butter</b> <b>Dessert</b>				<b>1</b> Fried Fish with Rice. Veggies, Salad
<b>4</b> Tuscan Greens with Cannellini Beans & Sausage, Salad	<b>5</b> Flat Bread Pizza, Salad	<b>6</b> Chicken Piccata with Ravioli	<b>7</b> Roast Chicken, Roasted Potatoes, Veggies	<b>8</b> Greek Fish, Veggies, Salad
<b>11</b> Chicken Tenders with Sweet & Sour Sauce, Wild Rice, Salad	<b>12</b> Cinnamon Raisin French Toast, Bacon, Home Fries, Fruit Salad	<b>13</b> Quiche Lorraine, Salad	<b>Valentines Day Luncheon 14</b> 	<b>15</b> Poached Fish with Argentine Pesto over Roasted Cauliflower Steaks, Salad
<b>18</b> <b>Tiffany Room Closed</b> 	<b>19</b> Baked Ham, AuGratin Potatoes, Vegetable, Corn Bread, Salad	<b>20</b> American Chop Suey, Salad	<b>21</b> Cheese Steak Sub, Chips, Pickles	<b>22</b> Pineapple Shrimp, Green Peppers over Hawaiian Rice, Salad
<b>25</b> Beef Stroganoff over Egg Noodles, Salad	<b>26</b> Grilled Ham & Cheese Sandwich, Soup, Fries	<b>27</b> Creamy Herbed Tuscany Chicken, Pasta, Veggie	<b>28</b> Meatloaf, Mashed Potatoes, Veggie	<b>Menu is subject to change</b>



## HEALTH AND WELLNESS

Monday	Feb. 11	9:00 a.m.	Manicurist (sign up required) \$10.00
Monday	Feb. 25	9:00 a.m.	Manicurist (sign up required) \$10.00
Thursday	Feb. 6	8:30 a.m.	Dr. Sanphy—Podiatrist (sign up required)
Thursday	Feb. 14	10:30 a.m.	Blood Pressure Clinic
Tuesday	<b>*Feb. 19th*</b>	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 (\$2.00)	Community Center
Tuesday & Thursday	10:30 a.m.	Chair Exercise	Tiffany Room
Tuesday & Thursday	5:00 p.m.	Mat & Stretch Class (\$2.00)	Community Center

## PUZZLE OF THE MONTH!



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

adore	dart
amorous	declaration
arrows	delight
beau	embrace
beside	feel
cards	first
chocolate	flame
complete	flowers
gallant	lore
gifts	lover
honey	nestle
kisses	loyal
romeo	roses
rues	sight
solo	spark
stroke	sweet
tingle	total
touch	unity



February is National Heart health month. We celebrate heart health in many different ways.

The American Heart Association's signature women's initiative, Go Red for Women, is a comprehensive platform designed to increase women's heart health awareness and serve as a catalyst for change to improve the lives of women globally.

What is the platform for a healthy way of life?

Move more-Eat smart- Manage your Blood Pressure.

That said, I would like to focus on the other side of heart health, the Romantic Side. To celebrate this side of heart health, we have Valentine's Day, a special day set aside to proclaim your love, either outwardly or secretly. I can remember as a young child in school, making our valentine boxes (it was easy for me, I grew up in Shoe city, plenty of shoe boxes in our house) Spending the night before, cutting out red hearts and with the help of Elmer's Glue, pasting them all around the box, not forgetting to cut that little slit on the top for the cards to drop in. I always loved it when I got a card unsigned, from a secret admirer. Love in the younger days was so simple and genuine. Unconditional love for your parents and grandparents, sisterly and brotherly love for your siblings, and I can remember I had a special love for birds. As we grow, love takes on many different emotions. Teenage love is passionate and not always directed in the most sensible directions, which may lead to experiencing the first "broken heart", or feeling heart sick. As we grow older and mature, we may find ourselves falling in love, a love that could last a lifetime. In some cases, this love leads to marriage, children, and growing old together. In some cases, this love leads to relationships that grow and mature in different ways. Research shows that living with a life partner, makes for a happier person and can actually extend the lifespan. On the romantic side of love, let's look at a few quotes that have been written:

*"There is never a time or place for true love. It happens accidentally, in a heartbeat, in a single flashing, throbbing moment."* – The Truth About Forever by Sarah Dessen

*"I don't care how hard being together is, nothing is worse than being apart."* – Starcrossed by Josephine Angelini

*"And I've realized that the Beatles got it wrong. Love isn't all we need - love is all there is."* – Second Chance Summer by Morgan Matson

*"I wanted to tell you that wherever I am, whatever happens, I'll always think of you, and the time we spent together, as my happiest time. I'd do it all over again, if I had the choice. No regrets."* – Boundless by Cynthia Hand

It is my opinions that love and romance is alive and well across all generations. The three most powerful words in the English language are I Love You. I hope you hear these words often, and say them just as often. Happy Valentine's Day!

*Deb Murphy R.N.*



**Marty Taylor  
spent time painting with  
Seniors at Memory Café  
& the Tiffany Room**

### Friends of Nahant COA Executive Board

**FRIENDS**

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

**CORNER**

Friends meet the second Wednesday of each month.

FIN COM ROOM, TOWN HALL 9:30

### **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    \$\_\_\_ Other

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

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

\_\_\_\_\_ In Honor/Memory/Appreciation of \_\_\_\_\_

*Please send gift notification to:* \_\_\_\_\_

\_\_\_\_\_

Donor name: \_\_\_\_\_

Address: \_\_\_\_\_

Please make checks payable to: **Friends of Nahant Council on Aging**, 334 Nahant Road, Nahant, MA 01908

## BIRTHDAY CELEBRATIONS

February 1, - Irene Cullinan, Richard Koehler, David Dunn,  
Mark Lucantonio, Judith Vanloon, Raymond Champigny

February 2, - Stephen Nicketakis

February 4, - 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, Margaret Barile, Michael Logan

February 14 -Caren A. Cahoon, Frederick Ahern, Christopher Battiston, Nancy Elliott, Maria Koutroubis

February 15 -Elizabeth Crispin

February 16 -Wayne Wilson

February 17 -Eva Murphy, Mary Ellen Taylor, Jeanne Buckley, 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, Genevieve Hemenway, Doreen Doyle,  
Debra French

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, Ralph Colson, Paul Brien, Amy Tsokanis

February 25 -Elaine Budnik-Caira, Elizabeth Berman, Joseph Giunta

February 27 -Supunpim Banchongmanic, Martha Brown

February 28 -Richard Bailey, William Edwards, Patricia Aswad, Nancy Hamson

February 29 -Robert Lane, Michael Szostakowski



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

Please submit your article to

Nancy Maddocks at  
nmaddocks@nahant.org,  
or drop it off at the office.

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 1, 2019**

**NATIONAL WEAR RED DAY!**