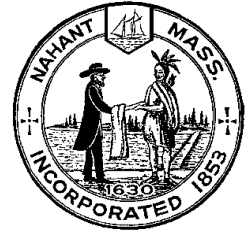


March 2016  
*Nahant Tiffany Times*  
Nahant Council on Aging



**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

**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  
lpeterson@nahant.org**

**Visit us at:  
www.nahantcouncilonaging.org**

**From the Director,**

**MARCH** "comes in like a lion and goes out like a lamb" as the saying goes. We have heard this saying for years and for the baby boomers reading this; do you remember the Saturday night skit with John Belushi? It was a classic. Some early weather watchers used this saying as a weather predictor. People often believed that bad spirits could affect the weather adversely. Those beliefs often included ideas that there should be a balance in weather and life. So, if the month came in bad (like a lion), it should go out good and calm (like a lamb). But the saying has become more of a rhyme than a true weather predictor.

**MARCH** is National Nutrition Month. So this month it is all about the food when it comes to good health, both physical and mental. Nutrition experts have found that the Mediterranean Diet helps keep your brain sharp and your heart healthy. These experts say eating your veggies, especially dark leafy greens and dark berries like blackberries, blueberries and cherries, boost memory function. Seafood such as salmon, sardines, Bluefin tuna to name a few are some of the best sources of omega-3 fatty acids which is essential for brain health. And lastly, walnuts good for snacking, not only help with improved memory, but also with heart health.

So check out the Belushi skit, eat healthy this month and keep in mind that spring arrives in **MARCH**.

Linda Peterson  
Executive Director



***Tiffany Room Hours***

***March 2016***



***Closed Tuesday, March 1***

***Massachusetts Primary Election***

## ON THE GO TRIPS AND EVENTS

- Tuesday, March 1** **Tides Restaurant.** The Tiffany Room will be used for voting today so we'll have lunch at our own Tide's Restaurant! The bus will make it's pick up and meet everyone at Tides at 12:00.
- Thursday, March 10** **Lunch and Shopping.** Lunch at the Cheesecake Factory, then a little shopping time at the Mall. Wear comfortable shoes! The bus leaves the Tiffany Room at 11:00.
- Wed., March 16** **Boston Flower and Garden Show.** With this year's theme being "Season of Enchantment", look for whimsical scenes celebrating the wonder and promise of our very favorite time of year! Reduced rate admission is \$16.00. The bus will leave the Tiffany Room at 10:00. We will stop for lunch on our way back to Nahant.
- Thursday, March 17** **St Patrick's Day Luncheon.** Mt. Vernon Catering will provide a traditional Irish dinner. We will enjoy music and be entertained by an Irish Step dancing group! That should make to make our toes start tapping! The cost of the dinner is \$17.00. Festivities will begin at 11:30 in the Tiffany Room.
- Wed., March 23** **Shine Presentation.** Topics: Preventive Benefits Under Medicare and Assistance with Prescription Drug Costs. Presentation will begin immediately after lunch at 12:15 in the Tiffany Room.

## COMING ATTRACTIONS

- April 6** **Beacon Café North Shore Community College.** We will enjoy the cuisine the students at the Middleton campus of NSCC have prepared. Fee for the buffet lunch is \$7.00. We are limited to 12 guests so sign up asap!
- April 7** Presentation from the **Office of Consumer Affairs "Your Shopping Rights"**. A representative will be on hand to explain our rights as consumers and answer any of your questions. Presentation begins at 12:15.
- April 20** **Margaret Ferguson Greenhouses** at Wellesley Collage. The Margaret C. Ferguson Green houses contain the most diverse collection of plants under glass in the greater Boston area. The tour is free.

## HAPPENINGS AROUND TOWN

- Veteran's Food Distribution, Wednesday, March 2, 10:30-11:30, at the Town Hall.** If you are a veteran, widow or widower, or dependent of a veteran...We invite you to participate! For more information please contact Veteran's agent, Jon Lazar, at Town Hall.
- Nahant Village Church Breakfast, Friday, March 4, at 8:00am.** Sharon Hawkes will conduct a book discussion with "The Burgess Boys", our first Nahant Reads title.
- "Gardening is Murder", Thursday, March 31, 10:00 a.m., at the Nahant Public Library.** The presentation Speaker will be Neal Sanders. Mr. Sanders is mystery writer, popular public speaker, and blogger of *The Principal Undergardener*. He will share his unique and humorous observation on gardening and gardeners. Coffee will be served.



**Tuesday,  
March 1**

**VOTE**

**Presidential  
Primary**



## DEPARTMENT OF TRANSPORTATION- REMINDER

The Nahant COA has become a **host site** to assist in the simple online transactions listed below:

License Renewals (for licensed drivers younger than age 75)

Registration Renewals

Change of Address

Duplicate License or Registration

How to report a lost or stolen disability placard and how to request a replacement

Appointments are available on Wednesdays and Fridays only from 10:00 – 12:00.

If you have any questions please contact Linda Peterson, COA Director at 781 581-7557.

## NAHANT PUBLIC LIBRARY - WINTER HOURS

**Tuesday and Thursday 12pm to 7pm**

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

**Saturday 1pm to 6pm**

**Sunday and Monday - Closed**

**781-581-0306**

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

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

## 2016 Annual Town Meeting

**Polls Open: 7 am**

**Open Town Meeting : 12:30 pm**

**Polls Close: 8 pm**



**Voting will take place in the Tiffany Room located in the lower level of the Town Hall.**

## HEALTH AND WELLNESS

Tuesday	March 1	9:30 a.m.	Manicurist (sign up required) \$10.00
Tuesday	March 15	9:30 a.m.	Manicurist (sign up required) \$10.00
Tuesday	March 29	9:30 a.m.	Manicurist (sign up required) \$10.00
Monday	March 21	9:30 a.m.	Hair Styling (sign up required)
Thursday	March 31	8:30 a.m.	Dr. Sanphy—Podiatrist (sign up required)
Thursday	March 31	9:00 a.m.	Blood Pressure Clinic

## EXERCISE/ACTIVITIES

Monday	9:00 a.m.	YOGA (\$5.00)	Tiffany Room
Monday	9:00 a.m.	Total Body Exercise	Community Center
Tuesday	9:00 a.m.	Quilting, crafts, crocheting	Community Center
Tuesday & Thursday	5:00 p.m.	Mat & Stretch Class	Community Center
Wednesday	9:00 a.m.	Total Body Exercise	Community Center
Tuesday & Thursday	10:30 a.m.	Chair Exercise	Tiffany Room
Friday	9:00 a.m.	Total Body Exercise	Community Center

## MEDICATION DISPOSAL FOR SAFER COMMUNITIES

### Chief Robert C. Dwyer announces

The Nahant Police Department has been awarded a grant from CVS/pharmacy to combat drug abuse by installing a drug collection unit. The new unit will provide residents with a safe and environmentally responsible way to dispose of unwanted or expired medication, including controlled substances.

The unit will be located in the front lobby of the Nahant Police Department and open 24 hours a day. Drugs can be dropped off with no questions asked.

Learn more about the CVS/pharmacy Medication Disposal for Safer Communities at [www.cvs.com/safercommunities](http://www.cvs.com/safercommunities).

If you are unable to travel to the Police Station, call the Station at 781-581-1212 to arrange a pick up.

The following items will not be excepted, Hydrogen Peroxide, Needles/Sharps of any kind, Inhalers, Aerosol Cans, and Medications from Business or Clinics, Over the Counter Ointments, lotions, liquids.

## COMMUNITY NEEDLE DISPOSAL PROGRAM

### KEEP YOUR COMMUNITY SAFE USE A SHARPS CONTAINER



#### STEPS TO SAFE NEEDLE DISPOSAL

- 1 Use syringe or needle once only.
- 2 Do not try to put the cap back on the needle. Do not snap, break, or bend any part of the needle.
- 3 Use a sharps container, which is a red biohazard single-use container that is filled with medical needles and then disposed of safely. Sharps containers are available at the Nahant Town Hall.
- 4 Never overfill or reuse sharps containers.
- 5 Nahant residents can drop off their full sharps containers for FREE the last Thursday of every month at Town Hall during regular business hours.



The Nahant Board of Health reminds you that if you use a **sharps container**, you can drop off your full container at the Town Hall free of charge. The drop off is available on the last Thursday of every month during regular business hours.

## TIFFANY CAFÉ LUNCH PROGRAM

Served everyday at 11:30 - 12:30

Reservations required 24 hours in advance

Cost - \$3.00

## FOOD SHOPPING PROGRAM

Wednesday	March 2	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	March 8	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	March 15	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	March 22	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	March 28	Market Basket and Vinnin Square	12:30 P.M.

## HOW TO KEEP PRODUCE FRESHER LONGER

*Proper storage is the key to longer-lasting fruits and vegetables.*

By Keith Dresser, COOK'S ILLUSTRATED



**KEEP THESE IN THE FRONT OF THE FRIDGE!** These items are sensitive to chill-injury and should be placed in the front of the fridge where the temperatures tend to be higher.

**Berries, Citrus, Corn on the Cob, Melons, Peas**



**BEST KEPT IN THE CRISPER!** These items do best in the humid environment of the crisper.

**Asparagus, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Cucumbers, Eggplant, Fresh Herbs, Green Beans, Leafy greens, Mushrooms, Peppers, Scallions, Summer squash, Turnips, Zucchini**



**CHILL THESE ANYWHERE!** These items are not prone to chill-injury and can be stored anywhere in the fridge (including the coldest zones), provided the temperature doesn't freeze them.

**Apples, Cherries, Grapes**



**KEEP THESE ON THE COUNTER!** Some produce is sensitive to chill-injury and is subject to dehydration, internal browning, and/or internal and external pitting if stored in the refrigerator.

**Apricots, Avocados, Bananas, Kiwis, Mangos, Nectarines, Peaches, Pears, Pineapple, Plums, Tomatoes**



**STORE THESE IN THE PANTRY!** The following produce should be kept at cool room temperature and away from light to prevent sprouting (in the case of potatoes) and to prolong shelf life.

**Garlic, Onions, Potatoes, Shallots, Sweet Potatoes, Winter Squash**





# Country Style Chopped Sirloin with Old Fashion Onion Mushroom Gravy

SERVES 2 - START TO FINISH: 20 minutes

### Recipe Directions

1 large egg  
1/3 cup quick oats (oatmeal)  
1/4 teaspoon salt, plus more to taste  
1/8 teaspoon ground black pepper, plus more to taste  
8 ounces ground sirloin (90% lean)  
1 cup finely chopped onion  
1 cup finely chopped button mushrooms  
up to 2 tablespoons vegetable oil, divided use  
3 tablespoons all purpose flour  
about 1 cup warm tap water (or beef broth)



1. In a large bowl, combine the egg, oats, 2 tablespoons of onion, 1/4 teaspoon salt and 1/8 teaspoon pepper and mix well. Crumble the ground beef well over the egg mixture. Using your hands mix well. Form into two patties about 3 inches wide and 3/4-inch thick.
2. Heat 1 tablespoon oil in a regular (not nonstick) skillet over medium high heat. When oil is hot, add patties and cook about 3 minutes on each side or until golden brown. Remove to a plate and hold.
3. In the same skillet, add the remaining onion and mushrooms. Cook until tender and mushrooms have released their water, about 3 minutes. Scrap onto plate with beef patties.
4. Reduce heat to medium low and add another 1 to 3 teaspoons of oil, enough to cover the bottom of the skillet in a thin pool. Sprinkle the flour over the oil and stir well, forming a thick paste. Continue to cook the paste until it turns a medium brown and all the bits and pieces of the beef are incorporated in the paste. Slow and carefully add the water stirring, constantly to form the gravy. Once the gravy has come to a low boil and begins to thicken, add the beef patties and the veggies back to the skillet. Lower the heat to simmer (low) and spoon the gravy over the meat. Simmer for 5 to 15 minutes until ready to serve. Add a few more tablespoons of water if gravy be-

Approximate Values Per Serving: 432 calories, 17.5 g fat (5g saturated), 194 mg cholesterol, 42 g protein, 25 g carbohydrates, 3g dietary fiber, 406mg sodium



## Tiffany Room Menu

March 2016

*"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> Closed for Lunch TIDES	<b>2</b> Salad Meatball Stew Green Beans and Potatoes	<b>3</b> Chicken Parmesan Angel Hair Pasta Grilled Vegetables	<b>4</b> Guest Chef
<b>7</b> American Chop Suey Salad	<b>8</b> Salad Pepper Steak Sub Fries	<b>9</b> Salad Chicken Tetrizzini Casserole	<b>10</b> Meatloaf Creamed Corn Mashed Potatoes	<b>11</b> A Taste of Greece (Guest Chef)
<b>14</b> Salad Chicken Cacciatore	<b>15</b> Baked Beans Hot Dogs Brown Bread Potato Salad	<b>16</b> Pork Tenderloin with Apples, Onions and Potatoes	<b>17</b> St. Patrick's Day Luncheon	<b>18</b> Baked Macaroni and Cheese Salad
<b>21</b> Salad Chicken Broccoli Ziti	<b>22</b> Lasagna Salad Garlic Bread	<b>23</b> Braised Chicken Thighs Potato Vegetable	<b>24</b> Teriyaki Salmon Rice Spinach (Alt. Teriyaki Chicken)	<b>25</b> Picnic Lunch
<b>28</b> Salad Chicken Parmesan Calzone	<b>29</b> Broccoli Cheese Soup Chicken Salad Sandwich	<b>30</b> Salad Pasta with Bolognese	<b>31</b> Baked Ham Potatoes Au gratin Vegetable	<b>Menu is subject to change</b>

## PUZZLE OF THE MONTH!

MHCCZZQUAISNAORDAZEQB YUQH P AZOLIUOYM  
 DOQEKIPSAHKXS VLEQNQXIO CQFCXVNL UWQMS  
 PONGKVLWII MFBVJUCVBDANXYZL ZNXWFDGSM  
 KYOPRQCQNWHMBAEFIYMYBBATBGVPEZZZNZX  
 CAZDOIRKGFJPZPTBSWUSKNCCTEGYMPCHTYK  
 QFYOHNZKHSLJXJITIKCTAHKEUIVLPBMSJEA  
 PGEUQUGWXUXUGYDNEMUFURDNALNWEXQEQXB  
 GUMRKPFZEYWRMMVILLHIQJORAKCLANKOYVQ  
 VNPTNTS IMREVLISIDCRPYJAPVBMNVIEHH  
 HHQPTVF SIJAEZTNBIUIAXCANLHG TREHTVKI  
 PIOSPKTSZQSNVNNADUHDCLXNBCLINIRFAKH  
 LMAADYJIBHZGIIWXVXNMLSJYITDFNXRNTLG  
 GIVSETTLUFACYCOVR YGIMGGUYEILYGEUWNS  
 DERRZVZGCOGMZDILPERAKLHISLOYJLEIIGD  
 HOHHTETZKHOHAWIDAPHAEGYSOQVQZXLROQT  
 MCRKQDPFFHTECB IQWHESMYAQZPSLEDACYXF  
 BGUJZDSHCEKMWWE GGGZZIUVHAJJALWSMRLOR  
 VJMVJBT CYOUBI B IOKSFCXL FUBCKDJRTWIFR  
 NRBWIIKYPRABVEITLBPLEPSWJNIBBOBOLBU  
 UCLUJDEFVCPVNC SQFHMAXWMFIVQNQZKFLUG  
 QZEPEDIWYKIXCKSACKCRTLTWFSVTMUIYSAB  
 PSULFTUAKDMMSEEEPYVIDOIQPWYANLXL RNI  
 YQISOBQLQH VHP PBYDZGORRCJIHJKUCFLZAC  
 DXOZDASF C PCLTDYEMASNENMGQEYSJMYITRG  
 ARQKNHCFEIWEUPLLFIEPAKAUCEVTAZJXSOW  
 TKNIWJZDAQELRXCLJYXWILHTJJIZKGRWSTK  
 TNRYRCCHJWIECNERETJYEYHQKZARINAROSP  
 AARUKTUHSJNRY YJWVBVBYLFMBEZGEWVWVY  
 MJFPENOGYVKCMDEFPBRXHJBPUBAAPLGWIRU  
 GTHZGLIMMER RFD TGOBBEMUEWMUGITNBYIEV  
 PIGNFJDWUDLGLXYUWNNRKWALJUAYRTS BYSA  
 UBEMHNVMSVZY ZLYNGLLPWNROXSQZFYEOOEP  
 PVKLMOCZPWD CALILY MILORIXYNROVRLSDBJ  
 NCNFXAWUVAYKYZUWOXAGAWFTZRAQPA BH OVT  
 HKXHFEZQOLMQHPKXEDSJHBD SJKSIHFONDRK

BECK	SCARLETT
BESS	SILVERMIST
BOBBIN	SLATE
BOBBLE	SLED
BUCK	SLUSH
CHLOE	SPIKE
CLANK	SWEETPEA
CLARION	TABBY
DEWEY	TERENCE
DULCIE	TINKERBELL
ELIXA	VIDIA
FAWN	VIOLA
FERN	WISP
FIRA	ZARINA
GARY	ZEPHYR
GINGER	
GLIMMER	
GLISS	
IRIDESSA	
IVY	
KIT	
LILAC	
LILY	
LUMINA	
LYRIA	
MARINA	
MARY	
MENDY	
MILORI	
NYX	
PERIWINKLE	
PRILLA	
RANI	
ROSETTA	
RUMBLE	



*Regular exercise provides a myriad of health benefits for seniors including a stronger heart, a positive mental outlook, and an increased chance of remaining independent. American Trails*

*The following information was taken from an article by Emily Smith; for Partnership for a Walkable America, University of North Carolina Highway Safety Research Center.*

### **The Benefits Of Walking**

According to Partnership member Mark Fenton, "The elderly have some special physical concerns that can be helped with regular exercise like walking."

"As people get older," he said, "they seem to be at greater risk of developing osteoporosis and with regular exercise like walking, that seems to be forestalled." Fenton, editor of the Boston-based Walking Magazine, adds that the psychological benefits of regular physical activity for older adults are immense.

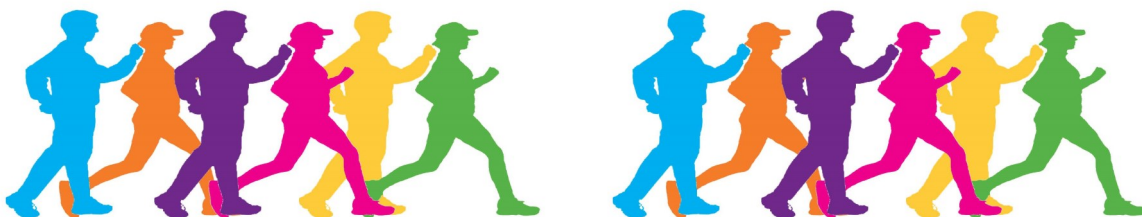
"We see again and again that regular exercise gives an improved sense of self-worth and an improved sense of purpose," he said. "It's also clear that regular activity may reduce the likelihood of clinical depression -- a problem among the elderly who may begin to feel they are a burden to their family. With regular exercise, they can continue to be contributing members of society and if they want, they can get involved in volunteer work or part-time work."

Other health benefits from regular physical activity such as walking include:

- Reduced risk of dying prematurely
- Decreased risk of dying from heart disease
- Decreased risk of developing colon cancer
- Reduced risk of developing high blood pressure
- Help in reducing blood pressure in people who already have high blood pressure
- Decreased risk of developing diabetes
- Lower risk of developing hypertension
- Increased muscle strength, flexibility and sense of balance, all of which reduce the risk of falls
- Help in controlling weight

"I think what's really notable is just how much benefit there is for older adults to be physically active," DL Pratt said. "We used to think that once you got to a certain age, it really didn't make any difference anymore, but what we're finding out is that even men and women into their nineties can see major increases in cardiovascular fitness and strength with regular physical activity."

To read more about the benefits of walking for seniors, visit:



Thank you to all the teachers and students at the Johnson School for helping decorate the Town Hall and Tiffany Room for the month of February. All your hard word work brightened everyone's day.



## CONGRATULATIONS!

**Nahant Assistant Assessor, Sheila Hambleton and Director of Nahant Council on Aging, Linda Spinucci-Peterson were recently awarded the Nahant Town Pride Award by the Lynn Area Chamber of Commerce.**

The awards were presented to both Sheila and Linda at the LACC 2016 Annual Meeting and Business Excellence Awards night at Spinelli's Restaurant. Both women were recognized as individuals that embody the pride of Nahant!



Music loving home or organization needed for a well loved organ.  
For more information contact Linda Peterson at 781-581-7557.



## IS CLUTTER:



- **Taking over your home or work space?**
- **Creating safety problems in your home?**
- **Making you ashamed of your environment?**
- **Affecting your life and relationships?**

**Join our DE-CLUTTERER'S Group**

**Greater Lynn Senior Services** is sponsoring a support group to learn strategies for de-cluttering your home and your life.

Mondays, starting March 7, 2016, at 12:30 pm at St. Mary's Plaza, Lynn.

**FOR MORE INFORMATION, CONTACT:**

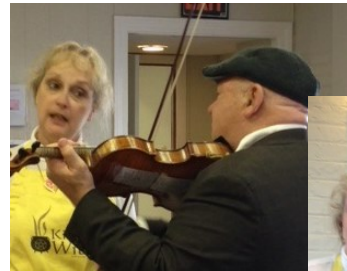
Michele Martindale at 781-586-8621 or [mmartindale@glss.net](mailto:mmartindale@glss.net)

**VETERANS' MOBIL FOOD MARKET** is a farmer's style distribution of assorted foods for Veterans and their families. The Nahant Veteran office and the Nahant Council on Aging in partnership with the Greater Boston Food Bank bring this program to Nahant. On the 1<sup>st</sup> Wednesday of the month, volunteer veterans and seniors help bring the food to Nahant using the COA bus. The food then gets sorted and distributed to the veterans and their families. If you need more information about this program contact Jon Lazar, Vet's Agent 781 599-1948 or Linda Peterson, COA Director 781 581-7557.





## MARDI GRAS/ FAT TUESDAY



## VALENTINE LUNCHEON



### Friends of Nahant COA Executive Board

# FRIENDS

Linda Lehman - Co-President  
 Lana Mogan -Co- President  
 Mary Irene Dickenson - Treasurer  
 Margaret Silva Secretary  
 NEXT MEETING DECEMBER 9 AT 10:00

# 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 the Nahant Council on Aging**  
 334 Nahant Road, Nahant, MA 01908



## BIRTHDAY CELEBRATIONS

March 1, - James Kasper, Timothy Maguire, Margaret Merrell  
 March 2, - Ronald Murphy, William Forster, Janet Collins  
 March 3, - Susan Bonner, Penelope Ross, Barbara Damico  
 March 4, - Carol Crawford, Leonard Patrick, Deidre O'Neil  
 March 5, - Kenneth Gavin, Edith Ann Roland, Robert Damico, Carol Keller  
 March 6, - Kathleen Atkinson, Stephen Chislak, Wendy Kessler-Cody  
 March 7, - Arthur Collins, Charles Butera, Barbara Beatty, Joseph Sardone, Charlotte Mayo, Peter Davis, Angela Lowell, Maureen Pomeo, Lisa Small  
 March 8, - Warren Edwards  
 March 9, - Thomas Levangia, Lisa Perella, Thomas Peterson, Janice Lewis  
 March 10, - Joseph Bertorelli, Ruth Titus, Barry Markham, Diane Popp  
 March 11, - Joyce Gaudet, Sarah Riser, Sherman Locke, Maureen Burke, Carl Lanzilli, Karen Jarzylo  
 March 12, - JoAnn Deiulis, William Waters  
 March 13, - Nancy Gallo, Doris Nelson, Edward Wong  
 March 14, - Steven Arzillo, Vincent Steriti  
 March 15, - Arlene Connor  
 March 16, - Pauline Mahoney, Kathryn Myatt Carey, Diane Porcaro, Peter Hemenway  
 March 17, - Ida Nannini, Marrit Nauta, Debra Croft  
 March 18, - Janet Mullins, Enrichetta Ricciardelli, Angela Bonin, Thomas Campbell  
 March 19, - Marie Ford, Mary Jane Cusak, Ann Passanisi, William Wheeler  
 March 20, - Wayne Gaulzetti  
 March 21, - Patricia Oshaughnessy, Paul Catoggio, Elias Markos, Fakhrolsadat Farahabdi  
 March 22, - Clancy Asselin, Paul Spirn, Frank Nutell  
 March 23, - Elena Pignato, Bernadette Butler, Barbara Lonergan, Mary Lou Mihovan, Paula Taylor, Purple Martine  
 March 24, - Rayford Quinn  
 March 25, - Mary Giannattasio, Robert Cusak, Patricia Flaherty, Thomas Cornu  
 March 26, - George Koukounaris, Louise Anders, Judith Conn, Eden Milroy, Marny Vonaschwege, Michael Stempek  
 March 27, - Paul Caira, Vincent Lopes, Jacob Irlich, John Mulkern, Robert Anderson, John McMenimen  
 March 28, - Eva Cardile, Carol Sanphy, Samuel MacDonald, Catherine Letourneau, Susan Gilbert, John Sims  
 March 29, - Sheila Christensen, Nancy Antrim  
 March 31, - Paul Tobin, Tiffany Tran, Dan Jarzylo, Joseph Mellen, Inder Pal

### Mrs. Lea D. (Brunelle) Lewis



Mrs. **Lea D. (Brunelle) Lewis**, 94 years, of Nahant, died Friday, Jan. 22, 2016, in a local nursing home after a long happy life. She was the wife of the late Everett D. Lewis Jr. She was born in Somersworth, N.H., the daughter of the late Eugene and Georgianna (Gaudette) Brunelle. She was raised in New Hampshire and was a graduate of Somersworth High School. She has lived in Nahant for over 60 years. She was a graduate of the Notre Dame DeLourdes School of Nursing and was employed as a nurse in **Lynn Hospital** until her retirement.

Mrs. Lewis was very active in the Nahant Council on Aging as a volunteer. She helped organize many of the Council on Aging trips. She enjoyed line dancing, quilting and Tai chi. Many years ago, she was involved in the Mariners in Nahant, similar to Sea Scouting.

She will be missed by everyone she touched.