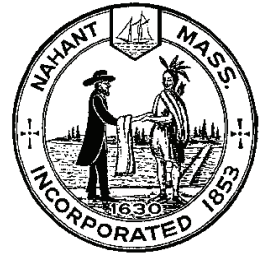


March 2013

Nahant Tiffany Times

Nahant Council on Aging

334 Nahant Road Nahant, MA 01908
(Basement of Town Hall)
781-581-7557



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
Caroline O'Connor—Assistant to Director
Joe Desmond—Transportation

Nahant COA Board of Directors

Gertrud Joyce— Chairman	Emily Potts—Treasurer
Sarah Risher-Vice Chairman	Nancy Gallo -Secretary
Geraldine Wittrock-Walton	Sheila Hambleton
Nancy Wilson	Linda Jenkins

FROM THE DIRECTOR

With Easter being early this year, Sunday March 31st, I begin wondering...why isn't Easter on the same date every year - like Christmas, for instance? Why is Easter on a different Sunday every year and why do the Eastern Orthodox churches celebrate Easter on a different day than Western churches? Easter dates can range from March 22nd to April 25th in Western Christianity. In the early days of the Christian church, Easter was celebrated on the Sunday immediately following the first astronomical full moon after the vernal (spring) equinox which is referred to as the Paschal (Passover) full moon.

In 325 AD, the Western church decided to establish a more standardized system for determining the date of Easter. Astronomers, being able to approximate the dates of all the full moons, established a table of Ecclesiastical Full Moon dates. Modified slightly from its original form, the Ecclesiastical Full Moon dates were permanently established and have been used since approximately 1583 AD.

Determining the Orthodox Easter is the same as determining the Christian Easter, the Sunday which follows the first full moon after the vernal equinox. Then why is the Orthodox Easter different than Easter at the other Christian Churches? The answer lies in the calendars used to calculate the dates. The Orthodox Easter dates are based on the Julian calendar and the Christian Churches use the Gregorian calendar.

HAPPY EASTER EVERYONE!!!!

Linda Peterson
Executive Director

"ON THE GO" SENIORS

- Friday 15th** **2013 Flower Show** - The 2013 show, themed "Seeds of Change", features spectacular gardens, a marketplace selling plants, seeds, bulbs and garden related merchandise, lectures and demonstrations for gardeners at all levels of expertise, and a lively amateur competition area produced by the Massachusetts Horticultural Society and the Garden Club.
- Wednesday 20th** **Guest chef** – Let's welcome back **Kathie Hatfield** to the kitchen at the Tiffany Café. Before lunch at 11:00 am, there will be live entertainment. The Nahant Cultural Committee has awarded a cultural grant to John Root. John will bring his one man musical show to the Tiffany Café. Cost for this event is \$3.00.
- Friday 22nd** **TIGER'S DEN** – Once again we are going to the Lynn Technical High School for lunch followed by our Friday Afternoon at the movies. We will be showing, "**The Ides of March**".
- Saturday 23rd** **The Marblehead Little Theatre is presenting "The Odd Couple"**. Let's all go support the local theatre on Saturday, March 23rd at 5PM. Ticket prices to be announced in February.
- Thursday 27th** **Dinner and a Movie "OZ: The Great and Powerful"**. Dinner will be at the Royal Garden in Peabody and will be after the show.

FRIDAY AFTERNOON AT THE MOVIES

- Friday 1st** **1:00 P.M.** "**Alex Cross**" - 2012, Featuring **Tyler Perry & Matthew Fox**
- Friday 22nd** **1:00 P.M.** "**The Ides of March**" - 2011, Featuring **Ryan Gosling & George Clooney**

Van Transportation is available for COA activities and trips, call 781-581-7557. Information and calendar are subject to change. Please call, check the cable TV station, the Nahant website or email me at lpeterson@nahant.org for updates on other programs, trips & events.

COMING ATTRACTIONS

- Monday, April 8th** 6:30p.m. BLUE CROSS BLUE SHIELD OF MASSACHUSETTS Planning for **Medicare- Countdown to 65**. The Seminar will be held at the Community Center 41 Valley Road, Nahant.
- Thursday, April 11th** 1:00p.m. April is the month we all begin thinking about our gardens, with that said, join us for lunch and flower shopping. We will be going to **Mahoney's Garden Center** in Winchester. Before shopping we will enjoy lunch at the **99 Restaurant** in Woburn. The cost for lunch will be \$17.00 for a 3 course meal.
- Monday, April 22nd** 1:00p.m. **Earth Day** has been celebrated on this day since 1970. The COA will be holding a workshop to build greenhouses using plastic 2 liter bottles. We will be planting seeds that eventually will be planted out side the Tiffany Room. The workshop will be held at 1:00p.m. at the Tiffany Room. This is a free workshop.
- Wednesday, April 24th** Dinner & a Movie - Details to follow in the April Newsletter.

Coming in May..... "Enjoying Cultures of Our World"made possible through the GLSS "Capacity Building Grant". This event is open to all residents of Nahant and will feature the Asian culture. Come sample Asian food and enjoy other cultural activities. Details to be announced in our April newsletter.

GRAB AND GO BAG CHECKLIST

Suggested Emergency Bag Contents Checklist

The primary purpose of a “Grab and Go Bag” is to allow one to evacuate quickly if a disaster should strike. Please take time to review this list, and make your own decisions about which would be important for you to take with you in the event of an emergency evacuation.

- | | |
|----------------------------------|--|
| Address book | Prepaid Phone Card (For prepaid phones only) |
| Emergency Contact Telephone List | Gloves and Hats |
| Pen and Pencil | Slippers or Shoes |
| Notebook | Socks |
| File of Life | Hand Sanitizer |
| Spare eyeglasses | Small First Aid Kit |
| Contact Lens Supplies | Pet Supplies |
| Hearing Aid Batteries | A Few Photos of Family |
| Denture Items | Plastic Washable Cup |
| Toothbrush and Toothpaste | Plastic Bag for Laundry |
| Spare Keys (House & Car) | ID = Identification |
| Tylenol or Advil | Health Insurance card |
| Baby Aspirin (Blood Thinner) | House Insurance |
| Flashlight and Batteries | Passport |
| Set of Outer Clothing | Birth Certificate |
| Underwear | Important Papers |
| Bottle of Water | Cash (very important) |
| Blanket | |

NAHANT TRIAD NEWS

Our January TRIAD discussion was cancelled due to circumstances beyond our control. That being said, we have invited Moe Pratt, Essex CO. Sheriff’s Department and Armand Conti, Nahant Police Department to present a very sensitive subject....Driving Safety. If you Google “Driving Safety As We Age” you will find many articles written by the Registry, AARP & AAA on this topic. On **March 5th** we will have a discussion that will bring all the useful information from all these companies together in one 30 minute presentation. Come for lunch and stay for this important discussion.

Thanks to the Essex County Sheriff’s department’s printing services for the printing of our newsletter.

FOOD FOR THOUGHT

TIFFANY CAFÉ LUNCH PROGRAM

Served everyday at 11:30 - 12:30

All meals served with 1% milk, bread, crackers & soup

Requested Donation - \$2.00

Wednesday 20th Guest Chef at the Tiffany Café - This month there will be entertainment.

FOOD SHOPPING PROGRAM

Wednesday 6th	Market Basket and Vinnin Square	12:30 P.M.
Wednesday 13th	Market Basket and Vinnin Square	12:30 P.M.
Wednesday 20th	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 26th	Market Basket and Vinnin Square	12:30 P.M.

Healthy Eating Ideas for National Nutrition Month

March is National Nutrition Month, so let's kick it off with healthy helping of better eating ideas for people at all levels of well-being.

The Academy of Nutrition and Dietetics (AND) created National Nutrition Month as an education and information campaign to encourage better, more informed eating. This year's theme is "Get Your Plate in Shape," and here are just a few of the AND's snackable bits of advice for better eating—make half of your plate fruits or vegetables, make at least half of your grains whole, and cook at home more often.

For the occasion, we wanted to put together our own list of simple, everyday things that we think everybody can peruse to improve basic eating habits.

Put the healthy foods in your fridge in an easy-to-reach spot. Easy to reach means easy to eat! If there are times when you go to the fridge for a snack, why not plan for them and put the most nutritious items out front while placing some of the others in the bottom drawer?

Add two healthy snacks to your shopping list. Planning really can set you free! So when snack time rolls around, you'll be prepared. And at the store, it just may be easier to pass by the ice cream when you've got fresh berries on your list.

Share the names of your three favorite in-season fruits and vegetables. Sure, you may know the best juicy or crunchy produce this time of year, but maybe your friends and co-workers would appreciate knowing it too, and where to find them.

Plan a healthy meal with friends or as a family. Eating has always been a social activity. Suggest putting together a refreshing and healthy meal with some folks you care about, and if it's a success, consider making it a recurring event.

Pick one whole grain food to eat at a meal or as a snack today. It could be whole wheat toast, oatmeal with fresh fruit, or maybe even some popcorn. Hearty whole grains come from a variety of sources and can be prepared in many different, and enjoyable, ways.

Make one meal that contains only fresh or frozen unprocessed ingredients. Processing foods often removes beneficial nutrients (like fiber) and adds in other ingredients we don't need (salt, sugar), so why not try a whole-foods approach for one meal today? It could inspire others to do the same.

Gauge your hunger before biting into your next snack to see if you're really hungry. Sometimes we eat because we're bored, angry, or for a number of other reasons besides actually being hungry. If that's the case, try reaching for a glass of water instead, or find something else to occupy your attention.


Put your fork down between bites at one meal today. When we eat slowly, we give our stomachs more time to realize that they are full, a feeling that can come several minutes after that last bite. So why not savor the meal and slow things down a little bit?

Treat yourself to a small bit of a food that you love today. Last but not least, let's remember that people don't eat nutrients, we eat foods, and we should enjoy them. So let's be honest about the foods we love, choose a reasonable serving size, and enjoy!



Tiffany Café Menu MARCH 2013



Monday	Tuesday	Wednesday	Thursday	Friday
<p>FOOD JOKES:</p> <p><i>Did you hear there are two suspects in Two Ton Charley's death? --BEN and JERRY.</i></p> <p><i>Q: Why does a Mexican weather report make you hungry?</i> <i>A: Because it's chili today and hot tamale!</i></p>				<p>Krunch Lite Fish w/Sauce ¹</p> <p>Garlic Whipped Potato</p> <p>Tuscany Veggies</p> <p>WW Roll/ Fresh Fruit</p> <p>ALTERNATIVE Sweet & Sour Meatballs</p>
<p>⁴</p> <p>Turkey Kielbasa/ Roll</p> <p>Peppers & Onions</p> <p>Home Fries</p> <p>Chilled Fruit</p> <p>ALTERNATIVE Beef Strip Steak/ Gravy</p>	<p>⁵</p> <p>Pot Roast/ Gravy</p> <p>Baked Potato/Sour Cream</p> <p>California Blend Veggies</p> <p>Cookie</p> <p>ALTERNATIVE Chicken Florentine</p>	<p>⁶</p> <p>Spilt Pea Soup</p> <p>Honey Mustard Tyson Chicken</p> <p>Cheddar Whipped Potato</p> <p>Fresh Fruit</p> <p>ALTERNATIVE Salisbury Steak/Gravy</p>	<p>⁷</p> <p>Turkey Cacciatore</p> <p>Steamed Rice</p> <p>Tossed Salad</p> <p>Mandarin Oranges</p> <p>ALTERNATIVE Beef Stir Fry</p>	<p>⁸</p> <p>Macaroni & Cheese</p> <p>Spinach</p> <p>Pudding</p> <p>ALTERNATIVE Spanish Sheppard's Pie</p>
<p>¹¹</p> <p>Kale Pasta Soup</p> <p>Boneless Chicken Picatta</p> <p>Brown Rice Pilaf</p> <p>Chilled Fruit</p> <p>ALTERNATIVE Veggie Quiche</p>	<p>¹²</p> <p>Swedish Meatballs/ Gravy</p> <p>Whipped Potato</p> <p>Beets/ Fresh Fruit</p> <p>ALTERNATIVE Spanish Chicken</p> <p>Rice & Beans</p>	<p>¹³</p> <p>Fish Florentine/ Sauce</p> <p>O'Brien Potatoes</p> <p>Country Blend Veggies</p> <p>Jell-o w/Topping</p> <p>ALTERNATIVE Rib-B-Q/ Gravy</p>	<p>¹⁴</p>  <p>ST. PATRICKS DAY SPECIAL</p> <p>Corn Beef Stew</p> <p>Biscuit</p> <p>Chocolate Coin</p> <p>Mint Mousse</p>	<p>¹⁵</p> <p>Tortellini w/Tomato Sauce</p> <p>Roman Blend Veggies</p> <p>Oat Roll/ Chilled Fruit</p> <p>ALTERNATIVE Pork Patty/ Gravy</p> <p>Potato</p>
<p>¹⁸</p> <p>Lasagna/ Meat Sauce</p> <p>Zucchini & Red Pepper</p> <p>Garlic Roll</p> <p>Pineapple</p> <p>ALTERNATIVE Mushroom Quiche/ Potato</p>	<p>¹⁹</p> <p>Hamburger/ Roll</p> <p>Potato Salad</p> <p>Corn</p> <p>Chilled Fruit</p> <p>ALTERNATIVE Lemon Pepper Fish</p>	<p>²⁰</p> <p>Roast Pork/Gravy</p> <p>Oven Roasted Potato</p> <p>California Blend Veggies</p> <p>Pudding</p> <p>ALTERNATIVE Manicotti/Meat Sauce</p>	<p>²¹</p> <p>Tarragon Tyson Chicken</p> <p>Lyonnaise Potato</p> <p>Green Beans & Red Pepper</p> <p>Fresh Fruit</p> <p>ALTERNATIVE Liver & Onions/Gravy</p>	<p>²²</p> <p>Tomato Basil Soup</p> <p>Tuna Salad/WW Pita</p> <p>Pasta Veggie Salad</p> <p>Cake</p> <p>ALTERNATIVE Egg Salad</p>
<p>²⁵</p> <p>Meatloaf/Gravy</p> <p>Whipped Potato</p> <p>Carrots</p> <p>Muffin/ Chilled Fruit</p> <p>ALTERNATIVE Chicken Marsala</p>	<p>²⁶</p> <p>Chicken Parmigiana</p> <p>Noodles/Sauce</p> <p>Tuscany Veggies</p> <p>Chilled Fruit</p> <p>ALTERNATIVE Turkey Ham</p>	<p>²⁷</p> <p>Roast Turkey/ Gravy</p> <p>Sweet Potato</p> <p>Peas & Onions</p> <p>Fresh Fruit</p> <p>ALTERNATIVE Dominican Beef Stew</p>	<p>²⁸</p> <p>Cream of Broccoli Soup</p> <p>Meatball Calzone</p> <p>Tossed Salad</p> <p>Cookie</p> <p>ALTERNATIVE Chicken Filet Sandwich</p>	<p>²⁹</p> <p>GOOD FRIDAY</p> <p>Fish</p> <p>Delmonico Potato</p> <p>Capri Veggies</p> <p>WW Dinner Roll/ Jell-o</p> <p>ALTERNATIVE Salisbury Steak/ Gravy</p>

HEALTH AND WELLNESS

Monday 4th,	12:00 p.m.	Blood Pressure & Glucose testing	
Tuesday 5th,	9:30 a.m.	Manicurist (sign up required)	
Tuesday 19th	9:30 a.m.	Manicurist (sign up required)	
<u>EXERCISE</u>			
Monday	9:00 a.m.	YOGA	Tiffany Room
Tuesday & Thursday	10:30 a.m.	Chair Exercise	Tiffany Room
Monday	9:00 a.m.	Total Body Exercise	Community Center
Tuesday	9:00 a.m.	Quilting	Community Center
Tuesday	1:00 p.m.	Cribbage	Community Center
Tuesday	5:00 p.m.	Total Body Exercise	Community Center
Wednesday	9:00 a.m.	Total Body Exercise	Community Center
Thursday	5:00 p.m.	Total Body Exercise	Community Center

THANK YOU...

The Council on Aging and the fitness participants, who attend the Total Body & Chair Exercise classes, want to thank the Nahant 01908 Committee for their generous donation to our fitness program. The money they raised from the sale of the Art calendars sold at the Holiday Fair last year was used to purchase new hand and ankle weights, resistance bands and balls, with some left over to partially fund our YOGA for Golfers program coming in the spring. This new equipment will help keep our seniors fit and healthy.

Seniors: Walk for Clearer Thinking

Want to have a clear mind and healthy body as you age? Start walking and keep walking! Two studies in the Sept. 22, 2004 issue of "Journal of the American Medical Association" have added to evidence that walking and other physical activity keeps your brain functioning better as you age and may reduce the risks of dementia.

Older Women Walkers Think Better

The Nurses' Health Study interviewed 18766 US women aged 70 to 81 years. They found that those who walked at least 1.5 miles a week had the least thinking impairment. The study has been following the health and physical activity of these women since 1986, and tested their thinking abilities over the years. Women who were more physically active had significantly less decline in their thinking abilities as they age.

Walking Reduces Dementia Risk in Men

The Honolulu-Asia Aging Study interviewed 2,257 men between 71 and 93 years old. Men who walked two miles per day had half of the risk of dementia as those who walked less than a quarter mile per day.

How Does Walking Help

There are many possible ways that walking helps maintain thinking functions. First, it reduces the risk of other diseases and conditions that can affect blood flow to the brain, such as heart disease, diabetes, and stroke. Second, exercise increases blood flow to the brain while decreasing blood pressure. Walking may also help stimulate your brain functions in seeing new sights, chatting with fellow walkers, and just getting out of the house. For everyone, daily walking is the best prescription for health as you age.

MARCH HISTORICAL EVENTS

March 03, 1931—Star Spangled Banner adopted as National Anthem of the United States

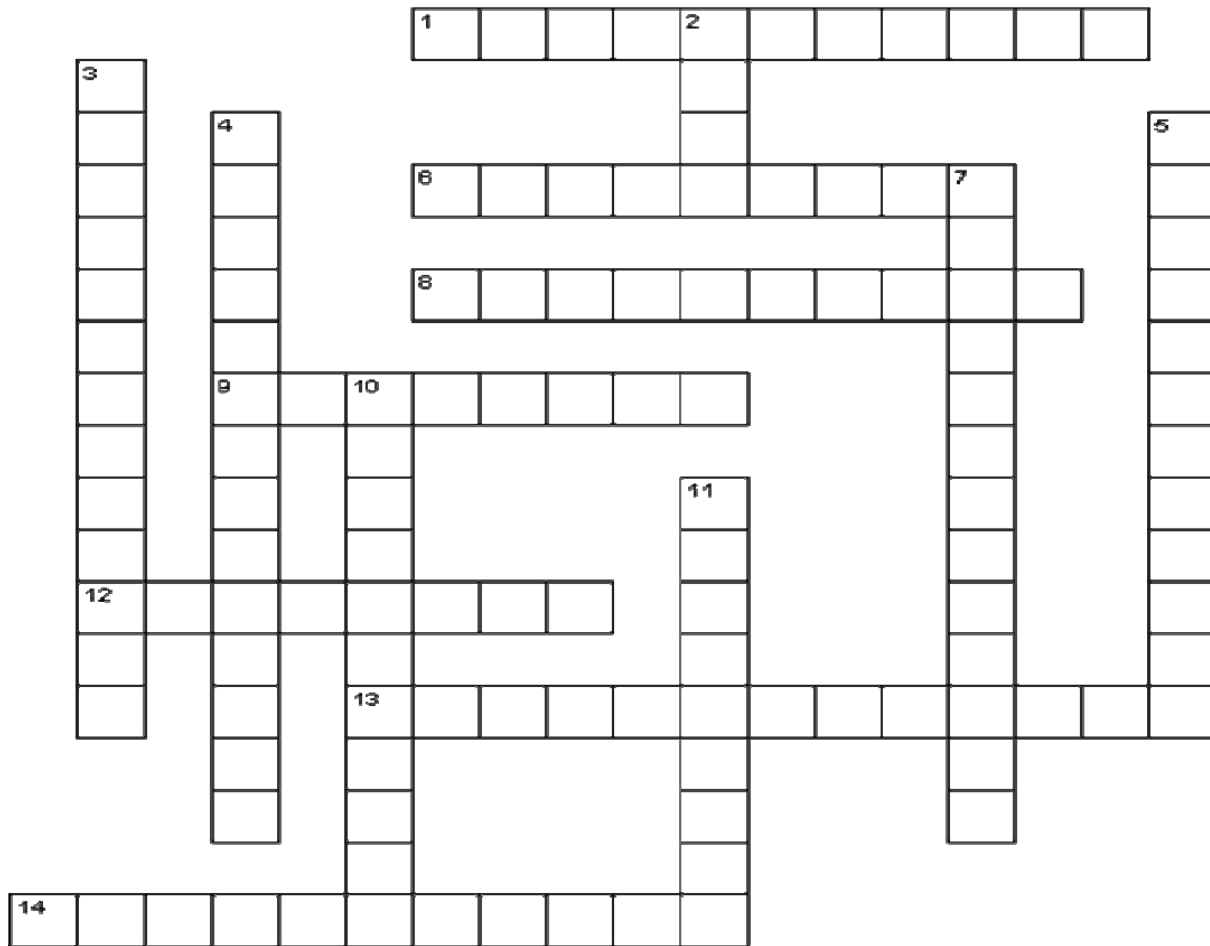
March 10, 1876—Alexander Graham Bell's first telephone call

March 18, 1931—Schick, Inc. marketed the first electric razor

March 21, 1963—Alcatraz prison emptied prisoners by the order of Attorney General Robert F. Kennedy

March 25, 1634—Maryland was founded, by English colonists sent by the second Lord Baltimore (Maryland Day)

MOVIE CROSSWORD



Across

1. Detective Jimmy Doyle in the 1971 movie, The French Connection
6. Character played by Kevin Costner in the 1987 movie, The Untouchables
8. Audrey Hepburn played Eliza Doolittle in this 1964 film
9. Professor G.H. Dorr in the 2004 movie, The Ladykillers
12. Rod Taylor was Mitch Brenner in this 1963 movie
13. He was Sean Maguire in the 1997 film, Good Will Hunting
14. Burt Reynolds was Lewis Medlock in this 1972 movie

Down

2. Al Pacino was Vincent Hanna in this 1995 movie
3. He was Milton Warden in the 1953 film, From Here to Eternity
4. He was George Taylor in the 1968 movie, Planet of the Apes
5. He was Chance the Gardener in the 1979 film, Being There
7. He was Detective Virgil Tibbs in the 1967 film, In the Heat of the Night
10. Nicole Kidman was Satine in this 2001 movie

BLUE CROSS BLUE SHIELD OF MASSACHUSETTS Planning for Medicare-Countdown to 65

Planning for Medicare is a comprehensive seminar offered by the Seniors Outreach Team at Blue Cross Blue Shield of Massachusetts. This seminar helps people approaching Medicare eligibility understand their health insurance options outside of employer-sponsored coverage, whether you are planning to retire or continue working.

Many employees need help understanding the coverage options as they approach Medicare eligibility especially if you plan to retire and are leaving employer-sponsored coverage. For employees retiring it might be the first time they do not have an HR representative coordinating, explaining and negotiating a rate for their health plan premium. This seminar should help attendees gain the confidence they need to make an informed decision about their individual health coverage options regardless of their decision to retire or remain working.

This seminar will cover the following items; Medicare and Medicare Parts A & B, Medicare enrollment timeline, Medigap plans that help supplement Medicare coverage, Medicare Advantage plans such as HMOs and PPOs, Medicare Part D prescription drug plans and programs available to early retirees, such as COBRA and more.

We will be welcoming Heather Hurd from BCBS of Massachusetts on Monday, April 8, 2013 at 6:30. The seminar will be held at the COA room at the Community Center, 41 Valley Road. Please contact Linda Peterson, 781 581-7557 to sign up for this important seminar.

MARCH BIRTHDAY CELEBRATIONS

March 1, James Kasper "Pudgy", Timothy Maguire
March 2, Ann Tomasko, Arthur Pass, Ronald Murphy, Gailanne Reeh
March 3, Ros Youth, Genevieve Piasecki, Susan Bonner, Penelope Ross, Barbara Damico
March 4, Evelyn Costello, Carol Crawford, Leonard Patrick
March 5, Kenneth Gavin, Elenor Leblanc, Edith Roland,
March 6, Kathleen Atkinson
March 7, Arthur Collins, Charles Butera, Barbara Beatty
March 8, Virginia Porter, Warren Edwards
March 9, Thomas Levangia, Lisa Perella
March 10, Joseph Bertorelli, Ruth Titus, Kathleen Lique, Barry Markham
March 11, Joyce Gaudet, Sarah Risher, Carl Lanzilli
March 12, Joann Deiulism William Waters
March 13, Charlotte Dracousis, Barbara Fischer, Arthur Ross, Nancy Gallo, Doris Nelson
March 14, Vincent Steiriti
March 15, Arlene Connor
March 16, Phyllis Szczawinski, John Doran, Pauline Mahoney, Kathryn Carey, Diane Porcaro
March 17, Ida Nannini, Maritt Nauta
March 18, Douglas Kennedy, Enrichetta Ricciardelli, Angela Bonin, Thomas Campbell, Shari O'Brien
March 19, Marie Ford, Maryjane Cusak, Ann Passanisi, William Wheeler
March 21, Martha Fitzpatrick, Patricia Oshaughnessy, Michael Conner, Paul Catoggio
March 22, Clancy Asselin, Paul Spirn
March 23, Bernadette Butler, Barbara Lonergan, MaryLou Mihovan, Paula Taylor
March 24, C. Rayford Quinn
March 25, Mary Giannattasio, Robert Cusak
March 26, Dorothy Pass, George Koukounaris, Louise Anders, Carol Finknaur, Judith Conn, Edin Milroy,
Marny Vonaschwege, Michael Stempek
March 27, Paul Ciara, Vincent Lopes, Jacob Erlich, John Mulkern, Robert Anderson
March 28, Eva Cardile, Samuel McDonald, Catherine Letourneu, Susan Gorham, Susan Gilbert, Jayne Lawton
March 29, Carol Sanphy
March 30, Gladys Sullivan
March 31, Paul Tobin, Cynthia McCullough, Fredrica Banning