June 2025 Nahant Tiffany Times



Nahant Council on Aging Our Mission

"The mission of the Nahant Council on Aging is to provide <mark>physical, emotional, and mental stimulation</mark> enabling those sixty and over to achieve engaged and fulfilling lives in a safe environment.

Hi All,

Happy June! We have many things happening this month! Come join us, in June, as we say goodbye to our friend Mo Edison as she relocates to New Hampshire to live near her children. We will miss Mo's endless knowledge of world events both past and present. Her friendly disposition and her love of song and poetry will also be missed. We wish her continued good health and lots of blessings for this next chapter in her life!

We celebrate the fathers in our lives, both living and dead, on Friday the 13th at lunch. Come join us as we recognize and remember those men who we hold dear.

We also say good bye to our town administrator, Tony Barletta, as he begins to embark on the next chapter in his professional life. A luncheon will be held in the COA on June 17th . Come say goodbye and good luck to him.

A little later in the month, we go on a Sunday afternoon to see Little Shop of Horrors in Stoneham. We will leave the COA parking lot at 11am and head to Stoneham for lunch first and then go and enjoy the matinee. Should be great fun! Seats are limited, so please get your reservations in early!

We continue to sing with Michele twice a month. If you enjoy singing and having a good time, this is the place to be!

We will be starting a BINGO game on June 5th and continuing Pokeno on June 12th . Both times are great fun and lots of laughs!

And we finish the month with a road trip to Danvers to the Sylvan St Grille for lunch. Sign up at the COA.

We will be celebrating the Fourth of July at the Dory Club on July 2nd for lunch. Come and join us for a BBQ and some fun and games.

Happy summer! We hope you will spend some time with us! Be sure to check inside for more details of all of our new and ongoing programs. Mary

ATTENTION! BEGINNING JULY 1, 2025

IN ORDER TO MAINTAIN THE QUALITY OF OUR LUNCH PROGRAM, THE COA WILL BE INCREASING THE COST OF LUNCH FROM

> **\$4.00** TO **\$5.00**

Nahant Council on Aging Monday-Friday 10:00-2:00

CLOSED Thursday, June 19, 2025

> Nahant Senior Center is located at: 334 Nahant Road Nahant, MA 01908 (Lower Level of Town Hall)

> > Tel.# 781-581-7557

JUNE AT A GLANCE

Friday, May 30, 2025. Nahant Village Church Community Breakfast. The breakfast will

feature a presentation by Katherine (Kat) deStefano, who will share her personal observations about environmental changes after working for 25 years on the water in the Caribbean and the Bahamas. Kat is a scuba dive instructor and operations manager of a scuba program in Miami. She is a passionate ocean and animal lover. So join us for an informative talk, a hearty breakfast and wonderful camaraderie. Breakfast is served at 8 with the presentation starting around 8:15. Please spread the

Friday, June 13, 2025. Father's Day Lunch. "To all the incredible DADS out there!" Take a minute to honor, thank and celebrate the men who have made a world of difference to their families. Salute to their love, sacrifice and presence in our lives. See page 8 for more details.

Tuesday, June 17, 2025. Farewell Luncheon for Town Administrator, Tony Barletta. You are cordially invited to a Farewell Luncheon at the Tiffany Room to show your appreciation to Tony Barletta as he embarks on a new chapter in his career. See page 8 for more details.

Sunday, June 22, 2025. "Little Shop of Horrors." A devilishly delicious sci-fi sensation, Little Shop of Horrors has mesmerized audiences for over 30 years. This iconic musical follows Seymour Krelborn, a floral assistant who encounters a mysterious plant named "Audrey II." Reduced ticket price of \$35.00 provided by Friends of Nahant COA. See page 6 for more details.

Thursday, June 26, 2025. Sylvan Street Grille and Richardson's. Hop on the bus and join us for a fun foodie afternoon with friends. We'll start with lunch at the Sylvan Street Grille and top the afternoon off at Richardson's Ice Cream Parlor. See page 6 for more details.



WEDNESDAY, July 2, 2025

4th of July Cookout & Celebration at the Dory Club

Celebrate Independence Day with friends at one of Nahant's most beautiful spots. Enjoy an All-American cookout menu and watch the seagulls and boats glide by. Sign up at the Tiffany Room in advance. \$15 per person. See page 6 for more details.



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

Thursday, June 12, 2025.

Call 781-581-7557 for an appointment.

Dr. Fernandez will be available in the Tiffany Room on Wednesday, August 6, 2025





Attorney, Brian Snell is available for legal consultation on **June 12, 2025** Call 781-581-7557 to book an appointment.

Call 781-581-7557 for an appointment

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

Wednesday, June 18, 2025

No appointment required.

Monday Closed Tuesday 10:00-7:00 NAHANT PUBLIC 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 <u>nahant.circ@gmail.com</u>

Manicures will be available on Friday, June 6th and 20th at Town Hall.

Sign up for an appointment at the Tiffany Room.









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 <u>www.mbta.com/the ride</u>

Call the MBTA at:

617-337-2727

NAVIGATE NAHANT

The Nahant Public Library in collaboration with the COA is pleased to provide home delivery system to our library patrons. <u>Navigate Nahant</u> 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.

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.

"CAREGIVER CONNECTIONS"

A place of welcome, to support those who care for people living with memory loss

	Th
Meeting every 3rd	ma
Tuesday, 11:00-12:00	Na
Nahant Village Church	
27 Cliff Street, Nahant	1
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.



There was a segment on the news recently about an increased incidence of strokes noted in younger people, specifically those under 50. Strokes have generally been considered a health issue of seniors but now its incidence amount younger persons is increasing, while the incidence in older persons is decreasing due to education and the awareness of the need for early treatment.

Strokes are a leading cause of disability, frequently causing a person to require extensive rehabilitation or long term care. Strokes can be quite devastating. There are two kinds of strokes. An ischemic stroke is caused by a blood clot, the clot obstructs an artery and deprives the area of the brain from getting the oxygen and nutrients it needs. The other kind is a cerebral bleed, in which bleeding or a rupture of the artery occurs, also depriving the brain of its circulation. Strokes are more common in women then men, and pregnancy is also a risk factor as the woman's circulation is much affected by the pregnancy.

Several university hospitals are studying this trend. Dr. David Anderson of MGH, and Kati Blocker from University of Colorado Health, have both seen a significant increase in strokes among younger people since 2020. Their studies revealed similar risk factors. These risk factors include high blood pressure, obesity, diabetes, stress, smoking, poor diet, excessive alcohol, sedentary life style, and COVID, as well as a genetic predisposition or hereditary factors. About 23% of persons between 18 and 39 have high blood pressure. COVID has become a risk factor as it has been found to thicken the blood through it's inflammation and thereby can cause blood clots, even long after the illness.

Early treatment of symptoms can do much to minimize the effects of a stroke, so recognition of symptoms and then calling 911 is crucial. Below is the BEFAST acronym for a quick reminder of symptoms as listed by Dr. David Anderson. Certainly not all these symptoms need to be present to raise the alarm, one or two can be enough, and it needs to be a sudden change.

B- Balance.. dizziness, difficulty walking

E-eyes...loss of vision, diviation

- F- Face...dropping, uneven smile
- A-Arm...weakness, difficulty moving extremities

S-Speech...difficulty speaking, slurring speech, garbled, significant word finding difficulty

T-Time...call 911.

Whether old or young, we need to pay attention to symptoms.

Anna Maríe Manzano R.N.



Sunday, June 22, 2025

2:00pm Matinee

Limited Seating. (Call COA to reserve a Ticket. 781-581-7557) \$35.00 per person /Checks made payable to the Town of Nahant.

PRICE DOES NOT INCLUDE LUNCH BEFORE THE SHOW. VAN WILL LEAVE COA AT 11:00 AM.



THE NAHANT COA IS SPONSORING A TRIP TO THE SYLVAN STREET GRILLE IN PEABODY ON THURSDAY, JUNE 26th FOLLOWED BY A VISIT TO ONE OF OUR FAVORITE PLACES, RICHARDSON'S ICE CREAM PARLOR! PLEASE JOIN US FOR A FUN-FILLED DAY!!

PLEASE SIGN UP NO LATER THAN JUNE 24th



PLEASE JOIN THE NAHANT COA AS WE CELEBRATE INDEPENDENCE DAY AT THE DORY CLUB ON WEDNESDAY, JULY 2, 2025! FESTIVITIES WILL BEGIN AT 11:30AM PRICE PER PERSON: \$15.00



IT'S BINGO! THURSDAY, JUNE 5, 2025 TIFFANY ROOM.

Nahant Community Breakfast



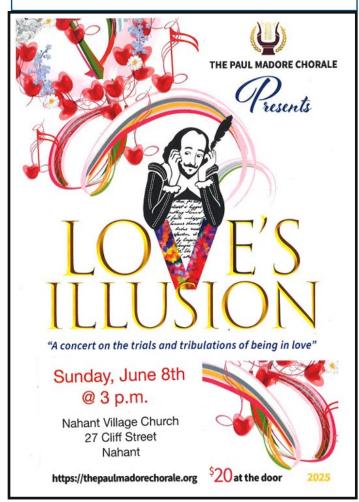
With Kat de Stefano

hear about the environmental changes she has observed after 25years of working on the water in the Caribbean and Bahamas

Friday, May 30, 2025 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





THE NAHANT COA INVITES YOU TO A

FAREWELL LUNCHEON FOR OUR TOWN ADMINISTRATOR,

TONY BARLETTA.

JOIN US AS WE RECOGNISE HIS DEDICATION TO OUR TOWN AND OFFER OUR BEST WISHES AS HE EMBARKS ON A NEW CHAPTER IN HIS CAREER.

JOIN US AT THE TIFFANY ROOM ON

TUESDAY, JUNE 17, 2025

FOR A FAREWELL LUNCHEON IN HIS HONOR.

PRICE PER PERSON: \$5.00



THE NAHANT COA IS HOSTING A

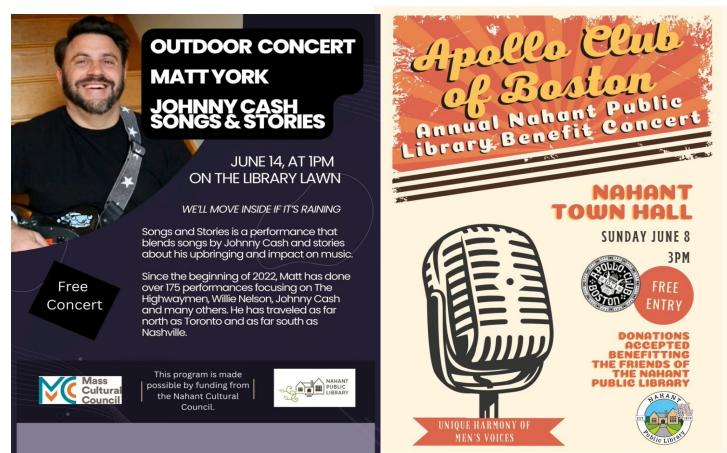
FATHER'S DAY LUNCH

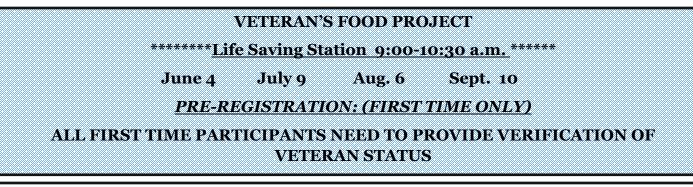
JOIN US AT THE TIFFANY ROOM AND CELEBRATE ON

FRIDAY, JUNE 13, 2025

PRICE IS **\$10.00** PER PERSON.

PLEASE SIGN UP IN ADVANCE AT THE TIFFANY ROOM.





Cucumber, Tomato, and Onion Salad

On a hot summer day, it's key to have refreshing dishes on hand. That's where this cucumber, tomato, and onion salad comes in. It features peak-of-summer ingredients that are packed with water, aka the foods that will refresh and rehydrate you as you eat.

This salad gets better with a bit of time. Make it the morning you plan to serve it so the tomato and cucumber can marinate in the dressing. Just hold off on adding the herbs until the very end so they stay bright and fresh.

Serve it alone or as a side dish to your favorite grilled summer protein!

Ingredients

- 1/4 cup extra-virgin olive oil
- **2 Tbsp.** vinegar (red wine, white wine, or rice wine)
- 2 tsp. kosher salt
- 1/4 tsp. garlic powder
- **1/4 tsp.** freshly ground black pepper
- **4 cups** cherry tomatoes (1¹/₂ lb.), halved
- **1** English cucumber, quartered lengthwise and sliced
- **1/2** medium red onion, thinly sliced
- **1/2** roughly chopped fresh herbs (such as basil, cilantro, dill, mint, and/or parsley)



Directions

- 1. In a large bowl, whisk oil, vinegar, salt, garlic powder, and black pepper.
- 2. Add tomatoes, cucumber, and onion and toss well to combine.
- 3. Let sit at room temperature at least 15 minutes or refrigerate up to 12 hours.
- 4. Before serving, sprinkle herbs over salad.

Tiffany Café Menu June 2025

Unless otherwise stated.

\$4.00

Reservations for lunch are required 24 hours in advance.

781-581-7557

Monday Tuesday Wednesday Thursday Friday 3 2 6 4 5 Potato Corn Soup, Seafood Casserole Baked Tortellini Hamburgers, **Open-Faced Roast** Chicken, w/Rice with Summer Turkey Sandwich, Potato Salad, Rice Pilaf, Veggies, Summer Veggies Stuffing, Cole Slaw Roll Veggie Salad & Roll Gravy 13 9 10 12 11 Father's Day Fruit Salad, American Chop Tuna Sandwich, Chicken Lunch **BBQ** Turkey Suey, Vegetable Soup, Sandwich Chips, Pickle Cheese Steak Salad, Pork Marsala, Subs w/Gouda Salad with Egg Noodles Bread Potato Salad Cole Slaw \$10.00 18 16 17 19 20 COA CLOSED Minestrone Soup, Cuban Chinese Chicken HONORING Fried Rice, Zucchini & Pesto Sandwich, Caesar Pasta JUNETEENTH Lasagna with Pork Ribs Salad, Chips FREEDOM DAY Meatballs Roll \$5.00 26 **27**"Breakfast for ²³BBQ Chicken 24 Mixed Greens 25 Lunch" Seafood Salad Sylvan Street Thighs & Legs Salad, Sandwich, Egg and Cheese Grille Cole Slaw. Sausage Casserole. (Or Grilled Cacciatore, (Tiffany Room Corn on the Cob, Cheese) **Baked French** Rice Closed) Fruit Salad Toast Pasta Salad **Please inform** 30 Tuna Salad Menu is vour server if Stuffed subject to you or any-Tomatoes. change. one in your 3-Bean Salad, party has a food allergy. Roll

EVENTS CALENDAR

JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Strength, RR 11:00 -Chair Exercise, TH	3 9:00 Chair Yoga, RR 11:00 Chair Exercise, TH	4 9:00Strength, RR 11:00 Chair exercise, TH	5 9:00 Yoga, RR 11:00, Chair Exercise, TH	6 9:00Strength, RR 11:00 Balance Class, TH
12:30-2:00pm Market Basket			1:00 Bingo, TH	10:30-12:30 Manicurist, TH
9 9:00 Strength, RR 11:00 -Chair Exercise, TH	10 9:00 Chair Yoga, RR 11:00 Chair Exercise, TH	 9:00Strength, RR 11:00 Chair exercise, TH 12:30 Music After Lunch, TH 	12 9:00 Yoga, RR 11:00, Chair Exercise, TH 10:30-11:30 Hearing Clinic, TH 10:00-11:00am Atty Brian Snell 1:00 PoKeno, TH	13 9:00Strength, RR 11:00 Balance Class, TH 12:00-2:00pm FATHER'S DAY LUNCH \$10.pp, TH
16 9:00 Strength, RR 11:00 -Chair Exercise, TH 12:30-2:00pm Market Basket	9:00 Chair Yoga, 17 RR 11:00 Chair Exercise, TH 12:00pm Farewell Luncheon, \$5. pp Tony Barletta, TH	18 9:00Strength, RR 11:00 Chair exercise, TH Blood Pressure Clinic 10:30-11:30	19 COA CLOSED HONORING JUNETEENTH FREEDOM DAY	20 9:00Strength, RR 11:00 Balance Class, TH 10:30-12:30 Manicurist, TH
23 9:00 Strength, RR 11:00 -Chair Exercise, TH	24 9:00 Chair Yoga, RR 11:00 Chair Exercise, TH	25 9:00Strength, RR 11:00 Chair exercise, TH 12:30 Music After Lunch, TH	26 9:00 Yoga, RR 11:00, Chair Exercise, TH 10:30am Sylvan St. Grille,Richardson's.	27 9:00Strength, RR 11:00 Balance Class, TH
30 9:00 Strength, RR 11:00 -Chair Exercise, TH 12:30-2:00pm Market Basket	July 1	July 2 JULY 4TH COOKOUT DORY CLUB	SUNDAY, JUNE 22, 2025 Greater Boston Theatre Group Stoneham	Bus leaves Town Hall at 11:00. See page 6 for details.

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 11:00am Chair Exercise. Town Hall
- Thursdays 11:00am Chair Exercise. Town Hall ***
- *** Friday - 11:00am Balance Class. Town Hall.



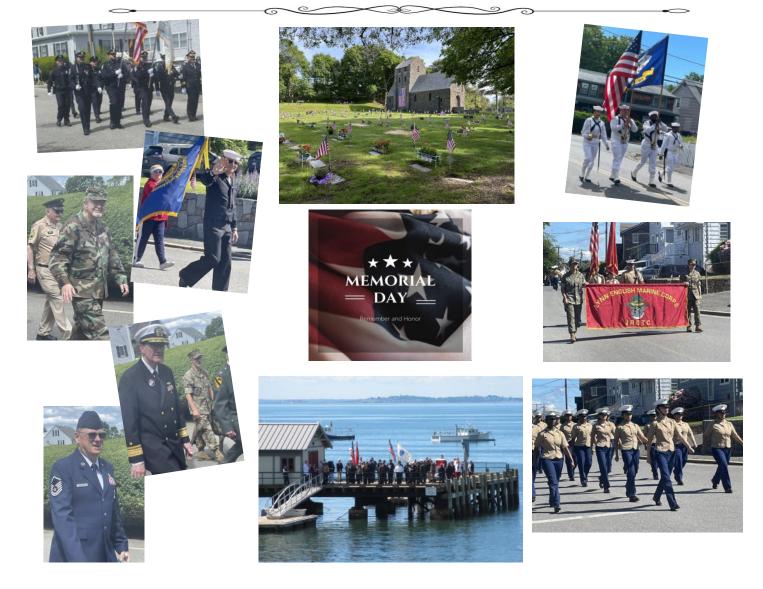


TIGER'S DEN at Lynn Vocational Technical High School









WORLD OCEANS

1	2		3	4		5		6	7
		8			i i				
9						10			
11				_		-			
-		-							12
13	14				15		1		
				16					
1	7							18	8
19									
20				21					
22		-					23		

Across

- 1 Arrived (4)
- 3 Yellowish edible seed (8)
- 9 Unfasten (7)
- 10 Customary practice (5)
- 11 Reticent and secretive (12)
- 13 Encrypt (6)
- 15 Sum of money demanded to release a captive (6)
- 17 Strengthen; confirm (12)
- 20 Imitative of the past (5)
- 21 Anxious and afraid (7)
- 22 Evilly (8)
- 23 Chopped (4)

Down

- 1 Sticks used as supports (8)
- 2 Very masculine (5)
- 4 Type of music (3-3)
- 5 Military judicial body (5,7)
- 6 Game participants (7)
- 7 Mocks (4)
- 8 Children's toy (12)
- 12 Driven to action (8)
- 14 Harsh; corrosive (7)
- 16 Loud blast of sound (6)
- 18 Attach (5)
- 19 Increased in size (4)

Unscramble the letters in the shaded squares to reveal a themed word:

NAHANT COUNCIL ON AGING

Meet Your 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 Van Meter- 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 Friends meet the second Wednesday of each month. TIFFANY ROOM, TOWN HALL 9:30am



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-

JUNE BIRTHDAYS

- June 1 Mary Maccario, Chris Kourkoulis
- June 2 David Lazzaro, Joel Marie, Janet Flaherty, Stephen Kasper, David Quinn, Anthony Scali
- June 3 Thomas DiBenedetto, Heather Johnson, Jane Dantona
- June 4 Mary Donahue, Gretchen Henry, Kathy O'Connor, Judith Shanahan, Kevin Shanahan, Margaret Ackerman, Brenda Perroni, Samuel Fisher
- June 5 Katherine DiVittorio, Colleen Sheppard, Frank Dunion, Owen Kane, Dale Warren, Florence McDonough, Sarah Murray, Elaine White, Lorraine Sanphy
- June 6 Robert Cass, Thomas Parrott, Stephen O'Malley, Michael Davis, Gregory Gore
- June 7 Craig Mosher, Ellen Newlands
- June 8 James Savino, Anne Senk, David Wilson, Lizette Marrero, Katherine Jenkins, Susan Hooper Raymond Desmarais, , Michael Caruso
- June 9 Barbara Mackey
- June 11 Richard Fox, Robert Cronin, Carmel Trentsch
- June 12 Anne Cote, Elisabeth Foukal, Domenica Mancuso, Elizabeth Abbott
- June 13 Dorothy Vitale, David Hussey, Shirley Sarpi-Brahm, Patricia Aldrich, Carol Aloupis, William Rogers, Stephanie Angiulo-Costa, Christopher Black,
- June 14 -Jeannette White, Darleen Terminello, Barbara Lebow, Amarilio Rodrigues, Janet Rogalski, Lisa Paton
- June 15 Daniel Droukis, Conrad Squires, Lynne Spencer
- June 16 Pauline Marra, Michael Lutch
- June 17 Barbara Stamos, Lana Mogan, Sheldon Sevinor, Janina Wabno, Sean Campbell, Susanne Meninger
- June 18 Mary Magner, Thomas Neilson
- June 19 Anne Spirn, Alice Volk-Roy, James Clements, Edward Morrissey, Martha Chepeleff, Andrew Keller
- June 20 Susan DePaolo, Charles Marino, Richard Senk, Dolores Costello, Jeanne Farrow, Mary Dill, Barbara Cantalini, Sirabhorn Muntarbhorn, Mary Dill
- June 21 Jane "Bonnie" Lombard
- June 22 Donna Damico
- June 23 Gregory Poth, Anne Hiland
- June 24- Paul Wilson
- June 25 Roger Peladeau, Irene Purdy, Mark Melanson, Margaret Hinrichs, Mark Cirolo, Samantha McGilloway
- June 26 Robert Guiney, Jean Mullen, Robert Tibbo, Douglas Babin
- June 27 Kenneth Taylor, William Mahoney, John Stephen Cody, William O'Connor, Bettie Richardson, Eric Leja, Paul Bertorelli, Erasmo Mitrano
- June 28 -Frank Pesco, Teresa Newell, Eileen Simons, Laurie Allard, Brian Murphy, Patricia Newton
- June 29 Christie Stamos, Laurel LaLiberte, Dolores Merlino, Gary Deines, Mary Marino, Francis Barile, Virginia Burke, Katherine Locke
- June 30 William Burton, Maria Brooks



Keyword: PACIFIC