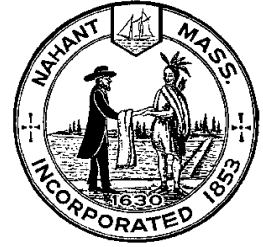


August 2016

# 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

Lollie Ennis

## Friends of Nahant COA Executive Board

Linda Lehman - Co-President

Lana Mogan - Co-President

Mary Irene Dickenson - Treasurer

Margaret Silva - Secretary

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

Tel.# 781-581-7557

Visit us at:  
[www.nahantcouncilonaging.org](http://www.nahantcouncilonaging.org)

## **From the Director,**

How is everyone's "Summah in Nahant!!!!!!!!!!!!!!!"

I was asked earlier in the month by one of the regular diners of the Tiffany Room, who is also a resident of the Spindrift, to do a shout out to the outgoing Chairperson of the Nahant Housing Authority, Susan Bonner. I then thought about another special person at the Spindrift. A lady that at the ripe young age of 96 has been one of the backbones of the Nahant Council on Aging, lone Hansell. So my column this month is going to be about these two special ladies; lone and Susan.

Since I have been the Director of the COA I have had the pleasure of working with lone Hansell. Until 2008, lone worked 5 days a week at the Tiffany Room. Only at the insistence of the Director at the time, she agreed to work 4 days a week answering the phone, running the weekly shopping trip, dispatching the bus for the lunch program, collecting the money for the lunch program and much more. The center is a well-oiled machine when lone is at the desk. Thank you lone for you 25+ years of volunteerism.

The Massachusetts Commission on the Status of Women for the last 13 years has been honoring women with the Unsung Heroines of Massachusetts award. These women are nominated by legislators from the districts and selected for their contributions to their community and the Commonwealth. This year's award went to Susan Bonner. Susan served 23 years as legislative chair for the Mass Union of Public Housing Tenants. Locally, Susan served on the Community Preservation Committee and as chairperson of the Nahant Housing Authority for the last 20 years. Congratulations Susan and thank you for your service.

Linda Peterson  
Executive Director

## *Tiffany Room Hours*

*July 2016*

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

## ON THE GO....TRIPS AND EVENTS

- Saturday, August 13** **YARD SALE**—Friends of the Nahant COA, Town Hall parking lot from 9:00 a.m. to 1:00 p.m.. Donations will be accepted at the Tiffany Room from Monday 8/8 thru Wednesday 8/10 from 9:00 a.m. to 11:00 a.m. FMI contact Rita O'Donnell 781 581-5080. Table rentals are available. See page 11 for more details.
- Wed., August 17** **Gloucester Excursion** Board the bus at the Tiffany Room for a **10:30 departure** and head to the Causeway Restaurant in Gloucester. Take a photo opportunity with the Gloucester Fisherman's Memorial. Spend some time on a scenic drive along Atlantic Road. Arriving back to Nahant around 3:00 p.m.
- Friday, August 26** **Norman Rockwell Museum**— One of America's iconic author, painter and illustrator, Norman Rockwell is best known for his illustrations for the Saturday Evening Post. The museum is located in Stockbridge MA where he lived for the last 25 years of his life. This will be an all day trip. **The bus will leave Nahant at 8:00 a. m.** We will have lunch at the famous Red Lion Inn and then spend about 2 hours in the museum. Returning home to Nahant around 6:00 p.m. **The Museum visit is FREE.**
- Wed., August 31** **The King and I**—This is the 60th anniversary of the 1956 movie starring Yul Brenner and Deborah Kerr. The movie aired on Sunday, August 28th and was the winner of 5 Academy Awards. The Revere movie theater will be celebrating this milestone with a special commentary from TCM hosts Robert Osborne or Ben Mankiewicz who will provide special insights into the making of the film. **The bus will leave the Tiffany Room at 11:00 for lunch before a 2:00 p.m. show. The cost of the show is \$6.50.**

## COMING ATTRACTIONS

- Thursday, Sept. 1** **Labor Day Party.** Enjoy the breathtaking ocean views at the Knights of Columbus for our Labor Day celebration! Food by Bret Henry and entertainment by Sgt. Dan Clark (the singing trooper)! More information will be posted in the Tiffany Room.
- Friday, Sept. 23** **Cape Cod Scallop Festival, Falmouth MA.** Come and enjoy New England's largest Scallop Festival under the Big Tents along the banks of the Cape Cod Canal. . Enjoy our famous scallop and herb-roasted chicken dinners, plus a food court offering hamburgers, hot dogs, lobster rolls, chowder, salads, raw bar, strawberry shortcake, beer, wine and so much more! Open rain or shine! Leaving the Tiffany Room at 9:00 a.m. **Cost of lunch is \$20.**
- Wednesday, Sept 28** **YOU VS. BIG HEALTHCARE; How to advocate for yourself and your loved ones.**  
It may seem impossible and overwhelming at times, but you do have a voice and a choice! Join us for this educational, inspiring seminar presented by JoAnn Thibault, Founder/CEO of the The Elder Insider, that will leave you encouraged and ready to be your own advocate! Presentation will bet at 12:15 in the Tiffany Room.
- Thurs., Sept. 29** **Tides Fundraiser. Friends of Nahant Council on Aging** , will be happy to see you at our Fall Fundraiser. Enjoy a delicious Tides dinner, or just drop in for a visit and help the Friends efforts in supporting the COA. Raffles, 50/50.

## HAPPENINGS AROUND TOWN

### **NAHANT COMMUNITY BREAKFAST**

The Nahant Village Church will hold a special Nahant Community breakfast on **Friday, August 5, 2016**. This breakfast will be to meet and get to know and honor our first responders, the officers of the Nahant Police Department. This special event seems appropriate in light of the past couple of weeks. It is truly amazing what the police do because they never know what they will encounter when they respond. And as we saw in the last few weeks that includes putting their lives on the line every day. Please plan to come to this special event which starts at 8 a.m.

### **RALLY FOR ROBBIE**

After being injured in an assault at the Baseball Tavern in Boston in May, Swampscott's 27-year-old, Robbie McLaughlin has a long road ahead of him, which encompasses several types of rehabilitation, and the medical bills, among everyday bills, are growing higher each day that passes by.

Robbie's friends and family are hosting a fund raising event "Rally for Robbie" at the Nahant Country Club, 280 Nahant Rd, Nahant, MA on **August 7 at 4:00pm**. There will be food, a 50/50 raffle, silent auction and a corn hole tournament.

Silent auction items include: Boston sports tickets, signed memorabilia, luxury hotel stays, private cruises, private dinners, golf, spa, and much more!

Admission to the event is \$25.00 for more information on the event visit the Facebook event page: <https://www.facebook.com/rally4robbie2016/?pnref=story> Donations are being accepted for items or services for the silent auction or to purchase Rally for Robbie brackets for \$5.00 each Please email: [rally4robbie@gmail.com](mailto:rally4robbie@gmail.com) visit the Go Fund Me page: <https://www.gofundme.com/rmglaughlinfund>

**INDOOR YARD SALE AT THE SPINDRIFT** **Saturday, August 13, 2016, 8am -5pm**, 194 Nahant Road. Something for everyone! Clothes, bric-a-brac, collectables, toys, jewelry, small furniture, books and other curiosities you won't want to miss! Proceeds to be used for the purchase of outdoor furniture for the Spindrift's backyard

## NAHANT PUBLIC LIBRARY - WINTER HOURS

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

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

**Saturday 1pm to 6pm**

**Sunday once a month 3pm to 6pm**

**Monday - Closed**

**781-581-0306**

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

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



# OUTREACH



In an effort to meet our Mission the Nahant COA provides a variety of services to the members 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**.

Keep on top of your health with our **monthly medical clinics**. Nurse Beverly Carr is here on the third 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

## VETERAN'S FOOD PROGRAM

If you are a veteran, widow or widower, or dependent of a veteran the **Food Distribution Program** in partnership with the COA provide monthly delivery of fresh and non-perishable foods. The food distribution program is held the first Wednesday of the month from 10:30-11:30 at the Town Hall. For more information please contact

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 the simple online transactions. You can renew your license, 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, August 10, from 1:00 - 3:00.  
Make your personal appointment at the Tiffany Room.**



## KUDOS AND THANKS

To

PAUL CAIRA



Paul Caira is a grower, a planter and a gardener extraordinaire

When the snow is on the ground and the chill is in the air

Paul's tomato plants are growing

With tender loving care.

The seeds have been planted in the basement of Town Hall

Waiting to be planted-some last until fall.

His garden is a treasure to the people of this town

If you want freshly picked veggies, please come on down.

Paul has a green thumb and takes after his Dad

Now he's leaving the garden and that is indeed sad.

We will miss his expertise, his flowers, zucchini, tomatoes and the rest

That he has grown faithfully because he is the best.

Thanks to Paul for the hours he spends

And gives of his time after his workday ends.

Thank you Paul for all you have done

To make Nahant's Community Garden indeed NUMBER ONE.

Paul Caira has given a lot of time and energy to the town of Nahant. Whether it is the garden, Little League, or basketball, he has given his all.

Thanks also to his wife Elaine, his most capable assistant,  
his son Carl, who built the vegetable stand,  
and Helene Rossert, his dedicated volunteer.

Thank you, Paul for all you have done.



As you drive down Pleasant St between the Library and the Town Hall you will spot a raised flower bed. This bed is filled with herbs and flowers courtesy of Lauren Arena, Tom Mazzafaro and an anonymous donor. Lauren prepared the garden for planting, placed the flowers and herbs and has been taking care of the weeds since the garden was planted. Thanks to Tom for the flat leaf parsley that was not easy to find in the greenhouses. The herbs are being used by our chefs as they prepare the lunches for the guests at the Tiffany Room.

Thanks Lauren, Tom and our anonymous friend.





## Zucchini Tomato Casserole

We found this recipe in a cookbook titled “**Favorite Recipes from Nahant Kitchens**”, printed in November 1972, compiled by a committee of Nahanters from St. Thomas Aquinas Parish. The following recipe was submitted by Helen Cort, one of our cherished Nahanters. Helen recently passed and she will be sadly missed. Thank you, Helen.

Check Nahant’s Community Garden for our home grown summer vegetables!



### Ingredients



- 6 small zucchini, unpeeled (cut in 1/4” slices)
- 4 med. Tomatoes, peeled and sliced
- 1/4 cup salad oil
- 1 small clove garlic
- 1/4 tsp. dried oregano
- 1/4 tsp. dried basil
- 1/4 cup grated parmesan cheese
- 1/2 cup grated sharp cheddar cheese
- Salt and pepper to taste
- 1/2 cup bread crumbs or corn flake crumbs
- 2Tbs. melted butter

### Instructions

1. Pre-heat the oven to 350 degrees F.
2. Heat oil in skillet and cook garlic clove for a few minutes.
3. Add zucchini to skillet and sauté until lightly browned. Remove from pan and drain on paper towel.
4. Combine oregano, basil, and cheeses.
5. In a medium casserole, make alternate layers of zucchini and tomatoes, sprinkling each layer with salt, pepper and cheese mixture.
6. Mix crumbs and melted butter, spread over casserole.
7. Bake 20-25 minutes.

**TIFFANY CAFÉ LUNCH PROGRAM**  
**Served everyday at 11:30 - 12:30**  
**Reservations required 24 hours in advance**  
 Cost - \$3.00

**FOOD SHOPPING PROGRAM**

Tuesday	Aug. 2	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	Aug. 9	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	Aug. 16	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	Aug. 23	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	Aug. 30	Market Basket and Vinnin Square	12:30 P.M.

**WHAT WE EAT CAN HELP KEEP US HYDRATED!**



FRUIT / VEGETABLE	OUNCES OF WATER
1 watermelon wedge	10
1 medium peach	8
1 cup sliced strawberries	8
1 cup sliced cucumber	8
1 medium tomato	8
1 cup chopped raw zucchini	8
1 ear cooked corn on the cob	6

**MEDIGAP? WHAT IS IT?**

Medigap plans are health insurance plans that provide extra protection beyond Medicare by filling in some of the "gaps" in Medicare coverage. In Massachusetts, these plans allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan. Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. Note that Medigap policies do not cover prescription drugs, which are covered separately under Medicare Part D.

A Medigap policy will generally pay only when Medicare approves payment. You are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

For assistance with choosing a Medigap plan or any Medicare issue, contact the SHINE (Serving the Health Insurance Needs of Everyone...on Medicare) Program. Trained SHINE counselors offer free, in-person, confidential counseling on all aspects of Medicare and related insurance programs. To make an appointment, call your local senior center or the Regional SHINE office at Mystic Valley Elder Services in Malden at 781-388-4845. You'll be asked to leave a message and a daytime phone number and a SHINE counselor will return your call.



**Tiffany Café Menu**  
**August 2016**  
*"One should eat to live not live to eat"*  
*~Moliere~*



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  Grilled Chicken Baked Potato Tossed Salad	<b>2</b>  Hamburgers Grilled Corn Salad Chips	<b>3</b>  Baked Fish Mashed Potato Fresh Vegetable  Alternate available.	<b>4</b>  Sausages, peppers and onions skillet Pasta Salad	<b>5</b>  Chicken with Sweet Peppers and Rice
<b>8</b>  Shepherd's Pie Buttered Carrots	<b>9</b>  American Chop Suey Scali Bread	<b>10</b>  Turkey Club Chips Pickle Fruit Cup	<b>11</b>  Grilled Pork Tenderloin pieces Potato Salad Green Beans	<b>12</b>  Eggs in a Basket Ratatouille
<b>15</b>  Chicken Salad Sandwich Chips Salad	<b>16</b>  Hot Dogs Beans Brown Bread Salad	<b>17</b>  Ham and Swiss Quiche Green Bean Salad	<b>18</b>  Salad Chicken Parmesan Pasta	<b>19</b>  Baked Fish Quinoa Stuffed Vegetables Alternate available.
<b>22</b>  Grilled Hamburger Pasta Salad Marinated Veggies	<b>23</b>  Open Face Turkey Sandwich Stuffing, Gravy Salad	<b>24</b>  Baked Stuffed Fish Broccoli Rice P Alternate available.	<b>25</b>  Meatloaf Mashed Potato Vegetable	<b>26</b>  Cheese Pie Tomato Salad
<b>29</b>  Roast Pork Mashed Potato Carrots	<b>30</b>  BLT Sandwich Pasta salad Fruit Salad	<b>31</b>  Tuna Melt Roast Potato Tomato Salad	<b>Menu is subject to change</b>	<b>All lunches served with: Milk Bread &amp; Butter Dessert</b>



## HEALTH AND WELLNESS

Tuesday	Aug. 2	9:30 a.m.	Manicurist (sign up required) \$10.00
Thursday	Aug. 4	8:30 a.m.	Dr. Sanphy—Podiatrist (sign up required)
Tuesday	Aug. 16	9:30 a.m.	Manicurist (sign up required) \$10.00
Thursday	Aug 18	10:00-11:30 a.m.	Blood Pressure Clinic
Monday	Aug. 29	9:30 a.m.	Hair Styling (sign up required)
Tuesday	Aug. 30	9:30 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
Monday	5:00 p.m.	YOGA (\$5.00)	Community Center
Tuesday & Thursday	10:30 a.m.	Chair Exercise	Tiffany Room
Thursday	5:00 p.m.	Mat & Stretch Class	Community Center

## PUZZLE OF THE MONTH!

### Gone With The Wind

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

FRANK  
HUNGER  
WAR  
SCARLETT OHARA  
PRISSY  
SOLDIERS  
BONNIE  
YANKEE  
TARA  
MAMMY  
SOUTH  
PLANTATION  
RENEGADE  
CHARLES  
MELANIE  
PITTYPAT  
ATLANTA  
ASHLEY  
DEATH  
NORTH

Play this puzzle online at : <http://thewordsearch.com/puzzle/6669/>



## **BOSTON HAR- BOR CRUISE**

**JULY 13**



## **FRUITLANDS MUSEUM, HARVARD, MA**

**JULY 22**



## **NAHANTERS WITH A PORTRAIT OF NAHANTER, CLARA ENDICOTT SEARS, FOUNDER OF FRUITLANDS MUSEUM.**

## FRIENDS OF NAHANT COA

**SATURDAY,  
AUGUST 13, 2016**

Table Rental  
available \$10.

# Yard Sale

**9:00 AM – 1:00 PM**

**TOWN HALL PARKING  
LOT**



Items for donation will be collected  
Mon. 8/8 thru Wed. 8/10

Tiffany Room from 9:00 - 11:00.

FMI contact Rita O'Donnell at 781- 581-5080



**Proceeds to benefit the FRIENDS OF NAHANT COA.**

### 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 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 Nahant Council on Aging**

334 Nahant Road, Nahant, MA 01908



## BIRTHDAY CELEBRATIONS

**August 1-** Barbara Colby

**August 2 -** Ferris Vanmeter

**August 3 -** Marguerite Rizzo, Robert Kershaw, Marianne Asselin, Mary Jane Maher, Janet Dolan

**August 4 -** Brenda Cook, Stephen Landry, Mark Dougherty, Ellen Wilson

**August 5 -** Zena Nies

**August 6 -** Frances Hall, Barbara Ennis, Joyce Ferragamo, Marianne Moore, Stephen Opaki

**August 7 -** William White, Richard O'Connor, Patricia Magner

**August 8 -** Laurence Ward, John Falat, Marcia Gaudet, August Salliman, Richard Malatesta

**August 9 -** Margaret Piccola, Joseph Haskell, Karen Driscoll

**August 10 -** Diane Mason, Richard Peters

**August 11 -** Anne Arnold, Alan McSweeney, Barbara Hodges

**August 12-** Nancy Cantelmo

**August 13-** Jeanne Kirovac

**August 14-** Carl Easton, Sharlene Queenan, Cheryl Morrison, Paul Ferragamo

**August 15-** Paul Laubner, Kathryn Desmond, Patricia Demit, Wendy Munro, Esther Johnson

**August 16-** Silvia Hickey, Angela Sansone, James Clark, Julia Babushkina, Martin Lucantonio

**August 17-** Joseph McDonald, Dianne Geaney, Martha Lederer, John Kennedy, Pamela Sprenger

**August 18-** Lee Regnante, Viola Patek, Claudia Mannix, Ronald Patterson, Michael Rauworth

**August 19-** Robert Spencer, Mary Pearson, Maureen Wladkowski, Val Chepeleff, Lisa Croft

**August 20-** Harriet Steeves, Michael Billias, Frederick Murphy, Thomas Swirka, Stephen Deangelis, Richard Scourtas-Gardner, David Sparr

**August 21-** Mirjana Maksimovic, Susan Branga, Laura Erlich, Robert Savage

**August 22-** Brenda Conley

**August 23-** Thomas Costin, Charles Jones, Mary Behen, Dorothy Ryckman, Rita Anderson

**August 24-** Maureen Edison, Shirley Spillane, John Connor, Marcia Divoll, Margaret Bolthronis, Roger Pasinski

**August 25-** Joseph Casey, Duncan Lorien

**August 26-** Paul Mador, Pamela Motley, Karen Hansell, Trent Shute

**August 27-** Frances Bertrand

**August 28-** John Casey, Patricia Mcardle, Sheila Hambleton, Paul Morse

**August 29-** Ruth Brownell, Robert Brienze, Marilyn McKeon, David Aldrich

**August 30-** John Lombard, Nancy Nicosia, William Burton, David Hunt

**August 31-** Janet Benkert, David Conlin, Ronald Day

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

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