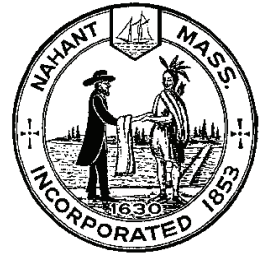


April 2013

Nahant Tiffany Times



Nahant Council on Aging

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

Follow us on Facebook: www.facebook.com/nahantseniorcenter

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

April is one of my favorite months, flowers start blooming, the days get longer, the weather warms and we celebrate Earth Day on the 22nd. What is Earth Day and what does this mean to you? Read on.....

On April 22, 1970 over 20 million Americans took to the streets, parks, auditoriums and classrooms to demonstrate for a healthy, sustainable environment. Founded by U.S. Senator Gaylord Nelson, Earth Day achieved a rare political alignment, enlisting support from Republicans and Democrats, rich and poor, city slickers and farmers, tycoons and labor leaders. The first Earth Day led to the creation of the United States Environmental Protection Agency and the passage of the Clean Air, Clean Water and Endangered Species Acts.

In observance of Earth Day 2013 come join us at the Tiffany Room on Monday, April 22nd as we build indoor green houses from used plastic bottles. We will plant the mature seedlings outside the Tiffany Room to enjoy the fresh cut flowers all summer long.

This month marks the 1 year anniversary of our newsletter. We have come a long way since the 1st newsletter in April, 2012 and we have Caroline O’Connor to thank. I also want to thank several volunteers who proof read the newsletter and the Essex County Sheriff’s department for printing our newsletter at no cost. If you want to be added to our email distribution list and receive the newsletter in a PDF format, please send me your email address, lpeterson@nahant.org.

Linda Peterson
Executive Director

"ON THE GO" SENIORS

- Thursday 11th** **1:00p.m.** April is the month we all begin thinking about our gardens, 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.
- Wednesday 24th** **11:30a.m.** Lunch & Movie – Lunch will be at the Tides here in Nahant followed by a trip to the Salem Movie Theatre. The movie will be decided as we get close to the date. The cost of the trip will be posted in the Tiffany room by April 10th.
- Friday 26th** **11:30a.m.** Lunch at the Tiger's Den. I have confirmed they are opened, YAHOO!!! The cost will be \$8.50.

Other Activities

- Saturday 6th** **12:30p.m.** The COA is participating in the 01908 Earth Day Event. This event will begin at 9AM with clean up of 9 locations. There will be a cookout beginning at 12:30 at the Lifesaving Station. We will have a COA table and will be passing out cookies and information about our Center.
- Monday 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. Light refreshments will be served.
- Monday 22nd** **1:00p.m.** Earth Day has been celebrated on this day since 1970. Come for lunch and stay for the workshop. We will build greenhouses using plastic 2 liter bottles. The mature plants will be planted outside the Tiffany Room. The workshop will be held at 12:30p.m. at the Tiffany Room. This is a free workshop.

FRIDAY AFTERNOON AT THE MOVIES

- Friday 5th** **1:00 P.M.** **"Chocolate" - Juliette Binoche, Judi Dench, Alfred Molina**
- Friday 19th** **1:00 P.M.** **"Taken" - Liam Neeson, Maggie Grace, Famke Janssen**

Van Transportation is available for COA activities and trips, call 781-7557. 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

Join us on Wednesday, May 1st as we celebrate the beginning of Older American's month. We will be entertained by John Root who received a cultural grant from the Town of Nahant Cultural Committee to perform at the COA. This day we will also kick off our "Kindness Matters" campaign. All this will start at 11:00. For more information contact senior center.

On Wednesday, May 8th the Stoneham Theatre's "Wednesday Senior Matinee Club" will be performing the Broadway Blockbuster "Thoroughly Modern Millie". Show time is 2PM, tickets \$30.00.

On Thursday, May 16th we are planning a trip to Rockport to visit the "Paper House". The Paper House is a house actually made from newspaper. The house was built by a mechanical engineer who designed the machine that makes paper clips Mr. Elis F. Stenman. Lunch will be included. Check the May newsletter for more details.

On Friday, May 24th join us for a trip to the Butterfly Place. This indoor garden is filled with hundreds of free flying butterflies. We will have lunch on the way. The admission to the butterfly garden is \$10.00. More details in the May newsletter.

TRIAD NEWS & INFORMATION

During the month of May, the Elder Justice Network of the North Shore, working through the local TRIADs, and in celebration of Older Americans' Month, introduces a new campaign "Kindness Matters" to promote kindness among older adults. In the words of Aesop, "No act of kindness, no matter how small, is ever wasted"

We have all heard stories about how random acts of kindness, big and small, can make a difference in someone's life. During May we will encourage that spirit at the Nahant Senior Center. In the world we live in today, we all occasionally need to be reminded that random acts of kindness-expressed through simple words and deeds-can make a difference says Katie Galenius, Co-Chair of the Elder Justice Network of the Greater North Shore.

This campaign promotes in 31 days – 31 ways to be kind. On May 1, we will kick off our Kindness Matters campaign with the Kindness Pledge, live entertainment, lunch and more.

What random acts of kindness will you do to make a difference in someone's life? Give a flower, eat lunch with someone new, smile, give a compliment, lend a hand, call an old friend, be tolerant, and respect others. There are many more ways to spread kindness and every day in May there will be one posted in the Tiffany room. Please help us as we spread kindness to all in Nahant.

NAHANT TRIAD NEWS

On Tuesday May 7th Moe Pratt from the Essex County Sheriff's Department will be on hand at the Tiffany Room beginning at 12:30 to perform a CarFit assessment. The CarFit program was created by the American Society on Aging and developed with AARP, AAA and AOTA, Inc. (The American Occupational Therapy Association). According to CarFit's fact sheet, the program has three goals: to help seniors improve the fit of their vehicles; promote conversations about safe driving and mobility options; and offer resources to help ensure safe driving among seniors. Sheriff Frank G. Cousins, Jr. spoke highly of the program, saying, "This is a wonderful way for a senior driver to speak to a trained individual about the proper fit of his or her vehicle."

The **Nahant Public Library** has several new audiobooks (on CD) available for people who like to hear their stories. Joyce Carol Oats, Jackie Collins, and Robert Crais are new to our collection. We also order ten Large Print books each month, two each of mysteries, romance, non-fiction, fiction, and two Agatha Christie titles. Some of the books coming in this spring are Secrets from the Past by Barbara Taylor Bradford and Storyteller by Jodi Picoult. We have re-organized our Large Print section so they're held together on the first floor of the stacks.

We also have several programs for adults each month. We do a book "chat" where we get together and talk about books, and we have a new "Write Night" program where aspiring novelists and memoirists can come to just sit down and write without the distractions of home. We have monthly calendars that list these and other activities. We'd be happy to design a program especially for you, either at the library or the Council on Aging. Do you have any ideas? Contact Jen Inglis, Library Director at (781) 581-0306 or jinglis@nahant.org for more info.

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

Friday 19th

Guest Chef at the Tiffany Café - Last month's guest chef day was cancelled due to a storm. We will be welcoming Kathie Hatfield back to cook for us at the Tiffany Café. The cost of the lunch is \$3.00.

FOOD SHOPPING PROGRAM

Wednesday 3rd	Market Basket and Vinnin Square	12:30 P.M.
Wednesday 10th	Market Basket and Vinnin Square	12:30 P.M.
Wednesday 17th	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 23th	Market Basket and Vinnin Square	12:30 P.M.

Healthy Eating for April - Earth Day Month

2012 Shopper's Guide to Pesticides in Produce™

Eat your fruits and vegetables! The health benefits of a diet rich in fruits and vegetables outweigh the risks of pesticide exposure. Use EWG's Shopper's Guide to Pesticides™ to reduce your exposures as much as possible, but eating conventionally-grown produce is far better than not eating fruits and vegetables at all. The Shopper's Guide to Pesticides in Produce™ will help you determine which fruits and vegetables have the most pesticide residues and are the most important to buy organic. You can lower your pesticide intake substantially by avoiding the 12 most contaminated fruits and vegetables and eating the least contaminated produce.

This year we have expanded the Dirty Dozen™ with a Plus category to highlight two crops -- green beans and leafy greens, meaning, kale and collard greens - that did not meet traditional Dirty Dozen™ criteria but were commonly contaminated with highly toxic organophosphate insecticides. These insecticides are toxic to the nervous system and have been largely removed from agriculture over the past decade. But they are not banned and still show up on some food crops.

Commodity crop corn used for animal feed and biofuels is almost all produced with genetically modified (GMO) seeds, as is some sweet corn sold for human consumption. Since GMO sweet corn is not labeled as such in US stores, EWG advises those who have concerns about GMOs to buy organic sweet corn.

The infographic features two stylized trees against a blue sky with clouds. The left tree is labeled 'EWG's 2012 Dirty Dozen Plus' and the right tree is labeled 'EWG's 2012 Clean Fifteen'. Both trees have a banner that reads 'Shoppers Guide to Pesticides in Produce™'. The background includes a sunburst, clouds, and a small illustration of a watermelon and a duck at the bottom right.

EWG's 2012 Dirty Dozen Plus
Shoppers Guide to Pesticides in Produce™

Buy these organic

- Apples
- Bell Peppers
- Blueberries
- Celery
- Cucumbers
- Grapes
- Lettuce
- Nectarines

Domestic (Green square)
Imported (Blue square)

- Peaches
- Potatoes
- Spinach
- Strawberries

Plus

- Green Beans
- Kale/Greens

Pesticides residues of special concern.
Questions? foodnews.org

EWG's 2012 Clean Fifteen
Shoppers Guide to Pesticides in Produce™

Lowest in pesticides

- Asparagus
- Avocado
- Cabbage
- Cantaloupe
- Corn
- Eggplant
- Grapefruit
- Kiwi
- Mangoes
- Mushrooms
- Onions
- Pineapples
- Sweet Peas
- Sweet Potatoes
- Watermelon

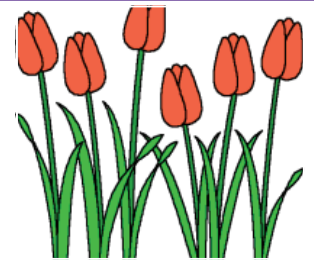
APRIL FOOLS!

Tiffany Café Menu

APRIL 2013

"One should eat to live, not live to eat"

Moliere



Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dog/Roll ¹ Veggie Baked Beans Cole Slaw Cookie ALTERNATIVE Beef Strip Steak/ Gravy	Garlic Paprika Tyson ² Chicken Cheddar Whipped Potato Veggie Ratatouille Chilled Fruit Alternative Potato Crunch Fish/ Sauce	Stuffed Shells/Meat ³ Sauce Roman Blend Veg- gies Chilled Fruit ALTERNATIVE Chicken Meatballs Potato	Beef Stew ⁴ Oat Roll Pudding ALTERNATIVE Cheese & Rice & Bean Burrito w/ Sauce	Potato Chowder ⁵ California Chicken Salad Bulkie/Tomato Cuke Salad Fresh Fruit ALTERNATIVE Egg Salad
Pizza ⁸ Salad Chilled Fruit ALTERNATIVE Veggie Quiche/ Potato	Rib-B-Q/BBQ ⁹ Sauce Oven Fries Tuscany Veggies Jell-o ALTERNATIVE Omelet/Cheese Sauce	Lentil Veggie Soup ¹⁰ Orange Glazed Boneless Chicken Garlic Whipped Po- tato Brownie ALTERNATIVE Swedish Meatballs/	Chili w/ Cheese ¹¹ Steamed Rice Tossed Salad Chilled Fruit ALTERNATIVE Chicken Filet Sand- wich/Potato	Roast Pork w/Gravy ¹² Sweet Potato Fiesta Veggies Muffin/Fresh Fruit ALTERNATIVE Salisbury Steak/ Gravy
PATRIOTS DAY ¹⁵ NO FOOD SERVICE	Fiesta Fish/Sauce ¹⁶ Whipped Potato Italian Blend Veg- gies Chilled Fruit ALTERNATIVE Dominican Beef	Lasagna/Meat Sauce ¹⁷ Green & Golden Beans Pudding ALTERNATIVE Sweet & Sour Chick- en Tenders Green & Golden Beans	Minestrone Soup ¹⁸ Cranberry Glazed Tyson Chix Sour Cream Whipped Potato Chilled Fruit ALTERNATIVE Liver & Onions	SPRING SPECIAL ¹⁹ ¼ Hamburger/Roll Lettuce & Tomato Cheese & Pickle Potato Salad/ Corn Warm Apple Cobbler
Spaghetti & MB/ Sauce ²² Tossed Salad Garlic Roll/ Cookie ALTERNATIVE Hawaiian Turkey Ham	Greek Chicken ²³ Lemon Rice Carrots Fresh Fruit ALTERNATIVE Spanish Sheppard's Pie	Meatloaf w/Gravy ²⁴ Delmonico Potato Peas & Onions Chilled Fruit ALTERNATIVE Mushroom Quiche	Cream of Brocco- ²⁵ li Soup Shaved Roast Beef/WW Pita Tossed Salad Pudding ALTERNATIVE Tuna Salad	Roast Turkey/ Gravy/ ²⁶ Cranberry Sauce/ Stuffing Butternut Squash Muffin/ Pineapple ALTERNATIVE Spanish Beef/ Yellow Rice
Stuffed Pepper/ Sauce ²⁹ Whipped Potato Country Blend Veggies Chilled Fruit ALTERNATIVE Pork Patty/	Honey Mustard Tyson ³⁰ Chicken O'Brien Potato Zucchini & Red Pepper Cake ALTERNATIVE Haitian Turkey	<p><i>One cannot think well, love well, sleep well, if one has not dined well.</i></p> <p><i>Virginia Woolf</i></p>		

HEALTH AND WELLNESS

Monday 1st,	12:00 p.m.	Blood Pressure & Glucose testing
Tuesday 2nd,	9:30 a.m.	Manicurist (sign up required) \$10.00
Tuesday 16th,	9:30 a.m.	Manicurist (sign up required) \$10.00
Thursday 25th	9:00 a.m.	Dr. Sanphy's Foot Clinic
Tuesday 30th,	9:30 a.m.	Manicurist (sign up required) \$10.00

EXERCISE

Monday	9:00 a.m.	YOGA (\$5.00)	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

YOGA

Spring is here and that means we will all move to more outdoor activities. Activities like walking, gardening, golfing, tennis, swimming, etc. We all need to make sure our bodies are ready for these activities. Many studies have shown that stretching is important for all of these activities as well as daily living. These same studies have shown that YOGA is one of the best forms of stretching. As we go into the spring and summer seasons, let us get our bodies and minds in shape. During the month of April, we have the privilege of having Physical Therapist and RN Marilyn Whalen from GLSS and North Shore Medical. Marilyn will conduct 4 YOGA classes that will focus on stretching and building core strength. This program and will be held at the Community Center on Tuesdays at 6:00 PM on the following days, April 2nd, April 9th, April 16th and April 23rd. The cost will be \$5.00 per class. All are welcomed. Please bring YOGA mats.

GOLF

To all my golfers and future golfers, the Nahant COA golf league at Kelley Greens will begin on Thursday, May 2nd. The entry fee is \$25.00 and the weekly dues is \$3.00 this year. The entry fee will go towards the banquet and prizes at the end of the season. The end of the season has yet to be determined. The weekly dues of \$3.00 will go towards prizes during the season. The greens fees at Kelley Greens is \$12.00 unless you are a member. I will have the applications ready to distribute by April 22. If you want me to email it to you please let me know. FYI-you must have your own clubs. Let's hope this season will be as much fun as last year.

APRIL HISTORICAL EVENTS

- April 2, 1513 - Juan Ponce de Leon discovered Florida.
- April 7, 1949 - "South Pacific" opened on Broadway.
- April 19, 1775 - The American Revolutionary War began with the battles of Lexington & Concord
- April 23, 1616 - William Shakespeare was born in 1564. He died on the same day, 52 years later.
- April 27, 1937 - The nation's first Social Security checks were distributed.
- April 29, 1945 - United States forces freed 32,000 at Dachau Concentration Camp.

Earth Day Word Search

Can you find the hidden words associated with the the environment?

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

AIR
CANS
CLEAN
CONSERVE
EARTH
ENERGY
ENVIRONMENT
FOREST
GLASS
LITTER
NATURE
OZONE
PAPER
PLANET
RECYCLE
REDUCE
RESOURCE
REUSE
SMOG
TRASH
TREES
WASTE
WATER

All About puzzles

puzzles.about.com

Staying Healthy with Medicare

Medicare wants to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO.

Some of these services include:

- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Prostate cancer screening
- Bone density screening
- Depression screening

As with all health insurance plans, there are very specific rules which state when and how often Medicare will pay for the above services. For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor. To arrange a meeting with our SHINE counselor, contact, Linda Peterson 781 581-7557.

APRIL BIRTHDAY CELEBRATIONS

- April 1, Mary Pisano, Karen Rogers Cynthia Manning
April 2, Joanna Reardon, Chesley Taylor
April 3, John Buckley, Gracie Scott
April 4, Judith Walsh, Louise Abisso
April 5, Robert Kerig, Robert Finkenaur, Caroly Jundzilo-Comer, David Livingston
April 6, Warren Carlson, Anna Rooney, Nancy Messina
April 7, Neil Callahan
April 8, James Connolly
April 9, Joseph Manley, George Fintonis, John McNicholas Beatice Rogers
April 10, Ione Hansell, Christopher Meyer, Michael Geaney, Diane lee-Urany, Linda Landry
April 11, Daniel Myers, Mary Mitchell
April 12, Arlene O'Neill
April 13, Edith Gray, Gretchen Szczechowicz, John Dulhun, Richard Woodworth
April 14, Ruth Tarasacino, Virginia Cox, Anthony DeLuca
April 15, Clara Taylor, David Lass, Lynn McKnight
April 16, Robert Branga
April 17, Dorothy Morley, Rita Grenier, Paul Bertran, DianaBrandi, Robert Silva, Kathleen Welch
April 18, John Donohue, Frank McCarthy, Nancy Carey
April 19, Robert Munnely, Suzanne Tarlov
April 21, Francis McCarthy
April 22, Alexander Catalani, Richard Bacheller, Lawrence Smith
April 23, Rebekah Richardson, Ronald Gerstenhaber, Victor Charbonneau
April 24, Anastasios Kalogianis, Angeliki Kourkoulis, Joseph Moccia, Joy Pechinsky Spinelli
April 25, Wayne Putnam, Thomas Hambleton, Thomas Hosker, Patricia MacDonald
April 26, Mildred Howell, Kristin Lee
April 27, Robert Alexander
April 28, Marie McDuff, Lorraine O'Keefe
April 29, Peter SantMaria, Eva Blais, Frank Cardile
April 30 Effie Schmidt, Virginia Carlson, Linda Lehman, Yvonne Donovan, Michelle Kirkman