

August 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

Pat Scanlon- Transportation

Annemarie Glowacz-Transportation

Scott Kirkland-Transportation

Nahant COA Board of Directors

Angela Bonin - Chairman

Farris Van Meter - Vice Chairman

Donna Steinberg - Treasurer

Emily Potts-Secretary

Lollie Ennis

Sheila Hambleton

Angela Murphy

Roz Puleo

Carol Sanphy

Friends of Nahant COA Executive Board

Linda Lehman - Co-President

Susan Downs Cripps - 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

In August when the days are hot,

I like to find a shady spot

And hardly move a single bit

And sit

And sit

And sit

And sit.

Author Unknown

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

AUGUST AT A GLANCE

Friday, August 2. NVC Community Breakfast. Exploring Europe with Pianist Peter Freisinger. Peter will discuss his experiences (especially musical) in Austria, Germany and France, as well as visits to other countries, and entertain questions. He will also play a few short pieces on the keyboard. He is looking forward to returning to Nahant Village Church where he was organist and choir director. Breakfast is served at 8 with the presentation from about 8:15 to 9 a.m. Join us for an interesting presentation and entertainment, a hearty breakfast and wonderful camaraderie. Spread the word and bring family and friends.

Wednesday, August 14. Mystery Ride??? Are you up for a road trip? Hop on the bus and leave the driving to Pat! Our outing is a mystery, but we promise you will enjoy the delectable ending when we reach our destination. The bus will leave after lunch. Seating is limited. Sign up at the Tiffany Room.

Friday, August 16. JFK Museum and Library. The John F. Kennedy Presidential Library and Museum is dedicated to the memory of our nation's thirty-fifth president and to all those who through the art of politics seek a new and better world. Located on a ten-acre park, overlooking the sea that he loved and the city that launched him to greatness, the Library stands as a vibrant tribute to the life and times of John F. Kennedy. Come tour the Museum which portrays the life, leadership, and legacy of President Kennedy, conveys his enthusiasm for politics and public service, and illustrates the nature of the office of the President. Admission is \$12.00. See page 7 for details.

Wednesday, August 28. Dahlia Drive, Gloucester, MA. We will take a drive to Gloucester to view the Dahlia display along Stacy Boulevard. It promises to be a gorgeous display. Lunch on your own at the Causeway Restaurant. See page 8 for details.

Thursday, August 29. Essex River Cruise. This narrated cruise is scenic, relaxing, and educational. Join us for a cruise along the Essex River as we glide past islands, historic mansions, wildlife, and stunning scenery. \$28.00. Seating is limited. See page 8 for details.

Wednesday, Sept. 4. Labor Day Party. Join us as we close out the summer with a traditional cookout. Bring a friend and let someone else do the cooking. Sign up at the Tiffany Room. **\$10.00**



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 in September.

Call 781-581-7557 for an appointment.



Dr. Fernandez will be available in the Tiffany Room in September.



Call 781-581-7557 for an appointment.

Attorney, Brian Snell

will be available for legal consultation beginning again in **September**.

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, August 21, 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	10:00-7:00
Friday	10:00- 5:00
Saturday	10:00-3:00
Sunday	Closed



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.



Managing Constipation

Constipation is a problem that affects most of us at one time or another. Some of us may not experience it often at all and others experience it chronically. It can be an annoying bother or a serious problem. Many of us probably have our regimen to manage it but for others it can be a new problem and some hints may be useful. Certainly, if it is a new problem and is persistent you should see your doctor about it. He or she will make some recommendations and may also do some tests to determine whether there is a physical cause for it.

The first thing your doctor will recommend is to increase fluids and fiber in your diet, and get more exercise. Especially in hot weather, if we are not hydrating well enough, everything dries up. Fruits and vegetables are good sources of fiber and can add fluid as well. Have a garden salad, veggies, or fruit with each meal if you can. Prune juice or a few prunes that your mothers used still work very well. Drinking hot fluids like a cup of coffee, is also effective by increasing peristalsis, or the motility in the gut. A Russian doctor I once worked with recommended drinking a glass of hot tap water. Not delicious but it can work.

If adding fluids and fiber does not solve the problem there are lots of products available over the counter. The old Milk of Magnesia is still excellent for quick, overnight relief, as the commercial used to say. Sometimes suppositories, either mild glycerin or a stronger Dulcolax, are necessary if the stool just won't move. There are several stronger laxatives available over the counter in pill form or gummies for occasional bouts of constipation.

For more chronic constipation, stool softeners, like Colace, can be taken as a daily mild medication. It is not a laxative but it just helps soften the stool so that it passes easier and more regularly. These do not work rapidly, they may take several days to work, but can be used on an ongoing daily basis. The dose can be adjusted to individual needs, from one a day up to two, two times a day. Miralax is a newer product that works very well. It is a powder that is added to water and helps hold water in your stool to soften it. Metamucil, also a powder that is added to water, adds fiber and bulk to the stool. With these and so many other products, you need to find the amount that is just right for you and may require some trial and error. You may want to ask your doctor what type is best for you.

Many medications have the side effect of causing constipation. You can ask your doctor about it when starting a new medication or google side effects of new meds. Narcotic pain medications prescribed after surgery are notorious for causing potentially severe constipation. Oxycodone is one of these. Before my knee replacement surgery, my doctor instructed me to start Miralax several days before surgery and continue it daily until I no longer needed the narcotic pain medication. It definitely made my post op recovery time easier. So, after surgery, if you are ordered a narcotic, ask your doctor about it and I suspect they will tell you to use a stool softener or mild laxative on a daily basis. You certainly don't need severe abdominal pain when you are already recovering from painful surgery.

The best way to avoid developing constipation is still to eat a good diet including fruits and vegetables, drink plenty of water, and keep all our parts moving with exercise. Enjoy the summer.

Anna Marie Manzano R.N.

Nahant Community Breakfast



Exploring
Europe
with Pianist
Peter
Freisinger

Friday, August. 2, 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.

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

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

Get on board!
We're going on a
Mystery Ride!
**Wednesday,
August 14.**

The bus leave Town Hall
after lunch.

Seating is limited.
Sign up at the Tiffany
Room.

SUMMER MUSIC SERIES

July 11 - Scott Ouellette

on the library lawn
weather permitting

July 18 - Marc Maccini

July 25 - Gian Carlo Buscaglia

LOCAL MUSICIANS
THURSDAYS @
6:30

August 1 - Lisa Haley w/ Timothy Gager

August 8 - Matt Tentindo

FREE, made possible
by a generous donor

For more information:
781-581-0306
nahant.circ@gmail.com



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



NAHANT COA
NEEDS YOU!
CHECK OUT OUR MENU
AND
JOIN US FOR LUNCH!

JOHN F. KENNEDY
PRESIDENTIAL LIBRARY AND MUSEUM



FRIDAY,
AUGUST 16, 2024

\$12.00

- ◆ Please arrive at Town Hall at 9:15am for a 9:30 am departure.
- ◆ Tour the Museum at your own pace and visit exhibits of your own interest.
- ◆ Lunch on our own at Sullivan's at Castle Island. (weather permitting)
- ◆ Return to Nahant at approximately 3:00pm
- ◆ Seating is limited. Call the COA office at 781-581-7557 or sign up at the Tiffany Room to reserve your seat.



**ESSEX RIVER
CRUISE
THURSDAY,
AUGUST 29, 2024
\$28.00**

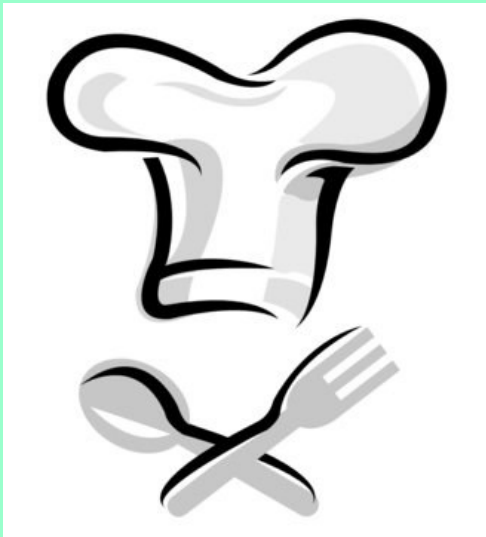
**Please be at the Town Hall parking lot at 8:45am.
The bus will leave Town Hall at 9:00am.**

It is requested we arrive 30 minutes prior to cruise departure.

Our cruise will depart at 10:30 am.,

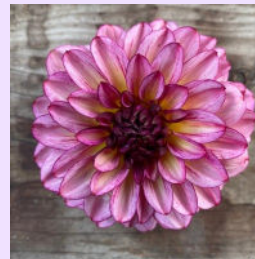
followed by lunch at the Boat House Grille. (on your own)

Seating is limited. Sign up at the Tiffany Room by Tuesday, August 27.



Do you enjoy cooking for a crowd?

The Nahant COA is looking for a volunteer to cook on Mondays. If interested. Please contact Ann Callahan at acallahan@nahant.org



**DAHLIA DRIVE
WEDNESDAY,
August 28, 2024**

Visit the Dahlia display in Gloucester, created by the Generous Gardeners. The dahlias beautify the Stacy Boulevard.

The bus will leave the Town Hall at 10:30.

Lunch on your own at the Causeway Restaurant after our drive.

Seating is limited. Sign up at the Tiffany Room.



Did you now there have been Nahanters who have participated or involved in past Olympic games?

1896 - Thomas Curtis

1924 - George Lermond

1964 - John J. McNamara

1896 - John Paine

1924 - Edith Sigourney

1980 - Bill Viets

1896 - Sumner Paine

1928 - Leo Lermond

2004 - Ron Cameron

BE PREPARED, BE SAFE

In weather emergencies, power outages, etc. the town may open an overnight shelter.

Take time to prepare now so you can be ready.



WHAT TO TAKE TO A SHELTER

- 1. Personal identification (photo id)**
- 2. Medical information**
 - Physician name/number and list of medications**
 - Emergency contact name/number**
- 3. Medical supplies:**
 - Prescription medications (original containers with labels)**
 - Over-the-counter medications**
 - Eyeglasses/contact lenses/dentures/hearing aids**
 - Special equipment (cane, walker, wheelchair, oxygen)**
- 4. Snacks/Special dietary needs (must be non-perishable)**
- 5. Change of clothing (including sweater or jacket)**
- 6. Bedding (sleeping bag or blanket; pillow)**
- 7. Personal hygiene items**
 - Towel, face cloth, soap, toothbrush/paste**
- 8. Special sleeping needs (ear plugs, sleepwear, pads)**
- 9. Cell phone/charger**
- 10. Entertainment: book, sewing, crosswords, electronics (with charger)**
- 11. Pet supplies and records (if pet shelter opens)**

VETERAN'S FOOD PROJECT

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

Aug. 7 Sept. 11 Oct. 2 Nov. 6 Dec. 4

PRE-REGISTRATION: (FIRST TIME ONLY)

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

Congo Bars - Tenney Lehman (Linda Lehman's Aunt)

INGREDIENTS

3/4 Cup Butter - melted
1 3/4 Cup light brown sugar
3 Eggs
2 Cups Flour
2 tsp. Baking Powder
Pinch of Salt
12 oz. Pkg. semi-sweet chocolate chips
1/2 Cup chopped nuts



DIRECTIONS

- Set the oven to 350°.
- Grease a 9x13 baking pan.
- Combine melted butter, brown sugar, and beat until thoroughly mixed.
- Add the eggs a little at a time.
- Sift together flour baking powder and salt.
- Add to the batter and mix thoroughly.
- Stir in Chocolate Chips and walnuts.
- Spread batter in a pan.
- Bake 20 minutes for moist bars - 25 minutes for drier version.



Tiffany Café Menu August 2024



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please inform your server if you or anyone in your party has a food allergy.</p>		<p>Menu is subject to change.</p>	<p>1 Fish Sandwich, Cole Slaw, Fries</p>	<p>2 Stuffed Peppers, Salad</p>
<p>5 Hot Dogs, Baked Beans, Cole Slaw</p>	<p>6 Tortilla Soup, Herbed Grilled Chicken, Greek Salad</p>	<p>7 Tuna Noodle Casserole, Salad, Roll</p>	<p>8 Cheese Steak Subs, Potato Salad, Pickle</p>	<p>9 Pizza, Salad</p>
<p>12 Shephards Pie, Corn Bread, Cucumber Salad</p>	<p>13 Tomato Mozzarella Salad with Balsamic Glaze, Pork Marsala with Noodles</p>	<p>14 Meatballs with Baked Ziti, Salad, Roll</p>	<p>15 Cheeseburgers, Fries, Pickle</p>	<p>16 Salmon Burgers, Salad</p>
<p>19 Cutlets with Linguini, Salad, Veggie</p>	<p>20 Caesar Salad, Mac & Cheese with Sauasages</p>	<p>21 Pork Loin, Roasted Potato, Veggie</p>	<p>22 Baked Haddock, Rice Pilaf, Veggie</p>	<p>23 Super Grilled Cheese, Fruit, Chips</p>
<p>26 American Chop Suey, Salad, Roll</p>	<p>27 Pumpkin Soup, Chicken Cacciatore with Rice</p>	<p>28 Seafood Salad Sandwich, Pasta Salad, Chips</p>	<p>29 Sour Cream Chicken, String Beans, Roast Potato</p>	<p>30 Salad, Ravioli with Meat Sauce, Garlic Bread</p>



EVENTS CALENDAR



August 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 9:00 Yoga, RR 10:30-11:00 Meditation, TH	2 NVC Breakfast 9:00Strength, RR 10:30 Balance Class, TH
5 9:00 Strength, RR 10:30-Chair Exercise, TH	6 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	7 9:00Strength, RR 10:30 Chair exercise, TH	8 9:00 Yoga, RR 10:30-11:00 Meditation, TH	9 9:00Strength, 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 9:00Strength, RR 10:30 Chair exercise, TH Mystery Ride	15 9:00 Yoga, RR 10:30-11:00 Meditation, TH	16 9:00Strength, RR 10:30 Balance Class, TH JFK Library and Sullivan's
19 9:00 Strength, RR 10:30-Chair Exercise, TH	20 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	21 9:00Strength, RR 10:30 Chair exercise, TH Blood Pressure Clinic 10:30-11:30	22 9:00 Yoga, RR 10:30-11:00 Meditation, TH	23 9:00Strength, 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 9:00Strength, RR 10:30 Chair exercise, TH Dahlia Drive	29 9:00 Yoga, RR 10:30-11:00 Meditation, TH Essex River Cruise	30 9:00Strength, RR 10:30 Balance Class, 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.



ART WITH ERICA



BOAT HOUSE GRILLE, ESSEX



DELICIOUS!



FUN!



Name: _____ Date: _____



TYPES OF PASTA

Word Search

DIRECTIONS:
Find and circle the
different pasta
names in the grid.
Look for them in all
directions including
backwards and
diagonally.

ANGEL HAIR
BOW TIE
BUCATINI
DITALINI
EGG NOODLES
FARFALLE
FETTUCCINE
FUSILLI
GEMELLI
GNOCCHI
LASAGNA
LINGUINE
MACARONI
MANICOTTI



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

ORECCHIETTE
ORZO
PENNE
RADIATORI
RAVIOLI
RIGATONI
ROTELLE
ROTINI
SHELLS
SPAGHETTI
TAGLIATELLE

TORTELLINI
VERMICELLI
ZITI





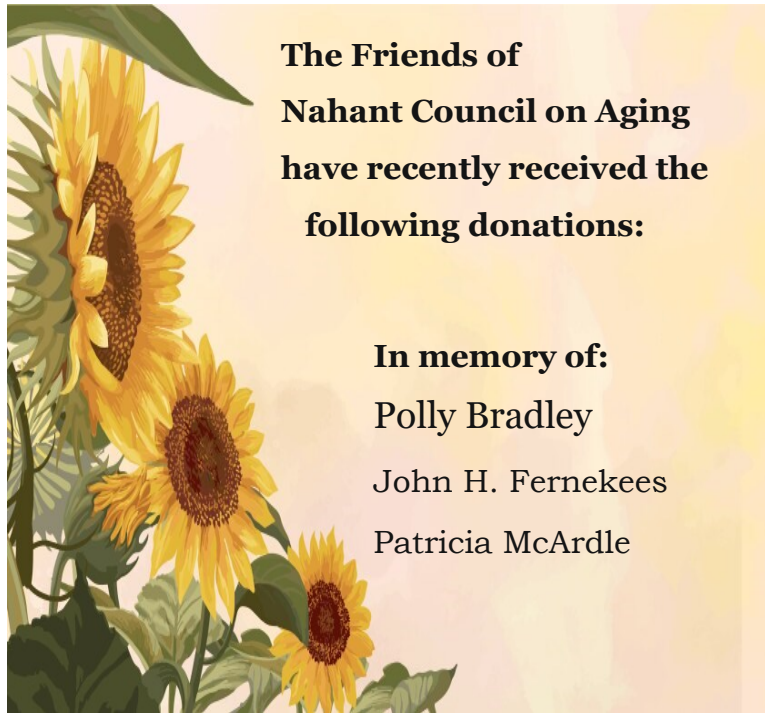
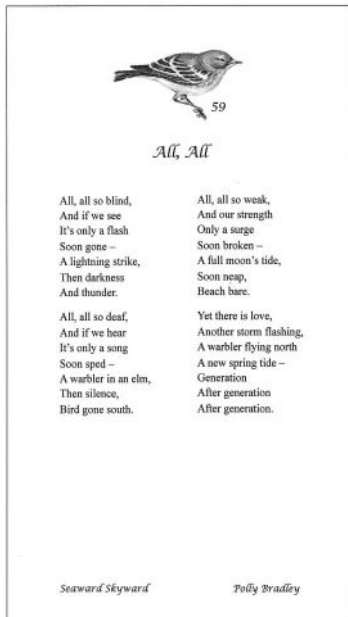
Polly Bradley
1932-2024

Environmentalist

Poet

Writer

*Co-Founder and
President of
SWIM*



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

In memory of:

Polly Bradley

John H. Fernekees

Patricia McArdle

Friends of Nahant COA Executive Board

FRIENDS

CORNER

Linda Lehman - Co-President
Susan Downs Cripps -Co- President
Mary Irene Dickenson - Treasurer
Margaret Silva Secretary
Friends meet the third Wednesday of each
month.
TIFFANY ROOM, TOWN HALL 9:00am

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, Na-

BIRTHDAYS

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