August 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

<u>Friends of Nahant COA Executive</u> 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,

Nahant is saying goodbye to our top two Public Service persons, Police Chief Bob Dwyer and Fire Chief Dean Palumbo. Together they have over 60 years of service to the town. They have served with dignity, respect, care and compassion and it is quite obvious, a love for the town of Nahant.

Chief Dwyer has served as Chief for as long as I have been the director. He made himself available many times to come to the COA and talk to our seniors about many things affecting the health and welfare of seniors, especially the scam of the month. He had comforting by firm words for our most vulnerable. After we attended a Dementia Workshop he immediately went back to the station and began building a database of people in Nahant who had dementia. This database is helpful if a person with dementia is lost. He cares for the people of Nahant and we will miss him more than he knows.

Chief Palumbo has worn many hats in his many years on the Fire Department, firefighter, EMT and ended as Chief. All these positions he acted with professionalism and skill. He has comforted many in his role as an EMT being the first responder on many tough calls. I know Dean beyond his career in the fire department and each one of those calls he took personally. He is a great friend to many and we certainly had many laughs on our golf weekends in Rhode Island. There are only a few who share the love of Nahant more than Dean. I know we will be seeing you around the town, which is a comfort.

As they go off to begin another chapter in their lives, we want to welcome Officer Tim Furlong who will be our new Police Chief and Austin Antrim our new Fire Chief. Nahant wishes you well in your new careers.

Línda Peterson

Executive Director





WE ARE ON THE ROAD AGAIN!



Friday, August 6

Sand Sculptures at Revere Beach. Hop on the bus! Don't worry about traffic or parking! The bus leaves the Tiffany Room parking lot at 1:00pm.





Wednesday, August 18

Let's go shopping! How long has it been since you went to Macy's? Our bus will leave the Tiffany Room parking lot at 1:00 and drop us off at the North Shore Shopping Center.

Friday, August 13

Marty Taylor inspires the artist in us. Bring your creativity to the Dory Club and go home with a masterpiece! 1:00-4:00. Materials fee \$10.











Friday, September 3

Labor Day celebration starts at 11:00at the Knight of Columbus. Celebrate the end of a wonderful summer with friends, great food, entertainment and breathtaking view! \$20.



The mission of the Nahant Historical Society is to acquire, preserve, and interpret artifacts of Nahant Massachusetts, illustrating its history, prehistory, and that of the people associated with it, for the enjoyment, education, and enrichment of the public. This history includes personal remembrances of life in Nahant.

The Nahant Historical Society currently has two vehicles for collecting and sharing these memories: our 'Why I Love Nahant' initiative recently created by Susanne Macarelli, and our 'Memories Project" started by Anne Cote over 10 years ago. We have also been conducting in-person interviews for over 30 years to record oral histories. It is the Society's desire and goal to collect as many of these stories as possible, creating a complete demographic history of life in Nahant.

Your story could be a memory of life here as a child, or it could be a sharing of your love of Nahant — either as a long-time Nahanter or someone who has recently chosen Nahant as their home. Some people think their 'story' would not be of interest to others. We beg to argue that point! Every memory or story that has been shared with us has offered a unique perspective on our small community. All of these 'strands' of reminiscences weave together to form a great tapestry that is the story of Nahant.

Please consider adding to this work of art by sharing your personal story with us. How can you do this? However you like! Write it down and drop it in the mail to us. Send us an email. Include photos. Give us a call and we can make an appointment for you to 'tell' your story in person, and we will make a digital copy. We are happy to come to you if that works better. Have someone video you on their phone and send us a copy. Whichever is easiest for you.

The Society wants to ensure that the future knows the past. The best way to do this is to have first-person stories from primary sources – people who 'lived' the past. Check out our website, https://nahanthistory.org/memories-project for some of your neighbor's stories. Then give us a call, 781-581-2727, or shoot us an email, julie@nahanthistory.org, and let's get together and





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/theride

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 Art & Sharing

Meeting Every and 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.

Monthly Message from Greater Lynn Senior Services: Tackling Isolation

We are all aware of the debilitating effect that long-term isolation has on our overall health and quality of life. And after the year that has just passed, I think many of us would appreciate continued opportunities to socialize and communicate with others from the comfort and safety of our own homes.

Right now, GLSS is offering a unique, free, year-long pilot program called Uniper to people living in your community. Uniper is a device that turns your television into a communications platform, enabling one-on-one interaction with case managers, healthcare providers, counselors, and family and friends. Uniper's rich content library offers access to hundreds of videos—travel, arts and culture, music, educational programs, as well as "live" programming that includes exercise and other classes, peer-led discussion groups, support groups, and more, which are available throughout the day. GLSS is developing its own content, which will be available to users through a separate channel and is also working on developing some live programming, too, such as support groups, educational workshops, and the like. Uniper is easy to use with a simple remote that allows people to quickly transition back to regular television programming. Uniper provides for installation and also offers a helpline to troubleshoot any issues a user might encounter.

If you would like to learn more about or sign up for the program, contact Andrew Wallace at 781-477-6702.



Kathryn C. Burns Chief Executive Officer Greater Lynn Senior Services

This program is being funded by the Administration for Community Living and the Older Americans Act administered through the Massachusetts Executive Office of Elder Affairs, as well as a grant from Beverly and Addison Gilbert Hospitals, operated by Beth Israel Lahey Health.

It's Manicure Mondays!



Manicures are available every Monday. Call 781-581-7557 to make your appointment with Christine. Dr. Urich will be at the Tiffany Room on Thursday, September 9. Check your calendars!





TUESDAY – FRIDAY 10:00am - 6:00pm

Phone: 781-581-0306

email us at <u>nahant.circ@gmail.com</u>

VETERAN'S FOOD PROJECT

********<u>Coast Guard Station 9:30-10:30 a.m. Delivery Available</u>*******

Aug. 4, 2021 Sept. 8, 2021 Nov. 3, 2021 Dec. 1, 2021 Oct. 6, 2021

INGREDIENTS

- 4 6 OZ. Chicken Breasts
- 12 OZ. Frozen Spinach (thawed)
- 4 OZ. cream cheese
- 1/4 Cup Feta Cheese
- 1/2 tsp. Garlic Powder
- 1/4 tsp. Salt
- 1/4 tsp. Pepper
- 1 Tbsp. Olive Oil

DIRECTIONS

- 1. Preheat oven to 350°.
- 2. In a medium bowl, mix spinach, cheeses and seasonings.
- 3. Season chicken breasts on both sides with salt and pepper.
- 4. Carefully cut a deep pocket along the long side of chicken by slicing 2/3 of the through on the thickest part.
- 5. Heat oil in a large oven proof skillet.
- 6. Brown chicken for 3 minutes on each side.
- 7. Remove from skillet and spoon spinach mixture into each breast evenly.
- 8. Return to skillet. (If skillet is not oven proof, place chicken onto baking sheet)
- 9. Place skillet in oven and BAKE for 15 minutes.

Serves 4.

Calories 337, Protein 39g, Carbs 6 g, Fat 15 g (if you use Light cream cheese), Fiber 3g.





Weather Extremes: Beating the Heat

New Englanders are very good at handling the cold. We might be considered experts. But severe heat as we experienced in late June, and that the North West part of the country has seen, is something else again.

The world over, heat kills more people than any other type of weather conditions. A hot day can cause us to feel uncomfortable and thirsty, but in extreme conditions, it can lead to heat stroke and even death. Those persons who are most easily affected by the heat are infants and very young children, persons over 65, and those with chronic health conditions. These include heart and respiratory disease, kidney and liver diseases, diabetics, those suffering from alcoholism, and those who are either overweight or underweight. Certain medications make people more prone to heat intolerance, like some mediations for the above conditions, but also antihistamines.

Heat stroke, by definition on Web. MD.is a core temperature of 104 degrees, brought on by heat or sun. Symptoms include headache, lightheadedness, lack of sweating, hot dry skin, muscle cramping, nausea and vomiting, rapid heart rate, and possibly mental status changes as the condition worsens. For true heat stroke with serious symptoms, call 911.

We can take measures to avoid getting overheated. On hot days, wear light weight and light colored clothing. Use sunscreen when outdoors in the sun. Wear a wide brimmed hat that can provide a little shade. Avoid being in the sun for long periods, look for shade, or stay indoors with a fan or air-conditioning. You may need to apply a cool, wet towel to your neck or forehead, or take a cool shower if you feel very hot. Drawing the shades especially on the sunny side of the house is helpful. Avoid heavy exertion during the hottest time of the day. Get your walks in early or during the later hours.

Drink adequate fluids. This is usually suggested to be about 8 glasses a day, more if you are exercising heavily. If you are on a fluid restriction, check with your doctor for recommendations. Fluids should not be just water on a very hot day. Electrolytes are also depleted with sweating and need to be replaced. Juices are good, straight or diluted, if you can have the sugar, or sports drinks like Gatorade or Powerade (again watch the sugar content). An increasingly popular and beneficial beverage is infused water: water with a fruit or vegetable like a cucumber, left to soak in it. Avoid caffeine or alcohol as these are actually dehydrating. A good means of determining whether you are adequately hydrated is to watch the color of your urine. Generally, if it is pale, you are well hydrated. If it is dark yellow, you need more fluids.

As we are getting older and our summers seem to be getting hotter, it is important to prepare for how we can best deal with the heat. With a little attention, we can enjoy those very beautiful days in this very beautiful place.

Anna Maríe Manzano R.N.



		Tiffany Café Menu August 2021	L		
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Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Salad Sandwich, Chips, Salad	Baked Kielbasa, Rice Pilaf, Veggie	BBQ Ribs, Corn on the Cob, Potato Salad	Tuna Salad Stuffed Tomato, Fruit Salad	Pastitsio, String Beans, Greek Salad
9 Cavatelli with Alfredo Sauce, Garlic Bread	Vegetable Lasagna, Garlic Bread	Grilled Center Cut Pork Chop, Potato, Applesauce	Chicken Cesar Salad Wrap, Chips	Steak and Cheese Sub with Peppers and Onions, Chips, Pickle
American Chop Suey, Corn Bread, Salad	Spinach Quiche, Fruit Salad	Stir Fry Chicken, Rice, Veggie	Reuben Sandwich, Potato Salad, Pick <u>le</u>	Baked "Everything Spice" Fish, Potato, Veggie
Chicken Parmesan, Salad	Roast Pork, Potato, Veggie	Grilled BBQ Chicken, Potato, Veggie	Lasagna, Salad, Garlic Bread	27 Turkey Chili, Salad
Meatloaf, Mashed Potato, Veggie	31 Stuffed Peppers, Summer Veggies			

HEALTH AND WELLNESS

The following classes will be held at the Community Center on Valley Road. Classes are \$2.00.

• Monday – 9:00am Strength Class with Sharon

• Tuesday – 9:00am Chair Yoga with Lynda

• Wednesday – 9:00am Strength Class with Sharon

• Thursday – 9:00 am Yoga Class with Lynda

• Thursday - 10:30am Balance Class with Keri

Friday—9:00am Strength Class with Lynda

*** Chair exercise will resume at Town Hall on Mondays, Wednesdays and Fridays at 10:30.



SUMMER OLYMPICS WORD SEARCH

Find and circle all of the Summer Olympic events that are hidden in the grid.

The remaining letters spell a secret message.

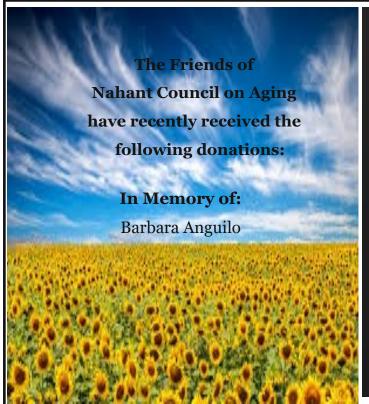
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Note: Similarly named events are hidden separately. For example, SWIMMING and SYNCHRONIZED SWIMMING do not overlap.

ARCHERY
ATHLETICS
BADMINTON
BASEBALL
BASKETBALL
BEACH VOLLEYBALL
BOXING
CANOEING
CYCLING
DIVING
EQUESTRIANISM
FENCING
FOOTBALL

GYMNASTICS
HANDBALL
HOCKEY
JUDO
MODERN PENTATHLON
RHYTHMIC GYMNASTICS
ROWING
SHOOTING
SOFTBALL
SWIMMING
SYNCHRONIZED SWIMMING

TABLE TENNIS
TAEKWONDO
TENNIS
TRAMPOLINING
TRIATHLON
VOLLEYBALL
WATER POLO
WEIGHTLIFTING
WRESTLING
YACHTING





Friends of Nahant COA Executive Board

FRIENDS

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

CORNER

Friends meet the second Wednesday of each month. FIN COM ROOM, TOWN HALL 9:30

Help Support the Friends of the Nahant Council on Aging

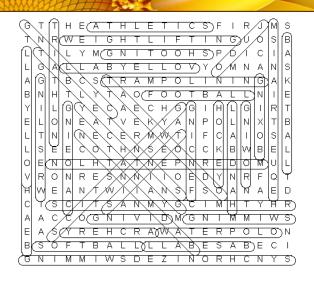
Please accept my tax-deductible donationIndividual \$10.00Good Friend	n as a supporting member: \$25.00Great Friend \$50.00 \$Other				
Name	Address				
Phone Email					
In Honor/Memory/Appreciation of Please send gift notification to:					
Please make checks payable to: Friends of	Nahant Council on Aging. 334 Nahant Road. Nahant. MA 01908				

BIRTHDAY CELEBRATIONS

- August 2 Ferris Vanmeter, Angelo Parisi,
- August 3 Marguerite Rizzo, Robert Kershaw, Marianne Asselin, Janet Dolan, David Lail
- August 4 Brenda Cook, Stephen Landry, Mark Dougherty, Ellen Wilson, Michael Debiasi, Thomas Doyle
- August 5 Zena Nies
- August 6 Barbara Ennis, Marianne Moore, John Casey, Donna Bakoian, Robert Kirzner
- August 7 Richard O'Connor, Patricia Magner, Mario Dicostanzo
- August 8 Laurence Ward, John Falat, August Salliman, Richard Malatesta, Susan Moleti, Jamie Leader
- August 9 Margaret Piccola, Joseph Haskell, Karen Driscoll, John Ford
- August 10 Diane Mason
- August 11 -Anne Arnold, Alan McSweeney, Barbara Hodges, Susan Fullam, Kim Carmody
- August 12- Nancy Cantelmo, Paul Webber, Debra Ford, Nancy O'Brien
- August 13- Jeanne Kirouac, Marina Geracoulis,
- August 14- Carl Easton, Sharlene Queenan, Paul Ferragamo
- August 15- Patricia Demit, Wendy Munro, Esther Johnson, Kathryn Desmond, Dean Palombo
- August 16- Angela Sansone, James Clark, Julia Babushkina, Martin Lucantonio, Jennifer Finley-Leja
- August 17- Dianne Geaney, Martha Lederer, John Kennedy, Richard Palangi
- August 18- Viola Patek, Claudia Mannix, Michael Rauworth
- August 19- Mary Pearson, Maureen Wladkowski, Val Chepeleff, Lisa Croft, Linda Champigny
- August 20- Frederick Murphy, Thomas Swirka, Richard Scourtas, David Sparr, Everett Coles
- August 21- Mirjana Maksimovic, Robert Savage, Hal Gregersen, Sally Sampson, Michael Connor
- August 22- Joan Brennan
- August 23- Thomas Costin, Mary Behen, Rita Anderson, Nicholas Bokron, Fred Fiducia
- August 24- Maureen Edison, Shirley Spillane, John Connor, Marcia Divoll, Margaret Bolthrunis, Roger Pasinkski, Robert Dow, William Burns
- August 25- Joseph Casey, Duncan Lorien
- August 26- Paul Mador, Pamela Motley, Karen Hansell
- August 27- Frances Bertrand, Philip Cahalin
- August 28- Patricia McArdle, Sheila Hambleton, Paul Morse, George Papagelis
- August 29- Robert Brienze, David Aldrich, Katherine Lundberg, Jennifer Davis, Emily Spinucci
- August 30- John Lombard, Nancy Nicosia, Davis Hunt
- August 31- Janet Benkert, David Conlin, Lois Pagliuca, Brian McCormack, Gary Decico

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.



The hidden sentence is: THE FIRST OLYMPIC GYMNAST TO ACHIEVE A PERFECT SCORE OF TEN WAS NADIA COMANECI