

May 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

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Assistants to the Director

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Jim O'Connor - Transportation
Pat Scanlon - Transportation

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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,

It's May!! The unofficial start of summer! A couple of noteworthy things to consider on our calendar this month. On Thursday, May 4th, from 4pm to 7pm, at the Tides is a fundraiser from the Friends of the Nahant Council on Aging. There are raffle prizes to win and good food and drink to be had. Please put it on your calendar and join us!

Memorial Day will soon be here. We will have our annual Memorial Day Cookout at the Dory Club – weather permitting... Friday, May 26th. Should there be inclement weather we will move it to the Tiffany Room. Please –put it on your calendar.

Did you know? Memorial Day was originally called Decoration Day, named for the decoration of soldier's graves—but the name officially changed in 1967. Memorial Day celebrates all those members of the armed forces who died while serving our country. Here are 5 ways to get back to the true meaning of Memorial Day:

1. Get the Facts about Memorial Day. Although it comes at the end of a carefree weekend, for most – Memorial Day is actually meant to be a somber day of reflection and healing.
2. Take part in a Memorial Day tradition. The day includes red poppies of remembrance and our town Parade and ceremonies. Attending such events is a way of remembering. Also a reminder to take a moment of silence at 3pm, on Memorial Day, as a way to remember all those who died while serving, to keep us safe and free.
3. Adopt an older grave of a veteran and place flowers on it. Some graves have not had any attention in many years. Make it a family tradition and give a young person, the opportunity to learn about the honor of remembering.
4. Wear red, white and blue, but not the flag on Memorial Day.
5. Honor the dead, by supporting living Veterans.

You don't have to wait until Veteran's Day to show your support of living veterans. Many veterans are in need of assistance, whether it's help in accessing healthcare or simply the need for companionship. There are many ways to reach out and make a difference for veterans on Memorial Day.

Have a safe and wonderful month.

Mary

*Nahant Council on Aging
Monday-Friday 9:00-1:00
Closed Monday, May 29, 2023
Memorial Day*

THE MONTH AT A GLANCE

Thursday, May 4. Tides Fundraiser. Friends of Nahant Council on Aging Spring fundraiser at Tides Restaurant. For more details see page 3.

Friday, May 5. NVC Community Breakfast. Please join us for a breakfast presentation by Rev. Scott Elliott. The presentation will outline plans to hold a "PEACE VILLAGE" in Nahant in August. Join us to find out more about this exciting event. For more details, see page 3.

Friday, May 12. Mother's Day Brunch. Reservations are required. Sign up at the Tiffany Room.

Thursday, May 18. Attorney Brian Snell. Make an appointment to discuss your legal concerns with Brian Snell. Sign up at the Tiffany Room.

Saturday, May 20. Annual Town Meeting. Nahant Town Hall, 334 Nahant Rd, Nahant Massachusetts 12:30p.m.

Wednesday, May 24. Our monthly trip to the **Tiger's Den** at LVTI is scheduled to leave the Tiffany Room at 11:15. The cost is \$15. Reservations are required. Please sign up at the Tiffany Room.

Friday, May 26. Memorial Day Cookout. Dory Club. Reservations are required. Sign up at the Tiffany Room.

Dr. Chabot will conduct a hearing clinic at the Tiffany Room.
Tuesday, May 23, 2023.
10:30-11:00
Appointments required.



It's Manicure Mondays!



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

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.



Dr. Uhrich will be at the Tiffany Room on Wednesday, May 10, 2023.
Check your calendars!
Appointments required.



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 held at the Tiffany Room every 3rd Wednesday of the month.
10:00-11:30.

Wednesday, May 17.

No appointment required.



Nahant Community Breakfast



Peace Village with Rev. Scott Elliott

Nahant Village Church has been busy working on developing a local community interfaith peace camp for children. Rev. Elliott will discuss this exciting new summer camp designed to thoughtfully teach peaceful practices to children through music, art, interfaith peace stories, and of course fun and adventure in the great outdoors. Come and hear all about Rev. Elliott's past experiences with Peace Village, the NVC plans for such a camp, how local children can sign up, and how the community can help!

Friday, May 5, 2023 at 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.

Rev. Scott Elliott has participated and led several Peace Villages in other states.

Peace Village is a four-day camp aimed at teaching and exposing elementary school-age children to peaceful practices. This is done through fun, outdoor activities, classes, music and interfaith stories of peace and fellowship.

This will be the first Peace Village held in Nahant and Massachusetts.

Find out specifics about Peace Village and how you can help by joining us on Friday, May 5.

The NVC would like you to know that donations made at the breakfast are once again being put to good use. The Nahant Community Breakfast Program generously provided \$1,000 to the Nahant Village Church Peace Village ministry.

We would also like to mention how grateful we are for the support of the Council on Aging for providing transportation services.

Friends of the Council on Aging

Tides Fundraiser

Join us for dinner!

A portion of restaurant, bar & takeout proceeds will be donated to the Friends of the COA by the Tides. We are very grateful for their support!

**May 4th, 2023
4:00 to 7:00 p.m.**



Thank you for your support!

**Prizes!
Great Food!**

Reservations recommended
781-593-7500 Ext 2

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.



HOPE begins with you.

**Nahant Community
Blood Drive**
Sponsored by Mia Raffaele

Nahant Town Hall - Auditorium
334 Nahant Road
Nahant, MA 01908

Friday, May 12, 2023
1:00 p.m. to 6:00 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: Nahant to schedule an appointment.

Streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment.



RedCrossBlood.org | 1-800-RED CROSS | 1-800-733-2767 | Download the Blood Donor App

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Nahant Public Library Children's Room



**Bring your grandkids to Crafternoon on
Wednesdays at 3 p.m. and Storytime on
Thursdays at 10:15 a.m.**

CARING for the CAREGIVER CONFERENCE

Saturday, May 6th 2023
10am – 3pm

- ♥ Complimentary lunch provided
- ♥ Respite Care provided
- ♥ Registration required

WHERE:

Swampscott High School
200 Essex St.
Swampscott, MA 01907

TOPICS COVERED:

- ♥ Creating an Aging Plan
- ♥ Paid vs. Unpaid Caregiver
- ♥ Local Resources
- ♥ Transportation
- ♥ Prescriptions
- ♥ Medicare/Medicaid
- ♥ Extended Care
- ♥ Self-care
- ♥ 30+ Vendors



Sponsors:

AllCare VNA
Atlantic Hearing
Bertram House
Disability Resource Center
Residence at Vinnin Square
Rosewood

To Register Call
(781) 596-8866

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



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.



May is National Arthritis Month

Arthritis is extremely common. As a matter of fact, most of us will probably experience some form of it in our lives. This is additionally true when you learn that there are over 100 forms of arthritis. The most common form of arthritis is Osteoarthritis, followed by Rheumatoid arthritis, Psoriatic arthritis, infectious arthritis, Lupus, and Gout. Yes, Lupus and gout are also classified under arthritis.

Osteoarthritis, also frequently called Degenerative Joint Disease, is basically wear and tear on our joints, causing the cartilage to break down leaving little or no padding over the joint and the bones rub together. This is usually caused by repeated movement of the joint causing damage over the years. The joints most frequently affected are knees, hips, feet and ankles, and the lower spine, generally weight bearing joints. Symptoms are pain, especially on movement, stiffness of joints, sometimes redness and swelling, and may severely limit movement.

Rheumatoid arthritis is an autoimmune form of arthritis where the body itself attacks the joints. The cause is frequently not known but can be from an inflammation or infection of bacterial, viral, or fungal source. Treatment can be very specific. Other than the usual pain meds and anti-inflammatories, medication can involve biological agents and other meds. Lupus, too, is an autoimmune disease with very specific symptoms, diagnosis and treatment, and can become extremely debilitating. Psoriatic arthritis is related to patchy skin lesions that also involves joint pain and swelling usually caused by inflammation. Treatment involves treating the joint pain as well as dermatological treatment of the skin lesions.

Gout is a very painful condition with redness, and swelling. It is most commonly in the toes, sometimes, feet, and hands, and more common in men than women. It is caused by uric acid crystal buildup in the joints and is treated with pain meds but also meds to reduce the uric acid in the system. Infective arthritis, as it's name indicates, is pain and damage to joints caused by an infection, and it can effect most any joint.

Diagnosis involves Physical exam, X-rays, MRIs etc and lab tests may be needed. Most commonly pain medications are prescribed, NSAIDS, steroids may be needed, as well as medications specific for that disease. Some doctors may recommend an anti-inflammatory diet or supplements like glucosamine and chondroitin, Turmeric, and others. There is no scientific evidence that these are effective, though some people do feel they are helpful. If the joint damage is significant enough, surgical joint replacement may be indicated. When needed, these surgeries can be very effective in promoting normal mobility again.

Risk factors for developing arthritis include repetitive movement, increases with age, increased weight, family history, smoking, and sometimes infections. The symptoms are pretty consistently pain in the joints, especially with movement, swelling and redness may be present as well as stiffness. Certainly there are differences in severity of these conditions with some being mild and others debilitating.

As with so many conditions remaining active and keeping our joints moving is very important in minimizing the stiffness that can come with these diseases. So as much as possible, let's try to get out there and keep moving.

Stay Healthy.

Anna Marie 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 discuss law enforcement and mental health. The response to mental health calls has evolved over the years. Law enforcement changes as society changes. In years past, law enforcement officers would get dispatched to mental health calls and often issue a "section 12". This is merely a piece of paper issued by a Doctor, Clinician or a Police Officer that mandates a person to seek mental health assistance involuntarily. Often these were justified by claiming the person was a harm to him/herself, a harm to someone else or a danger to the public. While section 12's still exists, they are issued a lot less today by law enforcement.

Law enforcement agencies have partnered with mental health agencies as a response to mental health calls for assistance. The Nahant Police does not have the luxury of having a certified clinician on hand, however other agencies have that opportunity. This allows for a civilian certified clinician to respond with police officers to assist the party in need. The clinician is trained in dealing with people in crisis, while the police are present to maintain the safety of everyone involved.

In recent years law enforcement has been scrutinized publicly for fatal incidents with people in crisis. I will not "Monday morning quarterback" any of the incidents in nature. I will say that the state of Massachusetts trains it's police officers to recognize when a person is in crisis and in need of mental health assistance. There is a shift across the industry to allow civilians to respond without a law enforcement presence. The mindset of such a response is that the presence of law enforcement may trigger the person in crisis and escalate the situation. It will be interesting to see if there is a smooth transition to a civilian response to mental health calls for service.

Mental health of police officers has become a much-needed trend across the industry. Many departments are mandating mental health debriefings after a traumatic incident. First responders often deal with traumatic incidents involving other people. However, the horrific things we deal with affect our own mental health. Post traumatic stress disorder is often the cause of first responder suicides. Various programs and services are now available to first responders that were never offered in years past.

The stigma that was once attached to a person in crisis is no longer. Law enforcement officers are trained to respond to mental health calls for service differently than we were in years past. We understand that everyone is dealing with issues in their lives to include our own. We are here to assist people get the help they need.

Timothy M. Furlong
Chief of Police



ART IN BLOOM!

For more than four decades, the beloved event has paired art from the MFA's collection—from ancient to contemporary with floral interpretations created by New England-area garden clubs and professional designers.

Our Nahant Garden Club was represented by this fascinating arrangement by Janice Quinn and Karen Savino.

Congratulations to all who contributed to this event.

Dr. Taylor Chabot gave an interesting presentation about hearing loss and it's impact on a person's quality of life.

A hearing Clinic will be available at the Tiffany Room beginning in May. Watch for notices.



It was so interesting and fun to see all the dolls that Jenny had refurbished.

Her work shows her love of dolls. How many of us have these treasures hidden in our attics! Call the Doll Doctor for help!



It was an entertaining afternoon to say the very least!

Mae West made a visit to the Council on Aging that was unforgettable!



"It isn't what I do, but how I do it. It isn't what I say, but how I say it, and how I look when I do it and say it."

VETERAN'S FOOD PROJECT

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

May 3

June 7

July 12

Aug. 2

Sept. 13

PRE-REGISTRATION: (FIRST TIME ONLY)

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

STRAWBERRY LEMONADE



Whether you are planning a Mother's Day brunch or a Memorial Day gathering, everyone will enjoy this fresh and fragrant drink!

DIRECTIONS

INGREDIENTS

- **1 lb.** strawberries, plus more to garnish
- **1 1/2 c.** granulated sugar
- **2 c.** fresh lemon juice, strained and divided
- Ice, to serve
- Lemon slices, to garnish

1. Hull and quarter the strawberries.
2. Place the strawberries in a large bowl, stir in the sugar and $\frac{1}{4}$ cup lemon juice. Allow to sit, covered for 30 minutes.
3. In a countertop blender, blend the strawberry mixture until pureed.
4. Strain the mixture through a fine mesh sieve to get the seeds out.
5. In a large bowl, combine the strawberry puree with the remaining $1 \frac{3}{4}$ cups of lemon juice and 4 cups of water.
6. Add up to 1 additional cup of water to taste if the mixture is too sweet or strong.
7. To serve, stir the lemonade and pour it over ice.
8. Garnish with sliced lemon and strawberries.

Notes:

- *To get 2 cups of lemon juice, you'll need about 12 lemons. The effort is worth every sip!*
- *Give this drink an herbaceous boost with basil or mint leaves.*
- *Make it bubbly with sparkling water or ginger beer.*
- *Turn it into an adults-only treat with vodka or tequila.*



A right whale visits Nahant on it's way north. Because it's body is made of about 40% blubber, it was the "right whale" to hunt!

The North Atlantic Right Whale is one of the most critically endangered populations of large whales in the world. Currently, North Atlantic right whale populations are estimated to be less than 440 individuals.



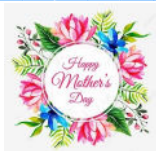
Another great lunch!

Great staff!

Great food!

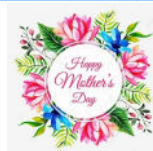
Great friends!





May Tiffany Café Menu

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



Monday	Tuesday	Wednesday	Thursday	Friday
1 Beef Stew, Salad, Roll	2 Greek Frittata, Fruit Salad	3 Chicken Taco Salad,	4 Sweet and Sour Pork, Rice, Veggie	5 Steak, Pepper and Onion Sub, Chips
8 American Chop Suey, Salad, Bread	9 Tuna Noodle Casserole, Veggie, Roll	10 Chicken Piccata, Roast Potato, Veggie	11 Baked Haddock, Potato, Veggie	12 Mother's Day Brunch: Baked Egg and Cheese Casserole, Ham, Fruit
15 Meatloaf, Potato, Veggie	16 Lemon Chicken, Green Beans, Roasted Potatoes, Salad	17 Pork Tender- loin over Roasted Apples, Roasted Potato, Veggie	18 Honey Garlic Kielbasa with Cheesy Noodles, Veggie, Roll	19 Pizza Party, Salad
22 Chicken Alfredo, Broccoli, Salad	23 Cuban Sandwich, Potato Salad, Veggie	24 TIGER'S DEN NO LUNCH AT TIFFANY ROOM	25 Reuben Sandwich, Potato Salad, Pickle	26 Memorial Day Cookout: Hamburgers, Hot Dogs, Potato Salad, Baked Beans
29 COA CLOSED 	30 Summer Spaghetti, Salad, Roll	31 Chicken Cacciatore over Pasta, Salad	Menu is subject to change.	Please inform your server if you or any- one in your party has a food allergy.



EVENTS CALENDAR

MAY 2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Manicures 9:00 Strength, RR 10:30- Exercise, TH	2 9:00 Chair Yoga, RR	3 9:00 Strength, RR	4 9:00 Yoga, RR 10:30-11:00 Meditation, TH	5 8:00am NVC Community Breakfast 9:00Strength, RR 10:30 Balance Class, TH
8 Manicures 9:00 Strength, RR 10:30- Exercise, TH	9 9:00 Chair Yoga, RR	10 9:00 Strength, RR 9:00-1:00 Podiatrist, TH	11 9:00 Yoga, RR 10:30-11:00 Meditation, TH	12 9:00Strength, RR 10:30 Balance Class, TH 12:30-2:00pm Market Basket
15 Manicures 9:00 Strength, RR 10:30- Exercise, TH	16 9:00 Chair Yoga, RR	17 9:00 Strength, RR Blood Pressure Clinic 10:30-11:30	18 9:00 Yoga, RR 10:30-11:00 Meditation, TH 10:00-11:00am Atty Brian Snell, TH	19 9:00Strength, RR 10:30 Balance Class, TH
22 Manicures 9:00 Strength, RR 10:30- Exercise, TH	23 9:00 Chair Yoga, RR 10:30-11:00 Hearing Clinic, TH	24 9:00 Strength, RR 11:15-1:00pm Tiger Den	25 9:00 Yoga, RR 10:30-11:00 Meditation, TH	26 9:00Strength, RR 10:30 Balance Class, TH 11:30 Memorial Day Cookout, Dory Club 12:30-2:00pm Market Basket
29 COA CLOSED 	30 9:00 Chair Yoga, RR	31 9:00 Strength, RR		

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

Getting in shape for
summer can be fun!
Something new is always
being added.
Check out all our
programs and join
in the fun!



Thank you to
Stop and Shop
for donating these
beautiful tulips.
Our seniors were so
thrilled to be given such a
welcome and thoughtful
sign of Spring!

Finish the Phrase 1

1. Sight for —
2. A bed of —
3. A blast from —
4. A bolt from —
5. A diamond is —
6. A drop in the —
7. A fate worse —
8. A foregone —n
9. A frog in —
10. A good man is —
11. A horse, a horse, my kingdom —
12. A house divided against itself —
13. A knee jerk —
14. A labor of —
15. A laughing —
16. A leopard cannot —
17. A lick and —
18. A little knowledge is a—
19. A man after —
20. A man's got to —
21. A Molotov —
22. A multitude —
23. A picture paints —
24. A rose is a —
25. A shot across —
26. A small step for man—
27. A sorry —
28. A square —
29. A stool —
30. A thing of beauty is —
31. A whiter shade —
32. Abandon hope all —
33. Absence makes —
34. Ace in —
35. All that glitters —
36. An eye for an eye, —
37. Between a rock —
38. Discretion is the —
39. Eat drink and —
40. Finger lickin —

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

In memory of:

Ken Gavin

Mary Nagle

Brian Robinson



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 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

May 1 - John Osbahr, Linda Gaudet, Judith Murphy
 May 2 - Peter Vernam, Gail McCann, Joanne Dunn, Phyllis Hairston, Beatrice Carmine
 May 3 - Sheila Zamejtis, Dale Cullinan, William Newell, Mary McGranahan
 May 4 - Paul Fiore, Maryann Corinha, Cynthia Dalpe, Paul Pallotta, MaryLou Canty
 May 5 - David Lewis, Daniel Hamill, Malcolm Hill, Richard Aswad, Michael Shires
 May 6 - Linda Hall
 May 7 - Carter Smith, Candace Cahill, James Holland, William Kelley, Gayle Billias,
 Johanna O'Sullivan, Carol Ann Price, Louise Campanella
 May 8 - Denise Fields-Hitch, Timothy Hosker, Bruno Diprimio
 May 9 - Jeffrey Musman, Cheryl Montana, Biba Rozenbaum, James Mccurdy
 May 10 - Linda Eveleigh, Harry Mckee, Edith Richardson, Karen Falat, Andrea Lane, **Diane Monteith**,
 Donna Steinberg, Barbara Rizzo,
 May 11 - Timothy Harris, John Moleti, Charles Arena
 May 12 - Joanne Fucile, James Koutroubis, George Mihovan, Jeannette Champion, Richard Moleti,
 Richard Melanson
 May 13 - Michael Kaplan, Robert Fannon, Rochelle Sjolseth
 May 14 - Norman LeBlanc, Caron Sanphy, Franca Centorrino
 May 15 - Karen O'Callaghan, Arthur Calavritinos, Deborah Hornig
 May 17 - Francis Mahoney, Margaret Smith, John Hawko, William Clements, Anthony Maltacea
 May 18 - John Crowley, James Passanisi, Gail Hyde, Mary Donovan, Laurie Proulx, Martin DerKazarian,
 Laura Holland
 May 19 - Mary Irene Dickenson, Melissa Gallery, Lynor Carroll, Gaye Clements, Catherine Walton
 May 20 - Hester Schepens, Steven Switzer, Teresa Clark, Arline Clifton, Ann Farr
 May 21 - Joseph Waldron, Jeffrey Price, Deborah Aliff, James Malone, Geoffrey Loynd,
 Joseph Placet
 May 22 - Lynn St Amour, Anne Subbs, Joanne Campbell
 May 24 - Ruthanne Switzer, Jean Lucantonio
 May 25 - James Walsh, Susan Pioli, Paul Cronin
 May 26 - Roger Berkowitz, Linda Jenkins, Maryann Reis, John Martin, Elizabeth Thompson,
 Candace Thornton
 May 27 - Panos Voukydis, James O'Connor, Francis Farr, Denise Dicarlo
 May 28 - Maria Stanley, Dawn Champagne, Christopher Ward, Louise Cox
 May 29 - Priscilla Clark, Sarah Anderson, Margaret Szczawinski, James Hosker, Daniel Fiore
 May 30 - **Antonette Spinucci**, William Burchell, Patricia Podrug, Joy Loguercio,
 Kenneth Turino, Joseph Giardella, Weston Hardy, Leslie Hardy, Timothy Bell
 May 31 - Mary Messina, Gad Geiger, Susan Tracy, Martha Koscielecki, Ellen Morse,
 Mary Cuddy-Cormier

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.**