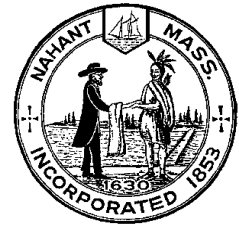


October 2023 *Nahant Tiffany Times*



*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, Penny Morse
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 fall! My favorite time of year! The leaves changing and the smell of pumpkins and apples in the air! Ok... ok I get it, the clocks change and the weather is cooler. But it is a nice time of year nonetheless!

So put on your sweaters and let's get at it. We have a busy month ahead. The Historical Society is showing a slideshow, after lunch, of the Laliberte presentation exhibit currently being presented.

October 11th is a busy day here. We will have representatives from **Lynn Economic Opportunity** to help folks fill out applications for fuel assistance. **Fuel Assistance** can help with the heating bills for the winter. So please consider signing up. Also on that day, a **flu shot clinic** will be held here in the **Town Hall**. Registration is required so please sign up with me or with Ann to reserve your slot. And finally on that day, we have the return of our musician Michele to help sing songs we know and maybe some we don't. It was a fun time last month and we look forward to seeing her again.

We have a trip planned to see the foliage and visit Russell Orchards in Ipswich. They have a wonderful bakery and farm stand to purchase all kinds of goodies. In the middle of the month we have our friend Erica returning to teach us bean art! I have seen many pictures and it all looks like fun.

We are planning to see our friend Marty Taylor for a painting party later in the month on the 24th. A little rum cake from Luberto's on the 26th and finishing the month with our annual Halloween Party. Please wear a costume!

All this information and more can be found on the Calendar page in this newsletter. And don't forget to check the bulletin boards in the Tiffany Room.

Welcome back Penny Morse. Penny has increased her hours here at the Council on Aging. Previously she was always in the background helping us put together our newsletter. She is now working two days a week in the office and Ann is working the other days. Please welcome Penny back!

Let's have a great month!!

Stay well,

Mary

Nahant Council on Aging

Monday-Friday 9:00-1:00

Closed, Monday, October 9, 2023

Indigenous People's Day

Tuesday, October 3. Laliberte Presentation, 12:30. Julie Tarmy, Executive Director of the Nahant Historical Society will share some interesting information about some of the works of one of Nahant's recognized artists after lunch in the Tiffany Room .

Friday, October 6. Nahant Village Church Community Breakfast. Historic Preservation Specialist, Lynne Spencer will speak on the 200th history of church in Nahant. The free breakfast is served at 8 a.m. with the presentation starting at about 8:15. Please call the Nahant COA at 781-581-7557 if you need transportation.

Wednesday, October 11. Fuel Assistance Program, 9:30-11:30. Representatives from LEO will be here to help you with applications for the fuel assistance program. See

Wednesday, October 11. Music After Lunch. Sing, sing, sing! Let your voices ring! Michele will lead us in song. Join us.

Wednesday, October 11. Flu Clinic. Town Hall. See page 6 for details.

Thursday, October 12. Russell Orchards, Ipswich, 1:00. Enjoy an afternoon field trip to Russell Orchards, Ipswich. See page 5 for more details.

Monday, October 16. Art with Erica, 1:00-2:00. Bead Art is the project of the month . See the sign up sheet at the Tiffany Room for details . Class is free.

Thursday, October 19. Atty. Brian Snell, 10:00-11:00. Appointments are required. Sign up at the Tiffany Room.

Friday, October 20. Hocus Pocus, 1:00. Popcorn and a movie! 1:00 at the Tiffany

Tuesday, October 24. Paint Party with Marty Taylor, 1:00-2:00. Marty will bring out the artist in you! Join us for an afternoon of painting at the Tiffany Room. Sign up is required. \$20 materials fee.

Tuesday, October 31. Halloween Party. Get out your costumes and have a little spooky fun! Lunch and Halloween festivities in the Tiffany Room. Sign up for a howling good time.

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

Wed., Oct. 18, 2023.

10:30-11:00

Appointments required.



Nahant Council on Aging is offering free transportation to Market Basket every other **Friday**. Seating is limited. Reservations are required. Sign up at the Tiffany Room.



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

October 18, 2023

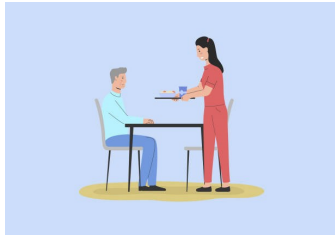
No appointment required.





The Nahant Council on Aging
is looking for volunteers to help in the
Tiffany Room kitchen. We are looking
for Cooks, Servers and general kitchen
help.

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



Curbside leaf pick up will be offered on the
following Monday's:

October 2nd, (10th-Tuesday), 16th, 23rd, 30th

November 6th, 13th, 20th and 27th

Please have leaves in biodegradable bags
ONLY. Plastic bags will not be accepted.

**NO open barrels. No roots, root balls or
branches bigger than 4" in diameter.**

Bags must be out to the curb by 7 AM

Nahant American Legion Auxiliary Unit 215 Invites You to

SIP & Shop

OCTOBER 1, 2023

NOON TO 5:00 P.M.

NAHANT LIFESAVING STATION

\$5 ADMISSION FEE INCLUDES

ONE FREE BEVERAGE

Cash Bar ♦ Raffles ♦ Snacks
And a great lineup of vendors!

Get a head start on your holiday shopping!

Money raised by the ALA will benefit local veterans

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!!

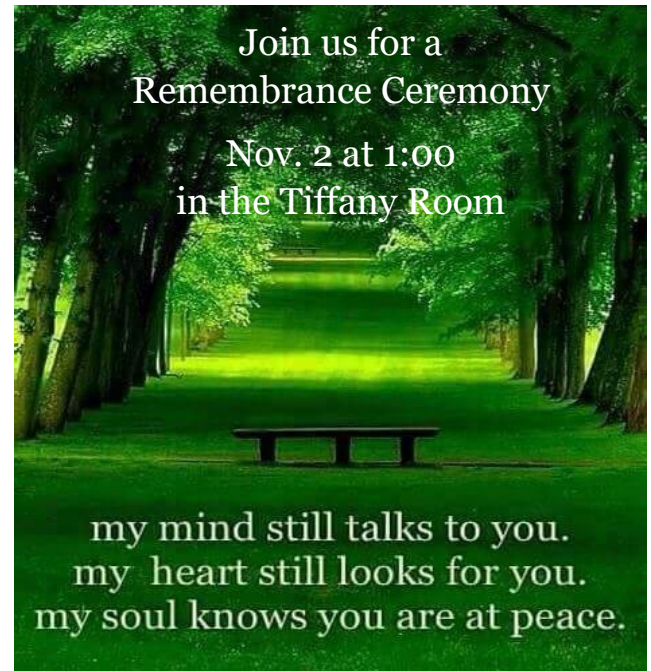
TO BECOME A VENDOR EMAIL KTAYLOR@NAHANT.ORG

OR VISIT OUR MARKET PAGE AT NAHANT.ORG



The Nahant COA is looking for a part time licensed manicurist to serve our senior population.

If interested, contact Mary at 781-581-7557 or mminer@nahant.org



LEO 2023-2024 HOME ENERGY (FUEL) ASSISTANCE SEASON

ACCEPTING APPLICATIONS 10/1/2023-04/30/2024

Serving Lynn, Lynnfield, Nahant, Saugus, Swampscott, and Wakefield

DROP IN HOURS

181 Union Street, Suite 209J
Lynn, MA 01901

Monday 8:30am-11:30am

Tuesday 1:00pm-3:45pm

Thursday 8:30am-11:30am

AND 1:00pm-3:45pm

CAN'T MAKE ANY OF THESE TIMES?

Evening appointments are available upon request.

CALL US at 781.581.7220 to arrange an evening appointment.

WHAT HELP CAN YOU GET?

LEO Inc. provides assistance to income eligible households to help pay for heating costs. Services are FREE for qualifying applicants.

DO YOU QUALIFY?

The 2024 income eligibility guidelines are below

# OF HOUSEHOLD MEMBERS	ANNUAL HOUSEHOLD INCOME (60% SMI)
1	\$45,392
2	\$59,359
3	\$73,326
4	\$87,294
5	\$101,261
6	\$115,228

YOU CAN BEGIN YOUR APPLICATION ONLINE OR VISIT US IN PERSON

Scan the QR code or visit us online at <https://toapply.org/LEO>



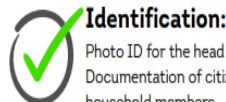
SCAN ME

Drop in hours start **10/1** at: 181 Union Street Suite #209 Lynn, MA



Leading through Empowering Opportunities

WHAT WE NEED FROM YOU



Identification:

Photo ID for the head of household
Documentation of citizenship/'qualified alien' status for all applicable household members



Income:

Proof of income (or lack of income) for all household members 18+
Employment/wages (four consecutive weeks gross wages)
Fixed income award letters or printout (Social Security, pension, etc)
Self-employment or rental income (taxes)
Child support
Signed No Income Form (if applicable)



Housing Costs and Utilities:

All households: primary heating bill, non-heating utility bills
Renters: Tenant/Landlord Form, Lease, documentation of housing subsidy, etc
Homeowners: Mortgage statement, property tax & homeowners insurance bill, etc



Other:

Any household member 18+ enrolled in school will need to submit enrollment verification & financial aid information (if applicable)

A LEO staff member will review your household's situation with you (in person or by phone) to determine any additional or differing information needed.

QUESTIONS?

Call us or stop by in person. We are here to help.

181 Union St, Suite #209J, Lynn, MA

781.581.7220

<https://leoinc.org>



Leading through Empowering Opportunities

A special Banned Book Week Webinar
BANNED IN THE USA
 A History of Censorship, Book Bans,
 and First Amendment Freedoms

Jocelyn Kennedy, Executive Director of the Farmington Libraries,
 Farmington, Connecticut

October 4 | 7:00 pm | Virtual

This program is generously sponsored by the **Friends of the Reading Public Library** and is brought to you by a coalition of Massachusetts libraries.



During the month of October we will have a Remembrance Journal available in the Tiffany Room.

Please feel free to enter the name of a recently deceased loved one.

We will honor this list at our Remembrance Ceremony on November 2, 2023.



Spend the afternoon on a leisurely foliage drive up the North Shore and make a stop at Russell Orchards in Ipswich.



Bus leaves the Tiffany Room at 1:00.



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


Nahant Public Library welcomes Nori Morganstein as our new Librarian. We can't wait to see what she has in store for us!



Thank you, Sharon, for all your dedication to the Nahant community and best wishes on your new ventures!




We had a great afternoon with Erica last month! Look at our beautiful pressed flower arrangements! Join us this month for creating with Erica!



SCHEDULE YOUR HIGH DOSE FLU SHOT

Wednesday *Today!* 11:00 AM
October to
11th 1:00 PM




Nahant Town Hall

1
Nahant Residents
and Employees
Only

2
65 years and
older

3
Register at
Link Below

SCAN ME



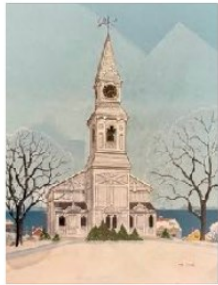

<https://tinyurl.com/bdh7vzx5>

Any Questions or Concerns - Please Email
Anna McNicholas, Public Health Nurse
AMcNicholas@nahant.org (781) 771-2549

Limited Walk-In Availability
Based on Inventory

NAHANT COMMUNITY BREAKFAST

Lynne Spencer on the History of US! NVC

NVC is celebrating 200 years of church services in Nahant — hear about our fascinating history and how we got from there to here!

Friday, Oct. 6, 2023
8 a.m.
Nahant Village Church, 27 Cliff St.

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



Grandkid and Family Scams


Here's how they work:

 You get a call: "Grandma, I need money for bail." Or maybe an email from someone claiming to be your brother or a friend who says they're in trouble. They need money for a medical bill. Or some other kind of emergency. The caller says it's urgent — and tells you to keep it a secret.

But is the caller who you think it is? Scammers are good at pretending to be someone they're not. They can be convincing: sometimes using information from social networking sites, or hacking into your loved one's email account, all to make it seem more real. And they'll pressure you to send money before you have time to think.

Here's what to do:

- 1. Stop. Check it out.** Look up your family member's phone number yourself and call another family member to check out the story.
- 2. Pass this information on to a friend.** You may not have gotten one of these calls, but chances are, you know someone who will get one — if they haven't already.



Want to know more?
Sign up for Consumer Alerts
at ftc.gov/ConsumerAlerts.


...PassItON

Please Report Scams

If you spot a scam, please report it to the Federal Trade Commission.

- Go online: ReportFraud.ftc.gov
- Call the FTC at 1-877-FTC-HELP (1-877-382-4357) or TTY 1-866-653-4261

Your report can help protect other people. By reporting fraud, you can help the FTC's investigators identify the scammers and stop them before they can get someone's hard-earned money. It really makes a difference.



**FEDERAL TRADE
COMMISSION**

ftc.gov/PassItOn

TAX INFORMATION 2023

Fall is just around the corner and the Town has a new Real and Personal Property tax rate for fiscal year 2024. The tax rate is \$9.07. Anyone can check their new assessments online at Nahant.org, under helpful Links. Last year's assessments will be available for the month of October so you want to compare assessment data.

Exemption and Abatement applications are in the Town hall hallway outside the Assessors Office. If you received an exemption in the past, you must file again this year or you will not be eligible for an exemption. This process is not automatic. **Certain seniors and veterans** may also be eligible for a work- off abatement program: work about 100 hours in exchange for a reduction of taxes up to \$1,500.00. The tax bills should be mailed on October 2 nd and payable no later than November 1, 2023. In addition, taxpayers may dispute their new assessment and must file an application that must be received in the Assessor's office no later than November 1, 2023. Others filing an exemption have until April 1, 2024 to file but it is best to file by December 31, 2023.

If you have any questions about your tax bill, please call Sheila Hambleton, Town Assessor, 781-581-0212, email shambleton@nahant.org.

TRASH BILL CHANGES

Trash bills change again in Nahant

Residents of the Town of Nahant have experienced an increase in their trash rates annually over the past 4 years. This is not a unique situation for our community. Nationally, the cost of curbside collection of household waste and recycling has skyrocketed. Recycling was actually cheaper than household waste at one point. However, the largest importer of trash globally, China, decided in 2018 that they would drastically cut back on plastic trash imports. Nearly 70 percent of the world's plastic waste went to China, and in 2018, they imported less than 1% of that. This change had global financial effects that we have been feeling here in Nahant. The Town has taken on this challenge of rising costs and has attempted to curb the impact for its residents. In 2021 the Town negotiated a new contract with Waste Management, purchased uniform recycling barrels that could lead to lower labor costs, and restructured our enterprise distribution formula. This year we are launching a composting PILOT program to hopefully reduce our over tonnage collected by Waste Management and we are looking into uniform barrels for trash. **The other big change installed this year is that trash bills will be divided into 3 payments and added to your water and sewer bill.** With another 4% increase to our costs, our hope is that by dividing the fee into 3 payments it will be easier for the residents to absorb. Prior to the global increase in costs, Nahant's residential trash rate per household was \$345 for 5 years in a row. Over the last 4 years and to current day, it rose to \$351, \$360, \$380, and \$405 respectively. At this time, residents continue to enjoy unlimited amounts of curbside collection for waste for about \$1.11/day. We hope to continue to find ways to subdue the impact of these rising costs and hope our recent efforts have helped.

-Antonio Barletta, Town Administrator



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.

Check the monthly calendar for dates.

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.



Are Your Vaccinations Up To Date?

Vaccinations are an extremely important and effective tool to help us stay healthy, so much so that I feel I need to risk being repetitive. This time of the year always makes me feel that another note to call your attention to vaccines that are available is important.

The Flu vaccine is usually the one we think of every Fall. Flu shots are usually recommended yearly because the Flu virus has been found to change every year and the shot we had last year probably will not protect us this year. Scientists start studying the virus circulating in the Far East early in the year to determine what type of Flu we might have this year. It was determined that the currently circulating Flu Subtype is A (H1N1) and A(H3N2). This is the specific virus that is targeted by the vaccines produced this year. It is recommended that we get this shot sometime between September and March, earlier is better.

The newest COVID vaccine is now available. This vaccine is targeted to the latest COVID virus found to be circulating now. This COVID subvariant is XBB.1.5. Our previous COVID vaccines may be less effective to this subvariant so if we want to have the best immune response, this is the booster to get.

As discussed, a few months ago, we are now able to get an RSV vaccine. The Respiratory Syncytial Virus that is becoming very common can cause severe respiratory symptoms and causes about 10,000 deaths in older adults yearly. This new vaccine is recommended for persons over 60, and another form of the vaccine is now available for infants and young children, who can also have severe responses to this virus. I just got my first RSV injection and it felt like all the others...sore arm, etc. I have been particularly interested in getting the vaccine as I have small grandchildren that so frequently get this virus. There is no information yet as to how frequently this vaccine should be taken.

The Shingles vaccine is also very important. People over 60 are prone to getting Shingles. It is caused by a dormant herpes virus in your body that can raise its head again, causing symptoms ranging from a mild rash, to very severe, blistering rash that is very painful. It can appear anywhere in your body, including the face and around eyes, causing severe pain. These more severe cases can last weeks or even months. A person can experience long term pain, called Postherpetic Neuralgia, long after the blisters are gone, so Shingles is a condition that we want to avoid. The Shingles vaccine comes in two shots, given two to six months apart, but is only required once.

The Pneumonia vaccine, or Pneumovax, is also very important, especially in persons with respiratory problems like asthma or frequent colds, bronchitis, and pneumonia. It is recommended for persons over 65. This vaccine is usually good for 10 years.

The vaccine we tend to forget is the DPT, or specifically Tetanus shot. After the initial series that infants and children get, the Tetanus shot is good for ten years. We usually forget about it until we get an injury involving an open wound and our doctors recommend a tetanus booster. To be safe, we can get the shot before we have the injury.

These are the most common vaccines that are pertinent to our age group. It is certainly wise to discuss these with your doctor before getting a vaccine you have not had before especially if you have had problems with vaccines. All of these are available at your local pharmacy that administers vaccines and some are also available in your doctor's office. They are an investment in your health.

Anna Marie Manzano R.N.

Emergency Preparedness for Older Adults

Older adults are among the most vulnerable when disaster strikes.

That's why it's critical that older people, and those who care for them, prepare for emergencies. If you're an older adult, or care for an older person, follow the steps below to prepare for and respond in an emergency.

Step 1: Create an Emergency Plan

Have an emergency communications plan

- Create a group text or a phone call chain (a plan in which you make an initial call to one person, who then calls the next person, and so on).
- This will make sure that all relatives and friends know what is happening in case of an emergency.

Keep contact information complete and up to date

- Have the current numbers of people you'll need to contact in an emergency. Make sure these people have your phone number, and the numbers of nearby friends or neighbors. Put an extra copy in a travel wallet, purse, or suitcase.

Make travel arrangements in case of evacuation. Talk to family members (or the directors of the facility where you live) about what you would do in the event of an evacuation. Will you be able to drive or will you need someone to pick you up? If so, who, and at what meeting place? Who can provide a back-up ride, and how will that person be contacted? You may also want to ask the director to designate staff who will stay with a very elderly adult during an evacuation.

Choose a meeting place in case of evacuation

- Pick two meeting places - one near home and the other outside the neighborhood - where you can wait and relatives can find you. Make sure everyone has the address and phone number of the meeting location.
- If you are caring for an older adult who lives in a facility, find out where he or she will be taken in case of evacuation.

Get local emergency information in advance

- Get a community disaster/emergency plan for your area.
- Learn where evacuees go for medical care or emergency supplies of medications. Get a map of evacuation zones to keep in your car.

Exercise mock disaster scenarios

- Go over your emergency plan with family and friends and practice to make sure it is ready to be executed if needed.

Consider getting a medical ID bracelet or pendant for people with chronic health problems.

Information on medical conditions, allergies, medications, and emergency contacts can be engraved on the surface. For very elderly or disabled adults, put the identification information, list of diagnoses, and medications in a traveler's wallet that can be worn in an emergency.

Step 2: Stock an Emergency Medical Kit

An emergency medical kit should include:

- **Medications.** A 3-6 day supply of your medications along with an up-to-date medication list that includes the names (brand and generic) of any drugs you're taking and the doses. An insulated bag big enough to hold a two-week supply of any medications that require refrigeration, such as insulin. Keep ice packs in the freezer for the emergency medical kit.
- **Medical equipment and necessities.** Include items such as blood sugar monitoring equipment, a blood pressure cuff, hearing aids/hearing aid batteries, and an extra pair of eyeglasses and/or dentures.
- **Written information about treatment.** Ask your healthcare provider for copies of your medical records and lists of all active medical problems you have and how they're being treated. Carry extra copies of Medicare, Medicaid or other insurance information with you.

Step 3: Make a Disaster Supplies Kit

A disaster supplies kit should include your medical kit equipment and:

- **Water.** At least 1 gallon per person per day, and at least a 3-day supply.
- **Food.** At least a 3-day supply of canned and dried foods that won't spoil. Juices, soups, and high-protein shakes may be particularly helpful.
- **Basic supplies.** A manual can opener, flashlight, battery-powered or hand-cranked radio, batteries, waterproof matches, knife, resealable plastic bags, tin foil, disposable cups, plates, utensils, basic cooking utensils, emergency whistle, and cell phone with chargers, battery bank, or solar charger.
- **Maps.** Local and regional maps in case roads are blocked and you need to take detours.
- **Basic hygiene products.** Soap, toothpaste, toothbrushes, sunscreen, hand sanitizer, toilet paper, baby wipes, and a few trash bags for garbage.
- **Change of clothing and blankets.** A complete set of clothing per person: a long-sleeved shirt, long pants, shoes, a coat, and weather appropriate outerwear. Also include one blanket per person.
- **Contact info and key papers.** Have the phone numbers and addresses of friends and relatives you might need to contact, your healthcare provider, and any specialists you see. Also include copies of your credit and identification cards.
- **Cash.** Keep at least \$50 on hand. If that's not possible, include as much as you can.
- **First aid kit.** See the Red Cross's comprehensive list of what to pack in your first aid kit (<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit.html>). The Red Cross also sells pre-packaged first aid kits.



The Police Report

October is known as Breast Cancer Awareness month. It is also known as Domestic Violence Awareness month. This is a topic that Police Departments, as well as the Court System, take very seriously. Over the years, police responses to domestic violence calls have evolved greatly. Before my time on this job, the police responses yielded minimal interactions with the victims. The initial on-scene investigations were far less extensive than they are today, or at least so I was told.

Domestic violence affects every community regardless of race, socio-economic status, religion, gender, sexual orientation or nationality. Domestic violence is not just physical abuse of a family member or a roommate. Domestic violence encompasses emotional and financial abuse as well. The effects of domestic violence can be devastating and could last for a lifetime. Millions of Americans live in silent fear in their own homes for a multitude of reasons. The victim may fear that if they speak out the violence could get worse. They may also fear for their financial future and choose to remain living in fear, or worse.

The psychological effects that come along with domestic violence don't necessarily stop with the victim. The children that witness such acts are affected by the abuse. Often, this fosters children to believe this is normal and become abusers in their adult years. Too often victims refuse to get help for themselves and their children. There are several programs to help victims escape abuse and offer a better life to the victim.

Police Officers are trained to assist victims in getting the help they need. As previously stated, police response has evolved over the years. Previously, abusers were not brought in front of a court to answer their wrong doings. Arresting the aggressor is the preferred response is the typical outcome in police responses to domestic violence. If there is a restraining order involved, we are then mandated to arrest the abuser.

Responding to domestic abuse calls for service can influence the first responders as well. As with anything, we are not exempt from experiencing domestic issues in our own lives. Having to deal with these calls professionally and then having to deal with them personally can create a great deal of stress for our first responders.

If you or a loved one are experiencing issues with domestic violence, you can reach out to your local Police Department to discuss programs available.

Timothy M. Furlong
Chief of Police

VETERAN'S FOOD PROJECT

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

Oct. 4

Nov. 1

Dec. 6

PRE-REGISTRATION: (FIRST TIME ONLY)

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

PUMPKIN DIP

Yield: 16 servings Prep Time: 10 minutes Chill Time: 3 hours Total Time: 3 hours 10 minutes

INGREDIENTS

- **4 oz.** cream cheese, softened
- **1/2 c.** pumpkin puree
- **1 c.** confectioner's sugar
- **1 tsp.** pumpkin pie spice
- **1/2 tsp.** vanilla extract
- **1/2 c.** heavy whipping cream
- Graham crackers, to serve
- Pretzels, to serve
- Sliced apple, to serve
- Sliced pear, to serve

This recipe is a treat for dessert, appetizer or snack. Put this out at your next football game day and it will be a touchdown!

DIRECTIONS

1. In a large bowl, beat the cream cheese, pumpkin puree, confectioner's sugar, pumpkin pie spice, and vanilla on medium speed until smooth and creamy, 2 to 3 minutes.
2. Scrape down the bottom and sides of the bowl with a rubber spatula.
3. With the mixer on medium-low speed, gradually pour in the heavy cream.
4. Increase the speed to medium-high and beat until the mixture is light and fluffy, about 30 seconds.
5. Serve the pumpkin dip with graham crackers, pretzels, apple slices, pear slices, or by the spoonful.





Tiffany Café Menu October 2023

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



Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Noodle Casserole, Salad	3 Pot Roast, Dinner Rolls	4 Chicken Cacciatore Pasta	5 Baked Fish, Mashed Potato, Veggie, Salad	6 Super Grilled Cheese Sandwich, Tomato Soup
9 INDIGENOUS PEOPLE'S DAY COA CLOSED	10 Cheesy Broccoli Soup, Egg Salad Sandwich, Chips	11 Pasta Primavera, Salad, Roll	12 Eggplant Parmesan, Pasta, Bruschetta Salad	13 "Breakfast for Lunch" Egg & Cheese Casserole, Sausages & Potatoes
16 Chicken over Rice, Veggie, Salad	17 Stuffed Peppers, Carrots, Salad, Roll	18 Heavenly Chicken w Pasta & Salad	19 Beef & Broccoli, Gravy, Mashed Potato, Veggie, Salad	20 Chili, Bread, Salad
23 Chicken Alfredo with Broccoli, Salad	24 "Breakfast for Lunch" Egg and Cheese Burritos, Sausage, Bacon, Hash Browns	25 Roast Pork, Potatoes, Veggie, Roll	26 Baked Stuffed Chicken Breast, Potato, Veggie	27 Meatloaf, Potatoes, Veggie, Fruit Cup
30 Fish on a Grain Bowl with Vinaigrette	31  HAPPY HALLOWEEN PARTY	Please inform your server if you or anyone in your party has a food allergy.		Menu is subject to change.



EVENTS CALENDAR

OCTOBER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 9:00 Strength, RR 10:30-Chair Exercise, TH	3 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH Laliberte Presentation 12:30-1:30	4 9:00Strength, RR 10:30 Chair exercise, TH	5 9:00 Yoga, RR 10:30-11:00 Meditation, TH	6 8:00am NVC Community Breakfast 9:00Strength, RR 10:30 Balance Class, TH
9 INDIGENOUS PEOPLE'S DAY COA CLOSED	10 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	11 9:00Strength, RR 10:30 Chair exercise, TH 9:30-11:30 Fuel Assistance , TH 11:00-1:00 FLU CLINIC, TH Music After Lunch, TH	12 9:00 Yoga, RR 10:30-11:00 Meditation, TH 1:00 Russell Orchards	13 9:00Strength, RR 10:30 Balance Class, TH 12:30-2:00pm Market Basket
16 9:00 Strength, RR 10:30-Chair Exercise, TH Art with Erica 1:00-2:00 TH	17 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	18 9:00Strength, RR 10:30 Chair exercise, TH Blood Pressure Clinic 10:30-11:30, TH Hearing Clinic 10:30-11:30 TH	19 9:00 Yoga, RR 10:30-11:00 Meditation, TH 10:00-11:00am Atty Brian Snell, TH	20 9:00Strength, RR 10:30 Balance Class, TH 1:00 Hocus Pocus The Movie TH
23 9:00 Strength, RR 10:30-Chair Exercise, TH	24 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH Paint Party with Marty Taylor 1-2	25 9:00Strength, RR 10:30 Chair exercise, TH	26 9:00 Yoga, RR 10:30-11:00 Meditation, TH	27 9:00Strength, RR 10:30 Balance Class, TH 12:30-2:00pm Market Basket
30 9:00 Strength, RR 10:30-Chair Exercise, TH	31 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH HALLOWEEN PARTY		November 2 Remembrance Ceremony Tiffany Room	

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



*** **Monday-Wednesday - 10:30 Chair Exercise. Town Hall**

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

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

VOLUNTEER OF THE MONTH



Annemarie Glowacz recently joined the ranks of the COA volunteers. She has lots of experience, most recently answering calls for help for Domestic Violence with HAWC in Salem. She has also been a hospice volunteer.

Annemarie has many ties to the Nahant community, in particular, to our COA director, who she considers a member of her extended family. She lives in Saugus with her husband and two grown sons. She also has two dogs and a Maine Coon Cat, Betty, who, the seniors enjoy seeing her pictures.

Annemarie is hoping that her volunteering will encourage her sons to become helpful and productive members of society. She is happy to be here helping.

Welcome to the Nahant COA, Annemarie.

WELCOME BACK!

The Nahant COA and the Friends of the COA welcome back Penny Morse as an additional assistant to the Director, Mary Miner. Penny had worked with the previous director for some time and retired to care for her family. Penny continued to be involved with the COA and the Friends during her “retirement” and is happy to be back part time to help with operations!

Penny is responsible for the publication of the Tiffany Times each month. Thanks, Penny for creating our professional looking newsletter each month. She is a retired teacher and brings her organizational skills to the Senior Center. Penny will be at the Senior Center on Tuesdays and Thursdays.

Penny and her husband Paul have three sons and 6 grandchildren and have lived in Nahant for many years.

Welcome back to the Team Penny!



IN THE WORD ZONE: A HALLOWEEN WORD SEARCH

C H O S T S E Y N H K T O M B S T O N E A I L Y T
A R L N W I T C H P E V N E F S V X L R V S T E N
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I A T N E N T A C K C A L B E N L O G E L H U E O
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E R A M T H G I N D I M D N A F G S O O N E E S B
L R S B S P U Y O N A I E G E V K H E L A R I F I
A V A J I T L T P U M P K I N C W T A D M G B E E
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N N G A E E E B O S O F I T E N T I M W N I V E R
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B O H P T F I G I L A H T N L R N M U L T E I K C
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ARACHNOPHOBIA
BAT
BLACK CAT
COSTUME
COVEN
EVIL
EYE OF NEWT
GARLIC
GHOST
GOBLIN
HAUNTING

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HOWL
MIDNIGHT
MONSTER
MOON
NIGHTMARE
OCCULT
PHANTOM
POTION
PUMPKIN
RAVEN

SALEM
SHRIEKS
SILVER BULLET
SPOOKY
TOMBSTONE
VAMPIRE
WICKED
WITCH
ZOMBIE
Unlisted clue:
It Bubbles

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

**In memory of:
Carolyn "Catsy" Fowle
Cecelia Hill
James Mellen**

**Congratulations to the winners of
the prizes at our Fundraiser at
Tides Restaurant on
September 21!**

MaryIrene Dickenson
Mo Edison
Susan Malaab
Paul Morse
Jeannette White



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

October 1—Richard Zirpolo, Lillian Carr, Ellen Foley, Marion Capano, Antonina O'Connor, William King, Alicia Canali, John Hornig, Angel Diaz, Joanne Lyons
October 2—Andrew Bisignani, Joseph Graul, Bruce Kutcher, Robin Woodman, Daniel Berman, Jane Pasichny, Deidre Williams
October 3—MaryAnn Putnam, Sherry Smith, Michael Murray
October 4—Jane Kirkman, Deborah Murphy, Carolyn Flynn, David Ragucci, Kevin Allard
October 5—Hollis Hunnewell, Walter Sheppard, Charles Hansell
October 6 - Lillian Scapicchio, Giovanna (Joanne) Mitrano
October 7 - Roberta Goldberg, Maureen Gaglione, Bart Bennett, Ellen Johnson, Jack Resnick, Marie Pasinski, Edward Frary
October 8—Mark Jacober, Frederick (Jimmy) Hefler, John McLaughlin
October 9—Nancy Smith, Gregory MacDonald, Patricia Kenworthy
October 10—Linda Quirk, Jacqueline White, Donald Lang
October 11—Adriano Nannini, Gail Davis, Susan Hendrikson, Rena Fantasia, Laura Quinn, Laura Hall
October 12—Betty Sarpi, Henry Clausen, Daniel Swaine, Steven Fawcett
October 13—Lyudmila Gruzdeva, Alan Brooks
October 14—Joyce Haynes, Gladys Recio
October 15—Mary Rotiroti, Michael Flynn, Debbie Billias
October 16—John Standish, Kenneth Smith, Judi Steriti, Meredith Tibbo, Daniel Desmond
October 17—Calantha Sears, Joseph Damico, David Hunter, Warren Shore, James Hyder
October 18—Maureen Ward, Joann Giuggio, John Quinn Jr., Beverly Nicholls, Elizabeth Osbahr, Monique Illona
October 19—Dennis Urany, Dora Nocera, Teri Motley
October 20—Mary (Betsy) Wachtel Barreda, Thomas Mitchell, John Proudian, Emmanuel Speare, Donald Hardy
October 21—John Wladkowski, Cynthia Christ, Frank Leja
October 22—Michael Cullinan, Nicola Pecoaro, Esther Chowdhury
October 23—Frederick Stanley, Madelyn Davis, Therese Holdcraft
October 24—Lucy Grimm, Athas Kourkouis, Andrew Puleo, Sandra Cavallaro, Joanne Hunter, Cheryl Amirault-Lefave
October 25—Marilyn Mahoney, Henry Kettell, Thomas LeBlanc
October 26—Anita Goodman, Wayne Noonan, Lynne Berkowitz, John Sereda, Susan Gregersen, Mary Miner
October 27—Nancy Whitman, Mary Jayne McCarthy, Peter Famulari, Thomas Clements, Julie Stroller
October 29—Gary Recchia, Louis Wallach, Mark Irvine, Eduardo Reyes, Lorraine Logan, Antonio DiCostanzo, William Osbahr
October 30—Kenneth Cormier, Richard Conigliaro, Linda Cunningham, Lisa Scourtas, Sean O'Hara
October 31—Victor Dalpozzal, Susan Mahoney, Jane Collins, Joanne Orzalli

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.**