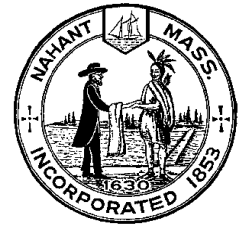


January 2020 *Nahant Tiffany Times*



*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

Nancy Maddocks - Assistant

Arthur Barreda - Transportation

Jim O'Connor - Transportation

Pat Scanlon - Transportation

Nahant COA Board of Directors

Marcia Divoll - Chairman

Angela Bonin - Vice Chairman

Lollie Ennis - Treasurer

Joseph Benson - Secretary

Sheila Hambleton

Linda Jenkins

Emily Potts

Carol Sanphy

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

Like us on Facebook:

**nahant council on aging and senior
community center**

From the Director,

To all my Tiffany Times readers



Linda Peterson
Executive Director

**HAPPY NEW YEAR
2020**

*Tiffany Room Hours
2020*

Monday-Friday 9:00-1:00

Closed

New Years Day, Wednesday, Jan. 1

Martin Luther King Day, Monday, Jan. 20

TRIPS, EVENTS...ON THE GO!

Wed., Jan. 8	Matinee Movie Day. Wednesday is Senior Discount Day at the Revere Cinema. Admission is \$7.50. Have lunch at the Tiffany Room before heading to the theatre or grab lunch at the food court. Popcorn and a soda is offered to seniors for \$4.50. We will decide on the movie when we get closer to the date. Bus will leave the Tiffany Room at 1PM.
Wed., Jan. 15	Sip & Paint Party 2PM. Paint the winter afternoon away! Come join Marty Taylor and the COA for an afternoon of painting and sipping the beverage of your choice. This event will be held at the Nahant Community Center—41 Valley Rd. Cost \$20.00.
Wed., Jan. 22	Exemption Meeting. Come meet the Assistant Assessor, Sheila Hambleton at the COA Tiffany Room. Sheila will be here to discuss the town's real estate exemption program at 6:00 PM. Hand outs will be available. If you have any questions contact the Assessor's office 781 581-0212.
Thurs., Jan 23	Exemption Meeting. For property owners who have retired Sheila Hambleton will be at the Tiffany Room at 12:15 PM to discuss real estate exemptions. If you have any questions contact the Assessor's office 781 581-0212.
Fri. Jan. 24	Chinese New Year. The Chinese New Year is Jan.25th. Lets celebrate the year of the rat and compare our Zodiac signs for the coming year! A Chinese luncheon will be served at the Tiffany Room 11:30AM. Don't forget to sign up.
Wed, Jan.29	Tiger's Den Lunch, Lynn Tech, LVTI. Tiffany Room Closed. The COA will be going to lunch at the Tiger's Den where the students are eager to show off their culinary skills. The cost of lunch is \$10.00 which includes gratuity. The bus will leave the Tiffany Room at 11:00AM. Make your reservation soon.

COMING ATTRACTIONS

Wed., Feb. 5	Peabody Museum, Peabody. Let's get out for an afternoon and walk off our lunch. We will be going to the Peabody Museum to see the new 3-story extension. Leaving the Tiffany Rom at 1pm. Sign up soon! \$18pp.
Fri., Feb. 14	Valentine's Day Luncheon. "Share the LOVE" at the Tiffany Room Valentine's Day! Come join us for a cozy Valentines Day Luncheon. Lunch is served at 11:30AM.
Tues. Feb. 25	Beacon Café, North Shore Community College, Middleton, MA. Lunch will be served by student culinary chefs on the campus location. They will serve a surprise meal with multiple choices of either meat or vegetarian. This meal is certainly going to please all. A great price is offered at \$5pp. plus tip! The bus will leave the Tiffany Room at 10:15AM.
Tues. Mar. 3	Senior Entertainment Luncheon, The Malden Moose Restaurant, Malden. Tiffany Room Closed. The COA is going out to lunch for a spaghetti & meatball catered meal by Henry's at the Malden Moose. Also included is a 90 minute live oldies performance by entertainer Joey B- Bop! \$20pp. The bus leaves the Tiffany Room at 11:00AM. If you would like to meet up there that's great too. Just be sure to signup with the group.
Fri., Mar. 13	Boston Flower and Garden Show, Seaport World Trade Center, Boston. The 2020 show theme is "The Beauty of Balance", which is a key factor in design decisions for cultivating the garden just right for you. Group rate \$16pp. Sign up through Feb. 19th for discounted tickets. The bus will leave Tiffany Room promptly at 9AM.

HAPPENINGS AROUND TOWN

- Fri., Jan 10** **Nahant Community Breakfast, Nahant Village Church, 8AM.** The January breakfast will feature a presentation entitled: "It's Not Our Differences That Divide Us, It's How We Choose To Deal With Them." The presenter is Dave Joseph, Senior Associate of Essential Partners, an organization that was started about 30 years ago as the Public Conversation Project. Dave will speak about the challenges of strengthening community in an increasingly polarized world. He will address head-on the challenges of building trust and relationships when so many forces are working against those goals we profess to support. Dave will share a number of stories of how to engage across differences about controversial/critical issues in ways that preserve relationships and community, rather than fracture them. Transportation of elders to and from the breakfast at the Nahant Village Church can be made by calling the Tiffany Room a few days in advance of the breakfast at 781-581-7557.
- Wed., Jan. 29** **Special Town of Nahant Selectman Election, Nahant Town Hall.** The Town Hall will be open for voting from 7AM to 8PM in the lower level.
- Sat., Feb. 8** **Silent Movie Night, Nahant Village Church, 7PM.** The movie that will be shown is **The General** starring Buster Keaton with live piano accompaniment by Rob Humphreville. The movie was made in 1926 and it is considered one of the greatest movies of all time. The movie is preceded by a potluck supper at 5:30PM. Tickets are \$20pp. and can be obtained by sending a check payable to Nahant Village Church to PO Box 77, Nahant, MA 01908 or at the door. Seating is limited so we urge advance ticket purchase.
- Tues., Mar. 3** **Town Election Day, Nahant Town Hall.** The Town Hall will be open for voting from 7AM to 8PM in the lower level.

Happy New Year



NAHANT PUBLIC LIBRARY -

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.

Tides Fundraisers



1/13-SHS Swim & Dive Team

1/16-St. Mary's Indoor Track

1/27-SHS Girls Basketball

1/30-Johnson School PTO

10% of your food purchase will go toward the fundraiser listed above.



OUTREACH



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

TRANSPORTATION OPTIONS:

To a Medical Appointment: GLSS Medical ride runs Monday-Friday between 8am-4pm.

Call to schedule a ride: 781-477-4237
2 Days before appt.

To Anywhere: If you have a doctor-certified disability prohibiting you from using public transportation, you're eligible for affordable door-to-door service 365 days a year, throughout the N. Shore and Greater Boston area, thanks to the MBTA's "THE RIDE."

For more information:

- Call GLSS: 781-599-0110
- Visit the MBTA on line at www.mbta.com
- Call the MBTA at: 800-533-6282

Keep on top of your health with our **monthly medical clinics**. Nurse Debbie Murphy is here on the second 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

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.

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**.

"Connections" A Memory Café

Nahant Public Library

A program of Arts & Sharing

Meeting Every 2nd Thursday of Month

10:00–12:00 noon 15 Pleasant St., Nahant
Contact Shawkes@nahant.org

RSVP 781-581-0306

Offered for people with memory impairment and their caregivers.

YOUR SHINE REPRESENTATIVE

CHARLIE RANDALL

**will be at the Tiffany Room on Wednesday, Jan. 8, from 1:00 - 3:00.
Make your personal appointment at the Tiffany Room.**

Learn the Terminology

“Phishing” means sending widespread e-mails to gather personal information. While such e-mails may look like legitimate communications from reputable companies, they really come from con artists or criminals “phishing” for personal information. Often the “phisher” will send an email that links the user to a “spoofed” website.

“Spoofing” means duplicating a legitimate website, by including familiar logos and using a nearly identical website address or domain name, to solicit the user to submit personal information. Criminals often lure customers to “spoofed” websites using “phishing” type emails.



Raise Your Email Awareness

Eight Tips to Avoid Phishing Scams

1. Legitimate companies will not use email to ask for account information, passwords, etc.
2. Even if the email you receive has a “.com address” of a company you do business with, if it seems suspicious, you should call the company directly.
3. Watch out for emails claiming to alert investors to a breach of security and asking you to submit personal information- this is another version of a phishing scam.
4. When in doubt about suspicious, unsolicited e-mails, just hit the “delete” key.
5. Beware of unfamiliar or misspelled company names. If the address that comes up in your browser does not match the name of the company you are used to, beware.
6. Beware of all numbers before the site name. For example, if you look in the address bar and see <http://1248395.www>. Legitimatecompany.com, chances are it is a scam and not the website of the “Legitimate Company.”
7. Beware of keywords like “verify,” “account process” or “update” in the site name. For example, if the address bar says <http://accountverify.net>/legitimatecompany.com, do not be fooled.
8. When in doubt, test it out. Enter the legitimate company’s name into an internet search engine to see if the website listed in your results has the same address as the one soliciting you.

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. 7	Market Basket	12:30 P.M.
Tuesday	Jan. 14	Market Basket	12:30 P.M.
Tuesday	Jan. 21	Market Basket	12:30 P.M.
Tuesday	Jan. 28	Market Basket	12:30 P.M.

VETERAN'S FOOD PROJECT

Town Hall 10:30-11:30 a.m.

Jan. 8, 2020	Mar. 4, 2020	May 6, 2020	July 1, 2020	Sept. 2, 2020
Feb. 5, 2020	April 1, 2020	June 3, 2020	Aug. 5, 2020	Oct. 7, 2020

SPICE CAKE WITH CREAM CHEESE FROSTING



Cake Ingredients

- 1/2 Cup Applesauce
- 1/2 Cup Sweet Potato Puree
- 3/4 Cup 2% Milk
- 1/3 Cup Canola Oil
- 1 1/2 TBSP Cider Vinegar
- 2 Cups Flour
- 1 Cup Sugar
- 1 TBSP. Cinnamon
- 1 Tsp. Ground Ginger
- 1/2 tsp. Nutmeg
- 1/2 tsp. Allspice
- 1/4 tsp. Ground Cloves
- 1 tsp. Baking Soda
- 1 tsp. Baking Powder
- 3/4 tsp. Salt

1. Preheat Oven to 350 degrees.
2. Line a 9 x 13 pan with parchment paper.
3. Whisk together the applesauce, sweet potato puree, milk, oil, and vinegar.
4. Stir remaining cake ingredients in a second bowl, then fold into the wet ingredients.
5. Pour into the pan and bake for 27 minutes or until toothpick comes out clean.
6. Let cool completely before frosting.

Cake Directions

Frosting Directions

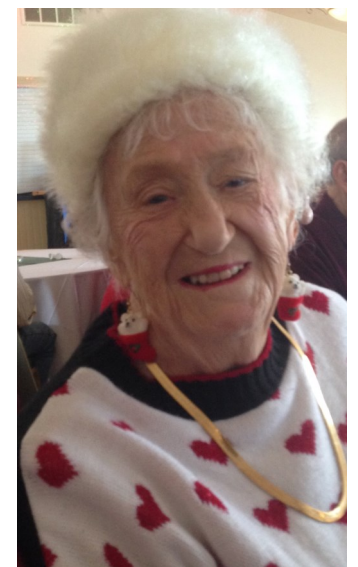
Frosting Ingredients

- | | |
|-------------------------|------------------------------|
| • 12 Oz. Cream Cheese | • 3 Cups Powdered Sugar |
| • 6 Oz. Unsalted Butter | • 1 1/2 tsp. Vanilla Extract |

Bring cream cheese and butter to room temperature. Beat ingredients with mixer.
 If the mixture is too thick, add a little milk; if too thin, add additional powdered sugar.



Christmas Party & Boxwood Trees





Tiffany Café Menu

January 2020

“One should eat to live not live to eat”
781-581-7557 ~Molier~



Monday	Tuesday	Wednesday	Thursday	Friday
All lunches served with: Milk Bread & Butter Dessert	Menu is subject to change	<div style="text-align: center;">  Tiffany Room Closed </div>	<div style="text-align: right;">1</div> <div style="text-align: right;">2</div> Brunch Egg Casserole Fruit Salad	<div style="text-align: right;">3</div> Chicken Cordon Bleu Casserole Veggie
<div style="text-align: right;">6</div> American Chop Suey Salad & Roll	<div style="text-align: right;">7</div> Roasted Chicken Thighs Oven Roasted Potatoes Greek Beans Salad & Roll	<div style="text-align: right;">8</div> Salisbury Steak Onion Gravy Potato & Veggie	<div style="text-align: right;">9</div> Baked Macaroni & Cheese Veggie	<div style="text-align: right;">10</div> Pork Tenderloin Roast Potato Veggie
<div style="text-align: right;">13</div> Beef Stew Salad & Roll	<div style="text-align: right;">14</div> Tuna Melts Fries Soup Salad & Roll	<div style="text-align: right;">15</div> Homemade Chicken Pot Pie Veggies	<div style="text-align: right;">16</div> Chili Cornbread Salad	<div style="text-align: right;">17</div> Seaside Pizza Salad
<div style="text-align: right;">20</div> <div style="text-align: center;">  Tiffany Room Closed </div>	<div style="text-align: right;">21</div> Shepherds Pie Vegetable Salad & Roll	<div style="text-align: right;">22</div> Pork Tenderloin Marsala Pasta Veggie	<div style="text-align: right;">23</div> Meatloaf Mashed Potatoes Veggie	<div style="text-align: right;">24</div> <div style="text-align: center;">  Chinese New Years Luncheon </div>
<div style="text-align: right;">27</div> Chicken Alfredo Vegetable Salad & Roll	<div style="text-align: right;">28</div> Steak & Cheese Soup Salad & Roll	<div style="text-align: right;">29</div> Tiffany Room Closed Join us at the Tiger Den Town Election	<div style="text-align: right;">30</div> Roasted Turkey Potato & Gravy	<div style="text-align: right;">31</div> Fish Chowder Salad

HEALTH AND WELLNESS

Monday	Every week	9:00 a.m.	Manicurist (sign up required) \$10.00
Thursday	Jan. 9	10:00-11:30	Blood Pressure Clinic
Tuesday	Jan. 28	9:30 a.m.	Hair Styling (sign up required)
Thursday	Jan. 23	8:30 a.m.	Dr. Curley—Podiatrist (sign up required)

EXERCISE/ACTIVITIES

Monday, Wed., Fri.	9:00 a.m.	Total Body Exercise (\$2.00)	Community Center
Tuesday & Thursday	10:30 a.m.	Chair Exercise	Tiffany Room
Tuesday	11:00 a.m.	Chair YOGA(\$2.00)	Community Center
Thursday	10:30 a.m.	Balance Class(\$2.00)	Community Center

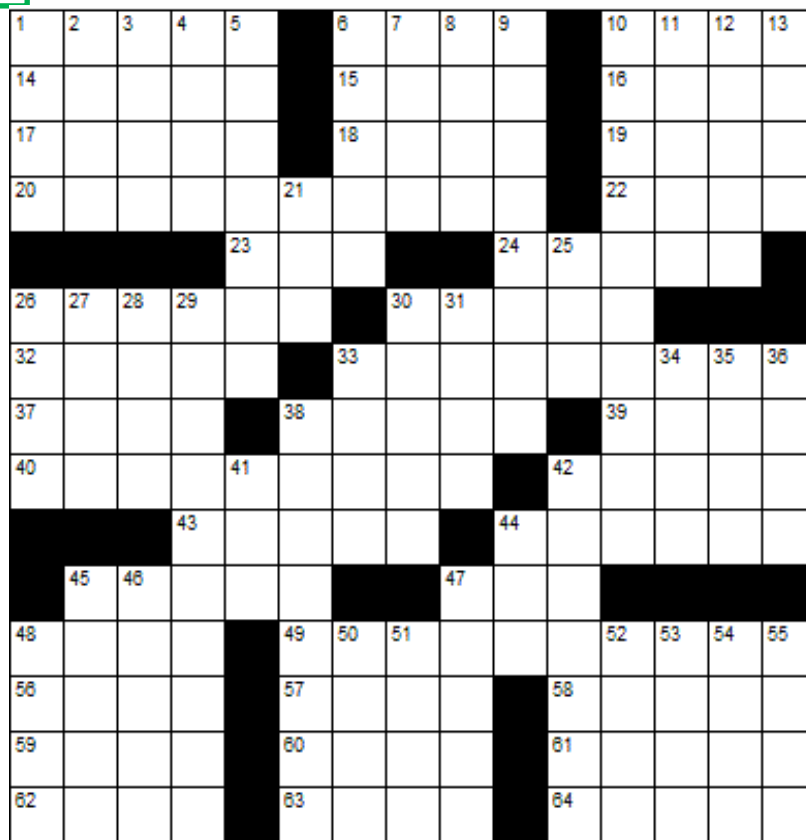
PUZZLE OF THE MONTH!

ACROSS

1. Noodles
6. Throat-clearing sound
10. Kaolin
14. Sea
15. Prospector's find
16. Fit
17. Refine metal
18. Nonclerical
19. Dogfish
20. From now on
22. Teller of untruths
23. Not used
24. Collection of maps
26. Flora
30. Small boat
32. African virus
33. Starting
37. Urarthritis
38. Data stream manipulator
39. Thug
40. Sings (to attract)
42. Reddish brown
43. Angered
44. Girdle
45. Substantial
47. Court
48. Lady's escort
49. The same backward as forward
56. Decorative case
57. Swill
58. Hermit
59. Roman emperor
60. Brute
61. Canker sore
62. Biblical garden
63. Found on most beaches
64. Encounters

DOWN

1. Ritzy
2. Crest
3. Observed
4. After-bath powder
5. Aerial
6. Bestow
7. Rime
8. Modify
9. Repairman
10. Rival
11. Female demon
12. Pseudonym
13. 365 days
21. Effeminate
25. 2,000 pounds
26. Pleads
27. Double-reed woodwind
28. See the sights
29. Change
30. Handed over
31. Anagram of "Sage"
33. Portend
34. Charged particles
35. Not a single one
36. Annoying insect
38. Temperate bog orchids
41. Louse-to-be
42. Goon
44. Bamboozle
45. Doled out
46. Habituate
47. Rubbed
48. Heredity unit
50. Diatom
51. Forsaken
52. Part in a play
53. A single time
54. Encounter
55. Makes a mistake



IT'S THAT TIME OF YEAR - AGAIN!

Ask Your Healthcare Provider whether shoveling or other work in the snow is safe for you.

Just make sure that **if you choose to shovel**, you take some precautions. Remember, when it's cold outside, your heart works double time to keep you warm. Strenuous activities like shoveling snow may put too much strain on your heart, especially if you have heart disease. Shoveling can also be dangerous if you have problems with balance or have "thin bones" (osteoporosis).

When the storms come rolling into New England, and onto our little island of Nahant, and you need assistance.....there are people who are available to help!

If you are willing to assist our seniors please contact us.

Contact the COA for names and contact information. 781-581-7557.



SNOW SHOVELING TIPS

Even for those who exercise regularly, shoveling snow is rigorous, physical work. According to the American Academy of Orthopedic Surgeons, shoveling is considered an intense activity that raises one's blood pressure and heart rate. Here are some tips for seniors - and others - for shoveling safely:

- **Dress appropriately.** Wearing layers will allow for adjustment to the temperature outside. Be sure to dress warmly enough and cover the head, face and hands when outside for prolonged periods of time.
- **Pick the right waterproof boots.** Protect feet from the cold and keep them dry with waterproof boots. Non-skid boots help guard against falls on slick snow or hidden ice.
- **Pick a small shovel.** Depending on how wet the snow is - a shovel full of snow can weigh up to 15 pounds! Selecting a smaller shovel means lighter loads of snow, which can help prevent injury to the body by creating less strain.
- **Stay hydrated.** Water plays an important role when people exercise in the summer or winter. Having a water bottle handy just inside the garage and taking a few sips after every 15 minutes of shoveling snow will help guard against dehydration.
- **Shovel frequently.** If a big storm is forecasted, go outside and shovel every time the snowfall is about 2 inches. This will help lessen the load and make snow shoveling more manageable.
- **Set a time limit.** Shoveling snow is hard work, so take a break after 20 - 30 minutes of shoveling and resume after having rested.
- **Lift with the legs, not the back.** The legs have very strong muscle groups so make sure the legs carry the brunt of the lifting. Bend and straighten the knees when shoveling and make sure the back is not bending.
- **Push the snow.** It's easier to push the shovel full of snow instead of lifting and throwing the snow.
- **Separate the hands on the shovel.** Creating space between your hands can increase leverage on the shovel to make it easier.
- **Avoid caffeine and nicotine before shoveling.** Caffeine and nicotine act as stimulants to our bodies by increasing the heart rate and constricting blood vessels, which puts more strain on the heart.
- **Never shovel alone.** Let a spouse or neighbor know you will be shoveling. That way, if a person does get into trouble someone will be looking out and can call for help quickly.

Wallpaperserif.com

*The Friends of the Nahant
Council on Aging
have recently received the following
donations:*

*Marvene Kasper
Harriet Magro
Rose Macera*

*In Memory of:
Josephine DeLuca*

*Alan Genosi
Frank & Rose Macera*

*In Appreciation of:
The COA Volunteers and Staff*

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 9:30

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 \$___ Other

Name _____ Address _____

Phone _____ Email _____

___ In Honor/Memory/Appreciation of _____

Please send gift notification to: _____

Donor name: _____

Address: _____

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

BIRTHDAY CELEBRATIONS

January 1- Christopher Newbury, Kim Yannetty
 January 2 - Pamela Szostakowski, Jason Angiulo, Diane Mitrano, Agostino Capobianco
 January 3 - Rudolf Zuckerstatter, Peter Hasak, Catherine Bourgeois, Wesley Chandler, Frank Lamacchia
 January 4—Gertrud Joyce, Helen Sisk
 January 5—Kathryn Elbel, Anthony Alessi, Mark Harrell
 January 6—Dorothy Hagoort, Robin Destefano, Yocasta Bencosme
 January 7—Dorothy Johnson, Mary Brown
 January 8 - Lauren Lacey, Christopher Billias
 January 9—Stojan Maksimovic
 January 10-Richard Beaton, Leonard Kavanagh
 January 11-Edward Lonergan, Frances Ahern, David Carter, Sean Canty , Ana Cunha-Martin
 January 12-Maryann Parr, Nancy Sullivan Pantano, Christine Blaski, Debra Duffy-O'Connor, Marilyn Girard
 January 13-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, Kathryn West
 January 16-Kalliope Koukounaris, Gloria Barbacoff
 January 18-John Flebbe, Michele Visita, Michael Tufts
 January 19-John Dorlando, Russell Gale, Christine Johnson-Liscio, Susan Solomon
 January 20-William Hatfield, Joan Kavanagh, W. Boyan, Kenneth Champion
 January 21-Rosa Melanson, Richard Lombard, Robert Gilbert
 January 22-Alison Connolly
 January 23-Bonnie Bishop, Christina Priftakis, Debra Baldwin
 January 24-Frances Moleti, Alexis Murphy, Cynthia Costin
 January 25- Emily Potts, Richard Arzillo
 January 26-William Kelley, Susan Arzillo, Marie Esler-Abbott, John Caprio, James Walsh, John Collins, Maureen Sinevski
 January 27-Patricia Adolph, Frank Pitzi, Lawrence Mason, Alice Cort
 January 28-Norma Brooks, Alexander Morrison, Marsha Billias, William Murphy, Gayle Poulin, Michael Gomperts, Allan Tassel
 January 29-James Munro, Edward Poulin, Maria Rynne , Eileen Peterson
 January 30-Gerald Butler, Patricia Caproni, Wayne Papagelis, Gary Simons
 January 31-Edwin Peterson, Bonnie Dorlando

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

Please submit your article to
 Nancy Maddocks at
nmaddocks@nahant.org,
 or drop it off at the office.

