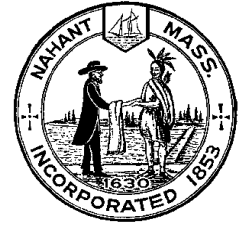


July 2021

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

Arthur Barreda - Transportation
Jim O'Connor - Transportation
Pat Scanlon - Transportation

Nahant COA Board of Directors

Angela Bonin - Chairman
Donna Steinberg - Vice Chairman
Lollie Ennis - Treasurer
Joseph Benson - Secretary

Sheila Hambleton
Linda Jenkins
Emily Potts
Carol Sanphy
Janet Taylor

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
Like us on Facebook:
nahant council on aging and senior
community center

From the Director,

Since we have been opened more people are attending the lunch program. More are riding the bus and our podiatrist and manicurist have been busier than ever. It is nice to see smiling faces in the Tiffany Room. The food is good at a great value.

It was brought to my attention that some seniors here in Nahant might want to come to lunch on the bus but are unable to do stairs. Our bus drivers are all trained on how to operate the lift on the bus safely. You don't have to be in a wheel chair to use the lift. With an aide standing behind the person you can walk right on the lift with a walker or cane and the lift will bring you up so you can walk right in and sit down. Please know that we will do everything we can to get you to the Tiffany Room so you can enjoy the food and the company.

Please contact the Tiffany Room 781-581-7557 if you are interested in coming to lunch either on the bus or on your own. We hope to see you there.

Linda Peterson
Executive Director

Nahant Council on Aging

Monday - Friday 9:00-1:00

Closed Monday, July 5



The traveling Vietnam Veterans memorial, also known as "the Wall that Heals," will finally make its way to Nahant this summer. (courtesy photo)

Mortimer G. Robbins American Legion Post 215 July 15-19

The Wall That Heals Coming to Nahant this July 15-18th, 2021 The Nahant American Legion and the Town of Nahant are honored to have been chosen as one of only two New England locations to host The Wall That Heals (TWTH) exhibit this summer," said Post 215 Commander Bob Fields. "The traveling exhibit honors the more than three million Americans who served in the U.S. Armed Forces in the Vietnam War and bears the names of over 58,000 men and women who made the ultimate sacrifice in Vietnam."

The exhibit includes a three-quarter scale replica of the Vietnam Veterans Memorial located in Washington, D.C., along with a Mobile Education Center.

On Tuesday, July 13th at 3 pm, the convoy escorting the 53-foot trailer that carries the exhibit will leave from Suffolk Downs travel along Revere Beach Boulevard to Nahant with Mass State Police and motorcycle escort. We hope everyone will join us and participate by lining the route from the causeway to the Lowlands to honor and remember all those who served and sacrificed in the Vietnam War. On Wednesday TWTH will be built by volunteers and open free to the public beginning Thursday evening July 15th at midnight until Sunday, July 18th when it will be dismantled at 2 p.m. The exhibit will be free and open to the public 24/7 during this time.

Most Vietnam veterans never received a 'welcome home.' We hope that this will be a healing experience for Vietnam veterans and their families. It is an opportunity for all of us to honor those who have served or are serving in our nation's military while educating a new generation about how the conflict in Vietnam impacted our community.

The Wall That Heals is provided by the Vietnam Veterans Memorial Fund, the non-profit organization that founded the Vietnam Veterans Memorial in Washington, D.C. with donations from the public to help host in Nahant.

If you would like to donate or volunteer for this event please visit <http://www.alpost215.org/>.
candacecahill@gmail.com cell: 617-784-8646



Our mission is to honor veterans and their loved ones while bringing the message of patriotism to the greater North Shore community.



TUESDAY– FRIDAY

10:00am - 6:00pm

Phone: 781-581-0306
email us at nahant.circ@gmail.com



Summer Music Series

LOCAL MUSICIANS - THURSDAYS @ 6:30 PM

July 8 - Chris James

July 15 - Lisa Haley

July 22 - Gian Carlo Buscaglia

Concerts will be outside on the Library lawn. In the event of rain, check the Nahant Public Library Facebook page or YouTube channel for a virtual performance.

For more information call 781-581-0306
or email nahant.circ@gmail.com

Made possible by a generous donor.





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.

TRANSPORTATION OPTIONS:

TRANSPORTATION OPTIONS:

“THE RIDE.”

Transportation to anywhere you want to go for any reason.

If you have a doctor-certified disability prohibiting you from using public transportation, you're eligible for affordable door-to-door service 365 days a year, throughout the N. Shore and Greater Boston area, thanks to the MBTA's "THE RIDE."

For more information:

Visit the MBTA on line at www.mbta.com/the ride

Call the MBTA at:

617-337-2727

Podiatrist, Dr. Robert Uhrich is 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**.

“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

RSVP 781-581-0306

Offered for people with memory impairment and their caregivers.

YOUR SHINE REPRESENTATIVE

Susan Downs Cripps

will be at the Tiffany Room for Medicare Counseling.

Make your personal appointment call 781-581-7557.

Nahant Village Church Reopens with New Ways for Seniors to Connect



By the Rev. Jeff MacDonald, Interim Minister

After worshipping solely online for more than a year, Nahant Village Church has reopened for in-person worship on Sundays at 10:30 AM. That means the congregation is regathering this summer and welcoming newcomers as well as congregants who've been away awhile.

NVC is grateful to the Nahant Council on Aging for offering transportation to Sunday services. If you'd like a free ride to church anytime, just ask the COA for driver contact information to make arrangements. And if you'd like to watch services via your computer, just go to nahantvillagechurch.org/onlineworship.

Ways of connecting with NVC have been expanding ever since the pandemic galvanized the faithful to get creative.

For instance, those curious to explore the Bible find that meeting on Zoom still works well. People come not only from Nahant and Lynn but also as far away as Vermont and Florida. The result is lively, intergenerational conversation about the lectionary texts, i.e., those that will be read the following weekend in Christian services across the globe. If you'd like to check it out, just email me at revjeffnvc@gmail.com and I'll send you the info.

NVC also has a Genesis Supper Club that fosters conversation about spirituality and healthy eating. Participants discuss timely topics and prayerfully support each other. With warm weather now upon us, the group is meeting outdoors at the Johnson School on Friday evenings at 5 pm. Newcomers are always welcome.

We have other opportunities, too, including ways to take part in our music program and our outreach ministry at My Brother's Table in Lynn.

Being active in a faith community has so many benefits in older populations, it's almost surprising that doctors don't prescribe it! It can improve seniors' moods and well-being, slow cognitive decline and provide numerous strategies for coping with aging-related challenges, according to research published in *International Psychogeriatrics* and other peer-reviewed journals.

Nahant Village Church provides a multifaceted, local connection to health benefits, neighbors and God. Drop me a line if I can answer any questions for you.



FOOD SHOPPING PROGRAM

The shopping program is slow to get started. The seniors who went shopping prior to the pandemic are no longer interested. Please let me know via a phone call or email if you are interested in food shopping at Market Basket once a week. If we get enough interested seniors we will bring back shopping.

VETERAN'S FOOD PROJECT

*****Coast Guard Station 9:30-10:30 a.m. Delivery Available*****

July 7, 2021

Aug. 4, 2021

Sept. 8, 2021

Oct. 6, 2021

Nov. 3, 2021

Dec. 1, 2021

Stuffed Zucchini Boats

This dish is easy to customize the flavors to your liking. You can use mild or hot Italian sausage, pork or turkey sausage, or even ground beef for this recipe. Try using yellow squash, or even hollowed out small eggplants!



INSTRUCTIONS

1. Preheat the oven to 400 degrees F. Coat a large rectangular baking dish with cooking spray.
2. Cut the zucchini in half lengthwise, then trim off the stem ends. Use a spoon to carefully scoop the flesh out of the zucchinis.
3. Sprinkle the Italian seasoning, salt and pepper over the zucchini shells. Arrange the zucchini in the baking dish.
4. Heat the olive oil in a large pan over medium high heat. Add the sausage and cook for 4-5 minutes, breaking up the meat with a spatula.
5. Add the onion and cook for an additional 4 minutes or until onion is softened. Add the garlic and cook for 30 seconds.
6. Season the sausage and vegetable mixture with salt and pepper.
7. Pour the marinara sauce into the pan and bring to a simmer; cook for 5 minutes.
8. Spoon the meat mixture evenly into the zucchini shells, then top with the shredded cheese.
9. Bake for 25 minutes, or until zucchini is tender and cheese is melted and golden brown.
10. Sprinkle with parsley, then serve.

INGREDIENTS

- 4 medium zucchini
- 1/2 teaspoon dried Italian seasoning
- salt and pepper to taste
- 2 teaspoons olive oil
- 1 pound mild Italian sausage casings removed
- 1/2 cup onion finely diced
- 1 teaspoon minced garlic
- 2 cups marinara sauce
- 3/4 cup shredded mozzarella cheese



Summer is Here. Take Care of Your Skin.

Summertime in Nahant. And what a summer it will be. Finally I don't feel the need to write about COVID. Our country is finally opening up, thanks to the millions of people who have gotten vaccinated. We are all very eager to get out and enjoy life, and Nahant has plenty of outdoor activities.

July 4th will still not have fireworks but I'm sure there will be plenty of barbecues. From July 15th to the 18th, the American Legion will be sponsoring "The Wall That Heals", a replica of the Vietnam War Wall in D.C. We also have our wonderful Heritage Trails and some of the best beaches around.

This all means that we are likely to be exposed to a lot of sun. Sun exposure, or specifically UV light exposure, is the cause of 90% of the damage to our skin. This damage ranges from wrinkles and age spots, to Basal and Squamous Cell Carcinomas.

We can take measures to protect our skin. Sun screens of SPF 30 or higher is recommended for application to exposed skin. It should be reapplied about every two hours when outdoors for long periods. Don't forget to apply sun screens to your hands when driving. Your hands spend a lot of time on the wheel right un-

Clothing with sun protection is also available and can be very helpful. Shirts and pants or beach coverups can provide good protection. Let's not forget the top of our heads. Skin cancer on the scalp is quite common and sometime difficult to find early, so try to wear hats outside. A wide rim will also help protect your

Our eyes too are subjected to the damaging rays from the sun. One of the causes of cataracts is UV damage, so it is important to wear sunglasses with UV protection.

Now that we are all armed with sun protection, let's get out there and enjoy the summer.



Anna Marie Manzano R.N.



Tiffany Café Menu July 2021



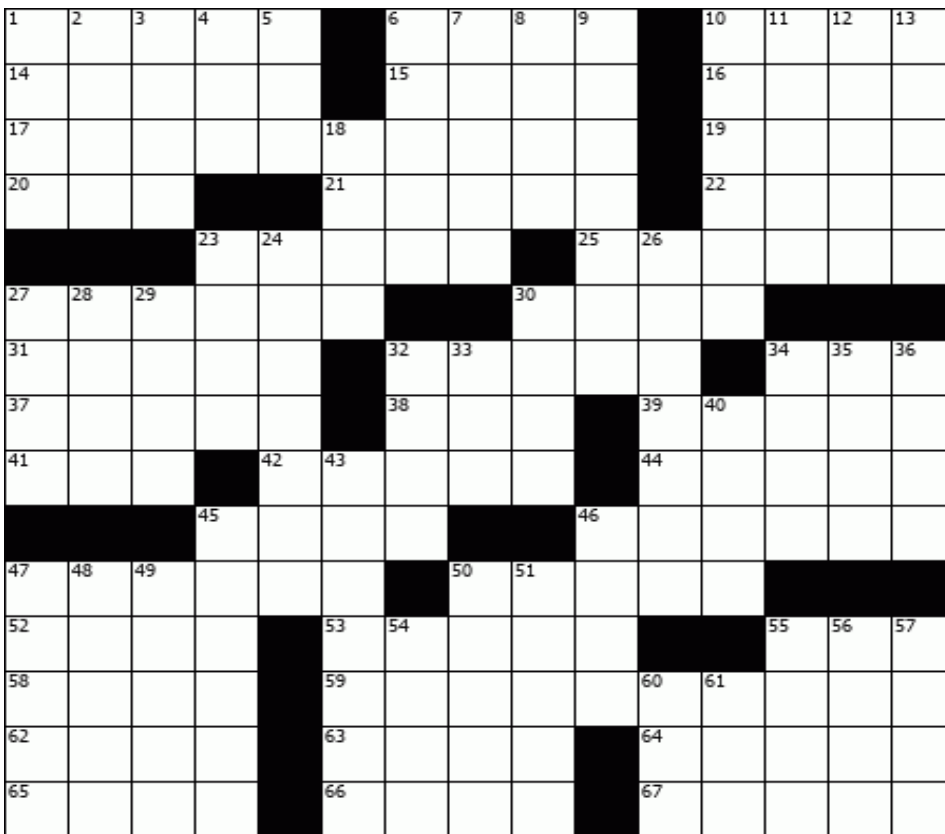
Monday	Tuesday	Wednesday	Thursday	Friday
All lunches served with: Milk Bread & Butter Dessert	Menu is subject to change		¹ Spaghetti and Meatballs, Salad, Garlic Bread	² Hot Dogs, Hamburgers, Potato Salad, Cole Slaw
⁵  CLOSED INDEPENDENCE DAY OBSERVED	⁶ Mac'n Cheese, Veggie	⁷ Chicken Stir Fry, Rice	⁸ Reuben Sandwich, Potato Salad, Pickle	⁹ Baked Fish, Roasted Potato, Veggie
¹² Chicken Parmesan, Salad	¹³ Bacon and Cheddar Quiche, Salad	¹⁴ Chicken Broccoli Ziti, Salad	¹⁵ Baked Ham, Beans, Au Gratin Potato	¹⁶ Grilled Cheese Sandwich, Summer Salad
¹⁹ Chicken Tips, Veggie, Rice	²⁰ Roast Pork, Mashed Potato, Veggie	²¹ American Chop Suey, Salad	²² Chef's Salad, Roll	²³ Shrimp Scampi, Salad, Italian Bread
²⁶ Meatloaf, Mashed Potato, Veggie	²⁷ Chicken Cacciatore, Pasta, Salad	²⁸ Baked Haddock, Rice, Veggie	²⁹ Chicken Cesar Salad Wrap, Chips	³⁰ Sweet and Sour Pork Stir Fry, Rice

HEALTH AND WELLNESS

- | | |
|----------------------|----------------------------|
| • Monday – 9:00am | Strength Class with Sharon |
| • Tuesday – 9:00am | Chair Yoga with Patty |
| • Wednesday – 9:00am | Strength Class with Sharon |
| • Thursday – 9:00am | Yoga with Patty |
| • Thursday – 10:30am | Balance Class with Keri |
| • Friday - 9:00am | Strength Class with Lynda |

**All classes will be held at the Community Center on Valley Road.
All classes are \$2.00.**

PUZZLE OF THE MONTH!



ACROSS

1. Sum
6. Helpful hints
10. Lump of dirt
14. Idolize
15. Not busy
16. Mellow
17. Immaculate ____
19. English nobleman
20. Mine extract
21. Wed on the run
22. Mild expletive
23. Put back to zero
25. Female Japanese entertainer
27. Certain Alaskan
30. Is unable
31. Jousting weapon
32. Southern beauty
34. Musician's job
37. Express scorn
38. ____ Thurman of "Pulp Fiction"
39. ____ Gras
41. Get by
42. Stroke a guitar
44. More frigid
45. Stolen goods
46. Of the mind
47. Like Swiss mountains
50. Stand up
52. Lima or pinto
53. Of the smelling organ
55. Ocean
58. Naked
59. Happening by chance

DOWN

- | | | |
|-----------------------|-------------------------|-------------------------|
| 1. Mexican snack | 23. Asian staple | 45. Bedding |
| 2. Stench | 24. Ralph Waldo ____ | 46. Moderate |
| 3. Hue | 26. Adversaries | 47. Monastery head |
| 4. Rainbow shape | 27. Additional | 48. Take off |
| 5. Rebel general | 28. Went underwater | 49. Trimmed |
| 6. Owner's proof | 29. Leg part | 50. Broad tie |
| 7. Fool | 30. Chowder shellfish | 51. Downpours |
| 8. Drop heavily | 32. Actor ____ Reynolds | 54. Land parcel |
| 9. African country | 33. Australian bird | 55. "A ____ Is Born" |
| 10. ____ card | 34. Sand | 56. Corn spikes |
| 11. Untruthful ones | 35. Bright thought | 57. And |
| 12. TV's ____ Winfrey | 36. Young lady | 60. Cleveland time zone |

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

In appreciation of:

Ann Callahan
The Staff of the
Nahant COA

In Memory of:

Perry Barrasso
John Magro

In Honor of:

Antonette Spinucci
on her 90th birthday.
Congratulations Toni!

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 \$___ 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

July 1 - George Mazareas, Sharon Miller
 July 2 - James Ward, Pamela Oesterlin
 July 3 - John Delaney, Ryszard Wabno, Marilyn Stevens, Charles Pritchard, Norma Hayes
 July 4 - Stephen Lerman, Paul Jamgotchian, Julie Forgione, Helene Rossert, Diane Sugrue, Karen Emmett, Pamela Strong
 July 5 - Jeanne Savage, Adele Zelck, Kathleen Moshella, Achilles Bryanos
 July 6 - Jessieann Johnson, Claire Flebbe, Lawrence Lutch
 July 7 - Helen Clements, Walter Goode Jr, Eric Reiser, Stephen Bulpett, Gary Mutler
 July 8 - Judith Ryan
 July 9 - Carol Sedlier, Elizabeth Antrim
 July 10 - Charles Messina, Leslie Light, Janet Taylor, Marsha White
 July 11 - Doris Tompkins, Daniel O'Connor, Manuel Santos
 July 12 - Michael Meyer, David Walsh, Linda Castetter
 July 13 - Madeline Tanen, Anne Marie Liston, Karen Marshall, Nancy Casey
 July 14 - Thomas Walsh, Scott Kirkland, Debra Dewing, Martha Cox
 July 15 - William Mantzoukas, Rex Antrim, Daniel McMackin, Theresa Riddle
 July 16 - Eleanor John
 July 17 - Calvin Hastings, Margaret Silva, Anthony Caloggero, Patricia Ohara, Bruce Stein
 July 18 - Robert Sullo John Anderson, Nancy Smith, Martha Stevenson
 July 19 - Colleen Joyce O'Leary
 July 20 - Sylviane Poulin, Julie Bryanos, Norma Flanders
 July 21 - Anne O'Brien, Gerard Alimenti, Ronald Buckley, Richard Capozzi, Patricia Sullivan, Karen Guthrie, Lisa Eaton, Jonathan Richardson
 July 22 - Paul McCormack, Kosta Daras, Paul Delaney, Richard Gallagher, Valeriy Kostenko
 July 23 - Peter Foukal, Valerie King, Linda DiBenedetto
 July 24 - William Mogan, Jeanne Adamo, Deborah Mahoney, Donna Levin, Loretta Bessette
 July 25 - Deborah Cashman, Albert Divenuti, Patrice Ball
 July 26 - Elizabeth Johnson, Elizabeth Quinn, Joanne Bryanos, Richard Behen
 July 27 - Rita Mitchell, John Nichols, Josephine Harris, Clifford O'Neill, Cynthia Fiducia, Deborah Masone, Bruce Bennett
 July 28 - Elaine DiGangi, John Ryan
 July 29 - Sean Antrim
 July 30 - Diane Desmond, Octavia Randolph, Lawrence Campbell, Dianne Young, Jayne Deslauriers
 July 31 - Katharine Carter, Katherine Irvine

Puzzle Solution © OnlineCrosswords.net

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

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

Please submit your article to
 Linda Peterson at lpeterson@nahant.org
 or drop it off at the office.