

February 2025

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

Linda Jenkins

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,

Happy February! We are mid-point in the winter months and hope you will consider coming to the Center and enjoying the warmth of the room and the connections that happen here.

Some of these connections happen when we gather for a homemade lunch each day. Just a reminder, first time visitors get a FREE LUNCH. We want to welcome you in a big way!! Please look over our menu this month, find something that appeals to you, call us and book a reservation. When you call mention this is your first time to take advantage of a free lunch!! Lunch is always great and the conversations can be very interesting and engaging. Join us too for the varied programs that we have each month. So please consider coming and joining us!

Starting in April, we will be changing our hours. Right now, we are open daily from 9am to 1pm. In April, we will change to 10am to 2pm each day and lunch will start a little later to be served at 12 noon. I will remind everyone as time moves forward, but please make note.

Attorney Brian Snell returns this month to help answer any questions you might have. Brian is an experienced Elder Law lawyer and has made himself available by appointment only on every other month. He will be here on the 20th. Please call and book an appointment.

We are suspending the mediation class in the month of February. The class size dwindled and we are interested in knowing what, if any, interest people may have in continuing the class. This a free service offered every Thursday morning at 1030am at the Council on Aging. Please let me know if this would interest you to continue starting in March.

Another highlight this month is our Valentine's Day lunch! The cook is serving up meatloaf with all the trimmings. What says love better than the famous Nahant (recipe) meatloaf on Valentine's Day! Call and reserve your seat now!

Information about all of the above and somethings more, can be found inside this newsletter! Any questions, please feel free to call us at 781 581 7557

I wish you all love and warmth in this month of February! Come visit us sometime.

Mary


Nahant Council on Aging

Monday-Friday 9:00-1:00

Closed Monday, February 17, 2025 President's Day

FEBRUARY AT A GLANCE

Friday, February 7, 2025. NVC Community Breakfast. This month's breakfast will feature a presentation about Star Island which is part of the Isles of Shoals, NH. It is a welcoming and vibrant community where people come to have fun, find inspiration, enjoy nature and connect with one another. This presentation will make us all think of warmer weather and start to plan for summer outings. Please join us for a hearty free breakfast, an inspirational presentation and wonderful camaraderie. See page 7 for details.



Monday, February 3, 2025. Art with Erica. This month, Erica will be showing us how to create delightful hand painted watercolor cards. Who needs Hallmark? See page 7 for more information.


Thursday, February 6, 2025. LEO, Fuel Assistance. Representatives from LEO will be here at the Town Hall. Sign up at the Tiffany Room for your confidential appointment. Please see information on page 7 to prepare for your appointment.

Wednesday, February 12, 2025. Music After Lunch.

I don't sing because I'm happy;

I'm happy because I sing." – **William James**

We are always welcoming more voices! Come join us in song! Tiffany Room, Town Hall.



Thursday, February 13, 2025. Maple Street Bistro. The Maple Street Bistro & Bakery is a student-run facility with fresh food prepared daily. It is located on the campus of Essex North Shore Agricultural and Technical School in Hathorne (Danvers/Middleton) Massachusetts. The students will be preparing and serving a special buffet for Valentine's Day. See page 6 for more information.

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 is

Wednesday, February 19, 2025.

Call 781-581-7557 for an appointment.

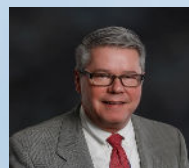


Dr. Fernandez will be available in the Tiffany Room



Wednesday, February 12, 2025.

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 10:45 -11:30.



February 19, 2025.

No appointment required.



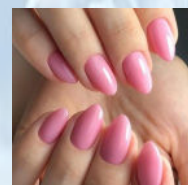
Monday	Closed
Tuesday	10:00-7:00
Wednesday	10:00-5:00
Thursday	10:00-7:00
Friday	10:00- 5:00
Saturday	12:00-3:00
Sunday	Closed

Phone: 781-581-0306

email us at nahant.circ@gmail.com

Manicures will be available on Friday, February 7 and 21 at Town Hall.

Sign up for an appointment at the Tiffany Room.





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.



Viruses Abound This Winter

Does it seem like a lot of people are sick this year, or has COVID come back again? And there is RSV and the flu, and that awful Noro virus, too. The CDC has termed this a quad-demic because indeed, influenza, RSV or Respiratory Syncytial Virus, COVID, and Noro virus, are all very prevalent now.

There are still a lot of misconceptions about these viruses and their symptoms. Symptoms of cough, sneezing, congestion, headache, fever, sore throat, body aches, and more, are common for the regular cold, Flu, RSV, and even COVID. They share the same symptoms. And you do not need to have all the symptoms listed to have the illness. That is why when you see the doctor for your symptoms, they will usually do one or more tests. Nasal swabs allow them to differentiate between Flu and COVID, as well as RSV, because the symptoms are essentially the same.

One major misconception that I still hear, is that you need to have a fever to have COVID. This is not true. Fully one third of patients do not have fevers. Not mentioned frequently but common with COVID, is actually diarrhea, or loose stools. This speaks to why scientists can track the regions COVID levels in wastewater.

The treatment for each of these is generally the same. OTC medications for fever and cough, if needed, and good fluid intake is recommended. Each of these illnesses can become severe and can require treatment or hospitalizations when the patient develops shortness of breath, wheezing, trouble breathing, bronchitis or pneumonia. These are also each spread by airborne contact, or being near a person with sneezing or a cough. Good hand washing and avoiding touching our faces are still primary ways of avoiding spread. A friend recently recommended using a nicely scented hand soap that will alert you when you attempt to touch your face. Masking is still very effective and may be wise for people who are susceptible or immune compromised. Of note, the 2025 CDC COVID recommendations are to stay home or isolate while you have symptoms or 24 hrs. after your fever abates. This may only be a couple of days. You may then resume work or other activities, but it is recommended that you wear a mask for a total of 5 days after developing symptoms.

The virus that is obviously very different is the Noro virus. When you get it you know you have it. Symptoms are abdominal cramping, diarrhea, nausea and vomiting, and additionally headache and fevers are possible. It usually lasts only 24 to 48 hours but it can be severe. Noro virus is what was previously known as the stomach bug or stomach flu, and it is also usually the cause of food borne illnesses, according to Dr. Bisgrove of the AMA Council on Health Science. Hospitalization may be required if dehydration occurs from fluid loss and the inability to keep fluids down. Recommended treatment is fluids, OTC meds like Pepto-Bismol to slow down diarrhea and cramping, and Tylenol or other meds for fever if it is present. Noro is very contagious and difficult to contain. It is spread by contact with infected persons or contaminated surfaces and food. Good hand washing is the major means of preventing it, with washing for 20 seconds recommended, and wiping down surfaces with soap and bleach if possible. Sadly, hand sanitizers usually do not affect this tough virus.

I believe the take-away is that with respiratory viruses you usually do not know what you have unless you test. Otherwise, staying home when sick, or masking if you need to go out, is the best way to minimizing the spread.

Anna Marie Manzano R.N.



MAPLE STREET BISTRO
THURSDAY, FEBRUARY 13, 2025
VALENTINE BUFFET

\$15 per person

Reservations are required.

Sign up at the Tiffany Room.

Bus leaves Town Hall at 10:30.

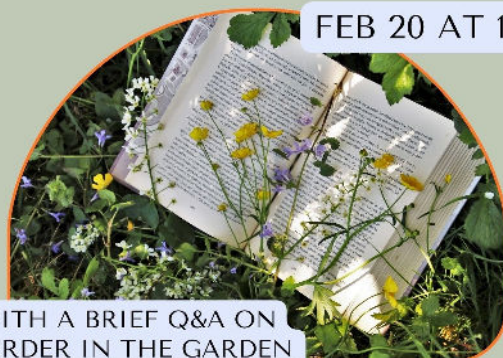


AUTHOR TALK: NEAL SAUNDERS

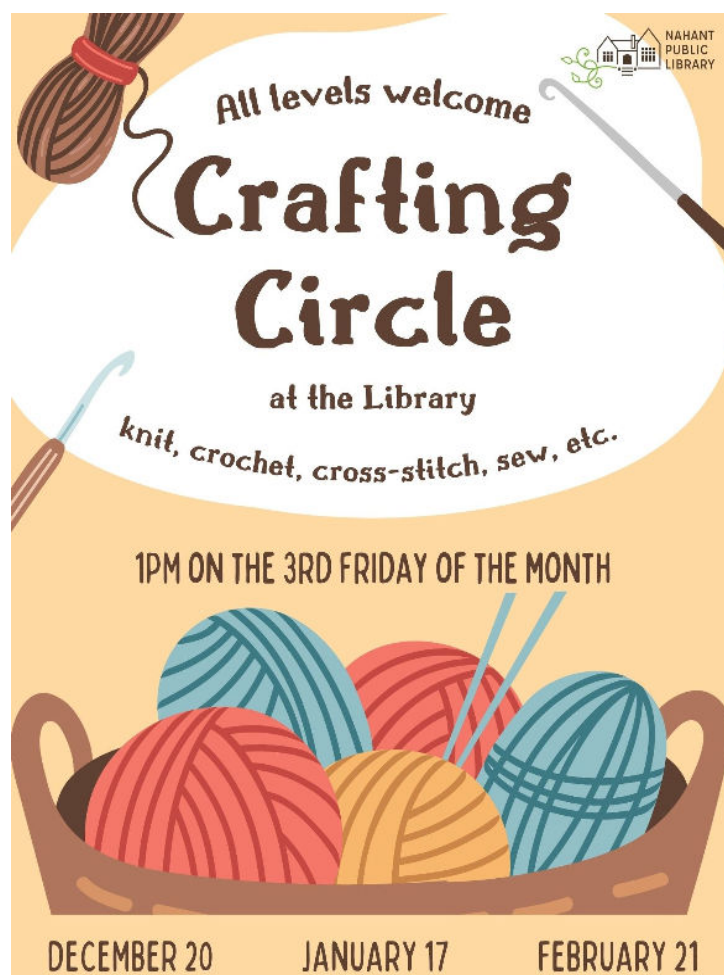
GARDENING IS PAINLESS
& OTHER LIES WE TELL
OURSELVES

Presented by the Nahant Garden Club

FEB 20 AT 1PM



WITH A BRIEF Q&A ON
MURDER IN THE GARDEN
CLUB (FEBUARY MYSTERY
BOOK CLUB PICK)





ART WITH ERICA

MONDAY FEBRUARY 3rd AT 1:00

Hand Painted and Cut Watercolor Card Making

Learn how to paint flowers that you will cut and collage on a homemade card.

SIGN UP AT THE TIFFANY ROOM

NAHANT COMMUNITY BREAKFAST



Discover

Delight

Unwind



Have breakfast with Christana Wille McKnight to learn about opportunities to visit Star Island. Star Island is a welcoming and vibrant community where people come to have fun, find inspiration, enjoy nature, and connect with one another!

Friday, February 7, 2025, 8 a.m.

Nahant Village Church, 27 Cliff Street

All are Welcome

Arrangements for transportation of Nahant 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.

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



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

VETERAN'S FOOD PROJECT

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

Feb. 5

Mar. 5

Apr. 2

May 7

June 4

PRE-REGISTRATION: (FIRST TIME ONLY)

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

Mocha Mug Cake

DESSERT IN 10 MINUTES?

YES PLEASE!

It's February. It's cold. It's time to indulge!

Make dessert for one or two!

*In just minutes this mocha
chocolate delight can be yours!*

AND CLEAN UP IS A SNAP!



INGREDIENTS

- **3 Tbsp.** all-purpose flour
- **3 Tbsp.** sugar
- **2 Tbsp.** unsweetened cocoa powder
- **1 tsp.** instant espresso powder
- **1/4 tsp.** baking powder
- **1/4 tsp.** kosher salt
- **3 Tbsp.** milk
- **3 Tbsp.** vegetable oil
- **1/4 tsp.** vanilla extract
- **3 Tbsp.** chocolate chips

** Remember, microwaves cook differently.
Be watchful when cooking your mocha chocolate
delight!*

DIRECTIONS

1. Combine the flour, sugar, cocoa powder, instant espresso, baking powder and salt in a 12-ounce microwave-safe mug.
2. Stir well with a fork. Add the milk, vegetable oil and vanilla and stir until smooth, making sure there are no lumps of flour or cocoa in the bottom of the mug.
3. Stir in the chocolate chips.
4. Microwave on high for 1 minute 15 seconds to 1 minute 30 seconds*, or until a toothpick inserted into the center comes out clean. (Make sure you don't overcook the cake or it will be dry.)
5. Let cool for 2 to 3 minutes, then top with whipped cream, or topping of your choice.

\$4.00

Tiffany Café Menu February 2025

781-581-7557

Unless otherwise
stated.

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Cutlets, Mashed Potato, String Beans, Tomato Salad	4 Stuffed Peppers., Salad	5 Mac & Cheese, Kielbasa, Cornbread	6 Hot Ham and Cheese Sand- wich, Tomato Vegetable Soup, Salad	7 Chicken Vegetable Soup, Pork Scallopini with Spinach, Peas Polenta
10 Ham Dinner with Pineapple, Stuffing, Veggie, Salad	11 Vegetable Slaw, Baked Fish, Tomato, Olives, Peppers, Turmeric Rice	12 Shephard's Pie over Mashed Potato Salad,	13 COA KITCHEN CLOSED. MAPLE STREET BISTRO	14 Valentine's Day Meatloaf, Mashed Potato, Veggie, Salad
17 COA CLOSED 	18 Meat Lasagna, Caesar Salad	19 Chicken Soup, Super Grilled Cheese Sandwich, Chips	20 Chicken Alfredo on Pasta, Salad	21 Hot Dogs, Beans, Salad
24 Lasagna, Salad, Garlic Bread	25 Clam Chowder, Tuna Casserole,	26 Sweet and Sour Pork, Fried Rice, Veggie	27 Mexican Chicken, Rice & Beans	28 "Breakfast for Lunch"
Please inform your server if you or any- one in your party has a food allergy.				Menu is subject to change.

EVENTS CALENDAR

FEBRUARY 2025







MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				
<p>3 9:00 Strength, RR 10:30-Chair Exercise, TH</p> <p>1:00 Art with Erica, TH</p>	<p>4 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>5 9:00Strength, RR 10:30 Chair exercise, TH</p>	<p>6 9:00 Yoga, RR NO MEDITATION</p> <p>9:30-11:30am LEO/Fuel Assist, , TH</p>	<p>7 NVC Breakfast 8:00-10:00</p> <p>9:00 Strength, RR 10:30 Balance Class, TH</p> <p>10:30am-1:00pm Manicures, TH</p>
<p>10 9:00 Strength, RR 10:30-Chair Exercise, TH</p> <p>12:30-2:00pm Market Basket</p>	<p>11 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>12 9:00Strength, RR 10:30 Chair exercise, TH</p> <p>9:00-12:00am Podiatrist, TH</p> <p>12:30 Music After Lunch, TH</p>	<p>13 9:00 Yoga, RR NO MEDITATION</p> <p>10:30 Maple St. Bistro</p>	<p>14 9:00 Strength, RR 10:30 Balance Class, TH</p>
<p>17 COA CLOSED</p> 	<p>18 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>19 9:00Strength, RR 10:30 Chair exercise, TH</p> <p>Blood Pressure Clinic 10:45-11:30</p> <p>10:00-12:00am Hearing Clinic, TH</p>	<p>20 9:00 Yoga, RR NO MEDITATION</p> <p>10:00-11:00am Atty Brian Snell, TH</p>	<p>21 9:00 Strength, RR 10:30 Balance Class, TH</p> <p>10:30am-1:00pm Manicures, TH</p>
<p>24 9:00 Strength, RR 10:30-Chair Exercise, TH</p> <p>12:30-2:00pm Market Basket</p>	<p>25 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>26 9:00Strength, RR 10:30 Chair exercise, TH</p>	<p>27 9:00 Yoga, RR NO MEDITATION</p>	<p>28 9:00 Strength, RR 10:30 Balance Class, TH</p>

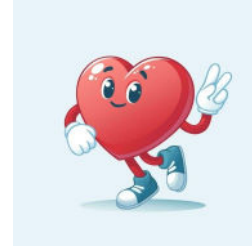
TH = Town Hall

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

*** Friday - 10:30 Balance Class. Town Hall.

Please join us at the

“IN THE MOMENT” MEMORY CAFÉ

For people living with memory challenges and their caregivers

CELEBRATE WINTER WITH US!

Enjoy a food demonstration with Michel Chamsarian and a special presentation and craft project about our winter feathered friends!

Tuesday, March 4, 2024

10:00 – 11:30 A.M.

PHOENIX FOOD HUB

Greater Lynn Senior Services
8 Silsbee Street, Lynn, Mass.

R.S.V.P.

Michele Parr, Caregiver Specialist
Family Caregiver Support Program
mparr@glss.net or 781-586-8635



“In the Moment” Memory Café



Serving up a steaming cup of:

Creativity
Connection
Engagement
Encouragement
Refreshment
Reassurance
Friendship
Fun!

This quarterly program offers opportunities for caregivers and the person they care for to network, enjoy refreshments, connect with a caregiver support specialist, and—if you like—join in creative projects and interactive learning. *Staff will be available to help with activities.*

About Our March Program

Join Michel Chamsarian in the teaching kitchen to prepare some simple, healthy snacks. Then, Rose MacDonald will lead us in a program and craft project featuring our hearty New England birds.



Greater Lynn Senior Services
8 Silsbee Street Lynn, MA 01901 www.glss.net

Phoenix Food Hub is located on the First Floor of GLSS' office building at 8 Silsbee Street.

Please see the receptionist for a pass to park for free in the city parking lot across the street from our building.



Making flower arrangements at the fall café.

Broadway Musicals

WORD SEARCH PUZZLE

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

A CHORUS LINE

ALADDIN

CABARET

CHICAGO

DREAMGIRLS

EVITA

GREASE

HAIRSPRAY

HAMILTON

JERSEY BOYS

KINKY BOOTS

LES MISERABLES

MAMMA MIA

MAN OF LA MANCHA

MARY POPPINS

MISS SAIGON

MY FAIR LADY

OKLAHOMA

ROCK OF AGES

SOUTH PACIFIC

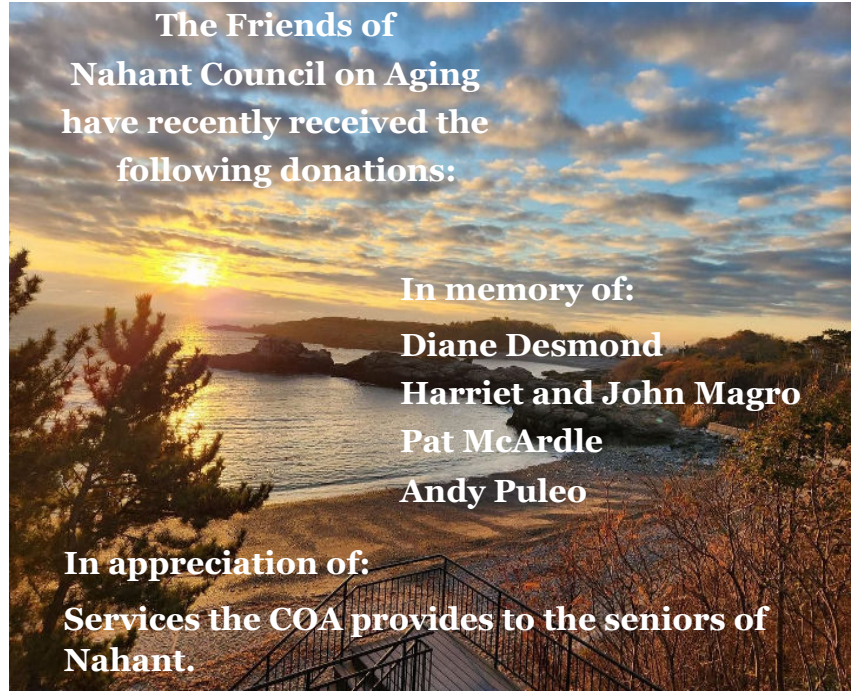
SPAMALOT

THE LION KING

THE PRODUCERS

WICKED

Free printable courtesy of PrintFree.net



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

In memory of:

Diane Desmond
Harriet and John Magro
Pat McArdle
Andy Puleo

In appreciation of:

Services the COA provides to the seniors of
Nahant.

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.
TIFFANY ROOM, TOWN HALL 9:00am

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, Na-

BIRTHDAYS

February 1 - Irene Cullinan, Richard Koehler, David Dunn, Annette Jacoby -Jeffrey
Judith Vanloon
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
February 7 - Louise Andrews, John Vanmaanen, Sheila Barry, Suzanne Hamill
February 8 - Mark Connelly, Paula Bethune, Francis Cullinan, J. Evans, David Adolf
February 9 - Leone Barletta, James Konowitz, Jefferson Thomas,
Maria Gongora-Trevino
February 10 -William Crawford, Elizabeth Sherlock
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, Russell McKeen
February 17 -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 -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, Joseph Lamando,
Michael Mahoney, James Costello, Edward Steriti
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

“February

is the border between winter and spring.”



Terri Guillemets