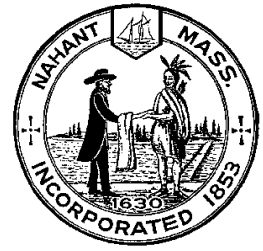


January 2017

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

Angela Bonin—Vice Chairman

Emily Potts—Treasurer

Joseph Benson -Secretary

Sheila Hambleton

Linda Jenkins

Carol Sanphy

Marcia Divioll

Lollie Ennis

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,

The holidays are over, the snow birds have flown south, and the kids are back to school so everything is getting back to normal. They say we are in for an above average snow fall this season. Are we all ready? The COA is ready with a group of Nahant residents lined up to help our seniors shovel. Remember 2014? If you are in need of some help with shoveling this winter give the COA a call and we will provide you with a list of Nahant residents that will shovel for a small fee.



Linda Peterson
Executive Director

Tiffany Room Hours

January 2017

Monday-Friday 9:00-1:00

CLOSED

New Year's Day Observance, Monday, Jan. 2

Martin Luther King Jr. , Monday, Jan. 16

EVENTS, TRIPS - ON THE GO!

- Wed., Jan. 11** **Mall Shopping.** Take advantage of the post-holiday sales! The bus will drop you off at the main entrance to the North Shore Mall and pick you up with all your bargains at 2:00. You can choose to eat when and where you want. The bus will leave the Tiffany Room at 10:00.
- Thurs., Jan. 12** **BSO Open Rehearsal.** Barber, Riley and Elgar. English conductor Bramwell Tovey is joined by virtuoso American organist Cameron Carpenter, who makes his BSO subscription series debut in a work written for him, *At the Royal Majestic*, by the innovative American composer Terry Riley, a founding father of musical minimalism. The performance is expected to be approximately 90 minutes. Ticket price is \$22.00. The performance is expected to last approximately 90 minutes. The bus will leave the Tiffany Room at 9:00.
- Wed., Jan. 18** **Movie and Lunch.** Lunch at Uno's or The 99 Restaurant. Depending on the movie show-time, we'll grab a bite and enjoy a recently released film. Save room for pop corn! More information will be available the closer we get to the date. We'll plan to leave around 11:00.
- Fri., Jan. 27** **Tiger's Den.** The students at Lynn Vocational Technical Institute in Lynn are hard at work "cooking up" some delicious luncheon specials for us during this cold winter month! The cost of lunch is \$10 and includes gratuity. Our bus will leave Nahant at 11:00. Join us!

COMING ATTRACTIONS

- Thurs., Feb. 2** **Paint Party.** Have you secretly dreamed of being an artist? Discover your creativity at the Tiffany Room during a relaxing afternoon of painting with instructor Marty Taylor. You'll be amazed at your hidden creativity! Cost is \$30 and includes EVERYTHING you'll need. Light refreshment will be served.
- Tues., Feb. 14** **Valentine Luncheon.** Share the LOVE at the Tiffany Room!
- Tues., Feb. 28** **Mardi Gras Celebration.** Celebrate Fat Tuesday at the Tiffany Room!

THANK YOU!



Thank you to everyone who donated gifts to Toys for Tots and food for St. John's Food Pantry.

Your generosity is very much appreciated by so many.

Each of us gave just a little something, but together we made a BIG difference.



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

HAPPENINGS AROUND TOWN

Friday, January 5

Nahant village Church Breakfast. The next Nahant Community Breakfast will be held on Friday, January 6th. It will feature a presentation by SWIM President Vi Patek. Learn how trees affect every day of our life in Nahant and enjoy magnificent photographs of our trees, many of which were taken by our own gifted Nahant photographer, Robert Wilson. This is also an opportunity to welcome and meet Rev. Laura Biddle who will begin her Interim Ministry at the Village Church on January 2nd. **The free breakfast starts at 8 a.m.** Please plan to come for a hearty breakfast, an informative presentation and wonderful camaraderie. **All are welcome. Spread the work and bring a family member or friend.**

Tuesday, January 17

Northeastern University Marine Science Center Public Lecture Series. 7pm
Protecting Boston's Most Urban River: ...Restoration on the Mystic River.
Countless Boston drivers travel over the Tobin Bridge or along Rt. 93 without noticing the Mystic River flowing past. One of the three major rivers of Boston Harbor, the Mystic is utterly urban, and yet still home to the second largest annual river herring migration from ocean to fresh water in Massachusetts. This talk will show how citizen science programs document and aim to reverse the negative water quality and ecological effects of urbanization.

Saturday, January 27

POTLUCK AND SILENT MOVIE NIGHT AT THE VILLAGE CHURCH. Bring your favorite dish to share at the upcoming potluck supper to be held on Saturday, January 27 at 5:30 p.m. At 7:00 p.m. we will be showing the silent movie "Speedy" by Harold Lloyd with live accompaniment by Rob Humphreville on the piano. This is a NOT TO MISS event! Admission for the silent movie is \$20, \$18 if tickets are bought before January 1. Contact Marrit Hastings at 781-581-5691 for tickets or more information regarding this event.

PHILIP C. JOYCE



This past September, the Tiffany Room was saddened by the loss of one of our regular guests, Philip Joyce. He attended the Valley Road School in Nahant and Lynn English High School. During the Korean War, he enlisted in the US Army and served in the Communications Corps. He was a long time Professor of public speaking and debate teaching at Rhode Island College, and also taught at Northeastern University and Framingham State University. For many years, Phil served on the Board of the Greater Lynn Council of Churches representing the Nahant Village Church.

Philip will missed at the Tiffany Room, as well as many other community organizations here in Nahant. The COA sends its heart-felt condolences to his wife, Trudy, his family and friends.

NAHANT PUBLIC LIBRARY - HOURS

Tuesday and Thursday 10am to 7pm

Wednesday and Friday 10am to 5pm

Saturday 12pm to 4pm

Sunday once a month

Monday - Closed

781-581-0306

www.nahantlibrary.org

Please call for holiday information and events.



OUTREACH



In an effort to meet our Mission the Nahant COA provides a variety of services to the members our community and surrounding areas.

NAVIGATE NAHANT

The Nahant Public Library in collaboration with the COA is pleased to provide home delivery system to our library patrons. **Navigate Nahant** brings library materials to individuals who are unable to come to the library due to illness, disability or restricted mobility. This is FREE of charge and is available on a long-term or short-term basis.

Contact the Library at 781-581-0306 to sign up for the **Navigate Nahant Program**.

VETERAN'S FOOD PROGRAM

If you are a veteran, widow or widower, or dependent of a veteran, the **Food Distribution Program** in partnership with the COA provide monthly delivery of fresh and non-perishable foods. The food distribution program is held the first Wednesday of the month from 10:30-11:30 at the Town Hall. For more information please contact Veteran's Service Officer, Jon Lazar at 781-581-0018, or 781-599-1948.

Are you or someone you know in need of medical equipment? The COA has a variety of **medical equipment for loan** to members of the Nahant community. Contact the COA office to inquire about availability.

Keep on top of your health with our **monthly medical clinics**. Nurse Beverly Carr is here on the third Thursday of the month for Blood Pressure checks. Podiatrist, Dr. Mark Sanphy is also available for appointments here at the Tiffany Room. Call the COA for dates and times. Or check our monthly newsletter. Make your appointment soon!

781-581-7557

The Nahant COA has become a host site to assist the **Massachusetts Registry of Motor Vehicle** in some simple online transactions. You can renew your license, registration or make a change of address here at the Tiffany Room. To schedule an appointment call the COA at 781-581-7557.

YOUR SHINE REPRESENTATIVE

CHARLIE RANDALL

**will be at the Tiffany Room on Wednesday, January 11, from 1:00 - 3:00.
Make your personal appointment at the Tiffany Room.**

JOIN THE NAHANT COMMUNITY AT A CELEBRATION HONORING
OFFICER ARMAND CONTI
OCEANVIEW



SUNDAY, JANUARY 15, 2017 3:00 - 7:00

TICKETS AVAILABLE @ NAHANT POLICE STATION 781-581-12112

FINAL COUNT IS NEEDED BY JANUARY 8, 2017.



Come to the Mass. Memories Road Show

Share your Nahant photos and stories



WHEN:

Saturday, April 1, 2017 10:00 AM—3:00 PM

WHERE:

Nahant Town Hall

WHY:

YOU are Nahant! This program is a shared event to celebrate each person's history and contribution to our community, whether you have lived or worked here for generations or just moved to town. The Road Show brings Nahanters of all ages, ethnicities, and backgrounds together in one place and time.

HOW:

Stop by anytime during the event. Bring up to 3 photos (print or digital) that tell your Nahant history. The MMRS team will make copies of the photos and help you record your story. Together, we'll create an online snapshot of our community.

Questions?

Contact Sharon Hawkes at 781-581-0306 or shawkes@nahant.org

FREE



Brought to you by Nahant Public Library, 01908, Nahant Council on Aging, Nahant Historical Society, Nahant Public Schools, Nahant S.W.I.M. Inc., and Northeastern University Marine Science Center, with funding from the Friends of Nahant Public Library and Nahant Cultural Council

The Mass. Memories Road Show is produced by the Joseph P. Healey Library at UMass Boston and is co-sponsored by the Patricia C. Flaherty '81 Endowed Fund

TIFFANY CAFÉ LUNCH PROGRAM

Served everyday at 11:30 - 12:30
Reservations required 24 hours in advance, 781-581-7557
 Cost - \$3.00

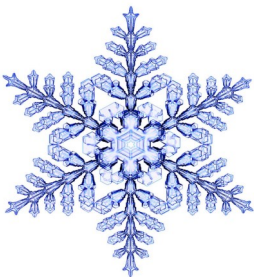
FOOD SHOPPING PROGRAM

| | | | |
|---------|---------|---------------------------------|------------|
| Tuesday | Jan. 3 | Market Basket and Vinnin Square | 12:30 P.M. |
| Tuesday | Jan. 10 | Market Basket and Vinnin Square | 12:30 P.M. |
| Tuesday | Jan. 17 | Market Basket and Vinnin Square | 12:30 P.M. |
| Tuesday | Jan. 24 | Market Basket and Vinnin Square | 12:30 P.M. |
| Tuesday | Jan. 31 | Market Basket and Vinnin Square | 12:30 P.M. |

VETERAN'S FOOD PROJECT

| | | | | |
|--------------------|--------------------|--------------------|---------------------|---------------------|
| | Feb. 1 2017 | Apr. 5 2017 | June 7 2017 | Aug. 2 2017 |
| Jan. 4 2017 | Mar. 1 2017 | May 3 2017 | July 12 2017 | Sept. 6 2017 |

PUZZLE OF THE MONTH



| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| G | F | I | G | U | R | E | I | T | R | E | S | S |
| R | O | M | A | N | C | E | A | F | T | E | R | W |
| A | G | F | R | I | E | N | D | S | H | I | P | A |
| N | C | O | M | B | I | N | A | T | I | O | N | L |
| D | X | S | U | O | C | E | N | T | E | R | B | T |
| I | R | P | S | R | R | R | I | G | H | T | N | Z |
| O | E | E | E | D | A | M | M | Z | C | A | S | S |
| S | C | C | U | E | Z | I | A | M | I | M | W | W |
| E | O | I | M | R | Y | C | L | G | T | O | E | E |
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| P | O | T | I | O | N | D | A | N | G | E | R | L |



after
animal

border

center
cities
cloud

combination
core
crazy

danger
difficult

figure
friendship

giant
grandiose

liar

made
mice
money
museum

potion

record
right
romance

school
special

thaw
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waltz
weevil
weigh
world

yell

MEDICARE INFORMATION!

HELP! Medicare Open Enrollment ended on December 7th : I still have a problem!

"My Medicare drug plan is too expensive! Can I still change my Plan?"

*If you have a **Medicare Advantage Plan**:*

between **January 1 and February 14**, you can leave your plan and switch to Original Medicare (A & B), but you **cannot** switch to another Medicare Advantage Plan. However, you can join a **Medicare Prescription Drug Plan** and a supplement or "**Medigap**" Plan.

*If you have **Prescription Advantage** you can change your drug plan one time per year.*

*If you have "**Extra Help**" to pay for prescription drugs or **MassHealth**, you can change every month.*

"My new plan doesn't cover one of my medications!" You are entitled to a "transition supply" -- a one month (30-day) refill.

In the meantime, call your doctor to change medications. Use the new plan's drug formulary to choose a medication that is on the list...(or you could change plans. See above.)

"My generic medication is now a Tier 4 and costs a lot more!"

Ask your doctor to contact the plan to request the previous Tier co-pay amount. (Or you could change plans. See above)

For these and other questions about your options call a **SHINE (Serving Health Insurance Needs of Everyone...on Medicare)** health benefits counselor. They offer free, confidential counseling on all aspects of health insurance and are available to meet you in your town. Call **1-800-AGE-INFO (1-800-243-4636)**, then press or say 3. SHINE is funded by the federal Administration on Community Living and is managed by the Executive Office of Elder Affairs in coordination with local organizations.

WINTER HEALTH TIPS!

We know winter can be a tough season of the year. Taking a proactive approach to winter safety challenges is the best way to prevent an injury or illness.

Seniors face different risks during winter months than younger adults. They range from higher rates of seasonal depression to hypothermia from poorer circulation.

As we head into the new year, here are a few tips you can use to make it a safe and healthy one.

- **Vitamin D deficiencies** are more common during the winter. Talk with your primary care physician to see if they recommend adding a vitamin D supplement to your daily routine.
- **Peak flu season** arrives in most parts of the country just after the holidays. Older adults are at higher risk for developing it. If your aging loved one hasn't done so already, encourage them to get a flu shot. It's one of the best ways to prevent being bitten by the bug.
- **Isolation is a health risk** for seniors who live alone. It often gets worse during the long, cold winters. Visit your local Council on Aging and see what types of activities are available to help beat the winter blues.
- **Storm ready pantry** helps reduce the risk for an injury. Keep your pantry well-stocked, as well as have an emergency supply of medication on hand, you may eliminate the need to have to leave the house during severe weather.
- **Prevent hypothermia** during the frosty months of the year. According to the Centers for Disease Control (CDC), older adults are at greater risk for it. Seniors make up more than half of the hypothermia-related deaths each year. Dress in layers to help them stay warmer. Loose-fitting clothing made of natural fabrics is best.



Tiffany Café Menu

2016

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



| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------------------------------|--------------------------------------------------------------|----------------------------------------------------------|-----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| NEW YEAR OBSERVANCE TIFFANY ROOM CLOSED | Salad Beef and Bean Chili Corn Bread | Grilled Pork Chops Roasted Peppers, Onions & Potatoes | Salad Chicken Parmesan | King Ranch Casserole King Cake Celebration (a little bit of France!) |
| French Toast Bacon Home Fries Fruit Salad | Baked Ham Au Gratin Potatoes Vegetable | Salad Chicken Stroganoff over Noodles | Meatloaf Potato Vegetable | Soup Shepherd's Pie Green Salad |
| MLK Jr. DAY TIFFANY ROOM CLOSED | Soup Pulled Pork Sandwiches French Fries | Salad with Grilled Chicken Baked Potato Soup | Salad Chicken Ziti Broccoli | Pot Roast Potato Vegetable |
| Beef Stew Potatoes | Spaghetti Meatballs, Sausages Garlic Bread Cesar Salad | Homemade Chicken Pot Pie on a Flakey Biscuit | Salad Pepper Steak | Tiger's Den Tiffany Room Closed for Lunch |
| Slow Cooker Maple Pork Ribs | Salad Mediterranean Pizza | | All lunches served with: Milk Bread & Butter Dessert | Menu is subject to change. Check on line to view any changes. |

HEALTH AND WELLNESS

| | | | |
|----------|---------|------------------|---------------------------------------|
| Tuesday | Jan. 3 | 9:30 a.m. | Manicurist (sign up required) \$10.00 |
| Tuesday | Jan. 17 | 9:30 a.m. | Manicurist (sign up required) \$10.00 |
| Thursday | Jan. 26 | 10:00-11:30 a.m. | Blood Pressure Clinic |
| Monday | Jan. 30 | 9:30 a.m. | Hair Styling (sign up required) |

EXERCISE/ACTIVITIES

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

RECIPE OF THE MONTH



SLOW COOKER MAPLE PORK RIBS

TOTAL TIME: Prep: 10 min.

Serves 2

Ingredients

- 1 pound boneless country-style pork ribs, trimmed and cut into 3-inch pieces
- 2 teaspoons canola oil
- 1 medium onion, cut into 1/4" slices and separated into rings
- 3 tablespoons maple syrup
- 2 tablespoons spicy brown or Dijon mustard

Directions

- In a large skillet, brown ribs in oil on all sides; drain.
- Place ribs and onion in a 1-1/2-qt. slow cooker.
- Combine syrup and mustard; pour over ribs.
- Cover and cook on low for 5-6 hours or until meat is tender.

Nutritional Facts

6 ounce-weight: 428 calories, 20g fat (6g saturated fat), 98mg cholesterol, 272mg sodium, 27g carbohydrate (24g sugars, 2g fiber), 31g protein.



November 30, 2016

We traveled back in time to the
Enchanted Village.
The blueberry muffins were
delicious!



CONGRATULATIONS!

The following people won
beautiful baskets at the
Christmas Fair:

| | |
|-----------------|---------------|
| Marsha Billias | Pat McArdle |
| Joanne Deiulis | Sharon Savage |
| Emma Green | Don Wilkinson |
| Kathie Hatfield | |

Thank you to everyone who supported the Friends of Nahant COA at this event. A special thanks to Gail Hyde who put all the baskets together. They were beautiful!



A jolly thank you
to everyone who
participated in our
Giving Tree this
year.



Your generosity
and kindness truly
made a difference
in the lives of a
local family.

Friends of Nahant COA Executive Board

FRIENDS

Linda Lehman - Co-President
Lana Mogan - Co- President
Mary Irene Dickenson - Treasurer
Margaret Silva Secretary
Friends meet the second Wednesday of each month.
FIN COM ROOM, TOWN HALL 10:00

CORNER

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 Nahant Council on Aging**

334 Nahant Road, Nahant, MA 01908

BIRTHDAY CELEBRATIONS

January 2 - Pamela Szostakowski, Jason Angiulo, Diane Mitrano
 January 3 - Rudolf Zuckerstatter
 January 4—Alice Forbush, Gertrud Joyce, Donald Polcaro, Helen Sisk
 January 5—Kathryn Elbel
 January 6—Dorothy Hagoort, Robin Destefano, Yocasta Bencosme
 January 7—Dorothy Johnson, Mary Brown, Carolyn Manley
 January 8 - Lauren Lacey
 January 9—Stojan Maksimovic, James Shea
 January 10-Richard Beaton, Leonard Kavanagh
 January 11-Edward Loneragan, Frances Ahern, David Carter, Sean Canty
 January 12-Maryann Parr, Michael Bragdon, Joseph Fernald, Nancy Sullivan Pantano
 January 13-Joseph Alessi, Marie Bongiorno, Gail Guiney, Richard Eriksen, Anna McGovern
 January 14-Edith Hunnewell, Jean Sigourney, Deborah O'Connor
 January 15-Polly Bradley, Mary Myers, Robert Scanlan, Susan Jones
 January 16-Kalliope Koukounaris, Gloria Barbacoff
 January 18-John Flebbe, Michele Visita
 January 19-John Dorlando, Russell Gale, Christine Johnson-Liscio, Susan Solomon
 January 20-William Hatfield, Joan Kavanagh, W. Boyan
 January 21-John Dineen, Rosa Melanson, Richard Lombard, Robert Gilbert
 January 22-Peter Elias, Alison Connolly
 January 23-Judith Day, Bonnie Bishop, Christina Priftakis
 January 24-Frances Moleti, Bonnie Lamando, Alexis Murphy, Cynthia Costin
 January 25- Emily Potts, Richard Arzillo, Maria Gregory
 January 26-William Kelley, Susan Arzillo, Marie Esler-Abbott, John Caprio, James Walsh
 January 27-Barbara Alessi, Patricia Adolph, Frank Pitzi, Lawrence Mason, Alice Cort
 January 28-Norma Brooks, Alexander Morrison, Marsha Billias, William Murphy, Gayle Poulin, John Tagliari, Michael Gomperts, Robert Rosetti
 January 29-James Munro, Edward Poulin, Maria Rynne
 January 30-Gerald Butler, Patricia Caproni, Wayne Papagelis, Gary Simons
 January 31-Edwin Peterson, William Schumann, Bonnie Dorlando



Would you like to have an event or other information included in next month's Tiffany Times?

Please submit your article to Penny Morse at pmorse@nahant.org, or drop it off at the office.



A special thanks to the Friends of Nahant COA.

The Christmas decorations were so festive.

All the guests and staff enjoyed them during this holiday season!