

September 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

Ann Callahan, Michele Marshall
Assistants to the Director

Mark Lucantonio - Transportation
Jim O'Connor - Transportation
Pat Scanlon - Transportation

Nahant COA Board of Directors

Angela Bonin - Chairman
Donna Steinberg - Vice Chairman
Emily Potts - Treasurer
Jeanne Lucantonio-Secretary

Sheila Hambleton
Linda Jenkins
Lollie Ennis
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

Hi all,

We made it through the very hot and very dry summer!!! I hope you all stayed safe and enjoyed yourselves! We have a busy fall lineup to think about these days!

This month we have some of our usual activities, manicures on Mondays, trips to Market Basket, and the Blood Pressure Clinic and Attorney Brian Snell returns for office hours. I have invited, in the middle of the month, our public health nurse, Deb Murphy, RN, to speak about the flu vaccine and any Covid updates after lunch on Sept 15th.

We will also travel to Tyngsboro (about an hour away) for a visit to the Parlee Farm to shop and see what's happening on the farm. They have a large farmstand there full of fresh fruits and vegetables for purchasing. Then we will head into town for some lunch at this great diner that looks like fun and good food!

Speaking of shopping, the end of the month has us traveling after lunch to the Christmas Tree Shop on Route 1. As always, please sign up if interested.

Don't forget to vote this month. Primary elections are September 6th.

A special thank you to the Nahant Lion's Club for all their help in giving the bathroom at the Council on Aging a new and improved look! The Lion's Club scraped off wallpaper and painted the walls a beautiful new color! The project took a couple of weekends to finish, but the wait was well worth it! Thank you again!

We will be holding a Memory Café at the library starting in October. The atmosphere will be welcoming and inviting. The Memory Café is a time for caregivers and their loved ones living with dementia to engage in an hour of fun activities that are interactive and informative. Snacks will be provided. More information to come!

We have upcoming events planned as time moves forward. Things to do as we head into fall and the holidays. So stay tuned and

Stay well,

Mary

Nahant Council on Aging

Monday-Friday 9:00-1:00

Closed September 5, 2022

You are cordially invited to attend

Reimagining Retirement Party

The First Church
Congregational
40 Monument Avenue
Swampscott, MA 01907

Wednesday
5:30 to 7:00
Rain or Shine

Sept.
2022
14th

Free

Enjoy The Rat Pack Band (a Frank Sinatra tribute band), dancing if you like, wine, soft drinks, light refreshments, and some funny retirement stories from Seaglass Village members.

Registration is requested for this event by September 7th so we can have a headcount for food. Please RSVP by signing up on the Seaglass event website www.seaglassvillage.org, calling the Seaglass office at (781) 718-0401. Attendance is limited to the first 130 people to register.

NAHANT WOMAN'S CLUB OF THE NORTH SHORE

PROSPECTIVE MEMBERS ARE INVITED TO A
"MEET AND GREET"

ON SEPTEMBER 13TH, 6-8PM AT THE DORY CLUB.


THERE WILL BE A BRIEF BUSINESS MEETING AND
REPORT ON ALL THE CHARITIES WE SERVE AND THE
INTERESTING PROGRAMS PLANNED FOR 2022-2023.

WINE, WATER AND APPETIZERS WILL BE SERVED.

PLEASE JOIN US !

Returning this October.
More details to follow.

"Connections" A Memory Café



a program of arts and sharing for people living with
dementia, such as Alzheimer's disease, and their caregivers

TIDES RESTAURANT AND PUB
SUPPORTS
FRIENDS OF
NAHANT COUNCIL ON AGING
THURSDAY, SEPTEMBER 22

4:00—7:00



PRIZES

50 50

It's Manicure Mondays!



Manicures are available
every Monday.
Call 781-581-7557
to make your appointment
with Christina.

Dr. Uhrich will be at
the
Tiffany Room on
Thursday, Oct. 6, 2022.

Check your calendars!
Appointments required.



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.

September 21



No appointment required.



Tuesday, Sept. 6 is Primary Day.

Polls will open at 7am.



Friday, Sept. 9 Nahant Village Church, Community Breakfast.

The September breakfast will feature Senator Brendan Crighton who will talk about his work and priorities as a senator. It also is a great opportunity to ask any questions or concerns that you may have. Please join us and invite family members and friends. ALL ARE WELCOME.

If you need transportation, please contact Nahant COA at 781-581-7557 by September 6.



Thursday, Sept. 22 Tides Restaurant Fundraiser for Nahant Friends of COA.

Friends of Nahant Council on Aging will hold its Fall fundraiser at Tides Restaurant. We are so grateful to Tides supporting our mission to assist Nahant's seniors in achieving engaging and fulfilling lives in a caring community.

Take a night off from the kitchen and enjoy the ocean view, a delicious dinner and the clamor of community. Thank you for helping us help others.



Thursday, Sept. 22



Located in Tyngsboro, Massachusetts, Parlee Farms is a Pick-Your-Own Fruit & Flower Farm with Farmstand and Mary's Country Kitchen & Bakery offering Apple Cider Donuts & fresh fruit desserts. Our bus will leave Nahant at 10:00. After our visit we'll stop at a local diner for lunch. Sign up at the Tiffany Room to reserve your seat on the bus.



Wednesday, Sept. 28 Christmas Tree Shop. Spend an afternoon browsing through the treasures at the Christmas Tree shop in Saugus. You never know what you'll find! The bus will leave Nahant at 1:00 and return by 3:00. Sign up at the Tiffany Room.



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. 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.

If you have any SHINE questions, you can contact

Mystic Valley Elder Services
300 Commercial St. #19, Malden, MA 02145
781-324-7705
www.mves.org

SHINE questions can be left for the program by calling 781-324-7705 and asking to speak with a Counselor on duty or leaving a message for the next counselor on duty. Counselors are not always available on a daily basis but calls are returned ASAP.



Gynecological cancers continue to be a serious health problem for many women. Cancer in general is a condition in which cells in the body grow out of control thereby disrupting the normal processes of the body. Gynecological cancers are cancers of the female reproductive system of which there are 5 types; cervical, ovarian, uterine, vaginal, and vulvar.

Awareness of warning signs and symptoms is very important as only one of these cancers has a screening test. Only cervical cancer can be tested for. The PAP test is done to check for cervical cancer.

It requires a visit to the gynecologist office and is usually done every year or two, depending upon risks. Cervical cancer is more common in young women so PAP tests are no longer required in later years.

HPV, or Human Papilloma Virus, is a virus that has been found to cause cervical, vaginal, or vulvar cancer. This virus usually clears easily but in some cases, it can cause cancer in years later. A test has been developed to test for HPV, but it tests for the infection and not for cancer. An HPV vaccine has been developed and it is now being encouraged for preteens, both girls and boys, to provide them with resistance to the virus and decrease chances of developing cancer in later years.

For the others types of cancer, awareness of symptoms and reporting them to your physician is your best option for diagnosis and treatment. Reportable signs and symptoms include any unusual bleeding, that means any bleeding after menopause, or abnormal bleeding before menopause. Other symptoms include bloating, or a feeling of fullness, feeling full even after a small meal, pelvic pain or pressure, back pain, urgent urination, and constipation. Symptoms of vulvar cancer include external rash, irritation, sores or warts. If these symptoms last more than two weeks they should be reported, but don't panic, these symptoms may not be related to any cancers. They may be simple conditions that are easily treated.

There are some risk factors for developing gynecological cancers and some of them we may be able to do something about. Family history of breast or ovarian cancer is an important risk factor but one we have no control over. Some things that we can do to decrease our risk of these cancers include living a healthy life style, maintaining a healthy weight, eating a diet rich in fruits and vegetables, getting regular exercise, and avoiding smoking.

As we see with so many diseases, the key to our health is awareness of our bodies and reporting problems to our doctors, and doing what we can to stay healthy. Next month we will be discussing flu and probably other vaccines again, something we can all do for our health.

Stay well.

Anna Marie Manzano R.N.

VETERAN'S FOOD PROJECT

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

September 14, 2022

PRE-REGISTRATION: (FIRST TIME ONLY)

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

EASY APPLESAUCE CAKE

INGREDIENTS

- 1 1/4 Cups all-purpose flour
- 2/3 Cup firmly packed brown sugar
- 1 teaspoon ground cinnamon
- 3/4 teaspoon baking powder
- 3/4 teaspoon baking soda
- 1.4 teaspoon kosher salt
- 1 egg
- 1.3 Cup olive oil
- 1/2 Cup plain Greek yogurt
- 1/2 Cup unsweetened applesauce (or homemade)
- 1 teaspoon Vanilla extract
- Powdered sugar for dusting



DIRECTIONS

1. Preheat the oven to 350F. Grease an 8-inch square baking pan.
2. Put the flour, brown sugar, cinnamon, baking powder, baking soda, and salt into the baking pan. Use a fork to thoroughly mix the ingredients together.
3. Use your hands to make a hole in the center of the dry ingredients. Into the hole, crack the egg and add the olive oil, yogurt, applesauce, and vanilla. Use a fork to mix the ingredients together until smooth and blended. Smooth the top of the batter with the side of a butter knife.
4. Bake until the cake is fairly firm when you press lightly at its center and a toothpick inserted in the middle has no wet batter sticking to it, 25 to 30 minutes.
5. Remove from the oven and leave on the counter to cool completely, 1 hour. Leave the cake in the pan. Dust with powdered sugar. Cut into pieces and use a small spatula to lift them from the pan.



Tiffany Café Menu, September, 2022



**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.		Menu is subject to change.	1 Labor Day Party at the Dory Club	2 Stuffed Peppers, Salad, Roll
5 COA CLOSED LABOR DAY 	6 Summer Spaghetti, Cold Fruit Bowl	7 Pastrami Sandwich, Cole Slaw, Pickles	8 Beef Stew, Salad, Roll	9 Fish and Chips Sandwich, Pickle
12 Chicken Noodle Casserole, Salad, Bread	13 Steak House Chopped Salad	14 Spaghetti, Sausage, Salad, Roll	15 Baked Ham , Baked Beans, Cole Slaw, Veggie	16 Salmon Burger, Chips, Fruit
19 Chicken Parmesan, Salad, Bread	20 Fettuccini Alfredo, Cheesy Garlic Bread, Salad	21 Open Roast Beef Sandwich, Roasted Potato, Salad	22 Slow Cooked Ribs, Mashed Potato, Veggie	23 Everything Spice Baked Fish, Rice with Veggies Salad
26 American Chop Suey, Salad, Bread	27 Toasted Ravioli, Vegetable	28 Chicken Cacciatore, Salad, Roll	29 Baked Fish, Veggie, Cole Slaw	30 Super Grilled Cheese Sandwich, Soup

HEALTH AND WELLNESS

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.



Who knew we had
so many talented
artists!



What a fun
afternoon!





Calendar

September 2022



SUN	MON	TUE	WED	THU	FRI	SAT
28	29 Manicures 9:00 Strength, CC	30 9:00 Chair Yoga, CC	31 9:00 Strength, CC 10:30 Chair exercise, TH	1 9:00 Yoga, CC	2 9:00 Strength, CC 10:30 Balance, Market Basket 1-3	3
4	5 LABOR DAY CLOSED	6 9:00 Chair Yoga, CC	7 9:00 Strength, CC 10:30 Chair exercise, TH	8 9:00 Yoga, CC Lynn Farmers Market, 1-2	9 8:00am NVC Community Breakfast 9:00 Strength, CC 10:30 Balance, TH	10
11	12 Manicures 9:00 Strength, CC	13 9:00 Chair Yoga, CC	14 9:00 Strength, CC 9-10:30 Veterans Food Project, TH 10:30 Chair exercise, TH	15 9:00 Yoga, 10:00-11:30, Atty. Brian Snell 12:15 Deb Murphy RN, Public Health update on the flu and Covid vaccines	16 9:00 Strength, CC 10:30 Balance, TH Market Basket 1-3	17 Farmers Market, 10-1, Flash Road Playground
18	19 Manicures 9:00 Strength, CC 10:30-Chair	20 9:00 Chair Yoga, CC	21 9:00 Strength, CC 10-11:30- Blood Pressure Clinic, TH 10:30 Chair exercise, TH 1:00-2:00 String Art, TH	22 9:00 Yoga, CC 10:00 departure. Parlee Farm/ Lunch at Dream Diner 4:00-7:00 Tides Fundraiser, Friends of COA	23 9:00 Strength, CC 10:30 Balance, TH	24
25	26 Manicures 9:00 Strength, CC	27 9:00 Chair Yoga, CC	28 9:00 Strength, CC 10:30 Chair exercise, TH 1:00-3:00, Christmas Tree Shop	29 9:00 Yoga, CC	30 9:00 Strength, CC 10:30 Balance, TH Market Basket 1-3	

PUZZLE OF THE MONTH

Across

- 1. Beat it!
- 6. Outer edges
- 10. Comedian Sandler
- 14. Perfume
- 15. Notion
- 16. Space agency (abbr.)
- 17. ____ eclipse
- 18. Inform
- 19. Cry of sorrow
- 20. Incantation
- 21. Drifting
- 22. Facial features
- 23. Ruby, e.g.
- 25. Television award
- 27. Devilish
- 31. Naps
- 35. Cheese variety
- 37. Lagoon's boundary
- 38. How ____ you?
- 39. Ringlet
- 42. Likewise
- 43. Zoo sounds
- 46. Balm
- 49. Tempts
- 52. Ranting speeches
- 53. Mideast bread
- 54. Small amount
- 55. Catholic leader
- 58. Converse
- 61. Norwegian
- 65. Related
- 66. Abhor
- 67. Move stealthily
- 68. Family chart
- 69. Greek deity
- 70. Silly
- 71. Difficult
- 72. Engrossed
- 73. Stories

1	2	3	4	5		6	7	8	9		10	11	12	13	
14						15					16				
17						18					19				
20						21					22				
			23		24			25		26					
27	28	29				30		31				32	33	34	
35							36			37					
38					39			40	41			42			
43			44	45			46			47	48				
49					50	51		52							
			53					54							
55	56	57				58		59	60		61		62	63	64
65						66					67				
68						69					70				
71						72					73				

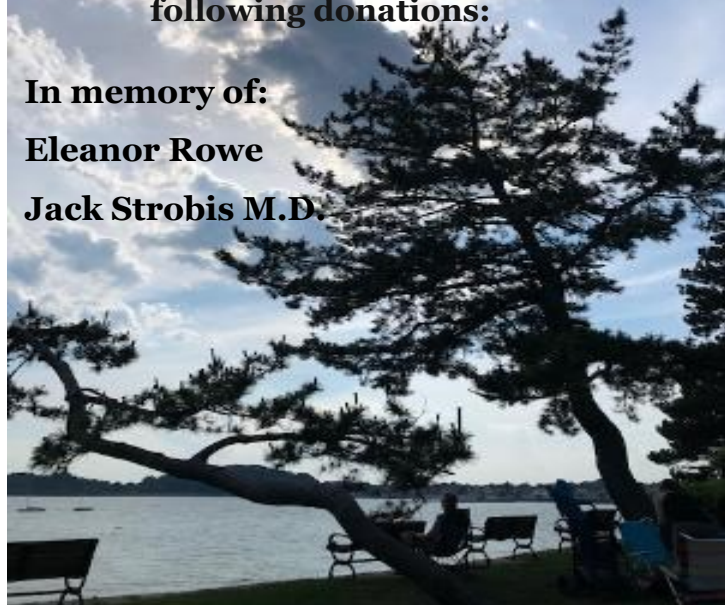
Down

- 1. Fresh talk
- 2. Farmer's yield
- 3. Portrayal
- 4. Dental alloy
- 5. Actress ____ Dietrich
- 6. Ms. Hayworth
- 7. 15th of March
- 8. Brawls
- 9. Spicy sausage
- 10. Critical examiner
- 11. Surrealist painter Salvador ____
- 12. Office acronym
- 13. Church service
- 24. Fine rain
- 26. "Cry ____ River" (2 wds.)
- 27. Extra tire
- 28. Slugger Hank ____
- 29. Trick or ____!
- 32. Carried
- 33. Unattended
- 34. Narrow openings
- 36. Agent Smith's nemesis
- 40. Pose
- 41. Bad mood
- 44. Matured
- 45. Biology, e.g. (abbr.)
- 47. Mass ____ (subways, e.g.)
- 48. Singer with one name
- 50. Engraver
- 51. African desert
- 55. Garden walk
- 56. Southern veggie
- 57. Fishing spot
- 59. Upon
- 60. Big quiz
- 62. Authentic
- 63. Of sound mind

Solution on page 12.

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

**In memory of:
Eleanor Rowe
Jack Strobis M.D.**



Celebrate the coming of Autumn,
September 21.



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

September 1 - Jeanne Baranek, Anne Graul, Martha Taylor
 September 2 - Ferdinand Fiske, Walter Spinelli, Maryliz Cort, Tania Tellerio, Elizabeth Ketudat
 September 3 - Donald Comeau, Margaret Messina
 September 4 - Richard Nagle, Patricia McSweeney, Thomas Mazzaferro,
 Donna Foti-Scovell, Carol Delaney, William Peterson, Rochelle Capobianco
 September 5 - John Benson, Jennifer Wilson
 September 6 - Dewitt Brown, Ann Callahan, Maureen Mellen, Joan Inglis, Jean Inglis, Robert Caggiano
 September 7 - Arthur Martelli, Carl Maccario, Julie Sprang
 September 8 - Nancy Slager, Morgan Costin
 September 9 - Catherine O'Connor, Sheila Champigny, Francine Amari-Faulkner, Bruce Marshall
 September 10 - Charles Briggs, Cynthia Mantzoukas, Kathleen Carroll
 September 11 - Karol Borys, Joseph Ciota
 September 12 - Norina Rowen, Patricia Gould
 September 13 - Roger Locantore, Steven Schroeder, John Michaud
 September 14 - Michael Conley, Rosamond(Roz) Puleo, Michael Tanen, Peter Mazareas,
 Dianne Cadigan, Diane Dunion, Judy O'Shea, Louis Bentgen,
 Karen Davis, Daniel Doherty
 September 15 - Donna Long, Patricia Kane, Marie Petrucci, Diane Dunfee
 September 16 - Charles Jessome, Fred Quinlan, Patricia Kavanagh, Winifred Hodges, Susan Malaab
 September 17 - Christine Howard, Karen Hawko, Ronald Cole, Amybeth Snyder, Susan Kerr, James Wilson
 September 18 - Anthony Maccone
 September 19 - Joseph Carmody, Karen Canty, Lawrence McDonough, Darlene Jarrell,
 Peter Fantasia, Thomas J. Costin, Donald Haefner, Gail Campbell
 September 20 - Diane Gaucher, Maryjo Ludke, Linda Baldini, Colleen Poth, Robert Dewing, Kevin Fitzgerald,
 Antonia Steriti
 September 21 - Matthew Hendricksen, Robert Steinberg, Donna Breithaupt
 September 22 - Barbara Brownlie, Helen Savino, Katy Dolhun, Victoria Fortino, Susan Downs-Cripps
 September 23 - Judith Flaherty, Abbas Soleymani
 September 24 - Kathleen Baldwin, Kathleen Hatfield, Vannarat Bootong,
 Francis McCarthy, Linda Peterson
 September 25 - Carol Ann Nelson, Stephen Micalizzi, Mark Jarrell
 September 26 - Doris Hefler, Thomas Butler, Susan Homan, Stacey O'Brien, Susan Snow, Mary Krol,
 Paul Duffy Jr.
 September 27 - Michael Belliveau, Bryan McGilloway, Jocelyn Campbell
 September 28 - Edna Doran, Olivia Brand, George Markos, Leslie Rosen, Lucy Principe
 September 29 - Nancy Locke, Francis McArdle, Kerry Stevenson, Susan Nelson
 September 30 - Paul Lospennato, Warren McClain

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.

Wazle Solution © OnlineCrosswords.net

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