JUNE 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 Janet Taylor-Secretary

> Sheila Hambleton Linda Jenkins Lollie Ennis Carol Sanphy Farris Vanmeter

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,

Welcome to summer! This month is a busy one! We start with the community breakfast at the Nahant Village Church on Friday June 2nd at 8am. If you need a ride, please call us at the Tiffany Room, and let us know so we can make arrangements.

We will be going to the Johnson School for an end of the year concert on June 9th after eating lunch in the Tiffany Room on that day. We have a new artist coming to join us after lunch on Monday June 12th. Learning how to make Floral Arrangements for your home will take place on June 15th after lunch in the Tiffany Room. We honor the men in our lives on June 16, the Friday before Father's Day, with a cookout, and by wearing the color blue. Blue is designated as the color chosen to raise awareness about men's health and the need for more men to be more proactive in taking better care of themselves. So please wear blue as a sign of love and support for the men who matter to us!

We round out the month at the Dory Club, June 28th, with an early 4th of July cookout. All the news about these events and more can be found on the inside pages of this newsletter.

On a national level, June celebrates many things as well. We live in a coastal community and June is National Oceans Month. Around 70% of the earth's surface is covered by oceans. The Pacific Ocean covers around 30% of the earth's surface making it the largest ocean in the world. It's amazing to think that the waters that flow alongside where we live, travel the earth and return back to us. We have a responsibility to take care of it now and for future generations to come!

June is also National Dairy month. Each day milk is served at the Tiffany Room during lunch .Milk contains nine essential nutrients that may help better manage weight and reduce a person's risk for high blood pressure, osteoporosis and certain cancers. Dairy products are a natural nutrient powerhouse. So please drink your milk and instead of "SAY (ing) CHEESE next time your picture is being taken — EAT the cheese instead!

And finally, June is Gay and Lesbian Pride Month! Throughout the year many gay and lesbian individuals have contributed, across the boards, in so many walks of life, in ways that enriched the lives of many of us both locally and nationally. Gay Pride month celebrates the rich diversity of the gay community, civil liberties and rights for all.

See you at the beach!

Mary

CLOSED, MONDAY, JUNE 19

THE MONTH AT A GLANCE

FRIDAY, JUNE 2. NVC Community Breakfast. This month's presentation will be about My Brother's Table in Lynn. The mission of this organization is to nourish the Lynn community every day through hospitality, free meals, and unconditional love. The presentation will be given by Executive Director Diane Kuzia Hill and former Director Mary Magner. See page 3 for more details.

FRIDAY, JUNE 9. Spring Concert. Enjoy the young voices of the students at Johnson School. The bus will leave Town Hall after lunch. Please sign up at the Tiffany Room.

MONDAY, JUNE 12. Creative Art, 1 −2 at the Tiffany Room. Meet Erica Curcio, an artist who specializes in working with seniors and doing things creatively with art. The class is free, but please sign up at the Tiffany Room.

THURSDAY, JUNE 15. Floral Arrangements. Angela Bonin, Garden Club President will conduct a workshop on flower arranging. Please bring a pair of garden shears/clippers if possible.

FRIDAY, JUNE 16. Father's Day Lunch at the Tiffany Room. Celebrate the men in our lives. Sign up at the Tiffany Room. Don't forget to wear blue!

WEDNESDAY, JUNE 21. Cathy's Café and Putnum Pantry. Lunch and ice cream, what could be better! If the weather is good, you can eat outside! Sign up at the Tiffany Room. No lunch will be served in the Tiffany Room.

MONDAY, JUNE 26. Making Luminarias, 1 –2 at the Tiffany Room. Create a brilliant luminaria to display this summer. There is a \$5 fee. Sign up at the Tiffany Room.

WEDNESDAY, JUNE 28. July 4 Cookout at the Dory Club. Grab a hot dog and celebrate Independence Day at the Dory Club. Sign up at the Tiffany Room.

Nahant Council on Aging is offering free transportation to Market Basket several times each month. Seating is limited.
Reservations are required.
Sign up at the Tiffany Room.
Check the events calendar for dates and times.

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

June 21,2023

No appointment required.

Atty Brian Snell is available for legal consultation.

Thursday, June 15, 10:30—11:00. Appointments are required.



NAHANT PUBLIC LIBRARY



Monday Closed
Tuesday 10:00-7:00
Wednesday 10:00-5:00
Thursday 10:00-5:00
Friday 10:00-5:00
Saturday 12:00-4:00

Phone: 781-581-0306

Sunday

Closed

email us at nahant.circ@gmail.com

Nahant Community Breakfast



My Brother's Table

Nourishing the community every day of the week!

Friday, June 2, 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.





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.



Men's Health Month

WEAR BLUE DAY -- FRIDAY JUNE 16TH

Wearing BLUE raises awareness about men's health and the importance of not ignoring the need to go to the doctor. The day is also a way for loved ones to show their care for the men in their lives.



Saturday, July 8, 2023 9:00 a.m. – 1:00 p.m.

Nahant Native Plant Gardens Walk

Visit 9 Native Plant Gardens

All the gardens are focused on restorative efforts to bring harmony and balance that support pollinators, birds, and increase diversity of native plants in their services to the environment's multitude of species.

Pick up garden maps and door prize entry tickets on check-in. Open to all.

Rain date Sunday, July 9



Tour begins at Johnson Elementary School 290 Castle Road (Headquarters), Nahant, MA 01908

Free Parking

Pre-registration requested by July 1st to Seaglass Village at www.seaglassvillage.org or call 781-718-0401



Co-Sponsored by

Nahant S.W.I.M., Inc.

PO Box 57, Nahant, MA 01908
www.nahantswim.org
nahantswiminc@gmail.com

Seaglass Village

Neighbors Helping Neighbors 40 Monument Avenue c/o First Church Congregational Swampscott, MA 01907 www.seaglassvillage.org info@seaglassvillage.org





NINDS & IRRAN

Cordially Invite You to the Annual Benefit Concert of the Apollo Club of Boston

Celebrating its 152nd season

Singing show tunes, folk songs, spirituals and barbershop in the unique harmony of men's voices, and joining with the audience in the "Nahant Hymn"

Steven Lipsitt, Conductor



NAHANT TOWN HALL . SUNDAY . JUNE 11, 2023 . 3 PM

ADMISSION FREE • DONATIONS ACCEPTED

BENEFITTING FRIENDS OF THE NAHANT PUBLIC LIBRARY

MEDICARE FRAUD PREVENTION WEEK

6/5-6/11

Medicare Fraud Prevention Week focuses on the actions everyone can take to prevent Medicare fraud, errors, and abuse. Medicare Fraud Prevention Week starts on June 5, or 6/5, because most people become eligible for Medicare when they turn 65. Medicare Fraud Prevention Week is hosted by the Senior Medicare Patrol, known as the SMP.

The SMP is a national program to educate Medicare beneficiaries about Medicare fraud, errors, and abuse.

Why is This Week Important?

Medicare loses an estimated \$60 billion each year due to fraud, errors, and abuse, though that number is impossible to measure. Every day, issues related to these problems affect people across the country, often costing them time, money, and well-being.

Medicare-related errors contribute to this annual loss even though errors can be honest health care billing mistakes. However, repeated errors by a doctor or provider could be considered a red flag of potential fraud or abuse if not corrected.

When people steal from Medicare, it hurts us all and is big business for criminals. Some common examples of fraud, errors, or abuse could include:

- Charging for services or supplies that were not provided.
- Misrepresenting a diagnosis, a person's identity, the service provided, or other facts to justify payment.
- Prescribing or providing excessive or unnecessary tests and services.
- Falling prey to consumer scams or health care fraud may mean that your Medicare number has been "compromised" as a result of medical identity theft. Stealing from Medicare leaves less available funds for those needing services now as well as those needing Medicare in the future.





Massachusetts Senior Medicare Patrol Program

AgeSpan 280 Merrimack Street, Suite 400, Lawrence, MA 01843 800-892-0890 · www.MASMP.org

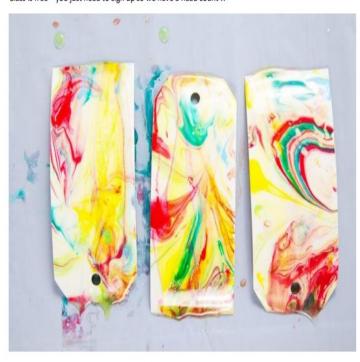
per carrying out projects under government approximation per conversable to appress freely their findings and conclusions. Therefore, points of view or opinions do not necessarily represent official ACL or DHHS policy.

Creative Art by Erica

Come join us on Monday, June 12 from 1pm to 2pm in the Tiffany Room and meet Erica Curcio. Erica is an artist who specializes in working with seniors and doing things creatively with art.

This month she will be doing work with paper marbling. Come meet her and have fun creating!

Class is free – you just need to sign up so we have a head count!!





Memorial Day Lunch at the Tiffany Room!



The Family of
Dorothy Hagoort
will hold a
Gathering for Dottie
at the Tiffany Room
from 1:00—3:00
on Saturday, June 17, 2023.
All are welcome to attend.



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



Attorney, Brian Snell is available for legal consultation.

Appointments are required.

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

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.



June is National Safety Month

We think of our homes as the safest place we can be. For the most part, they are, especially during COVID when our homes were our place of refuge. But there are risks in our homes, especially if we live alone.

Accidents are the fourth leading cause of death. The current ranking of causes of death are heart disease, cancer, COVID, and accidents. Yes, COVID remains the third leading cause of death. Accidents are right behind it and many of these accidents are falls that occur in the home. The CDC reports that falls are the leading cause of fatal or non-fatal injuries in persons over 65.

We senior citizens either have or will develop decreased mobility, decreased strength, problems with vision and with balance. Each of these issues can contribute to falls. The AMA has recommendations for improving your safety in your home. These are:

- 1. Minimize hazards. Hazards include: poor lighting, keep areas that you travel at night well lit; loose area rugs or curled up edges, tack down those rugs with carpet tape or other means or remove them; cluttered walkways, keep the paths that you regularly walk free of obstructions like footstools, small tables, newspapers, and be particularly careful of tripping over pets.
- 2. All stairways need sturdy handrails. Equally important, you need to use them. Always try to have one hand on the handrail and carry your laundry, etc. with the free hand. We take our strength and balance for granted and someday it may not be there for us. Physical Therapists frequently recommend a handrail on both sides of the stairway.
- 3. Grab bars in the bathroom are very important. Unfortunately, when you fall in the bathroom, your head will likely land on porcelain. This can easily cause unconsciousness or death. It is strongly recommended that you have grab bars installed. Important locations would be at the entrance and inside the tub or shower, and possibly next to the toilet. Raised toilet seats or commodes with grab bars can be a huge benefit for comfort and safety.
- 4. Non-skid flooring is recommended. An alternative is non-skid shoes. Many of us love to wear slippers in the house but they should be sturdy, well fitted, and have a non-skid bottom. Loose slippers frequently cause falls as your footing is not secure. Physical therapists frequently recommend wearing sneakers in the home for their sturdy support and non-skid bottoms.
- 5. Have working smoke and CO₂ detectors in the home. It is recommended that you have one on each level of the house, including the basement, and check the batteries yearly.
- 6. Have a readily available means of communication. This is especially important when you live alone. Some people carry a cell phone with them whenever possible or for those that find their mobility significantly compromised, a Medic Alert Button may be recommended by your doctor. You've all seen the commercials on TV. These do carry a monthly cost but they can be extremely valuable, and some insurances may cover them. These buttons when worn will alert family and emergency personnel when a fall is detected, you don't even need to make the call.

So keep these suggestions in mind and watch your step. Stay safe.

Anna Maríe Manzano R.N.

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 edition of the Police Report, I would like to highlight the hiring process of becoming a Police Officer. It begins with a test, either a civil service or a non-civil service test which is issued by individual Cities and Towns. Nahant is a non-civil service Police Department. After a candidate successfully passes an entrance exam, their name is placed on a list.

Once a department needs to fill a vacancy, they refer to the list and call candidates in for interviews. After candidates are interviewed, a background check is conducted. The background check consists of, but is not limited to; criminal, motor vehicle, credit history, social media, previous employment, home visits and speaking with neighbors. Background investigators are specially trained to determine the best quality candidates for the position.

Upon successful completion of the background check, a conditional offer of employment is given to the selected candidate. The offer is conditional, as the candidate now must successfully complete a medical physical examination, psychological examination, physical fitness test and a physical agility test. The conditional offer of employment then turns into an official employment offer at this point.

The candidate is now a "recruit officer", ready to attend a police academy. This encompasses six (6) months of training in a quasi-military atmosphere. This training includes, but is not limited to, classroom lectures, firearms training, emergency vehicle operations, defensive tactics, physical fitness training, alcohol/drug impairment detection to name a few.

After academy graduation, the newly sworn Police Officers enter their Department's Field Training Program. This is usually an additional six (6) months of familiarization of department policies and procedures and performing duties alongside a veteran Officer. During Field Training, the Officers get a feel for "the job" and how to handle various situations. The new Officers are evaluated by their Field Training Officer to begin working by themselves.

The first year of being "on the job" is a new Officers probationary period. This is to assure the Officer abides by departmental policies and procedures and can perform the duties that are encompassed with being a Police Officer. Should a Probationary Police Officer violate a policy or procedure during their first year of employment, they are subject to discipline up to termination.

A career in law enforcement is typically between twenty (20) and thirty (30) years. It is a profession filled with traditions, pride, integrity and professionalism. I am honored to be a Police Officer and even more honored to be a Police Officer for the Town of Nahant. I ask that you keep Police Officers worldwide in your prayers.

Timothy M. Furlong Chief of Police

A COMMUNITY POLICING DEPARTMENT

VETERAN'S FOOD PROJECT

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

June 7 July 12 Aug. 2 Sept. 6

PRE-REGISTRATION: (FIRST TIME ONLY)

ALL FIRST TIME PARTICIPANTS NEED TO PROVIDE VERIFICATION OF VETERAN STATUS

Balsamic Green Bean Salad

This summer salad will not disappoint!
Bring it to your next cookout. Easy, fresh and delicious. This side dish is a great addition to any meal.

Ingredients

- 2 pounds fresh green beans, trimmed and cut into 1-1/2-inch pieces
- 1/4 cup olive oil
- 3 tablespoons lemon juice
- 3 tablespoons balsamic vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground mustard
- 1/8 teaspoon pepper
- 1 large red onion, chopped
- 4 cups cherry tomatoes, halved
- 1 cup (4 ounces) crumbled feta cheese



Directions

- 1. Place beans in a 6-qt. stockpot; add water to cover. Bring to a boil.
- 2. Cook, covered, 8-10 minutes or until crisp-tender.
- 3. Drain and immediately place in ice water.
- 4. Drain and pat dry.
- 5. In a small bowl, whisk oil, lemon juice, vinegar, salt, garlic powder, mustard and pepper.
- 6. Drizzle over beans. Add onion; toss to coat.
- 7. Refrigerate, covered, at least 1 hour.
- 8. Just before serving, stir in tomatoes and cheese.

Monday	Tuesday	Wednesday	Thursday	Friday
Please inform your server if you or any- one in your party has a food allergy.		Menu is subject to change.	Vegetable Frittata, Fruit Salad	Fish and Chips, Salad
Beef over Rice, Veggie, Salad	6 Breakfast for Lunch	7 Orange Chicken, Pepper Jack Potatoes, Salad	BLT Sandwich, Pasta Salad, Chips	9 Greek Style Fish, Rice, Salad
American Chop Suey, Salad	Stuffed Peppers, Sweet Potatoes, Bread	Chicken Salad Plate, Potato Salad, Fresh Fruit, Roll	15 Reuben Sandwich, Pasta Salad, Pickle	Father's Day Lunch Ribs, Mashed Potato, Salad
COA CLOSED JUNETEENTH	Ham, Mac and Cheese, Carrots, Roll	Cathy's Café NO LUNCH SERVED AT TIFFANY	Baked Haddock, Potato, Veggie	Brown Bread Burgers, Beans, Salad
Chicken Noodle Casserole, Salad	Lasagna, Salad, Garlic Bread	Fourth of July Cookout Dory Club	Meatloaf, Mashed Potato, Veggie	Shrimp, Pasta and Broccoli, Salad



EVENTS CALENDAR JUNE



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

	Saturday, June 17. 1-3pm Tiffany Room A Gathering for Dottie Hagoort.		1 9:00 Yoga, RR 10:30-11:00 Meditation, TH	2 8:00am NVC Community Breakfast 9:00Strength, RR 10:30 Balance Class, TH
5 9:00 Strength, RR 10:30-Chair Exercise, TH	6 9:00 Chair Yoga, RR	7 9:00Strength, RR	8 9:00 Yoga, RR 10:30-11:00 Meditation, TH	9 9:00Strength, RR 10:30 Balance Class, TH 1:15-2:15pm Spring Concert, Johnson Elementary School
9:00 Strength, RR 10:30-Chair Exercise, TH 1:00-2:00 Creative Art, TH	13 9:00 Chair Yoga, RR	14 9:00Strength, RR	15 9:00 Yoga, RR 10:30-11:00 Meditation, TH 10:00-11:00am Atty Brian Snell, TH 1:00-2:00 Floral Arrangements, TH	16 9:00Strength, RR 10:30 Balance Class, TH Father's Day Lunch 12:30-2:00pm Market Basket
COA CLOSED JUNETEENTH	20 9:00 Chair Yoga, RR	21 9:00Strength, RR Blood Pressure Clinic 10:30-11:00 11:30-1:30 Cathy's Café/ Putnum Pantry. NO LUNCH SERVED IN TIFFANY ROOM.	22 9:00 Yoga, RR 10:30-11:00 Meditation, TH	23 9:00Strength, RR 10:30 Balance Class, TH
26 9:00 Strength, RR 10:30-Chair Exercise, TH 1:00-2:00 Making Luminarias, TH	27 9:00 Chair Yoga, RR	28 9:00Strength, RR Fourth of July Cookout, Dory Club	29 9:00 Yoga, RR No Meditation Today	30 9:00Strength, RR 10:30 Balance Class, TH 12:30-2:00pm Market Basket

TH = Town Hall

RR = Rose Marie Room, Community Center

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

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

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



Welcome to our newest volunteer, Rita Panczyk Mitchell.

Rita has recently joined the ranks of the volunteers in the Tiffany Room at the Senior Center.

Rita and her husband Tom have lived in Nahant for over 50 years and raised their four children here.

Their two daughters live locally and their two sons live further away. Rita and Tom have twelve grandchildren.

Many of you might remember Miss Panczyk as a sixth grade teacher at the Valley Road School and later as Mrs. Mitchell when she was a substitute teacher in Nahant.

Rita enjoys being with her family. She also enjoys reading, golfing and playing Mahjong with her friends. Rita also enjoys being at the Tiffany Room meeting new friends and also connecting with old friends.

Thanks Rita for your service to our Lunch Bunch Seniors.

MANICURE NOTICE.

Unfortunately, Christina will no longer be doing manicures at Town Hall. We wish her all good things for the future. She will be missed.

If you know of a manicurist who may be interested in this opportunity, please contact Mary, at 781-581-7557.





SUMMER

Find and circle all of the summer words that are hidden in the grid. The remaining letters spell an additional summer item.

J	U	Ν	Е	S	Т	S	S	S	S	Υ	K	S	E	U	L	В	M
U	S	М	Е	А	U	Υ	E	0	U	Н		K		Ν	G	S	А
S	М	W	E	E	А	Ν	L	U	В	Ν	W	Д	S	E	Υ	R	E
U	Т	W	I	R	R	S	G		С	А	В	L	Ν	Α	R	E	R
N	S	Н	٧	Μ	T	С	С	L	Т	Е	А	U	D	T	٧	L	С
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А	G	L	С		С	Ī	R	Ν	Ν	S	L	R	R	Ν	D	Ν	С
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S	E	D	А	L	В	R	E	L	L	0	R	0	s	R		Р	R
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ANTS AUGUST BARBECUE BARBECUE BASEBALL BEACH BEES BICYCLE BLUE SKY BOATING BOATING BREEZE CAMPING FLIES FLOWERS GRENGRASS HOUT FLIES FLOWERS HAT HAT HAT HAT HOLIDAYS HOLIDAYS HOT ICE CREAM			JULY JUNE MOSQUITOES NO SCHOOL PICNIC ROLLER BLADES SANDALS SKATEBOARD SOCCER SOLSTICE SPRINKLERS				SUNBURN SUNGLASSES SUNSCREEN SUNSHINE SUNTAN SWEAT SWIMMING U V RAYS WASPS WATER FIGHTS WATERMELON										



A special thank you to the Nahant Garden Club and the Nahant Beautification Committee. Both groups have joined forces in helping to spruce up and maintain the outside area to the Tiffany Room. The seasonal flowers that were planted are a welcomed delight to look at. The flowers have been noticed and many positive comments have been shared by all who come to visit the Council on Aging. Thank you again!





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-ded	uctible donation as a suppo	orting member:	
Individual \$10.00	Good Friend \$25.00	Great Friend \$50.00	\$Other
Name	Addres	s	
Phone			
	ppreciation of gift notification to:		
Donor name:			
Address:			
Please make checks payabl	e to: Friends of Nahant Co	uncil on Aging, 334 Naha	int Road, Nahant, MA 01908

BIRTHDAYS

- June 1 Mary Maccario, Chris Kourkoulis
- June 2 David Lazzaro, Joel Marie, Janet Flaherty, Sallee Slagle, Stephen Kasper, David Quinn, Anthony Scali
- June 3 Joseph Brugman, Youngae Benson, Thomas DiBenedetto, Heather Johnson, Jane Dantona
- June 4 Mary Donahue, Cecelia Hill, Gretchen Henry, Kathy O'Connor, Judith Shanahan, Kevin Shanahan, Margaret Ackerman, Brenda Perroni, Samuel Fisher
- June 5 Katherine DiVittorio, Colleen Sheppard, Frank Dunion, Owen Kane, Dale Warren, Florence McDonough, Sarah Murray, Elaine White, Lorraine Sanphy
- June 6 Robert Cass, Thomas Parrott, Stephen O'Malley, Michael Davis, Gregory Gore
- June 7 Craig Mosher, Ellen Newlands
- June 8 James Savino, Anne Senk, David Wilson, Lizette Marrero, Katherine Jenkins, Raymond Desmarais, Susan Hooper
- June 9 Barbara Mackey, Stuart Kingsley
- June 10 Roger Beckert, George Dagas, Sean Coffey
- June 11 Lawrence Bradley, Gretchen Sterenberg, Richard Fox, Robert Cronin, Carmel Trentsch
- June 12 Anne Cote, Judith Larkin, Elisabeth Foukal, Carl Ingrao
- June 13 Dorothy Vitale, David Hussey, Shirley Sarpi-Brahm, Patricia Aldrich, Carol Aloupis, Stephanie Angiulo-Costa, Christopher Black, Roger Williams
- June 14 Jeannette White, Darleen Terminello, Janet Lass, Barbara Lebow, Amarilio Rodrigues
- June 15 Daniel Droukis, Conrad Squires, Lynne Spencer
- June 16 Pauline Marra, Michael Lutch
- June 17 Barbara Stamos, Lana Mogan, Sheldon Sevinor, Janina Wabno, Kristina Etter, Sean Campbell
- June 18 Mary Magner, Ellie Connolly, Thomas Neilson
- June 19 Anne Spirn, Alice Volk-Roy, James Clements, Edward Morrissey, Martha Chepeleff
- June 20 Susan DePaolo, Charles Marino, Richard Senk, Dolores Costello, Jeanne Farrow, Mary Dill Barbara Cantalini, Sirabhorn Muntarbhorn
- June 21 Jane "Bonnie" Lombard
- June 22 Donna Damico
- June 23 Janice S. Gomperts, Gregory Poth, Anne Hiland
- June 24 Martin Samuels, Paul Wilson
- June 25 Roger Peladeau, Irene Purdy, Mark Melanson
- June 26 Robert Guiney, Jean Mullen, Robert Tibbo, Douglas Babin
- June 27 Kenneth Taylor, William Mahoney, John Stephen Cody, William O'Connor, Bettie Richardson, Eric Leja, Paul Bertorelli, Erasmo Mitrano
- June 28 Joseph McDonough, Frank Pesco, Teresa Newell, Eileen Simons, Laurie Allard, Brian Murphy
- June 29 Christie Stamos, Laurel LaLiberte, Dolores Merlino, Gary Deines, Mary Marino, Francis Barile, Virginia Burke
- June 30 Richard Hagoort, William Burton, Maria Brooks

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.

