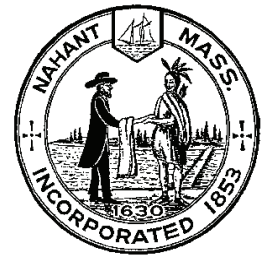


July 2012

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

July is the month we celebrate our country's Independence with a national holiday, “The Fourth of July”. It is the anniversary of the publication of the declaration of independence from Great Britain in 1776 and time to bring out the bathing suits, beach chairs and grills. Nahant is a fabulous place to be in the summer.

Did you know that the COA quilting class is the longest running COA program? That is thanks to our quilting instructor, Marge Berkowitch. Marge is well known on the North Shore for her quilting skills. In 2011 Marge's quilt, which took two years to make, won a blue ribbon at the Topsfield Fair. If you always wanted to learn how to quilt, please contact the COA. Class members provide their own fabrics, sewing machines are provided, however if you want to bring your own feel free to. This class is free and meets every Tuesday at 9:00AM. The class will be starting up again in fall at the Community Center where you can view their work. We are in need of new quilters so please consider joining.

The COA is planning a **Health/Resource fair** for the fall. As we age and begin to realize that we are in need of a particular service, for example, a home health aide or transportation, where do you turn? There are so many agencies that offer elder programs, how do you know what is right for you? With that said, the Nahant COA along with the Nahant Lions will help provide you with some direction. This fair will feature information about medical help, domestic help, legal assistance, safety and much more. Check our newsletters monthly so you don't miss out on this informational day.

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

Linda Peterson
Executive Director

TRIAD

Mark your calendar for the Nahant Village Church July breakfast which will be held on Friday, July 13th. This month's topic will be TRIAD, a community safety initiative that focuses on empowering, educating and improving the safety, security and peace of mind of our senior population. Breakfast is served at 8 am with the presentation occurring from 8:30 to about 9:00 am. All are welcome.

Arrangements for transportation for seniors to and from the breakfast may be made by calling the Tiffany Room a few days in advance of the breakfast at 781-581-7557

Special thanks to Jason Ebacher, Assistant Superintendent from the Essex County Sheriff's Department for his presentation about the importance of Health Care Proxies & Durable Powers of Attorney. Jason provided handouts and encouraged the seniors to ask questions. Before the presentation, Moe Pratt our committee representative from the Essex County Sheriff's Department, took photos and made ID cards for many of the seniors in attendance. Please check our calendar for upcoming TRIAD events.

July Historical Events

July 1 - The first adhesive postage stamp was offered for sale, 1847

July 4- Statue of Liberty presented to US in Paris, 1884

July 3 - Congress created the United States Veterans Administration, 1930

July 15 - The Boeing Company, was founded in Seattle, 1916

July 29 - First telephone conversation occurred from New York to San Francisco 1914

JULY 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
9:00am Yoga (\$5.00) 2 10:15am Total Body Exercise 10:30am Chair Exercise 12:00 Blood Pressure & Glucose Reading	1:00pm Cribbage 3	 4th of July 4	9:00am Golf- 5 Kelly Greens 10:30am Chair Exercise 5:00pm Total Body Exercise	6
9 9:00am Yoga (\$5.00) 10:15am Total Body Exercise 10:30am Chair Exercise	10 9:30am Manicurist (signup required) 1:00pm Cribbage 5:00pm Total Body exercise	11 9:00am Total Body Exercise 12:30pm Shopping -Market Basket	12 9:00am Golf - Kelley Greens 10:30am Chair Exercise 11:30am Sweet Treats Cook-out Dory Club 5:00pm Total Body Exercise	13 8:00am Nahant Village Church TRIAD Breakfast 1:00pm Movie: "The Decendants"
16 9:00am Yoga (\$5.00) 10:15am Total Body Exercise 10:30am Chair Exercise	17 1:00pm Cribbage 5:00pm Total Body Exercise	18 9:00am Total Body Exercise 12:30 "Dear Miss Garland:-Stoneham Theatre	19 9:00am Dr. Sanphy 9:00am Golf- Kelley Greens 10:30am Chair Exercise 12:30pm Shopping-Market Basket 5:00 Total Body Exercise	20
23 9:00am Yoga (\$5.00) 10:15am Total Body Exercise 10:30am Chair Exercise	24 9:30am Manicurist (signup required) 12:30 Mystery Ride 1:00pm Cribbage 5:00pm Total Body Exercise	25 9:00am Total Body Exercise 1:00pm Trip to the Movie: *TBD	26 9:00am Golf- Kelley Greens 10:30am Chair Exercise 12:30pm Shopping-Market Basket 5:00pm Total Body Exercise	27 1:00pm Movie: "Invictus"
30 9:00am Yoga (\$5.00) 10:15am Total Body Exercise 10:30am Chair Exercise	31 1:00pm Cribbage 5:00pm Total Body Exercise	*Contact Tiffany Room for Movie details on the 25th.		


Tiffany Café Menu

July 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
Cranberry Glaze 2 Tyson Chix Garlic Whipped Potato Tuscany Veggies Chilled Mixed Fruit ALTERNATIVE Beef Strip Steak w/ Gravy	3 Hamburger/Cheese/ Roll Tomato & Lettuce Potato Salad/Com Watermelon ALTERNATIVE Turkey Burger/Roll	4  HOLIDAY NO FOOD SERVICE	5 Minestrone Soup Sliced Roast Beef/ WW Bulkie Tossed Salad Pudding ALTERNATIVE Egg Salad/Bulkie Roll	6 Manicotti/Meat Sauce Roman Blend Veggies WW Roll Chilled Peaches ALTERNATIVE Sweet & Sour Chix Tenders
9 Turkey Kielbasa/Roll Peppers & Onions Home Fries Chilled Apple Sauce ALTERNATIVE Omelet/cheese sauce	10 Boneless Tarragon Chicken Whipped Potato Green Beans & Red Pepper Cookie ALTERNATIVE Spanish Beef/Yellow Rice	11 Lemon Pepper Fish Mac & Cheese Peas & Carrots Jell-o ALTERNATIVE Rib-B-Que/Gravy	12 Meatloaf/Onion Gravy Lyonnaise Potato Italian Blend Veggie Fresh Fruit ALTERNATIVE Boneless Chix Bru- schetta	13 Tomato Basil Soup California Chix Salad Pasta Salad Chilled Pears ALTERNATIVE Tuna Salad
16 Lasagna/Meat Sauce Spinach Garlic Roll Chilled Mixed Fruit ALTERNATIVE Mushroom Quiche/ Potato	17 Pot Roast/Jardinière Gravy Oven Roasted Potato Italian Blend Veggie Fresh Fruit ALTERNATIVE Spanish Chix/Rice & Beans	18 Honey Mustard Tyson Chix O'Brien Potatoes Winter Squash Chilled Apple Sauce ALTERNATIVE Meatloaf w/Gravy	19 Cream of Broccoli Soup Turkey Salad Tossed Salad Pudding w/Topping ALTERNATIVE Seafood Salad	20 Swedish Meatballs/ Gravy Whipped Potatoes/ Roll Spring/Summer Veg- gies Cake ALTERNATIVE Chicken Paprika
23 Orange Pineapple Chicken Veggie Lo Mein Noodles Broccoli Chilled Peaches ALTERNATIVE Liver & Onions/Potato	24 Orzo Veggie Soup Ham Salad Potato Salad Fresh Fruit ALTERNATIVE Turkey & Cheese	25 Stuffed Pepper Parsley Potatoes Green & Golden Veggies Brownie ALTERNATIVE Chicken Teriyaki/ Rice & Veggie	26 Turkey Supreme Cranberry Sauce Polenta Parm/ Car- rots Muffin/Chilled Pine- apple ALTERNATIVE Meatballs/Gravy/ Carrots	27 Potato Crunch Fish Cheddar Whipped Potato Veggie Ratatouille Jell-o ALTERNATIVE Salisbury Steak
30 Stuffed Shells/Meat sauce Italian Green Beans Mandarin Oranges ALTERNATIVE Chicken Marsala Sweet Potato/Veggies	31 Pulled Pork/BBQ Sauce Sweet Potatoes Fiesta Veggies Fresh Veggies ALTERNATIVE Grilled Chicken Sandwich			

Senior Health Care and Safety Precautions

How easy it is to slide or slip on a throw rug. If you have the type without a rubberized backing, either replace these immediately or buy the double-sided tape to attach to the rug or floor. Be aware of any 'curling' edges on rugs that you could trip on; use the tape here, too.

Basement step safety

For those who have basements in your home, paint the lower step of the stairs with white enamel. Much easier to be seen and could prevent bad falls.

Storing leftovers safely in your refrigerator

- *Cooked fresh vegetables: three to four days;
- *Cooked pasta: three to five days;
- *Cooked rice: five days;
- *Deli meats: five days;
- *Cooked, sliced ham: three to four days;
- *Cooked beef, poultry, pork, fish and meat casseroles: three to four days;
- *Cooked meat patties, nuggets, gravy and broth: one to two days;
- *Cooked seafood: two days;
- *Soups and stews: three to four days;
- *Stuffing: one to two days.

Considering a "Lifeline Connection?"

Live alone? Ever wonder what would happen if you experience an unexpected fall or health issue? A Lifeline connection is your "Peace of Mind."

An easy to use service that provides fast access to help in the event you experience an emergency at home, 24 hours a day, every day of the year. Just press your wearable waterproof button and a reassuring Response Associate will talk to you through the Lifeline communicator, until assistance reaches you.

Why Subscribe? Knowing help is always available increases peace of mind for you and those who love you.

Any delay in receiving medical care after a fall or medical emergency can adversely impact the outcome. It may jeopardize your recovery as well as your independence.

For more information, contact **Linda Peterson**; 781-581-7557.

COMING ATTRACTIONS

Sweet Treat Cookout at Dory Club, **Thursday July 12**

"Dear Miss Garland" Stoneham Theatre, **Wednesday, July 18.**

Mystery Ride,- Leaving from Tiffany Room, destination unknown, **Tuesday July 24**

Senior Sundays at **Fraser Field, July 22, July 29 August 5 at 5:00pm. FREE TICKETS**, will be distributed on a first come/first served basis and limited to 20 per game for four Sunday home games. See Linda Peterson for tickets!

Trip to Swampscott Farmers Market at Swampscott High School. **Sunday August 8th, 10:00am-1:00p**

UPCOMING TRIPS

Plum Island Boat Cruise & Newburyport Yankee Homecoming; Explore the island Refuge and you will experience many varieties of birds, plant life through the natural estuaries and rivers that criss-cross this miracle of Nature!

Walking the streets in Newburyport during the one week celebration of **Yankee homecoming**. Shops, music, architecture, history, gorgeous views, the boats and locals mixing with our many visitors; a colorful blend of all that makes Newburyport a true "hidden jewel". **Thursday August 2, 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. **Wednesday, October 10, 2012, 11:00am Cost: \$15.00.**

Please contact **Linda Peterson** for additional information: 781-581-7557

Linda Peterson— Executive Director

Gertrud Joyce— Chairman

Emily Potts— Treasurer

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Maura Costin— Vice Chairman

Sheila Hambleton

Susan Maguire

Nancy Gallo— Secretary

Sarah Risher

Nancy Wilson