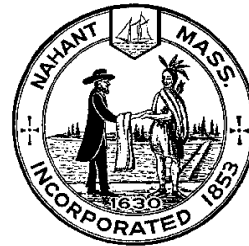


NOVEMBER 2014

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
Jim Mellen-Transportation
Jim O'Connor—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
Caroline O'Connor - Co-President
Lana Mogan - Vice-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

Follow us on Facebook:
www.facebook.com/nahantseniorcenter

November is kind of a blah month, the nice part of the fall is over, all the colors are gone and just thinking about the upcoming holidays puts stress in people's lives. Since stress is not healthy let's try to concentrate on the main event in November: Thanksgiving Day which will be celebrated on November 27th. Thanksgiving Day is a time for all people to give thanks for what they have.

I would like to give thanks to the people that volunteer at the Council On Aging and help make our senior center and activities successful. We all know the benefits from volunteering include connecting you to others, helping you make new friends and contacts, is good for your mind and body. It increases self-confidence, combats depression, helps you stay physically healthy, and adds fun and fulfillment to your life.

The volunteers I want to thank are; Ione Hansell a volunteer at the COA since 1988. She organizes the shopping trips, collects the lunch money, answers the phone and does other miscellaneous tasks. Our other volunteers are Fran Ahern, Mary Irene Dickerson, Arthur Judge, Lana Lehman and Lana Mogan. A special thanks to my employees who help with the day to day activities, Arthur Barreda, our newest employee Jim Mellen, Caroline O'Connor, and Jim O'Connor.

Linda Peterson
Executive Director

HEALTH AND INFORMATION FAIR

Saturday, November 15, 2014
Nahant Town Hall, 334 Nahant Road
Time: 10:00 to 2:00 P.M.

Adult Day care, Home Health care, companion services, and legal documents, are all very confusing for most of us to understand especially our seniors. Our loved ones need care and where do you turn? At the Health and Information Fair you will find vendors from many agencies offering information about their services. The fair will be held in the **Town Hall from 10 – 2**. Goodie bags will be provided. We will have **chair massages from 12 – 2**, a nurse will take your blood pressure, a SHINE rep will be on hand from 10 – noon for questions about health insurance and more. Please come and learn so you have all the facts when you or a loved one is in need of services.

“ON THE GO TRIPS & EVENTS”

- Thursday November 6th **Antiques Appraisal Extravaganza**, What treasures are hiding in your attic? Well known antiques & collectibles appraisal expert Mary Westcott will clue you in on the background and value of your hidden treasures! Bring up to 3 items for appraisal. We cannot appraise jewelry, coins, stamp or sports card collections. The event will be from **12:30 p.m. to 2:30 p.m.** at the Tiffany Room.
- Wednesday November 12th **Museum of Fine Arts**; Let's explore the Museum of Fine Arts again. We will leave the Tiffany Room at 9:30 a.m. to visit the museum and have a late lunch at the Green Tea on the Lynnway. The admission to the museum is \$18.00. Lunch will be paid for individually at the restaurant.
- Friday November 14th **Foxwoods**—Last Trip this year!!! Bus leaves Ocean Shores Apartments, 50 Lynnway at 7:00 a.m. sharp. Leaves Foxwoods at 5:30 p.m. Price is \$26.00. Payment must be made by November 5th. If interested please call Emma at 781-598-5564.
- Saturday November 15th **Health and Information Fair** featuring various vendors...nutritionists, healthcare providers, more notable specialists will be on hand to provide assistance and guidance to those in need of their services. We will also have the Nahant Fire & Police Departments on hand with their support of the seniors. The fair will be held from **10:00 a.m. to 2:00 p.m.**
- Tuesday November 18th **HOW TO LOWER YOUR TAXES WHEN YOU'RE OVER 60** informative meeting. At the Tiffany Room, **12:15 p.m.** Sheila Hambleton our assessor will provide you information that should help save you money.
- Wednesday November 19th **Christmas Tree Shops & Lunch @ The Ship**. This will be our first trip to the Christmas Tree Shop for this holiday season. **Leaving Tiffany Room @ 11:30 a.m.** Lunch will be at noon with shopping to follow. Will arrive home around 4:00 p.m. Lunch will be paid for individually at the restaurant.

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.

COMING ATTRACTIONS

- Friday December 5th **Christmas Party**, once again will be held at the Knights of Columbus, with lunch provided by Brett Henry, entertainment by Brian Corcoran and the children from the Johnson School. The festivities will begin at 11:00 a.m. with the kids, lunch begins at 11:30 a.m., entertainment at 12:30 p.m. The cost will be posted in next month's newsletter.
- Wednesday December 10th **Meet me in St. Louis at the Stoneham Theater**—Join the Smith family for the holidays as they face leaving their beloved St. Louis home and relocating to New York City. This heartwarming American musical is a celebration of family, home, hearth and love. The cost of this production is \$35.00.
- Tuesday December 16th **Christmas Tree Shop and Lunch at the Ship**. Will leave Nahant at **11:30 a.m.** for lunch, immediately followed by shopping.
- Wednesday December 31st **New Years Eve at Noon Party** at the Tiffany Room. Lunch will be prepared by Kathie Hatfield. Entertainment, hats, and noise makers will be provided and champagne will be served. The festivities begin at 11:30. The cost will be posted in next month's newsletter.

"Learn from yesterday, live for today, hope for tomorrow. The important thing is to not stop questioning."

-Albert Einstein

NOVEMBER IS NATIONAL FAMILY CAREGIVERS MONTH

November marks National Family Caregivers Month, and it's a great time to highlight some wonderful, readily available resources. For example, Alzheimer's caregivers can benefit from the abundance of information on the Alzheimer's Association website;: www.alz.org.

Six Useful Tools

- **The Virtual Library** provides access to thousands of books, journals, and other media, available to borrow.
- The association's **24/7 Help Line** (1.800.272.3900) has staff available to answer your questions and provide information and support around the clock.
- **ALZConnected** is a virtual community of caregivers; a great place to find and offer support to others dealing with the same challenges you're facing.
- **Community Resource Finder** will help you locate resources, services, and programs right in your own community.
- **Alzheimer's Navigator** guides you through the process of developing an action plan tailored to your own unique situation.
- **The Alzheimer's and Dementia Caregiver Center** provides a window into a variety of tools and resources including a guide to daily care, caregiver training tools, financial tips, and much, much more.

Take Care of YOU!

National Family Caregivers Month also provides a reminder of the importance of taking care of YOU, so take some time out for yourself. You deserve it, and it's a critical part of tending to your own well being. Stress can wreak havoc on an otherwise healthy body, and let's face it, if you're not well, you won't be able to do the things you need to do. Did you know that 30% of caregivers die before the patient?

This month, spend some time focusing on yourself. If you're a full time caregiver, ask a trusted friend to stay with your loved one for an hour or two, or perhaps consider a weekend of respite care if that's a possibility.

Other Ideas to Ponder

- Join a support group or start your own! If you can't find anything local, consider a web forum or message board.
- Share your own caregiving story or keep a journal. Writing is often excellent (and free) therapy and your experience may just help others in the same boat.
- Set aside some time for yourself each day, even if it's just 15 or 20 minutes. Light candles and enjoy a hot bath, pick up a favorite book, or take a walk around the block. Whatever it may be, do something just for yourself.
- Find a reason to laugh. The ability to find humor in even the lousiest of situations is one of the greatest survival mechanisms we have.
- Know your own limits and don't be too hard on yourself. Remember that you're doing the best you can.
- Accept help! Whether it's running a few errands for you or sitting with your loved one while you take a much needed break, if people offer, graciously accept.
- Find the positive, "take the good, leave the bad." Realizing this is easier said than done, it helps immensely to take time to recognize the blessings.
- Last but not least, give yourself permission to have a good old no holds barred cry if that's what you need. It's okay, it really is.

DRIVERS NEEDED

Recently, there has been a need for bus service to doctor's appointments outside of the GLSS medical ride area. These individuals do not have the MBTA ride and don't want to go through the hoops that the MBTA requires to be qualified. These individuals are willing to pay. I am looking to put together a list of available, responsible drivers that I can refer seniors to for these situations.

Please contact Linda Peterson 781 581-7557 if you are interested.

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

Friday 28th

Celebrating November Birthdays

FOOD SHOPPING PROGRAM

Tuesday 4th	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 11th	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 18th	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 25th	Market Basket and Vinnin Square	12:30 P.M.

QUICK & EASY HEARTY MINNESTRONE SOUP



Ingredients

- 1 - 28 ounce can diced tomatoes with Italian herbs
- 2 - cups water
- 1 - 14 ounce can garbanzo beans (chickpeas), rinsed and drained
- 1 - cup low-sodium vegetable or chicken broth
- 1 - medium yellow sweet pepper, chopped
- 2 - teaspoons Italian seasoning or 1 teaspoon each dried basil and garlic powder
- 1 - cup dry rigatoni or penne pasta
- 2 - cups baby spinach
- Shaved Parmesan and/or fresh basil (optional)

Directions

1. In a Dutch oven combine the tomatoes, water, beans, broth, sweet pepper, seasoning, and pasta. Bring to boiling over high heat. Reduce heat to medium. Cook, covered, for 10 minutes, stirring occasionally, just until pasta is barely tender.
2. Stir in spinach. Ladle into soup bowls. Top with Parmesan cheese and/or fresh basil.

Serves: 4 Time to prepare: 20 minutes

Change Up:

For a heartier version of this soup, substitute browned Italian sausage or cut-up chicken for the garbanzo beans. Vary the greens by swapping chopped fresh chard or kale for the spinach.

CLEAN EATING BANANA WRAP



Ingredients:

- 1 large whole wheat tortilla
- 1/4 cup nut butter
- 1 banana

Directions:

Lay your tortilla on a flat surface and spread the nut butter over it, mostly in the center, but try to spread it as much as you can.
Place your peeled banana in the center.
Roll up your tortilla and slice in half

SUDOKU SOLUTION

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





Tiffany Café Menu

NOVEMBER 2014

*“One should eat to live not live to eat”
~Moliere~*

**= HIGH SODIUM ITEM



Monday	Tuesday	Wednesday	Thursday	Friday
<p>³ Boneless pork chops/ gravy Garlic mashed potatoes Collard greens Fruit cocktail ALTERNATIVE Turkey & Cheese Sandwich Cream of Chicken Soup</p>	<p>⁴ Chicken teriyaki Stir fry vegetables Brown rice w/ bread ALTERNATIVE Chicken Salad Sandwich Tomato Soup Oatmeal Cookie</p>	<p>⁵ Salmon/dill sauce Red potatoes Green peas Muffin, Fresh fruit ALTERNATIVE Ham & Cheese Sandwich Cream of Mushroom Soup</p>	<p>⁶ Meatloaf/gravy Mashed sweet Potatoes, Spinach salad/dressing Vanilla pudding ALTERNATIVE Tuna Salad Chicken Noodle Soup</p>	<p>⁷ Turkey milanese Veg. rice pilaf, Carrots Rye bread, Fresh fruit ALTERNATIVE Roast Bf. Sandwich Vegetable Soup</p>
<p>¹⁰ Cheese lasagna/ tomato sauce Spinach WW bread Chocolate pudding ALTERNATIVE Chicken Salad Sandwich Tomato Soup Chocolate Pudding</p>	<p>¹¹ VETERANS DAY </p>	<p>¹² Lemon & garlic chicken- Candied yam, Broccoli, Fresh fruit ALTERNATIVE Ham & Cheese Sandwich Chicken Noodle Soup</p>	<p>¹³ WG baked pasta/ cheese, Garden salad/dressing Italian bread Fresh fruit ALTERNATIVE Tuna Salad Sandwich Tomato Soup</p>	<p>¹⁴ Beef stew Beets WW bread, Fresh fruit ALTERNATIVE Turkey & Cheese Sandwich Cream of Chicken Soup</p>
<p>¹⁷ Chicken cacciatore Pasta, Broccoli WW bread Vanilla pudding ALTERNATIVE Ham & Cheese Sandwich Cream of Mushroom Soup</p>	<p>¹⁸ Tortellini/meat sauce Spinach salad/ dressing Italian bread Fresh fruit ALTERNATIVE Chicken Salad Sandwich Chicken Noodle Soup</p>	<p>¹⁹ Latin style pork/ gravy Mashed sweet potatoes Capri blend veg. Fresh fruit ALTERNATIVE Turkey & Cheese Sandwich Vegetable Soup</p>	<p>²⁰ THANKSGIVING SPECIAL Roast turkey/ gravy/stuffing Mashed potatoes Butternut squash Dinner roll ALTERNATIVE Egg Salad Sandwich Cream of Ck. Soup</p>	<p>²¹ Salmon/dill sauce Yellow rice Cauliflower/red pepper WW bread, Fresh fruit ALTERNATIVE Roast Bf. Sandwich Tomato Soup</p>
<p>²⁴ Pot roast/gravy Seasoned potato wedges Italian blend veg. Italian bread Pudding ALTERNATIVE Roast Bf. Sandwich Chicken Noodle Soup</p>	<p>²⁵ Macaroni and cheese Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Egg Salad Sandwich Vegetable Soup</p>	<p>²⁶ Stuffed shells/tomato sauce Broccoli Snack loaf Fresh fruit ALTERNATIVE Ham & Cheese Sandwich Cream of Ck. Soup</p>	<p>²⁷ THANKSGIVING </p>	<p>²⁸ Rosemary chicken Red potatoes Green peas Fresh fruit ALTERNATIVE Turkey & Cheese Sandwich Cream of Mushroom Soup</p>
<p>As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. ~John Fitzgerald Kennedy</p>				

HEALTH AND WELLNESS

Thursday 13th	11:30 a.m.	Blood Pressure & Nutrition discussion*
Tuesday 25th	9:30 a.m.	Manicurist (sign up required) \$10.00
Monday 17th	9:30 a.m.	Hair Styling (sign up required)

*The nutritionist from Life Care Center of the North Shore will be here on **Thursday, November 13th** to discuss Power Foods for Health. The presentation will begin at 12:15.

EXERCISE

Monday	9:00 a.m.	YOGA (\$5.00)	Tiffany Room
Monday	9:00 a.m.	Total Body Exercise	Community Center
Tuesday	9:00 a.m.	Quilting, crafts, crocheting	Community Center
Tuesday	5:00 p.m.	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

DIABETES SYMPTOMS & FOOD CHART

Diabetes Symptoms

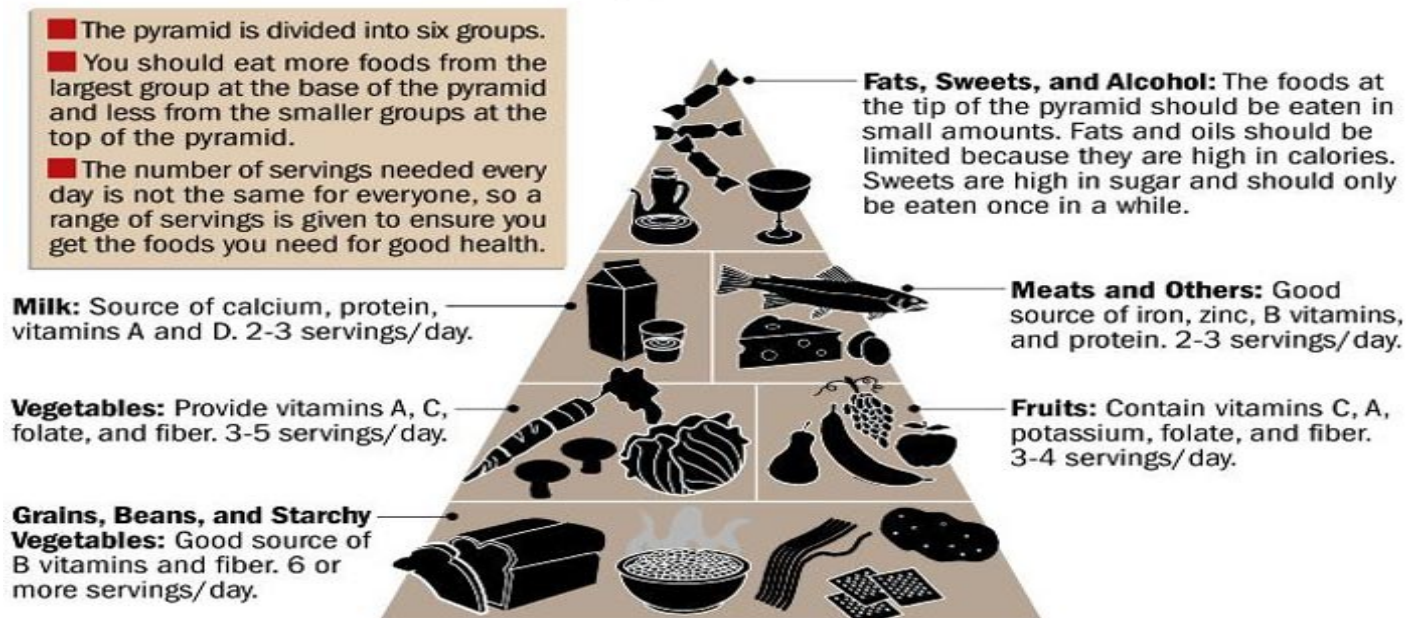
The following symptoms of diabetes are typical. However, some people with type 2 diabetes have symptoms so mild that they go unnoticed.

- Urinating often
- Feeling very thirsty
- Feeling very hungry - even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss - even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

What is the Diabetes Food Pyramid?

The Diabetes Food Pyramid is a general guide of what and how much to eat each day. It is similar to the Food Pyramid you

see on many food packages. The food groups and suggested servings per day are listed below:



Source: National Diabetes Education Program

STEVE LOPEZ/Staff Artist

SUDOKU

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

How to play: The numbers 1 through 9 will appear once only in each row, column, and 3x3 zone. There are 9 such zones in each sudoku grid. There is only one correct solution to each sudoku. Good luck!

Difficulty level: medium.

MEDICARE IS NOT CALLING YOU!!! MUST READ!

FROM EMMET SCHMARSOW, PROG. MANAGER FOR COUNCILS ON AGING & SENIOR CENTERS AT THE EXECUTIVE OFFICES OF ELDER AFFAIRS, Boston...

This office received an email today about an elder receiving a phone call from "Medicare." A very well spoken caller claimed they had "sent her a letter" prior to a doctor coming to her house to ensure the proper services were being provided. The caller wanted to send Dr. "X" to her house the following day.

The elder said "this didn't sound right" and felt very uncomfortable, but the caller gave her a phone # for verification. When she hung up, she called the Medicare # on her card (1-800-633-4227) and was told it was a scam...and that when they got to her house they would more than likely try to sell her insurance products.

The elder proceeded to call her local police department to ask them to notify seniors. If your city/town is in a position to notify seniors (via newsletter, in-town messaging, cable, local newsletter or on-line outlets), this is a story to share with others.

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

NOVEMBER BIRTHDAY CELEBRATIONS

November 1—Margaret Dragon, Margaret Jeddry
 November 2—Paula Palombo, Alexis Franzusoff, Scott Murphy
 November 3—Robert Condon, William Coffey, Paul Sciaba, Barbara Lombard, Brenda Gaynor, Paula Koehler, Eileen (Babe) Lombard, Barbara Ducharme
 November 4—Harold Blank, Gerald Mordis, Mark Cullinan, Louis Koutroubis
 November 5—John Barry, Neal Sullivan, Kevin Donovan, Mary (Molly) Conlin,
 November 6—Susan Sherry
 November 7—Patricia Dunn, Charles Bolthrunis, Kenneth Bibber, Dennis Maroney
 November 8—Edward Mahoney
 November 9—Barbara Mulkern, Patricia Hickey, Deborah Warren
 November 10—Franklin Coombs, Brian Olmstead, Albert Mason, John Roy
 November 11—Dexter Schultz, Linda Pivacek, Kenneth Wynne
 November 12—Robert Scigliano, Daniel Perepelitza, Michele Doughty
 November 13—Robert Costello, W. Hodges, Barbara Desmarais, Sara Riley, Margaret Pelley, Robert Davis, Thomas Famulari, Linda Munroe
 November 14—Joseph Ayers, Beth Ruzzo, William Spallina
 November 15—Rose Macera, Alba Brahm, Mario Forgione
 November 16—Mildred Blydell, Gertrude Abboud, Barbara Deines, John Mackey, Alan Barbacoff, Fran Michaels, Andrea Murphy, Kevin O'Neill
 November 17—William Pivacek, Harry Detrich, Pamela Wilson
 November 18—Edgar Babin, Edward Tarlov, Anne-Marie Grady, Marianne Lombard,
 November 19—Joseph McDuff, Bruce Reeh, Roberta Lerman
 November 20—Michael Kairevich, Peter Speridakos, Ronald Cameron, Susan Edwards
 November 21—Frank Deiulis, Robert Gaynor, James Dolan, Douglas Breithaupt, Karen Vail
 November 22—Marion Lester, Virginia Kane, Martha Keller, Edward Roy, Robert Dickenson, Edward Goodrich, Linda Hoffman, Karen Wakefield, Richard Pelletier, Jean Walsh, Steven Pritchard
 November 23—Kathleen Marden
 November 24—Norman Laliberte, Michael DePaolo, Christy Drucas, Allesandro Massaro, Janice Weiskel
 November 25—Richard Sayers, Barry Wooten, Susanne Spano, Patricia Cronin
 November 26—Mary Therrien, Charles Koehler, Rita O'Donnell, Linda Tanfani, Sis Oliver, Anna Manzano, Kalomoira Speridakos, Dianne Palazzo
 November 27—Dolores Scanlan, Paul Girard, John Welsh, George Ferguson, Jane Murphy, Sherry Cardile
 November 28—Jean Hosker, Cynthia Gouchberg, Wayne Terminello
 November 29—Marie Meyer
 November 30—Edward Breen, Patricia Lamando

November Quote;

"Even if something is left undone, everyone must take time to sit still and watch the leaves turn."
 - Elizabeth Lawrence

NOVEMBER HISTORICAL EVENTS

November 3, 1930—The Bank of Italy became the Bank of America.
November 4, 1646—A severe heresy law was enacted in Massachusetts that made death the punishment for any person who persisted in denying that the Holy Scriptures were the word of God, "or not to be attended to by illuminated Christians."
November 9, 1630—The first ferry route was established by the Massachusetts Court of Assistants in Boston. Every approved ferry operator between Boston and Charlestown on the Charles R. could charge a penny for each passenger and the same amount for each 100 pounds of cargo.
November 20, 1620—Peregrine White was born aboard the Mayflower in Massachusetts Bay, the first child born of English parents in New England.
November 26, 1778—Captain Cook discovered Maui.
November 30, 1952—The first documented occurrence of a person struck by a meteor occurred.