

May 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
Scott Kirkland
Annemarie Glowacz
Pat Scanlon
Transportation

Nahant COA Board of Directors

Angela Bonin - Chairman
Farris VanMeter- Vice Chairman
Donna Steinberg-Secretary
Emily Potts - Treasurer

Lollie Ennis
Sheila Hambleton
Linda Jenkins
Roz Puleo
Carol Sanphy

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

**nahant council on aging and senior
community center**

Hi all,

Can you believe we are a month away from summer? Yikes !!

Every year, the month of May has been designated as the National Military Appreciation Month (NMAM).

NMAM began in 1999 when the late Senator John McCain introduced legislation naming the month of May as National Military Appreciation Month. His legislation received bipartisan support and both the Senate and the House of Representatives adopted resolutions calling for the country to recognize and honor all of our service members during the month.

With many of our holidays becoming nothing more than three-day weekends for the majority of Americans, McCain’s vision was that this would bring a renewed focus on their original purpose. NMAM is designed to remind us all of the extreme sacrifice given by our military members. It is a time for members of the military, past, and present, to participate in local events that bring more public attention to the Forces. This is especially prevalent during Memorial Day .

May is also the Month of the Military Caregiver, which honors those who care for wounded, ill and injured service members.

We are grateful to our active members of the military who serve and protect us in all corners of the world currently. We are also grateful to our many veterans who served and fought for us to live free. Please continue to give your respect and attention to our service men and women, and to be a help to our veterans in need.

I am hoping we have warmer weather and brighter days ahead .

Stay safe !

Mary

Nahant Council on Aging

Monday-Friday 9:00-1:00

Closed

Monday, May 27, 2024 - Memorial Day

MAY AT A GLANCE

Thursday, May 2. Friends of Nahant COA Tides Fundraiser. Join us at Tides Restaurant from 4:00-7:00pm. Portion of the evenings proceeds will be donated to the Nahant COA. Enjoy dinner and drinks with friends and support the Nahant COA. See page 5 for more details.

Friday, May 3. Nahant Village Church Community Breakfast. Breakfast at 8:00am followed by a presentation by Tony Barletta, Nahant Town Administrator. See page 5 for more de-

Wednesday, May 8. Sean Reid, Candidate for State Representative. 12:30 Tiffany Room. Take this opportunity to meet one of the candidates for State Representative.

Thursday, May 9. Tiger's Den. Join us at the Tiger's Den or reserve a seat on the bus! This will be our last trip to LVTI for this school year. All menu items are \$15 per person for our group. Sign up in advance, please, at the Tiffany Room.

Wednesday, May 15. Music After Lunch. 12:30. Tiffany Room. We are singing our way through Spring! Join us and lighten your day with song.

Saturday, May 11. North Shore Music Theatre. "The Jersey Boys". The story of Frankie Valli and the Four Seasons. Tickets are limited. Sign up at the Tiffany Room or call the COA office at 781-581-7557 to reserve your seat. Details on page 5.

Monday, May 20. Art with Erica. 1:00. Tiffany Room. Learn how to collage pressed flowers on a painted watercolor scene that you create! This session will have water coloring and pressed flower collaging. Seating is limited. Sign up at the Tiffany Room. See page 8 for details.

Thursday, May 23. Arnold Arboretum Tour. Established in 1872, it is the oldest public arboretum in North America. Join us for a 90 minute guided tour. Seating is limited. Sign up at the Tiffany Room or call 781-581-7557 for reservations. See page 7 for details.

Tuesday, May 28. Ellen Goldman, Nutritionist. 12:30. Tiffany Room. Learn how to recognize the signs of malnutrition in your elderly loved ones and the nutrition services that are available. See page 7 for details.

Friday, May 31. Memorial Day Cookout. Dory Club. Let's gather to remember those who have served, and celebrate the unofficial beginning of summer at one of Nahant's most beautiful spots! \$10.00. Registration is required. Sign up 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. The next appointment is

Thursday, May 9, 2024

Call 781-581-7557 for an appointment.



Dr. Fernandez will be available at the Tiffany Room in June.

Appoints are required.

Call 781-581-7557 to book an appointment.



Thursday, May 16, 2024

Attorney, Brian Snell is available for legal consultation.

Call 781-581-7557 to book an appointment.

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



Wednesday, May 22, 2023

No appointment required.



Monday	Closed
Tuesday	10:00-7:00
Wednesday	10:00-5:00
Thursday	10:00-7:00
Friday	10:00- 5:00
Saturday	12:00-3:00
Sunday	Closed

Phone: 781-581-0306
email us at nahant.circ@gmail.com



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.

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

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.

FRIENDS OF THE COUNCIL ON AGING

TIDES FUNDRAISER

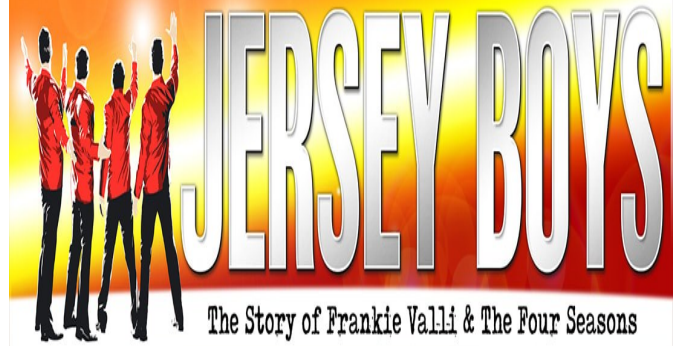
MAY 2, 2024
4:00 TO 7:00 PM

A portion of restaurant, bar & takeout proceeds will be
donated to Friends of the COA by the Tides.

We are grateful for their support!

GREAT FOOD!
GREAT PRIZES!

RESERVATIONS SUGGESTED!
781-581-7500 EXT.2



SATURDAY, MAY 11, 2024

Bus leaves the Town Hall parking area
promptly at 10:15 AM

Lunch on your own at
Greg's Tavern, Beverly.

2:00pm Performance.

Tickets \$35.00

Sign up at the Tiffany Room.

Nahant Community Breakfast



Town Meeting
Sneak Peek
with Town
Administrator
Tony Barletta

Friday, May 3, 2024 at 8 a.m.

Nahant Village Church
27 Cliff Street

All are Welcome

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

Spring Craft Fair

Saturday, May 4, 2024

9 - 2 PM

Nahant Village Church

27 Cliff Street

Nahant, MA 01908

Come find the perfect and unique gift for
"Mom" as Mother's Day is the next weekend.

Local Vendors, Artisans & Creators!

Also available the day of the fair:

Lobster Rolls

Bake Sale

Lottery Raffle

The Nahant Garden Club

PLANT SALE



*May 11, 9:00 - 12:00
Life Saving Station*

The Nahant Garden Club

Invites all Nahanters
to welcome

SPRING

by decorating their
doorways with fresh
flowers/plants on



**SUNDAY afternoon,
May 5th by 1 p.m.**

Please register by May 1st with

Savina Whitney
signoracane@gmail.com



**ANNUAL TOWN
MEETING
SATURDAY, MAY 18,
2024
12:30 PM**



**MOTHER'S
DAY
LUNCHEON**

**FRIDAY,
MAY 10, 2024**

Tiffany Room

11:30

Registration is required.

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



The ARNOLD
ARBORETUM
of HARVARD UNIVERSITY

THURSDAY, MAY 23, 2024

**90 MINUTE GUIDED TOUR OF THE
LANDSCAPE**

COST \$20

*The bus will leave the Town Hall at **9:15 AM**
for an 11:00am tour.*



ATTENTION CARE PROVIDERS MALNUTRITION IN THE ELDERLY:

Identifying Risks and Facilitating Solutions

Poor nutrition is common among the elderly, especially those who have been hospitalized. About 20-50% of hospitalized patients are malnourished or at risk for malnutrition. There are evident and clinical risk factors of malnutrition, as well as less evident signs that may be related to malnutrition. Case managers and family/friend caregivers can stay on the lookout for these signs, and connect elders at risk of malnutri-

**Nutritionist, Ellen Goldman is a Registered
and Licensed Dietician from GLSS.**

TUESDAY, MAY 28, 2024

12:30PM

TIFFANY ROOM



Pressed Flower Collage

Pressed Flowers are back!

Learn how to collage pressed flowers on a painted watercolor scene that you create! This session will have water coloring and pressed flower collaging.

**MONDAY,
May 20, 2024
1:00pm
Tiffany Room**



**Nahant Beaches Cleanup Day,
Sunday, May 19, 2024
from 11 a.m. to 2:00 p.m.**

at Short Beach & Doggie Beach.

Park in the Lowlands Lot and pick up gloves and bags, or better still, bring your own gloves & a big bucket.

Sponsored by:
Nahant Safer Waters in Massachusetts Inc.
For more information, please contact us at:
nahantswiminc@gmail.com



Short Beach on Nahant watercolor by Adam S. Walker. Used with permission. All rights reserved.

SPRING LEAF PICKUP



Curbside leaf pick up will be offered on the following **Mondays: April 29th, May 6th, May 13th & May 20th.**

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

NO open barrels. **No** roots, root balls or branches

Leaves must be at your curbside by 7 AM

Thank you! Nahant DPW 781-581-0026



**NAHANT'S
MARKET
BY THE
SEA
SATURDAYS**

10AM-1PM @ FLASH ROAD PARK
JUNE 22ND, JULY 20TH, AUGUST 17TH AND SEPTEMBER 14TH

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

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



Did you ever have a surgery and found that you felt very tired afterwards for longer than you expected? Well, that is common and there are good reasons for that.

Recovery is actually work for your body. Surgery, which consists of incisions and movement of muscle and tissues, is essentially trauma. It is a controlled trauma, but trauma non the less. This trauma causes the body to release hormones, such as cortisol, and releases an inflammatory response. These cause stress to the body and thereby cause fatigue. The affects of general anesthesia, the medications themselves, cause one to feel fatigued and that can potentially last for months as a feeling of being run down.

There are various factors that affect this fatigue. First is the severity of the surgery. Many surgeries are simple, many done as out -patient procedures. These can certainly cause fatigue as your body still needs to heal, but it would generally be for a short time, like a few days. More serious surgeries, especially those with longer periods of general anesthesia, being under for a long time, and those affecting major organs or bones, can cause you to feel tired for weeks or even months. Other factors affecting your response are your overall health, your age, nutrition, and other illnesses or conditions that you may have. Also, your mind set; are you anxious, concerned, or depressed, or are you confident and feeling good about the surgery?

There are good reasons for this feeling of tiredness. The trauma and stress of the surgery causes fatigue, as well as varying amounts of blood loss and fluid shifts. You may find a large amount of fluid in the affected body part, or in your legs. Pain itself causes fatigue, and then the pain medication you take for it also has a side affect of drowsiness. Pain also causes sleep disturbances, you may not be able to sleep well because of the discomfort, or the inability to roll over as you would like. Your appetite may be affected or you may have constipation from the pain medications.

To help combat this fatigue and help yourself heal, make sure you follow your doctors Post Surgical orders well. These will include how often to take your pain medications, and also to drink enough fluids and have a good nutritional diet. Your body needs energy to heal and this energy comes from your food. Your body healing especially needs protein, but also some fats and carbohydrates. If you have a condition in which your diet is usually limited, check with your doctor about what changes you should make. Give yourself adequate rest periods, take a nap or two if needed, but gradually increase your activity. Your doctor will be encouraging you to start moving early after surgery. Changing your position and walking about is very important in the post operative period to prevent the development of blood clots and pneumonia, which can arise after general anesthesia or from not taking deep breaths. Every first-year nursing student is taught the importance of “Coughing, and Deep Breathing” after surgery.

So, don't be too discouraged if you still feel you need a nap weeks after surgery. Rest does help your body heal. But if you feel significantly exhausted or weak, make sure you tell your doctor. You may have developed a complication that needs additional treatment. But otherwise, balance your life with activity, rest, and good nutrition, and you should be fine.

Stay well.

Anna Marie Manzano R.N.

VETERAN'S FOOD PROJECT

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

May 1 June 5

PRE-REGISTRATION: (FIRST TIME ONLY)

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

Strawberry Elegance by Jayne Solomine

Here is Jayne Solomine's original recipe.

Ingredients

2 qt. Strawberries, hulled and
cleaned
1/2 Cup Dark Brown Sugar
1 Pint Sour Cream

Directions

Slice strawberries in halves if too large. Reserve a whole berry for each serving. Whisk sugar and sour cream until thick and dark. Chill berries and mixture separately until ready to serve. At the last minute, combine berries and cream and serve in wine glasses, topped with a whole berry!

Seedless grapes or fresh peaches may be substituted for the strawberries.

Here is a version with the same ingredients.

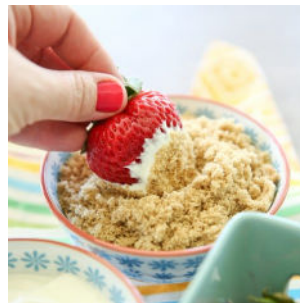
With strawberry season about to be in full swing, now is the perfect time to try this out if you've never had it before, or make it again if you have! It's also the perfect thing to pull out for a Mother's Day spread.

Ingredients

- Fresh Strawberries Stems attached
- brown sugar I suggest a fresh bag
- Sour Cream I suggest full fat

Instructions

Place some sour cream in a small bowl, place some brown sugar in a separate small bowl. To serve, have people dip a berry in sour cream and then in brown sugar, and eat immediately!






Tiffany Café Menu May 2024

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



Monday	Tuesday	Wednesday	Thursday	Friday
Please inform your server if you or anyone in your party has a food allergy.	Menu is subject to change.	1 Chicken Scampi with Pasta, Salad, Garlic Knots	2 Chicken Soup, Tuna Salad Sandwich, Salad	3 Pizza, Salad
6 Homemade Chicken Pot Pie with Vegetables, Salad	7 Honey Mustard Pork Tenderloin, Roasted Potatoes, Veggie	8 Meatballs with Baked Ziti, Salad, Rolls	9 Tiger's Den COA Kitchen CLOSED	10 Mother's Day Luncheon
13 Chili, Salad, Cornbread	14 Sour Cream Chicken, Rice, String Beans,	15 Tuna Noddle Casserole, Salad, Rolls	16 Chicken Cacciatore, Pasta, Salad. Garlic Bread	17 Tortilla Soup, BBQ Pork, Potato Salad, Cole Slaw
20 Mac & Cheese, Veggie, Salad	21 Grilled Chicken, Black Beans, Caesar Salad	22 American Chop Suey, Salad, Rolls	23 Chicken Salad Sandwich, Chips, Fresh Fruit	24 Meatloaf, Potato, Veggie
27 COA Kitchen CLOSED 	28 Corn Chowder, Salmon Grain Bowl	29 Seafood Salad Sandwich with Pasta Salad	30 Primavera Pasta , Bruschetta	31 Memorial Day Cookout



EVENTS CALENDAR



May 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Sat., May 11 NSMT "Jersey Boys" 10:15 am Departure		1 9:00Strength, RR 10:30 Chair exercise, TH	2 9:00 Yoga, RR 10:30-11:00 Meditation, TH	3 9:00Strength, RR 10:30 Balance Class, TH NVC Breakfast 12:30-2:00pm Market Basket
6 9:00 Strength, RR 10:30-Chair Exercise, TH	7 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	8 9:00Strength, RR 10:30 Chair exercise, TH 12:30 Candidate Sean Reid, TH	9 9:00 Yoga, RR 10:30-11:00 Meditation, TH 10:00 am –11am Hearing clinic 10:30 Tiger's Den	10 9:00Strength, RR 10:30 Balance Class, TH 11:30 Mother's Day Luncheon, TH
13 9:00 Strength, RR 10:30-Chair Exercise, TH	14 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	15 9:00Strength, RR 10:30 Chair exercise, TH 12:30 Music After Lunch, TH	16 9:00 Yoga, RR 10:30-11:00 Meditation, TH 10:00-11:00am Atty Brian Snell	17 9:00Strength, RR 10:30 Balance Class, TH 12:30-2:00pm Market Basket
20 9:00 Strength, RR 10:30-Chair Exercise, TH 1:00 Art with Erica, TH	21 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	22 9:00Strength, RR 10:30 Chair exercise, TH Blood Pressure Clinic 10:30-11:30	23 9:00 Yoga, RR 10:30-11:00 Meditation, TH 10:00 Arnold Arboretum	24 9:00Strength, RR 10:30 Balance Class, TH
27 COA CLOSED  MEMORIAL DAY	28 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH 12:30 Nutritionist, Ellen Goldman, TH	29 9:00Strength, RR 10:30 Chair exercise, TH	30 9:00 Yoga, RR 10:30-11:00 Meditation, TH 12:30-2:00pm Market Basket	31 9:00Strength, RR 10:30 Balance Memorial Day Cookout, Dory Club

TH = Town Hall

RR = Rose Marie Room, Community Center



NUN OF THIS, NUN
OF THAT!



Sr. Mathilda and Sr. Bernadette
Marie kept our audience giggling
all afternoon!



We were all well behaved.
Noone was sent to the corner.



Our visit with
Brendan Crighton
was informative and
interesting. His office
is always open to
listen to your
concerns.

Office: (617) 722-1350

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.

GET ALARMED NAHANT!



Nahant residents can sign up for smoke detectors and carbon monoxide detectors by visiting the Nahant Fire Department website. Click on GET ALARMED NAHANT.

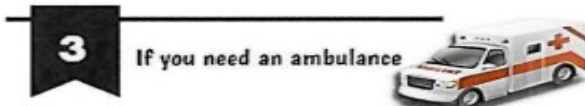
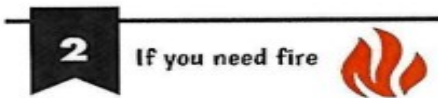
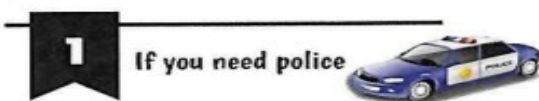
Residents can also sign up for the Get Alarmed Nahant program by calling 781-581-0079 Monday through Friday, 8:30 a.m. to 6:00 p.m., or by emailing Chief Antrim at aantrim@nahantfire.org.

To donate to "The Benson Fund," checks can be sent to Nahant Town Hall, 334 Nahant Rd. Checks should be made out to the Town of Nahant with "The Benson Fund" written in the memo.

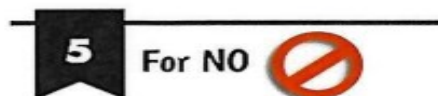
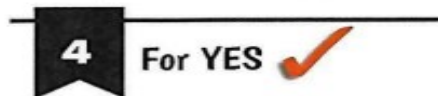
The Silent Call Procedure

If you need to call 9-1-1 and you are unable to speak for any reason, once the call is answered:

Press



If the 9-1-1 dispatcher asks questions, press



Source: MA State 911 Department and the Executive Office of Public Safety and Security

www.mass.gov/e911

Across

- 1 Roscoe
- 4 After stock or laundry
- 8 Did yard work
- 13 Folk singer Guthrie
- 14 Ballerina Pavlova
- 15 Master, in Swahili
- 16 Baseball handout due to bad weather
- 18 Susan of "Goldengirl"
- 19 Sleeping disorder
- 20 Classic Olds
- 22 Fish caught in pots
- 23 Fortified wine
- 25 Engine sound

- 27 Zodiac animal
- 29 Breathalyzer attachment
- 30 Halloween decoration
- 33 Cheater's forte
- 38 Alpha's opposite
- 40 Mitch Miller's instrument
- 41 Tender spots
- 43 Shangri-la
- 44 Big cats
- 46 Aquarium creatures
- 48 W.W. II vessel
- 49 Beehive State native
- 51 Children's game
- 52 Largest island in the West Indies
- 54 Gives the evil eye

- 59 Like the Sabin vaccine
- 61 London favorites
- 65 Jagged, as a leaf's edge
- 66 Hotel pillow candies
- 68 Most dams have one
- 70 Mites
- 71 Home to Mount Konahuanui
- 72 Played for a sap
- 73 Chill, so to speak
- 74 Exhausted
- 75 French connections

Down

- 1 Profit and loss depiction
- 2 Dress with a flare
- 3 Laser printer powder
- 4 Encouraging word
- 5 Lollapalooza
- 6 ___ in a blue moon
- 7 Ocean menace
- 8 Wharton degree
- 9 Title holder
- 10 Some are heated
- 11 Hydroxyl compound
- 12 Daily and Blocker, e.g.
- 13 Macaws
- 17 Transport
- 21 Watering hole
- 24 Shrill barks
- 26 Actor Tognazzi
- 28 Yellowstone creature
- 29 Sound from the fold
- 31 "The Morning Watch" author
- 32 Beach shades
- 33 Sweetie pie
- 34 Wood stork
- 35 Dentist's suggestion
- 36 Sawbuck
- 37 Smeltery input
- 39 French sea
- 42 Lively old dance
- 45 Grinder
- 47 Like some bodies on a beach
- 50 Listening device
- 53 The "U" in UHF
- 55 Lock horns
- 56 Traditional Sunday fare
- 57 ___ Park, Colo.
- 58 Spring purchase
- 59 Poet Khayyám
- 60 It may be polished
- 62 Roswell sightings
- 63 Hardly thrilling
- 64 London district
- 67 Half a dozen
- 69 Fully anesthetized

	1	2	3		4	5	6	7		8	9	10	11	12
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73						74					75			

MEMORIAL DAY

REMEMBER OUR
FALLEN



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

In memory of:

Paul Belliveau

Doris Hefler

Mary "Jayne" McCarthy



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 9:30am

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

May 1 - John Osbahr, Linda Gaudet, Judith Murphy
 May 2 - Peter Vernam, Joanne Dunn, Beatrice Carmine
 May 3 - Sheila Zamejtis, Dale Cullinan, William Newell, Mary McGrananhan, Christian Leguern
 May 4 - Paul Fiore, Maryann Corinha, Cynthia Dalpe, Paul Pallotta, MaryLou Canty, Eva Darmanch
 May 5 - David Lewis, Daniel Hamill, Malcolm Hill, Richard Aswad
 May 6 - Linda Hall
 May 7 - Carter Smith, Candace Cahill, James Holland, William Kelley, Gayle Billias,
 Johanna O'Sullivan, Carol Ann Price, Louise Campanella, Roza Blitzman, Charles Lockwood,
 Jacquelyn Dufour
 May 8 - Denise Fields-Hitch, Bruno Diprimio
 May 9 - Jeffrey Musman, Cheryl Montana, Biba Rozenbaum, James Mccurdy
 May 10 - Harry Mckee, Edith Richardson, Karen Falat, Andrea Lane, Donna Steinberg, Barbara Rizzo
 May 11 - Timothy Harris, John Moleti, Charles Arena, Robert Sawin, Catherine Williams
 May 12 - Joanne Fucile, James Koutroubis, George Mihovan, Jeannette Champion, Richard Moleti,
 Richard Melanson, Kendrick Doyle
 May 13 - Michael Kaplan, Robert Fannon
 May 14 - Norman LeBlanc, Caron Sanphy, Franca Centorrino
 May 15 - Karen O'Callaghan, Arthur Calavritinos, Deborah Hornig, Stephanie MacIsaac, Judith Dumont
 May 16 - Howland Warren
 May 17 - Francis Mahoney, Margaret Smith, John Hawko, William Clements, Anthony Maltacea
 May 18 - John Crowley, James Passanisi, Gail Hyde, Mary Donovan, Laurie Proulx, Martin DerKazarian,
 Laura Holland
 May 19 - Mary Irene Dickenson, Melissa Gallery, Lynor Carroll, Catherine Walton
 May 20 - Hester Schepens, Steven Switzer, Teresa Clark, Ann Farr
 May 21 - Joseph Waldron, Jeffrey Price, Deborah Aliff, James Malone, Geoffrey Loynd,
 Joseph Placet
 May 23 - Peter Barba
 May 22 - Lynn St Amour, Anne Subbs, Joanne Campbell
 May 24 - Ruthanne Switzer, Jean Lucantonio
 May 25 - James Walsh, Susan Pioli, Paul Cronin, Kevin MacKenna
 May 26 - Roger Berkowitz, Linda Jenkins, Maryann Reis, John Martin, Elizabeth Thompson,
 Candace Thornton
 May 27 - Panos Voukydis, James O'Connor, Francis Farr, Denise Dicarlo, Yeva Ilyevskaya
 May 28 - Maria Stanley, Dawn Champagne, Christopher Ward, Louise Cox
 May 29 - Priscilla Clark, Sarah Anderson, Margaret Szczawinski, Daniel Fiore
 May 30 - **Antonette Spinucci**, William Burchell, Patricia Podrug, Joy Loguercio,
 Kenneth Turino, Joseph Giardella, Weston Hardy, Leslie Hardy, Timothy Bell
 May 31 - Gad Geiger, Susan Tracy, Martha Koscielecki, Ellen Morse, Mary Cuddy-Cormier, Eva Markos

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.

