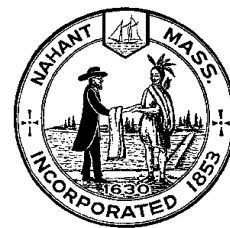


March 2018 Nahant Tiffany Times



*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

From the Director,

I have always been intrigued by the full moon cycles. The beauty of the full moon on the ocean is breathtaking. I became aware of how the full moon affects people as a customer service representative. We always knew when there was a full moon coming not by looking at the calendar but by the crazies we would get on the phone. The full moon really does affect people, not just were wolf's if you believe.

In recent years, people have been using the name Blue Moon for the second of two full moons in a single calendar month. An older definition says a Blue Moon is the third of fourth full moon in a single season. Someday, you might see an actual blue-colored moon. The term once in a blue moon used to mean something rare. Now that the rules for naming Blue Moons include several different possibilities, Blue Moons are pretty common!

By the end of March we would have seen two blue moons and a month with no full moon. On January 1st & 31st we had full moons. The first full moon in January is referred to as the full wolf moon and the 2nd full moon is called the pink moon AKA blue moon. The January full moon was also a super moon and at the same time there was a lunar eclipse. What a spectacle!

In March we will have a full moon on the 1st and the 31st just like in January. The first full moon is called the worm moon and the 2nd full moon is called the pink moon or blue moon.

Linda Peterson
Executive Director

Tiffany Room Hours

2018

Monday-Friday 9:00-1:00

Closed

State Election March 6, 2018

TRIPS, EVENTS...ON THE GO!

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.
Tues., March 6	Tide's Restaurant. The Tiffany Room will be closed for regular activities due to State Elections. Guests are invited to sign up for a lunch outing to the Tide's Restaurant. The bus will leave the Town Hall parking lot at 11:30.
Tues., March 13	Mardi Gras Luncheon at the Tiffany Room. Celebrate "Fat Tuesday" with a Louisiana - style lunch. Break out your beads and sign up for Cajun treat!
Wed., March 14	New England Flower and Garden Show at Seaport World Trade Center. "SAVOR SPRING" . Enjoy the first taste of spring while gathering recipes and ingredients you will need for a successful garden. Group rate is \$17. The bus will leave the Tiffany Room at 10:00.
Fri., March 16	St. Patrick's Day Lunch. Everyone is Irish today! Wear your green at the Nahant Life Saving Station and enjoy a traditional corned beef dinner prepared by Bret Henry. Get your toes tapping and voices singing those Irish tunes with the Funsters.
Wed., March 21	Stoneham Theatre, <u>The Irish and How They Got That Way.</u> <i>A musical celebration of Irish heritage filled to the brim with humor, stories and heart. Sláinte!</i> Created by Pulitzer Prize winning author, Frank McCourt (<i>Angela's Ashes</i>), 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. The bus will leave the Tiffany Room at 1:00 for a 2:00 show.
Wed., March 28	Movie and Lunch. Spend an afternoon at the movies. Movie selections will be chosen as we get closer to the date. Depending on the time of the movie, we will also choose a lunch spot.

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, by phone (781-581-7557), or in person at the Tiffany Room.

COMING ATTRACTIONS

Wed., April 25	Beacon Café at North Shore Community College, Middleton. The students will prepare a buffet lunch. The cost is \$6.00 and includes gratuity. Seating is limited, so if you are interested, sign up at the Tiffany Room as soon as possible.
Mon., April 30	Celebrate the return of spring with Art in Bloom, the Museum of Fine Art's annual festival of fine art and flowers. Admission to the Museum is \$23.00. More details in next month's newsletter.

HAPPENINGS AROUND TOWN

Fri., March 2


Nahant Community Breakfast, Nahant Village Church. The next Community Breakfast will feature a presentation by Dr. Ronald Plotka of North Shore Center for Laser, Cosmetic and Family Dentistry in Swampscott. The focus of his presentation will be on sleep apnea, a condition in which breathing stops periodically during sleep. He will review what sleep apnea is, its signs, and its dangers, as well as available appliances to remedy this condition. The breakfast is free. Please plan to come for a hearty breakfast, an informative presentation and wonderful camaraderie. Spread the word and bring a family members or friend.

Thurs., March 22

Tide's Fundraiser, St. Vincent dePaul. Welcome in the Spring season at the Tide's tonight and support the charitable efforts of the St. Thomas Aquinas chapter of St. Vincent dePaul Society. Food, Fun, Friends and Raffles, too!

Sat., March 24

Forty Steps Dance, Annual Spring Concert, Nahant Town Hall 8pm. Celebrate 25 years of Forty steps Dance. General Admission tickets are \$25 , VIP tickets are \$45, DBA, Sr. Student tickets are \$18. Tickets are available at www.FortyStepsDance.org. Hope to see you there!



Nahant Reads Together:
"Caleb's Crossing"

We will read about life in Colonial America and talk about what it means to be American today. Completion of the book is helpful but not required to attend one or all the activities.

March 4, 4:00 Senior US District Court Judge Michael Ponsor "Justice and the American Character"
 March 11, 4:00 Who Are Nahanters? Mining the Mass. Memories Road Show Collection
 March 25, 4:00 Book discussion and the Four Freedoms Movie Series Saturday, 4:00, popcorn included:
 3/3 To Kill a Mockingbird
 3/10 Joy Luck Club
 3/24 True Grit
 3/31 Great Gatsby

All activities are FREE. Registration is not required.

READ IN FEBRUARY—stop by the library to get your copy
 EVENTS IN MARCH— "like" us on Facebook to stay in touch

Nahant Reads, Talks about America

Nahanters and readers everywhere are invited to participate in the next Nahant Reads Together, a town-wide project to read one book and engage in community conversation. This season's book is *Caleb's Crossing*, by Pulitzer Prize-winning author Geraldine Brooks. This novel about Colonial America will be used to spark conversation about the makeup of the American character today.

For further information regarding upcoming events, contact the Library at 781-581-0306.

Do want to have some fun? Come sing along with the Funsters!

About 17 years ago the N.S. Songsters started entertaining people in the North Shore area, and they were eventually directed by Nahant music teacher, Vic DalPozzal. The Songsters recently disbanded, and now the Funsters Singalong is a spin off of the N.S. Songsters.

Even if you don't think you can sing, come check us out. You just might discover you can Sing Along -with us. We sing the old standard songs that you remember and love, so come travel down memory lane with us! We are the most friendly and welcoming group you could imagine! NO permanent committment is needed; just "drop in" to the Community Center room at 41 Valley Rd., Nahant on any 4th Wednesday of the month at 10am.



If you're interested in singing with us, please call Gloria [\(781\)584-4311](tel:7815844311), or email: willglokoz6301@gmail.com; or Ricia [\(781\)639-4453](tel:7816394453), email homefreeall@hotmail.com, or contact the Nahant COA [\(781\)581-7557](tel:7815817557), Linda Peterson, Exec.Director.



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 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 or widower, or dependent of a veteran, the **Veteran's Food Market Program** sponsored by Nahant's Veterans Affairs Office and the Nahant COA, and facilitated and staffed by Nahant's American Legion Post 215 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 it's 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, March 14, from 1:00 - 3:00.
Make your personal appointment at the Tiffany Room.**

Mortimer G. Robbins
AMERICAN LEGION POST 215
in association with
The Nahant Veterans Association



Nahant American Legion Auxiliary

A new chapter was written in to Nahant history on January 21, 2018. Twenty-six women, including one Junior Member, were officially sworn in as members of American Legion Auxiliary Unit 215, Nahant. The ceremony took place at the American Legion Mortimer G. Robbins Post 215, in the Nahant Life Saving Station.

Mortimer Giberson Robbins was the first Nahant resident to die in World War I. He was killed in action between October 30th and 31st, 1917, in the third battle of Ypres. He was 23 when he died. Mortimer G. Robbins is buried in Tyne Cot Cemetery in Belgium.

American Legion Post 215 was founded in Nahant in 1919. The Nahant American Legion Auxiliary was founded in Nahant in 1925. The original charter hangs at the Post. Its first president was Lucy Robbins Sanborn, of 19 Ocean Street. Lucy was Mortimer G. Robbins' mother.

The initiation ceremony on January 21st was officiated by Maureen Cragen, President of the Department of Massachusetts American Legion Auxiliary, assisted by Sergeant-at-arms Ann Johnson. Other officials in attendance included Donna Battenberter, District 8 Sr. Vice President Kristina Johnson, who is also President of Herman A. Spear American Legion Auxiliary Unit 331 of Beverly, MA, and Katrina Paldemenako, who is also from Unit 331.

During the ceremony the new members were sworn in by Unit 215 President Molly Conlin. Other officers are Ann Senk, First Vice President, Jeannie Fiore, Second Vice President, Secretary Deborah Murphy, Treasurer Margaret Barile, Chaplain Corinne De Simone, and Historian Margaret Silva. A reception following the ceremony was attended by the new members and their guests.

Applications for membership in the Auxiliary are available. Contact Molly Conlin for information.

SCHOLARSHIPS

The Mortimer Giberson Robbins American Legion Post 215 is pleased to announce they will be awarding a \$500 scholarship to a Nahant resident High School student who has been accepted to an accredited 2 or 4 year college.

Applicants will need to complete an essay of 250-300 words on the topic of:

"What can YOU do to promote patriotism in YOUR school?"

Entries must be mailed to American Legion Post 215, PO Box 82, Nahant, MA and must also be received by April 13th, 2018.

For more information, contact Bill Cullen, Commander, Mortimer Giberson Robbins, American Legion Post 215 at 781-581-1488 or wjcullen@comcast.net. Applications is also be available on the Town Website. (www.nahant.org/community)

VETERAN'S FOOD PROJECT

Mar. 7, 2018

May 2, 2018

July 11, 2018

Sept. 12, 2018

April 4, 2018

June 6, 2018

Aug. 1, 2018

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

Tuesday	March 6	Market Basket	12:30 P.M.	Bus leaves from the Tiffany Room.
Tuesday	March 13	Market Basket	12:30 P.M.	
Tuesday	March 20	Market Basket	12:30 P.M.	
Tuesday	March 27	Market Basket	12:30 P.M.	



March is National Nutrition Month!

We hear so much about diets and fads and we are bombarded with commercials about good foods and healthy drinks. One day we may hear that drinking coffee is good for us, the next day we hear its bad. Same goes for wine, good today bad tomorrow. It makes it difficult sometimes to make the correct choices to keep ourselves healthy while trying to enjoy life at the same time. And how are we supposed **to remember** all of these facts when they seem to be constantly changing the rules on us? Well let me share with you the 4 types of foods to help boost your **memory**!

If you're feeling **forgetful**, it could be due to a lack of sleep or a number of other reasons, including genetics, level of physical activity and lifestyle and environmental factors. However, there is no doubt that diet plays a major role in brain health.

The best menu for boosting memory and brain function encourages good blood flow to the brain –much like what you'd eat to nourish and protect your heart. Research found that the Mediterranean diet helps keep aging brains sharp, and a growing body of evidence links food such as those in the Mediterranean diet with better cognitive function, memory and alertness.

Eat your veggies-Getting adequate vegetables especially broccoli, cabbage and dark leafy greens may help improve memory.

Be Sweet on berries and cherries-Blackberries, blueberries and cherries are a rich source of anthocyanins-whether fresh frozen or dried. Pack a bag for your snack.

Get adequate omega-3 fatty acids- Seafood and fatty fish, salmon, Bluefin tuna, sardines and herring are some of the best sources of omega-3 fatty acids. Substitute fish for meat a couple of times a week to get a healthy dose.

Works in Walnuts- Walnuts are well known for a positive impact on heart health, and may also improve memory function. They can be added to oatmeal or salads or even to yogurt for a snack.

These foods are not just good for the brain, they sustain a healthy heart and all parts of the body. While there's no guarantee that these foods will help you remember where you put your keys tomorrow, over time they can support lifelong good health.

ATTENTION! MEDICARE NEWS

New Medicare Cards

Medicare will be mailing new Medicare cards to all beneficiaries between

April 2018 – April 2019.

Your new card will have a new Medicare ID Number instead of a Social Security number.

The new cards are **free** and will be mailed to you by Social Security: make sure your mailing address is up to date so you get your new card. Visit ssa.gov/myaccount or call 1-800-772-1213 to verify your mailing address.

BEWARE: Phone scams have been reported with callers posing as “official Medicare representatives”. These scammers ask you to verify all the information on your Medicare card and other personal information, in order for you to receive a new Medicare card. **THESE CALLS ARE SCAMS.** Medicare and Social Security never call beneficiaries on the phone. **If you receive a scam call, hang up! And alert all your friends!!**

MEDICARE SCAM ALERT!

This is pretty important to get to people with Medicare, their families and friends or adult kids who help parents with Medicare. Here's what you need to know to protect yourself, family and friends throughout the US.

Starting 4/1/18 Medicare will start a year long project to replace all current Medicare cards for beneficiaries to convert to alphanumeric ID numbers. Currently the ID number is your social security number.

The project is starting to hit the media. Scammers are opportunistic - First of all the new Medicare card will come to you in the mail. You don't need to request it or do anything. It will show up.

THIS IS THE SCAM-WHAT'S THE SCAM? Scam - Somebody from "MEDICARE " will call to tell you. They will say that you are getting a new Medicare card. But until it comes you will need a temporary card. Fee for the card is between \$5-50 dollars. They want personal information, bank account or credit card so they can process your temporary card.

THINGS TO REMEMBER Medicare will NEVER call you unless you ask them to. Medicare does all communications by mail unless you ask them to call. Ditto for anybody saying they "work with Medicare to make sure you get everything you are entitled to".

HOW TO PROTECT YOURSELF FROM THIS ONE? First of all spread the word. Feel free to share these notes. Use your answering machine to screen calls or just don't even answer a number you don't recognize. If it has happened to you or your friends or loved ones and personal info had been given out (happens considerably more often than you think so don't feel bad or stupid) immediately take action to protect yourself against identity theft.

This information was provided to the Nahant Council on Aging from Chief Robert C. Dwyer, Nahant Police Department.

Thanks to the CARE Act,



help is here for family caregivers in



Massachusetts.

More than 844,000 Massachusetts residents help their parents, spouses and other loved ones live independently at home. These family caregivers have a huge responsibility, and a new law is now in effect that makes their lives a little bit easier. The CARE (Caregiver Advise, Record, Enable) Act helps family caregivers when their loved ones go into the hospital and as they transition home. The CARE Act requires hospitals in Massachusetts to:

- Provide your loved one the opportunity to designate a family caregiver.
- Notify you when your loved one is to be discharged to another facility or back home.
- Explain and demonstrate the medical tasks that you will need to perform at home, such as medication management, injections or wound care.

AARP Massachusetts fought for the CARE Act because supporting caregivers is a top priority for all of us.

We hope you use the CARE Act cards at your Senior Center, and place them in your and your loved ones' wallets—next to your insurance cards. That way, you'll both have important information about this new law available when you need it most.

For more information about caregiving resources, visit aarp.org/caregiving or aarp.org/ma.

Anna 'Stavru' Dragon of Nahant Celebrates 100th Birthday

Family and friends came together at the D'Youville Manor Nursing Home in Lowell, MA to celebrate the February 12, 2018, 100th birthday of Anna Dragon, who resided in Nahant from 1953 until recently and grew up in Lynn. Anna's husband, William, passed away in 1983.

Anna graduated from Lynn Classical School in 1935, and immediately went to work for Araban Coffee in Boston as an order clerk. After marrying and with four children, she later obtained her auto insurance salesperson license while also working at Sylvania in Lynn, and then 'hung her shingle' at the Kilgore Insurance Agency in Lynn. From 1967 through 1990, she was the assistant administrator at the Jesmond Nursing Home in Nahant. After retiring, she worked as the volunteer assistant manager at the gift shop at Salem Hospital for 10 years.

Anna's passion is for her three sons, Bill, Jim and Greg, daughter Terri and their spouses, as well as for her many nieces, nephews and grandchildren and, of course, the Celtics, Red Sox and Patriots, who she continues to watch without fail.

In addition to many, many family members attending the celebration from all over the US, the following local friends joining the festivities were Dave Solimine, long-time family friend, of Lynn, Toni Spinucci and daughter Linda Peterson of Nahant, Penny Maravelias of Lynn, Bruce Tarney of Swampscott and Bob Allard and girl-friend Betty of Nahant. *Jim Dragon*



Best wishes Anna,
from all your
Nahant friends!



HEALTH AND WELLNESS

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

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!



Solution on page 12.



Tiffany Café Menu March 2018

“One should eat to live not live to eat”

~Moliere~



Monday	Tuesday	Wednesday	Thursday	Friday
All lunches served with: Milk Bread & Butter Dessert	Menu is subject to change		¹ Skillet Smoked Sausage with Peppers, Onions over Rice, Vegetable, Corn Bread	² Salad, Chicken Marsala, Angel Hair Pasta, Garlic Bread
⁵ Pot Roast, Potatoes, Onions, Carrots, Salad	⁶  State Primary Tiffany Room Closed	⁷ Chicken-Broccoli- Ziti, Salad	⁸ Pork Roast Roasted Potato Vegetable	⁹ Cauliflower Rice and Beans with Shrimps
¹² Hamburgers, Bacon Mac & Cheese, Stuffed Sweet Potato, Salad	¹³ Ham & Broccoli Quiche, Coffee Cake, Fruit Salad	¹⁴ Pork Tenderloin with Braised Apples and Onions, Potato, Vegetable	¹⁵ Salad Eggplant Parmesan Homemade Pasta	¹⁶  St. Patrick's Day Lunch NLSS Tiffany Room CLOSED
¹⁹ Soup, Pulled Pork Sandwich, Corn Bread, Stuffed Bake Apples	²⁰ American Chop Suey, Garlic Bread, Cesar Salad	²¹ Salad, Chicken Cordon Bleu,	²² Baked Stuffed Peppers, Vegetable, Salad	²³ Baked Stuffed Pork Chop, Green Beans with Almonds
²⁶ Breakfast Sandwich, Hash Browns, Fruit Salad	²⁷ Chicken Parmesan, Ravioli, Cesar Salad, Garlic Bread	²⁸ Salad Chicken Cacciatore, Pasta	²⁹ Meatloaf Mashed Potato Vegetable	³⁰ Salad, Stuffed Shells, Meatballs, Garlic Bread

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

In Memory of:
Antonio and Olivia Crupi
Paul English Jr.
William F. Hanafin
Sylvia Hickey

An Old Irish Blessing

MAY LOVE AND LAUGHTER LIGHT YOUR DAYS,
AND WARM YOUR HEART AND HOME.
MAY GOOD AND FAITHFUL FRIENDS BE YOURS,
WHEREVER YOU MAY ROAM.
MAY PEACE AND PLenty BLESS YOUR WORLD
WITH JOY THAT LONG ENDURES.
MAY ALL LIFE'S PASSING SEASONS
BRING THE BEST TO
YOU AND YOURS!

Happy St. Patrick's
Day

CelebratingEverydayLife.com

Friends of Nahant COA Executive Board

FRIENDS

CORNER

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

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

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, Paula Bennett, Nicholas Strange
 March 5,, - Kenneth Gavin, Edith Ann Roland, Robert Damico, Carol Keller,, Elin Babin
 March 6,, - Kathleen Atkinson, Wendy Kessler-Cody
 March 7,, - Charles Butera, Barbara Beatty, Joseph Sardone, Charlotte Mayo, Peter Davis,, Angela Lowell, Maureen Pompeo, Lisa Small
 March 8,, - Warren Edwards, Ronald Gardner, Sharon Hawkes, Sandra Perry
 March 9,, - Lisa Perella, Thomas Peterson, Janice Lewis
 March 10,, - Joseph Bertorelli, Ruth Titus, Barry Markham, Diane Popp
 March 11,, - Joyce Gaudet, Sarah Risher, Sherman Locke, Maureen Burke, Carl Lanzilli, Karen Jarzylo
 March 12,, - JoAnn Deiulis, William Waters, Lina Wasemskaja
 March 13,, - Nancy Gallo, Doris Nelson, Edward Wong
 March 14,, - Steven Arzillo, Vincent Steriti, Angelica Liacopoulos, Khalid Abbady
 March 15,, - Arlene Connor
 March 16,, - Pauline Mahoney, Kathryn Myatt Carey, Diane Porcaro, Peter Hemenway, Joseph Stanford,, Barbara Cologgero, Joyce Comfort, Paula Devereaux
 March 17,, - Ida Nannini, Marrit Nauta, Debra Croft
 March 18,, - Enrichetta Ricciardelli, Angela Bonin
 March 19,, - Mary Jane Cusack, Ann Passanisi, William Wheeler
 March 21,, - Patricia Oshaughnessy, Paul Caloggio, Elias Markos, Fakhrolsadat Farahabdi, Patrice Emberly,, Michael Comer
 March 22,, - Clancy Asselin, Paul Spiirn, Frank Nutell, Jerome Rossert
 March 23,, - Bernadette Butler, Barbara Lonergan, Mary Lou Mihovan, Paula Taylor, Purple Martine,, Nancy Lyman
 March 24,, - Rayford Quinn
 March 25,, - Mary Giannattasio, Robert Cusack, Patricia Flaherty, Thomas Cornu, Peter Castoldi,, Thomas Bishop
 March 26,, - Louise Anders, Judith Conn, Marny Vonaschwege, Michael Stempel
 March 27,, - Paul Caira, John Mulkern, Robert Anderson
 March 28,, - Eva Cardile, Carol Sanphy, Samuel MacDonald, Catherine Letourneau, Susan Gilbert, John Sims
 March 29,, - Sheila Christensen, Nancy Antrim, Paul Babin
 March 30- Jeanne Fiore
 March 31,, - Tiffany Tran, Dan Jarzylo, Joseph Mellen, Inder Pall



**Don't forget to change your clocks
 forward
 Sunday, March 11.**



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,
 or drop it off at the office.

2	9	1	8	5	6	4	3	7
8	4	5	3	7	1	6	9	2
3	6	7	9	2	4	5	8	1
1	7	8	2	6	5	3	4	9
4	3	6	7	1	9	8	2	5
5	2	9	4	3	8	7	1	6
9	8	2	5	4	7	1	6	3
6	5	3	1	8	2	9	7	4
7	1	4	6	9	3	2	5	8