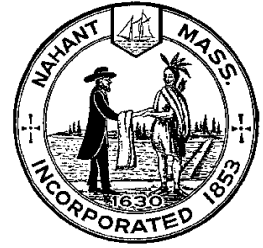


February, 2017

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,

Below is a beautifully written reflection about trees courtesy of Jim Walsh.

Trees take many years to become beautiful. They start out small and scrawny, and they need attention and care. Planting them is a lot of work for very little payback in the short-term. But over time, trees become big, beautiful, and useful.

When we plant trees, we are doing it for the people who will come after us. We care that this place will be beautiful for them.

To help them make decisions, some Native American tribes ask, "What will be the effect of this decision on the children to come after us seven generations from now?"

Seeing ourselves as part of life is truly a gift. We can feel the connections with those before us and those yet to be born. Let's do it with love.

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He that plants trees loves others besides himself.
--Thomas Fuller

Linda Peterson
Executive Director



Tiffany Room Hours

February 2017

Monday-Friday 9:00-1:00

CLOSED

President's Day, Monday, February 20

EVENTS AND TRIPS.....ONTHE GO!

- Wednesday, Feb. 1** **Painting Party.** 2:00-4:00. Paint the winter afternoon away with a few friends at the Tiffany Room! Instructor, Marty Taylor will guide us through the process of creating our own "masterpiece". You may discover that you are an artist extraordinaire! The cost for the afternoon is \$30 and includes all the supplies you will need. Light refreshments will be provided. You are also welcome to bring your own beverage.
- Sunday, Feb. 12** **Hillyer Festival Orchestra presents, The Best of John Williams and Friends: An Afternoon of Movie Music.** Swampscott High School, 3:00-4:30pm. The Orchestra has become a widely acclaimed Pops orchestra in the greater Boston area with spin off concerts in Marblehead, Salem, Lynn and for the Essex National Commission at the Hynes Auditorium in Boston. Recently, the HFO has been invited to close out the WCRB's Summer Concert Series at the Hatch Shell on the Esplanade. The senior group admission rate for this event is \$15. Transportation will be available if there are enough people that wish to sign up.
- Tuesday, Feb. 14** **Valentine Luncheon.** Join us at the Tiffany Room and enjoy a "LOVEly" luncheon and "sweet" entertainment.
- Tuesday, Feb. 28** **Mardi Gras Celebration.** "Fat Tuesday" feast before the Lenten fast. Enjoy a bowl of Shrimp and Sausage Paella and wear your green, purple and gold!

COMING ATTRACTIONS

- Wed., Mar. 8** **Shopping at Liberty Tree Mall.** Check out the new Spring fashions at Kohl's, Marshalls, Old Navy or Nordstrom Rack. Peruse the items in Michael's Craft Store, or the bargains at Dollar Tree. Drop off at 11:00 and pick up at 2:00.
- Friday, Mar. 17** **St. Patrick's Day Party.**
- Wed., Mar. 22** **Boston Flower and Garden Show.** This year's theme is "Superheroes of the Garden". Tickets are \$17.00. Sign up at the Tiffany Room.
- Mon., May 1** **Art in Bloom 2017** an exuberant spring festival at the MFA. Admission is \$23.00. there will be more details in next month's newsletter.
- Tues., June 20** **Tall Ships Cruise.** Plan ahead! Mark your calendars. We have booked seats on a 90 minute cruise to view the tall ships in June., followed by lunch at Maggiano's Restaurant in Boston. The cost for this full day outing is \$65.00.



HAPPENINGS AROUND TOWN

- Fri., Feb. 3** **Nahant Village Church Breakfast.** 8 a.m. "Wild Dolphins and Whales of Southern California." The film provides a beautiful, fascinating and informative look at dolphin and whale life. Captain Dave Anderson spent over five years producing this award-winning film. He filmed from the air and under the sea. This is an unforgettable safari of the wilds of Southern California and it will change your perceptions of the ocean and its inhabitants forever. The breakfast is free. Please plan to come for a hearty breakfast, an exciting documentary, and wonderful camaraderie. All are welcome. Spread the word and bring a family member or friend.
- Thurs., Feb. 9** **Nahant Lion's Club, Fundraiser at Tides.** 6:00-9:00pm. Please join the Community to support the Nahant Lion's Club. Food, drink, raffles and more!
- Thurs. Feb. 16** **In the Moment Memory Café.** 10:00-12:00 at the Lynn Museum, 590 Washington Street, Lynn. For people living with Alzheimer's disease and related dementias and their caregivers. All are welcome. RSVP to tlamberta@glss.net or 781-586-8540.
- Tuesday, Feb. 21** **Northeastern University Marine Science Center, Public Lecture Series. The Astonishing Diversity and Critical Importance of Microbes in Coastal Systems.**
- March 9, 10** **Johnson School presents, The Wizard of OZ.**
- Sat., April 1** **Massachusetts Memories Road Show.** 10:00-3:00. Nahant Town Hall. The Road Show is a free event that digitizes family photos and memories shared by the people of Massachusetts and includes them in the online archives at UMass Boston. Everyone who lives, studies, or works in Nahant is invited to share their family stories through up to three family photos. The photos will be scanned and returned to their owners at the event. Contributors can also share the story behind the photos on video, receive their own keepsake photo of the event, and receive advice from professional archivists and historians on dating and caring for their family photos. For further information about the event, please call Sharon Hawkes at 781-581-0306.



Need a hand digging out from under the snow?

Nahant COA has a list of people who may be able to help.

Contact Linda Peterson at 781-581-7557 for more information.

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 of 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**.

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

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.

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, Feb. 8, from 1:00 - 3:00.
Make your personal appointment at the Tiffany Room.

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	Feb. 7	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	Feb. 14	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	Feb. 21	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	Feb. 28	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
Mar. 1, 2017	May 3, 2017	July 12, 2017	Sept. 6, 2017

RECIPE OF THE MONTH

LAURIE'S MEATLOAF

This recipe was requested by our Tiffany Room patrons. They have asked the chef to make this for lunch every month. It is always a packed house on meatloaf day!

Ingredients

1 envelope Lipton Onion Soup mix (dry)
 2 lbs. ground beef (85% or 80% lean)
 5 slices fresh white bread, cubed (Wonder Bread is suggested)
 2 eggs
 3/4 Cup water
 1/3 Cup ketchup

Directions

- Preheat oven to 350°.
- Combine all ingredients in a large bowl.
- Shape into a loaf and place on 9x13 baking or roasting pan or * that has been greased.
- Bake uncovered for 1 hour.
- Let stand for 10 minutes before slicing.



* Try putting this mixture into muffin tins. Bake at 350° for 25-30 minutes or until a thermometer registers 160°. Let stand for 5 minutes. Freeze after cooking.

To use frozen meat loaves: Completely thaw in the refrigerator. Place loaves in a greased baking dish. Bake at 350° for 15 minutes or until heated through, or cover and microwave on high for 1 minute or until heated through.

What's up with winter weather?



It is important to know the terms used to describe changing winter weather conditions and what actions to take. These terms can be used to determine the timeline and severity of an approaching storm.

ADVISORY: The NWS issues a Winter Weather Advisory when it expects conditions to cause significant inconveniences and may be hazardous.

WATCH: The NWS issues a Winter Storm Watch when severe winter conditions, such as heavy snow and/or ice, may affect your area but the location and timing are still uncertain. A Winter Storm Watch is issued 12 to 36 hours in advance of a potential severe storm.

WARNING: The NWS issues a Winter Storm Warning when 4 or more inches of snow or sleet are expected in the next 12 hours, or 6 or more inches in 24 hours, or $\frac{1}{4}$ inch or more of ice accumulation is expected.

SO BE PREPARED.....

- Have battery operated flashlights, tea lights and lanterns. These items are safer than using candles.
- Keep your cell phone charged.
- Have an emergency contact list handy.
- Have extra blankets available.
- Have bottled drinking water on the self. And, by the way, you should DRINK 1 cup of water in the morning, 1 cup with every meal and 1 cup before bed.
- Buy some non-refrigerated milk (ex. Parmalat).
- Have canned food in your pantry as well as a hand operated can opener.
- Keep a shovel handy (indoors) so you can clear your doorway in case of an emergency.
- Register for CARE call. Apply at the Tiffany Room.
- Keep your prescriptions up to date. Always have a seven day supply at home.

THE TALL SHIPS ARE COMING TO BOSTON

in June!



The Council on Aging has planned a trip to view the Tall Ships on **June 20.**

We will be leaving Boston's Long Wharf at 11:00 for a 90 minute cruise, then we'll have a wonderful 3 course lunch at the famous Maggiano's Restaurant.

The cost of the trip is \$65.00.

Seating is limited, so sign up soon!



Tiffany Café Menu February 2017

*“One should eat to live not live to eat”
~Moliere~*



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Meatball Stew Potato Green Beans in Tomato	2 Salad Chicken Parmesan Pasta	3 Soup Leek Pie Risotto
6 Salad Spinach and Cheese Ravioli Meatballs Garlic Bread	7 Roast Pork Tenderloin Gravy Stuffing Vegetable	8 Salad Beef Chili	9 Chicken Pot Pie Mashed Potato Salad	10 Baked Salmon Vegetables Rice
13 Soup Baked Ham Potato Vegetable	14 	15 Grilled Pork Chops Roasted Peppers Potato	16 Meatloaf Mashed Potato Vegetable	17 Roasted Chicken Vegetables Salad
 20 President's Day Tiffany Room Closed	21 Smoked Sausage Rice Skillet Dinner Corn Bread Salad	22 Salad Chicken Pomodoro Noodles	23 Soup Ham and Cheese Quiche Home Fries	24 Beef in Beer Stew Mashed Potato Carrots
27 Hot Dogs Beans Brown Bread	28 Mardi Gras Celebration “Fat Tuesday” Shrimp and Sausage Paella		All lunches served with: Milk Bread & Butter Dessert	Menu is subject to change. Check our website for menu changes.

HEALTH AND WELLNESS

Tuesday	Feb. 14	9:30 a.m.	Manicurist (sign up required) \$10.00
Thursday	Feb. 16	10:00-11:30 a.m.	Blood Pressure Clinic
Monday	Feb. 27	9:30 a.m.	Hair Styling (sign up required)
Tuesday	Feb. 28	9:30 a.m.	Manicurist (sign up required) \$10.00

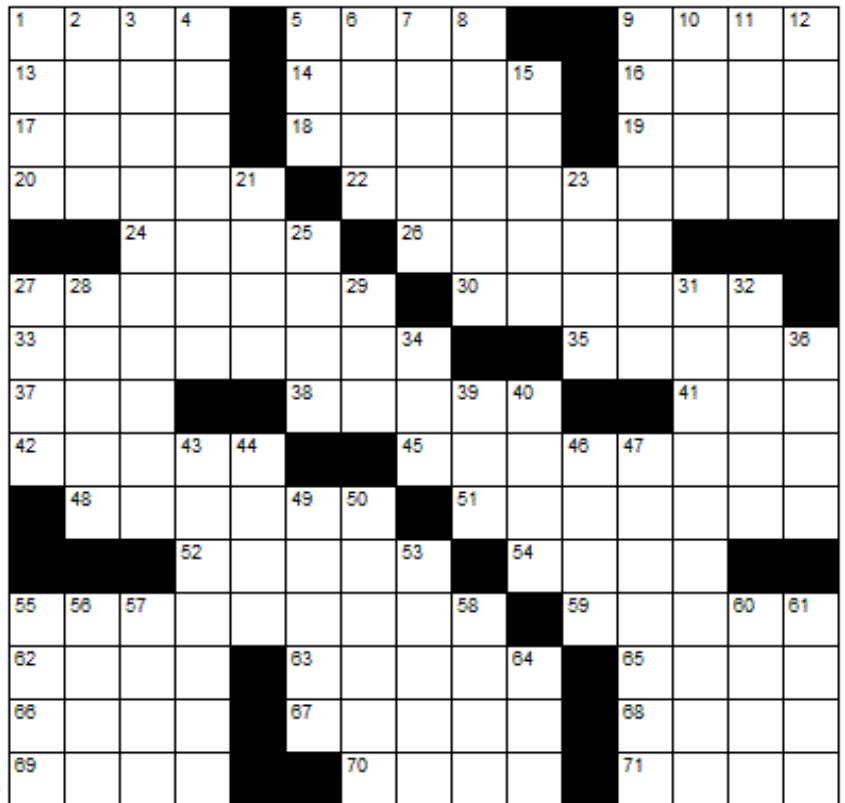
EXERCISE/ACTIVITIES

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

PUZZLE OF THE MONTH!

ACROSS

- | | |
|---------------------------------|---------------------|
| 1. Pear variety | 65. Satisfy |
| 5. Short run | 66. Rhythm |
| 9. Stepped | 67. Judges |
| 13. Countertenor | 68. Ear-related |
| 14. Ancient Mexican | 69. Bygone era |
| 16. Fully developed | 70. Recent events |
| 17. Bobbin | 71. Scallion |
| 18. Gift of the Magi | |
| 19. Distinctive flair | |
| 20. Fool | |
| 22. In a barely adequate manner | |
| 24. Prima donna problems | |
| 26. Heaps | |
| 27. Strong and proud | |
| 30. Accumulate on the surface | |
| 33. A through route | |
| 35. Anoint (archaic) | 51. Candidate |
| 37. Weep | 52. Open, |
| 38. Path | as a bottle |
| 41. Woman | 54. Exposed |
| 42. 1/100th of a ruble | 55. Ostracized |
| 45. Administrators | 59. Abrasive |
| 48. Ransom | 62. Region |
| | 63. A kind of macaw |



DOWN

- | | | | |
|------------------------------------|------------------------|---------------------|----------------------------|
| 1. Leavening agent | 10. Small brook | 31. Rejuvenate | 50. A wardress in a prison |
| 2. Margarine | 11. Iridescent gem | 32. Cacophony | 53. Wampum |
| 3. Mental representation | 12. Declare untrue | 34. Flee | 55. Tot |
| 4. A perfumed liquid | 15. Infant | 36. If not | 56. Chocolate cookie |
| 5. Water barrier | 21. French for "Black" | 39. Tin | 57. 365 days |
| 6. Unleavened bread | 23. Plateau | 40. A round handle | 58. Sketched |
| 7. Thin piece of wood or metal | 25. Hissy fit | 43. Teach | 60. Anagram of "Ties" |
| 8. Rupture in smooth muscle tissue | 27. Deficiency | 44. Gambling game | 61. "Darn it!" |
| 9. Treachery | 28. Mistake | 46. Nursemaid | 64. Donkey |
| | 29. Hearing organ | 47. Fire opal | |
| | | 49. Toward the out- | |

Welcome to
Heart Health Month



Wear red on February 5th
(the day nationally-recognized to wear red and promote heart health!).

Heart-Healthy Habits for Seniors (EVERYONE!)

Many seniors believe that heart disease risks are inevitable as they age. In truth, there are plenty of ways to keep your heart in great shape; start with these seven.

- 1. Get enough [exercise](#).** This means at least 30 minutes of exercise almost every day of the week.
- 2. Quit smoking.** If you do smoke, it's [time to quit](#).
- 3. Eat a heart-healthy diet.** Load up on fresh [fruits and vegetables](#) while limiting saturated fats, salt, and foods containing cholesterol, like fatty meats.
- 4. Watch your numbers.** Get regular check-ups to monitor health conditions that affect the heart, including high blood pressure, high cholesterol, and diabetes, and make sure they're under control with medication.
- 5. Reduce your alcohol intake.** Excess alcohol consumption can worsen health conditions that contribute to heart disease, like blood pressure, arrhythmias, and high cholesterol levels.
- 6. Minimize stress in your life.** Stress can compound many heart disease risks that seniors already face, steering you toward an unhealthy lifestyle. Find healthy outlets to relieve stress and lower your heart disease risk.
- 7. Watch your weight.** Too many pounds can add up to increased heart disease risk. To help prevent heart disease, maintain a healthy body weight for your size.

Working with your doctor can help keep health problems under control. It's never too late to start living a healthy lifestyle and getting your heart disease risks in check.





Toasting in the New Year!



King Cake Lunch on Epiphany



**Nancy is
proclaimed
King!**



South Boston, Feb. 1978.

Where were you?



The Tiffany Room
is happy to announce that
we will be displaying
students' art work!
These masterpieces from the
Johnson School are a
wonderful addition to our
dining room.
Thank you!



The Friends of the Nahant COA
recently received donations:

In honor of: Betty Macarelli.

Carol and Larry

Helen and Scott

In memory of: Genevieve Piasecki

In appreciation of: use of and loan of
medical equipment.

The Friends also received many
generous donations this past holiday
season.

The Friends and the COA are very
grateful for all of the support our
community of Nahant has shown us.



Do you have a few hours to give to your community?

Consider becoming a volunteer!

The Nahant COA is looking for people to escort our trips.

Consider becoming a Friend!

The Friends of the Nahant COA is a volunteer fundraising
organization that supports the efforts of the Nahant COA.

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

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

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

February 2, - Stephen Nicketakis, Sandra Shute

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

February 8, - Mark Connelly, Deborah Taylor-Smith, Paula Bethune, Francis Cullinan

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, Vittorio Capano, Mary Nagle, Barbara Sweeney,
Leonard Lemle, James Hart

February 13- Thomas Quinn, David James O'Neil

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

February 15 -Lewis Moody, Guy Chretien

February 16 -Wayne Wilson

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

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

February 19 -Paul Richardson

February 20 -Paul Gaudet, Charles Langevain, Joseph Benson, Richard Evans, Genevieve Hemenway

February 21 - Pauline Anderson, Susan Hargraves, Mary Barletta

February 22 -Alicia Quinn, Donna Colitz, Linda Gardner, Mary Matthews, Lana Wortman

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, Supunpim Banchongmanic

February 28 -Richard Bailey, William Edwards, Patricia Aswad, Nancy Hamson

February 29 -Robert Lane, Michael Szostakowski, Maria DaSilva



FREE!

New Scooter.

Never been used.

Call Gail at
781-592-7872

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.