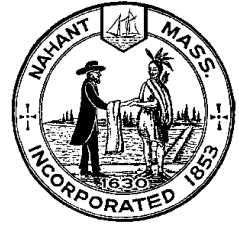


# May 2022 Nahant Tiffany Times

*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

Mark Lucantonio - 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](http://www.nahantcouncilonaging.org)**  
**Like us on Facebook:**  
**nahant council on aging and senior community center**

Hi all,

Happy May!

Things are continuing to open up slowly. This month reminds us of mothers and their special day! We will hold a Mother's Day lunch on Friday May 6th in the Tiffany Room from 1130 am to 1230 pm . We honor the special women both living and deceased. Please bring a picture of you being a mom or a picture of your mother on the 6th - so we can celebrate who we are as mothers and daughters !!

Also on May 6th is the return of the Community Breakfast at the Nahant Village Church at 8am. Anyone needing a ride to the church please let us know by Thursday May 5th and we will make arrangements for transportation.

## **Things to know :**

We have a new member of our team helping out in the day to day operations in the Tiffany Room serving our seniors. Her name is Michele Marshall and she will be splitting her time with Ann Callahan starting in May. Her time at the Center will be on Mondays, Wednesdays and Fridays. Ann will continue to help us on Tuesdays and Thursdays. Michele grew up in Nahant and is looking forward to seeing old friends and making new ones. She has lots of experience planning events and helping behind the scenes in various kinds of jobs she held over the years. I trust you all will make her feel welcomed as you did and continue to do so for me !! Welcome Michele!!

On Thursday May 5th , Attorney Brian Snell will visit us in the Tiffany Room after lunch that day at 1230pm. Brian is an Elder law expert and will be happy to answer any questions you might have regarding estate planning or any legal concerns for senior citizens. He has also agreed to come once a month on the third Thursday to answer any legal questions you might have. Please

*Continued on page 3.*

## *Nahant Council on Aging*

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

*CLOSED Monday, May 30, Memorial Day*



## SWIM's Spring Beaches Cleanup will take place on

**Sunday, May 22nd, 11 a.m. - 2 p.m.**

**Please come to the Lowlands Parking Lot for registration and parking. Bring gloves and if possible, a largish bucket to carry trash as we are trying to reduce the use of plastic bags. If you would like to volunteer at a table, please contact Vi Patek at [nahantwiminc@gmail.com](mailto:nahantwiminc@gmail.com)**

## Wednesday May 11 at 12:30pm in the Tiffany Room.

Betsy Morris from Seaglass Village will introduce us to the Village Movement.

Seaglass Village is a community of neighbors in the greater Marblehead, Swampscott, and Nahant area helping each other maintain our dignity, independence, freedom, and safety as we age in our homes. Seaglass Village provides a coordinated network of volunteers and referred vendors as well as friends who enjoy recreational, social, cultural, and educational events.



## Thursday, May 5 at 12:30 in the Tiffany Room.

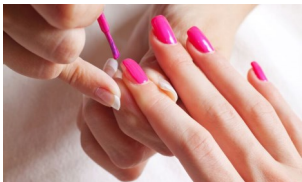
### Meet and Greet, Elder Law Attorney, Brian Snell



Attorney Snell will soon be available for consultations here at the Nahant COA.

Attorney Snell is the principal attorney at the Law Office of Brian C. Snell located in Marblehead with office privileges in Reading. He maintains a general practice, but concentrates in the areas of Estate Planning, Estate (Probate) and Trust Administration, Guardianships and Conservatorships, Elder Law and Veteran's Benefits.

## It's Manicure Mondays!



Manicures are available every Monday.

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

Dr. Uhrich will be at the Tiffany Room on Thursday, June 16, 2022.

Check your calendars!

Call 781-581-7557 to schedule an appointment.



## 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](mailto:nahant.circ@gmail.com)

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

**May 18, 2022**



No appointment required.

# STRING PAINTING CLASS



**Wed. May 18th: 1 - 2 p.m.**

Join us to create fun, and beautiful frame-worthy paintings. We'll walk you through it - no previous experience needed! All materials provided.

This class is free.  
Please signup in advance.

Tiffany Room

call the Nahant Council on Aging to schedule an appointment!

Linda Peterson will be joining us on Wednesday mornings starting in May, helping us with exercise class in the town hall from 1030am to 11am. Please come to her class!!

On Wednesday May 11th, at 1230pm, we will hear from Betsy Morris talking about the many benefits of joining the Seaglass Village project that helps seniors in the following towns Nahant, Swampscott and Marblehead. She will be here to talk about the services provided and to answer any questions you might have.

And finally: May brings us Memorial Day at the end of the month. There will be the return of the annual Memorial Day Parade in the town on Monday, May 30th. We will remember all those who have served and lost their lives in the line of service. I also think it is also good time to stop and remember all those from the Council on Aging who have died in the past year, most recently, Arthur Barreda. We will have a special ceremony remembering those who have passed as we come closer to Memorial Day. We hold their memories deep in our hearts and hope and pray all those who have died before us are at peace. I wish us all brighter days ahead! Mary

## NAHANT VILLAGE CHURCH

### MONTHLY COMMUNITY BREAKFAST RETURNS!

**Friday, May 6**

**8:00a.m.**

**GUEST SPEAKER,  
TOWN ADMINISTRATOR,  
TONY BARLETTA**



### **State of Nahant and the Town's Budget**

If needed, transportation will be provided by the Nahant COA.

Please call 781-581-7557 to reserve your seat on the bus by Wednesday, May 4.





# 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](http://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](mailto:Shawkes@nahant.org)

RSVP 781-581-0306

Offered for people with memory impairment and their caregivers.

If you have any SHINE questions, you can contact

Mystic Valley Elder Services  
300 Commercial St. #19, Malden , MA 02145  
718-324-7705.  
[www.mves.org](http://www.mves.org)

SHINE questions can be left for the program by calling 781-324-7705 and asking to speak with a



Most of us take some medications, either those prescribed by a doctor or over the counter medications. These medications can be very helpful to us, but there are also risks involved with even the most commonly used medications when not taken correctly.

There are a few basic rules for the use of medications. These include: Do not take medications prescribed for someone else; Do not take expired medications; Take medications as directed or read the directions on the bottle; and adult medications are for adults and children's medications are for children.

We should have some knowledge about the medications we are taking. We should know the name of the medication, what it is for, the dose, and the frequency of taking it. It is also wise to know what some of the medication's side effects are and report them to your doctor if you experience them. It is frequently advised that we carry an update medication list with us in the event of an accident or illness or when seeing a new doctor.

Most prescribed medications need to be taken on a regular basis, for example once a day or three times a day. The effectiveness of the medication usually depended on its correct use. If a medication is frequently forgotten or skipped it will not manage the condition which you are taking it for, like blood pressure or diabetes. Many times doctors or nurses recommend using a pill box. These usually hold medications for a week, Sunday through Saturday. You can have more than one, using one for morning and evening. You can also have a large one with 4 rows for 4 times a day. I use one myself because even I find I can get distracted and forget whether I took my medications already or not. The problem there is that you need to remember what day it is, but that helps keep us oriented too.

Some medications are considered High Risk medications and need to be very cautiously used. These include insulin or diabetes medications, heart medications, anticoagulants, narcotics, electrolytes, and chemotherapy meds, among others. These medications require careful dosage adjustment. Your doctor knows that not every patient can use the same dose and you need to understand that also. If you are prescribed a new medication and you find that you are not feeling well on that medication or are having side effects, inform your doctor. He or she can change the dose or prescribe a different medication.

Medical research has provided us with thousands of medications that help us live longer and better lives but they do need to be used correctly. And be aware, what is prescribed for your friend may not be good for you, and if one pill is good it does not mean that two are better.

Stay well.

*Anna Marie Manzano R.N.*

## VETERAN'S FOOD PROJECT


\*\*\*\*\*Coast Guard Station 9:00-10:30 a.m.\*\*\*\*\*

May 4    June 1    July 13    Aug. 3

**PRE-REGISTRATION: (FIRST TIME ONLY)**

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

### **VETERAN'S SERVICES**



Veterans and eligible dependents of Veterans may be eligible for financial assistance. The Chapter 115 – Safety Net Program is a state/town program that provides financial and assistance for Veterans and eligible dependents who meet certain asset and income limits. These benefits are intended to assist with rent, medical cost, daily living expenses and dependent support. If your income is below or near \$2,147 for 1 person and \$2,904 for 2 people, please contact the Veteran's Service office located in the Council on Aging office in the Senior Center, at Town Hall, immediately.

The Veteran's Services Office is generally open Monday, Thursday and Fridays 2:00 -5:00 or by calling 617-549-8760 for an appointment @ Town Hall.

Jon Lazar, Veteran's Service Officer

[veteransserviceofficer@nahant.org](mailto:veteransserviceofficer@nahant.org)

617-549-8760

781-447-7346

## THE STORY OF THE POPPY

One hundred years after the United States entered World War I, the red poppy still symbolizes the sacrifices made by soldiers in the fight against Germany.

Millions of people in countries including the United Kingdom, Canada, France, and Belgium, celebrate Remembrance Day, also known as Armistice Day, every Nov. 11, by wearing red poppy flowers to commemorate civilians and military personnel who lost their lives in wars.

Americans celebrate Veterans Day, also on Nov. 11, to show appreciation for all living military officials who service their country. In the U.S., people wear the red poppy on Memorial Day, the last Monday of May (May 29, 2017) to honor those who died trying to protect the country, according to [The Department of Veterans Affairs](#).

The red color is not a reflection of the color of blood, nor is it a symbol of death or a sign of support for war, according to the [Royal British Legion](#), a U.K. charity for military officers and their families.

So, how did the poppy come to symbolize the sacrifices of World War I soldiers? The story goes like this:

During World War I, much of the fighting took place in Western Europe. The Belgium Flanders, the Northernmost point of the Western Front during the First World War, became one of the most devastated regions in the battlefield. The war turned the beautiful countryside into a field of mud where nothing could grow. But poppy flowers sprouted on the land of thousands of dead men.

In early May 1915, a Canadian doctor and poet, Lieutenant Colonel John McCrae, who recently lost a friend and a fellow lieutenant in the war witnessed the sight of bright red poppies flourishing in an unlikely place. The vision inspired him to write a poem called "*In Flanders Fields*," which became famous. The poem has been part of memorial ceremonies across the world ever since.





## Tiffany Café Menu May 2022

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



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Chicken Alfredo, Salad	<b>3</b> Egg Salad, Sandwich, Chips, Fruit Sticks	<b>4</b> Mexican Salad with Chicken	<b>5</b> Pastrami Sandwich, Potato Salad, Pickle	<b>6</b> Fresh fruit, Egg and Cheese Casserole, Baked Cinnamon French Toast, Sausages, Mini Muffins
<b>9</b> Chicken Parmesan, Salad	<b>10</b> Tomato Soup, Tuna Salad Sandwich, Chips	<b>11</b> Salisbury Steak with Onion Gravy, Veggie, Potato	<b>12</b> Roasted Chicken over Salad, Garlic Bread	<b>13</b> Mug of Soup, 1/2 Super Grilled Cheese Sandwich, Chips
<b>16</b> American Chop Suey, Salad	<b>17</b> BLT Sandwich, Potato Salad	<b>18</b> Chicken Cacciatore over Pasta, Salad	<b>19</b> Cheese Steak Sub, Pickle, Chips	<b>20</b> Everything Spice Fish, Vegetable, Salad
<b>23</b> Chicken and Vegetable over Rice, Salad	<b>24</b> Italian Sub Sandwich, Chips, Pickle	<b>25</b> Ham and Cheese Quiche, Salad	<b>26</b> Cheeseburger, French Fries, Cole Slaw	<b>27</b> Sausages with Peppers and Onions, Hot Dogs, Potato Salad, 3Bean Salad
<b>30</b> Tiffany Room CLOSED 	<b>31</b> Meatloaf, Mashed Potatoes, Veggie	<b>Please inform your server if you or any- one in your party has a food allergy.</b>		
				<b>Menu is subject to change.</b>

## NAHANT DPW NOTICES



**METAL/WHITE GOODS/TV/COMPUTER RECYCLING DATES:  
LAST SATURDAY OF EACH MONTH**

**STARTING APRIL 30<sup>th</sup> – OCTOBER 29<sup>th</sup>**

**8:00AM-NOON BEHIND DPW GARAGE  
40 FLASH RD**

**RESIDENT STICKER REQUIRED**

**CERTAIN FEES MAY APPLY:**

**No Charge for white goods, metal, propane tanks, computer towers  
\$15.00 for first TV/MONITOR \$10 for each additional  
**CHECKS ONLY—NO CASH****

Curbside leaf pick up will be offered on the following days:  
**(Mondays) April 25<sup>th</sup>, May 2<sup>nd</sup>, May 9<sup>th</sup> & May 23<sup>rd</sup>**

Please have leaves in biodegradable bags **ONLY**. Plastic bags will **not** be accepted. **NO open barrels. No roots, root balls or branches bigger than 4" in diameter.**

Leaves must be at your curbside by 7 AM



**The Compost Area will open on Saturday, April 2<sup>nd</sup>  
HOURS:**

**Wednesdays & Saturdays 9:00am-3:00pm**

**2022 RESIDENT STICKER REQUIRED**



**Acceptable materials:** leaves, grass clippings, garden waste, weeds, hedge clippings and small brush.

Trees and tree limbs **no** larger than 8" in diameter will be accepted.

Tree stumps of any size will **not** be accepted.

Leaves and other yard waste **must** be in biodegradable bags. **NO** plastic bags will be accepted.

Please keep compost materials **free of** plastic, glass, cans, bottles, stones, metals, trash or other debris.



## HEALTH AND WELLNESS

### REMINDER!

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

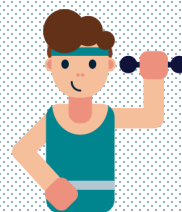
**The following classes will be held at the Community Center on Valley Road.**

- 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
- Friday—9:00am Strength Class with Lynda

\*\*\* **Mondays - 10:30 Chair Exercise. Town Hall.**

\*\*\* **Wednesdays - 10:30 Chair Exercise with Linda Peterson. Town Hall.**

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



### STARBUCKS LEMON LOAF (COPYCAT RECIPE)



#### INGREDIENTS

##### Cake

- 1 (18.25-ounce) package yellow cake mix
- 2 (4.3-ounce) package non-instant lemon pudding mix
- 1/2 cup vegetable oil
- 4 large eggs
- 8 ounces sour cream
- 1/2 cup milk
- 6 tablespoons freshly squeezed lemon juice

##### Icing

- 2 1/2 cups powdered sugar
- 3 tablespoons freshly squeezed lemon juice, more to taste

#### DIRECTIONS

- Preheat the oven to 350 degrees Fahrenheit. Grease 2 loaf pans with oil or butter.
- In a large bowl, add cake mix, pudding mix, oil, eggs, sour cream, milk, and 6 tablespoons of lemon juice. Beat the mixture in a stand or electric mixer at low speed just until well-combined, about 2 minutes.
- Pour the batter into the prepared loaf pans. Bake for 50 minutes. To check for doneness, insert a toothpick into the center of the cake. If it comes out clean, it's done baking.
- Cool in the pans for 20 minutes. Transfer the cakes to a wire rack and let them cool completely.
- Meanwhile, make the icing. In a bowl, whisk together powdered sugar and 3 tablespoons of lemon juice until smooth. Add more lemon juice for a thinner glaze.
- Pour the glaze over the cooled cakes. Let the glaze set for 30 minutes before slicing. Enjoy!

## PUZZLE OF THE MONTH

It's under the sea "submarine" Sudoku - fill in the grid with the letters S, U, B, M, A, R, I, N and E, making sure no letter is repeated in every row, every column and within each mini grid.

u	n		b		a		s	e
	b	e	s	m	r	i	u	
s	i		u		e		m	b
		n				e		
b		s		r		u		a
	u	i	a		b	s	n	
n	s	u		a		b	r	i
		b				m		
	m	a	r		s	n	e	

Our oceans cover over 70% of the Earth's surface. Of all the habitats on Earth the oceans hold the most mystery. While we are aware of hundreds of thousands of marine life forms there are still many more still to be discovered.

*Solution page 12.*

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

**To honor the  
lives of :**  
James T. Kasper  
Arthur B. Barreda

Generously given by Peter and Lillian Scapicchio.

**TIDES RESTAURANT AND PUB  
SUPPORTS**

**FRIENDS OF  
NAHANT COUNCIL ON AGING**

**THURSDAY, MAY 5**

**4:00—7:00**



**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

May 1 - John Osbahr, Linda Gaudet, Judith Murphy  
 May 2 - Peter Vernam, Gail McCann, Joanne Dunn, Phyllis Hairston, Beatrice Carmine  
 May 3 - Sheila Zamejtis, Dale Cullinan, William Newell, Mary McGranahan, Robert Proulx  
 May 4 - Paul Fiore, Maryann Corinha, Cynthia Dalpe, Paul Pallotta, MaryLou Canty  
 May 5 - David Lewis, Daniel Hamill, Malcolm Hill, Richard Aswad, Huge Boney, Michael Shires  
 May 6 - Linda Hall  
 May 7 - Carter Smith, Candace Cahill, James Holland, William Kelley, Gayle Billias,  
 Johanna O'Sullivan, Carol Ann Price, Louise Campanella  
 May 8 - Herbert Motley, Denise Fields-Hitch, Timothy Hosker, Bruno Diprimio  
 May 9 - Jeffrey Musman, Cheryl Montana, Biba Rozenbaum, James Mccurdy  
 May 10 - Linda Eveleigh, Harry Mckee, Edith Richardson, Karen Falat, Andrea Lane, Diane Monteith,  
 Donna Steinberg, Barbara Rizzo,  
 May 11 - Timothy Harris, John Moleti, Charles Arena  
 May 12 - Joanne Fucile, James Koutroubis, George Mihovan, Jeannette Champion, Richard Moleti  
 May 13 - Arthur Barreda, Michael Kaplan, Robert Fannon, Rochelle Sjolseth  
 May 14 - Norman LeBlanc, Caron Sanphy, Franca Centorrino  
 May 15 - Joan Depalma, Stephanie MacIsaac, Karen O'Callaghan, Arthur Calavritinos, Deborah Hornig  
 May 17 - Francis Mahoney, Margaret Smith, John Hawko, William Clements, Anthony Maltacea  
 May 18 - John Crowley, James Passanisi, Gail Hyde, Mary Donovan, Laurie Proulx, Martin Derkazarian,  
 Laura Holland  
 May 19 - Mary Irene Dickenson, Melissa Gallery, Lynor Carroll, Gaye Clements, Catherine Walton  
 May 20 - Hester Schepens, Steven Switzer, Teresa Clark, Arline Clifton, Ann Farr  
 May 21 - Joseph Waldron, Jeffrey Price, Deborah Aliff, James Malone, Geoffrey Loynd,  
 Joseph Placet  
 May 22 - Lynn St Amour, Patricia Gregory, Anne Subbs, Joanne Campbell  
 May 24 - Ruthanne Switzer, Jean Lucantonio  
 May 25 - Strates Frangules, James Walsh, Susan Pioli, Paul Cronin  
 May 26 - Roger Berkowitz, Linda Jenkins, Maryann Reis, John Martin, Elizabeth Thompson  
 May 27 - Panos Voukydis, James O'Connor, Francis Farr, Denise Dicarlo  
 May 28 - Maria Stanley, Dawn Champagne, Christopher Ward, Louise Cox  
 May 29 - Priscilla Clark, Sarah Anderson, Margaret Szczawinski, James Hosker, Daniel Fiore  
 May 30 - Antonette Spinucci, William Burchell, Patricia Podrug, Joy Loguercio,  
 Kenneth Turino, Joseph Giardella, Weston Hardy, Leslie Hardy, Timothy Bell  
 May 31 - Mary Messina, Gad Geiger, Susan Tracy, Martha Koscielecki, Ellen Morse,  
 Mary Cuddy-Cormier

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](mailto:mminer@nahant.org)

or drop it off at the office.

u	n	m	b	i	a	r	s	e
a	b	e	s	m	r	i	u	n
s	i	r	u	n	e	a	m	b
m	a	n	i	s	u	e	b	r
b	e	s	m	r	n	u	i	a
r	u	i	a	e	b	s	n	m
n	s	u	e	a	m	b	r	i
e	r	b	n	u	i	m	a	s
i	m	a	r	b	s	n	e	u