

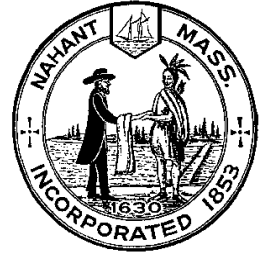
May 2013

# Nahant Tiffany Times

*Nahant Council on Aging*

334 Nahant Road Nahant, MA 01908  
(Basement of Town Hall)  
781-581-7557

Follow us on Facebook: [www.facebook.com/nahantseniorcenter](http://www.facebook.com/nahantseniorcenter)



## *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 to Director  
Joe Desmond—Transportation

### **Nahant COA Board of Directors**

Gertrud Joyce— Chairman	Emily Potts—Treasurer
Sarah Risher-Vice Chairman	Nancy Gallo -Secretary
Maura Costin-Vice Chairman	Sheila Hambleton
Geraldine Wittrock-Walton	Linda Jenkins
Nancy Wilson	

## **FROM THE DIRECTOR**

This May we will take part in the “Kindness Matters” campaign sponsored by the Elder Justice Network of the Greater North Shore. Below I want to share with you some quotes from well known people who are/were advocates of kindness.....

“The best part of life is not just surviving, but thriving with passion and compassion and humor and style and generosity and kindness” – **Maya Angelou**

“How lovely to think that no one need wait a moment. We can start now, start slowly, changing the world. How lovely that everyone, great and small, can make a contribution toward introducing justice straightaway. And you can always, always give something, even if it is only kindness.” – **Anne Frank**

“When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace.” – **The 14th Dalai Lama**

And my favorite....

A little consideration, a little thought for others, makes all the difference.” – **Winnie the Pooh**

On Wednesday, May 1st all the guest at the Tiffany Café will be taking the Kindness Pledge. If you would like to join us please contact the Senior Center for more details.

*Linda Peterson*  
**Executive Director**

## "ON THE GO" SENIORS

**Wednesday 8th**      **12:30p.m.**      Stoneham Theatre's "Wednesday Senior Matinee Club" will be performing the Broadway Blockbuster **"Thoroughly Modern Millie."** **Tickets: \$30.00.**

**Thursday 16th**      **10:00a.m.**      Trip to Rockport to visit the **"Paper House."** The Paper House was built by a mechanical engineer who designed the machine that makes paper clips, Mr. Elis F. Stenman. Lunch will follow.

**Wednesday 22nd**      **1:00p.m.**      Dinner and a Movie - **"The Great Gatsby,"** *Leonardo di Caprio* . Dinner will be at the "Olde Tyme Italian" in Lynn after the movie.

### Other Activities

**Wednesday 1st**      **11:00a.m.**      Celebrating the beginning of Older American's month. We will be entertained by **John Root** , who received a cultural grant from the Town of Nahant Cultural Committee to perform at the COA. We will also kick off our "Kindness Matters" campaign for the month of May. For more information contact senior center.

**Tuesday 7th**      **10:00a.m.**      **TRIAD - "Car Fit"** - This assessment will take approximately 15 minutes and will be performed by Deputy Moe Pratt. Please contact the Tiffany Room to make your appointment. 781-581-7557.

**Tuesday 14th**      **12.15p.m.**      **Bayada Home Health Care** - Offers a variety of community education and Wellness programs. Let us welcome Deb Flynn, RN, BSN as she presents one of the wellness programs, **"Laughter is the Best Medicine."** This Program will follow lunch at the Tiffany Room.

### **FRIDAY AFTERNOON AT THE MOVIES**

**Friday 3rd**      **1:00 p.m.**      Bourne Identity—Matt Damon as Jason Bourne  
**Friday 17th**      **1:00 P.M.**      Bourne Supremacy-Matt Damon as Jason Bourne  
**Friday 31st**      **1:00 P.M.**      Bourne Ultimatum-Matt Damon as Jason Bourne

## COMING ATTRACTIONS

**June 7th**      **11:00a.m.**      **"LUNCH OUTING" - Trip to the Butterfly Place** - This indoor garden is filled with hundreds of free flying butterflies. We will have lunch on the way. Admission to the Butterfly garden is \$10.00.

**June 12th**      **12:30p.m.**      **"SOUND OF MUSIC" at the North Shore Music Theatre** - The final collaboration between Rodgers & Hammerstein was destined to become the world's most beloved musical. **MUSIC BY:** Richard Rodgers - **LYRICS BY:** Oscar Hammerstein II

**June 21st**      **10:00a.m.**      **"KEEP MOVING WALK"**- Along beautiful Castle Island in S. Boston, join us for our 3rd year participating in this event sponsored by the Mass Department of Public Health, the Mass Executive Office of Elder Affairs, the Mass COA's and Senior Center Directors and Blue Cross Blue Shield of Mass. This will be our 3rd year participating in this event. Please sign up at the Senior Center by May 30th.

**June 27th**      **11:00 a.m.**      **GLSS BBQ** - at Nahant Lifesaving Station. This is GLSS's annual BBQ and this year we will enjoy the music of Sargent Dan Clark. Tickets are \$5.00.



# UNLEASH THE POWER OF AGE

OLDER AMERICANS MONTH 2013

Every year since 1963, May has been a month to appreciate and celebrate the vitality and aspirations of older adults and their contributions to our communities. The theme for Older Americans Month 2013, **Unleash the Power of Age**, has never been more fitting. Older Americans are productive, active, and influential members of society, sharing essential talents, wisdom, and life experience with their families, friends, and neighbors.

This year, the Nahant COA will **Unleash the Power of Age**, by building the first COA flower garden. Let us finish what we started on Earth Day by planting a COA flower garden beside the Town Hall. This garden will be cared for by the seniors and the flowers will be used to beautify our dining room all summer and into the fall. The COA garden will benefit everyone by beautifying an area of land that was vacant and lacked beauty.

Below is Jeanette White at the Nahant Community Garden in 2012. Let's make our COA garden at the Town Hall as beautiful as her smile!



# FOOD FOR THOUGHT

## TIFFANY CAFÉ LUNCH PROGRAM

**Served everyday at 11:30 - 12:30**

All meals served with 1% milk, bread, crackers & soup

Requested Donation - \$2.00

Thursday 30th

**Guest Chef / Cook Out**—This will be our first event at the Dory Club

### FOOD SHOPPING PROGRAM

Wednesday 1st	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 7th	Market Basket and Vinnin Square	12:30 P.M.
Wednesday 15th	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 21st	Market Basket and Vinnin Square	12:30 P.M.
Wednesday 29th	Market Basket and Vinnin Square	12:30 P.M.

### Healthy Eating

#### SERVING SIZE CARD:

Cut out and fold on the dotted line. Laminate for longtime use.

<p style="background-color: #90EE90; padding: 2px;"><b>1 Serving Looks Like . . .</b></p> <p style="text-align: center;"><b>GRAIN PRODUCTS</b></p> <p>1 cup of cereal flakes = fist </p> <p>1 pancake = compact disc </p> <p>½ cup of cooked rice, pasta, or potato = ½ baseball </p> <p>1 slice of bread = cassette tape </p> <p>1 piece of combread = bar of soap </p>	<p style="background-color: #FFFF00; padding: 2px;"><b>1 Serving Looks Like . . .</b></p> <p style="text-align: center;"><b>VEGETABLES AND FRUIT</b></p> <p>1 cup of salad greens = baseball </p> <p>1 baked potato = fist </p> <p>1 med. fruit = baseball </p> <p>½ cup of fresh fruit = ½ baseball </p> <p>¼ cup of raisins = large egg </p>
<p style="background-color: #FFC0CB; padding: 2px;"><b>1 Serving Looks Like . . .</b></p> <p style="text-align: center;"><b>DAIRY AND CHEESE</b></p> <p>1½ oz. cheese = 4 stacked dice or 2 cheese slices </p> <p>½ cup of ice cream = ½ baseball </p> <p style="text-align: center;"><b>FATS</b></p> <p>1 tsp. margarine or spreads = 1 dice </p>	<p style="background-color: #ADD8E6; padding: 2px;"><b>1 Serving Looks Like . . .</b></p> <p style="text-align: center;"><b>MEAT AND ALTERNATIVES</b></p> <p>3 oz. meat, fish, and poultry = deck of cards </p> <p>3 oz. grilled/baked fish = checkbook </p> <p>2 Tbsp. peanut butter = ping pong ball </p>

#### The Caloric & Portion Balance Equation

When it comes to maintaining a healthy weight for a lifetime, the bottom line is – calories count! Weight management is all about balance—balancing the number of calories you consume with the number of calories your body uses or "burns off."

**Portion control when eating out.** Many restaurants serve more food than one person needs at one meal. Take control of the amount of food that ends up on your plate by splitting an entrée with a friend. Or, ask the wait person for a "to-go" box and wrap up half your meal as soon as it's brought to the table.

**Portion control when eating in.** To minimize the temptation of second and third helpings when eating at home, serve the food on individual plates, instead of putting the serving dishes on the table. Keeping the excess food out of reach may discourage overeating.

**Go ahead, spoil your dinner.** We learned as children not to snack before a meal for fear of "spoiling our dinner." Well, it's time to forget that old rule. If you feel hungry between meals, eat a healthy snack, like a piece of fruit or small salad, to avoid overeating during your next meal.

#### **Get Moving!**

In addition to a healthy eating plan, an active lifestyle will help you maintain your weight. By choosing to add more physical activity to your day, you'll increase the amount of calories your body burns. This makes it more likely you'll maintain your weight.

#### **Ask yourself—**

Has my activity level changed?

Am I eating more than usual? You may find it helpful to keep a food diary for a few days to make you more aware of your eating choices.

If you ask yourself these questions and find that you've decreased your activity level or made some poor food choices, make a commitment to yourself to get back on track. Set some reasonable goals to help you get more physical activity and make better food choices



## Tiffany Café Menu

May 2013

*"One should eat to live, not live to eat"*

Moliere



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes.</i></p>		<p>Corn Chowder <sup>1</sup> Pot Roast/Jardinière Gravy Italian Roasted Potatoes Chilled Fruit ALTERNATIVE Chicken Paprika</p>	<p>Calzone/Sauce <sup>2</sup> Tossed Salad Country Blend Veggies/ Jell-o ALTERNATIVE Chicken Filet Sandwich Tossed Salad</p>	<p>Potato Crunch <sup>3</sup> Fish/Lemon Garlic Whipped Potato Carrots/Fresh Fruit ALTERNATIVE Beef Strip Steak/Gravy</p>
<p><sup>6</sup> Pulled Pork/ BBQ Sauce WW Bulkie Roll Roasted Sweet Potato Fiesta Veggies ALTERNATIVE Chicken Florentine</p>	<p><sup>7</sup> Beef Veggie Soup Seafood Cake/Sweet Pepper Sauce/ Oven Fries Pudding ALTERNATIVE Salisbury Steak/Gravy</p>	<p><sup>8</sup> American Chop Suey Zucchini/Red Pepper Chilled Fruit ALTERNATIVE Veggie Quiche Potato</p>	<p><sup>9</sup> <b>MOTHER'S DAY SPECIAL</b> Broccoli Stuffed Chicken w/Supreme Sauce Baked Potato/ Sour Cream Veggie Medley/ Snowflake Roll Raspberry Cookie</p>	<p><sup>10</sup> Swedish Meatballs/ Gravy Whipped Potato/ Beets Muffin/Fresh Fruit ALTERNATIVE Spanish Chicken Rice &amp; Beans</p>
<p><sup>13</sup> Macaroni &amp; Cheese Spinach/Garlic Roll Chilled Fruit ALTERNATIVE Sweet &amp; Sour Chix Tenders Whipped Potato</p>	<p><sup>14</sup> Tyson Chicken Bruschetta Cheddar Whipped Potato Spring/ Summer Veggie Jell-o ALTERNATIVE Omelet w/Cheese Sauce</p>	<p><sup>15</sup> Beef Stir Fry Steamed Rice/Stir Fry Veggies Fruit ALTERNATIVE Chicken Taco/Salsa Fiesta Rice/Stir Fry Veggies</p>	<p><sup>16</sup> Turkey Cacciatore Polenta Parmesan Italian Green Beans Fresh Fruit ALTERNATIVE Liver &amp; Onions/ Gravy</p>	<p><sup>17</sup> Garden Veggie Soup Tuscan Tuna/ WW Pita Potato Salad Cake ALTERNATIVE Egg Salad</p>
<p><sup>20</sup> Orange Pineapple Chicken Veggie Lo Mein Broccoli Cookie ALTERNATIVE Manicotti/Meat Sauce</p>	<p><sup>21</sup> Meatloaf/Ketchup Gravy Whipped Potato Peas &amp; Onions Chilled Fruit ALTERNATIVE Chicken Marsala</p>	<p><sup>22</sup> Ham &amp; Cheese Quiche Lyonnais Potato Italian Blend Veggie Chilled Fruit ALTERNATIVE Stuffed Pepper/ Sauce</p>	<p><sup>23</sup> Cream of Broccoli Soup California Chicken Salad Tossed Salad Pudding ALTERNATIVE Turkey &amp; Cheese</p>	<p><sup>24</sup> Hamburger/Roll Cheese/Tomato &amp; Lettuce Potato Salad Corn/ Watermelon ALTERNATIVE Fish Sandwich</p>
<p><sup>27</sup> <b>HOLIDAY</b> <b>No Food Service</b></p>	<p><sup>28</sup> Stuffed Shells/ Meat Sauce Green &amp; Golden Beans WW Roll/ Pineapple ALTERNATIVE Chix Meatballs/Gravy</p>	<p><sup>29</sup> Rib-B-Q/ BBQ Sauce Delmonico Potato Carrots Jell-o/Topping ALTERNATIVE Haitian Turkey</p>	<p><sup>30</sup> Minestrone Soup Rosemary Herb Tyson Chix O'Brien Potato Ambrosia ALTERNATIVE Salisbury Steak/ Gravy</p>	<p><sup>31</sup> Roast Turkey/Gravy Apple Raisin Stuffing Jardinière Veggies Muffin/Chilled Fruit ALTERNATIVE Pork Patty/Gravy</p>



## HEALTH AND WELLNESS

Monday 6th,	12:00 p.m.	Blood Pressure & Glucose testing
Tuesday 14th,	9:30 a.m.	Manicurist (sign up required) \$10.00
Tuesday 28th,	9:30 a.m.	Manicurist (sign up required) \$10.00

### EXERCISE

Monday	9:00 a.m.	YOGA (\$5.00)	Tiffany Room
Tuesday & Thursday	10:30 a.m.	Chair Exercise	Tiffany Room
Monday	9:00 a.m.	Total Body Exercise	Community Center
Tuesday	9:00 a.m.	Quilting	Community Center
Tuesday	1:00 p.m.	Cribbage	Community Center
Tuesday	5:00 p.m.	Total Body Exercise	Community Center
Wednesday	9:00 a.m.	Total Body Exercise	Community Center
Thursday	5:00 p.m.	Total Body Exercise	Community Center

### GOLF LEAGUE BEGINS - Thursday, May 9th

It's that time of year again! If you're interested in a fun morning, a great way to have fun and start your day, join the COA Golf League on Thursday mornings at 9:00 a.m. 9 Holes of Golf at Kelly Greens Golf Course, here in Nahant. Contact Linda Peterson for additional information: 781-581-7557.

### Town Wharf LOGO Sweatshirts

Spring in Nahant can be chilly. There are "Town Wharf" logo sweatshirts and T-shirts available for sale in the Selectman's office. Mention the "Tiffany Room" and receive a discount.

## Prescription Advantage

### **Even with insurance, prescription drugs can still be unaffordable!**

High co-payments and gaps in coverage can make paying for prescription drugs very difficult. This is where Prescription Advantage can help.

Prescription Advantage is a state-sponsored pharmacy assistance program available to Massachusetts residents age 65 and over and under 65 with disabilities.

Prescription Advantage does not replace your insurance; it supplements your coverage to help lower your out-of-pocket costs.

Prescription Advantage will supplement all insurances including Medicare Part D, Medicare Advantage plans and drug coverage you may receive from a former employer. Prescription Advantage also has benefits for seniors and disabled persons not eligible for Medicare.

To learn more about how you can lower your medication costs call Prescription Advantage today at:

1-800-AGE-INFO (1-800-243-4636) press 2. TTY 1-877-610-0241

[WWW.Mass.Gov/Elders](http://WWW.Mass.Gov/Elders)

Prescription Advantage is administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs.

## May Historical Events

May 1, 1786- The opera "The Marriage of Figaro," by Wolfgang Amadeus Mozart, premiered in Vienna.

May 6, 1915- Babe Ruth hit his first home run as a player for the Boston Red Sox.

May 10, 1908- The first Mother's Day observance took place in West Virginia and Pennsylvania.

May 17, 1875- The first Kentucky Derby was held; the winner was "Aristides."

May 23, 1934- Gangsters Bonnie & Clyde were killed in Bienville Parish, Louisiana.

May 27, 1937- The Golden Gate Bridge was opened to the public.

May 31, 1927- The last Ford Model T automobile was made.

## Using your Age to your Advantage

Do you think you're having difficulties finding a job because of your age, that employers—and maybe even you—think you're "over the hill"?

Do you find yourself saying things such as "I haven't gotten a job yet; I know it's because of my age." "I guess I can't keep up the pace anymore." "I'm too old to go back to school." These attitudes are clearly visible to prospective employers; according to one study, nonverbal behavior accounts for 93% of communication.

Stereotypes—both your own and others'—can make your job search longer and more difficult. They affect the way you present yourself in your résumé, cover letter, and interviews. Negative perceptions can lead to self-fulfilling prophecies: "See, I told you no one was going to hire me."

What you focus on expands. In other words, watering those "weeds"—your beliefs about your age—will only exacerbate the situation. Now is the time to dispel the myths you may have about mature workers, and to learn about the strengths you bring to the next phase of your career.

It is true that some employers may discriminate on the basis of age; they may assume you'll want a higher salary and somewhere to "park" until retirement. Some may think you're overqualified, will get bored, and want to move on.

Yet a five-year study looked at mature workers in three major companies and found that mature workers have a much lower rate of turnover, absenteeism, and on-the-job accidents. They are better sales people and learn to use computer systems as quickly and as easily as younger workers. Because mature workers bring many assets to the table that younger workers have not yet acquired, they often serve as role models and mentors.

Although your age is a convenient hook to hang your disappointment on, you need to look beyond it. Are you current in your profession? Do you need to update your skills? Are you making the most of your job search? Are you targeting companies and networking, or just responding to ads on job boards?

Additional tips: Don't go back more than 10–15 years on your résumé. Be prepared to be interviewed by someone younger. Focus on your skills and experience rather than your age, and convey energy and enthusiasm when interviewing. Practice interviewing and talking about your professional accomplishments. Think about joining Toastmasters to brush up on your public speaking skills. Read *Creative Visualization* by Shakti Gawain and *What Color is your Parachute?* by Richard Nelson Bolles.

Become a member of The North Shore Career Center (181 Union Street, Lynn, MA; tel: 781.593.0585; e-mail: [nscareers.org](mailto:nscareers.org)), part of a state-wide network of One-Stop Career Centers offering a wide range of no-cost services to meet the employment needs of job seekers, youth, and businesses throughout our region.

The NSCC offers a variety of workshops covering topics such as Resume Writing, Interviewing Skills, Coping with Job Loss, Networking Skills, Using Age to Your Advantage, and a variety of assessment tools.

Written by Deborah Barnes Certified Professional Résumé Writer and Workshop Facilitator at the North Shore Career Center of Lynn. She can be reached at [debnaht@comcast.net](mailto:debnaht@comcast.net) or [dbarnes@detma.org](mailto:dbarnes@detma.org).

### **AGE IS AN ASSET, NOT A BENEFIT**

Some examples are:

- Age 52: Maya Angelou publishes first book
- Age 59: Michelangelo begins final Sistine Chapel painting
- Age 60: Clara Barton founds the American Red Cross
- Age 62: Isaac Newton becomes first knighted scientist
- Age 76: Nelson Mandela is elected president of South Africa
- Age 77: John Glenn mans second space flight
- Age 78: Grandma Moses sells first painting
- Age 78: Ben Franklin invents bifocal lenses
- Age 85: Giuseppe Verdi composes "Ave Maria"

## Word Search Game - Actors of the 1920s and 30s

M	N	A	M	E	L	O	C	H	A	P	L	I	N	Q	ARBUCKLE
P	O	W	E	R	Y	F	W	O	D	E	W	Z	O	N	ASTAIRE
S	K	D	T	H	Y	D	F	I	R	A	K	I	V	R	BARRYMORE
L	E	Y	J	E	K	R	R	O	D	I	S	L	Q	L	CAGNEY
A	A	U	N	M	E	T	M	A	N	A	K	V	F	E	CHANEY
A	T	O	N	P	R	Y	Y	R	H	D	N	A	A	R	CHAPLIN
L	O	F	O	E	R	M	E	B	O	M	A	L	F	U	COLEMAN
R	N	O	B	R	A	F	N	U	B	W	B	E	F	A	COOPER
K	C	L	A	R	L	L	A	C	Z	X	R	N	S	L	FAIRBANKS
P	I	B	C	L	M	Y	H	K	C	I	I	T	W	D	FONDA
G	Q	H	O	U	A	N	C	L	K	M	A	I	H	K	FLYNN
V	R	Y	D	C	R	N	V	E	P	I	F	N	K	Q	GABLE
B	D	X	K	M	X	Y	C	A	R	T	P	O	W	O	GILBERT
R	O	B	I	N	S	O	N	E	G	A	B	L	E	D	HARDY
T	F	Y	E	N	G	A	C	O	H	D	W	X	I	J	KEATON

**All About Puzzles**  
puzzles.about.com

### MAY BIRTHDAY CELEBRATIONS

May 1, Inga DeLuca  
 May 2, Constantine Pezaris, George Burke, Peter Vernam  
 May 3, May Dyson, Arvard Thompkins, Sheila Zamejtis, Dale Cullinan  
 May 4, Paul Fiore  
 May 5, Karen Mosher, Daniel Hamil, Malcolm Hill  
 May 6, Antonio Roffi, David Fitzpatrick  
 May 7, Kenneth Swope, Carter Smith  
 May 8, Robert Scalise  
 May 9, Jeffrey Musman, Biba Rozenbaum  
 May 10, Constantino Evos, Linda Eveleigh, Edith Richardson, Karen Falat, Andrea Lane  
 May 11, Daniel Obrien, John Moleti  
 May 12, Constantine Pitsas, Richard Melanson, Cornelia Coffey  
 May 13, Arthur Barreda, Jillian Middleton, Paul Swerling  
 May 14, Marilyn Snyder  
 May 15, John Gergely, John Love, Gretchen Charbonneau  
 May 16, Margaret Hanagan, Joan DePalma, Judi Weiner  
 May 17, Frances Mahoney, Eleanor Englel, Margaret Smith, Donald Lawton, John Hawko, Dorothy Kiley  
 May 18, Mary Ditullio, John Crowley III, Dr. D. Martin, James Passanisi, Thomas Murray  
 May 19, Muriel O'Neill, Marilyn James, Mary Dickenson, Melissa Gallery  
 May 20, William Andrews  
 May 21, Joseph Waldron, Jeffrey Price  
 May 22, May Redder, Barbara Morrison, David Kenep  
 May 24, Lea Lewis, Marie Muzzioli, Kathleen Forbush, Ruthann Switzer  
 May 25, Strates Frangules, James Walsh  
 May 26, Candace Thornton  
 May 27, Panos Voukydis, Francis Farr, Phillip Baldwin, James O'Connor  
 May 28, Virginia Greenlaw, Marie Martin, Joseph Desmond Jr., Maria Stanley  
 May 29, Carmel Burrell, Priscilla Clark  
 May 30, Carmella Cormie, Antonette Spinucci  
 May 31, Frances Delaney, James Hosker, Elizabeth Condon, Mary Messina, Gad Geiger, Susan Tracy, Martha Koscielki, Ellen Morse, Daniel DeStefano