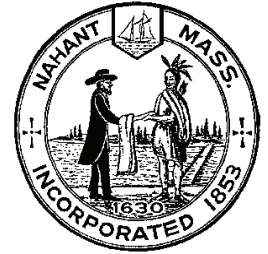


September 2012

# 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

During the month of August several of our seniors took falls. This has prompted me to join the National Council on Aging in celebrating National Falls Prevention Awareness Day which is the first day of fall, September 22nd. Since the 22nd is a Saturday, I am going to make the entire month Falls Prevention Month. (See article on back page)

On September 11, we will be welcoming Firefighter, Jonathan Tibbo to the Tiffany Room to discuss fire prevention and he will incorporate fall prevention in his presentation. This presentation is being hosted by our TRIAD committee and will be held at 12:30 in the Tiffany Room.

The Tiffany Room has a new dishwasher..... YAHOO, no more Styrofoam plates and plastic dinnerware. The purchase of the dishwasher was approved by the COA board members. We have the best board around. We all need to send a big **THANK YOU** to 3 of Nahant's finest contractors for donating their time to install the dishwasher. The carpentry was done by **Mario Spinucci**, MS Construction. Beautiful cabinets & a new countertop were installed with the dishwasher to make the kitchen easier to work in. **Ed Poulin**, Poulin Electric provided the electrical work with **Mike Cullinan**, Cullinan Plumbing & Heating, completing the project. Thank you all so much. The seniors are very happy eating off real dishes, using real silverware and doing their part in saving the environment.

Do you have an interest in receiving this newsletter in an email monthly? Please email Linda Peterson at; [Lpeteson@nahant.org](mailto:Lpeteson@nahant.org) and you can also visit us on Facebook at, [www.facebook.com/nahantseniorcenter](http://www.facebook.com/nahantseniorcenter).

Linda Peterson,, Executive Director

## TRIAD

“An ounce of Prevention is worth a pound of cure”- Benjamin Franklin-

Is Gravity getting you down? Has bacon grease ever ruined your favorite bathrobe? I sure hope not. Seriously though, injuries associated with falls and food preparation can be severe; luckily, they are avoidable! So let's take a look at preserving independent life styles through risk reduction. Identifying risk potential is the first step in establishing safer behavior. Join me Jonathan Tibbo, the Nahant Fire Department and the TRIAD committee in a discussion on fire and injury prevention, Tuesday, September 25h at the Tiffany Room!

In 2004, Boston University saw the need to introduce a program centered on fall prevention. They implemented a program called “A Matter of Balance”. Greater Lynn Senior Services (GLSS) will be offering workshops twice a week for 4 weeks. The workshop focuses on improving strength and balance with some simple exercises that you can practice every day in your own homes. Please contact Linda Peterson for more information about these workshops; 781-581-7557

## September Historical Events

**Sept. 1** -The Wreck of the Titanic found off the coast of Newfoundland, 1985

**Sept. 9** -Esther Cleveland, was the first child born in the White House, 1893

**Sept. 12** -In what would become a major change in the marriage ceremony, the House of Bishops of the United States Protestant Episcopal Church voted 36-27 to delete the word obey from the marriage service, 1922

## IN MEMORY OF SEPTEMBER 11, 2001

In honor of all the individuals, families, and everyone who served on this tragic day, The Nahant Fire Department will be holding a brief, but meaningful remembrance, at 8:45 a.m., the exact time the first plane went into the first Tower in Manhattan, N.Y. This will be held at the Nahant Fire Station.

# September 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
Quote of the Month				
"If wrinkles must be written upon our brows, let them not be written upon the heart. The spirit should not grow old." —James A. Garfield				
3	4	5	6	7
	9:30am <b>Manicurist</b> (signup required) 10:30am <b>Chair Exercise</b> 1:00pm <b>Cribbage</b>	9:00am <b>Total Body Exercise</b> 12:30pm <b>Shopping From Tiffany Room</b> (call for pickup)	9:00am <b>Golf</b> 10:30am <b>Chair Exercise</b> 1:00pm <b>Movie Day</b> (The Odd Life of Timothy Green) 5:00pm <b>Total Body Exercise</b>	
10	11	12	13	14
9:00am <b>Yoga (\$5.00)</b> 10:15am <b>Total Body Exercise</b> 12:00pm <b>Blood Pressure &amp; Glucose Reading</b>	9:00am <b>Quilting</b> 1:00pm <b>Cribbage</b> 10:30am <b>Chair Exercise</b> 5:00pm <b>Total Body Exercise</b>	9:00am <b>Total Body Exercise</b> 12:30pm <b>Shopping From Tiffany Room</b> (call for pickup)	9:00am <b>Golf</b> 10:30am <b>Chair Exercise</b> 11:30am <b>Bring a Friend to Lunch</b> 5:00pm <b>Total Body Exercise</b>	1:00pm <b>Friday afternoon at the Movies</b> (Tower Heist)
17	18	19	20	21
9:00am <b>Yoga (\$5.00)</b> 10:15am <b>Total Body Exercise</b>	9:00am <b>Quilting</b> 9:30pm <b>Manicurist</b> (signup required) 10:30am <b>Chair Exercise</b> 12:30pm <b>Mystery Ride</b> 1:00pm <b>Cribbage</b> 5:00pm <b>Total Body Exercise</b>	9:00am <b>Total Body Exercise</b> 12:30pm <b>Shopping From Tiffany Room</b> (call for pickup)	9:00am <b>Dr. Sanphy's Foot Clinic</b> 10:30am <b>Chair Exercise</b> 5:00pm <b>Total Body Exercise</b>	
24	25	26	27	28
9:00am <b>Yoga (\$5.00)</b> 10:15am <b>Total Body Exercise</b>	9:00am <b>Quilting</b> 1:00pm <b>Cribbage</b> 10:30am <b>Chair Exercise</b> 12:30am <b>TRIAD</b> Fire Prevention Discussion 5:00pm <b>Total Body Exercise</b>	9:00am <b>Total Body Exercise</b> 12:30pm <b>Shopping From Tiffany Room</b> (call for pickup) 2:00pm <b>"9 to 5" North Shore Music Theatre</b>	10:30am <b>Chair Exercise</b> 11:30am <b>September Birthdays</b> 5:00pm <b>Total Body Exercise</b>	1:00pm <b>Friday Afternoon at the Movies</b> (Enchanted)



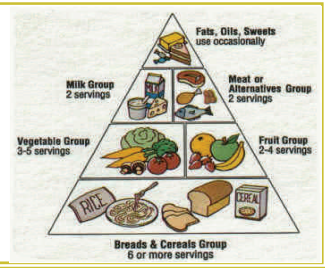
# Tiffany Café Menu

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
Food Quote of the Month				
<p>'Water is the most neglected nutrient in your diet but one of the most vital.'</p> <p>- Kelly Barton</p>				
<b>Labor Day</b> <sup>3</sup> 	<b>Aloha Chicken</b> <sup>4</sup> Brown Rice Pilaf Roman Blend Veggies Chilled Fruit ALTERNATIVE Stuffed Shell/Meat Sauce	<b>Potato Crunch Fish/Sauce</b> <sup>5</sup> Red Bliss Potato Carrots Fresh Fruit ALTERNATIVE Beef Strip Steak/	<b>Chicken Noodle Soup</b> <sup>6</sup> Meatball Calzone/Sauce Tossed Salad Cookie ALTERNATIVE Hot Chicken Patty/Roll	<b>Apple Glaze Roast Pork</b> <sup>7</sup> Garlic Whipped Potato Tuscany Veggies Chilled Fruit ALTERNATIVE Chicken Florentine
<b>American Chop Suey</b> <sup>10</sup> Spinach Chilled Fruit ALTERNATIVE Chicken Marsala Whipped Potato/Spinach	<b>Turkey Kielbasa/Roll</b> <sup>11</sup> Onion & Peppers Home Fries Jell-o ALTERNATIVE Omelet/Cheese Sauce	<b>Meatloaf/Gravy</b> <sup>12</sup> Lyonnaise Potato Butternut Squash Chilled Fruit ALTERNATIVE Spanish Chix/Rice & Beans	<b>SEPTEMBER SPECIAL</b> <sup>13</sup> Mediterranean Chicken Wild Rice Mixed Greens w/Feta WW Roll Lemon Cake w/Frosting	<b>Italian Wedding Soup</b> <sup>14</sup> Sliced Turkey Potato Salad Fresh Fruit ALTERNATIVE Tuna Salad
<b>Beef Stir Fry</b> <sup>17</sup> White Rice Stir Fry Veggies Pudding ALTERNATIVE Chicken Teriyak	<b>Garlic Paprika Tyson Chicken</b> <sup>18</sup> O'Brien Potatoes Peas & Mushrooms Muffin/ Chilled Fruit ALTERNATIVE Spanish Sheppard's Pie	<b>Lasagna w/Meat Sauce</b> <sup>19</sup> Zucchini & Red Pepper Mandarin Oranges ALTERNATIVE Mushroom Quiche	<b>Cream of Broccoli Soup</b> <sup>20</sup> Seafood Salad/WW Pita Tossed Salad Fresh Fruit ALTERNATIVE Shaved Roast Beef	<b>Rib -B-Q/BBQ Sauce</b> <sup>21</sup> Corn Pudding Green Beans/ Cake ALTERNATIVE Chix Tenders/w Honey Mustard Sauce
<b>Roast Turkey/Gravy</b> <sup>24</sup> Cranberry Sauce Sweet Potato Jardinere Veggies Chilled Fruit	<b>Minestrone Soup</b> <sup>25</sup> California Chicken Salad/ WW Macaroni Salad Chilled Fruit ALTERNATIVE Egg Salad/WW	<b>Swedish Meatballs/Gravy</b> <sup>26</sup> Whipped Potato Beets Cookie ALTERNATIVE Haitian Turkey	<b>Tyson Chicken</b> <sup>27</sup> Bruschetta Delmonico Potato Roman Blend Veggie Fresh Fruit ALTERNATIVE Pork Patty/ Gravy	<b>"Krunch Lite" Fish</b> <sup>28</sup> Cheddar Whipped Potato Country Blend Veggies Jell-o ALTERNATIVE Salisbury Steak/Gravy

## Senior Health Care and Suggestions

### A Message from the SHINE Program...Medicare Open Enrollment -October 15 - December 7

If you have Medicare, sometime during the month of September you may receive important information from your Prescription Drug Plan, your Medicare Health Plan, and/or Prescription Advantage (if you are a member). You should read them and save them as well.

During the annual Medicare Open Enrollment (October 15 - December 7), you will have a chance to CHANGE your coverage for next year. SHINE (Medicare) Counselors can help you understand your plan changes, as well as other options you may have.

If you have any questions or concerns, make an appointment with a trained SHINE counselor soon! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To meet with a counselor here, please call: **Linda Peterson - 781-581-7557** and ask for a SHINE appointment.

### From the National Council on Aging:

FALLS are the leading cause of injury death for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs. However, falling is not an inevitable result of aging. Through evidence-based interventions, practical lifestyle adjustments, and community partnerships, the number of falls among seniors can be substantially reduced.

According to the U.S. Centers for Disease Control and Prevention:

-One-third of Americans aged 65+ falls each year.

-Every 15 seconds, an older adult is treated in the emergency room for a fall; every 29 minutes, an older adult dies following a fall.

-Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.

-Falls result in more than 2.3 million fall injuries treated in emergency departments annually, including over 650,000 hospitalizations and more than 20,000 deaths.

-In 2000, the direct medical cost of fatal and nonfatal fall injuries totaled over \$19 billion, \$28.2 billion in 2010 dollars.

-The financial toll for older adult falls is expected to increase as the population ages and may reach \$54.9 billion by 2020.

Falls with or without injury also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, self-limit activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness.

## COMING ATTRACTIONS

**Thursday, September 13th, 11:30a.m.—  
BRING A FRIEND TO LUNCH**

The Nahant COA & GLSS have scheduled a "Bring a Friend to lunch" day. For those of you who bring a friend—you and your friend eat free.

**Tuesday, September 18th 12:30p.m. -  
MYSTERY RIDE**

The September mystery ride will take us to a local farm where we can shop and enjoy the fruits of the fall.

**Wednesday, September 26th, 2:00p.m. -  
"9 TO 5" at North Shore Music Theatre**

Staring Lucie Arnaz & local Kathy St. George; This new musical comedy is based on the hit movie and features Dolly Parton's original hit title song along with her new Tony Award and Grammy-nominated score. 9 to 5 The Musical is a hilarious story of friendship and revenge in the Rolodex era.

9 to 5 The Musical tells the story of three unlikely friends who conspire to take control of their company, and learn there's nothing they can't do — even in a man's world.

## UPCOMING TRIPS

**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**

## 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**

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