

AUGUST 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

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Donna Steinberg - Vice Chairman

Emily Potts - Treasurer

Janet Taylor-Secretary

Sheila Hambleton

Linda Jenkins

Lollie Ennis

Carol Sanphy

Farris Vanmeter

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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 the lazy, hazy days of summer! July was hot and muggy, as you know. Hopefully, August will give us those wonderful sea breezes and start to cool off a little. But we still have plenty of summer left!! We have a busy month ahead ... so let's get to it!

We begin by visiting the Sand Sculptures at Revere Beach. Please sign up if you wish to go. Seating is limited to 13 seats.

We postponed our Mystery Ride from July to August. That replacement date is coming up on August 10th . So please sign up again.

There is a fundraiser for the Council on Aging being held on Saturday August 19th at the Life Saving Station in the evening. More information on the inside of this newsletter.

We continue to create art with Erica. This time she will be working with spatulas and paint and splashing different colors on the canvas. Please sign up for Monday August 14th after lunch.

And at the end of the month, we return to Essex to go on another cruise again, because we literally missed the boat the last time! We had fun nonetheless and enjoyed each other's company. So we will be going again on August 31st. So if you were interested in going before and didn't get a chance, now is the time to go.

That's some of our calendar events coming up this month. Please look inside and see what is happening. As always I am happy to hear your ideas and thoughts. Stay cool and be safe .

Mary

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

Wednesday, August 2. Sandcastles at Revere Beach. Enjoy a stroll on America's first public beach and view the sand sculptures and maybe grab an ice cream or lime rickey. Sign up at the Tiffany Room. Seating is limited. The bus will leave after lunch (approx. 1:00pm)

Friday, August 4. Nahant village Church. *THERE WILL **NOT** BE A COMMUNITY BREAKFAST THIS MONTH, DUE TO CONSTRUCTION. SEE YOU IN SEPTEMBER!*

Thursday, August 10. Mystery Ride. Everyone loves a mystery, right? Join in the fun and come along for an afternoon adventure. Sign up at the Tiffany Room. Seating is limited. The bus will leave after lunch. (approx. 1:00pm)

Monday, August 14. Creative Art with Erica, 1:00-2:00. We never know what we'll be in store for, but the result is always interesting and beautiful. Let your creativity flow and relax the afternoon away. Registration is required. Limit 12.

Tuesday, August 22. "Refuse To Be A Victim". A presentation on public safety and safety education, by Wendy Kessler. Tiffany Room. 12:30, after lunch.

Wednesday, August 23. Making Luminarias, 1:00-2:00, Tiffany Room. Create these beautiful lanterns to illuminate your yard or porch this summer! Sign up at the Tiffany Room. \$5.00 fee for materials.

Wednesday, August 30. LaLiberte Exhibit, Nahant Historical Society. Our bus will provide transportation to Valley Road to view the LaLiberte Exhibit, from Town Hall. We will leave at 1:00pm.

Thursday, August 31, Essex River Cruise. Enjoy a delicious lunch at the Village Restaurant in Essex before the cruise. Followed by a relaxing cruise along the Essex River as we glide past islands, historic mansions, wildlife, and stunning scenery. See page 4 for more details.

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. Chabot will conduct a hearing clinic at the Tiffany Room.

Thursday, Aug. 24, 2023.

10:30-11:00

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

August 16, 2023

No appointment required.





Party Starts at 6pm!

Music provided by Sweet Soul Sounds.

Brett Henry Catering will provide Appetizers : Sirloin Sliders, Lobster Finger Sandwiches and Desserts.

Cash Bar and Champagne Fountain.



Tickets are \$100.00 per person.

To purchase tickets contact:

Peter Barba @ 781-715-4957, Lynda Fields @ 617-548-5496


Make checks payable to Barefoot Black Tie 2023.

PROCEEDS TO BENEFIT NAHANT COUNCIL ON AGING.


Overcoming Racism

Racism is not an unsolvable tug of war. Using the book:
Waking Up White: And Finding Myself in the Story of Race
 by Debby Irving, we will discover our power to make the world a
 more humane place to live, work, and thrive.



**Stop by Nahant Library today
and borrow the book**

**Come back Sun. Aug. 6, 4:00
for the first of 5 discussions**



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 Village Church
Nahant Public Library	Greater Lynn Senior Services



NAHANT'S MARKET BY THE SEA

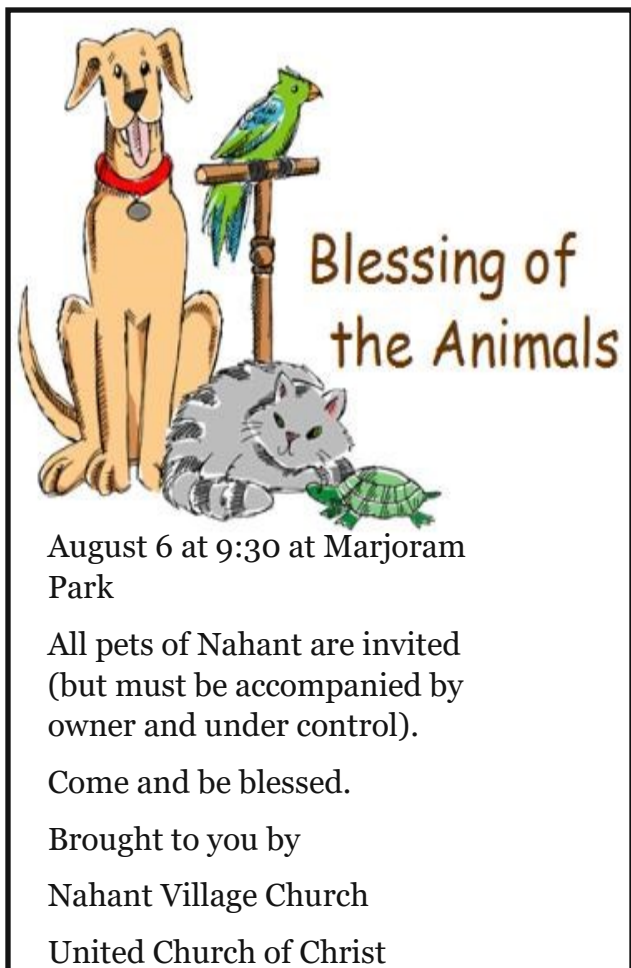
SATURDAYS
 10AM-1PM @ FLASH ROAD PARK
 JULY 15TH, AUGUST 19TH, SEPTEMBER 16TH AND OCTOBER 14TH

LOCAL VENDORS AND ARTISANS
 JEWELRY AND CLOTHING
 POTTERY, HOMEMADE WARES, PAINTINGS
 FOOD AND REFRESHMENTS
AND SO MUCH MORE!!

TO BECOME A VENDOR EMAIL KTAYLOR@NAHANT.ORG
 OR VISIT OUR MARKET PAGE AT NAHANT.ORG



THURSDAY, AUGUST 31
 Village Restaurant
 Essex River Cruise—RE-DO!
 \$27.00 (Cruise ONLY)
 Lunch is separate.
 Make Checks out to Town of Nahant
 Memo— for COA.
BUS LEAVES TOWN HALL AT 10:30.



Due to upcoming construction,
Nahant village Church
will NOT hold
Community Breakfast
in August.
We apologize for the inconvenience.



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:

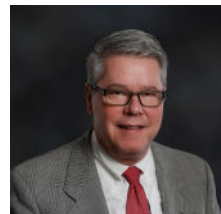
617-337-2727

Podiatrist, Dr. Fernandez 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

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.



The Police Report



In this edition of the Police Report, I would like to talk about the “Thin Blue Line”. The term often refers to Police Officers, as a symbol of the color of the uniforms most wear. The term quickly turned into a symbol, which spread to a wide variety of items to display the Thin Blue Line. The colors of the symbol are black on top, blue in the middle and black on the bottom. The colors are displayed in flags, bumper stickers, etc. The original meaning of the symbol was to distinguish good and evil in the world, with Police Officers in the middle keeping the peace.

Professional Police Officers see this symbol as much more. The Thin Blue Line is a calling for those that walk it every day. It symbolizes a fraternity of men and women worldwide. The symbol is a sign of support and love for the true professionals. It is often displayed by family members of Police Officers as well as a show of support. It is often relied on in the times when Police Officers fall in the line of duty.

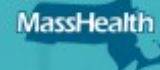
Recently, members of the Nahant Police Department assisted the Peabody Police Department in their time of need. A young active Police Officer from Peabody lost his life due to complications of surgery. While it was not a line of duty death, the Peabody Police were in mourning. Nahant Police Officers patrolled and dispatched for the City of Peabody to allow for their Officers to attend Ofc. Breckenridge’s funeral services.

In a time of mourning, Police Officers rely on each other. We rely on the Brotherhood and Sisterhood of the Thin Blue Line. That is what the Nahant Police Department did for the Peabody Police Department in their time of need. The next time you see the Thin Blue Line, just remember it resembles a lot for the person displaying it.

Timothy M. Furlong
Chief of Police



MEDICARE SAVINGS PROGRAM



COST SAVINGS

Many people who have Medicare are on fixed incomes and are looking for ways to lower their health care costs and save money. That's where a Medicare Savings Program can help.

NEW ASSET & INCOME LIMITS

On January 1, 2023, the asset limits for Medicare Savings Programs increased. On March 1, 2023, income limits for Medicare Savings Programs increased.



CONTACT

1-800-841-2900
TDD/TTY: 711

ABOUT

If you are a Massachusetts resident with limited income and assets, who is eligible for Medicare, you may qualify for a Medicare Savings Program that will pay your monthly Medicare Part B premium, which is now deducted from your Social Security benefit. In certain cases, a Medicare Savings Program may also pay your out-of-pocket Medicare Part A and Part B costs and your Part A premium (if you have one).

If you qualify for a Medicare Savings Program, you will also automatically qualify for Extra Help, a program that will help pay for your prescription drugs under Medicare.

DO I QUALIFY?

01

If your income and assets are at or below the amounts listed in the chart (pictured right) as of March 2023, you may qualify for help from one of several Medicare Savings Programs.

02

Call MassHealth's Customer Service Center at 1-800-841-2900, or TTY at 7-1-1, and request a Medicare Savings Programs Application. You can also download the application at mass.gov/MSPapp

03

Fax the completed application to (857) 323-8300; or sign and return it to:
MassHealth Enrollment Center
PO Box 4405
Taunton, MA 02780-0968

Or submit the completed application at a MassHealth Enrollment Center drop box in Charlestown, Quincy, Taunton, Tewksbury, or Springfield.

You Are	Your income is at or below	And your assets are at or below
Single Individual	\$2,734 per month	\$18,180
Married Couple	\$3,698 per month	\$27,260

Amounts are subject to change annually



August is National Immunization Awareness Month

Appropriately for Immunization Awareness Month, we now have a new vaccination available to older adults. It is a vaccination for RSV, or Respiratory Syncytial Virus. You may, or may not, have heard of this virus.

Though RSV seems to be a new virus, it was first identified in 1956. RSV is usually seen in children. Most children have only minor symptoms, but it is becoming more prevalent, and older adults are increasingly infected as well. Symptoms of RSV are fever, headache, cough, congestion, sore throat, runny nose, and fatigue. Where have we heard those before? It is spread by coughing or sneezing, and a person is usually contagious for 3-8 days and can last up to two weeks. Since the symptoms are the same as colds, flu, and COVID, a Rapid Molecular Test has been developed to aid in diagnosis. As RSV is a virus, treatment with antibiotics is not effective. Recommended treatment at home consists of cough medicines and NSAIDS or Tylenol for fever. Hand washing, covering your face, and avoiding contact are the best means of avoiding RSV.

Despite the fact that most cases in older children are mild, there are about 58,000 children hospitalized with it every year. RSV is the leading cause for hospitalization of babies, far more than the flu. Sadly, as many as 500 children die of it every year.

Older adults, unfortunately, are much more likely to have a serious response to RSV because of the typical weakening of the immune system in the elderly. Surprisingly, about 177,000 older adults are hospitalized with it every year and up to 10,000 die of it annually according to the CDC. It has been found that persons with a history of Congestive Heart Failure (CHF), COPD, or asthma most commonly have bad outcomes. Many persons are left with long term tissue or organ damage that can last for months or can become chronic lung or heart disease.

Because of its severity, researchers including Dr. Edward Walsh, MD, have been working to find a vaccine for RSV since the 1980s. Just this summer, June 2023, the U.S. FDA approved ABRYSVO, produced by Pfizer, for the prevention of RSV in older adults, with about 85% effectiveness. It is still not approved for children because of the increased difficulty with dosing and safety testing in smaller bodies.

Dr. Ann Falsey, MD, another researcher with the UR Vaccine Treatment Evaluation Unit say” RSV is the worst disease that nobody knows about.” Knowing about it now might make us grateful that we now have a vaccine and might make us think about getting it. And next month we will probably start hearing about another round of Flu vaccinations, possibly combined with another COVID vaccination. I for one, am grateful that the research is moving so fast and offering us good protection to these potentially deadly illnesses. Let’s not forget that other vaccines are still very important too, like Tetanus boosters, measles, chicken pox etc. All of these older ones are available through your pharmacy. The RSV vaccine is approved but not in the pipeline yet, so stay tuned.

Stay well,

Anna Marie Manzano R.N.



LEARN MORE

HealthinAging.org
Trusted Information. Better Care.

Ten Medications Older Adults Should Avoid or Use with Caution

Because older adults often experience chronic health conditions that require treatment with multiple medications, there is a greater likelihood of experiencing unwanted drug side effects. Older people can also be more sensitive to certain medications. To help you make better informed decisions about your medications, and to lower your chances of overmedication and serious drug reactions, the American Geriatrics Society Health in Aging Foundation recommends that older people be cautious about using the following types of medications, including some that can be purchased without a prescription (over-the-counter).

- ▶ **If you are taking any of these medications, talk to your healthcare provider or pharmacist.**
- ▶ **Do not stop taking any medication without first talking to your healthcare provider.**

Medication

Reasons

Non-Steroidal Anti-Inflammatory Drugs (NSAIDs)

USE WITH CAUTION

Used to reduce pain and inflammation.
AVOID regular, long-term use of NSAIDs

- When good alternatives are not available and NSAIDs are necessary, use a proton pump inhibitor such as omeprazole (Prilosec) or misoprostol (Cytotec) to reduce bleeding risk.
- Use special caution if you are at higher risk of developing bleeding stomach ulcers. Those at higher risk include people more than 75 years old, people taking oral steroids, and people taking a blood-thinning medication such as apixaban (Eliquis), aspirin, clopidogrel (Plavix), dabigatran (Pradaxa), edoxaban (Savaysa), rivaroxaban (Xarelto), or warfarin (Coumadin).
- Also use special caution if you have kidney problems or heart failure.

NSAIDs can increase the risk of bleeding stomach ulcers. They can also increase blood pressure, affect your kidneys, and make heart failure worse.

Aspirin (for certain people - see below)

USE WITH CAUTION

Used to prevent heart attacks and strokes

- If you have NEVER had heart problems or a stroke, the harms of aspirin can outweigh its benefits.
- If you HAVE had heart problems or stroke, aspirin is usually recommended to prevent future heart problems or strokes.
- Talk with your healthcare provider if aspirin is right for you.

Aspirin can increase the risk of stomach bleeding.

Digoxin (Lanoxin)

USE WITH CAUTION

Used to treat heart failure and irregular heartbeats.

- For most older adults, other medications are safer and more effective.
- Avoid doses higher than 0.125 mg per day. Higher doses increase toxicity and provide little additional benefit.
- Be particularly careful if you have moderate or severe kidney problems.

It can be toxic in older adults and people whose kidneys do not work well.

Medication

Reasons

Certain Diabetes Drugs

USE WITH
CAUTION

- Glyburide (Glynase), glipizide (Glucotrol), glimepiride (Amaryl), gliclazide.

These can cause dangerously low blood sugar.

AVOID Muscle Relaxants

- Such as cyclobenzaprine (Flexeril), methocarbamol (Robaxin), carisoprodol (Soma), and similar medications.

They can leave you feeling groggy and confused, increase your risk of falls, and cause constipation, dry mouth, and problems urinating. Plus, there is little evidence that they work well.

AVOID Certain Medications used for Anxiety and/or Insomnia

- Benzodiazepines, such as diazepam (Valium), alprazolam (Xanax), and chlordiazepoxide (Librium).
- Sleeping pills such as zaleplon (Sonata), zolpidem (Ambien), and eszopiclone (Lunesta).

They can increase your risk of falls, as well as cause confusion. Because it takes your body a long time to get rid of these drugs, these effects can carry into the day after you take the medication.

AVOID Certain Anticholinergic Drugs

- Antidepressants amitriptyline (Elavil) and imipramine (Tofranil).
- Anti-Parkinson drug trihexyphenidyl (Artane).
- Irritable bowel syndrome drug dicyclomine (Bentyl).

They can cause confusion, constipation, dry mouth, blurry vision, and problems urinating (in men).

AVOID Certain Over-the-Counter (OTC) Products

- AVOID products that contain the antihistamines diphenhydramine (Benadryl) and chlorpheniramine (AllerChlor, Chlor-Trimeton). These medications are often included in OTC remedies for coughs, colds, and allergies.
- AVOID OTC sleep products, like Tylenol PM, which contain antihistamines such as diphenhydramine.

Although these medications are sold without a prescription, they are not risk-free. They can cause confusion, blurred vision, constipation, problems urinating, and dry mouth.

AVOID Estrogen Pills and Patches

- Typically prescribed for hot flashes and other menopause-related symptoms.

They can increase your risk of breast cancer, blood clots.

If you are NOT being treated for psychosis

USE WITH
CAUTION

- Use antipsychotics such as haloperidol (Haldol), risperidone (Risperdal), or quetiapine (Seroquel) WITH CAUTION. These medications are commonly used to treat behavioral problems in older adults with dementia.

They can increase the risk of stroke or even death in older adults with dementia. They can also cause tremors and other side effects, as well as increase your risk of falls.



40 FULTON STREET
SUITE 809
NEW YORK, NY 10038
212.308.1414 TEL
Info@healthinaging.org

The AGS Health in Aging Foundation is dedicated to improving the health, independence, and quality of life of all older people. We aim to empower older adults and caregivers to actively participate in their health care and decision-making.

DISCLAIMER: This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other healthcare provider. Always consult your healthcare provider about your medications, symptoms, and health problems. April 2023

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VETERAN'S FOOD PROJECT

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

Aug. 2 Sept. 13

PRE-REGISTRATION: (FIRST TIME ONLY)

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

ANN'S MEATLOAF

Due to popular demand, we are sharing the recipe for meatloaf which we serve on a monthly basis. We have pared down the recipe to serve 6-8, not 30!

Ingredients

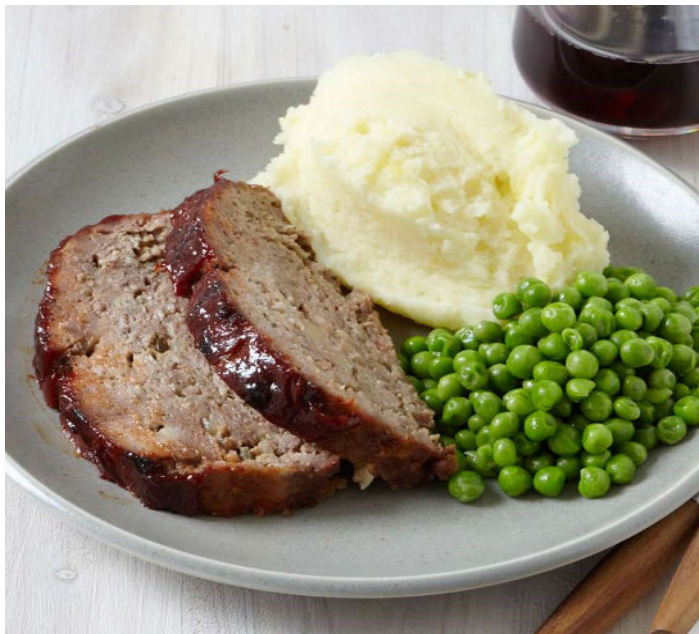
- 1 1/2-2 lbs. Hamburg (ground chuck, 80/20)
- 1 Envelope Lipton Onion Soup Mix
- 4 Slices Fresh White Bread (cut into cubes)
- 2 Eggs, beaten 3/4 Cup Water
- 1/3 Cup Ketchup

Directions

Mix all ingredients.

Place in baking pan.

Bake 350° for 1 hour 10 minutes.



This is a comfort food classic.

Maybe you should wait for a cooler day in September to try it out!





Tiffany Café Menu



**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.	1 BBQ Chicken, Potato Salad, Tomato and Cucumber Slices	2 Hot Dogs, Baked Beans, Fruit	3 Tortellini with Summer Veggies, Salad,	4 Greek Style Fish, Potato, Salad
7 Chicken Noodle Casserole, Salad	8 Greek Salad, Zucchini Moussaka with Rice	9 Sausage and Pasta, Salad	10 Baked Caprese Chicken, Pasta, Salad, Roll	11 BBQ Ribs, Mashed Potato, Salad
14 Beef and Vegetables over Rice, Salad	15 Fettuccini Alfredo, Garden Salad, Garlic Bread	16 BLT, Cole Slaw, Chips	17 Honey Garlic Meatballs, Pasta, Roll	18 Super Grilled Cheese Sandwich, Tomato Soup
21 American Chop Suey, Salad	22 Chicken with Oregano, Roasted Potato, Veggie	23 Fish, Potato, Salad	24 Pork Ten- derloin, Potato, Veggie,	25 Ruben Sandwich, Potato Salad, Pickle
28 Baked Fish, Potato, Veggie, Salad	29 Submarine Sandwich, Chips, Fruit	30 Vegetable Frittata, Fruit Salad	31 Tuna Noodle Casserole, Salad, Roll	Menu is subject to change.



EVENTS CALENDAR

AUGUST



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1 9:00 Chair Yoga, RR	2 9:00Strength, RR 10:30 Chair exercise, TH 12:30 Sandcastles, Revere Beach	3 9:00 Yoga, RR 10:30-11:00 Meditation, TH	4 NO Community Breakfast at NVC. 9:00Strength, RR 10:30 Balance Class, TH
7 9:00 Strength, RR 10:30-Chair Exercise, TH	8 9:00 Chair Yoga, RR	9 9:00Strength, RR 10:30 Chair exercise, TH	10 9:00 Yoga, RR 10:30-11:00 Meditation, TH 1:00 Mystery Ride??????	11 9:00Strength, RR 10:30 Balance Class, TH 12:30-2:00pm Market Basket
14 9:00 Strength, RR 10:30-Chair Exercise, TH 1:00 Creative Art with Erica, TH	15 9:00 Chair Yoga, RR	16 9:00Strength, RR 10:30 Chair exercise, TH Blood Pressure Clinic 10:30-11:30	17 9:00 Yoga, RR 10:30-11:00 Meditation, TH 10:00-11:00am Atty Brian Snell, TH	18 9:00Strength, RR 10:30 Balance Class, TH
21 9:00 Strength, RR 10:30-Chair Exercise, TH	22 9:00 Chair Yoga, RR 12:30 Don't Get Scammed by Wendy Kessler, TH	23 9:00Strength, RR 10:30 Chair exercise, TH 1:00 Making Luminarias, TH	24 9:00 Yoga, RR 10:30-11:00 Meditation, TH 10:30-11:30 Hearing Clinic, TH	25 9:00Strength, RR 10:30 Balance Class, TH 12:30-2:00pm Market Basket
28 9:00 Strength, RR 10:30-Chair Exercise, TH	29 9:00 Chair Yoga, RR	30 9:00Strength, RR 10:30 Chair exercise, TH 1:00-2:00 LaLiberte Exhibit, Historical Society	31 9:00 Yoga, RR 10:30-11:00 Meditation, TH 10:30 Departure Lunch @ Village Restaurant. Essex River Cruise.	Saturday, August 19. Barefoot Black Tie Fundraiser Short Beach

TH = Town Hall

RR = Rose Marie Room, Community Center

VOLUNTEERS OF THE MONTH

We have been showcasing the many volunteers who are the friendly faces you see when you arrive at the Tiffany Room for lunch. There are so many more who are behind the scenes. We wanted to recognize them this month.

Thank you to our chefs who plan and prepare our meals: Linda Bennett, Ann Callahan, Lisa Flanagan, Kathy Hatfield, Jim Konowitz, Brian McGilloway, Linda L. Peterson, Penny Ross, and of course, Brett Henry. We are all so grateful to you for providing such delicious meals for us every day.

Thanks to our dessert elves, who drop by daily with wonderful treats like brownies, cakes, gingerbread, cookies and so many others: Pauline Anderson, Ellen Antrim, Ann Callahan, Debbie Cashman, Susan Downs-Cripps, Lorraine Dimuzio, Linda Lehman, Diane Locke, Lana Mogan, Penny Morse, Carol Nelson, and Lisa Rizzo. There is nothing like a sweet treat to put a smile on our faces.

Holiday pies are especially enjoyed by everyone at the Tiffany Room thanks to Mike Manning who bakes us apple, pumpkin, blueberry and cherry pies, depending on the season. A homemade pie brings everyone back to their childhood. Thank you Mike.

WE ARE SO FORTUNATE AND GRATEFUL TO BE LIVING IN SUCH A WONDERFUL TOWN, FULL OF SUCH GENEROUS AND THOUGHTFUL PEOPLE. THANK YOU, ALL.



We literally missed the
Essex River Cruise
boat!

We still had a great
day!

We have rescheduled
the cruise and are
planning to be there on
time on August 31!



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.



Art with
Erica



PUZZLE OF THE MONTH

FLOWERS

Find and circle all the flowers hidden in the grid.

The remaining letters spell a secret message, - a quotation from Romeo and Juliet.

P L A V E N D E R A C R O A R A O S A
Y I A I N U T E P E D A N E E E R D R
S U L O I D A L G O G T L S W G C L E
I C B U Y A N T R Y H N K I O N H O B
A H A S T E R N O U N C I Y L A I G R
D R E H T A E H R N O O A G F R D I E
F Y E O B D D I H H E L E L N D B R G
O S T W L I U E Y T S M I P R Y E A A
X A A O O M R L L T N S T H O H L M M
G N G I E L L D R P I I R E C S L N A
L T F A S O F O O A H K C M G I F D R
O H U E H E E N N F C I C A W R L A Y
V E C O U M E T U O P A N E Y I O F L
E M H L E D H R T S L A R I S H W F L
C U S R S U M S F L E L R N U O E O I
I M I L S G E R A N I U M A A M R D S
T A A H T A E R B S Y B A B D T A I S
A S I T A M E L C W O R R A Y I I L S
T E L O I V B O U V A R D I A W S O E
S L I L Y S N A P D R A G O N E T E N

ALSTROEMERIA
AMARYLLIS
ANTHURIUM
ASTER
BABY'S BREATH
BELL FLOWER
BIRD OF PARADISE
BOUVARDIA
CALLA
CARNATION
CHRYSANTHEMUM
CLEMATIS

CORNFLOWER
DAFFODIL
DAISY
DELPHINIUM
FORGET-ME-NOT
FOXGLOVE
FREESIA
FUCHSIA
GERANIUM
GERBERA
GINGER
GLADIOLUS

GOLDEN ROD
HEATHER
HOLLYHOCKS
HYACINTH
HYDRANGEA
IRIS
LAVENDER
LILAC
LILY
LISIANTHUS
MARIGOLD
ORCHID

PANSY
PEONY
PETUNIA
ROSE
SNAPDRAGON
STATICE
STOCK
SUNFLOWER
TULIP
VIOLET
YARROW

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

In memory of:

Lisa Arena

Dorothy Hagoort

Joan McQuillan

August

Lazy summer afternoons,
Walks along the beach,
Balmy evenings, cloudless skies,
Stars just out of reach,
Sailing on a quiet lake,
Hammocks in the shade...
These are the simple treasures
Of which August days are made.

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

August 2 - Farris Vanmeter, Angelo Parisi, YoungJa Kim
 August 3 - Marguerite Rizzo, Robert Kershaw, Marianne Asselin
 August 4 - Brenda Cook, Stephen Landry, Mark Dougherty, Ellen Wilson, Michael Debiassi, Thomas Doyle
 August 5 - Zena Nies
 August 6 - Barbara Ennis, Marianne Moore, John Casey
 August 7 - Richard O'Connor, Patricia Magner, Mario Dicostanzo
 August 8 - Laurence Ward, John Falat, Richard Malatesta, Susan Moleti, Jamie Leader, Marcia Gaudet
 August 9 - Margaret Piccola, Joseph Haskell, Karen Driscoll
 August 10 - Diane Mason
 August 11 - Alan McSweeney, Barbara Hodges, Susan Fullam, Kim Carmody, Arlene Wallace,
 August 12- Nancy Cantelmo, Paul Webber, Nancy O'Brien
 August 13- Jeanne Kirouac, Marina Geracoulis, Maria-Lucia Lima, Brian McCormack
 August 14- Carl Easton, Sharlene Queenan, Paul Ferragamo, Robert Gutowski
 August 15- Patricia Demit, Wendy Munro, Esther Johnson, Kathryn Desmond, Dean Palombo,
 Charles Grant
 August 16- Angela Sansone, James Clark, Julia Babushkina, Jennifer Finley-Leja
 August 17- Dianne Geaney, John Kennedy, Richard Palangi
 August 18- Viola Patek, Michael Rauworth, Robert Fields, Carol Leesha
 August 19- Mary Pearson, Maureen Wladkowski, Val Chepeleff, Lisa Croft, Linda Champigny
 August 20- Frederick Murphy, Richard Scourtas, David Sparr, Everett Cole, Bonnie Blydell,
 Stephen DeAngelis
 August 21- Mirjana Maksimovic, Robert Savage, Hal Gregersen, Sally Sampson, Michael Connor
 August 22- Joan Brennan, Louise Rusk, Patricia Rogers
 August 23- Thomas Costin, Mary Behen, Rita Anderson, Fred Fiducia, Claire Brewer
 August 24- Maureen Edison, Shirley Spillane, John Connor, Marcia Divoll, Margaret Bolthrunis,
 Roger Pasinski, Robert Dow, William Burns
 August 25- Duncan Lorien, Rosanna Christie
 August 26- Paul Mador, Pamela Motley, Karen Hansell
 August 27- Frances Bertrand, Philip Cahalin
 August 28- Patricia McArdle, Sheila Hambleton, Paul Morse, George Papagelis
 August 29- Robert Brienze, David Aldrich, Katherine Lundberg, Emily Spinucci
 August 30- John Lombard, Nancy Nicosia, David Hunt, Scott Kenworthy
 August 31- David Conlin, Lois Pagliuca

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.**

*A ROSE BY ANY OTHER NAME WOULD
 SMELL AS SWEET.*



SOLUTION