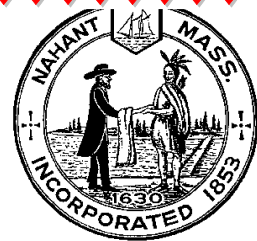


FEBRUARY 2016

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
Angela Bonin—Vice Chairman

Emily Potts—Treasurer
Joseph Benson -Secretary

Sheila Hambleton

Linda Jenkins

Sarah Risher

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

From the Director,

February is the shortest month of the year even in leap year February is still the shortest month. Every 4 years an additional day is added to February; why you ask? Here is a little history about why we have a leap year:

The Egyptians were the first to come up with the idea of adding a leap day once every four years to keep the calendar in sync with the solar year. Later, the Romans adopted this solution for their calendar, and they became the first to designate February 29 as the leap day.

Here are some Leap Year fun facts:

Leap year comes every four years and coincides with the Presidential election and the Summer Olympic Games.

Back in 5th century Ireland women are allowed and even encouraged to propose to men on Leap Day.

Those born on Leap Day are called Leaplings.

Leap Year babies are considered to have "unusual talents" and personalities reflecting their special talents.

Leap Year Movie – starring Amy Adams features the traditions of Leap Year.

The COA will be showing the movie "Leap Day" on Monday, February 29th at 12:30 in the Tiffany Room. Come for lunch and stay for popcorn and the movie.

Linda Peterson
Executive Director

TIFFANY ROOM HOURS

FEBRUARY

Monday - Friday

9:00 - 1:00

CLOSED - MONDAY,

FEBRUARY 15, PRESIDENT'S DAY



"ON THE GO TRIPS & EVENTS"

Tuesday, February 2	Tiger's Den at Lynn Vocational Technical High School for a wonderful lunch prepared for us by the students of the Culinary Arts Program. The cost is \$9.00. The bus will leave the Tiffany Room at 11:15.
Tuesday, February 9	Mardi Gras Celebration! Celebrate Fat Tuesday at the Tiffany Room! We'll feast on a wonderful meal with some French "flair" prepared by our volunteer chef Helene! Wear your purple, green and gold!
Friday, February 12	Valentine's Day Luncheon at the Tiffany Room. Enjoy a "LOVEly" luncheon with "sweet" entertainment and a few little surprises.
Wednesday, February 17	Lunch at the Century House in Peabody.
Monday February 29	"Leap Year" the Movie It only come once every 4 years! Spend the afternoon at the Tiffany Room with popcorn and friends and watch the movie <u>"Leap Year"</u> starring Amy Adams. Transportation can be provided on request.

COMING ATTRACTIONS

March 10	Shopping and lunch to be announced next issue
March 16	Boston Flower and Garden Show. Spring is in the air! Celebrate the bountiful benefits of the garden and learn how to keep yourself, and your garden, growing strong!
March 17	St. Patrick's Day "Wearing of the Green" Enjoy an Irish lunch at the Tiffany Room.
March 23	Movie & lunch to be announced next issue

HAPPENINGS AROUND TOWN

Nahant Community Breakfast, Friday, February 5th at 8 a.m. , at the Village Church. Nahant Town Administrator, Jeff Chelgren, will present the FY 2017 Town Administrator budget and review the draft Town Meeting Warrant Articles in preparation for the April 30, 2016 Annual Town Meeting. Transportation for elders may be arranged by calling the Tiffany Room a couple of days in advance of the breakfast.

Nahant Lion's Club Fundraiser at Tides, Thursday, February 11 from 6:00-9:00. Please join us for dinner and raffles. 10% of sales will be donated to the Nahant Lion's Club. See you there!

THE COA IS OFFERING SOMETHING NEW !

The Massachusetts Registry of Motor Vehicle is trying to decrease the wait times at registry branches by encouraging people to use online transactions in local community offices. The Nahant COA has become a host site to assist in the simple online transactions listed below:

- License Renewals (for licensed drivers younger than age 75)
- Registration Renewals
- Change of Address
- Duplicate License or Registration
- How to report a lost or stolen disability placard and how to request a replacement.



Beginning February 1, 2016 you may contact the COA 781 581-7557 and schedule an appointment to take care of any of the needs above. Our appointments will be on Wednesday and Fridays only from 10:00 – 12:00. You would need to bring the paperwork from the registry a valid license and a credit card for payment. If you have any questions please contact Linda Peterson, COA Director.

FEDERAL TRADE COMMISSION - NATIONAL DO NOT CALL LIST

You can reduce the number of unwanted sales calls you get by signing up for the **National Do Not Call Registry**. It's free. Visit www.donotcall.gov to register your number, or calling 1-888-382-1222 from the phone you want to register (TTY: 1-866-290-4236). If you register online, you will receive a confirmation email from donotcall.gov. You must click on the link in the email within 72 hours to complete your registration.

Most legitimate companies don't call if your number is on the Registry. If a company is ignoring the Registry, there's a good chance that it's a scam. If you get these calls, hang up and file a complaint with the FTC (Federal Trade Commission).

How long does it take?

Your phone number should show up on the Registry the next day. Most sales calls will stop once your number has been on the Registry for 31 days. You can verify that your number is on the Registry by visiting donotcall.gov or calling 1-888-382-1222.

If I register my number, will ALL unwanted calls stop?

No, the Do Not Call Registry prohibits sales calls. You still may receive political calls, charitable calls, debt collection calls, informational calls, and telephone survey calls. In addition, companies may still call if you've recently done business with the company, or if you've given the company written permission to call you. However, if you ask a company not to call you again, it must honor your request. Record the date of your request.

How long does my phone number stay registered?

Telephone numbers on the Registry don't expire. We only remove your number when it's disconnected and reassigned, unless you ask us to remove it.

I moved and got a new phone number. Do I need to register the new number? Yes.

Stopping Unwanted Calls

What can I do to stop unwanted calls?

Make sure your number is on the Do Not Call Registry.

Hang up on illegal sales calls. If your number is on the Registry, and you get a sales call, or you get an illegal robocall, don't interact in any way. Don't press buttons to be taken off the call list or to talk to a live person. Doing so will probably lead to more unwanted calls. Instead, hang up and file a complaint with the FTC.

Reporting Illegal Calls

Where can I file a complaint about an illegal sales call or a robocall?

To file a complaint, visit donotcall.gov or call 1-888-382-1222 (TTY: 1-866-290-4236).



FROM THE OFFICE OF THE TOWN CLERK

Dear Voter:

There are four (4) elections in 2016

Tuesday March 1, 2016	Presidential Primary (indicate which party ballot)
Saturday April 30, 2016	Annual Town Meeting/Election
Thursday Sept. 8, 2016	State Primary (indicate which party ballot)
Tuesday November 8, 2016	Presidential and State Elections

If you are unable to vote at the polls on Election Day due to:

1. Absence from the voter's city or town during normal polling hours;
2. Physical disability preventing you from going to the polling place;
3. Religious belief.

Please contact the Town Clerk for an absentee ballot application.

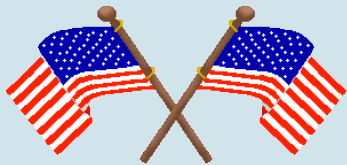
Margaret R. Barile (Peggy)

Town Clerk

781-581-0018

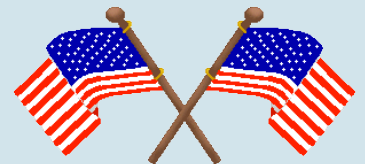
mbarile@nahant.org

Monday through Friday 8:00 - 12:00



**PRESIDENTIAL
PRIMARY
MARCH 1**

VOTE



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.

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

Cost - \$3.00

FOOD SHOPPING PROGRAM

Wednesday	Feb. 3	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	Feb. 9	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	Feb. 16	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	Feb. 23	Market Basket and Vinnin Square	12:30 P.M.

PUZZLE OF THE MONTH

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

SNOW DAYS!

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



Tiffany Café Menu Febraury 2016

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



Monday	Tuesday	Wednesday	Thursday	Friday
1 American Chop Suey Salad Garlic Bread	2 TIGER'S DEN CLOSED FOR LUNCH	3 Chicken Marsala Over noodles Salad	4 Sausages with sautéed Vegetable medley over Rice	5 Leak Soup Egg Souffle' with Tomato Sauce
8 Meatloaf Mashed potatoes Vegetable	9 MARDI GRAS! Pumpkin Soup Crepes King Cake!	10 Mac N' Cheese Tomatoes Ham	11 Stuffed Pepper Soup Panini Sandwich	12 Asparagus Risotto Salmon Salad
15 President's Day CLOSED	16 American Chop Suey Salad Garlic Bread	17 Salad Pizza Pasta Casserole	18 Roast Pork Roasted fingerling Potatoes Green Beans	19 BRUNCH: Fruit Salad, Bacon, Sausage, Pumpkin French Toast
22 Salad Chicken Milanese with Risotto Rolls	23 Shepherd's Pie	24 Chicken with Yorkshire Pudding, gravy, Potato Vegetable	25 Cheese Lasagna Garlic Bread Salad	26 Pork Tenderloin With Mushrooms and Potato
29 Asiago Chicken over Pasta Salad			All lunches served with: Milk Bread & Butter Dessert	Menu is subject to change

HEALTH AND WELLNESS

Tuesday	9:30 a.m.	Manicurist (sign up required) \$10.00
Tuesday	9:30 a.m.	Manicurist (sign up required) \$10.00
Thursday	8:30 a.m.	Dr. Sanphy—Podiatrist (sign up required)
Thursday	9:00 a.m.	Blood Pressure Clinic
Monday	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	9:00 a.m.	ZUMBA (\$5.00)	Community Center

RECIPE OF THE MONTH

Savory Spinach Chicken Recipe

Yield: 1 serving.

Ingredients

- 1 boneless skinless chicken breast half (5 ounces)
- 4 tablespoons Italian salad dressing, divided
- 3 cups fresh baby spinach
- Dash salt
- 1 slice provolone cheese (3/4 ounce)

Directions

1. Place 3 tablespoons salad dressing in a large resealable plastic bag; add the chicken. Seal bag and turn to coat; refrigerate for at least 2 hours.
2. Drain and discard marinade. In a small skillet, brown chicken on each side. Remove and keep warm.
3. In the same skillet, saute the spinach, remaining salad dressing and salt until spinach is wilted; drain.
4. Place chicken in a shallow baking dish coated with cooking spray.
5. Top with spinach and cheese. Bake, uncovered, at 350° for 18-22 minutes or until chicken juices run clear.

Nutritional Facts

1 chicken breast half (prepared with fat-free salad dressing) equals 250 calories
 9 g fat (4 g saturated fat) 91 mg cholesterol 761 mg sodium 6 g carbohydrate
 2 g fiber 36 g protein.



Compiled by Barbara Schuetz, editor and Karen Scales, assistant food editor, Cooking for 2 Magazine.

Tips to use when grocery shopping for two.

Grocery shopping can be a chore, especially if you're stocking up for just two people. Supermarket aisles are filled with family-size this and economy-size that. Packages scream, "Contains 33% more!" but more isn't always better.

So you have to do a little detective work to make the most of your shopping dollars...and discover ways to reduce waste and save money. These ideas can help.

Before You Go

- **Plan your meals.** A little planning will save you time and money in the long run. You'll be less likely to buy on impulse, and you'll cut down on waste.
- **Make a shopping list.**

At the Store

Each department of the grocery store offers downsized options for buying only what you need. Here's a tour:

- **Deli.** This is the perfect place to get the two or four slices of cheese called for in a recipe or a small block of cheese you can shred yourself. (A 4-ounce block will give you 1 cup shredded.)
- **Meat/Seafood.** Get to know the butcher. At many stores, they will re-package items for you in smaller quantities. Some stores display individual pieces of meat in a refrigerated case, and you can buy as many as you need. Seafood can be purchased the same way. If you have freezer space, you can also purchase larger packages and divide them up for freezing when you get home. Make sure you wrap the meat airtight and place in a resalable plastic freezer bag. Write the date on the label of each package
- **Produce.** Most fruits and vegetables can be purchased by the piece. Keep in mind that some produce items, such as apples and carrots, keep longer than others. And some, like berries and peppers, freeze well. Another option is convenient bags of frozen fruits and vegetables, which allow you to take what you need and put the rest of the bag back in the freezer.
- **Dairy.** Need eggs but not an entire carton? Ask your grocer if you can purchase a half dozen (half carton) of eggs. Or try liquid egg substitute. Each 4-ounce container is equal to 2 eggs, and the containers can be frozen. Also look for individual or quart-size cartons of milk and serving-size cups of cottage cheese. Remember, you can freeze packages of shredded cheese and sticks of butter.
- **Bakery.** Instead of picking up a package of hamburger buns in the bread aisle, check the in-store bakery. Many have a bulk section where you can buy individual sandwich buns, dinner rolls and mini baguettes. You can also buy individual pastries from the display case.



FEBRUARY IS HEART HEALTH MONTH



Heart disease is the No. 1 cause of death in the United States. Stroke is the No. 5 cause of death in the United States.

One of the biggest contributors to these statistics is a lack of commitment to a heart healthy lifestyle. Your lifestyle is not only your best defense against heart disease and stroke, it's also your responsibility. A heart-healthy lifestyle includes the ideas listed below. By following these simple steps you can reduce all of the modifiable risk factors for heart disease, heart attack and stroke.

- **STOP SMOKING**
- **CHOOSE GOOD NUTRITION** A healthy diet is one of the best weapons you have to fight cardiovascular disease.
- **LOWER HIGH BLOOD PRESSURE** Shake that salt habit, take your medications as recommended by your doctor and get moving. Those numbers need to get down and stay down. **An optimal blood pressure reading is less than 120/80 mmHg.**
- **BE PHYSICALLY ACTIVE EVERY DAY**
- **AIM FOR A HEALTHY WEIGHT** Good nutrition, controlling calorie intake and physical activity are the only way to maintain a healthy weight.
- **REDUCE STRESS** Laughter, physical activity and organizing your thoughts can be effective stress-management techniques. But something as simple as a short break can also be effective.
- **LIMIT ALCOHOL** Drinking too much alcohol can raise blood pressure, increase cardiomyopathy, stroke, cancer, and other diseases. It can contribute to high triglycerides and produce irregular heartbeats.



For more information visit <http://www.heart.org/HEARTORG/>

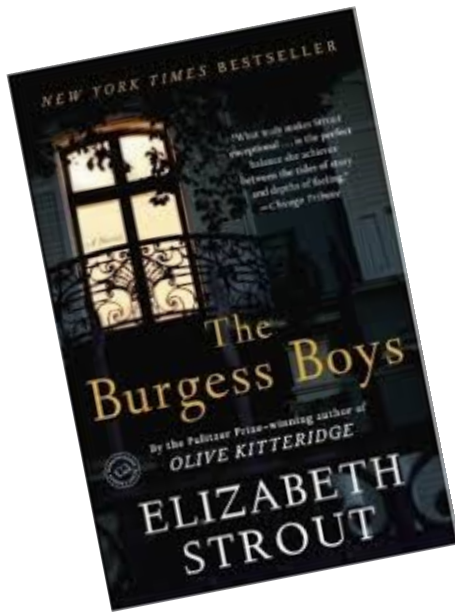
NEWS FROM NAHANT PUBLIC LIBRARY

Nahant Reads Together Kicks Off February 5

Nahant Public Library Director Sharon Hawkes invites the residents of Nahant and surrounding communities to join in reading one book during the cold winter month of February, with activities planned in March. Multiple copies of the book will be made available at the library and at the Nahant Community Breakfast on February 5, 8:00 a.m. at the Nahant Village Church. Ebook copies and an audiobook copy will be available also for anyone with a Massachusetts library card.

The novel is "The Burgess Boys," written by Pulitzer Prize-winning author, Elizabeth Strout, set in New York City and a fictional ex-mill town in Maine that sounds suspiciously like Lewiston. In the novel based on actual events, two lawyer brothers compete for acceptance as their nephew gets into legal trouble for rolling a pig's head into a mosque.

"We hope to use the book as a springboard for discussion about themes such as family loyalty, assumptions about people, and the refugee-immigrant experience in America," said Hawkes. "With so much being said in the presidential campaign about immigrants and the Muslim faith, we think it will be a timely topic." The book is appropriate for teens and up.



Activities related to the book will take place at the library on Thursday evenings in March at 7:00 pm, weather permitting. Snow dates will be held the following Friday. Activities will include a book discussion on March 10, a showing of the PG-13 movie "The Visitor" on March 17, and a panel on March 24 to answer questions about the Muslim experience in America. Readers may also respond online to discussion questions through the Nahant Public Library's Facebook page, beginning March 1.

For further information, or to schedule your own group's discussion of "The Burgess Boys," please contact Sharon Hawkes at shawkes@nahant.org or at (781) 581-0306.

NAHANT NAVIGATES

Navigate Nahant is a new program that brings library materials to individuals who are unable to come into the library due to illness, disability or restricted mobility. This is a collaborative program brought to you by the Nahant Public Library and the Nahant Council on Aging. Here's how it works; contact the Nahant Public Library, 781 581-0306 or email the library at Nahant.circ@gmail.com to sign up for the program. A catalog of new books and audio books will be mailed to your home. Once you made your selection, call the library to place your request. Requests must be made by Thursday before noon for a Friday delivery. The deliveries will be made each Friday by the Council on Aging in the new bus. At that time returns will also be picked up. This is a FREE service and is available on a long-term or short-term basis.

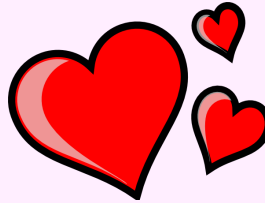
SMILE!



Visit us at:
www.nahantcouncilonaging.org



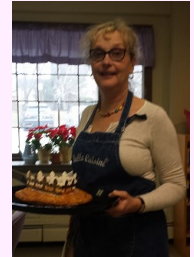
New Year Luncheon



KING CAKE!



LVTI
Tiger's Den



Friends of Nahant COA Executive Board

FRIENDS

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

CORNER

NEXT MEETING FEBRUARY 10 at 10:00 at 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**

BIRTHDAY CELEBRATIONS

February 1, - Edith Malatesta, Irene Cullinan, Richard Koehler, David Dunn,
Mark Lucantonio, Judith Vanloon

February 2, - Stephen Nicketakis

February 4, - Pauline Lavery, Ernest Priftakis, Gail Woodhead, Ronald Petrucci, Karen Regante

February 5, - Amelia Bik, Ronald Hanlon

February 6, - Phyllis Crifo, Diane Perepelitza

February 7, - John Quinn, Louise Andrews, John Vanmaanen, Sheila Barry,
Suzanne Hamill, Barbara Ryland

February 8, - Mark Connelly, Deborah Taylor-Smith

February 9, - Reno Pisano, Leone Barletta, James Konowitz, Jefferson Thomas

February 10- William Crawford, Peter Dawson

February 11- June Borys, Mary Evos, Eleanor Collins, Deborah Barnes, Francis Guidara, Beverly Dawson

February 12- Anna Dragon, Eugene Leblanc, Philip Joyce, Vittorio Capano, Mary Nagle, Barbara Sweeney,
Leonard Lemle, James Hart

February 13- Thomas Quinn, David James O'Neil

February 14 -William Zieman, Clement Trempe, Caren A. Cahoon, Frederick Ahern, Joan Bingham,
Christopher Battiston

February 15 -Lewis Moody, Guy Chretien

February 16 -Janet Munnelly, Wayne Wilson

February 17 -Eva Murphy, Mary Ellen Taylor, Jeanne Buckley, Kenneth Carpenter, Karen Savino,
Jeffrey Lewis

February 18 -Melinda Hatfield, Andrew Karl, Susan Alessi, Robert Goode, Roy Goode, Joanne Sullivan

February 19 -Paul Richardson

February 20 -Paul Gaudet, Geraldine Wittrock-Walton, Charles Langevain, Joseph Benson

February 21 - Pauline Anderson, Susan Hargraves, Mary Barletta

February 22 -Alicia Quinn, Donna Colitz, Linda Gardner

February 23 -Joseph Lamando, Thomas Donahue, Robert McCahey, Barbara Lambl, Michael Mahoney,

February 24 -John Patek, Ellen Klink, Ralph Colson, Salvatore Stano

February 25 -Elaine Budnik-Caira, Elizabeth Berman, Joseph Giunta

February 27 -James Carroll

February 28 -Richard Bailey, Margaret Tobin, William Edwards, Patricia Aswad

February 29 -Robert Lane, Michael Szostakowski, Maria DaSilva

SOLUTION

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

NEWSLETTER

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 it drop off at the office