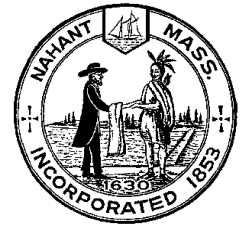


June 2019 *Nahant Tiffany Times*



*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

Nancy Maddocks - Assistant

Arthur Barreda - Transportation

Jim O'Connor - Transportation

Pat Scanlon - Transportation

Nahant COA Board of Directors

Marcia Divoll - Chairman

Angela Bonin - Vice Chairman

Lollie Ennis - Treasurer

Joseph Benson - Secretary

Nancy Gallo

Sheila Hambleton

Linda Jenkins

Emily Potts

Carol Sanphy

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
Like us on Facebook:
nahant council on aging and senior
community center**

From the Director,

How lucky are we to have all our sport teams reach the playoffs. We are especially lucky since Boston has queued the Duck Boats 11 times since 2004. The Red Sox ended their 80 year draught in 2004, what joy we all felt, then to go on and do it 3 more times most recently in the fall of 2018. Our New England Patriots, who gave a little unknown the ball in Super Bowl 2003, Tom Brady and Bill Belichick have lead the team to 6 Superbowls their most recent February 2019, awesome. The Celtics, although they didn't go all the way this year they are an exciting young team. We mustn't forget the Celtics run back in the 60 and 80's and most recent for them 2008, 17 world championships, incredible. But now our Boston Bruins, who won the Stanley Cup as recent as 2011 are in the Quest for the Cup and we are hoping to have our 3 championship team in 12 months.

GO BRUINS !!!



Tiffany Room Hours

2019

Monday-Friday

9:00-1:00



TRIPS, EVENTS...ON THE GO!

- Wed., June 5** **Charles River Cruise** Enjoy a 70-minute, fully-narrated sightseeing cruise along the Charles River. Your captain and crew will both entertain and educate you while pointing out the historic and cultural sights of Boston and Cambridge. Our cruise will begin in Cambridge at 10:00. Our lunch reservations are set for 11:30 at the Cheese Cake Factory. Cost for the cruise and lunch (gratuity and tax included) is \$38.50. The bus will leave the Tiffany Room at 9:00.
- Fri., June 14** **Father's Day Luncheon.** Join us at the Tiffany Room for a lunch to honor all the wonderful fathers in our community. Lunch will be served at 11:30.
- Wed., June 19** **Fuller Gardens, North Hampton NH.** Take a trip to the meticulously maintained formal rose gardens, a Japanese garden and English perennial plantings. The formal rose gardens designed in the Colonial Revival style were commissioned during the late 1920s by Massachusetts Governor Alvan T. Fuller at his summer estate. We will also stop for lunch at Warren's Lobster House. The bus will leave the Tiffany Room at 10:00. Admission \$8.00pp.



****Please Make Checks Payable to the Town of Nahant****



The Nahant COA welcomes everyone to participate in these planned events. We request, however, that you register for events in advance. We want to make sure that we can accommodate all the guests who wish to participate. You can register for events on line at www.nahantcouncilonaging.org, by phone (781-581-7557), or in person at the Tiffany Room.

COMING ATTRACTIONS

- Thurs., July 25** **Revere Beach Sandcastles.** Lets take a drive by and get out and see what the artists are creating. The Festival and judging will be over this coming weekend so lets beat the rush! Leaving the Tiffany Room after lunch 1PM. Call for a spot on the bus.
- Tues., July 30** **Yankee Homecoming Market Place & Waterfront Harbor Cruise Newburyport, MA.** Shop to your heart's content in the open air bazaar-like market place right in the heart of historic Newburyport's center. Covering two square blocks, this extravaganza of food and great finds is sure to tantalize your senses. Marvel at the artistry, jewelry and diverse wares of many vendors. Come and enjoy two stages of continuous entertainment. We will also take a 90 minute cruise along the beautiful Merrimack River. Tickets for the boat are \$29.00pp. to be paid in advance. The bus will leave the Tiffany Room at 9:30.
- Wed., July 31** **Fenway Park Guided Tour, Boston.** Explore the historic grounds of "America's Most Beloved Ballpark". Enjoy a 60-minute guided tour. Ideal experience for fans who want to see historic Fenway Park. The bus will leave the Tiffany Room at 9:30. Call ahead for a reservation. Cost is \$22.00pp.

HAPPENINGS AROUND TOWN

- | | |
|----------------------|---|
| Sat., June 1 | Nahant Library. 7PM. 200th Birthday Celebration with guided tours and exhibits throughout the library. Trustees will be explaining their plans to care for the building. Donations appreciated. |
| Sat., June 8 | Johnson Elementary School Yard Sale, 290 Castle Rd. 8AM-12PM. 6th Grade Class Fundraiser to support graduation. Selling children's clothes, men's suits, toys, games, records, household items and more! Bake sale too!! Rain date June 9th. |
| Fri., June 7 | Nahant Community Breakfast, Nahant Village Church. 8AM. Featuring, Nancy Torgove Clasby -- health and medication teacher (since 1998), recording artist "Healing Meditations" (2015) and author of "The Reluctant Mystic: Autobiography of an Awakening." She will share her compelling story of how, as an ordinary mother of three small children, she gradually pieced together the greatest mysteries of life after a spontaneous awakening completely redirected her focus to become a healer. Copies of her book will be available for purchase. Transportation to and from may be arranged by calling the Tiffany Room a few days in advance. |
| Sun., June 9 | Nahant Country Club, 280 Nahant Rd. 1-5PM. Celebration of Life in honor of Harriet Steeves our longtime Nahant Town clerk. Please join the family. |
| Wed., June 12 | Moving On Ceremony, Grade 6 Johnson School. This year, the grade 6 "Moving On Ceremony will be held at the TOWN HALL , at 6:00pm. |
| Sun., June 16 | Nahant Town Hall Concert. 3PM. Friends of the Nahant Public library cordially invite you to the 148th season of the Apollo Club of Boston. Singing show tunes, folk songs, spirituals and barbershop in unique harmony of men's voices, and joining with the audience in the "Nahant Hymn". |

NAHANT PUBLIC LIBRARY -

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 watch for our children



School is out June 13th



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.

TRANSPORTATION OPTIONS:

To a Medical Appointment: GLSS Medical ride runs Monday-Friday between 8am-4pm.

Call to schedule a ride: 781-477-4237
2 Days before appt.

To Anywhere: If you have a doctor-certified disability prohibiting you from using public transportation, you're eligible for affordable door-to-door service 365 days a year, throughout the N. Shore and Greater Boston area, thanks to the MBTA's "THE RIDE."

For more information:

- Call GLSS: 781-599-0110
- Visit the MBTA on line at www.mbta.com
- Call the MBTA at: 800-533-6282

Keep on top of your health with our **monthly medical clinics**. Nurse Debbie Murphy is here on the second 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

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.

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**.

"Connections" A Memory Café

Nahant Public Library

A program of Arts & Sharing

Meeting Every 2nd Thursday of Month

10:00–12:00 noon 15 Pleasant St., Nahant

Contact Shawkes@nahant.org

RSVP 781-581-0306

Offered for people with memory impairment and their caregivers.

YOUR SHINE REPRESENTATIVE

CHARLIE RANDALL

will be at the Tiffany Room on Wednesday, June 12, from 1:00 - 3:00.

Make your personal appointment at the Tiffany Room.

The **2019** summer season:

Starts July 1st - August 16th.

Nahant Sailing Program



Nahant Sailing Program provides sailing instruction for beginners through advanced racing, to students from age 8 and up. NSP's sailboat fleet of Optimist and 420 dinghies and Rhodes 19 keelboats is well suited to meet the needs of a range of sailing skills and interests. Sign up for a week or all 7 weeks offered.

Registration is open www.nahantsailing.com

HYDRATION: WHY IT'S IMPORTANT

Your body depends on water to survive. Every cell, tissue, and organ in your body needs water to work correctly. For example, your body uses water to maintain its temperature, remove waste, and lubricate joints. Water is needed for good health.

Symptoms of dehydration include the following: Little or no urine, or urine that is darker than usual, Dry mouth, Sleepiness or fatigue, Extreme thirst, Headache, Confusion, Dizziness or light-headed feeling, No tears when crying. Don't wait until you notice symptoms of dehydration to take action. Actively prevent dehydration by drinking plenty of water.

You may have heard different recommendations for daily water intake. Most people have been told they should drink 6 to 8 8-ounce glasses of water each day, which is a reasonable goal. However, different people need different amounts of water to stay hydrated. Most healthy people can stay well hydrated by drinking water and other fluids whenever they feel thirsty. For some people, fewer than 8 glasses may be enough. Other people may need more than 8 glasses each day. Water can also be found in fruits and vegetables (for example, watermelon, tomatoes, and lettuce) and in soup broths. Also, fruit and vegetable juices, milk, herbal teas and even caffeinated drinks in limited amounts. If you are concerned that you are not drinking enough water, check your urine. If your urine is consistently colorless or light yellow, you are most likely staying well hydrated. Dark yellow or amber-colored urine is a sign of dehydration.

UV PROTECTION

The skin is the body's largest organ. It protects against heat, sunlight, injury and infection. The need to protect your skin from the sun has become very clear over the years, supported by several studies linking overexposure to the sun with skin cancer. The harmful ultraviolet rays from both the sun and indoor tanning "sunlamps" can cause many other complications besides skin cancer - such as eye problems, a weakened immune system, age spots, wrinkles, and leathery skin.

Wear proper clothing - long sleeve shirts, pants, hat and sunglasses.

Avoid the burn - sunburns significantly increase one's lifetime risk of developing skin cancer.

Go for the shade - stay out of the sun, if possible, between the peak burning hours, 10 a.m. and 4 p.m.

Use extra caution when near reflective surfaces like water, snow and sand. Even the windows if a building can reflect the damaging rays of the sun.

Apply broad spectrum sunscreen - Generously apply broad-spectrum sunscreen to cover all exposed skin. Broad spectrum protects against overexposure to UVA and UVB rays. The SPF value should be at least 15.

Re-apply broadspectrum sunscreen throughout the day even if a sunscreen is labeled water resistant.

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	June 4	Market Basket	12:30 P.M.
Tuesday	June 11	Market Basket	12:30 P.M.
Tuesday	June 18	Market Basket	12:30 P.M.
Tuesday	June 25	Market Basket	12:30 P.M.

VETERAN'S FOOD PROJECT

Town Hall 10:30—11:30 a.m.

June 5, 2019	Aug. 7, 2019	Oct. 2, 2019	Dec. 4, 2019	Feb. 5, 2020
July 10, 2019	Sept. 4, 2019	Nov. 6, 2019	Jan. 8, 2020	Mar. 4, 2020

The Veteran's Food Program is sponsored by the Nahant's Veterans Affairs Office and facilitated and staffed by the Nahant's American Legion Post 215.

Any further information, please contact Jon Lazar at 781-581-0018 or 781-599-1948.

Strawberry—Rhubarb Ice

Ingredients

- 3 Cups Sliced Fresh Rhubarb
- 3/4 Cup Sugar
- 1/3 Cup Orange Juice
- 3 Cups Fresh Strawberries
- 1 1/2 Cups Sliced Strawberries
- Fresh Basil Leaves (Optional)



DIRECTIONS

1. In a large saucepan combine rhubarb, sugar, and orange juice. Bring to boiling; reduce heat. Cover and simmer about 5 minutes or until rhubarb is tender. Cool slightly.
2. Place the 3 cups of strawberries in a blender or food processor. Cover and blend until smooth. Add rhubarb mixture and blend until combined.
3. Transfer mixture to a 8-cup freezer container or 2– quart glass dish. Cover and freeze at least 4 hours or until firm. Scape with a spoon or scoop into serving dishes. Top with sliced fresh strawberries and if desired, basil leaves.

Art in Bloom at the MFA



Moving On Ceremony Johnson School.

The grade 6 "Moving On Ceremony" will, again, be held at the

TOWN HALL

June 12, 6:00pm.



Tiffany Café Menu

June 2019

"One should eat to live not live to eat"

781-581-7557

~Moliere~



Monday	Tuesday	Wednesday	Thursday	Friday
3 Pasta with Sausage, Salad, Bread	4 Skillet Smoked Sausage with Rice, Corn Bread, Salad	5 French Onion Chicken over Rice, Veggie	6 American Chop Suey, Salad	7 Baked Fish, Skewered Veggies with Rice, Salad
10 Italian Sausage over Potatoes, Peppers, Onions, Veggie, Roll	11 Pancakes, Breakfast Sausages, Home Fries, Fruit Salad	12 Chicken Cacciatore over Pasta	13 Shepards Pie, Salad	14 Luncheon 
17 Chicken & Broccoli Ziti, Salad, Bread	18 Hot Dogs, Beans, Potato Salad	19 Homemade Chicken Pot Pie over a Biscuit	20 Hot Turkey Sandwich, Gravy, Stuffing, Cranberry Sauce	21 Fried Fish, Rice, Veggie, Salad, Bread
24 Soup & Sandwich, Chips	25 Chicken Parmesan with Pasta, Garlic Bread, Caesar Salad	26 Pork Stir Fry over Rice	27 Meatloaf, Mashed Potato, Veggie	28 Shrimp Skewers, Veggies, Rice, Salad
			All lunches served with: Milk Bread & Butter Dessert	Menu is subject to change

HEALTH AND WELLNESS

Monday	June 3	9:00 a.m.	Manicurist (sign up required) \$10.00
Monday	June 17	9:00 a.m.	Manicurist (sign up required) \$10.00
Thursday	June 13	10:00-11:30	Blood Pressure Clinic
Monday	June 24	9:30 a.m.	Hair Styling (sign up required)
Thursday	July 11	8:30 a.m.	Dr. Sanphy—Podiatrist (sign up required)

EXERCISE/ACTIVITIES

Monday		9:00 a.m.	YOGA (\$5.00)	Tiffany Room
Monday, Wed., Fri.		9:00 a.m.	Total Body Exercise (\$2.00)	Community Center
Tuesday & Thursday		10:30 a.m.	Chair Exercise	Tiffany Room
Tuesday	**NEW**	10:45 a.m.	Chair YOGA (\$2.00)	Community Center
Thursday		10:30 a.m.	Balance Class (\$2.00)	Community Center

PUZZLE OF THE MONTH!

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Junior Gardeners Club, run by Dianna Brandi, Myra Fox and Nella Raffaele is a collaborative between the Johnson School and The Council on Aging.



Thank you!!

**COMMUNITY-WIDE
GARAGE
SALE**



BAKE SALE

JOHNSON ELEMENTARY SCHOOL—290 CASTLE RD, NAHANT

SATURDAY—JUNE 8TH (RAIN DATE JUNE 9TH)

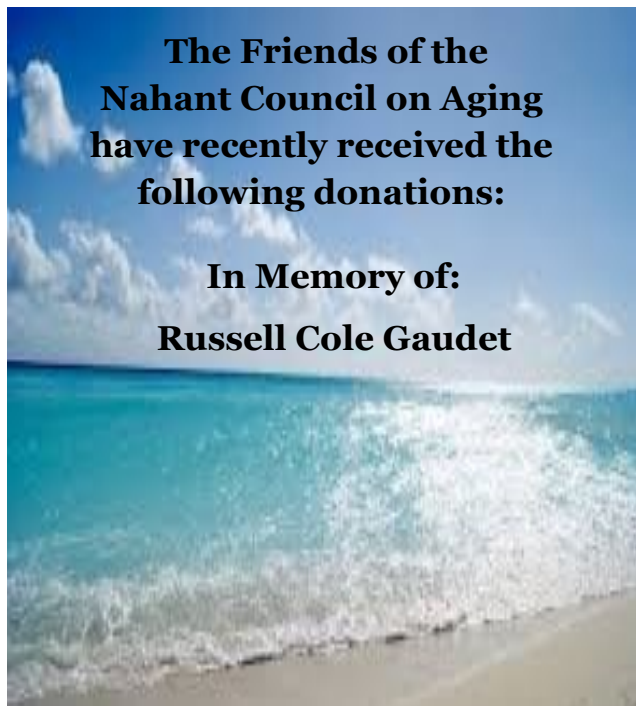
8AM— 12PM

Tables still available for \$20 each or 2 for \$35

Contact Matt #978-578-3250

**The Friends of the
Nahant Council on Aging
have recently received the
following donations:**

**In Memory of:
Russell Cole Gaudet**



Welcome Back Our Snowbirds



Friends of Nahant COA Executive Board

FRIENDS

Linda Lehman - Co-President
Lana Mogan - Co- President
Mary Irene Dickenson - Treasurer
Margaret Silva Secretary

CORNER

Friends meet the second Wednesday of each month.

FIN COM ROOM, TOWN HALL 9:30

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 \$ ___ Other

Name _____ Address _____

Phone _____ Email _____

_____ In Honor/Memory/Appreciation of _____

Please send gift notification to: _____

Donor name: _____

Address: _____

Please make checks payable to: **Friends of Nahant Council on Aging**, 334 Nahant Road, Nahant, MA 01908

BIRTHDAY CELEBRATIONS



June 1 - June Carmody, Barbara Leather, James Costa
 June 2 - Elizabeth Fortucci, David Lazzaro, Joel Marie, Janet Flaherty, Sallee Slagle, Stephen Kasper, David Quinn
 June 3 - Joseph Brugman, Youngae Benson, Thomas DiBenedetto, Bridget O'Brien, Heather Johnson
 June 4 - Mary Donahue, Cecelia Hill, Gretchen Henry, Kathy O'Connor, Judith Shanahan, Michael McGrath, Kevin Shanahan, Margaret Ackerman, Brenda Perroni
 June 5 - Katherine DiVittorio, Colleen Sheppard, Frank Dunion, Owen Kane, William Sherlock, Dale Warren, Florence McDonough
 June 6 - Mary Valeri, Robert Cass, Claire Flebbe, Thomas Parrott, Claudia Orleans, Stephen O'Malley
 June 7 - Craig Mosher
 June 8 - James Savino, Anne Senk, David Wilson, Lizette Marrero, Katherine Jenkins
 June 9 - Barbara Mackey, Stuart Kingsley
 June 10 - Robert McIlveen, Roger Beckert
 June 11 - Earl Brewer, Theresa Moore, Lawrence Bradley, Gretchen Sterenberg, Richard Fox, Robert Cronin
 June 12 - Josephine LaFalce, Anne Cote, Judith Larkin, Elisabeth Foukal, Carl Ingra
 June 13 - Dorothy Vitale, David Hussey, Shirley Sarpi-Brahm, Patricia Aldrich, Carol Aloupis, Stephanie Angiulo-Costa, James Garfield
 June 14 - Marie Hosker, Jeannette White, Darleen Terminello, Janet Lass
 June 15 - Daniel Droukis, Conrad Squires, Lynne Spencer
 June 16 - Ellen Steeves, Kevin Solimine, Pauline Marra
 June 17 - Elisabeth Hemminger, Peter Scapicchio, Barbara Stamos, Lana Mogan, Sheldon Sevinor, Janina Wabno, Kristina Etter
 June 18 - Richard Snyder, Mary Magner, Ellie Connolly
 June 19 - Anne Spirn, Alice Volk-Roy, James Clements, Edward Morrissey
 June 20 - Susan DePaolo, Charles Marino, Richard Senk, Dolores Costello, Jeanne Farrow, Mary Dill, Barbara Cantalini
 June 21 - Jane "Bonnie" Lombard
 June 22 - Donna D'Amico
 June 23 - Janice S. Gomperts, Gregory Poth, Gail Mazzio
 June 24 - Martin Samuels, Paul Wilson
 June 25 - Dorothy McGuire, Margaret Hinrichs, Roger Peladeau, Elizabeth Kelley, Irene Purdy
 June 26 - Janet Malatesta, Robert Guiney, Jean Mullen, Robert Tibbo
 June 27 - Kenneth Taylor, William Mahoney, John Stephen Cody, William O'Connor, Raymond Mitrano
 June 28 - Anita Smith, Joseph McDonough, Frank Pesco, Teresa Newell, Eileen Simons
 June 29 - Christie Stamos, Richard DeBenedetto, Laurel LaLiberte, Dolores Merlino, Gary Deines, Mary Marino, Francis Barile, Walter Zagrobski
 June 30 - Andre Sigourney, Richard Hagoort, Maria Brooks

Would you like to have an event or other information included in next month's Tiffany Times?

Please submit your article to

Nancy Maddocks at
nmaddocks@nahant.org,
 or drop it off at the office.

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