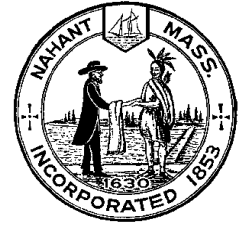


March 2022 Nahant Tiffany Times

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

Hi All,

March is here ! In like a lion, out like a lamb, or so the saying goes! March seems to be a moody month with its ever changing weather and blustery winds – all in anticipation of Spring!! I am looking forward to Spring this year! It's always beautiful to see mother nature prepare to renew and bloom as we push towards April.

This month we continue meeting for lunch each day! Getting a manicure for some later in the month ! Doing exercises! We also will be doing artwork with Seaglass on Wednesday March 9th! If you haven't signed up, please do so! It will take place right after lunch in the Tiffany Room on that day. I have met with the instructor and he promises it will be fun and a good time!!

March also brings us St. Patrick's Day and a great time to celebrate!!

I am hoping with the lifting of the masks and the weather becoming nicer, we can all venture out for a ride and see what is still out there after being home so long!!

I will leave you with an Irish Blessing I found in my travels--

*May your joys be as deep as the oceans
Your troubles as light as its foam
And may you find sweet peace of mind
Wherever you may roam*

Think spring all! It will be here before we know it!!

Mary

Nahant Council on Aging
Monday-Friday 9:00-1:00





Make Your Own Sea Glass Art Class **March 9, 2022 | 1 p.m. to 2 p.m.**

Are you interested in learning how to create some take-home art made out of sea glass?

Perfect for decoration, for fun, or as a gift for a friend or family member.

No need to bring anything - all materials provided for you.

Please sign up in advance with the Nahant Council on Aging.

Signup at nahantcouncilonaging.org

or call (781) 581-7557.

Thursday, March 31, 2022

Tides Fundraiser for St. Thomas Aquinas Parish, Society of St. Vincent dePaul.

Let someone else do the cooking.

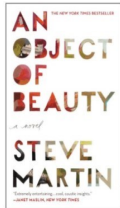
Come celebrate the coming of Spring at Tides Restaurant, and help us help others.



Nahant Public Library:

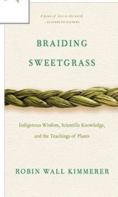
NAHANT READS TOGETHER

An Object of Beauty and Braiding Sweetgrass



Let's talk about how Western art and Native artifact intersect here in the library

Read in February and March,
Events begin March 5



Copies of the books are available
beginning February 1 at the library with or
without a library card.

Free! at the Library:

Video lecture	Anytime, view "Landscapes, Art of the Great Outdoors" on Kanopy
History talk	Sat, Mar 5, 4:00, UMass' Christoph Strobel on Nahant's Native history
Art talk	Sat, Mar 12, 4:00, Martha Chiaro on US landscape painting
Lecture	Sat, Mar 19, 4:00, Sachem Larry Fisher on Native tribes today
Book discussion	Sat, Mar 26, 4:00, discuss the 2 books and art and artifact in Nahant

NAHANT PUBLIC LIBRARY - HOURS



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.

March 16, 2022



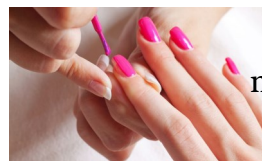
No appointment required.

Dr. Uhrich will be at the
Tiffany Room on
Thursday April 7, 2022.

Check your calendars!
Appointments required.



It's Manicures in March!



This month,
manicures will only be available
Monday, March 21.

Call 781-581-7557 to make
your appointment with Christine.



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.



March Is Colorectal Awareness Month

Not long ago it was still quite taboo to openly speak of colon or rectal problems but now almost everyone readily complains about having to get their colonoscopy. This is certainly due to the progress that has been made in screening and diagnosing conditions.

Colorectal cancer is fairly common and has been increasing in frequency in those over 45. There are over 100,000 new cases of colon cancer and about 45,000 cases of rectal cancer diagnosed every year, with about 53,000 deaths of colorectal cancer yearly. The key to treatment is early diagnosis.

Risk factors for Colorectal cancer include a family history of it, inherited genetic traits, and black persons and obese persons are more likely to get it. A history of Gastrointestinal problems like ulcerative colitis or Crohn's disease for more than 8 years are risk factors. Drinking three or more alcoholic beverages daily and smoking are also risk factors.

Symptoms that should be reported to your doctor for further assessment include blood in stools, either bright red or dark. Hemorrhoids frequently cause some bright red blood and if you know you have this condition, no need to panic, just follow your doctors advice. Increased gas or bloating that is persistent should be looked into, and certainly issues with vomiting. Narrowing of the stool should also be reported as should persistent fatigue and unexplained weight loss.

Colorectal cancer frequently does not produced symptoms until the cancer has been present for some time. In an effort to diagnose the condition early when treatment is more effective, colonoscopies are recommended. These are now suggested every 10 years, and for those with polys or other precancerous lesions that may have been found, they are recommended every 5 years or more frequently. The advertised Cologuard test is very effective and convenient for those 45 and up, and those who have not had any issues with their colonoscopies.

So, that is why we are all having colonoscopies. Admittedly the tests are not easy but they have proven themselves invaluable in saving lives.

Stay well.



Anna Marie Manzano R.N.

VETERAN'S FOOD PROJECT

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

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**

Valerie Bertinelli's Sheet-Pan Baked Salmon



Preparation

Ingredients

3/4 cup mayonnaise
2 tablespoons Dijon mustard
1½ teaspoons apple cider vinegar
1 teaspoon finely chopped fresh chives
1 teaspoon finely chopped fresh dill
1/4 teaspoon cayenne
kosher salt and freshly ground black pepper
1 (2¾-pound) skinless side of salmon
2 lemons, cut into wedges

1. Preheat the oven to 400 F.
2. Line a baking sheet with parchment.
3. In a small bowl, whisk together the mayonnaise, mustard, vinegar, chives, dill and cayenne.
4. Lay the salmon on the prepared baking sheet; if necessary, trim the tail end so it lays flat.
5. Sprinkle the salmon liberally with salt and pepper, then spread with the mayonnaise mixture.
6. Roast for 16-18 minutes for medium salmon.
7. Let rest for 5 minutes. Use the parchment to transfer the salmon to a large serving platter, then lift part of the salmon with a large offset spatula and remove the parchment.
8. Garnish the platter with lemon wedges.



Tiffany Café Menu March

**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 Wedding Soup, Toasted Ravioli, Meat pie	2 Fish and Chips, Cole Slaw	3 Chicken Parmesan, Spaghetti, Garlic Bread	4 Pepper Steak and Cheese Sub, Chips
	7 Pork Ribs, Mashed Potato, Veggie	8 Eggplant Parmesan, Garlic Bread, Salad	9 Hamburger, Fries, Pickle	10 Chicken Broccoli Ziti, Garlic Bread, Salad
	11 Everything Seasoned Baked Fish, Rice, Salad	14 Chicken `a la King, Salad	15 Hearty Tuscan Soup, Cheese Pie, Greek Salad	16 Shephard's Pie, Salad
	17 St. Patrick's Day Lunch Corned Beef and Cabbage Dinner	18 Hot Dogs, Baked Beans, Potato Salad	21 Beef Stew, Roll, Salad	22 Spaghetti with Meatballs, Salad, Spinach Pie
	23 Salisbury Steak with Gravy, Potato, Veggie	24 Chili, Corn Bread, Salad	25 Fried Rice with Shrimp, Salad	28 Chicken Cacciatore, Pasta, Garlic Bread
29 Meatloaf, Mashed Potato, Veggie	30 Bolognese Sauce over Pasta, Salad	31 Reuben Sandwich, Potato Salad, Pickle	Menu is subject to change.	

VALENTINE'S DAY LUNCH 2022



HEALTH AND WELLNESS

REMINDER!

The mask requirement has been lifted in our Town and surrounding communities. Please remember that we are still in a pandemic. If you think you have symptoms, please call your doctor. You call us if you are in quarantine, and we can make arrangements to have your lunch delivered .

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
- Friday—9:00am Strength Class with Lynda



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

*** **Friday - 10:30 Balance Class with Keri. Town Hall. \$2.00 fee.**

Helping Navigate Long-Term Care Solutions

The need for long-term care almost always signals the onset of a new stage in life for both the recipient and their caregiver—one that can arrive without warning, sometimes as the result of illness, a fall, or a dementia diagnosis. Because of this, many people lack the information they need to make good, informed decisions. Life can suddenly become an emotional roller-coaster for everyone involved.

I recently received an email from a man who was in the process of planning care for his mother who is living with Alzheimer's disease. He had the good fortune to find our Options Counseling program and Virgen Gonzalez, one of our most senior case managers, who was helping him navigate the often complicated and confusing system of care solutions. As he said of the experience, "The elder care landscape is broad and fragmented, making it a daunting task to plan care. Virgen always makes herself available: sharing useful resources, connecting me with others, and helping me chart the right course for our circumstances, without all the guesswork."

Options Counseling is a free service available to anyone who needs help finding long-term care solutions and related information for themselves or a family member. It presents "aging in place" as a viable option to institutional care when that is possible. Today, there are many more and better options for long-term care than ever before, but identifying and sorting through them can be challenging and at times confusing. Call us. *We can help.*

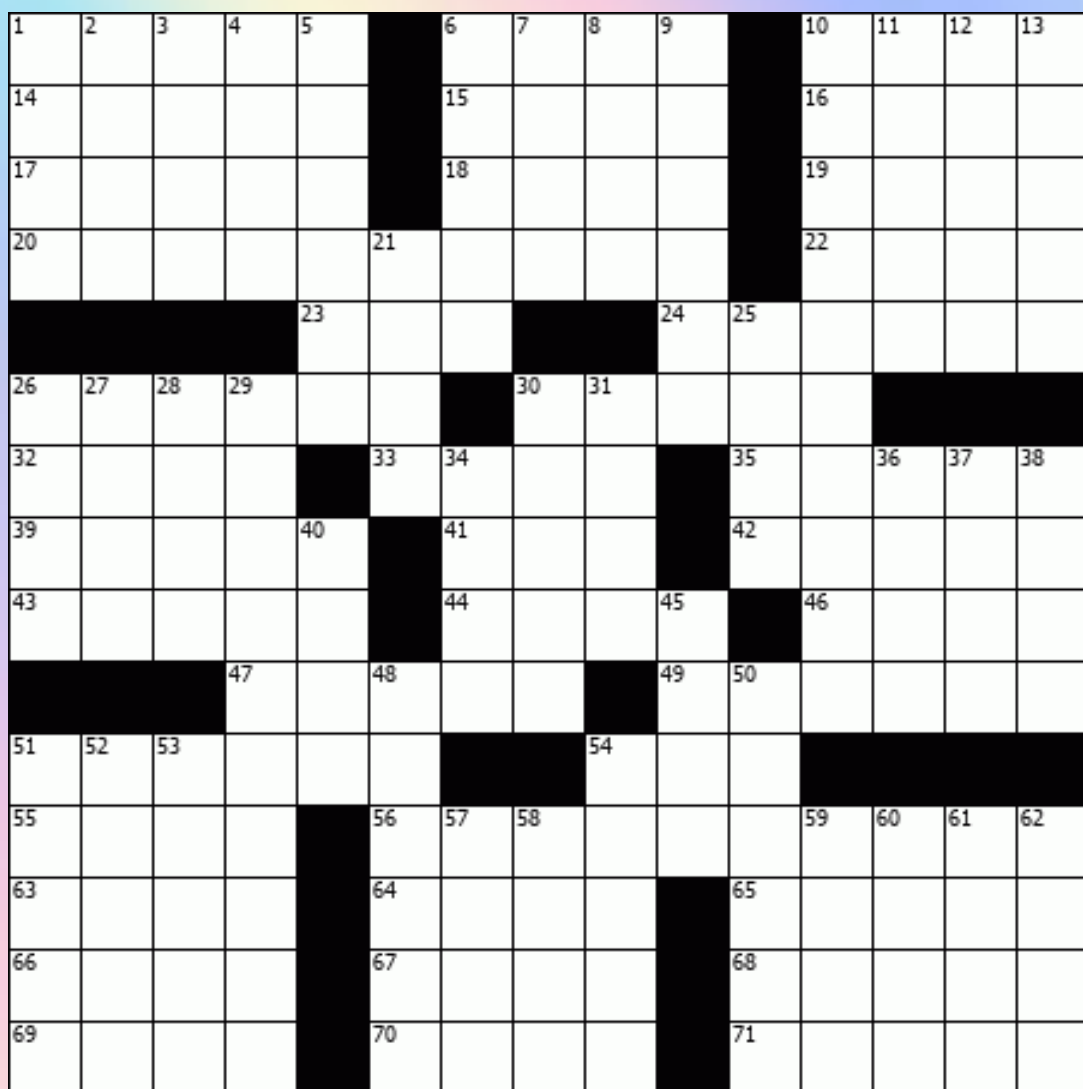


Kathryn C. Burns, MHA
Chief Executive Office
Greater Lynn Senior Services
781-599-0110

PUZZLE OF THE MONTH

DOWN

1. Like many dorms
2. Sharpen
3. Quantities: Abbr.
4. Oil cartel
5. Clever
6. Time off, for short
7. Top draft rating
8. Like ___ of bricks
9. Of teeth
10. Rolling plant in Westerns
11. Chicago airport
12. NBC morning show
13. Backyard buildings
21. Thumbs-down votes
25. Jump
26. Slugger Sammy
27. Medical-insurance cos.
28. Merely
29. Type of warplane
30. Sounded like cows
31. Diminutive suffix
34. Dictatorial boss
36. Vicinity
37. Bagpiper's wear
38. Otherwise
40. And others: Abbr.
45. Skywalker of "Star Wars"
48. Balance-sheet column
50. Convict's quest
51. 37-cent purchase
52. Giggle sound
53. Stand up and speak
54. Well-versed
57. Ancient stringed instrument



ACROSS

- | | | | |
|---------------------------------|-----------------------------|-----------------------------|-------------------------------|
| 50. Convict's quest | 1. Utter confusion | 26. Poorly done | 54. Alias letters |
| 51. 37-cent purchase | 6. Highway, for example | 30. Free-for-all | 55. Tenure of office |
| 52. Giggle sound | 10. Two-year-olds | 32. Word form for "all" | 56. Calculator predecessors |
| 53. Stand up and speak | 14. Pizazz | 33. Chimney dust | 63. "Moby-Dick" captain |
| 54. Well-versed | 15. Poker-hand preliminary | 35. Out of bed | 64. "Jane ___" (Brontë novel) |
| 57. Ancient stringed instrument | 16. "Yikes!" | 39. Figure out | 65. Japanese city |
| | 17. Walk in | 42. Jeopardy | 66. Parcel (out) |
| | 18. Store-sign gas | 43. So far | 67. Mouse catcher |
| | 19. Manufactured | 44. Fishing-line holder | 68. Not tilting |
| | 20. Great-grandson, for one | 46. Electrified swimmers | 69. Jury member |
| | 22. Actor Pitt | 47. Sounded like sheep | 70. Shipped, as a package |
| | | 49. Give the latest news to | 71. Wipe clean |

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

In memory of:

Joseph Benson
Debbie Mahoney

In honor of:

Linda S. Peterson

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!

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

BIRTHDAYS

March 1 - Margaret Merrell, John Brown
 March 2 - Ronald Murphy, William Forster, Janet Collins, Judith Zahora, Gretchen Benkert, Devereaux Barnes
 March 3 - Susan Bonner, Penelope Ross, Barbara Damico, Paul Smith, Valerie McCarthy
 March 4 - Carol Crawford, Leonard Patrick, Deidre O'Neil, Paula Bennett, Nicholas Strange, Chuck Sanphy, Adam Jalal, Janet Bradley
 March 5 - Kenneth Gavin, Edith Ann Roland, Robert Damico, Carole Keller, Elin Babin
 March 6 - Kathleen Atkinson, Wendy Kessler-Cody, Gail Pilosi
 March 7 - Charles Butera, Barbara Beatty, Joseph Sardone, Peter Davis, Angela Lowell, Maureen Pompeo, Lisa Small, James Wishart
 March 8 - Warren Edwards, Ronald Gardner, Sharon Hawkes, Sandra Perry
 March 9 - Lisa Perella, Thomas Peterson, Janice Lewis, Amy Klee
 March 10 - Barry Markham, Diane Popp
 March 11 - Joyce Gaudet, Carl Lanzilli, Karen Jarzylo
 March 12 - JoAnn Deiulis, William Waters, Lina Wasemskaja, Susan Green, Tracy Keily
 March 13 - Nancy Gallo, Edward Wong, Lee Trentsch
 March 14 - Steven Arzillo, Luciano Montefusco
 March 15 - Arlene Connor, Sheila Silva
 March 16 - Pauline Mahoney, Kathryn Myatt Carey, Joseph Stanford, Barbara Caloggero, Joyce Comfort, Paula Devereaux, Patricia Burchell, Jean Frenette, Rick Kennedy
 March 17 - Ida Nannini, Marrit Nauta, Debra Croft, Kathleen Winn, William Shurtleff
 March 18 - Enrichetta Ricciardelli, Angela Bonin, Kathleen Burns
 March 19 - Mary Jane Cusack, Ann Passanisi, William Wheeler, Jose Lima, Joseph Marini
 March 21 - Paul Catoggio, Fakhrolsadat Farahabdi, Patrice Emberly, Michael Comer, Jennifer Montague
 March 22 - Clancy Asselin, Paul Spirn, Jerome Rossert, Paul Sainato
 March 23 - Bernadette Butler, Barbara Loneragan, MaryLou Mihovan, Paula Taylor, Martine Purple, Tracey Cameron, Kenneth LeBlanc
 March 24 - Rayford Quinn, Kim Conway, Patricia Marchese
 March 25 - Mary Giannattasio, Robert Cusack, Patricia Flaherty, Thomas Cornu, Peter Castoldi, Mary Gavin, Mark Beenstierna
 March 26 - Louise Anders, Marny Vonaschwege
 March 27 - Paul Caira, John Mulkern, Robert Anderson, Sharon Sullivan, Mark Laviolette
 March 28 - Eva Cardile, Carol Sanphy, Catherine Letourneau, Susan Gilbert, Carrie Comito
 March 29 - Nancy Antrim, Paul Babin
 March 30 - Jeanne Fiore
 March 31 - Dan Jarzylo, Joseph Mellen, Woody Churchill, Laurie Giardella

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

Please submit your article to

Mary Miner at
mminer@nahant.org

or drop it off at the office.



C	H	A	O	S		R	O	A	D		T	O	T	S
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