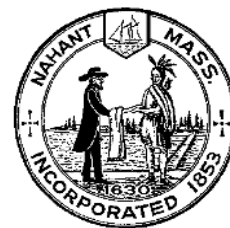


January 2024

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

Q. What is a New Year's Resolution?

A. Something that goes in one year and out the other!!

Happy New Year all!

Here we are again! Starting a new year! Turning the calendar can be a little daunting at times. You make all these resolutions and sometimes you make the goal ...most times you do not! And sometimes we just give up all together making resolutions!

Change is good! It reminds us that we only here for a short visit on this planet and we should make the most of it!

I am wishing you all a joy filled New Year full of happiness and renewed discovery. May each day be filled with wonder and each night bring sweet dreams!

May the coming year be one of good health for you filled with love and laughter. Stay safe and stay happy !

Best wishes to you all in the New Year! Here's hoping that 2024 brings you many blessings and much delight.

I am grateful to see you each day at the senior center and welcome the continued opportunity to serve and make life a little brighter when we gather together .

Be good to yourself and your neighbor!

Mary

Nahant Council on Aging

Monday-Friday 9:00-1:00

CLOSED

Monday, January 1, 2024, New Year's Day
Monday, January 15, 2024, Martin Luther King Jr. Day

JANUARY AT A GLANCE



Friday, January 5. Community Breakfast. Nahant Village Church. 8:00am. Breakfast with our State Representatives: Pete Capano and Brendan Crighton. A wonderful opportunity to hear from both of them and get updates on topics that effect or interest Nahant, the North Shore and our State. Breakfast is served at 8:00am followed by our presentation. Transportation for elders to and from the breakfast can be arranged by calling the Nahant Council on Aging at 781-581-7557 a few days prior to the breakfast.

Monday, January 8. Art with Erica. Tiffany Room. 12:30 –1:30. Meet the new year with fresh motivation! Create a vision board and start setting your goals! See page 5 for details.

Wednesday, January 10. Music After Lunch. 12:30. Our choral group is sounding wonderful but we always have room for more voices! Come join us! Tiffany Room, Town Hall.



Thursday, January 11. Tiger's Den. 10:45. The Tiger's Den Restaurant is welcoming in the new year and we have reserved seating! Join us there or reserve a seat on the bus! All menu items are \$15 per person for our group. Sign up in advance, please, at the Tiffany Room.

Thursday, January 11. L.E.O. Fuel Assistance. 9:30-11:30. Representatives from L.E.O. will be at the Tiffany Room to help you apply for fuel assistance for this coming winter season. See page 4 for details.



Thursday, January 18. Attorney, Brian Snell. 10:00-11:00. Tiffany Room.

Attorney, Brian Snell will be available for private consultations this month. Please make your appointment at the Tiffany Room.

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.

Check the events calendar for dates and times.



Dr. Chabot from Atlantic Care, Inc. will conduct a hearing clinic at the Tiffany Room on a bi-monthly basis.

THURSDAY, JANUARY 11

10:30-11:30

Appointments are required.



Dr. Fernandez will be available in the Tiffany Room

WED., Feb. 7, 2024.

Call 781-581-7557 for an appointment.



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



Wednesday, January 11, 2024

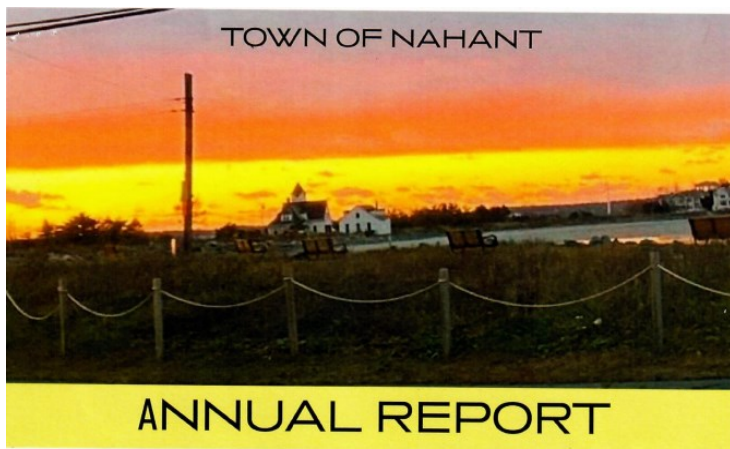
No appointment required.



Phone: 781-581-0306

email us at nahant.circ@gmail.com

Monday	Closed
Tuesday	10:00-7:00
Wednesday	10:00-5:00
Thursday	10:00-8:00
Friday	10:00- 5:00
Saturday	12:00-4:00
Sunday	Closed



ANNUAL REPORT COVER CONTEST

SUBMIT A PHOTO OR DRAWING OF YOUR FAVORITE
PLACE IN NAHANT AND ENTER TO BE CHOSEN FOR
THE 2023 ANNUAL REPORT COVER!!

ALL AGES WELCOME TO JOIN!

VISIT NAHANT.ORG FOR CONTEST RULES AND HOW TO SUBMIT YOUR ENTRY
ACCEPTING SUBMISSIONS UNTIL FEBRUARY 2, 2024

EMAIL KTAYLOR@NAHANT.ORG FOR MORE INFORMATION

*Do you love reading
mysteries?*

*Come to our new
Mystery Book Club
starting Thursday,
January 11th at 5pm*

Each month we will read a
different mystery, and we
will start with *Sweetness
at the Bottom of the Pie* by
Alan Bradley

NAHANT
PUBLIC
LIBRARY

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



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>



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:

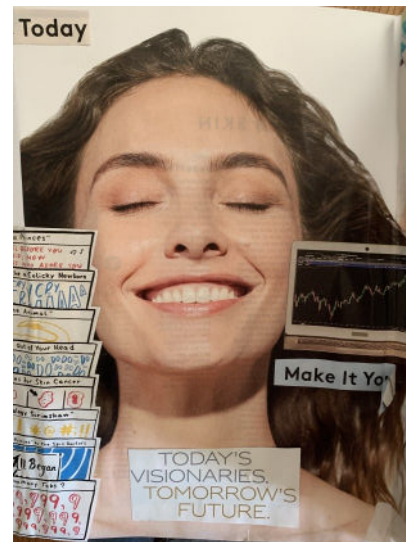
Nahant Council on Aging

Nahant Public Library

Nahant Village Church

Greater Lynn Senior Services

Vision Boarding Workshop



Have you been daydreaming about accomplishing a goal, but don't know how to get what you want. Join us for an art therapy group that will help you gain insight and set those goals you can accomplish. Come play around with collage and see what comes up for you!

MASSACHUSETTS CIRCUIT BREAKER TAX CREDIT

The Massachusetts “Circuit Breaker” tax credit program is a program for adults ages 65 + whose property taxes and half of the water and sewer bills are more than 10% of their annual gross income (or for renters, if 25% of your rent is greater than 10% of your MA income) and who meet a few other rules. Significant changes in allowable income and maximum tax credits have been made for the 2023 tax season, so this potential benefit is worth checking into even if you did not qualify last year. You can receive this income tax credit even if you owe no state income taxes! To find out if you are eligible visit: <https://www.mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit#who-is-and-isn't-eligible> To download the income tax credit tax forms-Form 1 and Schedule CB Form-go to the official Department of Revenue site at:



<https://www.mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit> or make an appointment with Sheila Hambleton at the Nahant Assessors Office: shambelton@nahant.org.



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.

Call 781-581-7557 to book an appointment.

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**.

“CAREGIVER CONNECTIONS”

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

Meeting every 3rd
Tuesday, 11:00-12:00
Nahant Village Church
27 Cliff Street, Nahant
781-581-7554

This program is made possible by:
Nahant Council on Aging
Nahant Village Church
GLSS

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.



Treating Dry Eye Conditions

Dry eye is a condition that is very common and most people diagnose it themselves. It is a condition that is usually characterized by stinging or burning eyes and we usually reach for the over the counter lubricating eye drops in an effort to treat it ourselves. If that does not work, we need to look into it further and see an Ophthalmologist. Dry eye is not just a discomfort, but if severe, it can cause corneal damage often leading to poor vision or blindness.

The eyes are usually kept moist by constantly bathing themselves in their own tears at a slow and steady rate. Dry eye occurs when the tears dry up too quickly, the eye does not produce enough, or the tears do not work as well as they should. The risk of getting dry eye increases with age, in women more than men, and increases after menopause. Some medications also contribute to dry eye. These are diuretics, antihistamines, and beta-blockers for blood pressure and heart conditions. Eye makeup can also contribute as it can clog the oil glands next to the tear ducts. This oil helps keep the tears from drying up too quickly. A dry environment, windy conditions, long hours at the computer, and smoking also increase the risk of developing dry eye.

Treatment initially consists of artificial tears. Recently many brands have been removed from the market because of contamination so I recommend you Google the brand you are using or check with your doctor for a recommendation. Also frequently recommended is applying warm compresses to your eyes and applying a few drops of Johnson and Johnson Baby Shampoo to the washcloth and gently washing your eyelids at the base of the lashes. This helps to dissolve clogged oil in the ducts allowing more oil to bath the eye. Occasionally prescription eye drops or gels are needed. These can be either lubricating, anti-inflammatory, or antibiotic. Sometimes the ophthalmologist may need to insert small plugs, called Punctal plugs, to keep the tears from draining into the nose and keep them in the eyes longer. Occasionally, the eyelids may be too loose thereby not protecting the eye, and plastic surgery may be needed on the eyelid. Other measures that can be taken at home are to use a humidifier or a pot of water on the radiator to humidify the air in your house, increase the amount of fluids you drink, get enough sleep, and avoid cigarette smoke. Increasing Omega-3 in the diet by supplements, cod liver oil, or flaxseed can be helpful as well.

As the New Year begins and we are making new resolutions let's remember to take care of our eyes as our vision is very important and something for which to be grateful.

Happy New Year.

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 highlight some of the history of the Nahant Police Department. The most notable significance of its history is that the current building we operate out of used to be a school building. More interestingly, the building was once situated across the street at what is now the Greenlawn Cemetery.

The school building was originally constructed in 1883. In 1896, the building was converted to the Nahant Police Station, where it stood until 1919. The building was moved to its present location at 198 Nahant Rd during the expansion of the Greenlawn Cemetery. Several upgrades have been made to the building over the years.

The Police Department used to run and house the ambulance for the Town. In 1915, the Town received its first automobile ambulance. Prior to this, the Town relied on a horse-drawn ambulance. The Police Department continued to operate the ambulance until approximately 1998, when the ambulance bay was converted to the dispatch area. The dispatch area used to be upstairs on the second floor.

Different Chiefs have made various upgrades to the building to alter the needs of their times. Over the years, the Nahant Police Department has had 11 Chiefs of Police. The recent Chiefs have all advocated for a new building. I continue to do the same as we continue to modernize the Police Department. The building we are currently housed in is simply too small.

Inside the building has been altered throughout the years. There used to be a two-lane gun range that is now defunct and being used for storage. The dispatch center is equipped with modern-day technology to include two 9-1-1 answering points. Currently, we are in the process of upgrading the cameras at the police station as well as the coastal cameras that were once supported by Homeland Security. We have two cells capable of housing prisoners overnight. We now have a female's locker room that will soon be equipped with a shower. We have body-worn cameras that we need to store and maintain. We have upgraded our training room to have modern day audio and visual equipment, which doubles as our Emergency Operations Center. Also, the Emergency Management Department is now housed at the police station.

The history of this building is unique. The building has been kept neat, clean and well maintained thanks to the previous Chiefs. However, the modern-day needs and equipment of police departments have caused us to out-grow this old, well-constructed building.

Timothy M. Furlong
Chief of Police / Director of Emergency Management

VETERAN'S FOOD PROJECT

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

Jan. 10

Feb. 7

Mar. 6

Apr. 3

May 1

June 5

PRE-REGISTRATION: (FIRST TIME ONLY)

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

AMISH BEEF AND NOODLES



Ingredients

- **4 tbsp.** vegetable oil, divided
- **2 lb.** beef rump roast, cut into 2" cubes
- **2 tbsp.** all-purpose flour
- **4 tsp.** kosher salt, divided
- **1/2 tsp.** freshly ground black pepper, plus more
- **2** large yellow onions, finely chopped (about 3 c.)
- **8 c.** low-sodium beef broth, divided
- **12 oz.** wide egg noodles

Directions

1. In a large pot over medium-high heat, heat 2 tablespoons oil.
2. Place beef in a large bowl and toss with flour, 2 teaspoons salt, and 1/2 teaspoon pepper.
3. Add half of beef to pot and cook, turning occasionally, until browned on 2 sides, 4 to 5 minutes.
4. Transfer beef to a plate; repeat with remaining 2 tablespoons oil and beef.
5. Reduce heat to medium. Cook onion and 1/2 teaspoon salt, stirring occasionally, until just tender, 5 to 7 minutes.
6. Return beef to pot and add 6 cups broth. Bring to a boil over medium-high heat. Reduce heat to medium-low, cover, and simmer until beef is tender enough to shred with a fork, 2 to 2 1/2 hours.
7. Transfer beef to a large plate and shred with 2 forks into bite-size pieces.
8. Pour remaining 2 cups broth into same pot and bring to a boil.
9. Add noodles and cook, stirring occasionally, until tender, 7 to 8 minutes.
10. Return beef to pot, toss to combine, and season with remaining 1 1/2 teaspoons salt as needed.
11. Divide beef and noodles among bowls. Serve topped with lots of pepper.

Tiffany Café Menu January 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 COA CLOSED NEW YEARS DAY	2 Broccoli, On- ion and Cheese Frittata, Roasted Potatoes	3 Sweet and Sour Pork, Rice, Salad, Roll	4 Baked Fish, Mashed Potato, Veggie	5 Chili, Cornbread, Salad
8 Meatballs, Polenta, Broccoli Rabe Salad	9 Baked Ham, Mac 'N Cheese, Veggie	10 Chicken Cacciatore, Egg Noodles, Salad, Roll	11 Tiger's Den COA KITCHEN CLOSED	12 Beef Stew, Homemade Bread, Salad
15 COA CLOSED MARTIN LUTHER KING JR, DAY	16 Chicken Soup with Vegetables, Beans and Rice, Salad	17 Baked Spaghetti, Salad, Roll	18 Slow Cooked Ribs, Mashed Potatoes, Veggie	19 Pasta Fagioli Soup, Salad, Garlic Bread
22 Roasted Pork Loin, Grains, Veggie, Mustard Sauce	23 Spaghetti and Meatballs, Salad	24 Chicken Scampi over Pasta, Garlic Bread, Cesar Salad	25 Baked Stuffed Chicken Breast, Potato, Veggie	26 Meatloaf, Mashed Potato, Veggie
29 Baked Pasta, Cesar Salad	30 Chicken Parmesan, Angel Hair Pasta, Salad	31 Pulled Pork Sandwich with 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

January 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1 COA CLOSED NEW YEARS DAY	2 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	3 9:00Strength, RR 10:30 Chair exercise, TH	4 9:00 Yoga, RR 10:30-11:00 Meditation, TH	5 9:00Strength, RR 10:30 Balance Class, TH NVC Breakfast
8 9:00 Strength, RR 10:30-Chair Exercise, TH 1:00 Art with Erica, TH	9 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	10 9:00Strength, RR 10:30 Chair exercise, TH 12:30 Music After Lunch, TH	11 9:00 Yoga, RR 10:30-11:00 Meditation, TH 9:30-11:30 am Fuel Assistance, TH 10:30-11:30 Hearing Clinic, TH 11:00 Tiger's Den	12 9:00Strength, RR 10:30 Balance Class, TH 12:30-2:00pm Market Basket
15 COA CLOSED MARTIN LUTHER KING JR, DAY	16 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	17 9:00Strength, RR 10:30 Chair exercise, TH 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 9:00 Strength, RR 10:30-Chair Exercise, TH	23 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	24 9:00Strength, RR 10:30 Chair exercise, TH	25 9:00 Yoga, RR 10:30-11:00 Meditation, TH	26 9:00Strength, RR 10:30 Balance Class, TH 12:30-2:00pm Market Basket
29 9:00 Strength, RR 10:30-Chair Exercise, TH	30 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	31 9:00Strength, RR 10:30 Chair exercise, TH		

TH = Town Hall

RR = Rose Marie Room, Community Center

Follow Numbers 1 through 55



		4	9	6	18	17	16	35	34	32
		3	8	5	20	40	15	21	23	45
1	1	2	3	4	21	23	18	20	30	46
3	2	9	8	13	12	31	30	19	48	47
9	3	6	7	8	20	12	17	18	19	31
8	4	5	22	9	10	11	16	40	20	32
10	5	26	23	10	42	41	15	39	21	33
14	6	25	24	11	12	13	14	39	22	47
8	7	14	15	16	17	18	19	20	23	46
21	34	33	32	31	40	27	26	25	24	55
23	35	18	19	30	29	28	27	28	29	54
24	36	30	32	31	5	2	50	51	52	53
38	37	38	39	46	47	48	49	44	55	54
39	20	33	44	45	29	52	53	45		
40	41	42	43	46	47	53	54	55		

SEASONEDTIMES.COM

Solution on page 13.

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.**

VOLUNTEER OF THE MONTH

The new year brings us a new volunteer to the Council on Aging,
Janet Taylor.

Janet has lived in Nahant for 50 years and now is retired from her nursing career. Not only is Janet a new addition to our volunteer family, she is also a member of the Board of the Nahant Council on Aging and serves as Secretary. She has two sons and is anxiously awaiting the arrival of twin grandsons! Thanks for joining our volunteer family in the kitchen and dining room, Janet!



	4	9	6	18	17	16	35	34	32
	3	8	5	20	40	15	21	23	45
1	1	2	3	4	21	23	18	20	46
3	2	9	8	13	12	31	30	19	48
9	3	6	7	8	20	12	17	18	19
8	4	5	22	9	10	11	16	40	20
10	5	26	23	10	42	41	15	39	21
14	6	25	24	11	12	13	14	39	22
8	7	14	15	16	17	18	19	20	23
21	34	33	32	31	40	27	26	25	24
23	35	18	19	30	29	28	27	28	29
24	36	30	32	31	5	2	50	51	52
38	37	38	39	46	47	48	49	44	55
39	20	33	44	45	29	52	53	45	
40	41	42	43	46	47	53	54	55	

CHRISTMAS PARTY 2023



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

IN MEMORY OF:

Ronald Buckley
Lillian Carr
John & Harriet Magro

**THE FRIENDS OF NAHANT
COA SEND
CONGRATULATIONS
TO THE FOLLOWING PRIZE
WINNERS FROM THE CRAFT
FAIR:**

Alice Cort
Mary Irene Dickenson
Judy Sterriti

We thank you for your support.

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.

CORNER

TIFFANY ROOM, TOWN HALL 9:00am

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: _____

BIRTHDAYS

January 1- Kim Yannetty, Alasoadi Anisah, Thomas Silva, Victor Rose
January 2 - Pamela Szostakowski, Jason Angiulo, Diane Mitrano, Agostino Capobianco, Rebecca Fisher
January 3 - Rudolf Zuckerstatter, Peter Hasak, Wesley Chandler, Frank Lamacchia, Yan Chen
January 4—Helen Sisk
January 5—Kathryn Elbel, Anthony Alessi, Mark Harrell
January 6—Robin Destefano, Yocasta Bencosme
January 7—Stephanie Diprimio
January 8 - Lauren Lacey, Christopher Billias
January 9—Stojan Maksimovic
January 10-Richard Beaton, Leonard Kavanagh, Joseph Mack
January 11-Frances Ahern, David Carter, Sean Canty, Ana Cunha-Martin, William Durland, Marshall Shore, Kevin McCarthy, Moira Pelligrino
January 12-Nancy Sullivan Pantano, Christine Blaski, Debra Duffy-O'Connor
January 13-Gail Guiney, Richard Eriksen, Anna McGovern
January 14-Edith Hunnewell, Jean Sigourney, Deborah O'Connor
January 15-Polly Bradley, Mary Myers, Robert Scanlan, Susan Jones, Kathryn West, James Williams, David Desmond
January 16-Kalliope Koukounaris, Gloria Barbacoff, Susan Snow, Elaine O'Connor
January 17-Maureen Palangi, John Cammarata
January 18-John Flebbe, Michael Tufts, David Horrigan
January 19-John Dorlando, Russell Gale, Christine Johnson-Liscio, Susan Solomon, Karen Gordinas, Ann Wachtel
January 20-William Hatfield, Joan Kavanagh, W. Boyan, Kenneth Champion, Thomas Scanlon, Edward Brochu
January 21-Rosa Melanson, Richard Lombard, Robert Gilbert, Norman Cole, Sura Derkautsan
January 22-Alison Connolly, Speros Frangules
January 23-Bonnie Bishop, Christina Priftakis, Joseph Dowling, Barbara Rossi, Debra Baldwin
January 24-Frances Moleti, Cynthia Costin
January 25- Emily Potts, Richard Arzillo
January 26-Susan Arzillo, Marie Esler-Abbott, John Caprio, John Collins, Maureen Sinewski
January 27-Frank Pitzi, Lawrence Mason, Alice Cort, Jean Hagberg
January 28-Norma Brooks, Alexander Morrison, Gayle Poulin, Michael Gomperts, John Stabile
January 29-James Munro, Edward Poulin, Maria Rynne, Eileen Peterson, Gary Prochorchik, Donna Ventura
January 30-Gerald Butler, Patricia Caproni, Wayne Papagelis, Gary Simons, Luke Tsokanis, Maureen Foster, Marcia Simon, Juilia Simpson
January 31-Edwin Peterson, Bonnie Dorlando, Mark Conway, Paul Nardone, Colleen Collins, Jill Weiner, John Doran