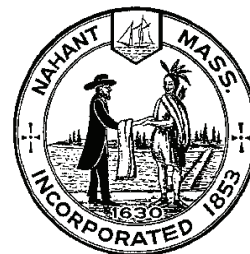


June 2013

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
Maura Costin-Vice Chairman	Sheila Hambleton
Geraldine Wittrock-Walton	Linda Jenkins
Nancy Wilson	

FROM THE DIRECTOR

Every so often I feel the need to thank so many people of this great town - NAHANT. I am in awe of the generosity of the people in this town whether it is monetary or volunteering. We are so lucky to live in this small town with a big heart. In the last couple of months we have received donations from two of the town’s most active fundraising groups. The Nahant 01908 Committee raised money for the COA from the sale of their Art calendars sold at the Holiday Fair last year. The donation was made to our fitness program for new equipment and allowed us to offer a special 4 week YOGA session to get ready for spring. THANK YOU and keep up the good work.

Just recently we received a donation from Frank Cardile and Michael Billias who sold the NAHANT tee shirts at Town Meeting. These guys have done so much for many organizations in the town. Townies through and through. The donations will go towards senior activities planned for the spring and summer. THANK YOU for your help.

I would be remiss if I didn’t thank the volunteers who help see that the seniors are treated to a fun time at the Tiffany Café: Ione Hansell, Fran Ahern, Lana Mogan, Linda Lehman, and Arthur Judge who are always there when the seniors need them. Whether helping with the meals, driving duties, helping with trips, they always come through. I am very grateful to all of you. THANKS

Lastly, special thanks to Ann LeBlanc the rock of our food program, Joe Desmond the best driver ever, Caroline O’Connor, without her, this newsletter would not have survived, and the COA board members who provide support and guidance. THANK YOU TO ALL!

Linda Peterson
Executive Director

“ON THE GO” SENIORS

- Friday June 7th 11:00a.m.** **“LUNCH OUTING” - Trip to the Butterfly Place** - This indoor garden is filled with hundreds of free flying butterflies. We will have lunch on the way. Admission to the Butterfly garden is \$10.00.
- Thursday June 20th 12:45p.m.** **“SOUND OF MUSIC” at the North Shore Music Theatre** - The final collaboration between Rodgers & Hammerstein was destined to be come the world's most beloved musical. MUSIC BY: Richard Rodgers LYRICS BY: Oscar Hammerstein II. Tickets are: \$42.00 pp.
- Friday June 21st 10:00a.m.** **“KEEP MOVING WALK”**- Along beautiful Carson Beach in S. Boston, join us for our 3rd year participating in this event sponsored by the Mass Department of Public Health, the Mass Executive Office of Elder Affairs, the Mass COA’s and Senior Center Directors and Blue Cross Blue Shield of Mass.
- Thursday June 27th 11:30 a.m.** **“GLSS BBQ”** - at Nahant Lifesaving Station. This is GLSS’s annual BBQ and this year we will enjoy the music of Sargent Dan Clark. Tickets are \$5.00.

SENIOR CENTER ACTIVITES

- Friday June 14th**
Guest Chef - Jim Bucci
Let’s celebrate Flag Day with our monthly guest chef.

FRIDAY AFTERNOON AT THE MOVIES

- Friday 14th 1:00 p.m.** **“Sweet Home Alabama” - Reese Witherspoon**
Friday 28th 1:00 p.m. **“Sky Fall” - James Bond**

COMING ATTRACTIONS

- July 12th 10:00 a.m.** **Charles River Cruise** - Enjoy a 60-minute, fully-narrated sightseeing cruise along the Charles River. Your captain and crew will both entertain and educate while pointing out the historic and cultural sights of Boston and Cambridge. Sights include Beacon Hill, Esplanade Park, the Back Bay, Boston University, M.I.T., Harvard and countless sailboats and rowers!
Lunch at the **Cheesecake Factory** immediately following. **\$35.00 pp**
- July 17th 12:45 p.m.** **North Shore Music Theatre, “The Wizard of OZ,”** There truly is no place like home as the greatest family musical of all time lands on the stage of North Shore Music Theatre. Tickets are: **\$42.00 pp**
- July 25th 10:00 a.m.** **Newport Mansions - “THE BREAKERS TOUR,” & LUNCH.** The Breakers is the grandest of Newport's summer "cottages" and a symbol of the Vanderbilt family's social and financial preeminence in turn of the century America. **LUNCH at the “Chinese Tea House at Marble House,”** with a spectacular view of the Atlantic Ocean beyond the Cliff Walk. **\$35.00pp**
- July 31st 11:00 p.m.** **Suffolk Downs** - When the Commonwealth of Massachusetts created the State Racing Commission in 1934 and legalized pari-mutuel wagering, the Eastern Racing Association wasted no time in constructing the state’s first Thoroughbred racetrack, which it named *Suffolk Downs*.

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.

“Skin disorders” is a very broad term that describe numerous conditions:

Acne Acne

is the most common skin disease treated by physicians. It is a chronic condition that affects over 85% of adolescents and young adults. There are different types of acne that respond to different types of treatment.

Seborrheic Keratosis

Seborrheic keratoses are benign lesions that don't necessarily look benign. They can have various colors, grow quickly, itch, and sometimes bleed. Fortunately, they are fairly easy to distinguish from skin cancers.

Dermatitis

The term dermatitis describes many classifications of rashes. The most common dermatitis is atopic dermatitis or eczema.

Herpes

Oral and genital herpes are caused by the herpes simplex virus. An infection with this virus is life-long, however the rash can be controlled with medication. Herpes infections in pregnant women can cause serious infections for the baby.

Hives

Hives are caused by an allergic reaction in the skin releasing the chemical histamine. Acute hives can usually be treated with medications but chronic hives, lasting longer than 6 months, require an investigation into the cause.

Infections

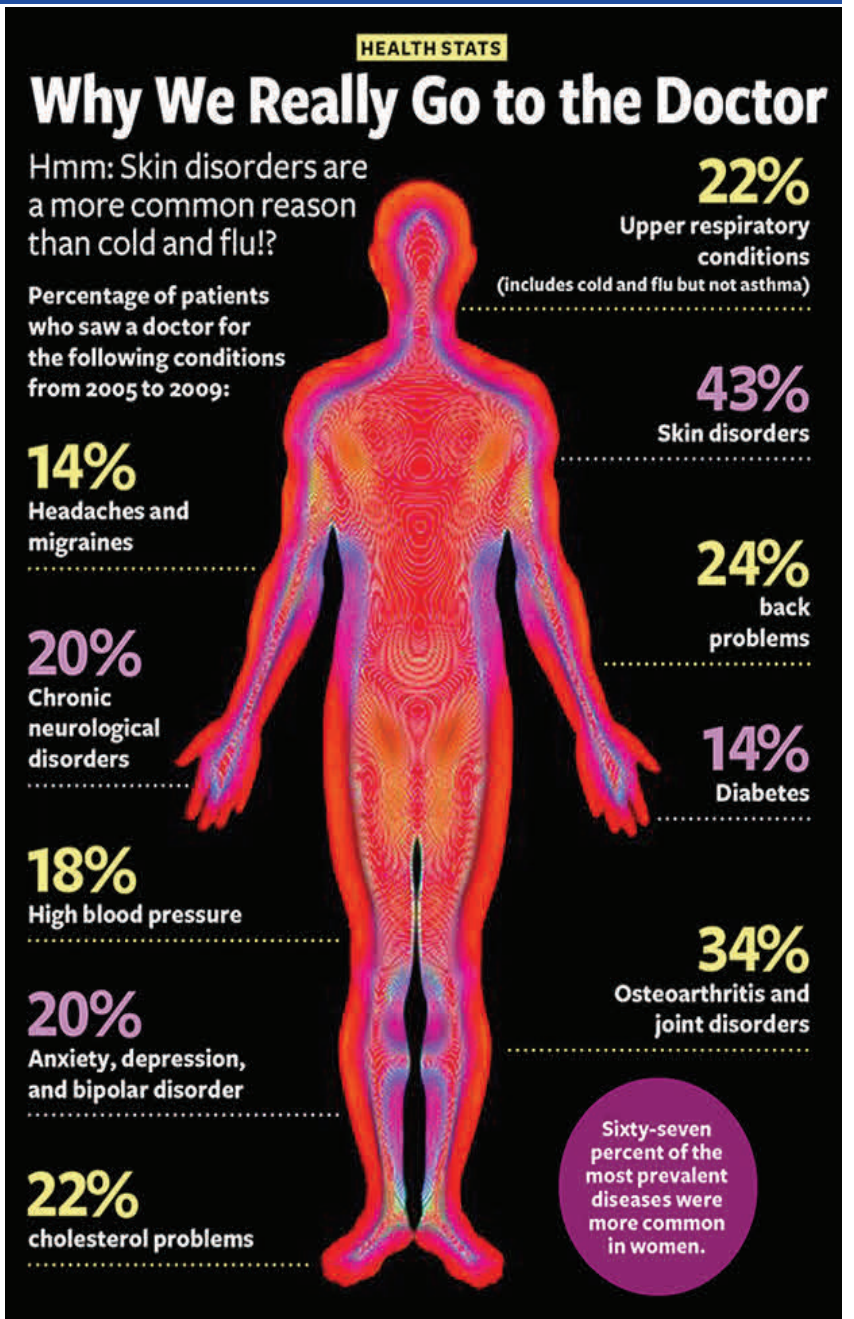
infections are caused when an outside organism gets into the skin. They are classified by the type of organism causing the infection - bacterial, fungal, or viral.

Psoriasis

Psoriasis is a lifelong skin condition caused by changes in the immune system. The rash of psoriasis is very distinctive. In the last couple of years there have been many strides in the use of biologic medications that make psoriasis less of a "heartbreak".

Rosacea

Rosacea is a common skin condition characterized by redness of the face and acne. We don't know exactly what causes rosacea, but there are effective medications and treatments to keep it under control.



Warts

Warts are a common skin condition caused by the human papillomavirus. There are many effective treatments, and yes, duct tape is one of them

Seborrheic Dermatitis

Seborrheic dermatitis causes a characteristic rash on the hair-bearing areas of the face. Sometimes it can be controlled with dandruff shampoo.

Skin Cancer

There are several types of skin cancer from the slow-growing basal cell carcinoma to the potentially fatal melanoma.

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

FOOD SHOPPING PROGRAM

Wednesday 1st	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 7th	Market Basket and Vinnin Square	12:30 P.M.
Wednesday 15th	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 21st	Market Basket and Vinnin Square	12:30 P.M.
Wednesday 29th	Market Basket and Vinnin Square	12:30 P.M.

Healthy Eating

It's important to be conscious of what you put into your body not only for health reasons, but also because it affects your energy levels, mood and how you feel about yourself. Here are a few ways to achieve a healthier lifestyle and a happier you.

1. First and foremost, always remember, this isn't an overnight process. It takes time. So set yourself up for success by taking small steps and sticking to a plan that includes healthy eating choices and daily exercise.
2. Set realistic goals for yourself to meet over time. And when you meet these goals, reward yourself!
3. Always eat breakfast. It's the most important meal of the day and helps get your metabolism going.
4. Drink. drink. drink. WATER. Drink water all day long. It's recommended you have 6-8 12-oz glasses of water a day. Get a fun water bottle and constantly refill it throughout the day. It will become your best friend.
5. Portion control is an important part of every healthy diet. Eating several smaller meals throughout the day helps boost your metabolism and keeps your energy high. It also helps curb temptations as your body constantly feels full.
6. Add lots of color to your diet through fruits and vegetables. They are packed with vitamins, minerals, antioxidants and fiber.
7. Choose good grains and carbs – it's easier to do than you think! Whole wheat pasta, brown rice, quinoa and barley are all healthy carbs you can use to create a delicious meal. Avoid refined sugars, white bread and white rice.
8. Mix up the types of protein that you eat. Tofu, nuts, beans and soy products are great sources of protein. Also be conscious of the types and quality of meat you consume.
9. Everything in moderation. Don't completely cut out any food. If you want a sweet treat, then don't deny yourself that. Another way to reward yourself is to allow a cheat day, where you can indulge in a piece of cake or a slice of pizza. Life's too short not to enjoy the good things.



Grilled Peaches with Gingersnaps

"A light summertime dessert. The gingersnaps give a little crunch and add some snap."

Ingredients:

- 1 firm peach, halved and pitted
- 1 teaspoon canola oil
- 2 tablespoons brown sugar
- 4 scoops vanilla fat-free frozen yogurt
- 2 gingersnap cookies, crumbled

Directions:

1. Preheat an outdoor grill for high heat, and lightly oil the grate. Brush peach halves with canola oil.
2. Place peach halves on the preheated grill. Grill until tender and peach is warmed through, about 10 minutes. Place the hot peach on a plate skin-side down. Sprinkle with brown sugar, allowing the sugar to melt. Serve each peach half with 2 scoops of vanilla frozen yogurt and gingersnap cookie crumbles sprinkled on top.

Happy Father's Day

Tiffany Café Menu

JUNE 2013

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

~Moliere~

**= LOW SODIUM ITEM



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Chicken Broccoli Pasta Casserole Carrots Chilled Fruit ALTERNATIVE Beef Strip Steak / Gravy</p>	<p>4</p> <p>Pepper Steak /Roll Hash Brown Potatoes Country Blend Veg- gies Fresh Fruit ALTERNATIVE Omelet/Cheese Sauce</p>	<p>5</p> <p>Crumb Topped Fish Creole Cheddar Whipped Potatoes Italian Green Beans Pudding ALTERNATIVE Meatballs/ Gravy</p>	<p>6</p> <p>Potato Leek Soup Chicken Caesar Salad WW Pita/Grated Cheese Cookie ALTERNATIVE Egg Salad/WW Pita</p>	<p>7</p> <p>Stuffed Pepper/ Sauce Whipped Potato Tuscany Veggies/ Fruit ALTERNATIVE Sweet & Sour Unbreaded Chix</p>
<p>10</p> <p>Mac & Cheese Spinach Chilled Fruit ALTERNATIVE Chicken Marsala Potato</p>	<p>11</p> <p>Clam Chowder Cold Meatloaf Sandwich Rice/Tomato/Olive Salad Fresh Fruit ALTERNATIVE Turkey & Cheese</p>	<p>12</p> <p>Honey Mustard Ty- son Chix Lyonnaise Potatoes Peas & Carrots Chilled Fruit ALTERNATIVE Liver & Onions/Gravy</p>	<p>13</p> <p>**Hot Dog**/Roll Veggie Baked Beans Cole Slaw Jell-o ALTERNATIVE Chicken Filet Sand- wich</p>	<p>14</p> <p>Flag Day Special</p> <p>-Guest Chef- Jim Bucci</p>
<p>17</p> <p>Roast Turkey/ Gravy Sweet Potato Cran Sauce/ Muffin Veggies/Chilled Fruit ALTERNATIVE Dominican Beef Stew</p>	<p>18</p> <p>WG Stuffed Shells/ Meat Sauce Parm Cheese/ Ro- man Veggies Garlic Roll Ambrosia ALTERNATIVE Mushroom Quiche</p>	<p>19</p> <p>Swedish Meatballs/ Gravy Whipped Potato Corn/ Red Pepper Chilled Fruit ALTERNATIVE Bean/Cheese/Rice Burrito</p>	<p>20</p> <p>Cream Of Broccoli Soup Bnls Garlic Paprika Chicken Brown Rice Pilaf Fresh Fruit ALTERNATIVE **Hawaiian Tur- key Ham**</p>	<p>21</p> <p>Lemon Crunch Fish Sr Cream Whip Potato Carrots/WW Roll Grape Nut Pud- ding ALTERNATIVE Salisbury Steak/ Gravy</p>
<p>24</p> <p>Lasagna/ Meat Sauce Parm Cheese Green Beans/Scali Bread Mandarin Oranges ALTERNATIVE Chix Meatball/Gravy</p>	<p>25</p> <p>Tyson Chicken/ Or- ange Sauce Garlic Whipped Pota- to Jardinière Veggies Fresh Fruit ALTERNATIVE Rib-B-Q/BBQ Sauce</p>	<p>26</p> <p>Apple Glazed Roast Pork Italian Roast Potato Peas & Onions Jell-o ALTERNATIVE Mesquite Chicken</p>	<p>27</p> <p>Chili/Shredded Cheese Steamed Rice Tossed Salad Combread/Pineapple ALTERNATIVE Veggie Quiche/Potato</p>	<p>28</p> <p>Minestrone Soup California Chix Salad Bulkie Roll Potato Salad/ Cake ALTERNATIVE Shaved Roast Beef</p>
<p>A Bit of Humor-</p> <p>I took my wife to a restaurant. The waiter, for some reason, took my order first... 'I'll have the strip steak, medi- um rare, please.' He said, 'Aren't you worried about the mad cow?' 'Nah, she can order for herself.' And that's when the fight started.....</p> <p>Three old guys are out walking. First one says, 'Windy, isn't it?' Second one says, 'No, it's Thursday!' Third one says, 'So am I. Let's go get a beer.'</p>				

HEALTH AND WELLNESS

Monday 3rd,	12:00 p.m.	Blood Pressure & Glucose testing
Tuesday 11th,	9:30 a.m.	Manicurist (sign up required) \$10.00
Tuesday 25th,	9:30 a.m.	Manicurist (sign up required) \$10.00
Thursday 27th	9:00 a.m.	Dr. Sanphy

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

Workshop

Greater Lynn H.O.P.E. invites all to attend "When Hoarding Reaches the Courts", Thursday, June 6, 2013 9:30 – 11:00 AM at the Community Room in the King's Beach Tower, 130 Eastern Av, Lynn. The Hoarding Outreach Partnership Effort (HOPE) works in collaboration with Elder Service Plan of the North Shore (PACE), Greater Lynn Senior Services (GLSS), Lynn Housing and Neighborhood Development, Neighbor Legal Services and Senior Care Options to bring awareness to this condition. Their mission is – "To promote a safe, healthy living environment for the residents of Greater Lynn and to assist people who hoard in managing their possessions in such a way as to prevent the creation of a hazardous environment for themselves and for others."

What is hoarding? According to the Mayo Clinic....Hoarding is the excessive collection of items, along with the inability to discard them. Hoarding often creates such cramped living conditions that homes may be filled to capacity, with only narrow pathways winding through stacks of clutter. Some people also collect animals, keeping dozens or hundreds of pets often in unsanitary conditions.

Hoarding affects emotions, thoughts and behavior. Signs and symptoms of hoarding may include: Cluttered living spaces, inability to discard items, keeping stacks of newspapers, magazines or junk mail, moving items from one pile to another, without discarding anything, difficulty managing daily activities, including procrastination and trouble making decisions, difficulty organizing items, shame or embarrassment, excessive attachment to possessions, including discomfort letting others touch or borrow possessions, limited or no social interactions.

If you are interested in attending contact Mona Nadeau 781 599-0110, ext 654 by May 31, 2103, or contact the Senior Center for more details @ 781-581-7557.

June Historical Events

June 7, 1769 - Daniel Boone first began to explore Kentucky

June 11, 1895 - The first U.S. patent for gas-driven auto issued

June 14, 1775 - The United States Army was founded

June 19, 1910 - The first Father's Day was celebrated in Spokane, Washington

June 24, 1938 - The National Minimum Wage law was enacted

June 26, 1870 - The first section of the Atlantic City, New Jersey, boardwalk was opened to the public

June 30, 1936 - Margaret Mitchell's novel "Gone With The Wind" was published

Summer Word Search

See if you can find the hidden words associated with Summer.

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

AUGUST
BARBECUE
BEACH
FUN
HEAT
HOTDOGS
ICECREAM
JULY
JUNE
LEMONADE
LIGHTNING
LOTION
PICNIC
POOL
SHADE
STORMS
SUMMER
SUNBURN
SUNGLASSES
SUNTAN
SWIMMING
THUNDER
VACATION

**Josephine LaFalce
Celebrating 95 years of joy!**

With so much admiration for a woman who never quits until the job is done. That woman, of course, is beautiful Josephine LaFalce.

It certainly was a gift meeting Josephine, who not only is my hero, but she radiates with energy, inspiration and a positive outlook that is a lesson to be learned. She moved to Nahant in 1942 from Jamaica Plains. Josephine worked at the nursing home here in Nahant for 21 years and absolutely loved it.

With her two daughters, Nancy & Maryann nearby, there are 5 living generations, who all gather at her home for family dinners. Waking up every morning at 5:00 a.m., beginning her day with reading her paper...she is an avid reader. She keeps busy with hard work daily. She still drives, does her own house cleaning, grocery shopping, banking and more! Most recently her niece Nina who lives next door, looked out her window and saw Josephine on the roof of her home. She had climbed out a window on the second floor and was cleaning the gutters of her home (see insert photo).

She still wears high heels all the time, and up until a few years ago, use to walk on the beach from her home in Nahant to Lynn, several miles everyday with her friends. Her favorite Italian saying is; "You can't kick every pebble in front of you...you'll break your toe, and eventually, wear out your feet." What an inspiration to us all!

By **Caroline O'Connor**, Assistant to Linda Peterson



JUNE BIRTHDAY CELEBRATIONS

- June 1, June Carmody
- June 2, Elizabeth Fortucci, David Lazzaro
- June 3, Marjorie Cenci, Joseph Brugman, Youngae Benson, Thomas DiBenedtto, Sharon Dobbyn
- June 4, William Robinson, James Walton, Mary Donahue, Priscilla Culver, Cecelia Hill, Gretchen Henry, Christine Fulchino, Kathy O'Connor
- June 5, Katherine Divittorio, Colleen Sheppard, Frank Dunion, Owen Kane
- June 6, Henry Hanagan, Cecilia Ustaszewski, Robert Cass, Claire Flebbe, Thomas S. Parrott, Claudia Orleans
- June 7, Robert Tarason, Craig Mosher
- June 8, James Savino
- June 9, Barbara Mackey
- June 10, Theresa Moore, Robert McIlveen Jr., James McCullough, True Blaisdell, Jr.
- June 11, Mary LeBlanc, C. Lawrence Bradley, Gretchen Sterenberg, Richard Fox, Robert Cronin
- June 12, Josephine LaFalce, Anne Cote, James Callahan, Judith Larkin
- June 13, Mary Lou McGinn, Dorothy Vitale, David Hussey, Shirley Sarpi-Brahm
- June 14, C.Marie Hosker, Jeannette White, Andrea Gaulzetti, Janet Lass, Suzanne Karatzas
- June 15, Kenneth Ford, Bernard Bruneau, Daniel Droukis, Conrad Squires, Lynn Spencer
- June 16, Roxanne Brown, William English, Jr., Ellen Steeves, Kevin Solimine
- June 17, Thomas Loftus, Elizabeth Hemminger, Peter Scapicchio, Barbara Stamos, William Caldwell, Jr., Charles Mogavero, Sheldon Sevinor, Janina Wabino
- June 18, Eugene Swanson, Richard Snyder, Mary Magner
- June 19, Jennie Alexander, Anne Spirn, Alice Volk-Roy
- June 20, William McDonald, Alfred Santosuosso, Alfred Cote, Susan DePaulo
- June 21, Jane "Bonnie" Lombard
- June 22, Donna Damico, Edmund Zamejtis
- June 23, Helen Taylor, Helen O'Hare, M. Dean Hendrick
- June 24, Louis Brunelle
- June 25, Dorothy McGuire, Roger Peladeau, Linda Powers
- June 26, Janet Malatesta, Robert Guiney
- June 27, Margaret Antrim, Kenneth Taylor, William Mahoney
- June 28, Anita Smith, Frank Pesco
- June 29, Christie Stamos, Richard Debenedetto, Laurel Laliberte, Dolores Merlino, Gary Deines
- June 30, Helen Staffier, Andres Sigourney, Richard Hagoort