

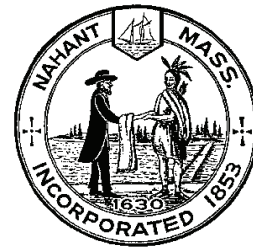
MARCH 2014

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."



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Executive Director

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**Nahant Senior Center is located
at:
334 Nahant Road
Nahant, MA 01908
(Lower Level of Town Hall)**

Tel.# 781-581-7557

**Follow us on Facebook:
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From the Director:

March is National Nutrition Month and this month we have invited a Registered Dietitian to come and discuss, Eating Right for Older Adults. To get us ready for our discussion, here are some tips from the Academy of Nutrition and Dietetics.

- 1) Make half your plate fruits and vegetables. Eat a variety of fresh or frozen vegetables especially green leafy vegetables.
- 2) Make at least half your grains whole. 100% whole-grain breads, cereals, crackers, pasta and brown rice.
- 3) Switch to fat-free or low-fat milk, yogurt and cheese. Older adults need more calcium and vitamin D to help keep bones healthy.
- 4) Vary your protein choices. Choose seafood, nuts, beans and peas, as well as lean meat, poultry and eggs.
- 5) Cut back on sodium and empty calories from solid fats and added sugars.
- 6) Enjoy your food but eat less. Cook more often at home and write down what you eat to keep track of how much you eat.
- 7) Be physically active your way. Pick activities that you like and start by doing what you can. Start by attending one of the exercise classes offered by the COA.
- 8) Consult a registered dietitian. Visit www.eatright.org to find a registered dietitian near you or wait till March 25th to talk to our GLSS dietitian.

Let's all try to be aware of what we put into our bodies.

*Linda Peterson
Executive Director*

COMMUNITY BREAKFAST AT THE NAHANT VILLAGE CHURCH

The March community breakfast will be held on Friday, March 7 at 8 a.m. It will feature a presentation entitled "Practicing Good Consumer Health" by representatives of the Office of Attorney General, Martha Coakley. One of the AGO missions is to help educate Massachusetts consumers about their rights and ways to protect themselves and their identities. Find out what you may need to know about identity theft, scams, and other deceptive practices and get some tips on making informed decisions and avoiding deception and fraud.

The free breakfast is served at 8 a.m. with the presentation starting at 8:15. All are welcome, so plan to come for an informative presentation a great breakfast, and wonderful camaraderie. Spread the word and bring a family member or friend.

Arrangements for the transportation of elders may be made by calling the Tiffany Room a few days in advance at 781-581-7557.

“ON THE GO” SENIORS

Wednesday March 5th	Mr. DJ’s Hollywood Quiz Show at 1:30p.m. at the Jesmond Nursing Home. Every one is welcome and bus service will be available. Refreshments will be provided.
Thursday March 6th	GLSS - Caregiver Session; 4:00 p.m. at the Tiffany Room. Are you providing care to a family member or friend with chronic illness or memory loss? If so, the Family Caregiver Support Program at Greater Lynn Senior Services is here to guide you through the care giving journey. Refreshments will be served.
Tuesday March 11th	The Nahant COA will welcome Beverly Carr, Transitions Nurse from the Life Care Center of the North Shore and one of her associates to discuss Falls Prevention. Presentation will take place at 12:30 in the Tiffany Room. Refreshments will be served.
Thursday March 13th	Boston Flower Show at the Seaport World Trade Center. The bus will leave the Tiffany Room at 1:00 p.m. and return around 5:00 p.m. Cost is \$17.00.
Monday March 17th	St. Patrick’s Day Party at the Knights of Columbus. Lunch will be Corn Beef and Cabbage and an alternative. Entertainment will be provided after lunch.
Thursday March 20th	Let’s celebrate the 1st Day of Spring with a garden party at the Tiffany Room. We will be having a guest chef and music.
Tuesday March 25th	GLSS Nutritionist—Ellen Goldman will be here at 12:30 to discuss Nutrition during National Nutrition Month.

Van Transportation is available for COA activities and trips, call 781-581-7557. Information and calendar are subject to change. Please call, check the cable TV station, the Nahant website or email me at lpeterson@nahant.org for updates on other programs, trips & events.

COMING ATTRACTIONS

Friday April 4th	Lunch at the Tiger’s Den at Lynn Vocational Technical Institute followed by a movie (to be determined).
Thursday April 10th	Lunch at The Ship Restaurant followed by shopping at The Christmas Tree Shop.
Wednesday April 16th	Lunch at Palmer’s in Marblehead followed by a movie (to be determined).
Tuesday April 22nd	To celebrate Earth Day we will be visiting the Nunan Florist & Greenhouses in Georgetown, MA. We will stop at The Tea Garden Restaurant in nearby Groveland, MA for lunch.

NOTABLE DATES / SUDOKU SOLUTION

Sunday, March 9th	Daylight Savings Time Begins
Monday, March 17th	St. Patrick’s Day
Thursday, March 20th	First Day of Spring

4	8	2	1	3	7	6	5	9
6	3	1	4	9	5	2	8	7
9	7	5	6	8	2	1	4	3
3	2	7	5	6	8	9	1	4
1	6	8	9	2	4	7	3	5
5	4	9	7	1	3	8	2	6
8	5	6	2	4	9	3	7	1
7	9	3	8	5	1	4	6	2
2	1	4	3	7	6	5	9	8

FOOD SAFETY

Common myths about food safety at home

Continued from last month.....

Myth #6: The only reason to let food sit after it's been microwaved is to make sure you don't burn yourself on food that's too hot.

Fact: In fact, letting microwaved food sit for a few minutes (standing time) helps your food cook more completely by allowing colder areas of food time to absorb heat from hotter areas of food.

Myth #7: Leftovers are safe to eat until they smell bad.

Fact: The kinds of bacteria that cause food poisoning do not affect the look, smell, or taste of food.

Myth #8: Once food has been cooked, all the bacteria have been killed, so I don't need to worry once it's "done."

Fact: Actually, the possibility of bacterial growth actually increases after cooking, because the drop in temperature allows bacteria to thrive. This is why keeping cooked food warmed to the right temperature is critical for food safety.

Myth #9: Marinades are acidic, which kills bacteria—so it's OK to marinate foods on the counter.

Fact: Even in the presence of acidic marinade, bacteria can grow very rapidly at room temperatures. To marinate foods safely, it's important to marinate them in the refrigerator .

Myth #10: If I really want my produce to be safe, I should wash fruits and veggies with soap or detergent before I use them.

Fact: In fact, it's best not to use soaps or detergents on produce, since these products can linger on foods and are not safe for consumption. Using clean running water is actually the best way to remove bacteria and wash produce safely.

MYSTIC VALLEY ELDER SERVICES - SHINE

A Message from SHINE (Serving Health Insurance Needs of Everyone...on Medicare):

The Affordable Care Act (Obamacare) Exchanges and Medicare

Much media attention is being focused on the Affordable Care Act and the deadline for people to enroll through the health insurance exchanges (also known as marketplaces). Medicare beneficiaries should be aware of the following:

The health insurance exchanges are for those who do not have health insurance and are NOT for Medicare beneficiaries. If you have Medicare A and B, you meet the requirement for health insurance. Medicare supplement plans and Medicare Advantage Plans are NOT sold through the health insurance exchanges. In most cases, it is illegal to sell health insurance exchange policies to Medicare beneficiaries.

People who are already on Medicare do not need to re-enroll or get new Medicare cards.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. For more information, meet with a SHINE counselor. To make an appointment with the SHINE counselor here, please contact Linda Peterson at 781-581-5775. You may also call the Regional SHINE office at Mystic Valley Elder Services at 781-388-4845 or if you live on the North Shore, please call our satellite office at North Shore Elder Services at 978-750-4540.

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 27th

Celebrating March Birthdays

FOOD SHOPPING PROGRAM

Tuesday 4th	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 11th	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 18th	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 25th	Market Basket and Vinnin Square	12:30 P.M.

HEALTHY EATING

Broccoli & Cheese Soup

By: Sue Lau (Food.com)



Total Time: 30 mins
Prep Time: 15 mins
Cook Time: 15 mins
Servings Per Recipe: 6
Serving Size: 1 (218 g)
Calories 247.9
Calories from Fat 161
Total Fat 17.9 g

Saturated Fat 7.9 g
Cholesterol 34.0 mg
Sodium 781.1 mg
Total Carbohydrate 12.0 g
Dietary Fiber 1.1 g
Sugars 1.1 g
Protein 10.4 g

Ingredients

1/4 cup onion, chopped
1/4 cup chopped celery
1/4 cup margarine or 1/4 cup butter
1/4 cup flour
1 teaspoon salt (or to taste)
1/4 teaspoon white pepper (or to taste)
1 cup chicken broth
2 1/2 cups milk
2 cups chopped broccoli, cooked crisp-tender
1 -2 cup shredded cheddar cheese

Directions

1. Saute onion and celery in butter in saucepan over medium heat until tender.
2. Add flour, and salt and pepper, cooking and stirring until mixture is smooth and bubbly.
3. Add broth and milk (all at once), stirring constantly until mixture comes to a boil and begins to thicken.
4. Add cooked broccoli (I like to steam mine then cool in cold water to preserve color), stirring until all is heated through
5. Remove from heat and stir in cheese until melted and smooth (place back on heat briefly if necessary)



Tiffany Café Menu

MARCH 2014

"One should eat to live not live to eat"
~Moliere~

**= HIGH SODIUM ITEM



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Cheese lasagna/ marinara sauce Spinach WW bread Pudding ALTERNATIVE Creole style baked fish, corn meal</p>	<p>4</p> <p>BBQ pulled pork Seasoned potato wedges Garden salad/ dressing Muffin Fresh fruit ALTERNATIVE Baked tomato chili</p>	<p>5</p> <p>Lemon and garlic chicken Candied yams Green beans WW bread Brownie ALTERNATIVE Macaroni & cheese</p>	<p>6</p> <p>Baked fish/diced to- matoes Plantains Garden salad/ dressing / Italian bread Fresh fruit ALTERNATIVE Caribbean chicken, plantains</p>	<p>7</p> <p>Beef stew Beets WW bread Fresh fruit ALTERNATIVE Mediterranean hummus wrap w/vegetables & cheese</p>
<p>10</p> <p>Roast turkey Florentine / Sour cream dill potatoes California blend vegetables WW bread Pudding ALTERNATIVE Tripe stew, white rice</p>	<p>11</p> <p>American chop suey Garden salad/ dressing Italian bread Raspberry spiral cookie ALTERNATIVE Southern style cod filet Plantains</p>	<p>12</p> <p>Latin style roasted pork/gravy Mashed sweet potatoes Capri blend veg. Rye bread Fresh fruit ALTERNATIVE Turkey/creole sauce</p>	<p>13</p> <p>Chicken cacciatore Rotini pasta Garden salad/ dressing WW bread Fresh fruit ALTERNATIVE Stewed beef/corn meal</p>	<p>14</p> <p>Crispy baked fish Winter squash Cauliflower red peppers WW bread Fresh fruit ALTERNATIVE Whole grain cheese pizza</p>
<p>17</p> <p>ST.PATRICK'S DAY SPECIAL Corned beef with cabbage Boiled potatoes Turnips & cabbage WW bread Shamrock cookie</p>	<p>18</p> <p>Turkey chili Brown rice Garden salad/ dressing Cornbread Fresh fruit ALTERNATIVE Stewed goat, brown rice</p>	<p>19</p> <p>Eggplant parmesan/ tomato sauce Penne pasta Carrots WW bread Pudding ALTERNATIVE Caribbean beef tips/ yucca</p>	<p>20</p> <p>Lemon pepper pork Back eyed peas & brown rice Garden salad/ dressing WW bread Fresh fruit ALTERNATIVE Turkey/citrus sauce</p>	<p>21</p> <p>Rosemary chicken Red potatoes Green peas Rye bread Fresh fruit ALTERNATIVE Veggie burger/roll</p>
<p>24</p> <p>Baked fish/creole sauce Sweet potato wedes Italian blend Vegetable WW bread Fruit cocktail ALTERNATIVE Jerk chicken</p>	<p>25</p> <p>Boeuf bourguignon Veg. rice pilaf Garden salad/dr. Rye bread Fresh fruit ALTERNATIVE BBQ eggplant meat-balls</p>	<p>26</p> <p>Roast turkey/gravy/ cran.sauce Whipped potatoes California blend veg. WW bread, Cake ALTERNATIVE Stuffed shells/ marinara sauce</p>	<p>27</p> <p>Chicken parmesan/ tomato sauce Penne pasta Garden salad/dr. Snack loaf Fresh fruit ALTERNATIVE Caribbean baked fish/sauce</p>	<p>28</p> <p>Roasted pork/gravy Brown rice & beans Stewed tomatoes WW bread Pudding ALTERNATIVE Whole grain cheese pizza</p>
<p>31</p> <p>Chicken & broccoli al-fredo Penne pasta Capri blend vegetables / Italian bread Chilled pineapple ALTERNATIVE 3-bean chili/shredded cheese</p>	<p>MARCH IS NATIONAL NUTRITION MONTH</p>			

HEALTH AND WELLNESS

Monday 3rd	12:00 p.m.	Blood Pressure & Glucose testing
Tuesday 4th	9:30 a.m.	Manicurist (sign up required) \$10.00
Tuesday 18th	9:30 a.m.	Manicurist (sign up required) \$10.00
Tuesday 25th	12:30 a.m.	GLSS—Nutrition discussion

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

11 Tips for Managing the Cards in Your Wallet

Prepaid cards are becoming a popular alternative to traditional checking accounts for many older adults because they can be cheap and easy to use.

But there can be fees and downsides. Each card has a different policy, so it's important to do your research so you can better manage and protect your money.

What is a prepaid card?

Prepaid cards are loaded with money in advance, and you generally cannot spend more than the amount on the card. There are many types of prepaid cards, including:

Federal government-issued cards such as Direct Express®, which was developed exclusively for people who receive federal benefits (e.g. Social Security, SSI, Veterans benefits)

Electronic benefits transfer (EBT) cards, which are state-issued government benefits cards (e.g. SNAP/Food Stamps, TANF)

Commercial prepaid debit cards, which typically carry a network logo (Visa, MasterCard, American Express, or Discover) and look like a normal credit or debit card

Gift cards from retail stores, which have a fixed amount and cannot be re-loaded with more money
With help from Bank of America and Money Management International, we developed the following tips on how to use, manage, and protect your government-issued and commercial prepaid debit cards.

Government Benefits Cards

1. Look closely at the fee summary.

Be sure to use your card wisely and avoid fees whenever possible.

2. Use an ATM in the Direct Express® card network.

For ATMs in the Direct Express® card network, your first withdrawal is free and later withdrawals have reduced fees.

3. Make store payments with your Direct Express® card.

You can avoid ATM fees by paying for purchases in stores with your card.

4. Get cash back for free in stores.

When you make a purchase using your PIN number at grocery stores and many other places, you have the option to get cash back for free.

5. Get cash from certain banks free-of-charge.

You can go to any bank or credit union that displays the MasterCard acceptance mark and get cash from a teller free-of-charge.

Continued on page 7

Sudoku #1481

How to play: The numbers 1 through 9 will appear once only in each row, column, and 3x3 zone. There are 9 such zones in each Sudoku grid. There is only one correct solution to each Sudoku. Good luck!

Difficulty level: easy.

		2		3				
							8	7
		5		8		1	4	
				6				
1		8	9					5
			7					6
8				4		3		
7	9				1			
2								

Other Prepaid Cards

6. Consider using prepaid cards as an alternative to a checking account.

Prepaid cards are popular with lower-income households, seniors, and young people learning to manage money because they can sometimes be cheaper and easier than traditional bank or credit union accounts.

7. Understand your options.

Make sure you know the fees and costs of prepaid cards, and comparison shop cards as you would any purchase.

8. Know that prepaid card providers generally don't check your credit.

9. Check your card agreement to see what fees apply.

At some stores, when you pay with a prepaid debit card, you may have the option to choose whether to run the card as "credit" or "debit." Some prepaid cards charge you a higher fee if you choose debit, so check your card agreement to find out what your card's fees are. The money will come out of your prepaid card account either way.

10. Contact the card provider right away if your card or PIN is lost or stolen.

Your rights to recover money taken from your prepaid card account depend on what type of card it is, what your contract promises, and how quickly you report the loss after you discover it. Generally, payroll cards and government benefits cards are protected under the same rules that protect your bank debit card. The federal Direct Express® card provides similar protections by contract. Network-branded (MasterCard or Visa) prepaid debit cards usually give some protection, but you should check your card provider's website to find out the specifics. If the card that was lost or stolen was a gift card for just one store or retail group, your ability to recover any money will depend on the retailer's policies and on whether you registered the card.

11. Don't use prepaid cards for gas, hotels, or rental cars.

Sometimes when you use your prepaid card at a gas station, hotel, or rental car agency, you will see an additional charge above what you spent. This is called a temporary hold. Because your purchase may take a few days to process, the temporary hold ensures you still have enough money to pay for it. Once the transaction is processed, they will remove the temporary hold, and you will be able to use the rest of the money on your card. Do not use prepaid cards to purchase gas at the pump or for hotels or rental cars. If you do, you may find you will not have access to more funds than the purchase for a long period of time.

Help Support Friends of Nahant Council on Aging

Please accept my tax-deductible donation of \$ _____

___ In memory of _____ In honor of _____ In appreciation of _____

Person's name: _____

Donated by: _____

Please make checks payable to and mail to: Friends of Nahant Council on Aging

334 Nahant Rd., Nahant, MA 01908

MARCH BIRTHDAY CELEBRATIONS

- March 1** - James Kasper, Timothy Maguire
March 2 - Arthur Pass, Ronald Murphy
March 3 - Youth Ros, Genevieve Piasecki, Susan Bonner, Penelope Ross, Barbara Damico
March 4 - Evelyn Costello, Carol Crawford, Leonard Patrick
March 5 - Kenneth Gavin, Edith Ann Roland, Robert Damico
March 6 - Kathleen Atkinson, Stephen Chisak
March 7 - Arthur Collins, Charles Butera, Barbara Beatty, Joseph Sardone
March 8 - Warren Edwards
March 9 - Thomas Levangia, Lisa Perella
March 10 - Joseph Bertorelli, Ruth Titus, Kathleen Lique, Barry Markham
March 11 - H. Joyce Gaudet, Sarah Risher, Maureen Burke, Carl Lanzilli
March 12 - Joann Deulius, William Waters
March 13 - Arthur Ross, Nancy Gallo, Doris Nelson
March 14 - Vincent Steriti, Steven Arzillo
March 15 - Arlene Connor
March 16 - Pauline Mahoney, Kathryn Myatt Carey, Diane Porcaro, Peter Hemenway
March 17 - Ida Nannini, Marrit Hastings, Debra Croft
March 18 - Enrichetta Ricciardelli, Angela Haven Bonin, Thomas Campbell
March 19 - Marie Ford, Mary Jane Cusack, Ann Passanisi, William Wheeler
March 20 - Wayne Gauzetti
March 21 - Patricia O'Shaughnessy, Michael Comer, Paul Catoggio
March 22 - Clancy Asselin, Paul Spirn
March 23 - Elena Pignato, Bernadette Butler, Barbara Lonergan, Marylou Mihovan, Paula Taylor
March 24 - Andrew Amato, C. Rayford Quinn
March 25 - Mary Giannattasio, Robert Cusack
March 26 - George Koukounaris, Louise Anders, Judith Conn, Eden Milroy, Marny Vonaschwege, Michael Stempek
March 27 - Paul Caira, Vincent Lopes Jr, Jacob Erlich, John Mulkern, Robert Anderson
March 28 - Eva Cardile, Carol Sanphy, Samuel MacDonald, Catherine Letourneau, Suzanne Gorham, Susan Gilbert, Jayne Lawton
March 29 - Sheila Christensen, Nancy Antrim
March 31 - Paul Tobin, Cynthia McCullough, Tuyet Tiffany Tran, Wendy Churchill, Dan Jarzylo
REMINDER: THE REGISTRY OF MOTOR VEHICLES NO LONGER SENDS REMINDERS THAT YOUR LICENSE HAS EXPIRED. PLEASE CHECK THE EXPIRATION DATE ON YOUR LICENSE , YOU MIGHT NEED TO RENEW.

MARCH HISTORICAL EVENTS

- March 1, 1872** - Congress authorized the creation of Yellowstone National Park.
March 7, 1876 - Alexander Graham Bell received a patent for his telephone.
March 12, 1912 - Girls Scouts of America were founded.
March 19, 1887 - Town of Nahant accepts "Central" or "Tudor Wharf".
March 19, 1918 - Congress approved Daylight Savings Time.
March 19, 1979 - United States House of Representatives began televising day-to-day business.
March 29, 1853 - Nahant incorporated as a separate town.