

October 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, Maria Flanagan
Assistants to the Director

Pat Scanlon- Transportation

Annemarie Glowacz-Transportation

Scott Kirkland-Transportation

Nahant COA Board of Directors

Angela Bonin - Chair

Farris VanMeter- Vice Chair

Donna Steinberg-Secretary

Emily Potts - Treasurer

Lollie Ennis

Sheila Hambleton

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

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

Hi All,

Welcome to autumn! October is one of my favorite months. The cool crisp air, the changing leaves and nature preparing for fall and beyond! It's a beautiful time of year. Go out and enjoy it!

We have lots of things brewing this month! A trip north to see the foliage, go to a fun diner for lunch and a visit to Parlee Farm. We are also heading back to Lynn Tech and going to the Tiger's Den for lunch.

And of course we have to celebrate Halloween, so our annual Halloween party will be on October 31st. Costumes and flying brooms are optional!

I want to thank the Nahant Police Department and the Fire Department for the great job they did with our BBQ cook off last month! Everyone had a great time and fun! Both teams did a fantastic job feeding our seniors lunch! We are grateful for their hard work and dedication, not only for doing the BBQ but also keeping us safe and rescued! The Fire Department won the trophy this year and we look forward to next year's competition! Thank you again!

In the arts department, we continue to have Art with Erica at the COA later in the month. This month we are painting a Halloween themed picture. Please come join us. Also we continue to have the music sing along with Michelle on the third Wednesday of the month. We have a small dedicated group who enjoy the songs and the singing. Please join us for both. Details can be found in the newsletter.

We hope you will find time to join us in the Tiffany Room for new and ongoing activities. I think we offer the best lunch in town!

Enjoy your day! ~ Mary

Nahant Council on Aging

Monday-Friday 9:00-1:00

Closed, Monday, October 14, 2024

Columbus Day, Indigenous People's Day

OCTOBER AT A GLANCE

Friday, October 4, 2024. NVC Community Breakfast. This month, the NVC Breakfast will feature a presentation from the Nahant Cultural Council. Plan to come for a hearty breakfast (served at 8 a.m.), an informative presentation, and wonderful camaraderie. Spread the word and invite family and friends. Breakfast is served at 8. Transportation of elders to and from the breakfast may be arranged by calling the Tiffany Room a few days in advance, 781-581-7557.



Thursday, October 17, 2024. Food, Farm, Foliage. Take an autumn afternoon and enjoy quintessential New England. We will have lunch at the Dream Diner in Tyngsborough, then make our way to Parlee Farm and enjoy the sights, sounds and smells of the apple orchards. We are hoping for great weather so we can enjoy the beginning of the foliage season here in Massachusetts. Seating is limited. Sign up at the Tiffany Room. See page 6 for more de-



Thursday, October 24, 2024. Tiger's Den. It's a new school year! We are heading to Lynn Vocational Technical High School for lunch made by students in the Culinary Arts program. The cost of lunch is \$15.00. Let's support our young chefs! The bus will leave the Town Hall at 11:00am. Seating is limited. Please sign up at the Tiffany Room. You can also opt to take your own transportation, but registration is required. See more information on page 8.



Monday, October 28, 2024. Art with Erica. Tiffany Room, 1:00. Join us for a paint night during the day! You'll be walked through every step of the way to create a Halloween painting. It will be a haunting addition to your Halloween decorations. See page 5.



Thursday, October 31, 2024. Halloween Party. You are never too old to celebrate Halloween! Join us at the Tiffany Room on Halloween day. We plan on having a wonderful lunch and are looking forward to seeing many of our guests "dressed" for the occasion! Share some giggles and a few screams with neighbors and friends. Cost for lunch is \$10.00. Sign up at the Tiffany



Nahant Council on Aging is offering free transportation to Market Basket every other MONDAY. 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 will be in November.

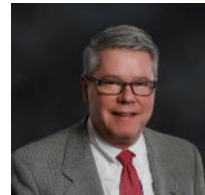
Call 781-581-7557 for an appointment.



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



Call 781-581-7557 for an appointment.



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, Oct. 16, 2024

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.

VIRTUAL - IN CONVERSATION WITH HISTORICAL FICTION AUTHOR MADELINE MARTIN: "THE BOOKLOVER'S LIBRARY"

THURSDAY 10/10 AT 7PM ONLINE

Madeline Martin is a New York Times, USA Today, Publisher's Weekly, and internationally bestselling author of historical fiction and historical romance with books that have been translated into over twenty-five different languages.

This event is sponsored by the Friends of the Ashland Public Library in collaboration with a multitude of other MA public libraries, including the Nahant Public Library

REGISTER AT NAHANTLIBRARY.ORG

All levels welcome

Crafting Circle

at the Library

knit, crochet, cross-stitch, sew, etc.

1PM ON THE 3RD FRIDAY OF THE MONTH

SEPTEMBER 20 OCTOBER 18 NOVEMBER 15

DATA SHAPE CYANOTYPE ART WORKSHOP

Make a cyanotype, using data shapes and natural materials.

We will provide all necessary materials—including the pre-cut Nahant data-informed shapes. Attendees can optionally add their own materials: e.g sand, shells, flowers. This event is brought to you by Susan Reiser and Courtney Starrett, associate professor at Texas A&M University.

The program is for Adults and children aged 10 and up.

NAHANT PUBLIC LIBRARY

DROP IN BETWEEN 10AM-3PM SATURDAY 10/5

NAHANT PUBLIC LIBRARY

PLANNING FOR MEDICARE-COUNTDOWN TO 65

TUESDAY OCTOBER 8, 3PM AT THE NAHANT PUBLIC LIBRARY

The Nahant Public Library and the Nahant Council on Aging Welcomes you to learn about the process of planning for Medicare. This 60 minute presentation, provided by Blue Cross Blue Shield of Massachusetts is geared towards individuals approaching Medicare Eligibility.

NAHANT PUBLIC LIBRARY

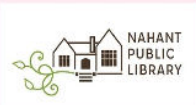
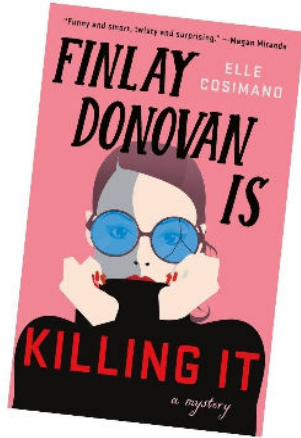
MASSACHUSETTS

MYSTERY BOOK CLUB THURSDAY 10/10 AT 5PM

Do you love reading mysteries?

Join us each month as we read a different mystery. This month, we are reading

Finlay Donovan is Killing It by Elle Cosimano.



JOIN US ON
THURSDAY
OCTOBER 17TH
FOR A DAY OF
FOLIAGE
FARM
AND
FOOD

TAKE A RIDE TO TYNGSBORO FOR SOME LEAF PEEPIN'.

VISIT PARLEE FARM (CIDER DONUTS ANYONE?)

TOPPED OFF BY LUNCH AT THE DREAM DINER (Lunch is on your own.)

BUS WILL LEAVE THE TIFFANY ROOM AT 9:30.

Please sign up at the Tiffany Room for a wonderful time!

NAHANT PUBLIC LIBRARY

PET HALLOWEEN COSTUME CONTEST



EMAIL US A PICTURE OF YOUR PET(S) IN COSTUME TO: NAHANT.CIRC@GMAIL.COM OR PRINT OUT A PHOTO AND HAND IT IN TO THE FRONT DESK BY **FRIDAY OCTOBER 18TH**. ONE ENTRY/PHOTO PER PERSON CAN BE SUBMITTED. VOTING WILL BEGIN **SATURDAY OCTOBER 19** ON OUR FACEBOOK PAGE. THE PHOTO WITH THE MOST LIKES BY **THURSDAY OCTOBER 31ST** WINS.

ENTER FOR A CHANCE TO WIN A GIFT CARD

Art With Erica

Paint Party

Monday, October 28.

1:00pm

Tiffany Room

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

Murder Mystery Dinner A Dance With Death

(A 1950s Prom is a doo wop disaster!)



Put on your best '50s sock hop threads
and come to the very interactive

Nahant Village Church

Fundraiser

27 Cliff St. Nahant

OCT. 26 /TICKETS \$60 each

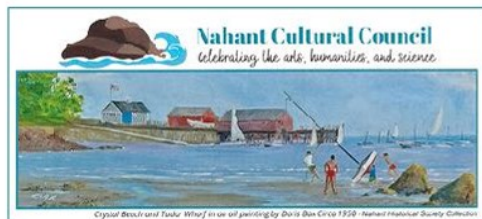
(Dinner, Drinks, Dessert & a Dastardly Good Time Included)

For Tickets Contact:
secretary@nahantvillagechurch.com
Jan McCarthy: 781-310-7309
Chris Stevens: 781-581-1202



The Nahant Community Breakfast

Nahant Cultural Council
with Peg Curran



Friday, Oct. 4 - 8 a.m.
at the 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, Council on Aging at (781-581-7557) a few days in advance of the breakfast.

FALL LEAF PICK UP



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

October 7th, (15th-Tuesday), 21st, 28th

November 4th, (12th-Tuesday), 18th and 25th

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

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

Bags must be out to the curb by 7 AM



LUNCH AT THE TIGER'S DEN
THURSDAY, OCTOBER 24, 2024
BUS WILL LEAVE TIFFANY ROOM
AT 11:00

Price per person \$15.00

***TIFFANY ROOM CLOSED FOR LUNCH**



Annual Fall Beaches Clean Up

Sunday, October 6, 2024 11:00am –2:00pm

- Volunteers to meet at the Lowlands Parking lot and then disperse to Doggie and Short Beach for clean-up.
- Bags will be provided and we urge volunteers to bring gloves.
- We thank all volunteers in advance for their support.
- FMI: nahantswimminc@gmail.com



We hope your day was as special as you are!

Best Wishes from all of us at Nahant COA!



COA HALLOWEEN PARTY

THURSDAY,
OCTOBER 31ST

TIFFANY ROOM

PRICE: \$10.00 PER PERSON



OK, I admit it, sometimes it's hard to come up with a topic to write about. Sometimes I try to make it seasonal, so how about Halloween and scary movies. Can scary movies affect your health or even kill you?

A little research told me, yes, actually they can, but that is very rare. According to Krisda Vilaiwatanakorn, M.D. a feeling of fear affects the amygdala of the brain where emotions and strong feelings create responses to alarming situations. These responses can just be emotional, but they can also be physical. A feeling of fear or anxiety can transfer to the Sympathetic Nervous System, then on to the adrenal glands releasing hormones like adrenalin, nor-epinephrine, and Cortisol, and these can cause an elevated heart rate, elevated blood pressure, and other symptoms. This elevation of heart rate and blood pressure can, in some persons, feasibly cause cardiac arrest and death. For this to occur, the person would generally need to be frail and with a significant cardiac history. This is certainly very rare, but it might happen with a sudden scare, or rollercoaster ride, or other frightening event. Symptoms of a serious response would be chest pain, shortness of breath, or lightheadedness. If you experience these you should see your doctor, or if your symptoms do not resolve fairly quickly, go to the ED. Sudden Cardiac Arrest is always a possibility with stress or sudden frightful events. As you sometimes hear on the news, athletes can also experience sudden cardiac arrest during or immediately after strenuous exercise. Unfortunately, it can also be spontaneous, occurring at rest, but again these occurrences are rare.

What is probably more common is an emotional and mental response to frightening events. According to Marnie Vinallin in an article reviewed by Timothy Legg, PhD. the Cortisol and adrenalin release can cause "post-horror euphoria" and excitement making one prone to loss of sleep and can cause some anxiety. How many times have we had difficulty falling asleep after a scary movie? This loss of sleep if it occurs nightly or frequently, can contribute to depression, anxiety, and the intensification of negative emotions. For people with mental health issues, this can cause an increase in paranoia and PTSD.

So, go ahead and enjoy the Halloween season without too much fear of health concerns related to sudden scares unless you have those pre-existing heart conditions and have any concerns about the stress. Probably of more concern is the amount of sweets we might eat during the Halloween season.

Meanwhile, we are in flu season and Covid levels are expected to rise again, so doctors are again recommending flu and Covid shots. Updated vaccines are now available at most pharmacies and you can take both vaccines together, if you prefer. These vaccines do appear to still provide us, and especially the elderly and immunocompromised, with increased protection.

Let's all stay safe.

Anna Marie Manzano R.N.



The fiscal year 2025 Tax Bills should be mailed out by the Treasurer/Collector on October 1, 2024. The assessment and associated taxes are based on January 1, 2024 using the DOR's mass appraisal methods.

The bills should reach you in a day or two but if you do not receive your bill please ask the Treasurer/Collector to send a copy.

Taxes are due November 1, 2024. Also, if you believe your property assessment is excessive then you must file an abatement application to correct your final payment on the spring tax payment notice. Abatement applications must be date stamped by Assessing personnel; they can be hand-delivered or postmarked by our USPS and filed no later than November 1, 2024.

A friendly reminder; statutory Exemption applications for those who are Blind, Elderly or Veterans are in the hallway outside the Assessors office. It is best to file these forms before January, 1, 2025 but are not officially due until April 1, 2025. Making an appointment to determine qualifications is best if you have never filed with the Assessors.

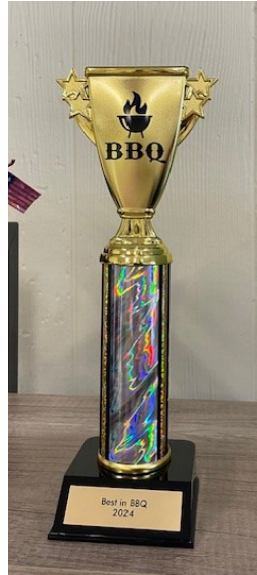
Elderly and Veteran Exemption guidelines are available where the applications are located, in the hallway outside the Assessors office. These will be added to the Town's webpage soon. You may contact the Assessor's office by calling 781-581-0212.

Thank you.

Sheila Hambleton, Town Assessor

shambleton@nahant.org

1ST ANNUAL BBQ COOKOFF



...and the winner is...



VETERAN'S FOOD PROJECT

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

Oct. 9 Nov. 6 Dec. 4

PRE-REGISTRATION: (FIRST TIME ONLY)

ALL FIRST TIME PARTICIPANTS NEED TO PROVIDE VERIFICATION OF VETERAN STATUS

Pumpkin Goopy Butter Cake

Pumpkin pie lovers will adore this easy cake -- the pumpkin pie filling is baked into a spice cake crust, so you don't have to worry about pie dough, and you can get straight to the best part -- the rich pumpkin filling topped with whipped cream!



Crust:

- Nonstick cooking spray, for the pan
- One 15.25-ounce box spice cake mix
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 1/2 sticks unsalted butter, melted and cooled

Filling:

- One 8-ounce package cream cheese, at room temperature
- 3 large eggs
- 1 teaspoon pumpkin pie spice
- 1 teaspoon vanilla extract
- One 15-ounce can pumpkin puree
- 4 tablespoons unsalted butter, melted and cooled
- 3 1/2 cups confectioners' sugar
- Sweetened whipped cream, for serving

For the crust:

1. Preheat the oven to 350 degrees F.
2. Spray a 13-by-9-inch glass baking dish with cooking spray.
3. Combine the cake mix, eggs and vanilla in the bowl of an electric mixer fitted with the paddle attachment.
4. Beat on medium speed until smooth, about 1 minute.
5. Add the butter and mix just until combined.
6. Spread the mixture evenly in the prepared baking dish.

For the filling:

1. Beat the cream cheese in a clean mixer bowl with the paddle until light and smooth, scraping the sides occasionally, 1 to 2 minutes.
2. Add the eggs, pumpkin pie spice and vanilla and beat until smooth.
3. Add the pumpkin and butter and beat until smooth.
4. Add the confectioners' sugar and beat on low speed to incorporate, and then beat on medium until light and smooth, about 1 minute.
5. Pour over the cake layer and smooth the top with a spatula.
6. Bake until the edges are puffed and golden brown and the center is just set, about 40

\$4.00

Tiffany Café Menu October 2024

781-581-7557

Unless otherwise stated.

**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.	1 Lemon Chicken, Pasta, Salad	2 Roast Pork, Pasta, Veggie	3 Fried Haddock Sandwich, Fries, Cole Slaw	4 Lasagna, Caesar Salad, Italian Bread
	7 Eggplant Parmesan, Pasta, Salad, Bread	8 Pork and Bean Chili, Cornbread, Salad	9 Beef Stew, Rolls, Salad	10 Stuffed Peppers, Caesar Salad, Scali Bread
14 COLUMBUS DAY COA Kitchen CLOSED	15 Vegetable and Cheese Quiche, Tomato Mozzarella with Balsamic and EVOO	16 Chicken Soup, Grilled Cheese Sandwich, Chips, Pickle	17 Pizza, Salad	18 Chicken Parmesan, Eggplant Rolantini, Fresh Pasta, Salad
21 Ham Dinner with Pineapple, Stuffing, Veggie, Roll	22 Tomato Bean Soup, Cider Braised Chicken, Rice	23 Meatloaf, Potato, Veggie	24 Tiger's Den \$15.00 COA Kitchen CLOSED	25 Vegetable Soup, Chicken Salad Sandwich, Chips
28 Chicken Marsala, Veggie, Salad, Italian Bread	29 Pork Parmesan, With Egg Noodles, Caesar Salad	30 Heavenly Chicken, Veggie, Rice	31 HALLOWEEN PARTY \$10.00	Menu is subject to change.



EVENTS CALENDAR

2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>1 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>2 9:00Strength, RR 10:30 Chair exercise, TH</p>	<p>3 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p>	<p>4 9:00Strength, RR 10:30 Balance Class, TH NVC Breakfast</p>
<p>7 9:00 Strength, RR 10:30-Chair Exercise, TH 12:30-2:00pm Market Basket</p>	<p>8 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>9 9:00Strength, RR 10:30 Chair exercise, TH</p>	<p>10 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p>	<p>11 9:00Strength, RR 10:30 Balance Class, TH</p>
<p>14 COLUMBUS DAY COA KITCHEN CLOSED</p>	<p>15 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>16 9:00Strength, RR 10:30 Chair exercise, TH 12:30 Music After Lunch, TH</p>	<p>17 9:00 Yoga, RR 10:30-11:00 Meditation, TH 10:00-11:00am Atty Brian Snell, TH 9:30am departure Parlee Farm</p>	<p>18 9:00Strength, RR 10:30 Balance Class, TH</p>
<p>21 9:00 Strength, RR 10:30-Chair Exercise, TH 12:30-2:00pm Market Basket</p>	<p>22 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>23 9:00Strength, RR 10:30 Chair exercise, TH Blood Pressure Clinic 10:30-11:30</p>	<p>24 9:00 Yoga, RR 10:30-11:00 Meditation, TH 11:00am departure Tiger's Den</p>	<p>25 9:00Strength, RR 10:30 Balance Class, TH</p>
<p>28 9:00 Strength, RR 10:30-Chair Exercise, TH 1:00 Art with Erica, TH</p>	<p>29 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>30 9:00Strength, RR 10:30 Chair exercise, TH</p>	<p>31 9:00 Yoga, RR 10:30-11:00 Meditation, TH 11:30-12:30 Halloween Party, TH</p>	

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.**

Representatives from LEO will be here at the Town Hall every month beginning October 17, 2024. Sign up at the Tiffany Room for your confidential appointment. Please see information below to prepare for your appointment.

LEO 2024-2025 HOME ENERGY (FUEL) ASSISTANCE SEASON

ACCEPTING APPLICATIONS **10/1/2024-04/30/2025**

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 2025 income eligibility guidelines are below.

# OF HOUSEHOLD MEMBERS	ANNUAL HOUSEHOLD INCOME (60% SMI)
1	\$49,196
2	\$64,333
3	\$79,470
4	\$94,608
5	\$109,745
6	\$124,882

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)

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

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
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55						56	57					58	59	60
61						62				63				
64						65				66				
67						68				69				

Down

- 1 Open-handed blow
- 2 Musical postscript
- 3 Regrets
- 4 Swedish city
- 5 Happen
- 6 A hole ___
- 7 Pundits
- 8 Smell ___
- 9 Polish president Lech
- 10 Closet
- 11 Unsettled
- 12 Ring-tailed animal
- 13 Bridge tower
- 21 ___ vincit amor
- 25 "As ___ Dying" (Faulkner title)
- 26 Pulled thread
- 27 Ancient Roman garb
- 28 Is intemperate
- 30 Marsh bird
- 33 Commotion
- 35 Bound
- 36 Tax
- 38 Defensive ditch
- 40 Eye protector
- 43 Anne, Charlotte and Emily
- 45 Tangle up
- 46 Comparatively calm
- 48 Formerly, formerly
- 50 Remove by cutting
- 51 Driving force
- 52 Union general in the Civil War
- 54 Malaysian state
- 57 Motor racing's Lauda
- 58 Suffix for the well-to-do
- 59 Wood stack
- 60 Irish New Age singer

Across

- 1 Scour
- 6 Middle of Caesar's saying
- 10 Soviet inits.
- 14 Jeweler's eyeglass
- 15 Japan's first capital
- 16 Call to a mate
- 17 Skilled
- 18 Track shape
- 19 Canaanite deity
- 20 Ardent
- 22 Showing a fancy for
- 23 Pitchers
- 24 "___ in the Rain"
- 26 Purloined
- 29 County Kerry town
- 31 Observatory observation
- 32 "___ Small World"
- 34 In any respect
- 37 Wine improver
- 38 Chinese chairman
- 39 What a kid'll eat, in song
- 41 Wax producer
- 42 Great Greta
- 44 Sandwich source
- 46 Serb, e.g.
- 47 Tap
- 49 Droopy-eyed
- 51 Unwrinkled
- 53 Animal track
- 55 Adolescent
- 56 Spiritual goal
- 61 Bridge player
- 62 Make-up artist?
- 63 Pungent bulb
- 64 Straight as ___
- 65 Creole vegetable
- 66 Bridge alternative
- 67 Shea nine
- 68 Exploit, in a way
- 69 "Band Of Gold" singer Payne

**The Friends of
Nahant Council on Aging
wish to thank everyone who came
to our recent fundraiser.**

**We are grateful for, and
appreciate your support.**

**A special thank you to
Tides Restaurant.**

**With the continued support of the
Tides and our Nahant community,
we are able to assist the Nahant
COA in their mission.**



Friends of Nahant COA Executive Board

FRIENDS

Linda Lehman - Co-President
Susan Downs Cripps -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 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

October 1—Richard Zirpolo, Ellen Foley, Marion Capano, Antonina O’Connor, William King, Alicia Canali, John Hornig, Angel Diaz, Joanne Lyons

October 2—Andrew Bisignani, Joseph Gaul, Bruce Kutcher, Robin Woodman, Daniel Berman, Jane Pasichny

October 3—Sherry Smith, Michael Murray

October 4—Jane Kirkman, Deborah Murphy, Carolyn Flynn, David Ragucci, Kevin Allard

October 5—Walter Sheppard, Charles Hansell

October 6 - Lillian Scapicchio, Giovanna (Joanne) Mitrano, Michael Drucas

October 7 - Roberta Goldberg, Maureen Gaglione, Bart Bennett, Ellen Johnson, Jack Resnick, Marie Pasinski, Edward Frary

October 8—Mark Jacober, Frederick (Jimmy) Hefler, John McLaughlin

October 9—Nancy Smith, Gregory MacDonald

October 10-Linda Quirk, Jacqueline White, Donald Lang

October 11-Adriano Nannini, Gail Davis, Susan Hendrikson, Rena Fantasia, Laura Quinn

October 12-Betty Sarpi, Henry Clausen, Daniel Swaine, Steven Fawcett, Robert Inello

October 13-Lyudmila Gruzdeva, Alan Brooks, Tina Romano

October 14-Joyce Haynes, Gladys Recio, Rosario Degata

October 15-Mary Rotiroti, Michael Flynn, Debbie Billias

October 16-John Standish, Kenneth Smith, Judi Steriti, Meredith Tibbo, Daniel Desmond

October 17-Calantha Sears, Joseph Damico, David Hunter, Warren Shore, James Hyder

October 18-Maureen Ward, Joann Giuggio, Beverly Nicholls, Elizabeth Osbahr, Monique Illona

October 19-Dennis Urany, Dora Nocera

October 20-Mary (Betsy) Wachtel Barreda, John Proudian, Emmanuel Speare, Donald Hardy

October 21-John Wladkowski, Cynthia Christ, Frank Leja

October 22-Michael Cullinan, Nicola Pecoaro, Esther Chowdhury

October 23-Frederick Stanley, Madelyn Davis, Therese Holdcraft

October 24-Lucy Grimm, Athas Kourkouis, Andrew Puleo, Sandra Cavallaro, Joanne Hunter, Cheryl Amirault-Lefave

October 25-Marilyn Mahoney, Henry Kettell, Thomas LeBlanc, Francesca Luca

October 26-Anita Goodman, Wayne Noonan, Lynne Berkowitz, John Sereda, Susan Gregersen, Mary Miner

October 27-Nancy Whitman, Peter Famulari, Thomas Clements, Julie Stroller

October 29-Gary Recchia, Louis Wallach, Mark Irvine, Eduardo Reyes, Lorraine Logan, Antonio DiCostanzo, William Osbahr

October 30-Kenneth Cormier, Richard Conigliaro, Linda Cunningham, Lisa Scourtas, Sean O’Hara

October 31-Victor Dalpozzal, Susan Mahoney, Jane Collins, Joanne Orzalli

SUNDAY,

NOVEMBER 3, 2024



1	S	2	C	3	R	4	U	5	B	6	I	7	S	8	A	9	W	10	C	11	C	12	C	13	P
14	L	O	U	P	E	15	N	A	R	A	16	A	H	O	Y										
17	A	D	E	P	T	18	O	V	A	L	19	B	A	A	L										
20	P	A	S	S	I	21	O	N	A	T	E	22	I	N	T	O									
						23	A	D	M	E	N	24	S	I	N	G	I	N							
26	S	27	T	O	L	E	N	28	T	R	A	L	E	E											
31	N	O	V	A	32	I	T	S	A	33	A	T	A	34	L	L									
37	A	G	E	38	M	A	O	39	I	V	Y	40	B	E	E										
42	G	A	R	B	O	43	D	E	L	I	44	S	L	A	V										
						47	D	R	A	48	W	O	N	49	S	L	E	E	P	Y					
51	S	52	M	O	O	T	H	53	S	P	O	O	R												
55	T	E	E	N	56	I	N	N	E	R	P	E	A	58	A	59	C	60	E						
61	E	A	S	T	62	L	I	A	R	63	O	N	I	O	N										
64	A	D	I	E	65	O	K	R	A	66	F	E	R	R	Y										
67	M	E	T	S	68	M	I	L	K	69	F	R	E	D	A										