## December 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.

Happy Holidays! I cannot help but think how fast time has moved this year! It seems like yesterday, I was coming through the door, not fully understanding the "big shoes "I had to fill! I soon learned!! You have all been and continue to be great teachers to me and I look forward to continuing to learn even more from you. I could not do this job without the help and wisdom of the great COA staff and the amazing volunteers, who serve us. They cook, serve, and feed us. They clean up after us so we can do this again the next day. I am grateful to the program planners, who work so hard to get folks out and about.

We also have excellent support from the COA Board, the Friends of the COA and the town administrator. Special thanks to the town hall staff, the DPW, Police and Fire department and all those unnamed folks, in the town, who always rise to the occasion to help us with whatever we need.

We cherish the memories of the friends we lost this past year and welcome the opportunity to make new friends.

It's a time of year to honor traditions and all beliefs. We continue to strive to be a welcoming community that opens its doors to those who want to be part of this wonderful group.

I thank you again from the bottom of my socks, because from the bottom of my heart is just not deep enough!!

I wish you and yours a blessed Merry Christmas and a very Happy New Year!!

Stay well Mary



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

CLOSED

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Monday, December 26, Christmas Monday, January 2, New Year

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### Saturday, Dec. 3. Town Hall Christmas Tree Lighting. 6:00pm—8:00pm

Join us at the Nahant Town Hall to light up our tree and help kick off the Holiday Season. Hot Chocolate and Treats to be served and maybe even get to meet Santa!!





### Wednesday, Dec. 14. Holiday Boxwood Workshop. Tiffany Room

Create a festive boxwood tree to decorate your home for the holidays. The Nahant Garden Club will show us how! Signup at the Tiffany Room. Registration is required. Materials fee \$10.

### Wednesday, Dec. 21. Christmas Party, Knights of Columbus, Nahant.

Put on your holiday best and join your friends and family for a festive holiday lunch at the Knights of Columbus. Dinner will be provided by Brett Henry. Entertainment. Admission is \$15. Reservations are required. Sign up at the Tiffany Room.



### Congratulations to the following winners from our fundraising table at the Fair!

Christine Alexander, Lucia Ducharme, Peggy Heinrichs, Kim Higgins, Linda Mason.

### We Thank You for your Support!



### 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, Dec. 15, 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 be on Tuesday at the Tiffany Room from 10:00-11:30.

### **December 20, 2022**

No appointment required.



The Nahant Village Church Hosts the Annual
CHRISTMAS BY THE SEA

**2022 HOLIDAY FAIR** 



Nahant Lobster Rolls Local Artisans



Raffles
Silent Auction
And More!



Saturday December 3 9:00 a.m -2:00 p.m.

The Nahant Village Church 27 Cliff Street Nahant, MA 01908







2

### Advent Vespers



Thursday, Dec. 8, 2022 7 p.m. Nahant Village Church 27 Cliff St.

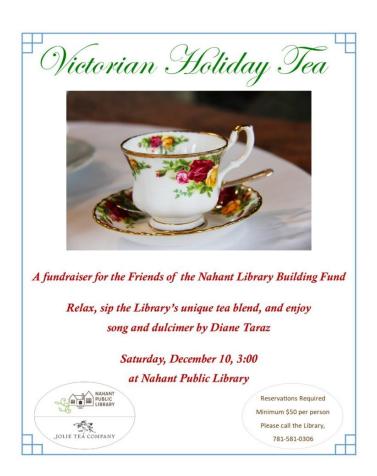
Free Admission
Everyone Welcome!

Come, Be silent & hear

A Mary Monologue by Ute Gfrerer & The Village Ringers

And get in the Holiday Spirit





### **Volunteer of the Month**

Heather Johnson

On a particularly unseasonably warm day in 2016, Heather decided to take the long way back to the New Hampshire Seacoast from Boston.

When she took the wrong turn off the Rotary, she said "where the heck did this come from" as she wound up on the Causeway and made her way to Nahant. She has lived here ever since.

Heather grew up in Chelmsford, but later relocated to rural Illinois where she taught Special Education students and raised and trained horses on her 21 acre farm for 25 years. Longing for New England, she retired and returned home. Heather's passion has always been caring for nearly every animal known to mankind as a wildlife rehabilitator and humane society investigator.

Heather enjoys gardening, birdwatching, weather watching and puttering around her house. She is enjoying her retirement, sleeping late, the ocean and her two crazy cats.

She especially enjoys volunteering on Fridays at the Council on Aging.

Thanks Heather for all that you do to help our seniors.

### HOLIDAY EVENT SCHEDULE

### 2022

### November 25th-December 18th

Christmas Tree Sales Lowlands Parking Lot

Thursdays and Fridays 6PM-8PM Saturdays and Sundays 9AM-8PM

### Saturday November 26<sup>th</sup>

Holiday Fair Nahant Town Hall 9AM-3PM

### Saturday December 3<sup>rd</sup>

Village Church Holiday Fair 9AM-2PM Town Hall Tree Lighting 6PM

### Saturday December 10<sup>th</sup>

Christmas Parade Fundraiser Tides Restaurant 7PM

### Saturday December 17th

Annual Tommy Hutton Christmas Parade Start time: 6PM

### Toy Drives

#### "Stuff a Cruiser"

Drop an unwrapped gift off anytime to the Nahant Police Station until December 16<sup>th</sup>-All proceeds benefit the Boys and Girls Club of Lynn

### **Toys for Tots**

Drop an unwrapped gift off anytime to the Nahant Fire Station until December 16<sup>th</sup>

## Have a safe

and Happy Holiday!!



## 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 <a href="https://www.mbta.com/theride">www.mbta.com/theride</a>

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.



## Are you interested in receiving community updates directly to your phone?

The Town of Nahant uses CodeRed to send general notifications and emergency notifications to residents.

You can sign up for CodeRed by entering your contact information yourself or by providing it to the Town of Nahant.

Scan the QR code to enter your contact information online.



OR you can fill out the card below and submit it to the Council on Aging Director or the Town Administrator's Office at the Town Hall.

First Name:	Last Name:
Contact Addresses and Comn	nunication Methods
Address is: Residential O	Business (
Address name: Home O	Second Home Other O
Street Address:	
Phone Number:	
○ TDD/TTY device – Tone D	elivery, for hearing impaired
Send text messages – 1 m	essage per alerting event. Message and data rates may apply.
Mobile Provider:	
Alert types:	lotifications General Notifications



### Christmas and the Holidays are Upon Us

Suddenly another holiday season is here. We have already been hearing holiday music and seeing purchasing ads for a while. Most of us look forward to the holidays, but for more people than we might think, the holiday season can bring sadness and even depression.

Especially as we get older, we may have memories of loved ones no longer with us; an empty seat at the table. This can certainly bring on feelings of sadness. It is now well recognized that colder weather and early darkness can bring on depression. This is called Seasonal Affective Disorder, or SAD. It is no surprise that this disorder is more prevalent in New England than in Florida.

Some of the symptoms are sadness, fatigue, anxiety, lack of interest in activities, decreased appetite or possibly over eating. Many people deny feelings of depression to their family and even to themselves, and avoid addressing it with their doctors. Serious or long-term depression should definitely be discussed with your doctor, but for milder cases related to the holidays there are some things you can do for yourself.

First of all, don't stay in bed. Get up and get dressed even if you have no place to go. Exercise and sunlight can be key to Seasonal Affective Disorder. Good nutrition is also essential. Think about going out for a haircut or a manicure and pedicure. Go to Lunch at the Tiffany Room and talk with old friends.

Call old friends on the phone. They may be feeling as lonely and sad as you might be and it would make their day to hear from you. Christmas cards can still be fun to write and certainly fun to receive, even in this day of email. If shopping for family is too difficult and online shopping also overwhelming, gift cards or cash might be the way to go. I myself have wrapped cash in a box just for the fun of opening boxes. Set up some decorations for yourself, even if small, they are manageable that way.

The COA is a great place to reach out to. Lunches are available as are manicures, shopping trips, and other activities that are scheduled especially during the Christmas season. The COA is a place you can find people to talk to and laugh with. Yes, don't forget to laugh.

Keep your health a priority. Especially if you will be around other people, make sure you get your Flu and COVID shots. We are hearing on the news about many people, children especially, that are sick. So, make sure you protect yourself. There is still time to do this.

And don't forget to practice Gratitude. On a sad day, make yourself think of three, or maybe five, things you can be grateful for, and do this every day. Even if we have lost someone, focus on the good memories of having had that person in your life. Our lives are still very rich. Even though we may not be able to physically enjoy the Christmas or Holiday season by getting out as much as we used to, we can bring some holiday to our homes.

Merry Christmas and Happy Holidays

Anna Maríe Manzano R.N.

### VETERAN'S FOOD PROJECT

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

Dec. 7 Jan. 11 Feb. 1 Mar. 1 Apr. 5 May 3

PRE-REGISTRATION: (FIRST TIME ONLY)

ALL FIRST TIME PARTICIPANTS NEED TO PROVIDE VERIFICATION OF VETERAN STATUS

### **CHRISTMAS EGGS**

This has been a family tradition on Christmas morning in our house. I hope you enjoy it. Merry Christmas!

### Ingredients

- 6 slices bread, cubed\*
- 1 lb sausage, browned and drained
- 2 cups shredded cheddar cheese
- 8 large eggs
- 2 cups milk
- 1 tsp dry mustard
- 1 tsp salt
- Pepper, to taste





### **Directions**

- 1. Spread the cubed bread in a greased 9x19 pan.
- 2. Sprinkle sausage and cheese evenly over bread.
- 3. In a large measuring cup combine eggs, milk, mustard and salt and pepper.
- 4. Pour egg mixture over the bread, sausage and cheese mixture.
- 5. Cover and refrigerate overnight.
- 6. Preheat oven to 325°.
- 7. Bake 45-50 minutes or until set. Cover loosely for the first 30 minutes. Continue baking uncovered for the remainder of cooking time.
- 8. Let set for 10 minutes before cutting.



# December Tiffany Café Menu Reservations for lunch are required 24 hours in advance.

Monday	Tuesday	Wednesday	Thursday	Friday
Please inform your server if you or any- one in your party has a food allergy.	A Charles	Menu is subject to change.	Baked Fish, Potato, Veggie	Super Grilled Cheese Sandwich, Soup
5 Chicken Piccata, Garlic Parmesan Noodles, Rolls	6  Cuban Sandwich,  Potato Salad	7 Pork Cutlets, Roasted Potatoes, Veggie	Mexican Chicken Soup with Nacho Chips	Open Face Turkey Sandwich, Veggie
French Dip Sandwich, French Fries	Greek Casserole, Salad, Roll	Chicken Cordon Bleu, Potato, Veggie	Pizza Party with Salad	Fried Rice with Shrimp, Salad
Baked Ravioli Casserole, Salad	Minestrone Soup, Half Sandwich	Christmas Party at Knights of Columbus	Zucchini Sliders, Salad	Chicken Marsala over Pasta, Veggie
26 MERRY  ILLUMA	Hearty Mac & Cheese, Green Beans and Carrots	Ham and Cheese Quiche, Salad	Meatloaf, Potato, Veggie	30 New Year's Eve



Mike Manning made our pies!

Servers and Dishwashers!

### 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(1, 15, 22, 29) - 10:30-11:00 Meditation with Joanne.

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



### FREE

Baldwin piano.

If interested, call Mary at 781-581-7557.









### December Calendar 2022



	1					
SUN	MON	TUE	WED	THU	FRI	SAT
				1 9:00 Yoga, CC Meditation 10:30-11:00, TH	9:00 Strength, CC 10:30 Balance, TH	3 9:00am-2:00pm NVC Holiday Fair
4	5 Manicures 9:00 Strength, CC 10:30-Chair Exercise, TH	9:00 Chair Yoga, CC	9:00Strength, CC 9:00 Veterans Food Pantry, TH 10:30 Chair exercise, TH	9:00 Yoga, CC	9 9:00 Strength, CC 10:30 Balance, TH 12:30 Market Basket	4:00-7:00 Parade Fundraiser Tides
11	Manicures 9:00 Strength, CC 10:30-Chair Exercise, TH	9:00 Chair Yoga, CC	9:00Strength, CC 10:30 Chair exercise, TH 1:00 Boxwood Tree Making, TH	15 9:00 Yoga, CC 10-11 Christmas Connections, TH 10:30-11:00 Meditation, TH 10-11, Brian Snell, TH	9:00 Strength, CC 10:30 Balance, TH	6:00pm Christmas Parade
18	Manicures 9:00 Strength, CC 10:30-Chair	9:00 Chair Yoga, CC Blood Pressure Clinic 10:00 – 1130 TH	21  10-11:30- Blood Pressure Clinic, TH  10:15 Christ- mas Party, KofC	9:00 Yoga,  Meditation 10:30-11:00,	9:00 Strength, CC 10:30 Balance, TH 12:30 Market Basket	24
	26 COA CLOSED	9:00 Chair Yoga, CC	9:00Strength, CC 10:30 Chair exercise, TH	29 9:00 Yoga, CC Meditation 10:30-11:00, TH	30 9:00 Strength, CC 10:30 Balance, TH 11:30 New Year Lunch, TH	Happy New Year

TH=TOWN HALL

CC=COMMUNITY CENTER VALLEY ROAD



### Christmas Word Search Puzzle



Courtesy of Christmas-Projects.com

ULETIDEMCHRISTMASLIGHTSPACBNG N S L I H A O A H V H S N B G E S N O W F L A K E B D K H C I CR H D V C G S C T I G N T O M O T A T H R E E W I S E M E N TOYSYUHAOMEDHEWNUTCRACKERV CNLBJCMEYSNCBORNAMENTSUZSWIYZIE LLYARRUDEHALGAKIGLYMOECRAEOCR YOJWADXNYEMISTLETOEOLSEHSLLEB N S C A N D Y C A N E S C D F V G R Y P N D O P D U R N S A R GOBPUACHRISTMASTREEMNGLSTREMNGE LCSCROOGEBLNDYCAL TNAIAGTREASTYA ETGTWDMBVSEULSEVNHCECSFEKRECNAD BSNHIAEEFU ITVCJRKTSEILUCDNHOIRM J R H T M R H G S H A E F E M A S G E H O Q U C O A I A FUYZNERHCD I SWBGRCEGVERNAKUKN AEPWVSAYVEQUJBTNALNNCSRSITAE NDEERHSAOECARAHOEMOEAPV N H T N Y E V X R N T N S U M E I K U O M C U E C H V S A R I LMSOGSAETAESPODFAVMWS IVI TYOFSOJACKFROST CEDBUEUNAT UOGBTNHCOEYKRMUTLNORTHPOLECFWRE PSWINTERSLTE ISDYSPENSASWRUKRNAF I E FRESVOIWRSTZOMTCHLROUCLYMOIRC DKLTLULMEUEPRANCEROGARLANDASETA JOSTVYAEAOUIHBNITREICTOEBWITYRG NAPWEFRXDELCMZEPALRANEZVOXTYNOJ CHRISTMASDINNERCDEFBLITZENDFIMK

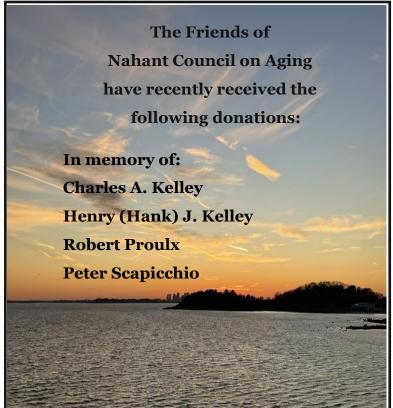
Angels
Candy Canes
Chimney
Comet
Donner
Frosty
Ivy
Joy
Noel
Prancer
Santa Clause
Snowflake
Tinsel
Yuletide

Bells
Cards
Christmas Dinner
Cookies
Elves
Gartand
Jack Frost
Manger
North Pole
Presents
Scrooge
Snowman
Toys

Bitzen
Carols
Christmas Lights
Cupid
Family
Gingerbread Man
Jesus
Merry
Nutcracker
Reindeer
Season
Spirit
Vixen

Bow Cheer Christmas Tree Dancer Festive Holidays Jingle Bells Mistletoe Omaments Ribbon Sled Stockings Winter

Candles
Chestnuts
Church
Dasher
Fireplace
Holly
Jolly
Nativity
Peace
Rudolph
Sleigh
Three Wise Men
Wreath





### **Friends of Nahant COA Executive Board**

FRIENDS

Linda Lehman - Co-President Lana Mogan -Co- President Mary Irene Dickenson - Treasurer Margaret Silva Secretary

CORNER Friends meet the second Wednesday of each month. FIN COM ROOM, TOWN HALL 9:30

### 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	<u> </u>			
Phone	Email				
In Honor/Memory/App	reciation of ft notification to:				
Donor name:					
Address:					
Please make checks payable t	to: Friends of Nahant Cou	ncil on Aging, 334 Nahar	nt Road, Na	hant, MA 01908	

### **BIRTHDAYS**

- December 1—Catherine Delaney, Dianne Ward, Christopher Rogers, Austria Rodriguez, Paul Clarke
- December 2- Helen Mayo, Paul Belliveau, Lynn Vikesland, Francis Valenti, Edward McCarthy, Thomas McDevitt
- December 3—Edmond Locke, Robert Wilson, Mary Sampson-Reiser
- December 4—Donald Savino, Irvine Rusk, Robert Gaudet, Helen Brownlie, Kathleen Canty
- December 5—Alexander Panos, Regina McCardle, William Docken, John Tofuri, Christine Lazzaro,
  Robert Frary, Robert Libman, John Walton
- December 6 Michael Dunn, Margaret Curran, Gregory Zahora, Rodney Schundler, Theresa Carroll, Jeanne Pattison
- December 7—Mary Ann Lermond, James Cunningham, Peter Flaherty, Gretchen Brien, Joan DeMakis,
  Daniel Thompson
- December 8—Richard Comito, Gerard Dalpe, Gregory Klee, Thomas Gutermuth
- December 9—Margaret Dowling, Doris Bongiorno, Vanda Zirpolo, Linda Mason, Martin Keenan,
  Joyce Morgenstern, Victoria Malatesta, Christine Kendall, Karen Carmody, Susan Bushnell,
  Victoria Akuner, Beverly Evans
- December 10- Virgina Fiske, John Collins, Pauline White, Gennadiy Khatsernov, Julie Tarmy, Thomas Flaherty, Gordon Hall, Paul Renzella
- December 11- Christopher Whitlock, Lucia Princip, Diane McClain, Joann Aldsworth
- December 12- Rosemarie Tirrell, Michael Manning, Linda Macone, Timothy Goodwin, Frederick Hyde, John Scovell, Eileen Cole
- December 13- Abigail Nelson, Edward Koscielecki, Vicki Shore, Joanne Colwell, Stephen Smith, Barry Conlin, Elizabeth Caterino, Calvin Bailey
- December 14- Richard Dorlando, John Gavin, Jean Ball
- December 15- Timothy Vonaschwege, David Flaherty, James Porter, Michael Sperber
- December 16- Wilma Voukydis, Gail Bird, Carol Jacober, Michael Goode
- December 17- Jeffrey Hall, Mary Jane English, Mary Crowley, Alice Houlihan
- December 18- Anthony Scapicchio, MaryEllen Alessi-Goodwin, Judith Fitzgerald, Ann Jenkins
- December 19- Judith Flynn, Judi Moccia, Ellen Antrim
- December 20- William Morse, Kenneth Carangelo
- December 21- Noel Spinney-Costin, Linda L. Peterson, Sally Sue Donais, Laura Poulin
- December 22- John Wynne, Barbara Devens, Christine Bates, James Caloggero, Sally Zagnoli, Jean Cleary Lisa Sullivan
- December 23- Annemarie Daniels, Carol Thorsten-Stein
- December 24- Beverly English, Sheila Kenyon, Margaret Blank, Francis Michaud, John Pellerini, Michael Morency, Mary Champlin
- December 25- Flossie Frangules, Roger Peterson, John Hayes Mason
- December 26- Janice Bennett, Paul Power, John Orzalli, Elizabeth Stubbs, Bruce Compton, Mary Polia,
  Stephen McClone
- December 27- Barry Sidwell, Gary White, Victoria Vass, David Ewing, Tomas Marcellino
- December 28- Mary Kelley, Susan Maguire, Edwin Manzano, Judith Cerone Keenan, Janice Quinn, Karen Lospennato
- December 29- Flora Sigourney, Jacqueline Singer, Eugene Canty, Christine Alexander
- December 30- Nancy Wilson, Richard O'Connor, Mark Simpson, Denise Nicketakis, Carolyn Osbahr
- December 31-Christopher Mathias, Hugh Samson, Priscilla Hathaway, Robin LeBlanc

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.

