

DECEMBER

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

Linda Spinucci -Peterson—Executive Director

Caroline O'Connor—Assistant

Joe Desmond—Transportation

Nahant COA Board of Directors

Gertrud Joyce—Chairman
Nancy Gallo—Secretary
Sarah Risher

Maura Costin—Vice Chairman
Geraldine Wittrock-Walton
Nancy Wilson

Emily Potts—Treasurer
Sheila Hambleton
Linda Jenkins

FROM THE DIRECTOR

As I begin my 3rd year as the Director of the Nahant COA, I want to take this opportunity to thank all the people who helped me care for the seniors of Nahant. I say it all the time; I would be nowhere without my volunteers. Volunteers are the backbone of most non-profits and senior centers across the country. Below are some quotes about volunteerism:

Volunteers, a precious resource we cannot afford to lose. -Denise Penn

Volunteers don't just do the work ~ they make it work. -Carol Pettit

Volunteers are seldom paid; not because they are worthless, but because they are PRICELESS! --author unknown

First, I would like to thank the volunteers that help in the day to day operation of the Senior Center, if you see them around town thank them for their time, Ione Hansell, Fran Ahern, Lana Mogan, Linda Lehman, Arthur Judge, and Kristen Johnson.

There are many others who donate either their time or, in the case of Mike Manning his pies, Joe Scherber for cooking at our cookouts this summer, and let's not forget to give a very special THANK YOU to Trudy Joyce for the endless supply of butter cookies.

I would be remiss if I didn't thank all the volunteers who made the 1st Nahant Informational EXPO a success. Without them the EXPO would not have happened. Thank you Caroline O'Connor, Paula Smith, Linda Lehman, Fran Ahern, Lana Mogan, Bob and Sue Branga, David Wilson, Trudy Joyce, Ione Hansell, Jeannette White, Marie Muzzioli, Antonette Spinucci, Sheila Zajmjtis, Mary Ann Putnam, Betty Babin, Nancy Wilson, Emily Potts, Arthur Judge, and Bill Peterson.

And lastly, I want to introduce you all to Caroline O'Connor, the new assistant to the Director of the COA. Caroline is the reason our newsletter has been very well received by the seniors in Nahant. Along with the newsletter, Caroline has been a big help since she began working for the COA in July; thank you Caroline and welcome.

Please visit us on Facebook at, www.facebook.com/nahantseniorcenter.

Linda Peterson, Executive Director

NAHANT TRIAD NEWS

In the month of November the Essex County TRIAD held their annual conference. The conference was held at the Topsfield fair grounds and was well attended by Essex County law enforcement, several senior centers on the North Shore and the District Attorney's office. Essex County Sheriff Frank Cousins and District Attorney Jonathan Blodgett hosted the conference. We were all gathered there to hear Marsha Frankel of the Jewish Family Services in Boston address the increased concern about social bullying in senior centers and housing. What I took away from the conference is this: If you see a bullying situation happening in your senior center or senior housing, you must speak up because about 90% of the time you can stop the bullying. We all need to remember that so we can stop the bullying before it ruins the life of a senior.

DECEMBER 2012 Activities

"ON THE GO" SENIORS

(Sign up and Payment required)

Wednesday 5th	1:00 p.m. Dinner and Movie-ANNA KARENINA —Starring Keira Knightly and Jude Law is set in late 19th Century Russia high-society, the aristocrat Anna Karenina enters into a life-changing affair with the affluent Count Vronsky. DINNER will be at Su Chan's in Peabody. Cost (Movie & Dinner) \$25.00
Friday 7th	4:00 p.m. ZOO LIGHTS & DINNER —Zoo lights is a winter wonderland of thousands of twinkling lights, home to bald eagles, porcupines and reindeer. Dinner location to be determined. Admission to the Zoo- \$7.00, Cost of meal split equally.
Friday 14th	11:00 a.m. CHRISTMAS PARTY – KNIGHTS OF COLUMBUS —Buffet lunch, entertainment; the students at the Johnson School and Brian Corcoran. Cost: \$20.00
Wednesday 19th	10:00 a.m. LUNCH LOG BRIDGE INN & SHOPPING —The Students of the Culinary Arts program at Northshore Technical High School will prepare lunch. Shopping to follow at a location to be determined. Cost: \$8.00
Saturday 22nd	5:00 p.m.- NAHANT CHRISTMAS PARADE -Trolley will pick us up at Tiffany Room.
Monday 31st	10:30 a.m. NEW YEARS EVE PARTY – Danversport Yacht Club– the fun begins at 11a.m., lunch, entertainment, dancing, hats & noisemakers. Transportation included. Cost: \$65.00pp

TIFFANY CAFÉ ACTIVITIES & EVENTS

Lunch Served Everyday at 11:30 a.m.—12:30 p.m.

Tuesday & Thursday	10:30 a.m. Chair Exercise
Wednesday	12:30 p.m. Food Shopping (subject to change, call for pick-up)
Monday 3rd	12:00 p.m. Blood Pressure & Glucose testing
Tuesday 11th	9:30 a.m. Manicurist (sign up required)
Thursday 27th	11:30 a.m. DECEMBER Birthday celebration

COMMUNITY CENTER ACTIVITIES

Monday	10:15 a.m. Total Body Exercise
Tuesday	9:00 a.m. Quilting
Tuesday	1:00 p.m. Cribbage
Tuesday	5:00 p.m. Total Body Exercise
Wednesday	9:00 a.m. Total Body Exercise
Thursday	5:00 p.m. Total Body Exercise
Friday	1:00 p.m. Friday afternoon at the movies

12/21 "The Pursuit of Happiness"

Van transportation is available for CoA activities and trips, call 781 581-7557. Information and calendar are subject to change. Please call, check the cable TV station, the Nahant web site or email me lpeterson@nahant.org for updates on other programs, trips and events. Please visit us on Facebook at, www.facebook.com/nahantseniorcenter.



Tiffany Café Menu DECEMBER 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
3	4	5	6	7
Lasagna/ Meat Sauce Spinach/ WW Roll Chilled Mixed Fruit ALTERNATIVE Veggie Quiche Whipped Potato/ Spinach	Apple Glazed Roast Pork Garlic Whipped Po- tato Tuscany Veggies Jell-o ALTERNATIVE Sweet & Sour Chick-	Minestrone Soup Pesto Boneless Chicken Lyonnaise Potato Fresh Fruit ALTERNATIVE Spanish Beef w /	Hot Dog/Roll Veggie Baked Beans/ Cole Slaw Apple Crisp/ Top- ping ALTERNATIVE Beef Strip Steak/ Gravy Veggie Baked Beans	Potato Crunch Fish Creole Whipped Potato Green & Golden beans Chilled Mixed Fruit ALTERNATIVE Cran Glazed Chicken
10	11	12	13	14
Macaroni & Cheese Stewed Tomatoes Chilled Peaches ALTERNATIVE Liver & Onions/Gravy Whipped Potato	Turkey Supreme Polenta Parmesan Seasoned Red & Green cabbage Chilled Apricots ALTERNATIVE Salisbury Steak/ Gravy	Beef Stew Diced Potatoes/ Stew Veggies Pudding ALTERNATIVE Lemon Pepper Fish/ Dill Sauce Carrots/Potato	Cream Of Broccoli Soup Tarragon Tyson Chicken Brown Rice Pilaf Muffin/ Fresh Fruit ALTERNATIVE Pork Patty/Gravy	Meatball Sub/ Sauce Hash Brown Potatoes Italian Green Beans Cookie Omelet w/Cheese Sauce Hash Browns/ Green
17	18	19	20	21
Fiesta Fish/ Sauce Oven Roasted Potato Butternut Squash Chilled Pears ALTERNATIVE Chicken Filet/ Roll	Chicken Veggie Soup Pot Roast/ Gravy Delmonico Potato Jell-o/ Topping ALTERNATIVE Spanish Chicken w/Rice & Beans	Stuffed Shells/ Meat sauce Spinach Fresh Fruit ALTERNATIVE Mushroom Quiche Whipped Potato/ Spin- ach	<u>HOLIDAY SPECIAL</u>	Meatloaf/ Gravy Carrot Barley Pilaf Peas & Onions Mandarin Oranges ALTERNATIVE Haitian Turkey
24	CHRISTMAS	26	27	28
Rib-B-Q/ BBQ Sauce O'Brien Potatoes Italian Blend Veggies Muffin/ Holiday Cookie ALTERNATIVE Chicken Marsala		Swedish Meatballs/ Gra- vy California Blend Veggies Whipped Potato Tapioca ALTERNATIVE Eggplant Parmesan/ Sauce	Chili/ Shredded Cheese Steamed Rice Tossed Salad Corn Bread/ Chilled Pineapple ALTERNATIVE Chicken Teriyaki	Corn Chowder Honey Mustard Chicken Garlic Whipped Potato Fresh Fruit ALTERNATIVE Salisbury Steak/ Gravy
31	As Betty White says, "a glass of wine a day will help you live longer, let's live forever." Cheers!			
Stuffed Pepper/ Sauce Steamed Buttered Pota- toes Green & Golden Beans Chilled Peaches ALTERNATIVE Hawaiian Turkey Ham				

"12 Scams of Christmas" Alerts Shoppers to Online Traps

It's getting to be that time of year when many of us will be spending a little extra time online doing financial transactions like Christmas shopping and checking our bank accounts. McAfee, the company behind the popular virus scan software has released their 12 Scams of Christmas to help alert consumers to the most common online shopping traps.

- 1. Social media scams** -- Cybercriminals know social media networks are a good place to catch you off guard because we're all "friends," right? Scammers use channels, like Facebook and Twitter, just like email and websites to scam consumers during the holidays. Be careful when clicking or liking posts, while taking advantage of raffle contests, and fan page deals that you get from your "friends" that advertise the hottest Holiday gifts, installing apps to receive discounts, and your friends' accounts being hacked and sending out fake alerts. Twitter ads and special discounts utilize blind, shortened links, many of which could easily be malicious.
- 2. Malicious Mobile Apps** -- As smartphone users we are app crazy, downloading over 25 billion apps for Android devices alone. But as the popularity of applications has grown, so have the chances that you could download a malicious application designed to steal your information or even send out premium-rate text messages without your knowledge.
- 3. Travel Scams** -- Before you book your flight or hotel to head home to see your loved ones for the holidays, keep in mind that the scammers are looking to hook you with too-good-to-be-true deals. Phony travel Webpages, sometimes using your preferred company, with beautiful pictures and rock-bottom prices are used to get you to hand over your financial details.
- 4. Holiday Spam/Phishing** -- Soon many of these spam emails will take on holiday themes. Cheap Rolex watches and pharmaceuticals may be advertised as the "perfect gift" for that special someone.
- 5. iPhone 5, iPad Mini and other hot holiday gift scams** -- The kind of excitement and buzz surrounding Apple's new iPhone 5 or iPad Mini is just what cyber crooks dream of when they plot their scams. They will mention must-have holiday gifts in dangerous links, phony contests (example: "Free iPad") and phishing emails as a way to grab computer users' attention to get you to reveal personal information or click on a dangerous link that could download malware onto your machine.
- 6. Skype Message Scare** -- People around the world will use Skype to connect with loved ones this holiday season, but they should be aware of a new Skype message scam that attempts to infect their machine, and even hold their files for ransom.
- 7. Bogus gift cards** -- Cybercriminals can't help but want to get in on the action by offering bogus gift cards online. Be wary of buying gift cards from third parties; just imagine how embarrassing it would be to find out that the gift card you gave your mother-in-law was fraudulent!
- 8. Holiday SmiShing** -- "SMiSishing" is phishing via text message. Just like with email phishing, the scammer tries to lure you into revealing information or performing an action you normally wouldn't do by pretending to be a legitimate organization.
- 9. Phony E-tailers** -- Phony e-commerce sites, that appear real, try to lure you into typing in your credit card number and other personal details, often by promoting great deals. But, after obtaining your money and information, you never receive the merchandise, and your personal information is put at risk.
- 10. Fake charities** -- This is one of the biggest scams of every holiday season. As we open up our hearts and wallets, the bad guys hope to get in on the giving by sending spam emails advertising fake charities.
- 11. Dangerous e-cards** -- E-Cards are a popular way to send a quick "thank you" or holiday greeting, but some are malicious and may contain spyware or viruses that download onto your computer once you click on the link to view the greeting.
- 12. Phony classifieds** -- Online classified sites may be a great place to look for holiday gifts and part-time jobs, but beware of phony offers that ask for too much personal information or ask you to wire funds via Western Union, since these are most likely scams.

December Historical Events

December 7, 1941 Japanese warplanes attacked United States at Pearl Harbor, Hawaii

December 9, 1907 The first Red Cross Christmas seals were sold for a campaign against tuberculosis, raising \$135,000.

December 16, 1773 The Boston Tea Party occurred,.

December 21, 1620 Mayflower Pilgrims landed at Plymouth, Massachusetts

December 23, 1823 "A Visit From St. Nicholas" (The Night Before Christmas) by Clement C. Moore, was published in New York

December 25, A.D.336 The first recorded Christmas was celebrated in Rome.

December 27, 1947 "Howdy Doody" with host Bob Smith, made its TV debut on NBC, 1947