

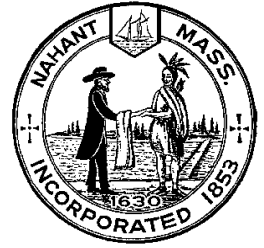
MAY 2014

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

Caroline O'Connor - Assistant
Arthur Barreda - Transportation

Nahant COA Board of Directors

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Emily Potts—Treasurer
Sarah Risher-Vice Chairman
Nancy Gallo -Secretary
Sheila Hambleton
Geraldine Wittrock-Walton
Linda Jenkins
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Linda Lehman - Co-President
Caroline O'Connor - Co-President
Lana Mogan - Vice-President
Mary Irene Dickenson - Treasurer

Nahant Senior Center is located at:
334 Nahant Road
Nahant, MA 01908
(Lower Level of Town Hall)

Tel.# 781-581-7557

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

FROM THE DIRECTOR

May is here along with the flowers that the April showers brought, we will celebrate several events this May, Older Americans Month, the Kindness Matters campaign, Mother's Day, and Memorial Day.

Older Americans Month – Each year since 1980 the nation recognizes older Americans for their contributions and provides them with information to help them stay healthy and active, hence this year's theme "Safe Today, Healthy Tomorrow". During Older American's month we have several presentations that fit this year's theme and we will take the power of kindness into our own hands and practice kindness in our "Kindness Matters" campaign. Each day in the Tiffany room we will post a different random act of kindness that we should all follow.

Mother's Day is a very special day. On May 11th we should all take the time to thank our mothers. They provide unconditional love and support for their children. Let's all make sure we make it a special day for them. For those of you who lost your mothers remember they are always with you. And keep in mind, Mothers are very special people.

Memorial Day, celebrated May 26th, is the day we honor and remember the lives of the women and men who lost their lives for the safety of the American people, our military. Our town celebrates this federal holiday with the annual Memorial Day parade. Please read about this year's parade on page 4 of this newsletter.

Linda Peterson
Executive Director

CYBER CRIME SEMINAR, TUESDAY MAY 27TH

"This seminar begins with a broad overview of topics such as phishing scams, malicious software, identity theft risks, social engineering, and much more. Then, with data gathered from recent, real-life examples, as well as contemporary information provided directly by the FBI, hear about the most current trends, tactics, and procedures in use by cyber-criminals who target seniors on-line. Finally, learn about several strategies for preventing and mitigating instances of cyber-crime, as well as initial steps to take if you believe you already are a cyber-crime victim."

“ON THE GO” SENIORS

Thursday May 1st	Special May Day luncheon at the Tiffany Room, 11:30. We will be serving Chinese food and will be entertained by Tommy Rull. Cost of this event will be \$8.00.
Wednesday May 7th	“How We Hear”, everything you wanted to know about hearing but were too afraid to ask, with Melissa Mantha, Hearing Consultant from Beltone of NE. Make your own sundae to follow, courtesy of Beltone. Starting at 12:15.
Wednesday May 14th	“Matter of Balance” with Mary Carideo from GLSS. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. Please join us for this all important topic at 12:15 in the Tiffany Room.
Friday May 16th	Foxwoods Trip run by Ocean Shores Apartments, 50 Lynnway, Lynn. Bus leaves Ocean Shores Apartments at 7:00 a.m. sharp and leaves Foxwoods at 5:30 p.m.. Cost is \$26.00. If interested, call Emma at Ocean Shores, Monday to Wednesday at 781-598-5564. Payment by May 12th.
Tuesday May 20th	BAYADA Home Health Care will be at the Senior Center to present one of their community education and wellness programs, “Partnering with Your Health Care Provider”. Presentation will begin at 12:15 in the Tiffany Room.
Friday May 23rd	We will kick off our Memorial Day weekend with our 1st cookout of the season at the Dory Club at 11:30 a.m., entertainment at 12:30 p.m. by Roze and Jim Malone. Cost \$8.00.
Tuesday May 27th	In partnership with Jen Inglis, Librarian from the Nahant Public Library we will welcome Greg Page CEO, Merrimack Analysis Group to discuss Cyber Crime at 12:15 in the Tiffany Room.

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

Saturday June 14th	Nahant Garden Club Tours—tickets are \$25.00. The COA bus will be available to bring you from one beautiful garden to another. No driving and looking for parking. Sign up is required by Friday June 6th.
Friday June 20th	Cookout at the Dory Club—come enjoy the beautiful view of the Boston skyline. Lunch will be served at 11:30. The cost of this cookout, \$5.00.
Tuesday June 24th	‘Menopause-The Musical’ is playing at the Stoneham Theater and we are going. The tickets are \$30.00 payable by Friday, June 13th. The bus leaves from the Tiffany Room at 1:00 p.m.

EASY FUDGE RECIPE

2-Minute Fudge	Directions:
Ingredients:	
1 lb. box of confectioners sugar	1. Stir sugar, cocoa, salt, milk and vanilla extract together until blended in 1 1/2 quart dish.
1/2 cup cocoa	2. Add butter and microwave on High (10) for 2 minutes.
1/4 teaspoon salt	3. Stir until smooth.
1/4 cup milk	4. Blend in nuts, if desired.
1 tablespoon vanilla extract	5. Pour into wax paper lined 8-inch square dish. Chill.
1/2 cup butter	
1 cup chopped nuts (optional)	

NAHANT COA PROGRAMS

Blood Pressure Clinic - Our blood pressure clinic is held on the 1st Monday of the month. This GLSS sponsored clinic has been a staple here at the senior center. Angela McCarty – RN will take your blood pressure and answer your questions. The cost of this service has always been \$1.00, but starting in May this will become a free service. Hope to see you on May 5th.

Cribbage - Every Tuesday at the Community Center there is a group that gather and play cribbage. The game begins at 1:00 PM. If you have any questions please either contact the senior center at 781 581-7557 or Harriet Steeves at 781 581-0715.

Golf League - If you're interested in a fun morning and a great way to start your day, join the COA Golf League on Thursday mornings starting at 8:30 a.m. We play 9 holes of golf at Kelley Greens here in Nahant, starting on May 8th and running through September 11th. There are weekly prizes and a year-end luncheon. If you're interested contact Linda Peterson for additional information at 781-581-7557.

Nails - Chris Corson does nails every other Tuesday, appointments starting at 9:30. Chris has openings and charges only \$10.00. To make an appointment, call the Senior Center at 781-581-7557.

MEMORIAL DAY PARADE 2014

Memorial Day Parade 2014, submitted by parade chairperson, Molly Conlin

The 2014 Memorial Day parade will take place on Monday, May 26th and will have some changes. With the approval of the Board of Selectmen and the Chief of Police, the staging of the parade will occur at 9:00 a.m. at lowlands between Castle Rd and Spring Rd leaving Castle Rd open to traffic. The buses and vehicles of the participants will park at the Lowlands parking lot.

The parade will step off at 9:30 a.m. from Spring Rd to Emerald Rd to Willow Rd arriving at the Wharf around 10:00 – 10:15 a.m. where the traditional ceremonies will take place.

The parade will then proceed up Wharf St to Nahant Rd, past the Town Hall to Greenlawn Cemetery, where the traditional ceremonies will take place at about 11:00 a.m. The parade will then proceed down Nahant Rd to Veterans Park for concluding ceremonies, which will take place at about 11:30 a.m. The length of the new route of the parade is the same as the previous route of the parade, the timing of the start and finish will also be the same.

The participants will then be served the traditional chowder luncheon at the Nahant Life Saving Station, provided through the combined efforts of the American Legion Post 215 and the Memorial Day committee.

The changes for spectators to note are the new locations of the beginning and the end of the parade, and the timing of the ceremonies at the wharf and at the cemetery.

LUNCH & FOOD SHOPPING

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, May 23rd

Celebrating May Birthdays at the Dory Club

FOOD SHOPPING PROGRAM

Tuesday 6th	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 13th	Market Basket and Vinnin Square	12:30 P.M.
Wednesday 21st	Market Basket and Vinnin Square	12:30 P.M.
Wednesday 28th	Market Basket and Vinnin Square	12:30 P.M.

IDENTITY THEFT

What Taxpayers Should Know about Identity Theft and Taxes

Identity thieves sometimes use your personal information to file a tax return to claim a tax refund. Then, when you file your own tax return, the IRS will not accept it and will notify you that a return was already filed using your name and social security number. Often, learning that your return was not accepted or receiving a contact from the IRS about a problem with your tax return is the first time you become aware that you're a victim of identity theft.

How to avoid becoming an identity theft victim.

Guard your personal information - Identity thieves can get your personal information in many ways. This includes stealing your wallet or purse, posing as someone who needs information about you, looking through your trash, or stealing information you provide to an unsecured website or in an unencrypted e-mail.

Watch out for IRS impersonators. Be aware that the IRS does not initiate contact with taxpayers by email or social media channels to request personal or financial information or notify people of an audit, refund or investigation. Scammers may also use phone calls, faxes, websites or even in-person contacts. If you're suspicious that it's not really the IRS contacting you, don't respond.

Protect information on your computer. While preparing your tax return, protect it with a strong password. Once you e-file the return, take it off your hard drive and store it on a CD or flash drive in a safe place, like a lock box or safe. If you use a tax preparer, ask how he or she will protect your information.

Your identity may have been stolen if the IRS notifies you that:

- You filed more than one tax return or someone has already filed using your information;
- You owe taxes for a year when you were not legally required to file and did not file; or
- You were paid wages from an employer where you did not work.

Respond quickly using the contact information in the letter you received from the IRS so that we can begin to correct and secure your tax account.

If you think you may be at risk for identity theft due to a lost or stolen purse or wallet, questionable credit card activity, an unexpected bad credit report or any other way, contact the IRS Identity Protection Specialized Unit toll-free at 1-800-908-4490. The IRS will then take steps to secure your tax account. The [Federal Trade Commission](#) also has helpful information about reporting identity theft.

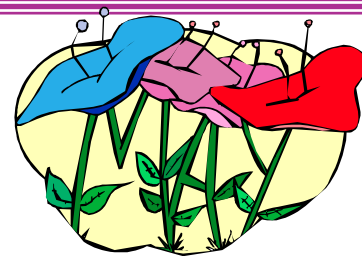


Tiffany Café Menu

MAY 2014

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

**= HIGH SODIUM ITEM



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>What do cats call mice on skateboards?</i> <i>"Meals on Wheels"</i></p>			<p>¹ Lemon pepper pork Black eyed peas & brown rice / Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Roast turkey/citrus sauce</p>	<p>² Rosemary chicken Red potatoes Green peas Rye bread /Fresh fruit ALTERNATIVE BBQ tofu, brown rice & beans</p>
<p>⁵ Cinco de Mayo Baked fish/creole sauce Sweet potato wedges Italian blend veg. WW bread Chilled peaches ALTERNATIVE Jerk chicken</p>	<p>⁶ Macaroni & cheese Garden salad/dressing Wheat roll Pudding ALTERNATIVE Shepherd's pie</p>	<p>⁷ Roast turkey/gravy Vegetable rice pilaf California blend veg. WW bread/Fresh fruit ALTERNATIVE Eggplant parm/marinara sauce</p>	<p>⁸ MOTHER'S DAY SPECIAL Chicken picatta Garlic mashed potato Garden salad/dressing Italian bread Mother's Day Cake</p>	<p>⁹ BBQ pulled pork Rice and beans Spinach WW bread Fresh fruit ALTERNATIVE WW cheese pizza</p>
<p>¹² Chicken and broccoli alfredo Ziti Capri blend veg. Muffin Chilled pineapple ALTERNATIVE Crispy baked fish</p>	<p>¹³ Salmon/dill sauce Candied yams Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Roast beef/gravy</p>	<p>¹⁴ Beef bourguignon Yellow Rice California blend veg. WW bread Pudding ALTERNATIVE Dominican chicken</p>	<p>¹⁵ Roast turkey/mushroom sauce Red potatoes Garden salad/dressing WW bread Cook- ie ALTERNATIVE BBQ pulled pork</p>	<p>¹⁶ American chop suey Broccoli Rye bread Fresh fruit ALTERNATIVE Tripe stew</p>
<p>¹⁹ Boneless pork chops/gravy Garlic mashed Potato / Collard greens / WW bread /Fruit cocktail ALTERNATIVE Veggie burger, potato wedges</p>	<p>²⁰ Chicken teriyaki Brown rice Garden salad/dressing Snack loaf Fresh fruit ALTERNATIVE Macaroni & cheese</p>	<p>²¹ Southern style cod filet Veg. rice pilaf Green peas Italian bread Fresh fruit ALTERNATIVE Turkey/creole sauce</p>	<p>²² Meatball stroganoff Egg noodles Garden salad/dressing WW bread Pudding ALTERNATIVE Stewed goat</p>	<p>²³ Hamburger/roll Lettuce/tomato Potato salad Cookie ALTERNATIVE WW cheese pizza</p>
<p>²⁶ MEMORIAL DAY</p>	<p>²⁷ Ziti/marinara sauce/cheese / Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Roast pork, mashed potato</p>	<p>²⁸ Lemon & garlic chicken Candied yams Cauliflower WW bread / Cake ALTERNATIVE Pasta/ eggplant meatballs,sauce</p>	<p>²⁹ Baked fish/diced tomatoes / Plantains Garden salad/dressing / Italian bread / Fresh fruit ALTERNATIVE Caribbean chicken</p>	<p>³⁰ Beef stew Beets WW bread Fresh fruit ALTERNATIVE Boneless pork chops, yucca</p>

HEALTH AND WELLNESS

Monday 5th	12:00 p.m.	Blood Pressure & Glucose testing
Tuesday 13th	9:30 a.m.	Manicurist (sign up required) \$10.00
Monday 19th	9:30 a.m.	Hair Styling by Toni Spinucci (sign up required)
Tuesday 27th	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	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

TRIAD

Nahant Council on Aging /TRIAD- New program

Nahant TRIAD is excited to announce its newest outreach project- The Friendly Visitor Program. TRIAD is a partnership between Senior citizens, local clergy, Council on Aging, local law enforcement (Police/ Fire), Sheriff's Department and District Attorney. The TRIAD program's mission is to develop and implement policies and programs to reduce criminal victimization, promote crime prevention, and safety awareness and serve the needs of the senior community.

Our goal is to raise awareness and provide information about the different services available to seniors in our community which will help keep them safe and independent in their homes. Nahant TRIAD has put together an informational package that we feel will be a great resource for our aging population. It includes information on programs such as Nahant Police Department's CARE CALL program, MBTA's The T-Ride (which provides door-to-door transit service to multiple cities and towns for eligible customers who cannot use subways, buses, or trains), File for Life (Emergency medical information card) and many more.

The Friendly Visitor Program is a voluntary service for any homebound senior who would like to have scheduled home visits from one of our volunteers on a regular basis and The Friendly Telephone Program, a voluntary service for any senior who would like a weekly phone call from one of our volunteers, to check in with you and make sure everything is okay.

If you are interested in learning more or to participate in these services, please contact the Nahant Council on Aging @ 781-581-7557.

FRIENDS OF THE NAHANT COA

Help Support Friends of Nahant Council on Aging

Please accept my tax-deductible donation of \$ _____

_____ In memory of _____ In honor of _____ In appreciation of

Person's name: _____

Donated by: _____

Please make checks payable to and mail to: Friends of Nahant Council on Aging

334 Nahant Rd., Nahant, MA 01908

WORD SEARCH

US Presidents Word Search

Find the hidden names of U.S. Presidents. See if you can get them all!

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PIERCE
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LINCOLN
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GRANT
HAYES
GARFIELD
ARTHUR
CLEVELAND
HARRISON
MCKINLEY
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MAY HISTORICAL EVENTS

- May 2, 1885** - *Good housekeeping* magazine first published in Holyoke, Massachusetts.
- May 5, 1961** - Astronaut Alan Shepard went on the first manned space flight.
- May 6, 1915** - Babe Ruth hit his first home run as a player for the Boston Red Sox.
- May 8, 1919** - First transatlantic flight.
- May 10, 1908** - The first Mother's Day observance took place in West Virginia and Pennsylvania.
- May 14, 1904** - The first Olympic Games were held in the United States in St. Louis, Missouri.
- May 16, 1963** - Astronaut Cooper orbited the earth 22 times.
- May 22, 1761** - The first life insurance policy in the United States was issued in Philadelphia.
- May 24, 1830** - The first passenger railroad in the United States began service in Maryland, between Baltimore and Elliott's Mills.
- May 25, 1935** - Babe Ruth hit his 714th and final home run.



Marie Muzzioli's 90th Birthday

Born May 24, 1924 Marie Muzzioli turns 90 this year. Marie and her 3 other siblings were born in Worcester MA to Lena & Farizio Annunziata where she attended school. In 1943 at the young age of 19 Marie joined the Navy and her life changed. Marie spent 2 ½ years in the WAVES, "Women Accepted for Volunteer Emergency Service" and was stationed at the Naval Air Station Alameda, Alameda, California as an aviation store keeper. While it was in the service that Marie met her husband Joseph Muzzioli, who was also from Worcester.

Marie and Joe were married in 1947 and together they had 4 daughters the last 2 were born once they moved to Nahant in the 1950's. Marie and Joe, who worked for the Weather Bureau, moved to Maine where they lived for 7 years. They enjoyed many years together until Joe's passing. Today Marie enjoys her 10 grandchildren and 8 great grandchildren. Along with keeping close to her family and friends Marie attributes her good health and long life to "doing as she pleases". She reads, watches certain TV programs, keeps fit, eats well and enjoys plenty of sleep.

MAY BIRTHDAY CELEBRATIONS

- May 1** - Inga Deluca
- May 2** - Constantin Pezaris, George Burke, Peter Vernam
- May 3** - Arvard Tompkins, William O'Keefe, Sheila Zamejtis, Dale Cullinan, William Newell
- May 4** - Paul Fiore, Maryann Corinha
- May 5** - Karen Mosher, Daniel Hamill, Malcolm Hill
- May 6** - Antonio Roffi
- May 7** - Kenneth Swope, Carter Smith
- May 8** - Robert Scalise
- May 9** - Jeffrey Musman, Biba Rozenbaum
- May 10** - Mary Sullivan, Constantino Evos, Linda Eveleigh, Edith Richardson, Karen Falat, Andrea Lane, Margaret Mahoney
- May 11** - Timothy Harris, John Moleti
- May 12** - Constantine Pitsas, Richard Melanson, Cornelia Coffey, Nickilena Polcaro, James Koutroubis, George Mihovan
- May 13** - Arthur Barreda, Jillian Middleton, Paul Swerling, Michael Kaplan
- May 14** - Marilyn Snyder
- May 15** - John Love, Joan Depalma, Gretchen Charbonneau, Stephanie Macisaac
- May 16** - Margaret Hanagan, Judi Weiner, Shaw Warren
- May 17** - Francis Mahoney, Margaret Smith, Donald Lawton, John Hawko, Dorothy Kiley
- May 18** - Mary Ditullio, John Crowley, D. H. Martin, James Passanisi, Thomas Murray
- May 19** - Muriel O'Neill, Marilyn James, Mary Irene Dickenson, Melissa Gallery
- May 20** - William Andrews, Hester Schepens, Steven Switzer
- May 21** - Joseph Waldron, Barry Nardone, Jeffrey Price, Deborah Aliff, James Malone
- May 22** - David Kenepf
- May 23** - Wallace Riddle
- May 24** - Lea Lewis, Marie Muzzioli, Catherine Skinner, Kathleen Forbush, Ruthanne Switzer, Jean Lucantonio
- May 25** - Strates Frangules, James Walsh, Susan Piolo
- May 26** - Candace Thornton, Roger Berkowitz, Linda Jenkins
- May 27** - Panos Voukydis, Francis Farr, Phillip Baldwin, James O'Connor
- May 28** - Virginia Greenlaw, Marie Martin, Joseph Desmond, Maria Stanley, John Antol
- May 29** - Carmel Burrell, Wilda Olivencia, Priscilla Clark, Sarah Anderson
- May 30** - Carmella Cormier, Antonette Spinucci, William Burchell, Patricia Podrug, Joy Loguercio
- May 31** - James Hosker, Elizabeth Condon, Mary Messina, Gad Geiger, Susan Tracy, Martha Koscielecki, Ellen Morse, Daniel Destefano

REMINDER: THE REGISTRY OF MOTOR VEHICLES NO LONGER SENDS REMINDERS THAT YOUR LICENSE HAS EXPIRED. PLEASE CHECK THE EXPIRATION DATE ON YOUR LICENSE, YOU MIGHT NEED TO RENEW.