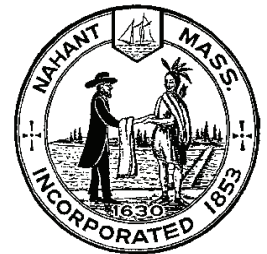


August 2012

# 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.”

## From the Director

Did you ever wonder where the expression, “the Dog Days of Summer” came from? Well I did too so I Googled it and this is what I learned.

“Dog Days” (*diēs caniculārēs*) are the hottest, most sultry days of summer. In the Northern Hemisphere, the dog days of summer are most commonly experienced in the months of July and August, which typically observe the warmest summer temperatures. The name comes from the ancient belief that the star Sirius, also called the Dog Star, in close proximity to the sun was responsible for the hot weather. Now we all know.

Let’s us all wish our Olympians well at the 2012 Olympic games in London. Athletes from 204 National Olympic Committees are expected to participate. The Olympic opening ceremonies will be on July 27th and the games will continue until the closing ceremonies on August 12th. To make the games more interesting for us here at home, we are going to have a contest: pick the number of GOLD medals Team USA will bring home. Just fill out the entry form below and return to the Tiffany Café by August 1st. Go USA!!!!!!!!!!!!!!!!!!!!

Please visit us on Facebook at, [www.facebook.com/nahantseniorcenter](http://www.facebook.com/nahantseniorcenter).

Linda Peterson  
Executive Director

## TRIAD

### NAHANT TRIAD NEWS

IS YOUR NUMBER UP? No I am not talking about in the biblical sense, is your house number visible from the street? There are several reasons why this is so important. Massachusetts General Law (Ch. 148s59) and the local ordinance require that all buildings have a street number that can be seen from the road. Street numbers are vital so that Emergency Responders can locate your home quickly. It is recommended you use 4” block style, contrasting color, and should also be reflective, placed on the house in plain view. It is not recommended that the number be placed on the doors. Please contact the COA if you have any questions at: 781-581-7557

## August Historical Events

**Aug. 1-**The first Olympic games opened in Berlin, Germany, 1936

**Aug. 7-** George Washington created the “Purple Heart,” decoration medal, 1782

**Aug. 13-** Al Capp’s satirical comic strip Li’l Abner, made its debut, 1934

**Aug. 20-**The first licensed radio broadcast occurred, 1920

**Aug. 23-** The first Indian Church was founded on Martha’s Vineyard, Massachusetts, by John Eliot and John Cotton of the Massachusetts Bay Colony, 1670.

## A request from the existing EXPO Committee Members

We are moving along with our Oct. 27, 2012 Nahant Informational Fair at Town Hall. We are looking for Volunteers to assist in this exciting 1st annual Nahant COA Expo.

Please contact: Linda Peterson: 781-581-7557



USA OLYMPIC GOLD  
MEDAL CONTEST

GUESS THE NUMBER OF  
GOLDS FOR THE USA:

\_\_\_\_\_

Your Name: \_\_\_\_\_

# AUGUST 2012

Lunch served everyday : 11:30 a.—12:30 p.

**RED:** Held at Community Center

**BLUE:** Held at Tiffany Room



Monday	Tuesday	Wednesday	Thursday	Friday
*SUNDAY, AUGUST 5th Trip to Farmers Market, Swampscott. Leaving Tiffany Café at 10:30am		1 9:00am <b>Total Body Exercise</b> 12:30pm Shopping—Market Basket	2 9:00am Golf 10:30am <b>Chair Exercise</b> 9:30am Plum Island boat tour-with lunch 5:00pm <b>Total Body Exercise</b>	3
6	7	8	9	10
9:00am <b>Yoga (\$5.00)</b> 10:15am <b>Total Body Exercise</b> 10:30am <b>Chair Exercise</b> 12:00 p.m. Blood Pressure & Glucose	9:30am <b>Manicurist (signup required)</b> 1:00pm <b>Cribbage</b> 5:00pm <b>Total Body exercise</b>	9:00am <b>Total Body Exercise</b> 12:30pm Shopping—Market Basket	9:00am Golf 10:30am <b>Chair Exercise</b> 5:00pm <b>Total Body Exercise</b> 5:00pm Summer concert "White Lightning"	1:00pm Friday Afternoon at the Movies <i>"Ladies in Lavender"</i>
13	14	15	16	17
9:00am <b>Yoga (\$5.00)</b> 10:15am <b>Total Body Exercise</b> 10:30am <b>Chair Exercise</b>	1:00pm <b>Cribbage</b> 5:00pm <b>Total Body Exercise</b>	9:00am <b>Total Body Exercise</b> 12:30pm Shopping—Market Basket	9:00am Golf 10:30am <b>Chair Exercise</b> 11:30am Special Lunch for N. Andover COA 5:00pm <b>Total Body Exercise</b>	
20	21	22	23	24
9:00am <b>Yoga (\$5.00)</b> 10:15am <b>Total Body Exercise</b> 10:30am <b>Chair Exercise</b>	9:30pm <b>Manicurist (signup required)</b> 12:30 Shopping-Market Basket 1:00pm <b>Cribbage</b> 5:00pm <b>Total Body Exercise</b>	9:00am <b>Total Body Exercise</b> 12:30pm <b>Movie Day</b>	9:00am Golf 10:30am <b>Chair Exercise</b> 5:00pm <b>Total Body Exercise</b>	12:30pm Visit to the American Textile History Museum with Dinner
27	28	29	30	31
9:00am <b>Yoga (\$5.00)</b> 10:15am <b>Total Body Exercise</b> 10:30am <b>Chair Exercise</b>	9:30am <b>Manicurist (signup required)</b> 10:30am <b>Chair Exercise</b> 1:00pm <b>Cribbage</b> 5:00pm <b>Total Body Exercise</b>	9:00am <b>Total Body Exercise</b> 12:30pm Shopping—Market Basket	9:00am Golf 10:30am <b>Chair Exercise</b> 12:30pm End of Summer Cookout 5:00pm <b>Total Body Exercise</b>	1:00pm Friday Afternoon at the Movies <i>"Secret Life of Bees"</i>



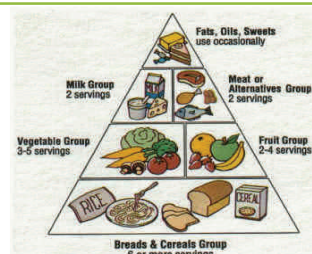
# Tiffany Café Menu

August 2012

Lunch Served everyday at 11:30-12:00

All Meals served with 1% milk, bread. and crackers with soup

Requested Donation—\$2.00



Monday	Tuesday	Wednesday	Thursday	Friday
		Garlic Paprika Tyson Chicken <sup>1</sup> O'Brien Potato Spring/Summer Veggie Spice Cake/Frosting ALTERNATIVE Beef Strip Steak	Cream of Broccoli Soup <sup>2</sup> Shaved Roast Beef/WW Bulkie Tossed Salad Pudding ALTERNATIVE Turkey Salad/WW Bulki	Fish Cake/Sweet Pepper Sauce <sup>3</sup> Whipped Potato Green & Golden Beans Chilled Fruit ALTERNATIVE Dominican Beef Stew
Ravioli/ Meat Sauce <sup>6</sup> Roman Blend Veggie Jell-O/Topping ALTERNATIVE Veggie Quiche Whipped Potato/Veggie	Boneless Chicken <sup>7</sup> Picatta Garlic Whipped Potato Zucchini/Red Pepper Muffin/Fresh Fruit ALTERNATIVE Salisbury Steak/Gravy	Veal Cacciatore <sup>8</sup> Italian Green Beans/White Rice Mandarin Oranges ALTERNATIVE Mesquite Chicken	Hot Dog/ Roll <sup>9</sup> Veggie Baked Beans/Cole Slaw Cookie ALTERNATIVE Beef Rib-B-Q/Sauce Beans/Cole Slaw	Lentil Veggie Soup <sup>10</sup> Egg Salad/WW Bread Potato Salad Chilled Fruit ALTERNATIVE Tuna Salad
Honey Mustard Tyson Chicken <sup>13</sup> Sour Cream Whipped Potato Peas & Onion Chilled Fruit ALTERNATIVE Mushroom Quiche	Lasagna/Meat Sauce <sup>14</sup> Country Blend Veggies Garlic Roll Chilled Pineapple ALTERNATIVE Grilled Chicken Sandwich	Fish Florentine/Sauce <sup>15</sup> Lyonnaise Potato Winter Squash Cookie ALTERNATIVE Spanish Sheppard's Pie	Chili/Shredded Cheese <sup>16</sup> White Rice Tossed Salad Fresh Fruit ALTERNATIVE Chicken Teriyaki	Minestrone Soup <sup>17</sup> Sliced Turkey Pumpkin Bread Pasta Veggie Salad/ Pudding ALTERNATIVE Ham & Cheese
Meatball Sub <sup>20</sup> Home Fries Tuscany Veggies Chilled Fruit ALTERNATIVE Omelet W/Cheese	Split pea Soup <sup>21</sup> Chicken Caesar Salad/WW Pita Jell-O ALTERNATIVE Seafood Salad/WW Pita	Mac & Cheese <sup>22</sup> Spinach Chilled Fruit ALTERNATIVE Spanish Chicken Rice & Beans	Yankee Pot Roast/Gravy <sup>23</sup> Oven Roasted Potato Jardinière Veggie Oat Roll/ Fresh Fruit ALTERNATIVE Haitian Turkey	Meatloaf w/Gravy <sup>24</sup> Brown Rice Pilaf Stewed Tomatoes Cake ALTERNATIVE Sweet & Sour Chix Tenders
Tyson Chicken/BBQ Sauce <sup>27</sup> Whipped Potato Italian Blend Veggies Chilled Fruit ALTERNATIVE Salisbury Steak/Gravy	Stuffed Pepper/Sauce <sup>28</sup> Diced Buttered Potato Green & Golden Beans Pudding ALTERNATIVE Liver & Onions/Gravy	Roast Turkey/Gravy <sup>29</sup> Cranberry Sauce Sweet Potato/Peas & Onion Chilled Pineapple ALTERNATIVE Spanish Beef/ Yellow Rice	Tomato Basil Soup <sup>30</sup> Tuscan Tuna/WW Bulkie Roll Tossed Salad Brownie ALTERNATIVE Chix Salad/WW Bulkie	Hamburger/Roll/Cheese <sup>31</sup> Lettuce & Tomato Potato Salad Corn on the Cobb Watermelon ALTERNATIVE Turkey Burger

## Senior Health Care and Suggestions

### Arthritic hands

For those with arthritis, clothes with buttons can be a challenge. One suggestion would be to convert your present clothes to Velcro closure by: remove all buttons and sew onto the button-hole opening (closing button-hole); sew a strip of Velcro (purchased from craft or cloth stores) to area where buttons were removed and also to area on backside of the button-hole strip. Some Velcro has 'sticky' backside that can be ironed onto cloth, but sewing is more permanent. If you cannot sew, request assistance from family, friends, or professional seamstress.

### Medicaid Decision May Affect Coverage for Low-Income Adults

The National Council on Aging (NCOA) applauds the ruling by the Supreme Court of the United States in upholding the Affordable Care Act. At the same time, NCOA is concerned about the implications the court's Medicaid decision may have on some states' willingness to extend health coverage to low-income, non-elderly, uninsured Americans.

"The ruling ensures that millions of uninsured Americans will have access to health care and, therefore, will be healthier when they grow older and become eligible for Medicare. It will also ensure that seniors across the country will continue to enjoy much-needed benefits like lower prescription drug costs, annual wellness and prevention visits, improved chronic care and alternatives to nursing home care, as well as extending the Medicare Trust Fund by eight years," said Jim Firman, president and CEO of NCOA.

"While the Medicaid ruling needs more study, this ruling is an important one for seniors, their families, and their caregivers across the United States."

### SIGNS & SYMPTOMS OF DEHYDRATION

The most common signs and symptoms of dehydration include persistent fatigue, lethargy, muscle weakness or cramps, headaches, dizziness, nausea, forgetfulness, confusion, deep rapid breathing, or an increased heart rate. Dehydration is a very serious condition, more than most people realize. Since seniors often have a reduced sense of thirst, dehydration is one of the most frequent causes of hospitalization after age 65.

Other less common signs and symptoms of dehydration can include:

Excessive loss of fluid through vomiting, urinating, stools or sweating

Poor intake of fluids, "can't keep anything down,"

Sunken eyes

Dry or sticky mucous membranes in the mouth

Skin that lacks its normal elasticity and sags back into position slowly when pinched up into a fold

Decreased or absent urine output

Decreased tears

See list of foods that also assist in avoiding dehydration enclosed.

## COMING ATTRACTIONS

**Thursday, August 2, 9:30am**  
**Plum Island Boat Cruise & Newburyport Yankee Homecoming;** Explore the island Refuge, birds, plant life through the natural estuaries, this miracle of Nature!

**Sunday August 5th, 10:00am-1:00p**  
Trip to Swampscott Farmers Market at Swampscott High School

**Thursday, August 9th, 5:00pm**  
Red Rock Park "White Lightning"

**Thursday, August 16, 10:30am**  
Nahant COA welcomes to the Tiffany Café the N. Andover COA to Summer Party! Enjoy "A Musical Journey Through The Years." Presented by **TOMMY RULL, singer/entertainer.** Lunch will be provided by Nahant's own **CHEF TITO, Personal Chef & Caterer**

**Friday, August 24, 12:45pm**  
The Highland Street Foundation is once again offering Free Fun Fridays. This year we will visit the American Textile Museum leaving from Tiffany Café. After visiting the museum we will stop for an early dinner at a restaurant to be determined.

**Thursday, August 30 12:30p** End of Summer Cookout @ Knights of Columbus, **Featuring Mr. DJ's Quiz**

## UPCOMING TRIPS

**Wednesday, October 3, 2012**

Fall foliage ride along the Kancamagus Highway in New Hampshire. Lunch and shopping along Main St. in N. Conway. Cost: \$68.00pp due Aug. 31st.

**Wednesday, October 10, 2012, 11:00am** Suffolk Downs Trip—Come join us in the Topsider Room at Suffolk Downs as we cheer on our horse and dine on a special luncheon buffet. Cost: \$15.00pp

**Thursday, October 25, 2012**

Old Sturbridge Village welcomes cabaret Lulu to perform "And The Angels Sing" Great lunch included. Cost: \$65.00pp

For additional information contact: **Linda Peterson** at 781-581-7557

Linda Peterson— Executive Director

Gertrud Joyce— Chairman

Emily Potts— Treasurer

Geraldine Wittrock-Walton

Maura Costin— Vice Chairman

Sheila Hambleton

Susan Maguire

Nancy Gallo— Secretary

Sarah Risher

Nancy Wilson