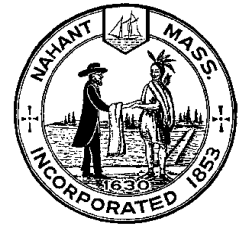


February 2022 Nahant Tiffany Times



*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

Mary Miner
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
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,

Hi Everyone,



Happy February!

We enter a busy month of themes and things to celebrate! We have Black History month; Valentine's Day and President's Day! Did you know February is also Random Acts of Kindness Month? We should all be doing random acts of kindness everyday, but this month in particular gives us an opportunity to secretly select a friend; neighbor; relative and even a stranger and give them something kind to help them get through a day! It will make them feel good and you as well. So please take the time to spread some kindness in this pandemic weary world we live in.

The Senior Center continues to come back to life after slowing down for a couple of weeks. Many thanks to Ann Callahan and her volunteers in helping deliver lunches to folks during January! It was a huge help! Thank you again to all who helped!!

In February we will continue with our exercise classes; Monday manicures (every other Mondays) and the rescheduled Painting Class will take place (please remember to call us and sign up). We also will continue to meet with the foot doctor. I hope as COVID begins to lift, we will be able to expand our schedule to include weekly shopping to Market Basket and other events to come. I need you to help me plan more activities as the weather gets warmer. Please tell me your thoughts and ideas and we will see what we can do to make it happen!!

I am planning to meet with each of you individually to update your contact information and any other information you wish to provide. As the new director it gives me the opportunity to get to know you a little more and it makes our information current in case of emergency.

And on that note: Let's have a good February! Spring is almost here!! Stay well and stay safe!!

Be kind to each other ,

Mary

Nahant Council on Aging

Monday-Friday 9:00-1:00

CLOSED

Monday, February 21, 2022

PRESIDENTS' DAY



Wednesday, February 16. Painting Party!

Button up your overcoat and join us at the Tiffany Room for another afternoon of fun and creativity with Marty Taylor.

1:00-4:00. Registration is required. Materials fee \$20.



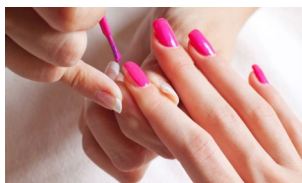
NAHANT COA IS LOOKING FOR HELP!

The Nahant COA is looking for someone who is interested in a part time position. The position would require 8-10 hours a week. More information is available on the Town's website, or contact the COA office at 781-581-7557.



- **MEDICARE ADVANTAGE OPEN ENROLLMENT:** if you are enrolled in a Medicare Advantage (MA) plan and want to change plans or change to Original Medicare Part A and B with a separate drug plan, you have until March 31 to make a change! Call MVES SHINE (781-388-4845) or your local Senior Center to speak with a SHINE Counselor about your Medicare Advantage plan options.
- **NEW SHINE COUNSELOR TRAINING:** becoming a SHINE Counselor is a rewarding and challenging volunteer experience! The 2022 SHINE Counselor Training will begin in early April with 8-10 weeks of classes followed by a Certification Exam and mentoring with an experienced counselor. SHINE Counselors typically volunteer 3-5 hours/week at local Senior Centers or Councils on Aging. If you would like to learn more about SHINE Counselor training, please call the Volunteer Manager at Mystic Valley Elder Services (781-324-7705) or check out the SHINE Program on the website at www.mves.org.

It's Manicure Mondays!



Manicures are available
Monday, Feb. 7 and 28
Call 781-581-7557
to make your appointment
with Christine.

Dr. Uhrich will be at the
Tiffany Room on
Thursday, March 2022.

Check your calendars!
Appointments required.



NAHANT PUBLIC LIBRARY - HOURS

On the recommendation of the CDC the Library is requesting that all visitors over the age of 2 years, wear a mask when visiting the Library.



Monday	Closed
Tuesday	10:00-7:00
Wednesday	10:00-5:00
Thursday	10:00-8:00
Friday	10:00- 5:00
Saturday	12:00-4:00
Sunday	Closed

Phone: 781-581-0306

email us at nahant.circ@gmail.com

Blood Pressure Clinic will
resume at the Tiffany Room
every 3rd Wednesday of the month
from 10:00-11:30.

February 16

No appointment required.





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. 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

15 Pleasant St., Nahant

10:00–12:00 noon

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.



FEBRUARY IS HEART AWARENESS MONTH

Heart Disease has for a number of years now, been the leading cause of death in the US, with around 650,000 deaths a year. As such, the American Medical Association, the American Heart Association, and others, strive to promote heart health awareness particularly during the month of February.

Over the years much research has been done in the field of heart disease. It has been found that genetics plays a roll but there is also much we can do to mitigate it. Some of these things are:

Physical Activity Healthy Diet Adequate Sleep Reduce Stress
Regular Medical Care Smoking Cessation

Physical activity improves blood flow to head, heart, and other organs; it improves general circulation. It helps to manage blood pressure, it improves stamina, it helps to reduce LDL(bad cholesterol) and it increases HDL (good cholesterol). Exercise can be a regularly adhered to regimen of an hour 3 times a week, or it can be as simple as getting up three times a day for some walking around the house and light exercise. Just aim to

Eating a heart healthy diet is very beneficial. The Meditatian diet has been promoted in the past and more recently now the DASH diet, Dietary Approaches to Stop Hypertension, a major cause of heart disease. The diets are very similar. Both recommend eating vegetables, fruits, whole grains, vegetable oils esp olive oil, fish, poultry, beans and nuts. The DASH a diet also recommends low fat dairy products, limits foods high in fats and sodium (salt), and limits sugars and sweeteners. Watching your sodium, or salt intake, has been found to be very important in managing blood pressure. We should be cautious of not adding much salt to our food but we also need to be aware of how much salt is already in our prepared foods. This can be done by reading

Sleep is very important in maintaining our health. Among it's many benefits, during sleep our bodies create cytokines or hormones that help our immune system fight infection, as well as a hormone that is an appetite suppressant thereby helping to prevent obesity. Lack of sleep causes our bodies to produce adrenaline and cortisone causing our heart rates and BP to be elevated, and it has been shown to increase our blood sugars as well. Some measures to improve our sleep may include having a regular bedtime and avoiding stimulating activities before bed, avoid eating late meals or drinking alcohol before bed, as well as caffeine products

Stress can interfere with sleep and it increases our heart rate and our blood pressure. Avoiding stress can be a challenge. Meditation or relaxation techniques are helpful as is exercise. Meditation can be as simple as practicing gratitude. Focus on the things you are able to do and the things you are grateful for, and let the past

Keeping regular visits with your doctor is very important for heart health. There are number of medications the doctor can prescribe for you to manage your blood pressure, reduce you cholesterol, and also to manage the workload on your heart. These medications generally need to be taken on a regular basis and be reas-

Smoking cessation is very important in heart health. Nicotine causes spasms of the arteries thereby elevating blood pressure and they can effectively decrease circulation in your head as well as in your heart.

As Valentine's Day approaches, we would be remiss not to mention the beneficial cardiac effects of dark chocolate and a little red wine. Dark chocolate, at least 70% cocoa, has been shown to improve circulation, lower blood pressure and lower cholesterol. Red wine contains Resveratrol which as been found to have similar effects. So let's treat ourselves to a bit of chocolate and maybe a little red wine. We deserve a little treat.



Stay well.

Anna Marie Manzano R.N.

Let's Get to the Heart of the Matter...

February is American Heart Month



It's February—a month into our annual promises to take better care of ourselves by losing weight, exercising, and eating right—three of the most important things we can do to improve our heart health.

American Heart Month is a good time to evaluate your own heart health and take steps to improve it. Greater Lynn Senior Services offers a number of free workshops that can help. Our health self-management workshops teach people living with ongoing health conditions—like high blood pressure, heart disease, and diabetes—strategies for living a fuller, more active life. We also offer a Health Eating Workshop that focuses on heart- and bone-healthy nutrition strategies. Visit www.glss.net/Help-Me-Find/Wellness-Pathways to learn more about our workshops or to register for one. Sometimes it's easier to make changes when you have the support of others, and You'll meet new people living with similar challenges, who can help boost you up and who you can likewise support.

On Valentine's Day, show your heart some love by taking a brisk walk or cooking a heart-healthy meal—low in sodium and fat—with your spouse or a friend. If you feel stressed out—and in the midst of this still ongoing pandemic, who isn't?—practice some mindfulness exercises to reduce anxiety by breathing deeply and focusing on pleasing thoughts and images. Visit our website to see a video from our *Kelly's Corner* series on Mindfulness:

[www.glss.net/Help-me-find/Information-and-Referral/
Resources-and-Information-for-Consumers](http://www.glss.net/Help-me-find/Information-and-Referral/Resources-and-Information-for-Consumers)

Here's to your healthier heart!



Kathryn C. Burns
Chief Executive Officer
Greater Lynn Senior Services
781-599-0110

FREE COVID-19 TEST KITS

As you may be aware, the Biden Administration is offering free rapid tests to all residents in the United States. The pre-order period for the at-home COVID-19 tests via www.covidtests.gov has begun. Every household in the U.S. is eligible to order four free at-home COVID-19 tests. The tests are completely free and will usually ship in 7-12 days.

Please visit www.covidtests.gov to submit an order and learn more. We hope that you will share this information widely with all residents.

**If you need assistance ordering your kit, you can contact
Nahant COA at 781-581-7557.**

Dear ones,

I am sending this email to the group of folks who Judy has kept informed about my situation. It might be a bit wordy but you can just skim through the stuff that may be uninteresting to you.

First, if you are on the list there is some reason to think you care about me and about the poor woman continually stuck with caring for and about me. Thank you for caring. Any process of healing involves the presence of others. I have often quoted—without any criticism of modern medicine—the 19th century French doctor who wrote, “The role of the physician is to hold the patient’s hand as nature effects a cure.” In other words, it is in the nature of things that caring and human contact are crucial to physical, mental and psychological health, especially, recovery. I have received such contact from my closest family, my dearest friends, my community of neighbors here in our small town, friends from afar and others. I could not be more grateful.

And what about “strangers?” Albert Camus struggled with questions of plague and alienation in times of turmoil, personal and political. I devoured Camus when I discovered him as a late teen. In the past ten days or so I was devoured by the care of “strangers,” people I had never met before and who I may never see again, but who have devoted their lives and careers to selflessly helping others. Dr. Meghan Thakur was my “hospitalist” in Salem, a wonderfully intelligent, engaging and articulate physician, but it was the flood of nurses and nursing assistants that were the real front line. I have attached an op ed that I hope will be published about the healthcare work of mostly women, but also men, from five continents—North and South America, Europe, Africa, Asia and the Indian subcontinent—who cared for me. To my mind this has been all about them. Please take a moment to read about these folks and the problems they face.

In my life I have found meaning in political affairs, from the grand concepts of Hans Morganthau, to the subtleties of Plato, to the nuts and bolts of local affairs. That’s me and I’m stuck with it. I think we may be at a turning point in a history that could become increasingly dark if not violent. There are insidious forces at work. I intend to do grassroots work with my friends to avoid the worst of what’s out there and to preserve and protect the best our country has to offer. Nothing grandiose but something steady and effective. I hope to be with many of you on the front lines of that effort.

There was a kind of isolation in the hospital room that proved remarkable and refreshing in ways that surprised me. I found myself turning to poets, particular Seamus Heaney, more meaningfully than before, as they intuitively connected themselves and me, their lives and mine. I focused on wonderful memories of the years between ages 5 and 10, living in marginal, working class circumstances among black, white and Hispanic neighbors, enjoying the atmosphere of simple love created by the parents who adopted my sister and me and the extended family, centered around my grandmother, who worked and cared for one another. I found myself in a particular reverie one night remembering my mother, after dark, sitting with me by a window that opened onto a narrow, dimly lighted street without sidewalks.

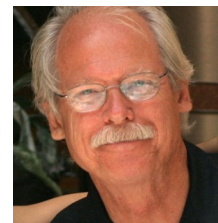
“Listen,” she said.

There was a teenager, Robert Perry, who had been afflicted by polio in the years before the Salk vaccine, limping up the street...singing. He had a beautiful voice (according to my mother). My memory tells me that we were not alone waiting for Robert to come home at night...singing. Other neighbors waited to hear him too. It is a beautiful memory to have of a more simple, innocent time...for an 8 year old.

I’ll leave it there. That was my experience. This is my status. No need to respond but you may if you wish.

Good night and thank you...

Jim Walsh, Nahant



VETERAN'S FOOD PROJECT

*****Nahant Town Hall 9:00-10:30 a.m.*****

Feb. 2 Mar. 2 Apr. 6 May 4 June 1 July 13 Aug. 3

PRE-REGISTRATION: (FIRST TIME ONLY)

**ALL FIRST TIME PARTICIPANTS NEED TO PROVIDE VERIFICATION OF
VETERAN STATUS**

ITALIAN SAUSAGE SOUP

INGREDIENTS

- 1 1/2 pounds sweet Italian sausage
- 2 cloves garlic, minced
- 2 small onions
- 2 (16 ounce) cans whole peeled tomatoes
- 1 1/4 C dry red wine
- 5 C beef broth
- 1/2 tsp. dried basil
- 1/2 tsp. dried oregano
- 2 zucchini, sliced
- 1 green bell pepper, chopped
- 3 Tbsp.. Chopped fresh parsley
- 1 (16 ounce) package spinach fettuccine pasta
- Salt and pepper to taste



DIRECTIONS

1. In a large pot, cook sausage over medium heat until brown. Remove from the pot with slotted spoon, and drain on paper towels. Drain fat from pan **reserving 3Tbsp.**
2. Cook garlic and onion in reserved fat for 2-3 minutes. Stir in tomatoes, wine, broth, basil and oregano. **Transfer to slow cooker, and stir in sausage, zucchini, bell pepper and parsley.**
3. Cover and cook on low for 4-6 hours.
4. Bring a pot of lightly salted water to a boil. Cook pasta until al dente, about 7 minutes. Drain water and add pasta to the slow cooker. Simmer for a few minutes. Season to taste.



February Tiffany Café Menu



**Reservations for lunch are required
24 hours in advance.**

Monday	Tuesday	Wednesday	Thursday	Friday
Please inform your server if you or anyone in your party has a food allergy.	1 Cheese Ravioli, Bread, Salad	2 Chicken Cacciatore over Pasta	3 Reuben Sandwich, Potato Salad, Pickle	4 Fried Rice with Shrimp, Salad
7 Chicken Parmesan, Salad	8 Calzone, Soup, Salad	9 Ham and Cheese Quiche, Salad	10 Open Faced Turkey Sandwich, Stuffing, Gravy, Cranberry Sauce	11 Beef Stew, Salad, Roll
14 Chicken Alfredo, Salad	15 Finger Sandwiches, Macaroni Salad, Pickles and Chips	16 French Onion Chicken with Noodles, Veggie,	17 Shepherd's Pie, Cornbread, Salad	18 Fish Chowder, Crackers, Salad
21 PRESIDENTS' DAY TIFFANY ROOM CLOSED	22 Chili Mac 'N Cheese, Garlic Bread, Salad	23 Stuffed Pork Roast, Potatoes, Veggie, Gravy	24 Baked Ham, Baked Beans, Scalloped Potatoes	25 Super Grilled Cheese Sandwich, Fruit Salad
28 Meatloaf, Mashed Potato, Veggie	Reminder! Masks are required for all, regardless of vaccine status.		Menu is subject to change.	

HEALTH AND WELLNESS

REMINDER!

Tiffany Room—Masks required for all regardless of vaccine status

Community Center—Masks required for unvaccinated people, optional for people who have been vaccinated.

The following classes will be held at the Community Center on Valley Road.

- 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



*** Monday and Wednesday - 10:30 Chair Exercise. Town Hall

*** Friday - 10:30 Balance Class with Keri. Town Hall.

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

Solution page 10.

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

**In memory of:
Joseph Benson
Marjorie Cenci
Lincoln Divoll
James Kasper**

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."
Edith Sitwell



Friends of Nahant COA Executive Board

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

FRIENDS

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**

BIRTHDAYS

February 1 - Irene Cullinan, Richard Koehler, David Dunn, Annette JacobyJeffrey
Mark Lucantonio, Judith Vanloon, Raymond Champigny

February 2 - Stephen Nicketakis, Jeffrey Selbst

February 3 - Minervina Chandler, Julie Harris

February 4 - Ernest Priftakis, Ronald Petrucci, Karen Regante, Kathryn Deon, Moira Hussey

February 6 - Diane Perepelitza, Edith Kenneally, Barbara Sereda

February 7 - Louise Andrews, John Vanmaanen, Sheila Barry, Suzanne Hamill

February 8 - Mark Connelly, Paula Bethune, Francis Cullinan, J. Evans

February 9 - Reno Pisano, Leone Barletta, James Konowitz, Jefferson Thomas

February 10 – William Crawford

February 11 – Mary Evos, Eleanor Collins, Deborah Barnes, Francis Guidara, Louise Carroll

February 12 – Vittorio Capano, Mary Nagle, Barbara Sweeney, Douglas Lemle, Stacy Miliotis

February 13 – David James O’Neil, Margaret Barile

February 14 –Caren A. Cahoon, Frederick Ahern, Christopher Battiston, Nancy Elliott, Maria Koutroubis

February 15 –Linda Valles Barefield, Brian Green, Janice Desimone, Garrie Reilly

February 16 –Wayne Wilson

February 17 –Eva Murphy, Mary Ellen Taylor, Jeanne Buckley, Karen Savino, Jeffrey Lewis, Michael Curran,
Frederick White

February 18 –Melinda Hatfield, Andrew Karl, Susan Alessi, Robert Goode, Roy Goode, Joanne Sullivan,
Jonathan Gilman, Catherine Silva

February 19 –Paul Richardson

February 20 –Paul Gaudet, Charles Langevain, Doreen Doyle

February 21 - Pauline Anderson, Susan Hargraves, Mary Barletta

February 22 – Linda Gardner, Mary Matthews, Lana Wortman, Medi Mirnasiri, Frederick Gove

February 23 –Joseph Lamando, Thomas Donahue, Barbara Lambl, Michael Mahoney, Stacy Evos,
James Costello, Edward Steriti

February 24 –John Patek, Ralph Colson, Paul Brien, Amy Tsokanis, Julie Chamberlain

February 25 –Elaine Budnik-Caira, Elizabeth Berman,
Joseph Giunta

February 27 –Supunpim Banchongmanic, Martha Brown

February 28 –William Edwards, Patricia Aswad,
Mary Flannery

February 29 –Robert Lane, Michael Szostakowski, Karen Gagne

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
@nahant.org

or drop it off at the office.

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