

October 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  
Lollie Ennis - Treasurer  
Jeanne Lucantonio-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)

Hi all ,

Welcome to Fall!! I love how the weather gets cooler and the leaves change colors in preparation for winter! It's my favorite time of year!

Lots to do this month. In addition to our regular monthly activities, I have added a few new things that I hope you will participate in. One day a week, after lunch, I thought it might be fun to watch an ongoing series from Netflix named The Good Witch . It's a fun and mysterious series with lovable characters and all sorts of twists and turns. After lunch in the Tiffany Room , those who wish, can go down the hall to the Conference Room for an hour and we will start playing the episodes. Please join us!

Also new this month, we will have an opportunity to learn how to meditate. Meditation will be led by long time practitioner and now new teacher Joanne Colwell. Joanne has recently retired and made it one of her goals to teach mediation to seniors. We welcome Joanne and her skills in teaching us to stay calm and carry on!

Another happening this month , is the Memory Café on Thursday, October 13 at the library from 10:30am to 11:30 am. This an opportunity for folks living with Dementia and their caregivers to come together for an hour and share in an activity that is fun and interesting and different from day to day. All are welcome .

There is also a support group for the caregivers , individually , each month at the Nahant Village Church from 11am to 12noon. This group is ongoing and will meet on the third Tuesday of the month .

Later in the month , we will travel back to Lynn Vocational Tech and enjoy the lunch menu provided by the students in the Culinary Arts program at the Tiger's Den . We went the end of May and had a great time before . I have no doubt everything will be wonderful as ever and we look forward to seeing the kids. There will be more information coming as the menu and price, so stayed tuned! Don't forget to sign up. So we have a new season and a busy month ahead .

Stay well,  
Mary

## Nahant Council on Aging

Monday-Friday 9:00-1:00

*Closed Monday, October 10, 2022*

*Columbus Day/ Indigenous People's Day*

**Oct. 7, NAHANT COMMUNITY BREAKFAST.** Please join us for a presentation entitled HAPPY AND HEALED – the Power of Hypnosis, presented by Ute Gfrerer. Whether you want to feel more confident and calm, sleep better, stop smoking, lose weight or reduce physical pain – hypnosis is a powerful tool to uncover hidden beliefs that are stored in our subconscious mind and prevent us from leading a happy, healthy and fulfilled life. In this talk, Ute will give us a deeper insight into the world of hypnosis and the power of the mind. Ute who lives in Nahant is a certified hypnotist and loves talking about this exciting subject. What is hypnosis and how does it work? Can anybody be hypnotized? And what actually happens in a hypnotherapy session? This and much more will be covered during this breakfast talk. All are Welcome. Breakfast and presentation begins at 8:00am. Call Nahant COA at 781-581-7557 to request transportation.

**Thursday, October 20. Tides Fundraiser,** to benefit St. Thomas chapter of St. Vincent dePaul Society. Join us at Tides, from 4:00-7:00 for a snack, dinner, or a drink and watch the sunset. Your support is appreciated by us and by those in need.



This is a fun and mysterious television series that is currently being listed on Netflix. Each episode is an hour long and it would be fun to watch after lunch in the conference room. Episode 1, Fri., Oct. 7. Episode 2, Wed., Oct. 12. Episode 3, Wed., Oct. 26. Popcorn will be served!

### **MONDAY, October 31. It's HALLOWEEN!**

Dust off your costume and join the fun at lunch in the Tiffany Room.

Sign up for lunch is required.

It is sure to be a SCREAM!



### **It's Manicure Mondays!**

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

Gift certificates are available for purchase.

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

Check your calendars! Appointments required.



Meditation can give you a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health. You can also use it to relax and cope with stress by refocusing your attention on something calming. Meditation can help you learn to stay centered and keep inner peace. Join Joanne at the Tiffany Room on Thursday mornings from 10:45-11:15 and learn how meditation can impact your life.



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

October 19, 2022



No appointment required.

## Caregiver Support Group

Are you caring for a loved one with health challenges? Join us at **Nahant Village Church** for an unmoderated group for families, partners, and other caregivers who want a safe place to discuss the stresses, challenges, and rewards of providing care for adults with disorders such as Alzheimer's, stroke, brain injury, and other chronic debilitating health conditions. Please call Nahant COA at 781-581-7557 for more information.

**Tuesday, October 18, 11:00-12:00.**

**NEW**



Curbside leaf pick up will be offered on the following Monday's:

**October 3<sup>rd</sup>, (11<sup>th</sup>-Tuesday), 17<sup>th</sup> and 24<sup>th</sup>**

**November 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 31<sup>st</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.**

Bags **must** be out to the curb by 7 AM

## "Connections" A Memory Café

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



Meeting every 2nd Thursday

Beginning October 13

10:30—11:30 am

Nahant Public Library

15 Pleasant Street, Nahant

For more information or to RSVP,  
please call 781-581-7557  
or email [mmminer@nahant.org](mailto:mmminer@nahant.org)

This program made possible by:

Nahant Council on Aging

Nahant Public Library

Nahant Village Church

Greater Lynn Senior Services



The COA is looking for volunteers to help at the Tiffany Room. If you are interested, please call the Director, Mary Miner at 781-581-7557 during regular business hours.



**Sunday, October 23, 2022  
12:00 - 5:00 p.m.**

**Lifesaving Station, Nahant MA**

Admission fee is \$5 which includes one beverage.  
Get a head start on your holiday shopping!

CASH BAR

RAFFLES

SNACKS

### A Great Lineup of Vendors

Barba Arts  
DeVillie Creations  
East Coast Adrift  
Emily Fiore  
Kandid Creations  
Marina Candles

Marty Taylor  
Scentis for Cents Candles  
Seaside Blue Creations  
Sea Weaves  
Paul Wilson  
Woven by K

and more!

Sponsored by the Nahant American Legion Auxiliary Unit 215. Proceeds will support local veterans and help with the restoration of the Life Saving Station's Boat Room doors.



The Nahant Woman's Club of the North Shore is inviting all to attend a talk by HAWC (Healing Abuse Working for Change) on Tuesday October 11th at 6PM, at the Knights of Columbus, Nahant.

Domestic abuse seriously affects not only the individual victims and their immediate families but neighbors and entire communities.

All are invited to attend and learn more about what is and can be done.





# 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

Thursday, October 13, 10:30–11:30

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  
781-324-7705  
[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 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.



## Flu Season is Upon Us

Autumn is here and along with that comes Flu season. We have already been hearing messages encouraging us to get our flu shots for the year. Some of us may already have received them.

Influenza remains an impactful health issue, not just because of the number of people affected, but also the amount of hospitalizations, loss of work days, or loss of school days. And Yes, people can die of the flu or related pneumonia. In 2020, about 53,000 people died of flu and pneumonia across the US. Numbers of deaths have varied between 14,000 and 80,000 depending on the severity any particular year. The reason we get yearly flu shots is because each year we have a variant of the influenza virus and our vaccines are targeted to the current circulating variant. So yes, in order to maintain your best possible health and avoid hospitalization, get your flu shot. It is your best way to reduce your risk of getting the flu.

Additionally, COVID is still with us. Across the US we are still experiencing about 400 deaths per day, many fewer than two years ago, but still significant. For many of us, it feels like life has returned to normal, and then suddenly we, or people we know, get sick. In 2021, COVID was the third leading cause of death, behind heart disease and cancer, taking about 697,000 lives. Fortunately, today, most people who get sick or test positive do not get sick enough to require hospitalization and there are many fewer deaths. This is because the COVID variant has changed and because so many of us have been vaccinated and received our boosters. We are now experiencing the Omicron variant. Our original vaccines were targeted for the First version of COVID and the Delta variant. Scientists and the drug companies have now updated the vaccine so that it specifically targets the variant we are currently experiencing. As a result, we now have the ability to get a vaccine that will give us better protection for the current circulating virus. These vaccines are now available and anyone over 18 is encouraged to get it, for Moderna, and over 12 for Pfizer. This is the second good thing we can do for our health this Fall.

So, let's stay smart and do what we can to protect ourselves. Get your flu shots and your COVID boosters. Who knows, next year the two may be combined in to one shot.

Stay well.

*Anna Marie Manzano R.N.*

## VETERAN'S FOOD PROJECT

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

Oct. 5

Nov. 2

Dec. 7

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

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

### HARVEST SUCCOTASH RAVIOLI



#### INGREDIENTS

- 1 lb cheese ravioli
- 2 small bell peppers
- 1 medium onion
- 3 slices bacon
- 1 tsp. fresh thyme\*
- 1/2 cup fresh or frozen corn

#### NOTES

*This is a great recipe to use up any left over veggies you have in the fridge! Green beans, eggplant, butternut squash are all welcome additions.*

*\* If you substitute dried thyme for fresh remember to use less. Dry herbs are stronger in flavor.*

#### INGREDIENTS

1. Bring a pot of water to a boil and cook 1 pound cheese ravioli according to the package instructions.
2. Seed and chop 2 small bell peppers. Finely chop 1 medium onion. Set aside.
3. Chop 3 slices of bacon. Add bacon and 1 teaspoon olive oil to a skillet and cook on medium heat until bacon is crisp, about 6 minutes.
4. Use a slotted spoon to transfer bacon to a paper-towel-lined bowl. **Leave the bacon fat in the skillet.**
5. Add chopped peppers, onion, 1 teaspoon fresh thyme leaves, and 1/2 teaspoon salt to the skillet. Cook for 7 minutes.
6. Then, add 1/2 cup corn and cook for 2 more minutes.
7. Add cooked ravioli and bacon to the skillet. Then, toss everything together to combine.

## Tiffany Café Menu October

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>  Chicken Alfredo, Salad	<b>4</b>  Eggplant Casserole, Salad	<b>5</b>  Meatloaf, Mac& Cheese, Cornbread	<b>6</b>  Pork Tenderloin with Applesauce, Roasted Potatoes, Veggie	<b>7</b>  Salmon Burger, Fruit Salad, Chips
<b>10</b>  <b>Indigenous People's Day</b>  <b>COA CLOSED</b>	<b>11</b>  Chicken, Rice Pilaf, Veggie Medley	<b>12</b>  Ham and Cheese Quiche, Salad	<b>13</b>  Reuben Sandwich, Potato Salad, Pickle	<b>14</b>  Shrimp Fired Rice, Veggie, Asian Salad
<b>17</b>  Chicken Noodle Casserole, Salad	<b>18</b>  Hearty Tuscan Soup, Grilled Cheese Sandwich	<b>19</b>  Butternut Squash Ravioli with Sage But- ter Sauce, Salad	<b>20</b>  Chili, Cornbread, Salad	<b>21</b>  Stuffed Peppers, Salad, Roll
<b>24</b>  American Chop Suey, Salad	<b>25</b>  Cuban Sandwich, Sweet Potato Fries	<b>26</b>  Salisbury Steak, Potato, Veggie	<b>27</b>  <b>Tiger's Den</b>  <b>Tiffany Room Closed</b>	<b>28</b>  Fish Chowder, Crackers, Salad
<b>31</b> <b>Halloween Party</b>  Pasta with Sausages, Salad, Garlic Bread		<b>Menu is subject to change.</b>		<b>Please inform your server if you or any- one in your party has a food allergy.</b>

## 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



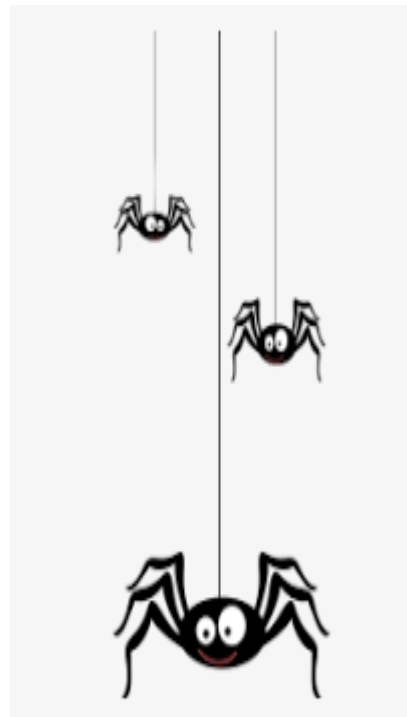
\*\*\* Mondays - 10:30 Chair Exercise. Town Hall.

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

\*\*\* Thursdays (Oct. 13, 29, 27) 10:45– 11:15 Meditation with Joanne.

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

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.



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





# October Calendar

## 2022



SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Manicures  9:00 Strength, CC	4  9:00 Chair Yoga, CC	5 9:00Strength, CC 9-10:30 Veterans Food Project, TH 10:30 Chair exercise, TH	6  9:00 Yoga, CC	7 8:00am NVC Community Breakfast  9:00 Strength, CC 10:30 Balance, TH Netflex: The Good Witch after lunch TH	8
9	10 INDIGENOUS PEOPLE'S DAY COA CLOSED	11  9:00 Chair Yoga, CC	12 9:00Strength, CC 10:30 Chair exercise, TH Netflex: The Good Witch after lunch TH	13 9:00 Yoga, CC  Memory Café 10:30 -11:30 Nahant Library Meditation 10:45-11:15, TH	14 9:00 Strength, CC 10:30 Balance, TH Market Basket 1-3	15  Farmers Market, 10-1, Flash Road Playground
16	17 Manicures  9:00 Strength, CC 10:30-Chair	18  9:00 Chair Yoga, CC  Dementia Caregiver Group NVC 11am to 12 noon	19 9:00Strength, CC 10-11:30- Blood Pressure Clinic, TH 10:30 Chair exercise, TH	20 9:00 Yoga, CC Atty Brian Snell 10am to 1130 am TH  Meditation 10:45-11:15, TH	21 9:00 Strength, CC 10:30 Balance, TH	22
23  30	24 Manicures  9:00 Strength, CC	25  9:00 Chair Yoga, CC	26 9:00Strength, CC 10:30 Chair exercise, TH Netflex: The Good Witch after lunch TH	27 9:00 Yoga, CC  Meditation 10:45-11:15, TH  Tiger's Den Lunch Depart 10:30	28 9:00Strength, CC 10:30 Balance, TH Market Basket 1-3	29

CC=Community Center, Valley Road TH=Town Hall



Labor Day Celebration  
at the Dory Club



We had a great lunch at  
Dream Diner after our visit to  
Parlee Farm.



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

**In memory of:  
Dr. John Green  
John Joyce**



### *Autumn's Caress*

the calm brush of a breeze  
with the scent of home fires burning.  
inviting, the spell of leaves falling  
in a swirl, they touch your face  
and provoke a smile.

the gentle caress of autumn  
steals the sultry heat of summer  
precludes the melancholy of winter;  
a careful lover, he whispers in your ear  
promises of evenings spent  
enthralled within his arms  
as he teases you with nature's kisses.

within the change of seasons  
comes the promise of his visit  
and within his embrace, the promise  
your heart will be kept warm  
and your soul lulled into rest  
before the chill of winter steals  
his caress away from you.



### **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

October 1—Richard Zirpolo, Lillian Carr, Ellen Foley, Marion Capano, Antonina O'Connor, William King, Alicia Canali, John Hornig, Angel Diaz, John Hornig

October 2—Andrew Bisignani, Joseph Graul, Bruce Kutcher, Robin Woodman, Daniel Berman, Jane Pasichny

October 3—MaryAnn Putnam, Sherry Smith, Michael Murray

October 4—Jane Kirkman, Deborah Murphy, Carolyn Flynn, David Ragucci, Kevin Allard

October 5—Hollis Hunnewell, Walter Sheppard, Charles Hansell

October 6 - Lillian Scapicchio, Michael Drucas, Giovanna (Joanne) Mitrano

October 7 - Roberta Goldberg, Maureen Gaglione, Bart Bennett, Ellen Johnson, Jack Resnick, Marie Pasinski, Edward Frary

October 8—Mark Jacober, Frederick (Jimmy) Hefler, John McLaughlin

October 9—Nancy Smith, Gregory MacDonald

October 10-Linda Quirk, Jacqueline White, Donald Lang

October 11-Adriano Nannini, Gail Davis, Susan Hendrikson, Rena Fantasia, Laura Quinn, Laura Hall

October 12-Betty Sarpi, Henry Clausen, Robert Inello, Daniel Swaine, Steven Fawcett

October 13-Lyudmila Gruzdeva, Tina Romano, Alan Brooks

October 14-Rosario Dagata, Joyce Haynes, Gladys Recio

October 15-Mary Rotiroti, Michael Flynn, Debbie Billias

October 16-John Standish, Kenneth Smith, Judi Steriti, Meredith Tibbo, Daniel Desmond

October 17-Calantha Sears, Joseph Damico, David Hunter, Warren Shore, James Hyder

October 18-Maureen Ward, Joann Giuggio, John Quinn Jr., Beverly Nicholls, Elizabeth Osbahr, Monique Illona

October 19-Dennis Urany, Dora Nocera, Teri Motley

October 20-Mary (Betsy) Wachtel Barreda, Thomas Mitchell, John Proudian, Emmanuel Speare, Donald Hardy

October 21-John Wladkowski, Cynthia Christ, Frank Leja

October 22-Michael Cullinan, Nicola Pecoaro, Esther Chowdhury

October 23-Frederick Stanley, Madelyn Davis, Theresa Holdcraft

October 24-Lucy Grimm, Athas Kourkouis, Andrew Puleo, Sandra Cavallaro, Joanne Hunter, Cheryl Amirault-Lefave

October 25-Marilyn Mahoney, Henry Kettell, Thomas LeBlanc, Francesca Luca

October 26-Anita Goodman, Wayne Noonan, Lynne Berkowitz, John Sereda, Susan Grøgersen, Mary Miner

October 27-Nancy Whitman, Mary Jayne McCarthy, Peter Famulari, Thomas Clements, Julie Stroller

October 29-Gary Recchia, Louis Wallach, Mark Irvine, Eduardo Reyes, Lorraine Logan, Antonio DiCostanzo, William Osbahr

October 30-Kenneth Cormier, Richard Conigliaro, Linda Cunningham, Lisa Scourtas, Sean O'Hara

October 31-Victor Dalpozzal, Susan Mahoney, Jane Collins, Joanne Orzalli

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.



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