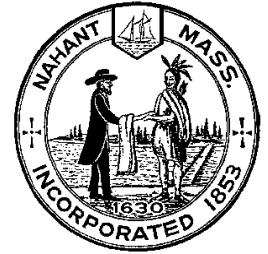


October 2012

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

This month I want to talk to you all about our 1st “NAHANT INFORMATIONAL EXPO”. This event will take place at the Johnson School on Saturday, October 27, 2012 from 10A – 2P. At this event there will be many vendors armed with information pertinent to people ages 55 and up. For example, AARP, Assisted Living Centers, In Home Care programs, Greater Lynn Senior Services, our local Fire and Safety departments and more.

The EXPO will feature guest speakers who will discuss topics like: Wills & Power of Attorney, Nutrition, Spiritual Care, Fitness, Safety and more. These speakers will bring their expertise to deliver information that is important to you and your family.

Thanks to the Nahant Lions, the Eye Mobile will be at the EXPO. You will be able to have an eye exam, blood pressure screening and a hearing test all in one place. If you just want your blood pressure and glucose reading done, our own, Karen Lawless from All Care VNA will be available. For those of us who need to relax, that would be all of us, we will have free chair massages provided by “Massage & Company”, owner operator, Elaine Sullivan. Feel free to tip your masseuse or masseur.

We will be offering free lunches, sandwich, fruit and water to the 1st 100 people at the fair. Chances for door prizes will be offered to everyone coming in the door. The door prizes will include gift certificates donated by local businesses. The door prizes will be drawn at 1:30PM.

Lastly, the Nahant COA will have a booth at the fair. The booth will showcase all the activities offered through your local council on aging. Several of our involved seniors will be on hand to pass out information and to discuss their experiences here at the Nahant COA.

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

Linda Peterson
Executive Director

TRIAD

We are sorry to have cancelled the TRIAD Fire Prevention discussion on 9-25. Don't be sad because on Saturday, 10-27 at our Informational EXPO, Jonathan Tibbo, will be one of our guest speakers. Jonathan will talk to you about what to do in the event of a fire as well as how to prevent fires in your own home. Jonathan will also touch on the topic of falls and how to avoid them. This is something we should all be interested in especially after reading the statistics in the September issue of the “Tiffany Times” about falls.

October Historical Events

Oct. 1-The first World Series Baseball game put on display at the Library of Congress, 1944

Oct. 10-The United States Naval Academy opened in Annapolis, Maryland. It combined at one site a group of schools previously located in the port cities of New York, Boston, Philadelphia and Norfolk, 1845

Oct. 16-The Tremont Hotel in Boston, Massachusetts, the first luxurious hotel in America, opened its doors with a dollar-a-plate dinner, attended by Daniel Webster and Edward Everett. This 170-room hotel offered many first-time luxuries and conveniences such as private bedrooms with door locks, soap and a pitcher of water in each room, indoor toilets (eight water closets), menus in the dining room, room clerks, and bell-boys. Many architects in the future used the Tremont as a model for other luxury hotels, 1829

Oct. 31-Magician Harry Houdini died in Detroit, Michigan, 1926

ELECTION DAY 2012—Tuesday, November 6th. The polls open at 7AM and close at 8PM. The Nahant COA van will be available to pick you up to vote. Please contact Linda Peterson 781 581-7557 to schedule a pick up.

The Tiffany Room has books available on various topics for everyone who visits the center? Come to lunch someday, pick up a book and meet some new people. Most of the books are LARGE PRINT. Once you are finished with the book, return it for another and stay for lunch.!

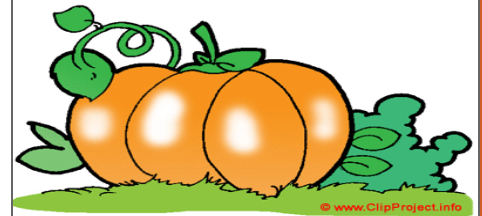
The Nahant 01908 Committee is planning a fundraiser to raise money for the Nahant COA. The event will be a turkey trot and will be held on Saturday, November 17th. The money will be used to purchase new and additional exercise equipment for our fitness program. Look for more information in the November. news letter

October 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
<p>10:15am Total Body Exercise ¹</p> <p>11:00am SENIOR DAY AT TOPSFIELD FAIR</p> <p>12:00 p.m. Blood Pressure & Glucose testing</p>	<p>9:00am Quilting ²</p> <p>9:30am Manicurist (sign-up required)</p> <p>10:30am Chair exercise</p> <p>1:00pm Cribbage</p> <p>5:00pm Total Body exercise</p>	<p>9:00am Total Body exercise ³</p> <p>12:30pm Shopping From Tiffany Room (call for pickup)</p>	<p>10:30am Chair Exercise</p> <p>5:00pm Total Body exercise ⁴</p>	<p>⁵</p>
<p>HOLIDAY ⁸</p> <p>Columbus Day</p>	<p>9:00am Quilting ⁹</p> <p>10:30am Chair exercise</p> <p>1:00pm Cribbage</p> <p>5:00pm Total Body exercise</p>	<p>9:00am Total Body exercise ¹⁰</p> <p>11:00am SUFFOLK DOWNS (sign-up required)</p> <p>12:30pm Shopping From Tiffany Room (call for pickup)</p>	<p>¹¹</p> <p>10:30am Chair Exercise</p> <p>5:00pm Total Body exercise</p>	<p>1:00pm Friday Afternoon At the Movies "The Best Exotic Marigold Hotel" ¹²</p>
<p>¹⁵</p> <p>10:15am Total Body Exercise</p>	<p>9:00am Quilting ¹⁶</p> <p>9:30am Manicurist (sign-up required)</p> <p>10:30am Chair exercise</p> <p>11:30am BRING A FRIEND TO LUNCH (Ice Cream Sundaes)</p> <p>1:00pm Cribbage</p> <p>5:00pm Total Body exercise</p>	<p>9:00am Total Body exercise ¹⁷</p> <p>12:30pm Shopping From Tiffany Room (call for pickup)</p>	<p>10:30am Chair Exercise ¹⁸</p> <p>12:30pm LUNCH TRIP TO NORTH ANDOVER (sign-up require)</p> <p>5:00pm Total Body exercise</p>	<p>¹⁹</p>
<p>10:15am Total Body Exercise ²²</p>	<p>9:00am Quilting ²³</p> <p>10:30am Chair exercise</p> <p>1:00pm Cribbage</p> <p>5:00pm Total Body exercise</p>	<p>9:00am Total Body exercise ²⁴</p> <p>12:30pm Shopping From Tiffany Room (call for pickup)</p>	<p>9:00am STURBRIDGE VIL-LAGE ("And the Angels Sing") ²⁵</p> <p>10:30am Chair Exercise</p> <p>5:00pm Total Body exercise</p>	<p>9:00am Flu Clinic (9:00am—12:00) ²⁶</p> <p>1:00pm Friday Afternoon at the Movies "Extremely Loud and Incredibly Close"</p>
<p>10:15am Total Body Exercise ²⁹</p>	<p>9:00am Quilting ³⁰</p> <p>9:30am Manicurist (sign-up required)</p> <p>10:30am Chair exercise</p> <p>1:00pm Cribbage</p> <p>5:00pm Total Body exercise</p>	<p>9:00am Total Body exercise ³¹</p> <p>11:30am COSTUME PARTY and Birthday Celebration</p> <p>12:30pm Shopping From Tiffany Room (call for pickup)</p>	<p>*REMINDER*</p> <p>DON'T FORGET OUR INFORMATIONAL EXPO, SATURDAY, 10/27/12 From 10a – 2p AT THE JOHNSON SCHOOL. TRANSPORTATION IS AVAILABLE.</p>	



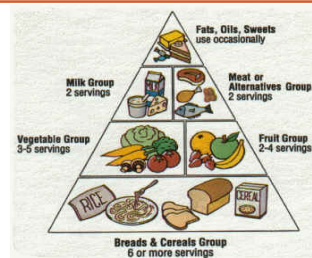
Tiffany Café Menu

October 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
<p>Spaghetti w/ Meatballs ¹ Italian Green Beans WW Roll Chilled Fruit ALTERNATIVE Veggie Quiche/ Potato</p>	<p>Cranberry Glazed Boneless Chicken ² Garlic Whipped Potato Fiesta Veggies Fresh Fruit ALTERNATIVE Spanish Fish</p>	<p>Beef Stew ³ Diced Potato Stew Veggies Pudding ALTERNATIVE Chicken Marsala</p>	<p>Potato Chowder ⁴ Turkey Salad/ WW Tossed Salad Chilled Fruit ALTERNATIVE Egg Salad/ WW</p>	<p>Hot Dog/ Roll ⁵ Veggie Baked Beans Cole Slaw Jell-o ALTERNATIVE Beef Strip Steak</p>
<p>HOLIDAY ⁸  Columbus Day</p>	<p>Pistachio ⁹ Roman Blend Veggies Cookie ALTERNATIVE Chicken Filet WW Bulkie</p>	<p>Veggie Lentil Soup ¹⁰ Tarragon Tyson Chicken Lyonnaise Potatoes Chilled Fruit ALTERNATIVE Salisbury Steak</p>	<p>Stuffed Pepper ¹¹ Steamed Buttered Potato Green & Golden Beans Fresh Fruit ALTERNATIVE Turkey Ham/ Hawaiian Sauce</p>	<p>Fish Florentine ¹² Oven Roasted Potato Tuscany Veggies Muffin/ Chilled Fruit ALTERNATIVE Spanish Sheppard's Pie</p>
<p>Chix Broccoli Pasta Casserole ¹⁵ Carrots Chilled Fruit ALTERNATIVE Meatballs/Gravy Potato</p>	<p>OCTOBER SPECIAL ¹⁶ Beef Burgundy Seasoned Red Bliss Potato Capri Veggies Buttermilk Biscuit Chocolate Chip Pumpkin</p>	<p>Roast Turkey/ Gravy ¹⁷ Sweet Potato Peas & Mushroom Fresh Fruit ALTERNATIVE Pork Patty / Gravy</p>	<p>Chili/ Shredded Cheese ¹⁸ Steamed Rice Tossed Salad/ Corn Bread Mandarin Oranges ALTERNATIVE Chicken Teriyaki</p>	<p>Garden Veggie Soup ¹⁹ Meatloaf/ Gravy Whipped Potato Jell-o ALTERNATIVE Chicken Filet/ Roll</p>
<p>Lasagna/Meat Sauce ²² Spinach / Garlic Roll Chilled Fruit ALTERNATIVE Mushroom Quiche Whipped Potato</p>	<p>Honey Mustard Tyson Chicken ²³ Cheddar Whipped Potato Veggie Ratatouille Pudding ALTERNATIVE Liver & Onions/Gravy</p>	<p>Rib-B-Q/ Gravy ²⁴ Brown Rice Pilaf Butternut Squash Chilled Pineapple ALTERNATIVE Spanish Chicken/ Rice & Beans</p>	<p>Cream of Broccoli Soup ²⁵ Roast Pork/ Gravy Baked Potato/ Sour Cream WW Roll/ Fresh Fruit ALTERNATIVE Chicken Paprika</p>	<p>Potato Crunch Fish/ Sauce ²⁶ Whipped Potato Green Beans & Red Pepper Cake ALTERNATIVE</p>
<p>Hamburger/ Roll ²⁹ O'Brien Potato Corn Chilled fruit ALTERNATIVE Omelet w/Cheese Sauce</p>	<p>Lemon Dijon Boneless Chicken ³⁰ Delmonico Potato California Blend veggies Muffin/ Fresh Fruit ALTERNATIVE Haitian Turkey</p>	<p>Stuffed Shells/ Meat Sauce ³¹ Green Beans & Red Pepper Halloween Cookie ALTERNATIVE Chicken Marsala Whipped Potato</p>	<p>Food Quote of the Month "Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercise." – Mike Adams, author, investigative journalist, educator</p>	

Senior Health Care and Suggestions

FLU CLINIC

The Nahant Public Health nurse, Nicole Sanphy is going to hold the 2012 FLU season clinic on the following days: Thursday, October 25th in the auditorium of the Town Hall from 3P – 6P. Then on Friday, October 27th in the basement of the Town Hall from 9AM to 12PM for anyone 50 and older. Please have your Medicare/Insurance cards with you. If you need a ride to Friday flu clinic please contact Linda Peterson 781 581-7557.

SHINGLES

Shingles is a painful localized skin rash caused by the same virus that causes chickenpox. The chickenpox virus remains in the body's nerve cells after the chickenpox infection – and it can reappear years later. The Centers for Disease Control recommends this vaccine (Zostavax) for persons 60 or older to reduce the risk of shingles and its associated (and often lingering) pain.

Your health insurance plan or prescription drug plan may cover this vaccination, but co-pays can vary. Check with your prescription drug plan, health care provider or your local SHINE counselor for assistance!

NUTS

Nuts are cholesterol-free protein sources, and are worthy substitutes for fatty meats. Research published in the American Journal of Clinical Nutrition found that in a group of nearly 35,000 women, those who ate foods rich in vitamin E, including nuts, lowered their risk of having a stroke

Feeling Stretched as a Caregiver?

Whether you are caring for a parent, spouse, partner, child, grandchild, or friend, "Powerful Tools for Caregivers" helps family caregivers reduce stress, improve self-confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions, and locate helpful resources.

Classes consist of six sessions held once a week. The workshop sessions will be led by Elizabeth Cochran, LICSW, from Greater Lynn Senior Services and Debby Segil, LICSW, from the Family Caregiver Support Program at Greater Lynn Senior Services. Lessons are interactive, including discussions and brainstorming to help you choose the tools that are appropriate to your particular caregiving situation and put them into action for your life.

"Unlike many other workshops of this type, our program is all about you—the family caregiver," Cochran says, noting that the program does not focus on specific diseases or hands-on caregiving. Weekly topics include "Taking Care of You," "Identifying and Reducing Stress;" "Communicating Feelings, Needs, and Concerns;" "Communicating in Challenging Situations;" "Learning from Our Emotions;" and "Mastering Caregiving Decisions."

Participants will receive a book—The Caregiver Helpbook—a how-to-do-it guide developed specifically for the class. A donation of \$30 to help defray the cost of the book is suggested, but not required to attend the class.

Classes will be held at the Saugus Senior Center from 10:00 -12:00 on the following Mondays: 10/15, 10/22, 10/29, 11/5, 11/19, 11/26. For more information or to register, contact **Elizabeth Cochran, LICSW, at 781-586-8511**. Class size is limited and pre-registration is required.

COMING ATTRACTIONS

Monday, October 1st at 11:30a.m.—it is Senior Day at the Topsfield Fair. Come join us again this year. We will be leaving Nahant at 11:30AM so we can have lunch at the fair. There are many food vendors to choose from and a nice picnic area where we can congregate to eat and listen to The Seniortones. The Seniortones are a Blues Brothers like band that play Doo- Wop music. Sign up is required. Contact the Tiffany Room for details at 781-581-7557.

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 18, 10:30am- we will be visiting our friends at the North Andover Council on Aging. We will leave the Tiffany Room at 10:30 for lunch. Not sure what they have planned but it should be fun. Call the Tiffany Room to sign up, 781 581-7557.

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.

UPCOMING TRIPS / EVENTS

On Wednesday, November 14th, the Lynn Museum presents "Museum Enrichment Series for Adults". This free program offers guest speakers, authors, films and activities and more. We will bring our lunch, enjoy the program and visit the museum. Look for details at the Tiffany Room or the Community Center or call 781 581-7557.

Save the Date: Wednesday, November 28th, for those who love dinner and a movie we are planning a trip in November. The day will begin with the movie which is an epic story of love, a classic and timeless love story, **ANNA KARENINA**. Anna Karenina is a novel by the Russian writer **Leo Tolstoy** and was published in serial installments from 1873 to 1877. This current version stars Keira Knightley as Anna and Jude Law as Count Vronsky a cavalry officer and Anna's lover.

For any additional information call: 781-581-7557.

Linda Peterson— Executive Director

Gertrud Joyce— Chairman

Emily Potts— Treasurer

Geraldine Wittrock-Walton

Maura Costin— Vice Chairman

Sheila Hambleton

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Nancy Gallo— Secretary

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