

# February 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](http://www.nahantcouncilonaging.org)

Hi all,

February is one of the coldest months of the year! We can stay warm by continuing to be with others here in the Tiffany Room. In winter, when weather can keep us apart, it is especially important to stay connected. I was reading recently, that there are studies that report that social isolation can help contribute to many health issues such as an increase in weight, smoking or high blood pressure. Connecting with other people can help lead to an increase in your longevity, a stronger immune system and faster recovery from whatever might be ailing you.

It is the quality of our social interactions not the quantity! Feeling good about the meaningful connections in life you have is far more important than how many you have!

If you are wondering about coming to the Tiffany Room to have lunch or take advantage of our exercise, meditation or balance classes-please do !! We are a friendly bunch and welcome the opportunity to show you! To paraphrase the great Cole Porter song Friendship:

***If you're ever in a jam – here WE am!!***

We continue to try new program ideas. As spring approaches, we will venture out on the road and expand the activities. Stay tuned and come join us for a home cooked meal and good conversation at lunch!

Hope to see you around.

Mary



*Nahant Council on Aging*

*Monday-Friday 9:00-1:00*

*Monday, February 19, 2024*

*President's Day*

## FEBRUARY AT A GLANCE

**Friday, February 2, NVC Community Breakfast.** This month, Attorney Brian Snell will make a presentation regarding estate planning. Breakfast is served at 8:00am followed by the 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. See page 4 for details.

**Monday, February 5, Art with Erica. 12:30.** The Memory Café presents, Watercolor, Ink and Cardmaking.

Brighten up your mood this winter season with watercolors and ink. In a few steps, you'll learn how to paint a background and draw flowers on top of them. You'll leave this workshop with a card in hand to send to a friend! See page 5 for details.

**Tuesday, February 6, Maple Street Bistro.** The Maple Street Bistro is a student-run facility with fresh food prepared daily at the Essex North Shore Agricultural and Technical High School. The menu has been tailored to our group and includes a salad, an entrée, a beverage and a dessert for \$16.00. Sign up at the Tiffany Room. See page 5 for more details.

**Thursday, February 8. 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 winter season. See page 6 for details. Sign up at the Tiffany Room for an appointment.

**Wednesday, February 14, The Memory Café presents, Music After Lunch. 12:30.**

Love to sing? So do we! We have a great group of vocalists who enjoy spending an afternoon making music together. Come join us! Sponsored by the Memory Café. Tiffany Room, Town Hall.

**Thursday, February 15, 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! Please make your menu choices in advance. Pick up your menu at the Tiffany Room. Sign up in advance, please, at the Tiffany Room.

**Friday, February 16, Movie: Return to Me.**

A man who falls in love with the woman who received his wife's heart must decide which woman it is who holds his heart. Minnie Driver, David Duchovny, Robert Loggia, Carroll O'Connor.

Popcorn will be served. Reserve your seat by signing up at the Tiffany Room.



**Wednesday, February 21, Paint Party with Marty Taylor.** Warm up a chilly February afternoon at the Tiffany Room painting your cares away. Let's see what you can create! Sign up is required. \$20 materials fee.

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. Fernandez will be available in the Tiffany Room

**Wednesday, Feb. 7, 2024**



Call 781-581-7557 for an appointment.

**This month, our Blood Pressure Clinic** at the Tiffany Room will be held on

**Wednesday, Feb. 14, 2024**

**from 10:00—11:30**

**No appointment required.**



Attorney, Brian Snell is available for legal consultation.

**February 8, 2024**

Call 781-581-7557 to book an appointment.



Phone: 781-581-0306

email us at [nahant.circ@gmail.com](mailto: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

# Nahant Community Breakfast

Atty.  
**Brian Snell**

Specializing in Estate Planning & Elder Law as well as Probate, Guardianship & Trust Administration



Friday, February 2, 2024

8:00 a.m.

Nahant Village Church, 27 Cliff St

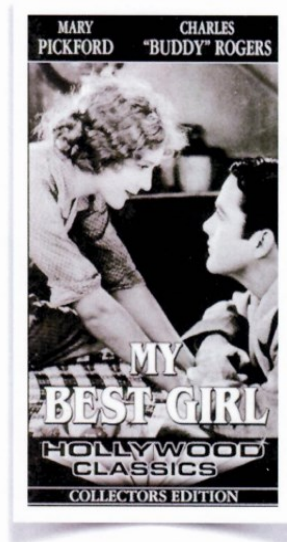
## All are Welcome

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

# Silent Movie Night

Friday, Feb. 9, 2024

Nahant Village Church



*"My Best Girl"* with live piano accompaniment by **Rob Humphreville**

Join in a potluck supper at 5:30

Movie begins at 7 p.m.

Admission is free/ suggested donation \$20

# 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](mailto:mminer@nahant.org)

This program made possible by:

Nahant Council on Aging

Nahant Public Library

Nahant Village Church

Greater Lynn Senior Services



Lynn Technical Vocational High School Cosmetology Salon "Tiger Style" offers a number of services to the public at reasonable rates.

Hours of Service: 8:30am-1:00pm

Telephone: 781-477-7204 Ext. 3249

Appointments are preferred.



**ESSEX NORTH SHORE**  
AGRICULTURAL & TECHNICAL SCHOOL

**The Maple Street Bistro & Bakery is a student-run facility with fresh food prepared daily.**

The Maple Street Bistro allows our students the opportunity to run a full-functioning upscale restaurant. The students run all aspects of the Bistro, from prepping food, baking, cooking, grilling, expo, wait-staff, cooking on the line, and even the dish room. We look forward to serving your lunch soon!

**Tuesday, Feb. 6**

**\$16.00**

**Bus leaves at 10:15.**

**Sign up at the Tiffany Room.**



## **ART WITH ERICA MONDAY FEBRUARY 5**



Watercolor, Ink and Cardmaking

1:00pm

Tiffany Room

Registration is required.  
Sign up at the Tiffany Room.

## **TECH HELP DROP-IN**

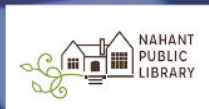
Tuesdays 2-3pm starting Jan 16

**RECEIVE FREE HANDS-ON ASSISTANCE WITH MOST OF YOUR TECHNOLOGY NEEDS**

Have your passwords on hand

We can help with: printing, emailing, using Microsoft Word, attaching documents and photos, copying, cell phone questions, tablet questions, eBook questions, and more

**We cannot repair broken devices or enter your private information (like credit card numbers) online**



**PAINT PARTY**

**TIFFANY ROOM**

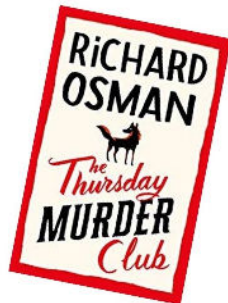
**WEDNESDAY,  
FEBRUARY 21**

1:00-2:00

**\$20 MATERIALS FEE**

# MYSTERY BOOK CLUB THURSDAY 2/8 AT 5PM

DO YOU LOVE READING  
MYSTERIES?  
EACH MONTH WE  
WILL READ A  
DIFFERENT MYSTERY.  
THIS MONTH, IT'S  
**THE THURSDAY  
MURDER CLUB**  
BY RICHARD OSMAN



## VIRTUAL - AUTHOR AND CRAFTSPERSON PETER BELLERBY DISCUSSES "THE GLOBEMAKERS: THE CURIOUS STORY OF AN ANCIENT CRAFT"



Thursday Feb 22 at 2pm

Who ISN'T fascinated by the ancient craft of Globemaking? Join Peter Bellerby, founder of Bellerby & Co. Globemakers, in this visual tour through the history of Globemaking, how it almost became a lost art, and how he is bringing it back, one beautiful hand painted globe at a time.

His book, a full-color photographic portrait of a fantastic art, "The Globemakers" is an enlightening exploration of globes, or "earth apples," as they were first known, and their ability to show us ourselves and our place in an infinite universe. If you don't want to run out and buy globes for yourself and all of your friends after this talk, we'll be surprised!

Peter Bellerby is the founder of Bellerby & Co. Globemakers, the world's only truly bespoke makers of globes. His team of skilled craftspeople make exquisite terrestrial, celestial and planetary globes. The business began after he failed to find a special globe for his father's 80th birthday - and decided to make one himself, taking him on an extraordinary journey of rediscovering this forgotten craft.



Please visit [Nahantlibrary.org](http://Nahantlibrary.org) to register

This program is sponsored by the [Friends of the Ashland Public Library](#) and we are collaborating with a multitude of MA Libraries

## 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



# 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](http://www.mbta.com/the ride)

Call the MBTA at:

617-337-2727

Podiatrist, Dr. Fernandez is available for appointments here at the Tiffany Room.

Check our monthly newsletter for dates and times, and call 781-581-7557 to make your appointment.

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](http://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.



## Knee Replacement Surgery

Well, February is here with its cold weather, snow, and unpredictable storms. February also brings us Valentine's Day with bright red hearts and our thoughts turn to romance and love. Some of us take this opportunity to find a warm destination to travel to, while others "hunker down" and enjoy what is quintessential New England. Our Tiffany Times contributor, Anna Manzano, has chosen an unusual way to spend February this year. She is recuperating from knee replacement surgery. In her absence, I thought we might investigate this procedure.

*Penny Morse, Assistant to the Director, Nahant COA*

**MAYO  
CLINIC**



Knee replacement surgery replaces parts of injured or worn-out knee joints. The surgery can help ease pain and make the knee work better. During the surgery, damaged bone and cartilage are replaced with parts made of metal and plastic. The right artificial joints and surgical techniques for you depend on your age, weight, activity level, knee size and shape, and overall health.

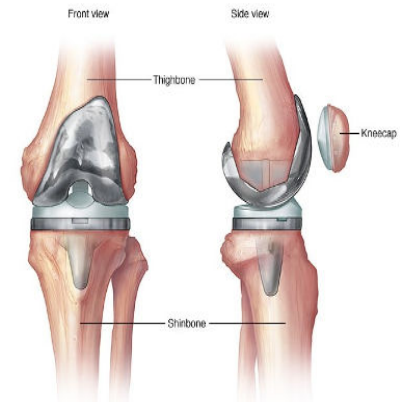
The most common reason for knee replacement surgery is to ease pain caused by arthritis. People who need knee replacement surgery usually have problems walking, climbing stairs and getting up out of chairs.

If only one part of the knee is damaged, surgeons often can replace just that part. If the entire joint needs to be replaced, the ends of the thighbone and shinbone are reshaped and the entire joint resurfaced. These bones are hard tubes that contain a soft center. The ends of the artificial parts are inserted into the softer central part of the bones. Ligaments are bands of tissue that help hold joints together. If the knee's ligaments aren't strong enough to hold the joint together by themselves, the surgeon may choose implants that can be connected so they can't come apart.

After surgery, the patient will rest in a recovery area for a short time. How long a patient stays in the hospital after surgery depends on their individual needs. Many people can go home the same day. Physical Therapy is prescribed for a number of weeks to help patients adjust from the surgery and the new knee.

For most people, knee replacement provides pain relief, improved mobility and a better quality of life. Most knee replacements can be expected to last at least 15 to 20 years.

After recovery, most people can engage in various low-impact activities, such as walking, swimming, golfing or biking. But people should avoid higher impact activities, such as jogging, and sports that involve contact or jumping. The health care team may talk to each patient about ways to stay active after knee replacement.



Everyone at the Nahant COA is wishing you a quick recovery, Anna.





## 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](http://www.nahantpolice.org)

### The Police Report

In this version of the Police Report, I would like to highlight scamming. It seems like someone has come up with a new way to scam other people daily. They range in forms of mail fraud, charity scams, identity theft and grandchild scams. They have even been dubbed as “social engineers”, which is fancy term for a thief. We’ve all received phone calls or emails that have seemed suspicious. Trust your instinct!

The most critical this is never to give personal information or offer to give money. You can always call the police station to ask if the phone call or email is a scam. If you give any information, the scammers can create a fake identity using your information. They can also hack into your bank accounts stealing your money. If you are uncertain who the caller is, tell them that you are busy and can’t talk or ask for a call back number. If the caller refuses or becomes aggressive, simply hang-up on them.

You should always be cognizant of how you dispose of your mail. Papers that contain account numbers or other personal information should be shredded or burned. Scammers only need a little bit of your information to create headaches for you. You should always monitor credit report and bank accounts on a regular basis. If you notice a discrepancy, you should notify the bank immediately. The bank will most likely have you file a police report to document the incident.

The list of scams is ever growing. If you receive a strange phone call or an email, feel free to call the police station and ask. To list all the scams out there would take up this whole sheet of paper. Police Officers are well versed on the current scams, so please ask one of us. Remember to never give any personal or bank account information, even if it’s partial information. Also remember that government agencies do not request payments over the phone. If you have any questions, please feel free to contact the Nahant Police Department at (781) 581-1212.

Timothy M. Furlong

Chief of Police / Director of Emergency Management

# Fire Safety Checklist for Caregivers of Older Adults

Older adults are more likely to die in home fires because they may move slower or have trouble hearing the smoke alarm. Make sure the people you know are prepared and safe.

Put a check in front of each statement that is true for your home.

## Smoke Alarms

- Smoke alarms are on every level of the home.
- Smoke alarms are inside and outside sleeping areas.
- Smoke alarms are tested each month.
- Smoke alarm batteries are changed as needed.
- Smoke alarms are less than 10 years old.
- People can hear smoke alarms from any room.



### Can everyone hear the alarm?

If not, consider another type of smoke alarm – like one that has a different sound or one that comes with a bed shaker or strobe light.

## Cooking Safety

- The cooking area has no items that can burn.
- People stay in the kitchen when they are frying, grilling, boiling, or broiling food.

## Smoking Safety

If they smoke, make sure they are a fire-safe smoker:

- People only smoke outside and never in bed.
- People put cigarettes out safely in an ashtray with a wide base that will not tip over.
- People never smoke around medical oxygen.

## Heating Safety

- Space heaters are least 3 feet away from anything that can burn.
- People blow out candles before leaving the room.

## Escape Plan

- There is a fire escape plan that shows 2 ways out of every room.
- Exits are always clear and not blocked with furniture or other items.
- Everyone knows where the safe meeting place is outside the home.
- The escape plan works for everyone, including people who use a wheelchair, a hearing aid, or glasses.
- There is a phone near the bed to call a local emergency number in case of a fire.



### Can everyone get out?

Make sure people who use a wheelchair or a cane can get to them and get out quickly. Tell them to keep glasses or hearing aids next to the bed.

## Carbon Monoxide Alarms

- Carbon monoxide alarms are located on each level of the home.
- Carbon monoxide alarms are less than 7 years old.

## Electrical and Appliance Safety

- No electrical cords run under rugs.
- All electrical cords are in good condition and not broken or cut.
- People clean the dryer of lint after every use.
- All plug outlets are safe and do not feel warm when you touch them. (If they are warm, call the landlord or an electrician.)

Learn more about fire prevention:  
[www.usfa.fema.gov](http://www.usfa.fema.gov)

U.S. Fire  
Administration



FEMA



# IT'S WINTER!

## STAY WARM, STAY SAFE, BE PREPARED.

### Heat Your Home Safely

- \* When it is cold outside, we heat our homes to stay healthy and warm; but heating equipment can also cause fires if not used correctly.
- \* Keep children, pets and things that can burn at least 3 feet away from radiators, space heaters, fireplaces, wood stoves and furnaces.
- \* Buy a space heater that has an automatic shut off in case it is tipped over. Place space heaters on a level surface, but not on cabinets, tables or other furniture.
- \* Have a qualified professional install heating equipment.
- \* Ask a professional to inspect your heating system every year.
- \* Never use an oven, stovetop or grill to heat your home.
- \* Store propane and other heating fuels outside of your home.
- \* Clean wood-burning fireplaces after each use. Put ashes in a metal container with a tight-fitting lid. Place the container outside on concrete or gravel at least 3 feet from your home.
- \* Install and check that your carbon monoxide alarms are within date, especially if your home is heated by any source other than electricity to avoid carbon monoxide poisoning!
- \* Make sure all fuel-burning equipment is safely vented to the outside to also avoid carbon monoxide poisoning!

The Council on Aging would like to remind residents that it's important to plan ahead to stay safe this winter.

### Tips include:

- ◇ Make sure the number on your house is large (min. 3" in height) and clearly visible from the street.
- ◇ Ask for help shoveling heavy, wet snow. Make sure emergency personnel can reach your front door.
- ◇ Create a support network and check in with friends/family if there is a power outage.
- ◇ Complete a **File of Life** form and display it on your refrigerator in case of an emergency.
- ◇ Plan a 'go' bag in case of emergency. Your 'Go' Bag might include: *Food (non-perishable), Whistle, Flashlight, Batteries/Cell phone charger, Medications for a few days, First Aid supplies, Blanket, and specific unique items you may need.*

## FILE OF LIFE

**FILE OF LIFE**  
KEEP INFORMATION UP TO DATE !!  
*Review At Least Every Six Months !*  
MEDICAL DATA REVIEWED AS OF MO. YR. Sex  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Doctor: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Preferred Hospital: \_\_\_\_\_  
**EMERGENCY CONTACTS**  
Name: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Address: \_\_\_\_\_  
Name: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Address: \_\_\_\_\_

Forms and magnetic envelopes are available at the Council on Aging free of charge.

Forms should be updated every few months.

New forms are also available.

COA office is open Mon.-Fri.  
9:00-1:30



## Meals on Wheels



Meals on Wheels brings meals to people over 60 who are homebound and unable to prepare their own meals. The menu is varied and the meals are nutritionally balanced, cooked without added salt, and consists of an entrée, two sides, dessert, milk, bread and margarine. We offer soft, ground, pureed, low-lactose, renal, and cardiac menus. We also offer a modified meal for people with diabetes. Meals are delivered between 8:30 a.m. and 1:00 p.m., Monday through Friday, except holidays. If you're isolated and homebound, you can arrange for frozen meals that you can use over the weekend.

We ask for a small donation per meal to help us pay for the program. But we never deny anyone a meal if they can't afford to donate.

It's easy to start delivery of Meals on Wheels. Simply call Information & Referral at 781-599-0110.



### Our Newest Volunteer

#### Andrea Allison Murphy

Andrea has been volunteering at the COA since December and is a welcome addition to our team of volunteers.

Andrea grew up in Nahant and attended Nahant Junior High School. She and her husband Scott have two children and three grandchildren. In the summer, Andrea loves to hang with her gang of friends at Canoe Beach.

Her professional career was in the field of commercial insurance and she is now delighted to be retired and no longer getting up at 4:30am.

Andrea helps us in the kitchen on Tuesdays and serves our Lunch Bunch Seniors who certainly enjoy her company.

Thanks, Andrea, for sharing your time with us! Welcome aboard!

## VETERAN'S FOOD PROJECT

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

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**

### **A Square a Day: Long-Term Effects of Dark Chocolate on Senior Heart Health**

Studies examining the long-term effects of moderate dark chocolate consumption in seniors have shown promising results. Regular, controlled intake has been associated with sustained improvements in cardiovascular health markers. Seniors who have incorporated dark chocolate into their diets, in conjunction with an overall heart-healthy lifestyle, report positive outcomes over time. In conclusion, dark chocolate can be a bittersweet ally in the pursuit of heart health for seniors. From its antioxidant-rich composition to its potential cognitive benefits and emotional well-being perks, this indulgent treat offers more than just a momentary delight. However, it's crucial for seniors to approach dark chocolate consumption with mindfulness and moderation, ensuring it complements an overall heart-healthy lifestyle. As always, consulting with healthcare professionals before making significant dietary changes is paramount for personalized and well-informed choices. So, unwrap the bittersweet secrets of dark chocolate and savor the potential benefits it may bring to your heart and well-being.



### Dark Chocolate Raspberry Greek Yogurt Parfait

#### **Ingredients**

- 1 Cup fresh raspberries, divided
- 2 Cups vanilla Greek Yogurt
- 2 tsp. honey
- .5 oz. dark chocolate, chopped
- 2 Mason jars/glasses for parfaits



#### **Instructions**

1. Divide berries into 1/4 servings
2. Place 1/4 cup berries in the bottom of each Mason Jar.
3. In a small, bowl mix Greek yogurt and honey.
4. Layer berries, yogurt and chocolate.
5. Enjoy immediately or seal tightly and refrigerate for later.

*Use your favorite berry or combination of berries. Add nuts, granola or dried fruit. Make these up save for snack or tomorrow's breakfast on the go!*

## Tiffany Café Menu February 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Please inform your server if you or anyone in your party has a food allergy.</b>		<b>Menu is subject to change.</b>	<b>1</b> Shephard's Pie, Salad, Cornbread	<b>2</b> Stuffed Peppers, Salad
<b>5</b> Chicken Soup, Grilled Cheese Sandwich, Salad	<b>6</b> <b>MAPLE STREET BISTRO</b> Tiffany Room Kitchen <b>CLOSED</b>	<b>7</b> Kielbasa, Baked Mac & Cheese, Cornbread	<b>8</b> Sausage, Pasta, Salad, Garlic Bread	<b>9</b> Pork Buns, Shrimp Fried Rice, Dumplings
<b>12</b> Chicken Alfredo with Broccoli, Salad	<b>13</b> Potato Cheddar Soup, Baked Fish with Tomatoes and Olives, Couscous	<b>14</b>  Meatloaf, Potato, Veggie, Roll	<b>15</b> <b>TIGER'S DEN</b> Tiffany Room Kitchen <b>CLOSED</b>	<b>16</b> Salmon Burger, Salad, Chips
<b>19</b> CLOSED	<b>20</b> Tortilla Soup, Pork Chili, Polenta	<b>21</b> Chicken and Orzo Salad, Roll	<b>22</b> Burgers, Fries, Potato Salad	<b>23</b> "Breakfast for Lunch" Egg & Cheese Casserole, Ham, Muffins
<b>26</b> American Chop Suey, Salad	<b>27</b> Chicken Piccata, Pasta, Ceasar Salad	<b>28</b> Mongolian Beef, Fried Rice, Roll	<b>29</b> Eggplant Rollatini, Salad, Garlic Bread	

# EVENTS CALENDAR

## February 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 9:00 Yoga, RR 10:30-11:00 Meditation, TH	2 9:00 Strength, RR 10:30 Balance Class, TH  <b>NVC Breakfast</b>
5 9:00 Strength, RR 10:30-Chair Exercise, TH  1:00 Art with Erica, TH	6 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH  10:15 Maple Street Bistro	7 9:00 Strength, RR 10:30 Chair exercise, TH  9:00-11:30am Podiatrist TH	8 9:00 Yoga, RR  9:30-11:30 L.E.O. Fuel Assistance, TH  10:00-11:00am Atty Brian Snell, TH	9 9:00 Strength, RR 10:30 Balance Class, TH  12:30-2:00pm Market Basket
12 9:00 Strength, RR 10:30-Chair Exercise, TH	13 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	14 9:00 Strength, RR 10:30 Chair exercise, TH  Blood Pressure Clinic 10:30-11:30  12:30 Music After Lunch, TH	15 9:00 Yoga, RR 10:30-11:00 Meditation, TH  11:00 Tiger's Den	16 9:00 Strength, RR 10:30 Balance Class, TH  12:30-3:00 Movie, TH
19 9:00 Strength, RR 10:30-Chair Exercise, TH	20 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	21 9:00 Strength, RR 10:30 Chair exercise, TH  1:00 Paint Party	22 9:00 Yoga, RR 10:30-11:00 Meditation, TH	23 9:00 Strength, RR 10:30 Balance Class, TH  12:30-2:00pm Market Basket
26 9:00 Strength, RR 10:30-Chair Exercise, TH	27 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	28 9:00 Strength, RR 10:30 Chair exercise, TH	29 9:00 Yoga, RR 10:30-11:00 Meditation, TH	

**TH = Town Hall**

**RR = Rose Marie Room, Community Center**

## HEALTH AND WELLNESS

The following classes will be held at the Community Center on Valley Road.

- Monday – 9:00am Strength Class with Sharon
- Tuesday – 9:00am Chair Yoga with Lynda
- Wednesday – 9:00am Strength Class with Sharon
- Thursday – 9:00 am Yoga Class with Lynda
- Friday—9:00am Strength Class with Lynda



- \*\*\* Mondays - 10:30 Chair Exercise. Town Hall
- \*\*\* Thursdays - 10:30-11:00 Meditation with Joanne. Town Hall
- \*\*\* Friday - 10:30 Balance Class. Town Hall.

## FEBRUARY IS HEART HEALTH MONTH

Everyone can improve their cardiovascular health by following the American Heart Association's Life's Essential 8:

- ♥ **eating healthy food**
- ♥ **being physically active**
- ♥ not smoking,
- ♥ getting enough sleep
- ♥ maintaining a healthy weight
- ♥ controlling cholesterol
- ♥ controlling blood sugar levels
- ♥ **monitoring blood pressure levels**



**Cardiovascular disease claims more lives each year in the U.S. than all forms of cancer and chronic lower respiratory disease combined,** according to the American Heart Association.

The Nahant Council on Aging is dedicated to offering a number of programs to assist in the health and wellbeing of anyone over the age of 60 or disabled. We are right here in your backyard and would love for you to join us!

- ♥ **Lunch Program serves lunch daily (M-F) at 11:30 in the Tiffany Room.**
- ♥ **Monthly Blood Pressure Clinic.**
- ♥ **Exercise classes. (Listed above.)**



## Puzzle

P I H S D N E I R F D I P U C A L  
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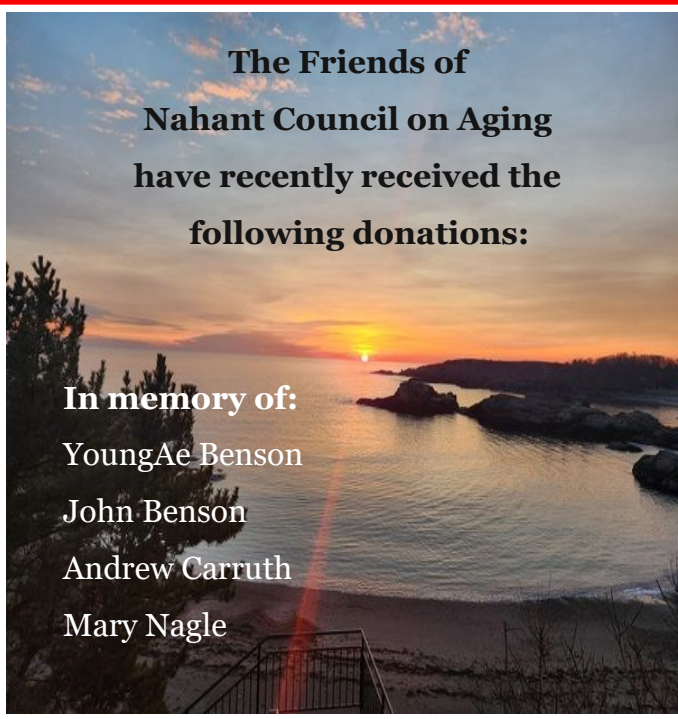
ADMIRER  
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DEVOTION  
FANCY  
FEBRUARY  
FLAME

FLOWERS  
FONDNESS  
FOREVER  
FRIENDSHIP  
GIFT  
GIRLFRIEND  
HEARTS  
JEWELRY  
LIKE  
LOVEBIRDS

LOVERS  
PARTNER  
PROPOSAL  
RELATIONSHIP  
RESTAURANT  
ROMANCE  
ROSES  
SENTIMENT  
SUITOR  
SWEETHEART

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



**In memory of:**  
YoungAe Benson  
John Benson  
Andrew Carruth  
Mary Nagle

In August, a Barefoot Black Tie event was held on Short Beach, spearheaded by Peter Barba. It was a memorable evening full of fun, friends and frolic. The purpose of the event was to raise funds to support the efforts of the Friends of Nahant Council on Aging.

At this time, the Friends wish to acknowledge the generous donation made to us as a result of that fundraising event.

Again, we wish to thank everyone involved who helped make the event such a success. Your efforts allow the Friends to assist the Nahant Council on Aging to serve the Senior population of our Town.

Thank you.



**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

**FRIENDS**

**CORNER**

**Help Support the Friends of Nahant Council on Aging**

Please accept my tax-deductible donation:

Donor Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

I would like my donation to be

- In Memory of:                       In Honor of:                       In Appreciation of:

Name: \_\_\_\_\_

*Please send gift notification to:* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please make checks payable to: **Friends of Nahant Council on Aging**, 334 Nahant Road, Nahant, MA 01908

## BIRTHDAYS

- February 1 - Irene Cullinan, Richard Koehler, David Dunn, Annette Jacoby -Jeffrey Mark Lucantonio, Judith Vanloon, Raymond Champigny
- February 2 - Erin Kennedy
- February 3 - Minervina Chandler, Julie Harris
- February 4 - Ernest Priftakis, Ronald Petrucci, Kathryn Deon, Moira Hussey, Eugene Yonkers
- February 6 - Diane Perepelitza, Edith Kenneally, Barbara Sereda, Julie Driscoll
- February 7 - Louise Andrews, John Vanmaanen, Sheila Barry, Suzanne Hamill
- February 8 - Mark Connelly, Paula Bethune, Francis Cullinan, J. Evans, David Adolf
- February 9 - Reno Pisano, Leone Barletta, James Konowitz, Jefferson Thomas, Maria Gongora-Trevino
- February 10 -William Crawford
- February 11 -Mary Evos, Eleanor Collins, Deborah Barnes, Louise Fiore
- February 12 -Barbara Sweeney, Stacy Miliotis
- February 13 -David James O'Neil, Margaret Barile
- February 14 -Caren A. Cahoon, Frederick Ahern, Christopher Battiston, Nancy Elliott, Maria Koutroubis
- February 15 -Brian Green, Janice Desimone
- February 16 -Wayne Wilson, Kathleen Joyce-Durland, Beth Webber
- February 17 -Eva Murphy, Mary Ellen Taylor, Jeanne Buckley, Karen Savino, Jeffrey Lewis, Michael Curran, Frederick White
- February 18 -Melinda Hatfield, Andrew Karl, Susan Alessi, Robert Goode, Roy Goode, Catherine Silva
- February 19 -Paul Richardson
- February 20 -Paul Gaudet, Charles Langevain, Doreen Doyle, Perry Vittorio
- February 21 -Pauline Anderson, Susan Hargraves, Mary Barletta
- February 22 -Linda Gardner, Mary Matthews, Lana Wortman, Medi Mirnasiri
- February 23 -Thomas Donahue, Barbara Lambl, Stacy Evos, Michael Mahoney, James Costello, Edward Steriti, Eleanor Whyte
- February 24 -John Patek, Ralph Colson, Paul Brien, Amy Tsokanis,
- February 25 -Elaine Budnik-Caira, Elizabeth Berman, Joseph Giunta
- February 27 -Supunpim Banchongmanic, Martha Brown
- February 28 -Patricia Aswad, Mary Flannery
- February 29 -Robert Lane, Michael Szostakowski, Karen Gagne

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.

