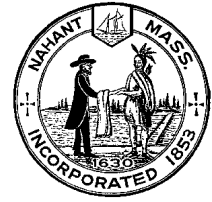


JANUARY 2016

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."*

Meet the Staff

Linda Spinucci-Peterson -
Executive Director
Penny Morse - Assistant
Arthur Barreda - Transportation
Jim O'Connor - Transportation
Pat Scanlon - Transportation

Nahant COA Board of Directors

Nancy Gallo - Chairman
Emily Potts—Treasurer
Joseph Benson -Secretary
Sheila Hambleton
Linda Jenkins
Sarah Risher
Angela Bonin

Friends of Nahant COA Executive Board

Linda Lehman - Co-President
Lana Mogan - Co-President
Mary Irene Dickenson - Treasurer
Margaret Silva - Secretary

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

Tel.# 781-581-7557

Visit us at:
www.nahantcouncilonaging.org

From the Director,

January – what do we do in January? What will the New Year bring? These are just a few questions on everybody's mind. Some of what we know about this upcoming year are; we will have a Leap Year, the Summer Olympics will be held in Rio, maybe a new Nahant selectman and definitely a new president of the United States. What will be happening at the COA in 2016? Read on.....

We tend to think about our health in the New Year. So to that end, on January 28th there will be a Health Day at the Senior Center. Greater Lynn Senior Services will be here with their roving Healthy Living Kiosk, Dr. Sanphy will be on hand, we will have an audiologist from Beltone conducting hearing test and Stephanie Abbott from All Care will be available with information from the All Care programs. Also we will be hosting a Charlie Card event. See our list of activities planned for the Health Day on page 7.

In 2015 the trips that brought the largest crowds were our trips to museums and the theater. So in 2016 we will plan more museum trips starting with the MFA on Thursday, January 7th, where we will view the exhibit, Dutch Painting in the age of Rembrandt and Vermeer. This year we will visit the North Shore Music Theater to see their opening presentation of Funny Girl, and will also attend performances at the Stoneham Theater.

Lastly, we will be sponsoring art shows here at the Council on Aging. We will feature local artist both professional and amateur. Look for the opening exhibit sometime in the spring.

HAPPY NEW YEAR !!!!!!!!!!!!!!!

Linda Peterson
Executive Director

TIFFANY ROOM HOURS

CLOSED - FRIDAY, JANUARY 1
CLOSED - MONDAY, JANUARY 18



"ON THE GO TRIPS & EVENTS"

- Thursday, January 7** **Museum of Fine Arts** Dutch Painting in the Age of Rembrandt and Vermeer. We will view an exhibition of 17th century Dutch painting including masterpieces never before seen in the United States! Admission is \$18.00. We will leave the Tiffany Room at 9:30. Plan to spend 2 hours at the Museum. We will stop for lunch on our way back to Nahant.
- Thursday, January 14** **Tiger's Den at Lynn Vocational Technical High School** Enjoy another wonderful luncheon at the Tiger's Den! If weather permits, we'll continue our outing with a trip to Ocean State Job Lots in Revere.
- Wednesday, January 20** **Lunch at Red's in Peabody**, and shopping at Special Thoughts in Danvers.
- Thursday, January 28** **Health Day** Tiffany Room 9:30 - 11:30. See page 7 for details.

NAHANT PUBLIC LIBRARY - WINTER HOURS



Tuesday and Thursday 12pm to 7pm

Wednesday and Friday 10am to 5pm

Saturday 1pm to 6pm

Sunday and Monday - Closed

781-581-0306

www.nahantlibrary.org

Please call for holiday information and events.



SAFE DRIVING TIP!

Do you have a handicapped placard? It is recommended by the Massachusetts Department of Transportation that the Handicapped Placard **NOT** be visible while you are driving. It is for the safety of everyone on the road and will insure optimal visibility for the driver.

SNOW DAYS!

In the case of inclement weather, the Tiffany Room will be closed ONLY when the Nahant Public Schools are closed.

NEW YEAR RESOLUTION



*"Make your smile change the world.
Don't let the world change your smile."*



MEET SHARON HAWKES, OUR NEW LIBRARIAN

Sharon Hawkes joined Nahant Public Library on December 7 as its new director. Raised in New York and Connecticut, Sharon had a 25-year career in the arts before turning to librarianship. Beginning in Maine in 2005, she began by shelving books, then worked as an administrative assistant for the director while completing a masters in library and information science from Syracuse University. After a year as administrative librarian, Sharon took a position as director of the Lenox, MA public library for 5 ½ years before coming to Nahant.

“One of my strongest beliefs about a town library is that it should respond to the needs and interests of its community,” said Sharon. “So far, I am learning that this community loves its rural feel and its history, and there is a lot of connection to art and nature. I am also interested in developing programs and services for Nahant’s older adults. The library has a winter delivery program for those who cannot come to us, and we will be exploring possibilities such as a town-wide book read, film series, exhibits, and lectures.”

COMING ATTRACTIONS

February 2	Tiger’s Den. Let’s find out what the students have cooking for us this month!
February 9 Make	Mardi Gras. Join us in celebrating “Fat Tuesday”. We’ll have a feast for lunch. Make sure to wear your beads of purple gold and green!
February 12	Valentine’s Day celebration. Food is Love! And our chef will be cooking up some love for us on Valentine’s Day.
February 15	President’s Day. Closed
February 24	Movie Day. Spend the afternoon enjoying popcorn, and a movie with friends.
February 29	Leap Year Celebration.

A Message from the SHINE (Serving the Health Insurance Needs of Everyone) Program:

You may have heard that the Medicare Part B premium is going up. However, this is not true for most people with Medicare.

Most people who had their Part B premium deducted from their Social Security check in 2015 will continue to pay \$104.90 per month. The reason is that there was no cost of living increase in Social Security benefits for 2015 and there is a law that prevents the amount of one’s benefit check from going down. For those who were not getting Social Security benefits in 2015 and those who enroll in Part B in 2016, most will pay \$121.80 per month.

There are exceptions based on income. All people with incomes higher than \$85,000 per year (\$170,000 for a couple) have higher premiums. They will pay between \$170.50 and \$389.80 per month for Part B, based on their income level. People with limited income and assets may qualify for a program that will pay their premium.

For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Call the Regional SHINE office at Mystic Valley Elder Services in Malden at **781-388-4845**. Please leave a message and a counselor will return your call within two business days.

TIFFANY CAFÉ LUNCH PROGRAM
Served everyday at 11:30 - 12:30
Reservations required 24 hours in advance
 Cost - \$3.00

FOOD SHOPPING PROGRAM

Tuesday	January 5	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	January 12	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	January 19	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	January 26	Market Basket and Vinnin Square	12:30 P.M.

COOKING FOR ONE OR TWO!

The Nahant Council on Aging is beginning a new series for the new year, "Cooking for One or Two". For the next few months we hope to bring you recipes and shopping tips to keep you and your budget healthy and happy. The following tips for reducing a favorite recipe comes from Julie Garden-Robinson, Ph.D., R.D., L.R.D. Food and Nutrition Specialist .

Reduce Your Favorite Recipes Choose recipes that fit with your tastes and time requirements. Whether you're a 20-something single person or an "empty nester couple" with grown children, you don't need to throw out your favorite family recipes. You can adapt many of them to fit your current household size. Try these tips to help reduce your recipes:

- Choose recipes that are easy to divide mathematically. In recipes calling for three eggs, use two eggs and remove 2 to 4 tablespoons of liquid (if present) from the recipe. Consult Table 1 to help you reduce recipes.
- If a recipe calls for a can of beans or soup and you would like to divide the recipe in half, use what you need and either refrigerate or freeze the remaining food. Label the container with the contents and date.
- Add seasonings gradually. Sometimes you may need to add more (or less) of the spice to reach the desired flavor.
- Check for doneness of halved recipes five to 10 minutes sooner than the original recipe.
- Keep notes about what works—and what doesn't!

Table 1: Reducing Recipes.

Making Half a Recipe

WHEN THE RECIPE CALLS FOR:	USE:
1/4 Cup	2 Tablespoons
1/3 Cup	2 Tablespoons + 2 teasp.
1/2 Cup	1/4 Cup
2/3 Cup	1/3 Cup
3/4 Cup	6 Tablespoons
1 Tablespoon	1 + 1/2 teaspoons
1 teaspoon	1/2 teaspoon
1/2 teaspoon	1/4 teaspoon

Making One-Third Recipe

WHEN THE RECIPE CALLS FOR:	USE:
1/4 Cup	1 Tablespoon + 1 teaspoon
1/3 Cup	1 Tablespoon + 2 1/3 teasp.
1/2 Cup	2 Tablespoons + 2 teaspoons

SALMON IN FOIL

Recipe courtesy of Giada De Laurentiis

Serves 4

Ingredients

- 4 (5 ounces each) salmon fillets
- 2 teaspoons olive oil plus 2 tablespoons
- Salt and freshly ground black pepper
- 3 tomatoes, chopped, or 1 (14-ounce) can chopped tomatoes, drained
- 2 chopped shallots
- 2 tablespoons fresh lemon juice
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme



Preheat the oven to 400 degrees F.

- Sprinkle salmon with 2 teaspoons olive oil, salt, and pepper.
- Stir the tomatoes, shallots, 2 tablespoons of oil, lemon juice, oregano, thyme, salt and pepper in a medium bowl to blend.
- Place a salmon fillet, oiled side down, atop a sheet of foil.
- Wrap the ends of the foil to form a spiral shape.
- Spoon the tomato mixture over the salmon.
- Fold the sides of the foil over the fish and tomato mixture, covering completely;
- Seal the packets closed.
- Place the foil packet on a heavy large baking sheet.
- Bake until the salmon is just cooked through, about 25 minutes.
- Using a large metal spatula, transfer the foil packets to plates and serve.

Nutritional Analysis Per Serving

Calories 300, Total Fat 18 g, Saturated Fat 3 g, Protein 29 g, Total carbohydrates 5 g, Sugar 3 g, Fiber 1.5 g, Cholesterol 78 mg, Sodium 213 mg.

Tiffany Café Menu

January 2016

"One should eat to live not live to eat"

~Moliere~

Monday	Tuesday	Wednesday	Thursday	Friday
4 Hot Dogs Beans Brown bread	5 Roasted Pork Chops in Red Peppers and Wine Potato Vegetable	6 Oven Fried Chicken Beans, Cole Slaw Salad	7 Chicken Pot Pie Garden Salad	8 Chicken Cordon Bleu Rice, Vegetable Salad
11 Pork Roast Potato Vegetable	12 Chicken Piccata Over Pasta Vegetable Salad	13 Roasted Eggplant and Mushrooms Tomato Sauce over Pasta Salad	14 TIGER'S DEN TIFFANY ROOM CLOSED FOR LUNCH	15 Soup And Quiche King Cake Party
18 CLOSED MARTIN LUTHER KING JR DAY	19 Spaghetti and Meatballs Salad Garlic Bread	20 Pork Tenderloin with Apples, Onions Potato Vegetable	21 Beef Stew	22 Cornish Hen In White Gravy With Mushrooms
25 Chicken Noodle Soup with BLT Sandwich	26 Meatball Stew with Green Beans and Potato	27 Chicken Cacciatore over Pasta Salad	28 Roast Turkey Stuffing, Mashed Green beans	29 Beef Stew from the South of France with Sweet Peppers Mashed Potatoes
			All lunches served with: Milk Bread & Butter Dessert	Menu is subject to change

HEALTH AND WELLNESS

Tuesday	Jan. 5	9:30 a.m.	Manicurist (sign up required) \$10.00
Tuesday	Jan. 19	9:30 a.m.	Manicurist (sign up required) \$10.00
Thursday	Jan. 28	8:30 a.m.	Dr. Sanphy—Podiatrist (sign up required)
Thursday	Jan. 28	9:00 a.m.	Blood Pressure Clinic
Monday	Jan. 26	9:30 a.m.	Hair Styling (sign up required)

EXERCISE/ACTIVITIES

Monday	9:00 a.m.	YOGA (\$5.00)	Tiffany Room
Monday	9:00 a.m.	Total Body Exercise	Community Center
Tuesday	9:00 a.m.	Quilting, crafts, crocheting	Community Center
Tuesday & Thursday	5:00 p.m.	Mat & Stretch Class	Community Center
Wednesday	9:00 a.m.	Total Body Exercise	Community Center
Tuesday & Thursday	10:30 a.m.	Chair Exercise	Tiffany Room
Friday	Jan. 22 9:00 a.m.	Total Body Exercise	Community Center

HEALTH DAY 2016!

THURSDAY, JANUARY 28, TIFFANY ROOM 9:30 - 11:30

☼ Get some tips around strengthening your balance and increasing your mobility at

The Kiosk for Living Well!

The Kiosk features fun experiences that promote overall health and wellness. A Move Safe Counselor joins us to evaluate and work with individuals or groups interested in improving their abilities to move safely around the community. An advisor will also guide anyone and everyone through a variety of brain games and trivia on our large, rolling touch screen computer. The possibilities at the Kiosk are limitless

☼ Dr. Mark Sanphy, PDM will be here to see his patients. Make your appointment in advance at the Tiffany Room. Make a new year resolution to practice good foot health in 2016.

☼ A Representative from Beltone will be here to do hearing evaluations and make suggestions that will help you develop a treatment plan that is unique to your needs. Good hearing lets you savor life. When it's easy to hear, it's easy to stay involved. Sharing laughter with loved ones, excelling on the job, remaining independent—good hearing is the key.

☼ A Representative from **ALL CARE VNA** will be here to explain the services available to you, and answer any questions you may have. All Care VNA offers a full range of home health care services including skilled nursing, rehab therapies, certified home health aides and patient education and support. Our award-winning caregivers work together with the patient's physician to implement home care, monitor progress and keep family members involved and informed.

Whether you or a loved one need long-term care for a disability or illness, or short-term help after a hospital stay or accident, All Care VNA services help you recover comfortably and safely in your own home.

☼ Fill out an application for The Charlie Card Program. The program uses a rechargeable reusable card to access public transportation, including the bus, the subway, the commuter rail and the ferry, at a discounted rate!

FOR A HEALTHY 2016, SLOW DOWN

Resolving to go easier can be a healthier way to live

by Ted Spiker, AARP The Magazine, December 2015/January 2016

Decrease the speed of your life and instantly boost your health. — Victor Prado
Gandhi once said, "There is more to life than increasing its speed." Nice sentiment, but the mahatma didn't have a smartphone that kept him connected 24/7.
The truth is that today it's all about speed. Whether we are making a meal, breaking a sweat or even visiting our doctor, life can move so quickly, we risk sacrificing effectiveness and enjoyment for efficiency.
The good news: Science (and common sense) shows us that sometimes it's better to slow down. In fact, we found a number of circumstances in which backing off can make you healthier and happier. So, think about taking it a bit easier the next time you're ...

Ready to Rise

Finally, a reason to linger in bed. It turns out that when you pop out of the sack quickly, sometimes your over-50 brain and body can't keep up, increasing the risk of a fall from light-headedness or a stumble due to painful joints or a cramp.

Your Slow-Down Strategy: Stretch in bed. The most effective move is called Thread the Needle, says Joel Harper, author of *Mind Your Body: 10 Core Concepts for an Optimally Balanced You*. It will loosen your outer hips and hamstrings, two areas that get notoriously tighter with age.
Here's what to do: Lie on your back with your knees bent and feet flat on the bed. Lift your left leg and cross your ankle over the top of your right thigh above the knee. Next, reach under your right thigh and pull gently toward you — feel it? Hold for five deep breaths, Harper says, and stretch each side twice.

Brushing Up

You'd better watch your mouth. Research shows that inflammation associated with gum trouble is linked to heart issues and dementia, although scientists have not found a direct cause and effect.
Your first preventive step? Be sure to control plaque, the sticky white stuff that furs your teeth along the gumline, says Jonathan B. Levine, a New York prosthodontist and oral health care specialist.
Your Slow-Down Strategy: Take your time. The average American brushes for only 45 seconds instead of the recommended two minutes, and only 15 percent of us make the effort to floss regularly. Try taking your toothbrush into the shower with you; you'll be more likely to brush longer. "The act of brushing and flossing physically removes the plaque from the critical space where the gum meets the tooth," Levine says. "This can't be rushed, and when we do rush, we press too hard." Pressing too hard, especially while brushing, strips the gums off the necks of the teeth, which makes teeth more sensitive, he says.

Moving Muscles

Strength training is crucial to healthy aging. It keeps muscles, bones and joints strong, as well as improves balance and helps prevent osteoporosis.
While working quickly in the gym has its benefits, "negative training" — taking longer on the "easy" part of the exercise instead of when pushing or pulling — may be best, says Ellington Darden, a leading expert in negative training and the author of *The Body Fat Breakthrough*. "It works the entire joint structure, which results in more strength, stability and range of motion," he notes.
Your Slow-Down Strategy: Take twice as long lowering weight as you do raising it. For example, if you are performing a squat, take four seconds to lower your body down and two seconds to push it up. Apply the principle when using weight machines or dumbbells, or doing body-weight exercises.

Getting Heated

The best way to defuse anger? Don't let it get going in the first place.
That's a challenge, biologically speaking: When angry, your body pumps out stress hormones such as cortisol and adrenaline, which further fuel your rage. If you're an over-60 male, decreasing testosterone can affect mood, working to make you angrier faster.
Your Slow-Down Strategy: Call a time-out, then hit reset by going for a walk, listening to soft music or taking a few deep breaths before reengaging, says Elinor Robin, a mediation expert based in Boca Raton, Florida. "If everybody is willing to slow down, we can trick our basic biology, and then we have a better outcome in the end," she says.

Get the latest tips on protecting your health — AARP Health Newsletter

PUZZLE OF THE MONTH



ACROSS

1. Chunk
5. Chaff
10. At one time (archaic)
14. Component of mammalian urine
15. New Zealand native
16. Mentally irregular (slang)
17. Fluff
18. Person
20. Honors
22. Estate
23. Fury
24. Iron
25. Underling
32. Nautical miles
33. Christmas song
34. Animal doctor
37. Haughtiness
38. Exploded stars
39. Sheltered nook
40. 2,000 pounds
41. Pertaining to the moon
42. Bottoms of shoes
43. Captivity
45. Sporting venue
49. Santa's helper
50. Goddess of divine retribution
53. Implement
57. Beyond belief
59. Street
60. Sow
61. Delete
62. Lawn mower brand
63. Female sheep (plural)
64. Daisylike bloom
65. Flower stalk

DOWN

1. Quiet time
2. Murres
3. List of options
4. Nationalists
5. Grinned
6. Bronzes
7. 16 1/2 feet
8. Dry
9. Marry
10. Church officer
11. Awaken
12. Skims
13. Metalwares
19. Drive forward
21. Makes a mistake
25. Three-handed card game
26. Pearly-shelled mussel
27. Brought into existence
28. Graphic symbols
29. Pertaining to the oceans
30. A kind of macaw
31. Foot digit
34. Mouselike animal
35. Not odd
36. Exam
38. Religious sister
39. Pleasures
41. Rental agreement
42. Consciousness
44. Superficiality
45. Licoricelike flavor
46. Regenerate
47. Master of ceremonies
48. Geeks
51. Bright thought
52. Knights
53. If not
54. Part of a plant
55. Concern
56. Biblical kingdom
58. Louisville Slugger

CONGRATULATIONS
TO
OLIVIA BRAND



DO YOU HAVE A FEW HOURS TO GIVE?

The Council on Aging is looking for volunteers to help
with the lunch program.

Lunch is served Monday through Friday
from 11:30 -12:30.

Volunteers are needed from 11:00-1:00.

If you can volunteer one day a week or even one day a month,
contact Linda Peterson at 781-581-7557.



The staff of the Nahant Council on Aging and the members of the Friends of the NCOA wish all our readers and guests happiness and health for the New Year, 2016. We also wish to thank everyone in our community who have supported us in numerous ways this past year. HAPPY NEW YEAR!!

Friends of Nahant COA Executive Board

Linda Lehman - Co-President
Lana Mogan -Co- President
Mary Irene Dickenson - Treasurer
Margaret Silva Secretary

FRIENDS

CORNER

NEXT MEETING JANUARY 13 AT 10:00 TOWN HALL

Help Support the Friends of the Nahant Council on Aging

Please accept my tax-deductible donation as a supporting member:

____ Individual \$10.00 ____ Good Friend \$25.00 ____ Great Friend \$50.00

Name _____ Address _____

Email _____ Phone _____

Please accept my tax-deductible donation of \$ _____ In memory of _____

Person's name _____ In honor of _____

Donated by _____ In appreciation of _____

Address _____

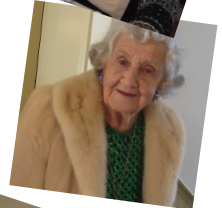
Please make checks payable to: **Friends of the Nahant Council on Aging**
334 Nahant Road, Nahant, MA 01908

"Christmas on the Air"

Stoneham Theatre



Newport Mansion Tour



CHRISTMAS PARTY!



All of the guests at the Tiffany Room would like to thank the **Friends of the Nahant Council on Aging** for the beautiful Christmas decorations and delicious and festive New Year Luncheon. They really put us in the holiday spirit!

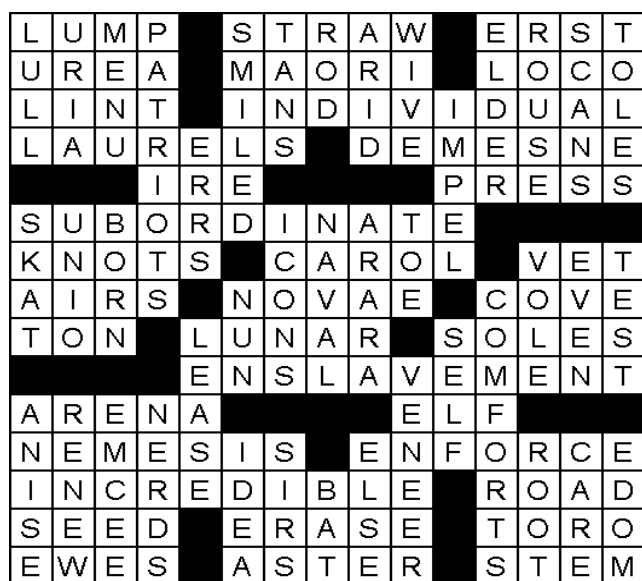


Thank you to the first and second grade students and teachers of the Johnson School for the wonderful entertainment they provided at our Christmas Party!

MERRY CHRISTMAS!

JANUARY BIRTHDAY CELEBRATIONS

January 3—Francesco Macera, Rudolf Zuckerstatter
 January 4—Alice Forbush, Gertrud Joyce, Donald Polcaro
 January 5—Kathryn Elbel
 January 6—Dorothy Hagoort, Robin Destefano
 January 7—Neang Nget, Dorothy Johnson, Mary Brown, Carolyn Manley, Stephanie Matt
 January 9—Stojan Maksimovic, James Shea
 January 10—Richard Beaton, Leonard Kavanagh
 January 11—Edward Lonergan, Frances Ahern, David Carter
 January 12—Maryann Parr, Michael Bragdon, Joseph Fernald
 January 13—Joseph Alessi, Marie Bongiorno, Gail Guiney, Richard Eriksen
 January 14—Edith Hunnewell, Jean Sigourney, Deborah O'Connor
 January 15—Gertrude Landergan, Polly Bradley, Mary Myers, Robert Scanlan
 January 16—Kalliope Koukounaris, Gloria Barbacoff
 January 18—John Flebbe, Michele Visita
 January 19—John Dorlando, russell Gale
 January 20—William Hatfield, Joan Kavanagh
 January 21—John Dineen, Rosa Melanson, Richard Lombard, Nancy Chislak, Robert Gilbert
 January 22—Peter Elias, Alison Connolly
 January 23—Judith Day, Bonnie Bishop, Christina Priftakis
 January 24—Frances Moleti, Maria Bello, Bonnie Lamando, Alexis Murphy, Cynthia Costin
 January 25—Robert Vallee, Emily Potts, Richard Arzillo
 January 26—Angelina Pitsas, William Kelley, Susan Arzillo, Marie Esler-Abbott, John Caprio
 January 27—Barbara Alessi, Patricia Adolph, Frank Pitzi, Lawrence Mason, Alice Cort
 January 28—Norma Brooks, Alexander Morrison, Marsha Billias, William Murphy, Gayle Poulin
 January 29—James Munro, Bernadetti McCaffrey, Edward Poulin, Maria Rynne
 January 30—Gerald Butler, Patricia Caproni, Wayne Papagelis
 January 31—Edwin Peterson, William Schumann, Bonnie Dorlando, Paul Nardone



**THANK
YOU...**

**To everyone
who
participated in
our
“giving tree”
this Christmas
season.**

**Your generosity has made a difference in
the lives of a local Nahant family in need.**

