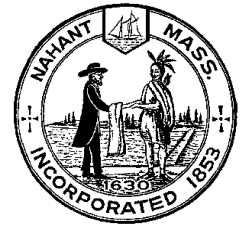


July 2018 *Nahant Tiffany Times*



*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

Arthur Barreda - Transportation

Jim O'Connor - Transportation

Pat Scanlon - Transportation

Nahant COA Board of Directors

Nancy Gallo - Chairman

Angela Bonin—Vice Chairman

Emily Potts—Treasurer

Joseph Benson -Secretary

Sheila Hambleton

Linda Jenkins

Carol Sanphy

Marcia Divoll

Lollie Ennis

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

From the Director,

I found a couple of cute stories about the Fourth of July to share with our readers. Humor is always welcomed and required for good overall wellbeing. Hope they make you laugh.

How Many States Can You Name?

Father William, the old priest, made it a practice to visit the parish school one day a week. He walked into the 4th grade class, where the children were studying the states, and asked them how many states they could name. They came up with about 40 names. Father William jokingly told them that in his day students knew the names of all the states.

One lad raised his hand and said, 'Yes sir, but in those days there were only 13 states.'

More 4th of July Humor

Nicholas took his four-year-old son, Bryan, to several baseball games where "The Star-Spangled Banner" was sung before the start of each game.

Later, Nicholas and Bryan attended St Bartholomew's church on the Sunday before Independence Day. The congregation sang The Star-Spangled Banner, and after everyone sat down, Bryan suddenly yelled out at the top of his voice, 'Play ball.'



Tiffany Room Hours

2018

Monday-Friday 9:00-1:00

CLOSED

WEDNESDAY, July 4, 2018

TRIPS, EVENTS...ON THE GO!

| | |
|----------------|---|
| July 3 | Cook out. Tiffany Room. |
| July 6 | Quilt Museum. The New England Quilt Museum (NEQM) uses quilts and the stories of quilting--a rich legacy of artistic expression and historical documentation from the earliest days of this country to the present--to educate and inspire quilters and the general public. Thanks to funding from the Highland Street Foundation, the Museum is open <u>free of charge</u> on July 6, 2018. The bus will leave the Tiffany Room at 9:00am. |
| July 20 | Patriot Place. The Hall at Patriot Place presented by <u>Raytheon</u> is an exciting, innovative and interactive, modern museum experience for all ages. The Kraft family, in an effort to preserve team history and honor the greatest Patriots of all-time, built and opened The Hall in 2008. If the Museum is not your "cup of tea", you can browse through the shops and restaurants. Admission to the Hall is part of FREE FUN FRIDAYS! |
| July 24 | Isle of Shoals. Enjoy a narrated Isles of Shoals and Portsmouth Harbor Tour with the added bonus of a self- guided walking tour on Star Island! You'll hear the fascinating history and lore of Portsmouth Harbor as we navigate 10 miles of river and ocean out to Star Island, one of the first footholds for settlement in the new world. Boarding time: 11:55am. Depart from Portsmouth at 12:25pm. Return to Portsmouth at 4:30pm. We will bring our own boxed lunch from Periwinkles. The cost for the afternoon is \$45.00. We will leave the Tiffany Room at 10:00am |

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

| | |
|----------------|---|
| Aug. 1 | Movie. Treat yourself to a movie! We will choose a movie closer to the date. We will try something a little different and head to Revere after lunch. You can eat at the Tiffany Room or snack at the movie! |
| Aug. 15 | Christmas Tree Shop. Bus will leave the Tiffany Room after lunch and take you to the Christmas Tree Shop for an afternoon of browsing for bargains! |
| Aug. 16 | Summer Cocktail Tasting. Ladies night event. Enjoy some comradery and taste a few interesting summer beverages! More details in the August newsletter. Proceeds to benefit the friends of Nahant COA. |
| Aug. 31 | Cape Ann Museum. The Museum's fine art collection includes the largest grouping of works by native son and renowned marine artist, Fitz Henry Lane, as well as work by other prominent painters and sculptors who lived on, visited or were inspired by Cape Ann. Admission to the Museum is part of the Free Fun Friday Program. Maybe we'll stop at Duffy's for ice cream on the way home! |
| Oct. 5 | Fall Foliage Tour to New Hampshire. |

HAPPENINGS AROUND TOWN

Fri., July 13

Nahant Community Breakfast, Nahant Village Church. We are honored to have as our guest speaker Ray Hurd, a senior official at the Centers for Medicare and Medicaid Services (CMS) who is a resident of Nahant. He will provide an overview of CMS and the agency's role in ensuring everyone has access to affordable quality health care. The free breakfast starts at 8 a.m. All are welcome and please feel free to bring a family member or friend. We offer a hearty breakfast, an informative presentation, and wonderful camaraderie.

Thurs., July 12, 19, 26

Nahant Public Library. Adults and older children are welcome to stop by the library each Thursday evening at 6:30 for a relaxing hour of music by local musicians. Performers include: Marilyn Goodrich, classic and folk guitar, July 12; Rich Stevens and Lance Martin, jazz, July 19; and Paul Kelly, leading a folk sing-in for all ages, July 26.

Wed., Aug. 1

Free Concert, Nahant Town Hall. All ages are invited to come to town hall on August 1 at 7:00 for a free and lively concert by Didgeridoo Down Under. The "didge" is an indigenous Australian instrument that has been re-imagined in world beat circles.

NAHANT PUBLIC LIBRARY

ADULT SUMMER READING

READING • MUSIC • BINGO



BINGO

Explore the Library's services, expand your reading horizons, participate in library events to complete a bingo and win a prize.

THANK YOU TO OUR SPONSORS!

Dunkin Donuts, Porthole Restaurant, Star Dry Cleaners, Seaside Pizza, Spirit of '76, Eden Reiner Photography, Nahant Golf Club

DETAILS

- Get your BINGO card
- Complete tasks
- Bring your completed card in to receive a prize
- June 21 - August 31
- Adults 18+
- Live music Thursdays 6:30

15 Pleasant Street, Nahant, MA • 781-581-0306 • nahant.circ@gmail.com

NAHANT PUBLIC LIBRARY - HOURS

**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 call for holiday
information and events.**





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.

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**.

VETERAN'S FOOD PROGRAM

If you are a veteran, widow or widower, or dependent of a veteran, the **Veteran's Food Market Program** sponsored by Nahant's Veterans Affairs Office and the Nahant COA, and facilitated and staffed by Nahant's American Legion Post 215 provides monthly delivery of fresh and non-perishable foods. The Food Distribution Program is held the first Wednesday of the month from 10:30-11:30a.m. at the Town Hall. For any further information, please contact Nahant's Veteran's Service Officer, Jon Lazar at 781-581-0018 or 781-599-1948. The American Legion thanks the COA for the use of it's vehicle for the food pickup.

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.

The Nahant COA has become a host site to assist the **Massachusetts Registry of Motor Vehicle** in some simple online transactions.

You can renew your license (under age 75), registration or make a change of address here at the Tiffany Room. To schedule an appointment call the COA at 781-581-7557.

YOUR SHINE REPRESENTATIVE

CHARLIE RANDALL

**will be at the Tiffany Room on Wednesday, July 11, from 1:00 - 3:00.
Make your personal appointment at the Tiffany Room.**



When your phone rings and it looks like a local call, you may be more likely to answer. Scammers count on this and can easily fake caller ID numbers. They even can match the first six digits of your own number, which is called “neighbor spoofing.” The urge to answer can be tough to resist, since you might worry it’s a neighbor who needs help, or the school nurse.

If you see a number like this on your caller ID, remember that it could be faked. Letting it go to voicemail is one option. If you do pick up and don’t recognize the caller — hang up.

But what else can you do? Call blocking services that block or flag unwanted calls can help. These services include mobile apps, features built into your mobile phone, cloud-based services, call-blocking devices, or services provided by your phone service carrier. Some are free and others cost money.

You also can register your number with the Do Not Call Registry. The Do Not Call Registry is designed to stop sales calls from legitimate companies, so it won’t stop calls from scammers. But it could make it easier for you to spot scam calls. If a company is ignoring the Registry, there’s a good chance it’s a scam.

You also can help by reporting unwanted calls. We take the phone numbers you report and release them to the public each business day. This helps phone carriers and other partners that are working on call blocking solutions. Your reports also help law enforcement identify the people behind illegal calls.

<https://www.donotcall.gov/>

Emma Fletcher

Division of Consumer and Business Education, FTC

January 31, 2018

It’s like a scene out of a strange sci-fi movie. You get a call, look at the caller ID, and see that your own number is calling. Weird! No, this isn’t an alternate reality where your future self is calling the present you. It’s a scammer making an illegal robocall.

Technology makes it easy for scammers to fake or “spoof” caller ID information. They can make it look like they’re calling from a different place or phone number. Even **your** number. Scammers use this trick as a way to get around call-blocking and hide from law enforcement. They hope you’ll be curious enough to pick up. Don’t fall for it.

The real callers could be calling from anywhere in the world. We’ve written about these kinds of tricks before — like when scammers pretended to be the IRS and faked caller ID so people thought it really was the IRS calling.

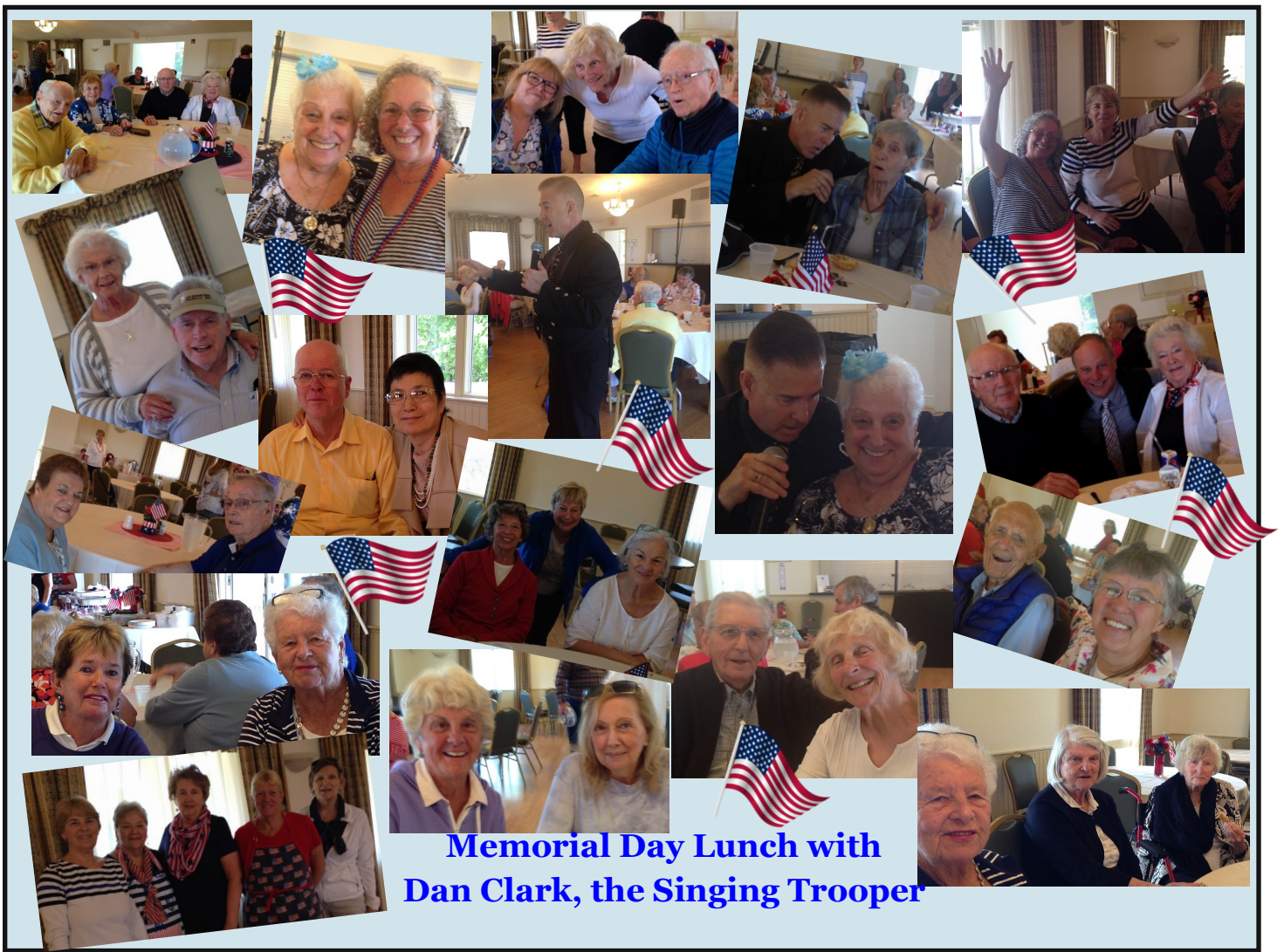
Bottom line? These calls from your own number are illegal. Don’t pick up — or press buttons to be taken off the call list or to talk to a live person. That just leads to more calls. It’s best to ignore them, and move on with your day. Maybe watch a really good sci-fi movie.

<https://www.consumer.ftc.gov/features/feature-0025-robocalls>

Bikram Bandy

Do Not Call Program Coordinator, FTC

July 7, 2015



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

| | | | |
|---------|---------|---------------|------------|
| Monday | July 2 | Market Basket | 12:30 P.M. |
| Tuesday | July 10 | Market Basket | 12:30 P.M. |
| Tuesday | July 17 | Market Basket | 12:30 P.M. |
| Monday | July 23 | Market Basket | 12:30 P.M. |
| Tuesday | July 31 | Market Basket | 12:30 P.M. |

VETERAN'S FOOD PROJECT

July 11, 2018

Aug. 1, 2018

Sept. 12, 2018

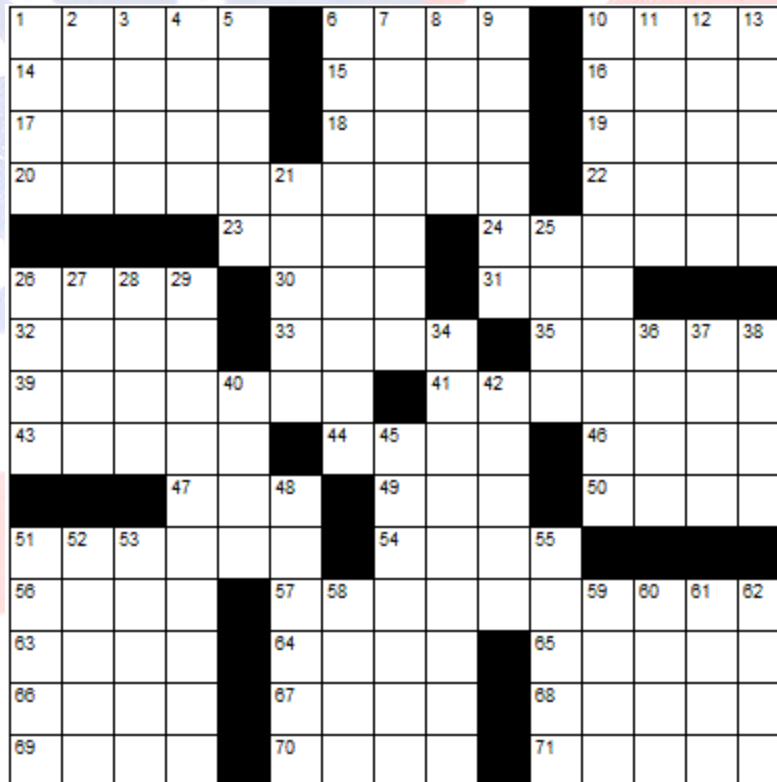
Oct. 3, 2018

Nov. 7, 2018

Dec. 5, 2018

ACROSS

1. Small slits
6. Wanes
10. Nursemaid
14. A green fabric mixture
15. Mangle
16. Indian dress
17. Anoint (archaic)
18. Monster
19. Sprockets
20. Portion
22. God of love
23. Stage
24. Conceit
26. Catholic church service
30. Mayday
31. A late time of life
32. Pearly-shelled mussel
33. Once more
35. Impudent
39. Whorl of petals
41. Wolfsbane
43. Urgency
44. Pervert
46. A ball of yarn
47. Skirt's edge
49. Calypso offshoot
50. Ouches
51. Kittenish
54. Rubber wheel
56. Emanation
57. Impasse



63. Neuter
64. Carry
65. Egyptian peninsula
66. French for "Head"
67. Angers
68. Finally (French)
69. Clairvoyant
70. To tax or access
71. Shop

55. S S S S
58. Ripped
59. Hue
60. Data
61. Den
62. Connects two points

1. Smack
2. Solitary
3. Not under
4. After-bath powder
5. Horse
6. Agitated
7. Pulp
8. Town (American slang)
9. Record protector
10. Dominance
11. New Zealand native
12. Lingo
13. _____ fit
21. Twangy, as a voice
25. And
26. Large indefinite quantity
27. Dwarf buffalo
28. Knights
29. Seer
34. Outlandishness
36. Storage cylinder
37. Goulash
38. Evergreens
40. Scallion
42. Common beet
45. Demesnes
48. Occult
51. Abstains from eating
52. Indian monetary unit
53. Angry

Solution on page 12



Tiffany Café Menu

July 2018

“One should eat to live not live to eat”

~Moliere~



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| <p>2</p> <p>Stir Fry Chicken with Peppers and Onions, Rice, Salad</p> | <p>3</p>  | <p>4</p>  | <p>5</p> <p>Steak Tips, Rice, Salad</p> | <p>6</p> <p>Baked Haddock Potato & veggies Salad</p> |
| <p>9</p> <p>Brunch Ham & Cheese Enchiladas, Home Fries, Fruit Salad</p> | <p>10</p> <p>Flat Bread Pizza Antipasto</p> | <p>11</p> <p>Stuffed Chicken Breast, Roasted Potato, Vegetable</p> | <p>12</p> <p>Salad, Stuffed Shells, Sausage</p> | <p>13</p> <p>Tortellini Salad, Turkey Roll-Ups, Pickles</p> |
| <p>16</p> <p>Chicken Salad Bowl, Pasta Salad, Cole Slaw</p> | <p>17</p> <p>Open Faced Turkey Sandwich, Stuffing, Cranberry Sauce</p> | <p>18</p> <p>Marinated Chicken Thighs Rice &w/peas Roasted veggies</p> | <p>19</p> <p>Spaghetti & Meatballs Salad Garlic Bread</p> | <p>20</p> <p>Grilled Pork Medallions, Roasted Potato, Green Bean and Tomato Salad</p> |
| <p>23</p> <p>Brunch Pancakes, Bacon, Fruit Salad</p> | <p>24</p> <p>Pulled Pork Sandwich, French Fries, Salad</p> | <p>25</p> <p>Lasagna, Sausage, Salad</p> | <p>26</p> <p>Meatloaf, Mashed Potato, Vegetable</p> | <p>27</p> <p>Grilled Cheese and Bacon Open Sandwich, Salad</p> |
| <p>30</p> <p>Cheese Steak with Peppers and Onions, Chips</p> | <p>31</p> <p>Chicken Parmesan, Spaghetti, Cesar Salad, Garlic Bread</p> | | <p>All lunches served with: Milk Bread & Butter Dessert</p> | <p>Menu is subject to change</p> |

HEALTH AND WELLNESS

| | | | |
|----------|---------|-------------|---------------------------------------|
| Monday | July 2 | 9:00 a.m. | Manicurist (sign up required) \$10.00 |
| Thursday | July 14 | 10:00-11:30 | Blood Pressure Clinic |
| Monday | July 16 | 9:00 a.m. | Manicurist (sign up required) \$10.00 |
| Monday | July 30 | 9:00 a.m. | Manicurist (sign up required) \$10.00 |
| Monday | July 30 | 9:30 a.m. | Hair Styling (sign up required) |

EXERCISE/ACTIVITIES

| | | | |
|--------------------|------------|----------------------------|------------------|
| Monday | 9:00 a.m. | YOGA (\$5.00) | Tiffany Room |
| Monday, Wed., Fri. | 9:00 a.m. | Total Body Class (2.00) | Community Center |
| Tuesday & Thursday | 10:30 a.m. | Chair Exercise | Tiffany Room |
| Tuesday & Thursday | 5:00 p.m. | Mat & Stretch Class (2.00) | Community Center |

STRAWBERRY ICE!

Recipe courtesy of Taste of Home

Ingredients

- 5 cups fresh or frozen unsweetened strawberries, thawed
- 2/3 cup sugar
- 2/3 cup water
- 1/4 cup lemon juice

Directions

- Place the strawberries in a blender or food processor
- Cover and process until smooth.
- In a saucepan, bring sugar and water to a boil.
- Cook and stir until sugar is dissolved, about 5 minutes; cool slightly.
- Add to blender. Add lemon juice; cover and process until combined.
- Pour into a shallow freezer container; cover and freeze for 4-6 hours or until almost frozen.
- Just before serving, whip mixture in a blender or food processor. Yield: 6 servings.



NUTRITIONAL FACTS: 1/2 cup: 125 calories, 0 fat (0 saturated fat), 0 cholesterol, 2mg sodium, 32g carbohydrate (28g sugars, 3g fiber), 1g protein.



I thought I would share some interesting facts that I recently learned at a Seminar regarding tick borne diseases in Massachusetts. Because July is the month with the highest incidence, the timing is perfect for this newsletter. I was surprised to learn that people in the age group between 65-74 had the highest incidence of these diseases, with Lyme disease being the most common. Perhaps it is because this age group

has a high percentage of retirees who spend more time outside in gardens, doing yard work or enjoying other activities outside. This year, Massachusetts is predicted to have tens of thousands of reported tick borne cases. It is thought that the increase in the deer population as well as the white footed mouse are responsible for the increased rates.

Because Lyme disease is the most common, I will concentrate in that area.

In the US Lyme disease most commonly occurs in the North east and mid-Atlantic regions, In Massachusetts, Lyme disease occurs throughout the state. Lyme disease is spread by the bite of an infected black-legged tick. The tick usually must be attached to a person for at least 24 hours before it can spread the germ. Black legged ticks in Massachusetts can also carry germs that can cause babesiosis and human granulocytic anaplasmosis (which can have more serious effects). These ticks are capable of spreading more than one type of germ in a single bite.

Symptoms of Lyme disease usually appear from 3-30 days after being bitten by an infected tick. If untreated, symptoms of late Lyme disease may occur from weeks to years after the initial infection.

In the early stages, symptoms begin with a rash where the tick was attached. Then flu-like symptoms, fever, headache, stiff neck, sore and aching muscles and joints, fatigue and even swollen glands may occur.

Treatment during the early stage prevents later, more serious problems.

In the later stages (weeks to years) the joints, nervous system and heart are most commonly affected. About 60% of people with untreated Lyme disease get arthritis in their knees, elbows and or wrists.

Early treatment consists of antibiotic therapy and will prevent later and more serious problems.

Prevention begins with you! Use a repellent with DEET. Wear long, light colored pants tucked into your socks and a long sleeved shirt if hiking. Talk to your vet about tick control options for your pets.

And finally, when doing a body tick check, remember that ticks like places that are warm and moist. Always check the back of knees, armpits, groin, and scalp, back of neck and behind the ears. If you find a tick attached to your body, remove it as soon as possible using a fine point tweezer, by grasping it close to the skin and pulling straight out with steady pressure.

And as always, an ounce of prevention is worth a pound of cure!

Deb Murphy R.N.

We Appreciate all you do!

In last month's issue of the Tiffany Times, we mentioned two of the many volunteers who help to create a welcoming and healthy atmosphere here at the Nahant Council on Aging. We thought it only fitting to mention a few more wonderful people this month.

Fran Ahern, Ann Callahan, & Lana Mogan.

Thank You

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

In Memory of:

Dick Arsenault

Ruth Brownell

Walter Edmonds, Jr.

Gertrude Jessome

Sue Seymour

Beverly Belliveau

Sarah Block

Bonnie Lamondo

Nancy McNicholas

Tony and Bridie Sciaba

In Honor of:

Paul Laubner

Ione Hansell

Friends of Nahant COA Executive Board

FRIENDS

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

Friends meet the second Wednesday of each month.

FIN COM ROOM, TOWN HALL 9:30

CORNER

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 Nahant Council on Aging**

334 Nahant Road, Nahant, MA 01908

BIRTHDAY CELEBRATIONS

July 2 - James Ward, Sheidan Maguire, Pamela Oesterlin
 July 3 - John Delaney, Ryszard Wabno, Marilyn Stevens, Charles Pritchard, Elizabeth Sherlock
 July 4 - Stephen Lerman, Teresa Kaplan, Paul Jamgotchian, Rosemary Moody, Julie Forgione, Helene Rossert, Diane Sugrue
 July 5 - Jeanne Savage, Adele Zelck
 July 6 - Marianna Pezaris, Jessieann Johnson
 July 7 - Helen Clements, Walter Goode Jr, Kevin Meagher, Paula Pascucci, Eric Reiser, Naum Sapozhnikov, Stephen Bulpett, Gary Mutler
 July 8 - Judith Ryan
 July 9 - Carol Sedlier
 July 10 - Charles Messina, Leslie Light, Janet Taylor, Michael Magee
 July 11 - Betty Macarelli, Doris Tompkins, Daniel O'Connor
 July 12 - Michael Meyer, David Walsh
 July 13 - Madeline Tanen, Paul Kalapinski, Anne Marie Liston, James Gennari Sr, Karen Marshall, Nancy Casey
 July 14 - Thomas Walsh, Scott Kirkland
 July 15 - William Mantzoukas, Rex Antrim, Daniel McMackin, Theresa Riddle
 July 16 - Eleanor John
 July 17 - Calvin Hastings, Margaret Silva, Anthony Caloggero, Vichai Thienprayoon, Bruce Stein, Jerrold Kestenberg
 July 18 - Robert Sullow, John Anderson, Nancy Smith, Martha Stevenson
 July 19 - Colleen Joyce O'Leary, Peter Rogal, Anna Abbott
 July 20 - Sylviane Poulin, Julie Bryanos, Norma Flanders
 July 21 - Peter John, Anne O'Brien, Gerard Alimenti, Ronald Buckley, Richard Capozzi, Patricia Sullivan, Karen Guthrie, Peter Koslowski
 July 22 - Paul McCormack, Kosta Daras, Paul Delaney, Carol Wasserman
 July 23 - Andrew Sigourney, Peter Foukal, Valerie King, Linda DiBenedetto, Robert Hunt, Sandra Kane
 July 24 - William Mogan, Jeanne Adamo, Deborah Mahoney, Brian Robinson, Donna Levin
 July 25 - Deborah Cashman, Albert Divenuti
 July 26 - Elizabeth Johnson, Elizabeth Quinn, Joanne Bryanos, Mary Sherlock
 July 27 - Rita Mitchell, John Nichols, Josephine Harris, Clifford O'Neill, Cynthia Fiducia, Deborah Masone
 July 28 - Elaine DiGangi
 July 30 - Diane Desmond, Octavia Randolph

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

Please submit your article to
 Penny Morse at pmorse@nahant.org,
 or drop it off at the office.

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