

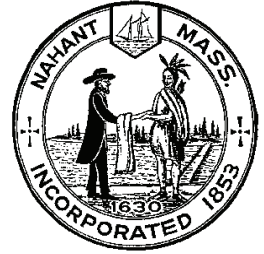
September 2013

Nahant Tiffany Times

Nahant Council on Aging

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

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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

Every 68 seconds someone develops Alzheimer’s, and every year the Alzheimer’s Association sponsored its “Walk to END Alzheimer’s” in September to raise money. This year the Mass Association of Council on Aging has teamed up with the Alzheimer’s Association and has pledged to raise \$15,000. Since joining the walk as a team was not an option for our COA, we wanted to do something to help this cause. So we, the COA, will do fundraising for a local Nahant team who will be walking on Sunday, September 29th.

Pamela Morse and Mary Beth O’Malley have formed a team called “Joanne’s Royal Court”. They will be walking for one of their dearest friends, Joanne Marie. Joanne is a long time Nahant resident and former school teacher who was struck by this dreaded disease several years ago. Joanne does have the love and support of her family and friends who are now reaching out to the many organizations on the North Shore that help and support Alzheimer’s victims and caregivers.

Through this walk your donations help support vital research and essential support programs and services. Please head down to the Tiffany Room and donate. We will have Forget-Me-Nots that will be hung around the Tiffany Room with the names of the generous people who donate. We are opened from 9-1 Monday through Friday. If you want more information contact the Senior Center at 781 581-7557. You can also go to www.alz.org and donate to team “Joanne’s Royal Court”. Again let’s remember that every 68 seconds someone develops Alzheimer’s

Linda Peterson
Executive Director

"ON THE GO" SENIORS

Wednesday September 11th	"Suffolk Downs Race Track" - Join us once again for A Day At The Races. Cost: \$15.00pp Leaving Tiffany Room 11:00 p.m.
Tuesday September 17th	Fuller Gardens Mystery Ride - A public botanical garden that was once part of the summer estate of Alvan T. Fuller on the Seacoast of N. Ham shire. A delightful oasis situated a stone's throw from the ocean. Leaving Tiffany Room @ 12:30 p.m.
Friday September 20th	"Bourne Scallop Festival & Cape Cod Canal Cruise" (We will be joining the Salem Council on Aging for this trip). The Bourne Scallop Festival has something for everyone, from craft booths and exciting entertainment. The cuisine and entertainment are always terrific! Later this afternoon you'll relax and enjoy a cruise on the Cape Cod Canal. Tour Cost: \$64.00pp Contact Linda Peterson for more information: 781-581-7557
Wednesday September 25th	"Fabergé Revealed " The name Fabergé is synonymous with refined craftsmanship, jeweled luxury and the Russian imperial family. Over 230 singular treasures created by the House of Faberge in the late 19th and early 20th centuries are featured, including enameled clocks, gold cigarette cases, hardstone carvings, ruby encrusted brooches and four signature imperial eggs made for Nicholas II and the Romanov family. Leaving Tiffany Room @ 12:30 p.m.
Thursday September 26th	SENIOR CENTER ACTIVITIES "National Senior Center Month Games" Join us for a Clambake to end our summer season. Featuring several games for prizes. Cost \$15.00 pp 11:00 a.m.
Friday September 13th, Friday September 27th	FRIDAY AFTERNOON AT THE MOVIES A Beautiful Mind 1:00 p.m. Under The Tuscan Sun 1:00 p.m.

COMING ATTRACTIONS

Saturday October 5th	"Enjoying Cultures of Our World" This Event will highlight the Asian Cultures of Thailand, Japan, & China. Featuring various foods, entertainment, costumes (worn by volunteers) and educational information. The evening festivities will take place at the Town Hall Auditorium from 6:00pm - 11:00pm. Tickets are \$10.00 with a free beer or wine. Additional drink vouchers \$2.00 each.
Tuesday October 8th	"Topsfield Fair" America's oldest agricultural fair. The colorful and often exciting history of Topsfield Fair began in 1818 when the Essex Agricultural Society, the non-profit organization that owns the Topsfield Fair, was officially granted a charter on June 12th of that year. Leaving Tiffany Room @ 12:30pm
Thursday October 10th	"Fall Foliage Trip" A nice relaxing day in Rockport, lunch, Shopping and fun. Keep checking in for more details to come. Leaving Tiffany Room @ 10:00am
Wednesday October 23rd	"Lunch and a Movie" Movie and restaurant to be determined Leaving Tiffany Room @ 11:30am.

SHINE

Medicare's Open Enrollment is October 15 – December 7.

Make your SHINE *appointment now!*

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO) you should be receiving information from your plan by the end of September. It is important to read and save this information because it explains the changes in your plan for 2014.

During Medicare's Open Enrollment, you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have.

This year, because of the Affordable Care Act, some new programs are being introduced around the same time as Medicare's Open Enrollment. If you are eligible for Medicare, you don't need to be concerned about other "open enrollments."

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To make an appointment with the SHINE counselor here, please contact Linda Peterson 781-581-7557. You may also call the Regional SHINE office at Mystic Valley Elder Services at 781-324-7705 x 164.

MONTHLY SCAM ALERT: REPAIRS

Scammers are using your home to take your money in phony repair scams or to distract you so they can physically steal items out of your home.

Repair Scams: A contractor knocks on your door and says that he saw a loose tile. He is doing work around the area and he can fix it for you at a reduced price since he is already here.

The contractor could be a roving scammer, someone who usually preys on the elderly, and goes from town to town. In a best case scenario, they may attempt to repair or replace a roof or other job, but if something goes wrong, and it usually does, you have no way to follow up. They aren't a licensed contractor. Always get at least two written estimates and ask for local references. Never give more than 1/3 of the job price in upfront payment.

Repair Distraction Scams: If you leave the house to point out things that a contractor says may need to be fixed, close and lock the door behind you. The contractor could have an accomplice who sneaks into your house while you are discussing repairs.

Some scammers are very clever and say that your neighbor is putting up a fence between the yards and he needs to discuss the job with you. An accomplice then goes into the house and steals valuables, including identification information.

If you have questions or would like to report a scam, feel free to contact the Elder Hotline at the MA Attorney General's Office: 1-888-AG-ELDER, (1-888-243-5337), TTY: (617) 727-4765

A NEW SCAM / FRAUD SCHEME

Residents have been receiving calls from a person claiming to be a Police Officer or Federal Agent. These persons claim to have a warrant for the arrest of the resident which can only be cleared up by sending a money order or rechargeable Visa/Master card to them. The caller is extremely aggressive and will attempt to intimidate the victim into sending them money or face being arrested.

Be reminded that the Police will NEVER contact anyone demanding money for any reason. These calls have been originating out of state, anyone receiving calls of this nature may file a report with the Federal Trade Commission or with the FBI. If anyone has actually lost money or had their identity compromised to this or any other fraud it should be reported to the local Police. Anyone wanting more information about ongoing fraud schemes can find it on the FBI website at www.fbi.gov.

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 26th

Celebrating September Birthdays

FOOD SHOPPING PROGRAM

Wednesday 4th	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 10th	Market Basket and Vinnin Square	12:30 P.M.
Wednesday 18th	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 24th	Market Basket and Vinnin Square	12:30 P.M.

HEALTHY EATING

Fast Tomatoes with Basil and Balsamic



Total Time: 35

Prep Time: 5

Cook Time: 30 min.

Ingredients:

Servings: 6

6 roma tomatoes or 6 plum tomatoes, halved

1 tablespoon balsamic vinegar

2 tablespoons fresh basil, chopped

salt (to taste)

black pepper, freshly cracked (to taste)

Directions:

1 Preheat the oven to 350 degrees

2 Place tomatoes on oven tray with the cut side facing down.

3 Dash over the balsamic vinegar, basil, salt, black pepper to taste.

4 Bake for about 15 minutes for semi firm (still holding shape) and 30 minutes for well done (extra soft).



Tiffany Café Menu
SEPTEMBER 2013
"One should eat to live not live to eat"
~Moliere~



**= HIGH SODIUM ITEM

Monday	Tuesday	Wednesday	Thursday	Friday
2 HOLIDAY	3 Tarragon Tyson Chicken Lyonnaise Potatoes Roman Blend Veggies Chilled Fruit ALTERNATIVE Eggplant Parmesan/	4 Sweet Red Pepper Salmon Garlic Whipped Potato Country Blend Veggies Banana Cake ALTERNATIVE Salisbury Steak/Gravy	5 Chicken Noodle Soup Egg Salad Tossed Salad Jell-o ALTERNATIVE Turkey Salad	6 Meatball Sub/Sauce Home Fries Green & Golden Beans Fresh Fruit ALTERNATIVE Omelet/Cheese
9 Aloha Chicken Brown Rice Pilaf Tuscany Veggies Garlic Roll/ Chilled Fruit ALTERNATIVE Spanish Shepherd's Pie	10 Beef Rib-B-Q Whipped Potato Italian Green Beans Pudding ALTERNATIVE Chicken Patty(hot)/Roll	11 Tortellini/Meat Sauce Spinach Cookie ALTERNATIVE Mushroom Quiche Potato	12 Roast Pork/Gravy Oven Roasted Potato Peas & Onions Muffin/Fresh Fruit ALTERNATIVE Chicken Marsala	13 Italian Wedding Soup California Chicken Salad Potato Salad Chilled Fruit ALTERNATIVE Seafood Salad
16 Crunch Lite Fish/Sauce Mac & Cheese Green Bean/Red Pepper Chilled Fruit ALTERNATIVE Salisbury Steak/Gravy	17 *Turkey Sausage Coins* Pepper/Onion/Roll Oven Fries Carrots/ Jell-o ALTERNATIVE Chix Meatballs/Gravy	18 Garden Veggie Soup Pot Roast/ Jardinière Gravy Baked Potato/Sour Cream Fresh Fruit ALTERNATIVE Chicken Florentine	19 SEPTEMBER SPECIAL Mediterranean Chicken Wild Rice Mixed Greens/ Feta/Cheese WW Roll Lemon Cake	20 Meatloaf/ Ketchup Gravy Cheddar Whipped Potato Peas & Mushrooms Chilled Fruit ALTERNATIVE Veggie Quiche
23 WW Lasagna Roll Ups Zucchini/Red Pepper Chilled Fruit ALTERNATIVE Spanish Chicken Rice & Beans	24 Cran Glazed Tyson Chicken Delmonico Potato Country Blend Veggies Oat Roll/ Chilled Fruit ALTERNATIVE *Turkey Ham*/	25 Swedish Meatballs/Gravy O'Brien Potatoes Spring/Summer Veggies Pudding ALTERNATIVE Salmon/Dill Sauce	26 Cream Of Broccoli Soup Egg Salad/ WW Bulk-ie Tossed Salad Cake ALTERNATIVE Shaved Roast Beef	27 Turkey/Gravy/ Stuffing Sweet Potato Green & Red Cabbage Muffin/Fresh Fruit ALTERNATIVE Liver & Onions/
30 Beef Stir Fry Steamed Rice Stir Fry Veggies Chilled Fruit ALTERNATIVE Mesquite Chix/Gravy	SENIOR DRIVING <i>As a senior citizen was driving down the motorway, his car phone rang.. Answering, he heard his wife's voice urgently warning him, " Vernon , I just heard on the news that there's a car going the wrong way on M25. Please be careful!" "Hell," said Vernon , "It's not just one car.. It's hundreds of them!"</i>			

HEALTH AND WELLNESS

Monday 9th,	12:00 p.m.	Blood Pressure & Glucose testing
Tuesday 3rd,	9:30 a.m.	Manicurist (sign up required) \$10.00
Tuesday 17th,	9:30 a.m.	Manicurist (sign up required) \$10.00
Thursday 19th,	9:30 a. m.	Dr Sanphy's foot clinic (sign up required)

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	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

10 Ways To Spend 5 Minutes a Day Improving Your Health

There are **8760 hours in a year**. What if, just 31 of these hours, or five minutes a day, could make you healthier – would you put the time in? Contrary to what you may think, getting and staying healthy does not have to be a time robber.

There are many simple things that can be done on a daily basis to boost health. Here are ten, incredibly simple ways to make a difference in how you feel and look today.

Declutter: Pick up stray papers and items left hanging around your home and office. An organized work and living space helps reduce anxiety and promote feelings of freedom.

Smell a Lemon: For a quick, yet effective de-stressing trick, try sniffing a lemon. According to Japanese researchers, linalool, a substance in lemons, dials down the “fight-or-flight” stress response. If you don’t have lemons, try lavender, basil or juniper – they will all lower stress as well.

Meditate: You don’t have to set aside a huge chunk of time daily to clear your mind. Settle into a comfortable spot, cross your legs and focus on your breathing, pushing any thoughts out of the way as they enter your mind. In as little as five minutes you will feel refreshed and ready to take on the rest of the day.

Deep Breathing: We all tend to breathe in a very shallow fashion, which is not healthy. Breathing deeply introduces fresh oxygen into the lungs and stimulates the lymphatic system, which is essential for detoxification. Sit up straight and inhale a deep breath through your nose. Exhale slowly through slightly parted lips. You should see your stomach expand when you breathe in. After ten or fifteen deep breaths you will feel refreshed and energized. Do this several times a day for best results.

Keep a Gratitude Journal: Take five minutes daily to record what you are thankful for. Being thankful for all the great things in your life is a sure way to lift a sullen mood and keep your spirits lifted.

Laugh: Laughter truly is a great medicine. Take time every day to laugh, really laugh. If you have to watch a funny video or listen to a comedian for a few minutes, it is well worth your while. Laughing keeps your skin looking great and releases endorphins that promote good feelings.

Stretch: Light daily stretching will improve your posture, release tension, build flexibility and loosen tight muscles. Reach your arms up over your head, bend down and touch the floor, do a few quick wrist, arm, neck and ankle circles, and you will improve your sense of well-being.

Swing a Kettlebell: The kettlebell swing is one of the best overall moves to improve both cardiovascular fitness and muscle mass. Find an appropriately sized kettlebell for your current fitness level and swing the bell for one minute, and take a 30 second break for a total of five minutes. You will begin to notice an improvement in not only your endurance but also your strength.

Chew Your Food Longer: Spend five minutes longer chewing your food. You should aim for at least 20 seconds per bite. Take small bites and really think about what you are eating and how you feel. Being mindful will help you eat less and reduce stress.

Warm Lemon Water: Start your day off with a glass of warm lemon water. Drinking lemon water before eating breakfast will help your body detoxify, balance your internal pH, boost your spirits and improve digestion.

SEPTEMBER HISTORICAL EVENTS

September 2, 1789 -The United States Treasury Department was established.

September 7, 1522 -Queen Elizabeth I, was born in Greenwich, England.

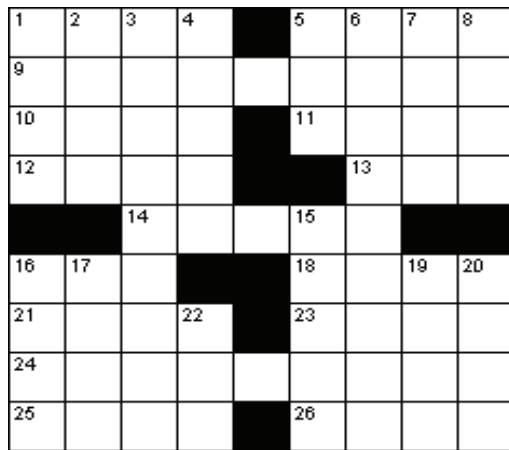
September 14, 1814 -Francis Scott Key wrote his poem "Defense of Ft. McHenry," that was later re-named Star Spangled Banner.

September 25, 1882 -The first major league baseball game double header was played between the Providence and Worcester teams.

September 28, 1904 -A woman was arrested in New York City for smoking a cigarette in public, while riding in an open automobile. It is said that the policemen told her, "You can't do that on Fifth Avenue!"

Across

- 1. Not this
- 5. Garments of goat hair
- 9. Deceiver
- 10. Atop
- 11. Found in some lotions
- 12. Expunge
- 13. Amplifier (abbrev.)
- 14. Course around a star or planet
- 16. Delay
- 18. Tidy
- 21. Colored part of an eye
- 23. Eyebrow shape
- 24. Assign
- 25. Horse feed
- 26. If not



Down

- 1. Boom
- 2. Hoopla
- 3. Justifier
- 4. Laser printer powder
- 5. Genus of macaws
- 6. Undertaken by two parties
- 7. "Smallest" particle
- 8. Dribble
- 15. Absurd
- 16. Adriatic resort
- 17. Region
- 19. Does something
- 20. You (archaic)
- 22. Female sib

'In the Sea' Word Search

Find the hidden words associated with marine life.

B H S I F Y L L E J F Q C W K J W J
 D S U P O T C O M N U C M I C P M V
 A K R V V U Y C Z Z L G M Q F X O I
 V D E N O M E N A A E S G X M B R I
 R L T K U W S E M U T U B N F L A S
 F L S H S W L S J Q U K O S B H Y H
 H U B V R T A B O P H T J E I G E I
 C G O O R W P N K M K I K A S L E X
 O A L U E Q L I U N Y H S H H N L Q
 R E T S S K O R A T N G U O A N S K
 A S N D E B P L E I T J L R R B Y O
 L B C U O A P S Q T V X L S K M M X
 R M H W G L U H E E S V O E P P I W
 E S F P U N P R L A O Y M T O D V H
 E B Q B F Y I H C A L H O O B S X A
 F A J U X B J R I H J I P X C Z D L
 P T Q E I D A F R N I M O M F H Q E
 N D E B U D O V M E C N Q N I B O B
 O Q Z E E H W Y F Z H S E A U R O W
 Z D S E A W E E D C V L L E H S H U
 K V K Y M C N M A R L I N C Q G D S

- CLAMS
- CORALREEF
- DOLPHIN
- HERRING
- JELLYFISH
- LOBSTER
- MARLIN
- MOLLUSK
- MORAYEELS
- OCTOPUS
- OYSTER
- PLANKTON
- SEALION
- SEANEMONE
- SEAGULL
- SEAHORSE
- SEAURCHIN
- SEAWEED
- SHARK
- SHELL
- SHRIMP
- SQUID
- TUNA
- TURTLE
- WHALE

All About Puzzles
 puzzles.about.com

A Bit More Humor

BOOKS FOR COOKS: ITALIAN FOOD by ANN CHOVI, MINNIE STRONI, LIZ ANYA and LYNN GUINI

ENJOYING THE CUTURES OF OUR WORLD

The Council On Aging is hosting a cultural event made possible through a grant awarded to the COA by Greater Lynn Senior Services (GLSS). **ENJOYING THE CULTURES OF OUR WORLD - THE ASIAN CULTURE**

Join us as we turn the town hall into an Asian Bistro as we explore the Asian culture. We will sample the different foods from Thailand, Japan, China and more. You will learn about the different cultures through the food, dress, music and more.

DATE: SATURDAY, OCTOBER 5, 2013
TIME: 6:00 PM – 11:00 PM
PLACE: NAHANT TOWN HALL, 334 NAHANT RD.

Tickets for this cultural event are \$10.00 a person and will include a free drink. Beer and wine will be served for \$2.00. You can purchase your tickets by contacting Linda Peterson at 781 581-7557.



SEPTEMBER BIRTHDAY CELEBRATIONS

September 1 - Jeanne Baranek, Marilyn Clausen, Anne Graul, Catherine Capezza, Martha Taylor
September 2 - Humphrey Murphy, Ferdinand Fiske, Walter Spinelli, Maryliz Cort
September 3 - Lorraine Locke, Linda Richards, Peter Rogers, Donald Comeau, Margaret Messina
September 4 - Richard Nagle, Larry Titus, Patricia McSweeney, Thomas Massafferro
September 5 - John Benson, Maria Welsh
September 6 - Dewitt Brown, Ann Callahan, Jeanette Kelley, Maureen Mellon
September 7 - Gwendolyn Upton, Philip Caso, Suzanne Bailey, Arthur Martelli
September 8 - James O'Brien
September 9 - John Keller, Rose Novello, Timothy Demakis, Katherine O'Connor
September 10 - Charles Briggs, Cynthia Mantzoukas
September 11 - Joseph Barisano, Marvene Kasper
September 13 - Malcolm Chamberlain
September 14 - Michael Conley, Rosamond Puleo, Michael Tanen, Peter Mazareas, Dianne Cadigan, Dianne Dunion
September 15 - Donna Long, Patricia Kane, Nancee Peters
September 16 - Charles Jessome, Martin Vangrouw, Winifred Hodges, Fred Quinlan
September 17 - Christine Howard, Robert Hill, Karen Hawko
September 18 - Joseph Sherber, William Marden, Anthony Macone
September 19 - Joseph Carmody, George Adolph, Karen Canty, Lawrence McDonough, Peter Fantasia, Thomas Costin, Kathryn Bezemes
September 20 - Diane Gaucher, D. Cane, Maryjo Ludke
September 21 - Matthew Hendriksen
September 22 - Frank Clements, Barbara Brownlie, James Bryanos, Helen Savino, Katy Dolhun, Lissa Stempek
September 23 - Keiko Cadigan, Russell Gaudet, Abbas Soleymani, Donna Hanlon
September 24 - Thomas Dwan, Kathleen Baldwin, Kathleen Hatfield, Vannarat Boontong, Francis McCarthy
September 25 - Paul English, Carol Nelson, Stephen Micalizzi, Kevin Robinson
September 26 - Doris Hefler, Thomas Butler, Theresa Bacheller
September 27 - Mary Sharkey
September 28 - Edna Doran, Olivia Brand, Karen Callanan
September 29 - Nancy Locke, Francis McCardle, Kerry Stephnson
September 30 - Stephen Greenstein, Paul Lospennato, Bethany Maher