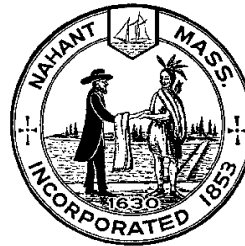


JULY 2015

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

Penny Morse - Assistant

Beth Walsh - Assistant

Arthur Barreda - Transportation

Jim O'Connor - Transportation

David Wilson - Transportation

Nahant COA Board of Directors

Gertrud Joyce - Chairman

Sarah Risher-Vice Chairman

Emily Potts—Treasurer

Nancy Gallo -Secretary

Sheila Hambleton

Linda Jenkins

Nancy Wilson

Geraldine Wittrock-Walton

Renee Wright-Michaud

Friends of Nahant COA Executive Board

Linda Lehman - Co-President

Lana Mogan - Co-President

Mary Irene Dickenson - Treasurer

Margaret Silva - Secretary

Penny Morse

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/nahantseniorcenter

Visit our website:
www.nahantcouncilonaging.org

From the Director,

I want to take this opportunity to thank the many people who help me make the lives of our seniors happy and healthy. Assistants Beth Walsh and Penny Morse have stepped up to the plate to help with our new lunch program on numerous occasions along with doing the jobs they were hired to do. We welcomed back Arthur Barreda to our fold. Between Arthur, Jim O'Connor and David Wilson they have provided transportation to our seniors for lunch pick ups, trips, shopping, etc.

A special thanks to all the volunteers because without you we would not run like a well oiled machine. You know who you are, but our readers might not. Ione Hansell, at 95 is still working 4 days a week, we should all strive to be like her. Fran Ahern and Lana Mogan help with the lunch program. The seniors really appreciate all you do for them. And I can't forget our Chef extraordinaire, Kathie Hatfield. They love you Kathie.

Lastly, our Friends, Linda Lehman, Lana Mogan, Mary Irene Dickenson, Peggy Silva and Penny Morse. Thanks to your efforts our lunch program has been a big success.

Linda Peterson
Executive Director

From Jeff Chelgren, Town Administrator,

Nahant is officially committed to buying recycled products.

As a community, we are committed to buying recycled. In 1998, the Board of Selectmen passed a buy recycled purchasing policy urging all departments to purchase products that are environmentally preferable and/or made of recycled materials.

Buying recycled products makes a difference. As you are all aware, Nahant's recycling program is steadily growing. We have been doing a great job of collecting recyclables.

Recycling is big business in Massachusetts. Buying products made with recycled material is critical to our efforts. If we don't purchase recycled products, there is no economic motivation for manufacturers to use the raw materials that we do recycle. Additionally, the recycling industry is adding jobs daily and contributes significantly to the state's economy.

Today, recycled products are high quality. In the past, recycled products may have represented less quality and cost more, but tremendous advances from improved technology and increased demand have resulted in recycled products that are extremely cost competitive and high quality. Many products routinely purchased contain recycled content such as toilet tissue, paper towels, plastic trash bags and copy paper.

“ON THE GO TRIPS & EVENTS”

Wednesday, July 1	Lunch and Shopping Lunch at the Ship followed by shopping at Ocean State Job Lots, Target and Trader Joe's. Leaving the Tiffany Room at 11:00.
Wednesday, July 8	Lynn Museum and Historical Society Museum Enrichment Series for Adults. Cost of trip \$10.00 includes a \$5.00 donation to the museum and a bagged lunch. Leaving the Tiffany Room at 11:00.
Friday, July 10	Edward M. Kennedy Institute Visitors get a glimpse into Senator Kennedy's career and personality in a faithful reproduction of his longtime Washington, DC Senate office. Admission to the Museum is FREE. Followed by lunch at Maggiano's Restaurant in Boston. Cost of lunch including the tip is \$38.00. Payment due July 6th.
Wednesday, July 22	Charles Riverboat Cruise and Lunch Once again we are going on a cruise on the Charles River. A bagged lunch will be provided for each guest. We will be leaving the Tiffany Room at 11:00am for a 12:30am cruise. We expect to be back in Nahant by 3:00pm. Cost of trip \$25.00 payable by July 17 th .
Friday, July 24	Revere Beach Sand Sculptures We will leave the Tiffany Room after lunch at 12:30 to view the sand sculptures and get ice cream along the way for dessert.
Friday, July 31	American Textile History Museum in Lowell MA is an affiliate of the Smithsonian Institution. Luncheon stop will also be planned. Admission to the Museum is FREE. Leaving Tiffany Room at 10:00.

COMING ATTRACTIONS

Thursday, August 13	Movie and Shopping
Wednesday, August 19	Fuller Garden's
Thursday, August 27	Lunch and Shopping

HAPPENINGS AROUND TOWN

YARD SALE! GOOD STUFF CHEAP! Friends of the Nahant Council on Aging YARD SALE will be held on August 15, 2015. More details will be in the August Newsletter. For more information in advance please contact Maureen at 781-592-0029.

FOURTH OF JULY ACTIVITIES:

The Horribles Parade - will be Friday Night, July 3rd.

4th of July Town Races - Saturday, July 4th at 9am at the Flash Road fields behind the Fire Station.

Grande Finale of the 4th of July Holiday is the Fireworks Show - on Tudor Beach Saturday Night when darkness sets in!

Nahant Historical Society turns 40. Join them for a Mad Hatter Garden Party! - The Nahant Historical Society has many wonderful events planned to celebrate their 40th Anniversary. For starters, there will be a Mad Hatter's Garden Party on Sunday, July 12th at the Whitney Homestead, Nahant's oldest residence. Come enjoy an afternoon of food, drink and fun. Hats encouraged. For more information, please visit the Nahant Historical Society website - www.nahanthistory.org

Cinema by the Sea: DamNation: Tuesday, July 14th at 7:00PM - This powerful film odyssey across America explores the sea change in our national attitude from pride in big dams as engineering wonders to the growing awareness that our own future is bound to the life and health of our rivers. Dam removal has moved beyond the fictional Monkey Wrench Gang to go mainstream. Where obsolete dams come down, rivers bound back to life, giving salmon and other wild fish the right of return to primeval spawning grounds, after decades without access. Northeastern University Marine Science Center, Murphy Bunker, 430 Nahant Road, Nahant, MA 01908 (781) 581-7370, x321 www.northeastern.edu/marinescience

NOTICE TO MEDICARE SUBSCRIBERS

Medicare subscribers **may appeal decisions you disagree with**, but all steps in the appeal process have specific time frames and other requirements. **You must pay close attention to the time limits for appeals!**

Some appealable situations are:

- Medicare denies your request for a health care service, supply, or prescription
- Medicare denies payment for health care you have already received
- Medicare stops covering services that you are receiving
- Medicare pays a different amount than you believe it should
- Medicare drug plan denies coverage of your medication

The **Medicare Advocacy Project (MAP)** provides **free** advice, assistance with appeals and legal representation. **MAP** can help anyone with Original Medicare or a Medicare Advantage Plan *regardless of income*. To reach **MAP** call the Massachusetts Senior Legal Helpline at **1-866-778-0939**.

To understand and access Medicare benefits, call your senior center and ask for a **SHINE** appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You can reach a SHINE counselor at **1-800-AGE-INFO (1-800-243-4636)**, then **press or say 3**. Once you get the SHINE answering machine, leave your name and number; a volunteer counselor will return your call as soon as possible.

MEDICARE/MEDICAID TURNS 50



A Golden Anniversary for America's Health

In 1965, President Johnson signed legislation to establish Medicare for the elderly and Medicaid for low-income adults, children, pregnant women, and people with disabilities. Since then, these programs have transformed the delivery of health care in the United States. They have greatly reduced the number of uninsured Americans and have become the standard bearers for quality and innovation in American health care.

Chances are, you or a family member either have Medicare or Medicaid or know someone who does. In fact, about 55 million Americans have Medicare this year and more than 70 million have Medicaid in any given month. Has one of Medicare's many covered preventive benefits helped detect cancer at an early and more treatable stage for you or a parent? Have rehabilitation services provided in a nursing home or in your own home helped you get stronger and return to regular activity after surgery? Has Medicaid helped pay for your parent to live in a nursing home or helped you or your children get treatment for an illness?

As part of the 50th anniversary celebration for these programs, the federal Centers for Medicare & Medicaid Services is collecting stories of how Medicare and Medicaid have made a difference for everyday Americans. Please visit [Medicare.gov/anniversary/share-your-story](https://www.medicare.gov/anniversary/share-your-story) to share your Medicare or Medicaid story.

FOOD FOR THOUGHT

TIFFANY CAFÉ LUNCH PROGRAM

Served everyday at 11:30 - 12:30

Reservations required 24 hours in advance

Cost - \$2.00

Celebrating July Birthdays

Thursday 30th

FOOD SHOPPING PROGRAM

Tuesday 7th

Market Basket and Vinnin Square

12:30 P.M.

Tuesday 14th

Market Basket and Vinnin Square

12:30 P.M.

Tuesday 21st

Market Basket and Vinnin Square

12:30 P.M.

Tuesday 28th

Market Basket and Vinnin Square

12:30 P.M.

BREAKFAST PARFAITS RECIPE

TOTAL TOTAL: 10 minutes YIELD:4 servings



Ingredients

2 cups pineapple chunks
1 cup fresh or frozen raspberries
1 cup (8 oz) vanilla yogurt
1 cup sliced ripe bananas
1/2 cup chopped dates or raisins
1/4 cup sliced almonds

Directions: In four parfait glasses or serving dishes, layer the pineapple, raspberries, yogurt, banana and dates. Sprinkle with almonds. Serve immediately.

1 serving equals - 331 calories, 5 g fat (2 g saturated fat), 6 mg cholesterol, 41 mg sodium, 71 g carbohydrate, 7 g fiber, 6 g protein

SUDOKO SOLUTION

REST STOP JOKE

6	8	9	3	2	5	1	4	7
3	5	4	8	1	7	9	2	6
7	1	2	6	9	4	3	8	5
2	4	3	9	7	1	6	5	8
9	7	8	5	6	3	2	1	4
1	6	5	2	4	8	7	3	9
8	9	6	4	3	2	5	7	1
4	3	7	1	5	9	8	6	2
5	2	1	7	8	6	4	9	3

I was coming back from visiting my son in Miami and I stopped at a rest stop to use the bathroom. I just sat down on the toilet when I heard a voice coming from the stall next to mine, "Hey! How's it going?" Although I was quite surprised, and I wasn't in the habit of conversing to the people next to me in the stall, I nevertheless answered him, "I'm fine" I said "thanks for asking." "What are you doing?" Asked the same voice. To be honest I was a bit taken aback by the brazenness of this fellow, but I would never ignore anyone so I calmly answered, "I'm relieving myself." Then I heard the same voice again, "I'm going to have to call you back, some smart-aleck is answering all of my questions."



Tiffany Café Menu
JULY2015
"One should eat to live not live to eat"
~Moliere~



Monday	Tuesday	Wednesday	Thursday	Friday
All lunches served with: Milk Bread & Butter Dessert	Menu is subject to change Please let us know if you have any food allergies	<div>1</div> <p>TUNA CASSEROLE SALAD</p>	<div>2</div> <p>COOKOUT! GRILLED CHICKEN POTATO SALAD SWEET POTATO FRIES</p>	<div>3</div> <p>HOLIDAY</p>
<div>6</div> <p>MACARONI AND CHEESE</p>	<div>7</div> <p>CHICKEN STROGANOFF ON NOODLES</p>	<div>8</div> <p>GRILLED PORK ROASTED POTATOES</p>	<div>9</div> <p>FISH TACOS SPANISH RICE</p>	<div>10</div> <p>PIZZA & SALAD</p>
<div>13</div> <p>CHICKEN BROCOLLI & ZITI SALAD</p>	<div>14</div> <p>CALZONE WITH HAM AND CHEESE ROASTED PEPPER SALAD</p>	<div>15</div> <p>BAKED HADDOCK BAKED POTATO VEGGIE</p>	<div>16</div> <p>ROASTED PORK W/APPLESAUCE POTATO & VEGGIES</p>	<div>17</div> <p>CHEF SALAD W/CHICKEN NUGGETS</p>
<div>20</div> <p>LIME FIESTA CHICKEN SALAD</p>	<div>21</div> <p>BATTERED FISH RICE VEGGIE</p>	<div>22</div> <p>COBB SALAD</p>	<div>23</div> <p>AMERICAN CHOP SUEY CORN BREAD</p>	<div>24</div> <p>BURGERS FRENCH FRIES COLESLAW</p>
<div>27</div> <p>CHICKEN CACCIATORE SALAD</p>	<div>28</div> <p>CHEF SALAD WITH SHRIMP</p>	<div>29</div> <p>National Lasagna Day LASAGNA WITH MEAT SAUCE SALAD GARLIC BREAD</p>	<div>30</div> <p>GRILLED TURKEY TIPS RICE SALAD</p>	<div>31</div> <p>TURKEY PANINI GARDEN SALAD</p>

HEALTH AND WELLNESS

Tuesday, 7th	9:30 a.m.	Manicurist (sign up required) \$10.00
Thursday, 16th	8:30 a.m.	Dr. Sanphy—podiatrist (sign up required)
Thursday, 16th	9:00 a.m.	Blood Pressure
Tuesday, 21st	9:30 a.m.	Manicurist (sign up required) \$10.00
Monday, 27th	9:30 a.m.	Hair Styling (sign up required)

EXERCISE/ACTIVITIES

Monday	9:00 a.m.	YOGA (\$5.00)	Tiffany Room
Monday	9:00 a.m.	Total Body Exercise	Community Center
Tuesday	Class suspended until Sept. 2015	Quilting, crafts, crocheting	Community Center
Tuesday	Class suspended until 9/8/15	Mat & Stretch Class	Community Center
Wednesday	9:00 a.m.	Total Body Exercise	Community Center
Tuesday & Thursday	10:30 a.m.	Chair Exercise	Tiffany Room
Thursday	5:00 p.m.	Mat & Stretch Class	Community Center
Friday	9:00 a.m.	Zumba Class (\$5.00)	Community Center

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 lightheaded 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 over-exposure 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 of 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.

	8	9			5	1	4	
3			8	1	7			6
7	1		6		4	3	8	
	4	3	9					
9	7						1	4
					8	7	3	
	9	6	4		2		7	1
4			1	5	9			2
	2	1	7			4	9	

Sudoku Puzzle

To solve a Sudoku every row, column and square has to contain the numbers 1 through 9 exactly once. It's best to do these kinds in pencil!

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

Name _____ Address _____

Email _____ Phone _____

Please accept my tax-deductible donation of \$ _____

____ In memory of

Person's name _____

____ In honor of

Donated by _____

____ In appreciation of

Address _____

Please make checks payable to: **Friends of the Nahant Council on Aging**

334 Nahant Road, Nahant, MA 01908

BIRTHDAY CELEBRATIONS

July 1 - John Ryder, Helen Lafferty
 July 2 - Geraldine Scigliano, James Ward, Elaine Mavros, Sheidan Maguire, Pamela Oesterlin
 July 3 - John Delaney, Susan Seymour, Ryszard Wabno, Marilyn Stevens, Charles Pritchard
 July 4 - Stephen Lerman, Teresa Kaplan, Paul Jamgotchian, Rosemary Moody, Julie Forgione
 July 5 - Achilles Bryanos, Jeanne Savage, Charles Riley Jr
 July 6 - Margaret Forrest, Marianna Pezaris, Jessieann Johnson
 July 7 - Helen Clements, Walter Goode Jr, Kevin Meagher, Paula Pascucci, Eric Reiser
 July 8 - Nancy Valee, Judith Ryan
 July 9 - Carol Sedlier
 July 10 - Charles Messina, Leslie Light, Janet Taylor
 July 11 - Betty Macarelli, Doris Tompkins, Daniel O'Connor
 July 12 - Edith Robinson, Anne Murphy, Michael Meyer, David Walsh, Stephanie Carol Dent
 July 13 - Clifford Flynn, Madeline Tanen, Paul Kalapinski, Anne Marie Liston, James Gennari Sr,
 Anna DiMascio
 July 14 - Thomas Walsh
 July 15 - William Mantzoukas, Rex Antrim, Daniel McMackin
 July 16 - Eleanor John
 July 17 - Calvin Hastings, Margaret Silva, Anthony Caloggero, Vichai Thienprayoon, Bruce Stein
 July 18 - Robert Sullow, John Anderson
 July 19 - Colleen O'Leary
 July 20 - Sylviane Poulin, Julie Bryanos
 July 21 - Peter John, Anne O'Brien, Joseph Klink, Gerard Alimenti, Ronald Buckley, Richard Capozzi
 July 22 - Paul McCormack, Kosta Daras, Paul Delaney
 July 23 - Andrew Sigourney, Peter Foukal, Valerie King, Linda DiBenedetto
 July 24 - William Mogan, Jeanne Adamo, Debra Mahoney, Brian Robinson, Donna Levin
 July 25 - Deborah Cashman, Albert Divenuti
 July 26 - Elizabeth Johnson, Elizabeth Quinn, Joanne Bryanos, Mary Sherlock
 July 27 - Gloria O'Shea, Eleanor Hilton, Rita Mitchell, John Nichols, Josephine Harris
 July 28 - Elaine DiGangi
 July 30 - Diane Desmond, Octavia Randolph
 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.

DID YOU KNOWS

Did you know 11% of people are left handed.
Did you know August has the highest percentage of births.
Did you know unless food is mixed with saliva you can't taste it.
Did you know the average person falls asleep in 7 minutes.
Did you know lemons contain more sugar than strawberries.
Did you know 8% of people have an extra rib.
Did you know Ralph Lauren's original name was Ralph Lifshitz .

JULY HISTORICAL EVENTS

July 4, 1776 - The Declaration of Independence was approved by the Continental Congress.
July 9, 1868 - The 14th Amendment to the U.S. Constitution was ratified. The Amendment defined U.S. citizenship and prohibited individual States from abridging the rights of any American citizen without due process and equal protection under the law. The Amendment also barred individuals involved in rebellion against the U.S. from holding public office.
July 28, 1929 - Jackie Kennedy (1929-1994) was born in Southampton, New York (as Jacqueline Lee Bouvier). She was married to John Fitzgerald Kennedy and after his death later married Greek shipping magnate Aristotle Onassis.