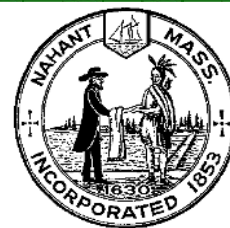


March 2023 Nahant Tiffany Times

*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

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,

March is here! March is a month that is recognized in a couple of areas. First, it is Irish-American Heritage month. Originally a religious holiday to honor St. Patrick, who introduced Christianity to Ireland in the 5th century. March 17th, listed as St. Patrick's Day, has evolved into a celebration of all things Irish. The world's first St. Patrick's Day parade took place in NYC in 1762. According to the Census Bureau, 32.7 million Americans claim Irish ancestry today. That number is six times more than the population of Ireland which is listed at 5.1 million. So enjoy the holiday with your Irish friends and family! And should you lift a pint, I wish you all good health - "sláinte" !

March is also National Women's History Month. It was established to draw attention to and improve the focus on women in history. Women's History Month traces its roots back to 1857, when women from NY factories staged a protest over working conditions. The historical significance of those protests launched a slow evolution of women and their roles and contributions to the work force and in society. Protesting gave women a voice to be heard. Many of these women helped paved the way for women to have more equality in the work force to this day. This month celebrates what was in the past, what's continuing in the present and hopefully what will lead to a bright and promising future for all girls growing up.

And finally, March is National Nutrition Month. During the month of March, I invite everyone to focus on the importance of making informed food choices, and developing sound eating and physical activity habits.

Bring on Spring and let's get started.

Stay safe and well,

Mary

*Nahant Council on
Aging*

Monday-Friday 9:00-1:00



Thursday, March 9. Tiger's Den Lunch. We will enjoy lunch at Lynn Vocational Technical High School in Lynn. The bus leaves at the COA lot no later than 11:15. Cost is \$15. Please sign up at the Tiffany Room by March 6. Lunch will not be served in the dining room.



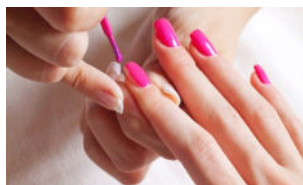
Wednesday, Mar. 15. "Seascapes" Acrylic Painting Class. Local artist, Carol Cyr Hanson will conduct a painting class in the Tiffany Room. Have a wonderful afternoon creating a seascape treasure! More details on page 3. Registration is required by March 10. \$20 cash fee due at the beginning of class.

Friday, Mar. 17. Enjoy the exhilarating performance of dance and music of the Emerald Isle. "Riverdance" will be shown on St. Patrick's Day to celebrate everything Irish! Film will start at 12:30, in the Tiffany Room. Wearing of the green is encouraged! Popcorn will be served.

Wednesday, Mar. 22. The Office of Seth Moulton will send his **District Liaison Conor Friend and Ruby Davis (Director of Constituent Services)**, will speak with us about the availability of a **Constituent Services Team** that handles casework for those having difficulties with various Federal Government Agencies. For example, the agencies often include: Internal Revenue Service (IRS), Centers for Medicare and Medicaid Services (CMS), Department of Veterans Affairs (VA) and others. Please join us for this informative presentation in the Tiffany Room at 12:30.



Wednesday, Mar. 29. 1:00pm Come join us for ARTS and CRAFTS at the Nahant Council on Aging in the Tiffany Room. We will be making a sun catcher made of sea glass. Materials will be provided and cost is \$ 5.00/per person. The project is led by Linda Garber a member of SeaGlass Village. All are welcome to attend.



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
in April.

Check your calendars!
Appointments required.



NAHANT PUBLIC LIBRARY - HOURS



Phone: 781-581-0306

email us at nahant.circ@gmail.com

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

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

Wed., March 15



No appointment required.

Nahant Community Breakfast



With North Shore Community College on

“Transform the Future with Our Community.”

Friday, March 3, 2023

8 a.m.

Nahant Village Church, 27 Cliff Street

All are Welcome

Arrangements for transportation of elders to and from the breakfast may be made by calling the Tiffany Room (781-581-7557) a few days in advance of the breakfast.

Silent Movie Night

Friday, March 10, 2023

at Nahant Village Church

27 Cliff Street, Nahant



“City Lights” with live piano accompaniment by Rob Humphreville

Suggested donation: \$20

Join in a potluck supper at 5:30

Movie begins at 7:00 p.m.

Caregiver “Connections”

a place of welcome, to support those who care for people living with memory loss



Meeting every 3rd Tuesday

Beginning September 20

11:00 am — 12:00 pm

Nahant Village Church

27 Cliff Street, Nahant

For more information or to RSVP,

please call 781-581-7557

or email mminer@nahant.org

This program made possible by:

Nahant Council on Aging

Nahant Public Library

Nahant Village Church

Greater Lynn Senior Services



Johnson Elementary School

Youth Art Show

RECEPTION AT NAHANT LIBRARY
THURSDAY, MARCH 2, 6:30PM, FREE

Show continues through April 6


TIDES FUNDRAISER Thursday, March 30, 2023



Proceeds to benefit St. Thomas Aquinas Parish, Society of St. Vincent de Paul.

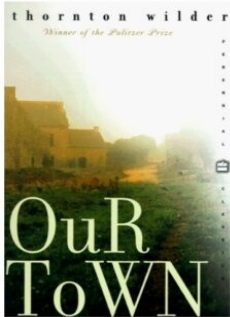
Let someone else do the cooking.

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



Nahant Public Library: **NAHANT READS TOGETHER**

OUR TOWN



Let's talk about community,
whether in New Hampshire in 1901,
or in Nahant in 2023.


Copies of the book are available at the Library

Free activities:

Anytime	Watch "Our Town," starring Paul Newman, on Kanopy
March 3	8:00 am, book discussion following the Community Breakfast at Nahant Village Church
March 11	4:00 pm, table read of "Our Town," Act I
March 18	4:00 pm, book discussion at the library
March 25	4:00 pm, presentation on the 1819 book collection that created Nahant Library, and the people who made it happen

PROPERTY FRAUD WATCH & DECLARATION OF HOMESTEAD ACT PRESENTATION

MARCH 15TH @ 10:15 A.M.



SALEM SENIOR CENTER
401 Bridge St.
Salem, MA
"How May We Help You!"

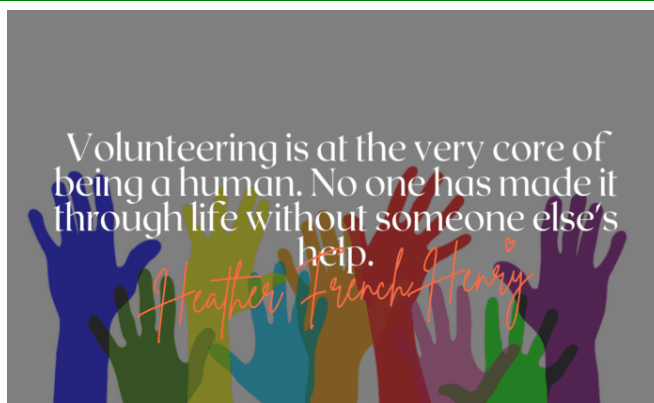


Attend a free Property Fraud Watch Alert Notification & Homestead Act presentation to learn how to protect your home from fraud and scams. Your most valuable asset!

Register of Deeds John O'Brien will be sending representatives from the Southern Essex District Registry of Deeds to explain the benefits of this FREE alert notification program and answer questions.

The seminar is FREE & open to the public. Sign up by 3/8 to receive a complimentary copy of your deed on the day of the seminar. To receive your complimentary copy, we need your name and property address.

RSVP to Rosanna Donahue
978-744-0924, ext. 43006




Volunteering is at the very core of being a human. No one has made it through life without someone else's help.

Heather French Henry

The Nahant Council on Aging is looking for volunteers to help in the Tiffany Room.

If you are interested in helping, please contact Mary at 781-581-7557.



"Seascape" Acrylic Painting Class
Wednesday March 15, 1-2:30 pm. Tiffany Room, Nahant Town Hall

Local artist, Carol Cyr Hanson, will lead the group in easy-to-follow stages of creating a seascape painting using acrylic paint in the primary colors and white. No experience is necessary! All materials will be provided, and your painting will be dry enough to carry home with you at the end of class.

\$20 per person, cash, due at start of class. Please call the COA to register as space is limited, by March 10, 2023

Native Species Garden Talk

Monday, March 27, 2023. 2:00-3:00pm
Swampscott Senior Center Dining Room
200R Essex Street, Swampscott

Join us at the start of Spring to hear from the experts! Refreshments will be provided, FREE. Open to Seaglass Members and Volunteers, and also Swampscott, Nahant, and Marblehead CQA's. Pre-registration is required at Seaglass Village Office 781-718-0401, or the Swampscott Senior Center 781-596-8866.





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

1 Pleasant St., Nahant
3rd Thursday of each month
10:00–11:00am
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.



Do You Choke Easily?

Do you find yourself choking on simple fluids occasionally? Maybe coughing with embarrassment while at dinner in a restaurant. Most of the time this is just, yes, you guessed it, normal aging.

As we get older, the muscles in our mouth and throat weaken, just as the other muscles in our body weaken, and sometimes the timing is off in our swallowing process. This seems to happen most frequently with just thin liquids or water rather than solid food. Usually, we are able to just cough up the offending fluid and we go on to eat our meal.

If choking happens frequently, your doctor should be informed. Difficulty swallowing, or dysphasia in medical terms, can also be caused by a variety of medical conditions. It may be caused by poor fitting dentures, by acid reflux, cognitive disorders like dementia, or neurological disorders like Parkinson's, and possibly mouth or throat cancer.

Some hints to avoid choking are to sit upright when you eat or drink, avoid talking as you try to swallow, and avoid straws as they increase the amount of fluid you take in. When dysphasia becomes a medical issue, medical or surgical intervention may be needed. For simple cases the doctor may recommend taking pills with pudding or applesauce and possibly a diet of soft or puréed foods. The doctor may also make a referral to a Speech Therapist as these specialists can provide other hints to improve swallowing. Speech therapists frequently recommend tucking the chin in when swallowing as it improves the swallowing process.

During a choking episode, as long as you are able to take deep breaths and cough, choking is usually not an emergency. It may take a while, but usually you will be able to cough up the food or fluid, this is known as "clearing your airway." If a person is unable to completely clear the airway, aspiration, or choking may eventually cause an "aspiration pneumonia," or an inflammation of the lung caused by something that was inhaled. This pneumonia is different from a viral or bacterial pneumonia, though still treated with antibiotics.

Choking becomes an emergency when you are unable to take in an adequate breath, unable to cough, and unable to speak. Remember the Universal Choking Sign is holding both hands up to your throat. This situation would require another person to administer the "Heimlich Maneuver". This maneuver requires another person to stand behind the choking victim, put their arms around his waist making a fist with their hands, placing them in the victim's abdomen below the rib cage, and pulling quickly in and up. This makes whatever air is left in the person's chest come up like a cough and hopefully dislodge the food the person is choking on. This may need to be done several times before it is successful. If it does not appear to be working quickly, call an ambulance immediately but continue to perform the Heimlich.

A true choking or obstructed airway when you are alone is serious as no one is with you to do the Heimlich. The best option is to throw your torso over the edge of a table or the back of an overstuffed chair or even throwing yourself onto the bed. These actions hopefully will cause that extra air in your lungs to dislodge the item just as a Heimlich would. After a serious choking incident, it is always good to notify your doctor as he may want to examine you.

Stay well,

Anna Marie Manzano R.N.

VETERAN'S FOOD PROJECT

*****Life Saving Station 9:00-10:30 a.m.*****

Mar. 1 Apr. 5 May 3 June 7

PRE-REGISTRATION: (FIRST TIME ONLY)

ALL FIRST TIME PARTICIPANTS NEED TO PROVIDE VERIFICATION OF VETERAN STATUS

Fish en Papillote, Mediterranean-style (or Fish in a pouch)

Tender, flavor-packed fish en papillote with green peppers, tomatoes, and a light lemony sauce, all cooked together in parchment parcels. This recipe uses cod fillet, but any fish fillet that is (no thicker than 1 inch) such as halibut, trout, snapper, or even salmon should work.

This recipe serves 4 but can easily be adjusted for more or less. Enjoy!

INGREDIENTS

- 1 ¼ lb cod fish fillet (1-inch thick) cut into 4 pieces
- Kosher salt and black pepper
- ½ tomato thinly sliced into 4 rounds
- ½ green bell pepper cored, thinly sliced into 4 rounds
- ½ lemon thinly sliced into rings
- Handful pitted green olives optional

For the Sauce

- ¼ cup extra virgin olive oil
- Juice of ½ lemon
- 1 shallot chopped
- 2 garlic cloves chopped
- 1 teaspoon oregano
- 1 teaspoon paprika
- ½ teaspoon cumin

DIRECTIONS

1. Heat oven to 425° F.
2. Season fish with kosher salt and pepper on both sides.
3. Prepare the sauce. Place the olive oil, lemon juice, shallots, garlic and spices in a mixing bowl and whisk to combine.
4. Prepare 4 large pieces of parchment paper (about 12 inches on each side). Fold the parchment pieces down the middle to mark two halves.
5. Assemble the pouches. Place each fish fillet on the bottom half of a parchment piece. Spoon 2 tablespoons of the sauce over the fish. Add 1 lemon slice, 1 tomato slice and 1 bell pepper slice on top.
6. Fold the top half of the parchment over the fish and veggies and go around to fold and secure each piece of parchment around the contents creating a well-wrapped pouch.
7. Place the fish pouches on a large baking sheet. Bake in the middle of the oven 12-15 minutes, or until the fish is fully cooked.
8. To serve, leave everything in the pouch and transfer each pouch to a serving plate.

NOTES: Serve with rice and a salad!



Tiffany Café Menu-March 2023

**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 Chicken Piccata, Pasta, Salad	2 Shepherd's Pie, Salad	3 Egg, Potato, Cheese Casserole, Baked French Toast, Fruit
6 Meatloaf, Potato, Salad	7 Chicken, Rice Pilaf, Zucchini, Salad	8 Roast Pork, Potato, Veggie	9 Tiger's Den COA CLOSED	10 Hamburger, Cole Slaw, Chips
13 Chicken Parmesan, Pasta, Salad	14 Hot Dogs, Beans, Potato Salad	15 Baked Mac& Cheese, Kielbasa	16  St. Patrick's Day Traditional Boiled Dinner	17 Super Grilled Cheese Sandwich, Tomato Soup
20 Sausage, Pasta, Garlic Bread, Salad	21 Greek Lasagna, Green Beans, Salad	22 Corn Chowder, Sandwich	23 Bake Stuffed Chicken Breast, Potato, Veggie	24 Pad Thai Noodles, with Dumplings
27 Chicken Alfredo, Broccoli, Salad	28 Beef Stew, Biscuits, Salad	29 Baked Ziti, Meatballs, Salad	30 Baked Haddock, Potato, Veggie	31 Chili, Cornbread



EVENTS CALENDAR

MARCH



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 9:00Strength, RR 10:30 Chair exercise, TH	2 9:00 Yoga, RR 10:30-11:00 Meditation, TH	3 8:00am NVC Community Breakfast 9:00Strength, RR 10:30 Balance Class, TH
6 9:00 Strength, RR 10:30-Chair Exercise, TH	7 9:00 Chair Yoga, RR	8 9:00Strength, RR 10:30 Chair exercise, TH	9 9:00 Yoga, RR 10:30-11:00 Meditation, TH 11:30am Tiger's Den	10 9:00Strength, RR 10:30 Balance Class, TH 1:00-3:00pm Market Basket
13 Manicures 9:00 Strength, RR 10:30-Chair Exercise, TH	14 9:00 Chair Yoga, RR	15 9:00Strength, RR 10:30-11:30 Blood Pressure Clinic, TH 1:00-3:00 Art Class, TH	16 9:00 Yoga, RR 10:30-11:00 Meditation, TH 11:30 St. Patrick's Day Lunch, TH	17 9:00Strength, RR 10:30 Balance Class, TH 12:30-2:00 River Dance Video, TH
20 Manicures 9:00 Strength, RR 10:30-Chair Exercise, TH	21 9:00 Chair Yoga, RR 	22 9:00Strength, RR 12:30 Seth Moulton Office Presentation, TH	23 9:00 Yoga, RR 10:00-11:00am Atty Brian Snell TH 10:30-11:00 Meditation, TH	24 9:00Strength, RR 10:30 Balance Class, TH 1:00-3:00pm Market Basket
27 Manicures 9:00 Strength, RR 10:30-Chair Exercise, TH	28 9:00 Chair Yoga, RR	29 9:00Strength, RR 1:00-2:30 Arts / Crafts, TH	30 9:00 Yoga, RR 10:30-11:00 Meditation, TH	31 9:00Strength, RR 10:30 Balance Class, TH

TH = Town Hall

RR = Rose Marie Room, Community Center

HEALTH AND WELLNESS

The following classes will be held in the Rose Marie Room 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**

*** **Wednesday (March 1,8) 10:30 Chair Exercise with Linda Peterson. Town Hall.**

*** **Thursdays - 10:30-11:00 Meditation with Joanne.**

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

Market Basket. The Nahant Council on Aging is currently providing transportation to Market Basket a few times each month. Check the calendar of events for dates this month. The bus leaves the Town Hall at 1:00pm and plans to return by 3:00pm. Reservations are required. Sign up at the Tiffany Room or call the COA at 781-581-7557 to reserve your seat on the bus.



VOLUNTEER OF THE MONTH

SUSAN CRIPPS

Susan is one of our great “behind the scenes” volunteers at the COA.

She faithfully carries out all the kitchen duties every Wednesday morning with a brilliant smile on her face!

Susan grew up in Nahant, moved away for many years and returned to Nahant a few years ago. She is now living in her childhood home. She has 4 children, 6 grandchildren and one great grandson.

In her spare time Susan loves to knit and tend to her beautiful garden. Susan is a member of the Board of the FRIENDS of the Nahant COA, as well as an active board member of the Anchor Food Pantry, based in Swampscott. Susan puts forth great effort in helping our seniors.

Susan also worked in the Field of Elder Care for many years. She retired several years ago as a SHINE Regional Director in Lawrence, MA.

Thanks Susan, for all you do for our seniors and our community.





NAHANT POLICE DEPARTMENT
198 NAHANT ROAD, NAHANT, MA 01908-1298
Timothy M. Furlong, Chief

TEL. 781-581-1212
FAX 781-581-1907
www.nahantpolice.org

The Police Report

In this first edition of "The Police Report", I'd like to highlight how the police are an extension of the court system. When the police are called to a scene, we attempt to determine if the incident has violated any laws. If the incident we are investigating amounts to probable cause, we then petition the court in one of many ways. We could issue a civil citation (traffic violation), a criminal complaint, request a warrant or affect an arrest.

A civil citation is not the equivalent of a criminal charge. However, you do have the right to contest the ticket. The local courthouse within the jurisdiction of violation is where that contest would take place. It is more commonly known as a traffic hearing. During that time, the violator sits in a room with a representative of the police department (doesn't have to be the Officer that issued the ticket) and a Clerk Magistrate. The Magistrate listens to both sides of the story and then decides to dismiss the violation or find fault. If the violator was found at fault, he/she still has the right to appeal the decision. If an appeal is requested, the violator would testify in front of a judge, in what is known as a "Judge's Appeal". The Officer that wrote the citation would then be required to attend that hearing. The Judge's decision is then final.

In all cases, the process to bring a person in front of a court are very similar. In the event of a criminal complaint (summons), warrant or an arrest, the court prosecutor brings to court a police report that is accompanied by application issued by the court. The application is given to a Clerk Magistrate who then reviews the documents to assure probable cause has been established. If the Magistrate is not satisfied that probable cause was met, the application gets denied until the proper probable cause is met. If the application is accepted, the Magistrate then files the paperwork with the court system, typically rendering a future court date to adjudicate the charge.

Often, a court proceeding will end with a Clerk Magistrate hearing the case. If further processing of a particular case is required, the defendant will be given a trial date. A trial is more formal and is presided over by a Judge. The Judge will listen to arguments from a defense side and a prosecutorial side. At the conclusion of the trial, a Judge issues a decision. There are appeals processes for certain decisions.

Finally, Lynn District Court is the jurisdiction over Nahant for most cases. The Honorable Ina Howard-Hogan was recently appointed as the First Justice of Lynn District Court. She was born and raised in Lynn. Attended Lynn Public Schools, earned her bachelor's degree in Political Science from Boston College and a law degree from Northeastern University. She has offered to discuss court proceedings further in person and possibly a tour of the courthouse for anyone interested. If this gains interest, I can work with Mary to facilitate Tiffany Talk with the Judge. I hope you have enjoyed this police report, as this is the first of many to come.

Timothy M. Furlong
Chief of Police

CRYPTOGRAM #3

This quote by Walt Disney is one of several that sheds some light on what motivated the man behind Mickey.

[illegible]

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

In memory of:
Janice Abernathy
Mary Nagle
Nancy Wilson



FRIENDS

Friends of Nahant COA Executive Board

Linda Lehman - Co-President
Lana Mogan -Co- President
Mary Irene Dickenson - Treasurer
Margaret Silva Secretary
Friends meet the third Wednesday of each month.
TIFFANY ROOM, TOWN HALL 9:00am

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, 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, Louis Cecere
 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, Lina Wasemskaja, Susan Green, Tracy Keily, James burke
 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, Jennifer Montague
 March 22 - Clancy Asselin, Paul Spirn, Jerome Rossert, Paul Sainato
 March 23 - Bernadette Butler, Barbara Lonergan, MaryLou Mihovan, Paula Taylor, Martine Purple, Kenneth LeBlanc
 March 24 - Rayford Quinn, Kim Conway, Patricia Marchese
 March 25 - Robert Cusack, Thomas Cornu, Peter Castoldi, Mary Jo Gavin, Mark Reenstierna
 March 26 - Louise Anders, Marny Vonaschwege
 March 27 - Paul Caira, John Mulkern, Robert Anderson, Sharon Sullivan
 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, 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 by the 25th of the month prior to publication.

I would rather entertain and hope that people learned something than educate people and hope they were entertained.

