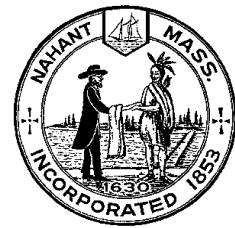


November 2019 *Nahant Tiffany Times*



*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,

Where does the time go? Ten years ago this month I became Director of the Nahant Council on Aging. A lot has changed at the COA in 10 years. We built a website, we implemented a new food program, our exercise program has been very well attended over the years, our outreach work has continued and our trips and parties have been a lot of fun over the years. I have seen folks come and go; the cycle of life in action.

Another milestone to celebrate in November; one year ago "Connections" A Memory Café was started at the Library. The café is a place for people with memory issues and their caregivers. At the café we have a different program every month complete with a round table discussion about a variety of topics, sometimes music, sometimes crafts but always fun. Our Café is the 2nd Thursday of the month from 10:00 am – 12:00 pm at the Library. See you there.

Let us all remember our Veteran's this month. Monday, November 11th is Veteran's Day. Check out our Veteran's page with all the observances around town.

Linda Peterson
Executive Director

Tiffany Room Hours

2019

Monday-Friday 9:00-1:00

Closed

*Veteran's Day, Monday, Nov. 11
Thanksgiving, Nov. 28,29*

TRIPS, EVENTS...ON THE GO!

Thurs., Nov. 7	Frugal Fannie's Warehouse, Westwood, MA. Take an afternoon to do some holiday wardrobe shopping! Women's apparel, shoes and accessories. Specializing in famous name and designer fashions for misses, women and petites. The bus will leave the Tiffany Room at 10:00 AM. We will stop at Belle Isle on the way home.
Wed., Nov. 13	Sip & Paint Party 2PM. Come join Marty Taylor and the COA for an afternoon of painting and sipping the beverage of your choice. Event will be held at Nahant Community Center—41 Valley Rd. Cost \$20.00.
Thurs., Nov. 21	Thanksgiving Feast. Let's take time to count our blessings and share a Thanksgiving meal with your Nahant family and friends at the Tiffany Room at 11:30AM. We will serve a traditional Thanksgiving dinner with all the fixins'. Make sure to sign up early!
Fri., Nov. 22	Tiger's Den & Festival of Trees. Lynn Tech Tiger's Den is open for lunch. The students at LVTI are eager to serve us and show off their culinary skills. The cost of lunch is \$10.00 which includes gratuity. We will also browse the hallways and see the decorated trees to start up the holiday season. The bus will leave the Tiffany Room at 11:00. If you want to take your own vehicle, you can join us at the school. Make your reservation soon!

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

Wed., Dec. 4	Miracle on 34th Street at the Greater Boston Stage Co., in Stoneham. Get into the Christmas spirit with this version of one of the most iconic films ever made. Our discounted tickets are \$32.00. We will be attending the matinee which starts at 2:00pm. Tickets are limited. Sign up through Nov.20th.
Wed., Dec. 11	North Shore Mall Shopping Trip. Get your holiday shopping list ready! We will spend the afternoon at the North Shore Mall. The bus will leave the Tiffany Room after lunch at 1PM.
Fri., Dec. 13	Christmas Party. We'll have a holly jolly time together at the Knights of Columbus hall. Share a festive lunch with friends and enjoy an afternoon of fun and singing with the very vocal Trooper Dan Clark for entertainment! Lunch will be provided by Brett Henry, \$20.pp Festivities begin at 11:00 AM. Sign up in the Tiffany Room.
Tues., Dec. 31	New Years Eve at Noon. Come bring in the New Year 2020 with your friends at the Tiffany Room. Lunch will be served at 11:30. Don't be late to toast the New Year!!

HAPPENINGS AROUND TOWN

Fri., Nov. 8 *

Nahant Community Breakfast, Nahant Village Church, 8AM. This will occur on the SECOND Friday with a presentation by Rev. Toby Quirk, Lt. Colonel US Army (retired) and Chaplain at the Chelsea Soldiers Home. The title of his presentation is "Welcoming Our Warriors –Then and Now." He will talk about America's attitude toward combat veterans returning home from World War II, Vietnam and current operations. Transportation of elders to and from the breakfast may be made by calling the Tiffany Room at 781-581-7557 a few days in advance.

Wed., Nov. 6



Vietnam Period Veterans, Nahant Town Hall 6PM-7PM. Please join the Nahant American Legion and the community to celebrate the service of our Vietnam period Veterans and Gold Star Families from Nahant.. Ceremony at Nahant Town Hall and social to immediately follow at the Nahant American Legion Hall, Coast Guard Station.

Mon., Nov. 11

Veteran's Day Observances. See town's local calendar for more events.

Mon., Nov. 11



Bells of Remembrance, Nahant Village Church, 11AM. For the second year in a row, the Village Church will toll its bells to remember veterans. The tradition is observed in many countries to honor the men and women who have served us in times of War and Peace.

Sat., Nov. 23

17th annual Nahant Holiday Fair, sponsored by the Nahant Women's Club will be held at the **Nahant Town Hall** 334 Nahant Road in Nahant MA from **9AM to 3PM**. All proceeds from the Fair go through the Woman's Club to charities that support women and children, including its own annual Nahant scholarship, Girls Inc. of Lynn, the Mass. Coalition for the Homeless, A Bed for Every Child project, and women for women International.

Sat., Dec. 7

Christmas by the Sea Fair, Nahant Village Church. 9AM-2PM. Come out and support the ministries of the Nahant Village Church at our annual Christmas Fair! Invite family and friends! It's a great time to see fellow Nahanters, buy some Christmas Gifts, have a Lobster Roll. Homemade Baked Goodies, Jewelry, Gifts, Holiday Greens, Raffles and Auction. If you have any questions or would like to make a donation contact Marritt Hastings, 781-581-5691

Sat., Dec 7

Nahant Garden Club "Songs of the Season" Holiday House Tour 10AM-3PM. Nahant homes on the tour will feature a musical theme including decorations. Tickets will be available at the Nahant Coast Guard Station from 9AM-3PM. A boutique and refreshments will be on site. Homemade wreaths, fresh centerpieces, swags, boxwood trees along with a variety of unique holiday decorations and gifts will be available to purchase. Contact a Garden Club member for tickets. \$30pp.

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 call for holiday information and events.

Tides Fundraisers

11/4 – North Shore Breakers

11/7 – Greater Lynn Post Partum Coalition

11/11 – Johnson School 6th Grade

11/14 – Nahant American Legion

11/18- Sewall Anderson Elementary

11/21 – SHS Mens Lacrosse

11/25 – Cub Scout Pack 55





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, Nov. 13, from 10:00 - 3:00.

Make your personal appointment at the Tiffany Room.

Food Source Hotline



Beginning October 1, 2019 many seniors receiving SNAP/Food Stamps benefits will see a change in their monthly benefit allotment. Because of COLA (Cost of Living Adjustments) some households will see a slight decrease in benefits. These changes are part of standard changes that take place annually. However, these fluctuations in SNAP benefit amount can be confusing to seniors.

Project Bread's FoodSource Hotline (1-800-645-8333) is able to help seniors understand these changes, and help them identify all of the allowable expenses such as housing and medical costs to ensure they receive the full amount of benefits they are entitled to. Our FoodSource Hotline is able to provide application assistance over the phone, as well as answer the questions of current SNAP recipients including information about the Healthy Incentive Program (HIP). The Hotline allows seniors to apply for SNAP or best utilize their SNAP benefits without leaving their home.

We would also like to inform you that Project Bread's FoodSource Hotline in partnership with the AARP Foundation will be conducting outreach to older adults in Massachusetts who earn less than 20,000 per year and may qualify for SNAP. Your client(s) may receive a letter from AARP to contact the FoodSource Hotline to determine their eligibility for SNAP. A hotline is open **Monday through Friday from 8:00am to 7:00pm and Saturdays from 10:00am to 2:00pm (1-800-645-8333)**

Winter Parking Ban Effective December 21, 2019

The Town of Nahant now has Winter "Red" and "Blue" light graphics on both the Town and Police website homepages. The RED light indicates the Winter Parking Ban Is In Effect. The BLUE light indicates that a Snow Emergency is declared and All vehicles (sticker waiver or not), MUST be off the roads.

RED = Winter Parking Ban In Effect



BLUE = Snow Emergency In Effect No Parking



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	Nov. 5	Market Basket	12:30 P.M.
Tuesday	Nov. 12	Market Basket	12:30 P.M.
Tuesday	Nov. 19	Market Basket	12:30 P.M.
Tuesday	Nov. 26	Market Basket	12:30 P.M.

VETERAN'S FOOD PROJECT

Town Hall 10:30—11:30 a.m.

Nov. 6, 2019	Jan. 8, 2020	Mar. 4, 2020	May 6, 2020	July 1, 2020
Dec. 4, 2019	Feb. 5, 2020	Apr. 1, 2020	June 3, 2020	Aug. 5, 2020

SEASONAL FRUIT CRISP



Ingredients

- 8 Cups Diced or Sliced Apples & Pears
- 1 Cup Dried Cranberries
- 2 TBSP Cornstarch
- 2 TBSP Lemon Juice
- 1 Cup Rolled Oats
- 1 Cup Chopped Walnuts
- 1/2 Cup Whole Wheat Flour
- 1/2 Cup Light Brown Sugar
- 1/2 Cup Canola Oil
- 3/4 tsp Ground Cinnamon
- 1/2 tsp Salt

Directions

1. Preheat oven to 350 degrees.
2. Combine fresh and dried fruit with cornstarch and lemon juice in a large bowl. Spread in a 9 by 13 inch baking dish.
3. Combine oats, nuts, flour, sugar, oil, cinnamon and salt in a medium bowl. Sprinkle over the fruit.
4. Bake until the fruit is tender and the topping is browned, 30 to 40 minutes.
5. Cool for 15 minutes before serving.

**Hobo Railroad
Lakes Region, NH**



Thank you to everyone who contributed to a successful fundraiser at the Tides to benefit the Friends of Nahant Council on Aging.

Congratulations to the winners:

Lottery tickets -- John McDonough and Sue Cadigan

Tides gift card -- Billy Peterson

Autumn wreath -- Lana Mogan

Seaglass gifts -- Mary Jane English

50/50 -- Greg MacDonald



Tiffany Café Menu

November 2019

“One should eat to live not live to eat”

781-581-7557

~Moliere~



Monday	Tuesday	Wednesday	Thursday	Friday
Menu is subject to change	All lunches served with: Milk Bread & Butter Dessert			1 Sausage & Rotini Casserole Garlic Bread Caesar Salad
4 Pizza from Captains Seaside Salad	5 Cheese Steak Sandwiches Peppers & Onions Fries Cole Slaw	6 Pork Tenderloin Stir Fry over Rice	7 Chicken Soup & Sandwich Salad	8 Shrimp Primavera over Pasta Garlic Bread Salad
11  Veteran's Day Tiffany Room Closed	12 Beef Stew Mashed Potato Rolls Salad	13 Tuna Casserole Roll Salad	14 Meatloaf Mashed Potato Vegetable	15 Fried Fish Fries Cole Slaw Roll
18 Pasta with Homemade Meatballs Roll Salad	19 Pulled Pork Sandwiches Chips Soup	20 Salisbury Steak (hamburg) Onions & Gravy Vegetable Potato	21 Thanksgiving Feast 	22 Lunch at Tigers Den & Festival of Trees Tiffany Room Closed
25 Homemade Hot Soup & Sandwich Chips	26 Chicken Parmesan Spaghetti Garlic Bread Salad	27 American Chop Suey Roll Salad	28  Tiffany Room Closed	29 Tiffany Room Closed

HEALTH AND WELLNESS

Monday	Every week	9:00 a.m.	Manicurist (sign up required) \$10.00
Thursday	Nov. 14	10:00-11:30	Blood Pressure Clinic
Monday	Nov. 25	9:30 a.m.	Hair Styling (sign up required)
Thursday	Nov.21	8:30 a.m.	Dr. Sanphy—Podiatrist (sign up required)

EXERCISE/ACTIVITIES

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	11:00 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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November is Alzheimer's Awareness Month

Alzheimer's Disease Symptoms

Part of Alzheimer's disease awareness is knowing the symptoms so you can know whether a loved one may be developing it. The symptoms include:

Memory Loss – People may forget things they've learned as well as dates and events. They may also ask for the same information over and over again.

Trouble Planning or Solving Problems – You may notice a loved one taking longer to complete tasks they used to be able to do much quicker. You may also notice they have trouble following directions, even a simple recipe becomes complex.

Confusion with Time or Place – People with Alzheimer's often lose track of time. They also forget where they are and even how they got there.

Misplacing Things & Unable to Retrace Steps – As people forget dates and events they may also start to misplace objects. Although they would be able to retrace their steps in the past and find what they were looking for, that is no longer the case. This may lead them to accuse others of stealing because they can no longer find what's theirs.

Mood & Personality Changes – Because of the changes that are going on in their mind, you may notice major shifts in mood and personality. They may become confused, suspicious and even depressed.

Helping People with Alzheimer's Disease

Although there is no cure for Alzheimer's disease, there are things you can do to help a loved one, especially if the disease is still in its early stages.

Keep a Daily Routine – This helps to avoid confusion and lets the person know what can be expected. Alzheimer's patients like routines.

Don't Overstimulate – Keep things simple. Say one thing at a time. Present only one idea so that the person can understand it the best they can.

Be Reassuring – Always try to make the person feel safe and comfortable. Sometimes even saying the words, "You are safe with me" is enough to make that person feel at ease.

Don't Yell or Argue – As frustrated as you may get, imagine how the patient feels. They can no longer grasp what is going on inside their own heads. Don't yell or argue out of frustration. Be the calming voice they need.

While you may be able to care for an Alzheimer's patient in the early stages of the disease, doing so as it progresses can become more challenging. Many times the patient can present a danger to himself by wandering off or forgetting to turn off the stove. If this is the case it may be time to consider a memory care facility that can monitor and manage the patient.

Memory Care Helpline

Have Questions?

1-866-258-6079

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

**In Memory Of:
Elizabeth Bradley
Sam H. MacDonald**

**Sarah Risher
Michael Karevich
Dominic Famulari**

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 \$___ 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

November 1—Margaret Dragon, Ida Theriault, Ronachai Banchongmanie, Deborah Vanderslice, John Ursillo
 November 2—Scott Murphy, Virginia Cassidy, Mary Rizzo, Sheila Rowe
 November 3—William Coffey, Barbara Lombard, Brenda Gaynor, Paula Koehler,
 Barbara Ducharme, Patricia Long
 November 4—Harold Blank, 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, Linda Bleau
 November 8—Edward Mahoney, William Hanagan, Loretta Norcross
 November 9—Barbara Mulkern, Deborah Warren, Marilyn Doolittle, Patricia Girard
 November 10—Albert Masone, John Roy, Thomas Campanella
 November 11—Linda Pivacek
 November 12—Robert Scigliano, Daniel Perepelitza, Michele Dougherty, Robert Vanderslice, Mickey Long
 November 13—W. Hodges, Barbara Desmarais, Sara Riley, Margaret Pelley, Robert Davis,
 Thomas Famulari
 November 14—Joseph Ayers, Beth Russo, William Spallina, Susan Pillsbury
 November 15—Rose Macera, Mario Forgione, Vartan Mekalian, Steven McDonough
 November 16—Mildred Blydell, Barbara Deines, John Mackey, Alan Barbacoff, Fran Michaels, Andrea
 Murphy, Carl Aloupis, David Akerley, Alyson Smith
 November 17—William Pivacek, Harry Detrich, Pamela Wilson, Earl Quirk
 November 18—Edgar Babin, Edward Tarlov, Anne-Marie Grady, Mary Anne Lombard, Robert Rizzo,
 Dean Locke
 November 19—Bruce Reeh, Roberta Lerman, Fred Jonas
 November 20—Ronald Cameron, Susan Edwards, Dana Sheehan, Peter Speridakos
 November 21—Frank Deiulis, Robert Gaynor, James Dolan, Douglas Breithaupt, Karen Vail, Joseph Straccia
 November 22—Virginia Kane, Martha Keller, Robert Dickenson, Edward Goodrich, Karen Wakefield,
 Richard Pelletier, Jean Walsh, Steven Pritchard, Hassan Bolourchi, Lech Gorecki, Luis Pedraza
 November 23—Kathleen Marden, Lorraine Dimuzio, Edward O'Neil
 November 24—Norman Laliberte, Michael DePaolo, Alessandro Massaro, Janice Weiskel, Deborah Waters,
 Joseph Bertorelli
 November 25—Barry Wooten, Patricia Cronin
 November 26—Charles Koehler, Rita O'Donnell, Linda Tanfani, Sis Oliver, Anna Manzano,
 Kalomoira Speridakos, Dianne Locke, Jon Rajunas, John Condon
 November 27—Dolores Scanlan, Paul Girard, Jane Murphy, Sherry Cardile, John Mahoney,
 Loreen Tirrell-Wallach, Gregory DeMakis
 November 28—Wayne Terminello, Keith Arnold
 November 29—Maria Flanagan, Eric Kirton
 November 30—Patricia Lamando, William Coffey

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.

Sunday, Nov. 3

