

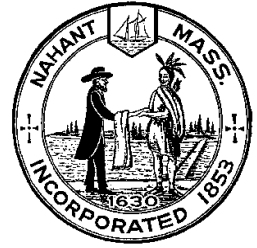
JULY 2014

# 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

Gertrud Joyce - Chairperson  
Emily Potts—Treasurer  
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Nancy Gallo -Secretary  
Sheila Hambleton  
Geraldine Wittrock-Walton  
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Linda Lehman - Co-President  
Caroline O'Connor - Co-President  
Lana Mogan - Vice-President  
Mary Irene Dickenson - Treasurer  
Maureen Edison - Secretary

**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/nahant senior center](http://www.facebook.com/nahant-senior-center)**  
**[www.nahant.org/councilonaging](http://www.nahant.org/councilonaging)**

### **America, My Hometown, A poem by Joseph Martino**

"When I travel about this great nation, I never cease to frown....  
for wherever I seem to land and settle I call.....America, my hometown.

When I cross the Golden Gate in Frisco Bay, the western States, the  
Rockies and Great Plains, my heart wells up with pride....from emotions felt  
deep inside, and my tears become so hard to hide.  
America, my hometown.

From the golden shores and shining cities of the west and along the sandy  
shores towns and villages of the GARDEN STATE things still look simply  
great. All through colonial New England and up to rugged coastline of the  
great State of Maine. Our peoples' quest and dreams of liberty and free-  
dom still remain the same. For justice, freedom and liberty for all, still ring  
true today.....just as the liberty bell, in our founders' yesterday.  
America, my hometown.

Along the mighty Mississippi from Minneapolis to New Orleans....our  
country's morality and patriotic spirit is alive and well, just as all our other  
great and noble dreams.  
America, my hometown.

Our founders' vision of liberty and freedom in our country still lives on  
today, throughout our nation in cities, both large and small and along main  
street U.S.A. As Lady Liberty stands ever vigilant atop her pedestal on the  
Bay as our founding fathers dream of liberty and freedom still live on, to  
this very day."

America, my hometown.

God bless America!!!!

*Linda Peterson*  
*Executive Director*

### Friend of Nahant COA News

Thanks to everyone who helped to make our first fundraiser a success.

The Accessory Fair held at the Tiffany Room on Saturday, May 24th was  
well attended. A special thanks to our board member, Maureen Edison,  
who worked tirelessly to accept and display the donations.

Our next planned event is a Flea Market on Saturday, August 16th to be  
held in the Tiffany Room Parking Lot. There will be a limited number of  
tables available for rent @ \$10.00 ea., first come, first serve. Call Caroline  
O'Connor at 617-240-7688 to reserve your table.

Donated items will be gratefully received. There will be posted dates &  
times for drop off. Please call Linda Peterson at 781-581-7557 or Linda  
Lehman for details.

## “ON THE GO TRIPS & EVENTS”

Wednesday July 9th	“Charles River Sightseeing Tour”— Lunch at Cheesecake Factory, Cambridge Side Galleria. Leave Tiffany Rm. At 11.00 a.m. for lunch at 11:30. Expect to return by 4:00 p.m. Cost will be: \$36.00
Thursday July 17th	Join us for the “Annual GLSS cookout” at the Nahant Life Saving Station. For our Entertainment, we are welcoming back “The Singing Trooper,” Sgt. Dan Clark. Sgt. Clark presents an inspiring musical journey for “The Greatest Generation.” Lunch will be served at 11:30 a.m. Cost of this event is \$5.00.
Friday July 18th	“Museum of Fine Arts, Boston & lunch at Belle Isle,” Winthrop. The MFA opened its doors to the public on July 4, 1876, the nation’s centennial. Today the MFA is one of the most Comprehensive art museums in the world; the collection encompasses nearly 450,000 works of art. Leave Tiffany Rm. At 10:00 a.m. for the Museum. Then arrive at Belle Isle for lunch at 1:00 p.m. Cost of lunch; Separate checks for each person. Museum will be free.
Wednesday July 23rd	“Suffolk Downs Race Track Day”- Join us once again for a day at the races, along with lunch at the Topsider Room. This might be may be our last trip to Suffolk Downs, so sign-up today! Lunch will be served at 12:00 p.m. and bus will leave Tiffany room at 11:30 p.m. Cost will be: \$15.00 pp
Wednesday July 31st	This year’s “Yankee Homecoming” in Newburyport is all about volunteering. The theme this year is VOLUNTEER-YOU MAKE THE DIFFERENCE. We will take a one hour harbor cruise (subject to change), have lunch & enjoy the sidewalk sales. We will be leaving Nahant at 10:00 a.m. The cost will be \$30.00 p.p.

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](mailto:lpeterson@nahant.org) for updates on other programs, trips & events.

## COMING ATTRACTIONS

Wednesday August 13th	Salem MA is one of the nicest towns on the N. Shore and the home of FAME of SALEM. FAME of SALEM is a full scale replica of a privateer from the war of 1812. This vessel has been sailing around Salem harbor for the past 11 years. Come join us for lunch at 12:00 p.m. at Uno’s Chicago Grill, Vinnon Square, followed by our cruise on the historic Salem Sound. Cost will be \$21.00 p.p. for the cruise, (lunch to be paid by each individual). Leave Nahant @ 11:30 a.m.
Tuesday August 26th	Trip to the Historical Seacoast of Portsmouth, N.H., one of the New Hampshire’s beautiful coastal towns. Join us for a 1 1/2 hour Trolley Tour of Portsmouth, followed by lunch on the water at Geno’s Chowder & Sandwich Shop (lunch to be paid by each individual). Leave Nahant @ 9:30 a.m. and returning to Nahant approximately 4:00 p.m. Cost will be \$13.00pp
Friday September 19th	Bourne Scallop Festival & Sandwich Glass Museum. The focus of the festival is of course, the great Scallop or Herb-roasted Chicken dinners. Yearly, over three tons of succulent Scallops are deep fried and served to over 55,000 Visitors. Sandwich Glass Museum—watch the glass blowing artists, take a Multi-media tour, and stroll the museum shop. We will be leaving from the Tiffany room at 9:30 a.m. Cost will be \$25.00 pp

Are U at least 55 years young?

The you're eligible to join our

DOUBLE NICKEL CLUB

# 55

Visit the UNO's, Sign up, receive a card and

## GET 30% OFF

Your meal every Wednesday

Isn't it nice to know we put the U in UNO?

Where U can come as U are,

Stay as long as U like, and enjoy

Being taken care of.



**new**  
**HANDCRAFTED**  
**CREATIONS**

The best just got better. Introducing our Nuovo Deep Dish creations.

Available in nine-grain\* or traditional crust.

Individual - (serves 1) | Regular - (serves 2-3) | Large - (serves 3-4)

#### Italiano

Italian sausage, roasted vegetables and chunky tomato sauce topped with mozzarella, ricotta and fresh basil

#### Roasted Vegetable Bianco

Roasted vegetables, roasted cherry tomatoes and spinach topped with fresh mozzarella, ricotta and fresh basil.

#### Mediterranean Vegetable

Roasted eggplant, plum tomatoes, red onion, fontina and mozzarella topped with fresh spinach, kalamata olives, feta and balsamic vinaigrette.

#### Chicken Spinaci

Chicken, spinach, artichoke and caramelized onions topped with feta and mozzarella.



### A Bit of humor

"If we're not meant to have midnight snacks, why is there a light in the Fridge?"

"He who feels that he is too small to make a difference has never been bitten by a mosquito."

What do you call picking up a brunette from a bar?  
Brown-Bagging it.

Disco is to music what Etch-A-Sketch is to art.

### CROSSWORD SOLUTION

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

## 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

Thursday 31st

Celebrating July Birthdays

### FOOD SHOPPING PROGRAM

Tuesday 1st	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 8th	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 15th	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 22nd	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 29th	Market Basket and Vinnin Square	12:30 P.M.

### ORANGE CHICKEN & VEGETABLE STIR-FRY



#### The Sauce

1/2 cup orange juice  
1 tbsp. grated orange zest  
2 large garlic cloves  
1 tbsp. oyster sauce  
2 tbsp. rice vinegar  
2 tbsp. soy sauce (I use low sodium)  
1 tsp. minced ginger  
a dash of honey (sugar or agave)

#### The Stir Fry

1 lb. chicken cut into strips  
3 tbsp. cornstarch  
4 cups chopped fresh mushrooms, celery, carrots, snap peas, and broccoli.  
1/2 cup chopped onion  
1 tbsp. olive oil  
salt and pepper to taste

#### Put it all together

Place all sauce ingredients in a blender. Pour into a pan and heat through for 5 minutes, then put it in a separate bowl. Add salt and pepper to chicken and then cover lightly with cornstarch. Boil (or steam) the broccoli for about 5 minutes. Place on a paper towel to drain. Add olive oil to a pan and sauté chicken for approximately 4-5 minutes until cooked through. Add all of the vegetables to the pan and sauté for 2 minutes. Add sauce bit by bit and cook until sauce has cooked down. You can serve this on its own or over rice.

### Help Support Friends of 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  
\_\_\_ In Honor/Memory/Appreciation of \_\_\_\_\_

OR

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





# Tiffany Café Menu

JULY 2014

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

\*\*= HIGH SODIUM ITEM



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Food Humor</b>  <b>Q: Where did the broccoli go to have a few drinks?</b>  <b>A: The Salad Bar!</b>	<sup>1</sup> Chicken teriyaki Brown rice Stir fry veg. WW bread Pudding ALTERNATIVE Macaroni & cheese/salad	<sup>2</sup> Southern style cod Red potatoes Green peas Italian bread Fresh fruit ALTERNATIVE Turkey/creole sauce	<sup>3</sup> <b>FOURTH OF JULY SPECIAL</b>  Hamburger/roll Lettuce/tomatoes Baked beans Chocolate chip cookie	<sup>4</sup> <u><b>HOLIDAY</b></u>  
<sup>7</sup> Cheese lasagna/tomato sauce Spinach Muffin Pudding ALTERNATIVE 3-bean chili	<sup>8</sup> Roast pork loin/gravy Whipped potatoes Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Ziti/marinara sauce	<sup>9</sup> Lemon & garlic chicken Candied yams Cauliflower WW bread Cookie ALTERNATIVE Curried beef	<sup>10</sup> Chicken Caesar salad Pasta salad Italian bread Fresh fruit ALTERNATIVE Pork chops/gravy	<sup>11</sup> Beef stew Beets WW bread Fresh fruit ALTERNATIVE Caribbean chicken
<sup>14</sup> Roast turkey Florentine Sour cream dill potatoes California blend veg. WW bread Pudding ALTERNATIVE Veggie burger/roll	<sup>15</sup> Cheese ravioli/meat sauce Garden salad/dressing Italian bread Cookie ALTERNATIVE Tilapia/cilantro salsa	<sup>16</sup> Latin style roast pork/gravy Mashed sweet potatoes Capri blend veg. Rye bread Fresh fruit ALTERNATIVE Eggplant parm/marinara sauce	<sup>17</sup> Chicken cacciatore Rotini pasta Garden salad dressing WW bread Fresh fruit ALTERNATIVE Mediterranean hummus wrap	<sup>18</sup> Salmon/dill sauce Yellow rice Green peas WW bread Fresh fruit ALTERNATIVE WW cheese pizza
<sup>21</sup> Chicken Picatta Whipped potatoes Italian blend vegetables Italian bread Pudding ALTERNATIVE Cerdo asado(pork)	<sup>22</sup> Turkey pasta primavera Garden salad/dressing Snack loaf Fresh fruit ALTERNATIVE Stewed goat	<sup>23</sup> Stuffed shells/marinara sauce Broccoli WW bread Fresh fruit ALTERNATIVE Caribbean style beef	<sup>24</sup> Lemon pepper pork Black eyed peas & brown rice Garden salad/dressing WW bread Cookie ALTERNATIVE Arroz con pollo	<sup>25</sup> Rosemary chicken Red potatoes Green peas Rye bread Fresh fruit ALTERNATIVE Oxtail/sauce
<sup>28</sup> Crispy baked fish Sweet potato Wedges Italian blend vegetables WW bread Chilled peaches ALTERNATIVE Jerk chicken	<sup>29</sup> Macaroni & cheese Garden salad/dressing Wheat roll Pudding ALTERNATIVE Latin style pork/gravy	<sup>30</sup> Roast turkey/gravy Vegetable rice pilaf California blend vegetables WW bread Cake ALTERNATIVE Salmao brasileiro (salmon)	<sup>31</sup> Chicken pamesan/sauce Penne pasta Garden salad/dressing Italian bread Fresh fruit ALTERNATIVE Egg salad/bulkie	

## HEALTH AND WELLNESS

Thursday 10th	11:30 p.m.	Blood Pressure
Tuesday 8th	9:30 a.m.	Manicurist (sign up required) \$10.00
Tuesday 22nd	9:30 a.m.	Manicurist (sign up required) \$10.00
Monday 28th	9:30 a.m.	Hairstyling by Toni Spinucci (sign-up required)

### 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
Wednesday	9:00 a.m.	Total Body Exercise	Community Center
Thursday	5:00 p.m.	Total Body Exercise	Community Center

## NUTRITIONAL GUIDELINES

**Eating right is a fundamental part of your loved one's overall wellness. The following nutritional guidelines are recommended by the USDA and the Health and Research Center of TUFTS University:**

1. Proteins maintain and repair muscles, nails and skin and aid in recovery from injury. Poultry, meat, fish, lentils, nuts, seeds, eggs and cheese are healthy sources of protein. Seniors should eat two or more servings of protein per day.
2. Carbohydrates help internal organs to function properly, and maintain energy levels. Fruits, vegetables, low-fat dairy products and whole grains are all great sources of carbohydrates. Seniors should consume six or more servings per day of whole grains, and three or more daily servings of dairy.
3. Fiber helps to maintain the dietary track, is proven to lower blood pressure and cholesterol, and helps the body to maintain stable blood sugar levels. Fiber can be found in whole grain products, fruits, vegetables and beans. Seniors should consume three or more servings of bright-colored vegetables per day, and two or more daily servings of deep-colored fruit.
4. Healthy fats protect cells and help to maintain energy levels. These can be found in some fish, oils, nuts, and food fortified with omega-3 fatty acids. It's important to know the difference between healthy fats, and unhealthy fats and oils — which should be consumed sparingly.
5. Staying hydrated is essential to proper nutrition. Fluids help the body to digest food and maintain a normal temperature. Water is the best fluid for the body, but nutrients and antioxidants can also be found in green tea, and fruit and vegetable juices.

## COUNCIL OF AGING ACTIVITY UPDATES

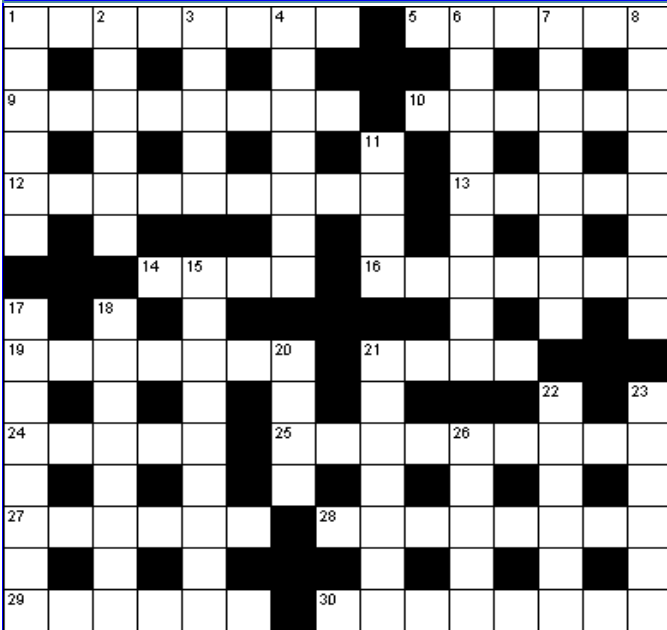
**Blood Pressure Clinic** - Our 1st new Blood Pressure Clinic was held on June 5th and was very well attended. On that day Beverly Carr, RN from Life Care Center of the NS took the blood pressure of 11 seniors. That was up 11 from the month before where we had no seniors. Bev also did her monthly drawing for a week of free lunches at the Senior Center. This month the clinic will be held on Thursday, July 10th at 11:30 along with the free lunch drawing.

**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.

**Quilting** – Will be suspended for the summer months. Marge will be back in September. Check the September newsletter for the date. Quilting might be suspended but the seniors that meet on Tuesday mornings at the Community Center will still meet to do arts and crafts, needle point, etc. If you want any information about this group contact Linda Peterson 781 581-7557.

**Total Body Exercise** - The Tuesday evening exercise class at the Community Center will be suspended for the summer. All other classes will continue. Check the September newsletter for the start date.

## CROSSWORD PUZZLE



### Across

1. Supercilia (8)
5. Splatter (6)
9. Jet of water (8)
10. Miscue (6)
12. It produces electricity (9)
13. Dagnet (5)
14. Thug (4)
16. Traffic fines (7)
19. Delighted (7)
21. Competent (4)
24. Daggers (5)
25. Cage or coop (9)
27. Tessera (6)
28. Trebuchet (8)
29. Settlement (6)
30. Write carelessly (8)

### Down

1. Simulacrum (6)
2. Resembling a horse (6)
3. Rotating armature (5)
4. Not oral (7)
6. Governmental (9)
7. All the letters (8)
8. Despairing (8)
11. Worry (4)
15. Compulsion (9)
17. Outbreak (8)
18. Retaliation (8)
20. Remnant (4)
21. Antiquated (7)
22. Residential district (6)
23. Grow teeth (6)
26. Cousin of a giraffe (5)

## Ten Independence Day Items of Trivia About The Bald Eagle: Test your Family

1. Benjamin Franklin, John Adams and Thomas Jefferson served on the committee that picked the eagle for the national seal [Franklin wanted the turkey].
2. Bald eagles have few natural enemies and live only in North America.
3. Bald eagles get their white head and tail feathers about 4/5 years of age.
4. Bald eagles are not, and never were bald. The term comes from when "bald" meant "white-headed".
5. Their maximum speed: 40 mph or over 100 mph while in a dive.
6. They can lift roughly half their body weight.
7. The Bald Eagle is no longer considered endangered, and now only threatened.
8. The only other kind of eagle in North America is the golden eagle.
9. Bald eagles mate for life, but if one dies, the survivor will accept a new mate.
10. It is a felony to shoot an eagle.



### Did You Know?

Independence Day is marked by fireworks, barbecues and parades. Previously called "rockets," the term "fireworks" was not established until 1777. Later fireworks that made a noise were invented and called "fire crackers" and by 1880 sparklers had been created.

### Did you know?

On the first Independence Day, commemorating the signing of the Declaration of Independence by the Continental Congress on July 4, 1776, in Philadelphia, Pennsylvania, the US had consisted of 13 colonies under the rule of England's King George III? At the time, there were approximately 2.5 million people living in those 13 colonies. This 4th of July, there will more than 304 million people in the United States.

## JULY BIRTHDAY CELEBRATIONS

**July 1** - John Ryder, Helen Lafferty, Paul Murphy  
**July 2** - Geraldine Scigliano, James Ward, Elaine Mavros, Sheridan Maguire  
**July 3** - John Delaney, Susan Seymour, Ryszard Wabino, Marilyn Stevens, Charles Pritchard  
**July 4** - Stephen Lerman, Teresa Kaplan, Paul Jamotchian, Rosemary Moody  
**July 5** - Achilles Bryanus, Jeanne Savage, Charles Riley  
**July 6** - Margaret Forrest, Marianna Pezaris, Jessieann Johnson  
**July 7** - Helen Clements, Walter Goode, Kevin Meager, Paula Pascucci  
**July 8** - Nancy Valee  
**July 9** - Carol Sedlier  
**July 10** - Charles Messina, Leslie Light, Janet Taylor  
**July 11** - Betty Macarelli, Doris Thompkins, Daniel O'Connor  
**July 12** - Edith Robinson, Anne Murphy, Michael Meyer, David Walsh  
**July 13** - Clifford Flynn, Madeline Tanen, Paul Kalapinski, Anne Marie Liston, James Gennari, Anna Dimascio  
**July 14** - Thomas Walsh  
**July 15** - William Mantzoukas, Rex Antrim  
**July 16** - Eleanor John  
**July 17** - Calvin Hastings, Margaret Silva, Anthony Caloggero, Susan Cologgero, Vichi Thienprayoon, Bruce Stein  
**July 18** - A. Kane  
**July 19** - Colleen O'Leary  
**July 20** - Sylviane Poulin  
**July 21** - Peter John, Anne O'Brien, Joseph Klink, Gerard Alimenti, Ronald Buckley, Richard Capozzi  
**July 22** - Paul McCormak, Kosta Daras  
**July 23** - Andrew Sigourney, Peter Foukal, Robert Hunt, Valerie King, Linda DiBenedetto  
**July 24** - William Mogan, James Cashman, Jeanne Adamo, Janice Brathwaite, Debra Mahoney, Brian Robinson, Donna Levin  
**July 25** - Deborah Cashman, James Mellon, Albert Divenuti  
**July 26** - Elizabeth Johnson, Elizabeth Quinn, Joanne Bryanos, Mary Sherlock  
**July 27** - Gloria Oshea, Rita Mitchell, John Nichols, Josephine Harris  
**July 28** - Robert Doran, Elaine Digangi  
**July 29** - Joanne Laubner, Andrew Hammond  
**July 30** - Diane Desmond, Octavia Randolph, Thomas Mercurio  
**July 31** - Katharine Carter

**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.**

## JULY HISTORICAL EVENTS

**July 1, 1966**- Medicare federal insurance program went into effect.  
**July 5, 1946**- The bikini bathing suit made its debut in Paris, France.  
**July 12, 1892**-Congress authorized the Medal of Honor.  
**July 17, 1955**-Disneyland opened in Anaheim, California.  
**July 18, 1927**-Professional baseball great Ty Cobb hit safety for 4000th time.  
**July 23, 1904**-The ice cream cone was invented by Charles E. Menches, during the Louisiana Purchase Exposition in St. Louis.  
**July 26, 1775**-Benjamin Franklin became Post-Master General and the Postal Service was established.  
**July 27, 1940**-Bugs Bunny made his cartoon debut.  
**July 30, 1729**-The City of Baltimore was founded.  
**July 30, 1928**-First color motion pictures were exhibited.