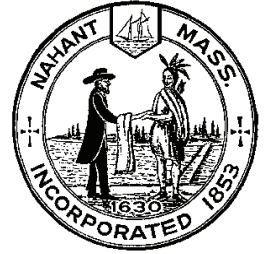


July 2013

Nahant Tiffany Times



Nahant Council on Aging

334 Nahant Road Nahant, MA 01908
(Basement of Town Hall)
781-581-7557

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

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 to Director
Joe Desmond—Transportation

Nahant COA Board of Directors

Gertrud Joyce— Chairman	Emily Potts—Treasurer
Sarah Risher-Vice Chairman	Nancy Gallo -Secretary
Maura Costin-Vice Chairman	Sheila Hambleton
Geraldine Wittrock-Walton	Linda Jenkins
Nancy Wilson	

FROM THE DIRECTOR

Fourth of July fun facts:

It has now been 236 years since the Declaration of Independence was approved by the Continental Congress, setting the 13 colonies on the road to freedom as a sovereign nation. A draft of the Declaration was prepared by Thomas Jefferson, working with John Adams, Roger Sherman, Robert Livingston and Benjamin Franklin on July 2, 1776. The delegates debated and revised the document and finally approved it on July 4th.

A Truly Young Nation : The average age of the signers of the Declaration of Independence was 45. The youngest was Thomas Lynch, Jr (27) of South Carolina. The oldest was Benjamin Franklin (70) of Pennsylvania. The lead author of The Declaration, Thomas Jefferson, was 33.

Our Nation Has Grown: There were an estimated 2.5 million people living in the newly independent nation in 1776. Total U.S. population in 2011 was 311.6 million.

The Liberty Bell Tap: The first Independence Day celebration took place in Philadelphia on July 8, 1776. This was also the day that the Declaration of Independence was first read in public after people were summoned by the ringing of the Liberty Bell. Today, every 4th of July the Liberty Bell is tapped (not actually rung) thirteen times in honor of the original thirteen colonies.

Fireworks & Food: On the first anniversary of the signing, 13 gunshots were fired and at other events, speeches, prayers, music, parades, troop reviews, and, yes, fireworks. Barbecues are also a big part of Independence Day, with more than 74 million Americans planning one. We eat around 150 million hot dogs and buy around 700 million pounds of chicken for our July 4th cookouts.

HAPPY JULY 4TH EVERYONE!!!!

Linda Peterson
Executive Director

“ON THE GO” SENIORS

July 8th	11:30 a.m.	“Summer Sweets” Sponsored by PACE Bar-b-que at the Dory Club. PACE is hosting its 4th annual “Let us Sweeten up Your Summer” event. Lunch and the representative from PACE. Also, welcoming back singer/entertainer Tommy Rull . Cost \$5.00 pp
July 12th	10:00 a.m.	Charles River Cruise - Enjoy a 60-minute, fully-narrated sightseeing cruise along the Charles River. Your captain and crew will both entertain and educate while pointing out the historic and cultural sights of Boston and Cambridge. Sights include Beacon Hill, Esplanade Park, the Back Bay, Boston University, M.I.T., Harvard and countless sailboats and rowers! Lunch at the Cheesecake Factory immediately following. \$35.00 pp
July 26th	10:00 a.m.	Newport Mansions - “THE BREAKERS TOUR,” & LUNCH. The Breakers is the grandest of Newport’s summer “cottages” and a symbol of the Vanderbilt family’s social and financial preeminence in turn of the century America. LUNCH at the “Chinese Tea House at Marble House,” with a spectacular view of the Atlantic Ocean beyond the Cliff Walk. \$35.00pp
July 31st	11:00 p.m.	Suffolk Downs - When the Commonwealth of Massachusetts created the State Racing Commission in 1934 and legalized pari-mutuel wagering, the Eastern Racing Association wasted no time in constructing the state’s first Thoroughbred racetrack, which it named Suffolk Downs. \$15:00 pp
<u>FRIDAY AFTERNOON AT THE MOVIES</u>		
Friday 19th	1:00 p.m.	Sweet Home Alabama

COMING ATTRACTIONS

August 1st		Newburyport sidewalk sales, lunch at “Not Your Average Joe;” and more. Newburyport’s Yankee Homecoming is celebrating 56 years in August. We will be visiting the small coastal community to participate in some of the events. Like last year we will go on a 60 minute boat ride, visit the sidewalk sales and have lunch at Not Your Average Joe’s. The cost of the entire trip including lunch, bus and boat ride will be \$40.00.pp
August 15th		Pizza Party at the Dory Club, with Jim Moses Musical Entertainment. His song list is the best of the 30’s to today’s top hits. Jim Moses is a versatile for the young-at-heart. Performing full time for over 25 years, he has a beautiful voice and is a full range singer, guitar player, magician, dj, and all around swell guy!
August 23rd		The Butterfly Place ...an indoor garden filled with hundreds of freely-flying butterflies! Observe butterflies sipping from flowers, basking in the sun shine and flying freely in a natural habitat. Enjoy our koi fish and quail birds which live among the butterflies. See eggs, caterpillars or other interesting creatures up close. At any given time, the atrium may contain up to 500 butterflies representing as many as 50 different species from around the world, although butterflies which are native to the New England region are featured whenever possible.

**Important Message from SHINE about Durable Medical Equipment
And Diabetic Testing Supplies**

Effective July 1, Medicare will have a new program for Durable Medical Equipment and a new National Mail-Order Program for diabetic testing supplies. If you have Original Medicare (not a Medicare Advantage HMO or PPO plan), these changes will apply to you.

If you are already renting certain medical equipment or receiving oxygen, you may have to switch your supplier. Make sure Medicare will continue to pay for your item to avoid any disruption of service!

To have Medicare pay for diabetic testing supplies delivered to your home, you will need to use a Medicare national mail-order supplier. You may also go to a local pharmacy that accepts Medicare assignment and you will get the same low mail-order cost.

To find a Durable Medical Equipment or National Mail-Order Program supplier, go to www.medicare.gov/supplier or call Medicare (1-800-633-4227).

For more information, meet with a SHINE counselor. To make an appointment with the SHINE counselor here, please contact LINDA PETERSON at 781-581-7557. You can also call the Regional SHINE office at Mystic Valley Elder Services at 781-324-7705 x 164

Medicare and Medicaid Scams

Many elderly and disabled people have received phone calls from fake medic alert businesses or medical supply companies claiming to be working with the federal government.

These people are asking for personal information such as Medicare, Medicaid, Social Security, credit card or bank account numbers in order to provide what they say are free services such as medic alert alarms, back braces, and other products that they say are paid for by Medicare and Medicaid. You may be given any number of reasons to provide this information for this scam including:

- You are part of a corporate or government survey.
- You are eligible to receive free products if you give the information.
- You must provide the information to sign up for a new prescription drug plan.
- You are eligible for a free medic alert service if they provide the information.

Some scammers also claim that they are from the government and are calling to update or confirm Medicare, Medicaid and Social Security numbers in order to issue a new card. If the scammers obtain banking, Medicare/Medicaid or Social Security information, they could use it to commit identity theft and steal funds from accounts. These scammers can be very aggressive and call many times to wear down potential victims.

The Better Business Bureau recommends the following tips to avoid this scam:

- Never give out your personal information over the phone, especially if it is from an unsolicited caller. If you receive a suspicious phone call, hang up immediately.
- Medicare will never call to ask for sensitive personal financial information. If you suspect fraud, contact your local police or the Health and Human Services Office of Inspector General at 800-HHS-TIPS.
- Don't do business with door-to-door or telephone salespeople who tell you that medical services or issue a new card.
- Give your insurance/Medicare identification only to those who have provided you with medical services.
- Keep accurate records of all health care appointments to prevent fraud involving Medicare/Medicaid information provided to doctors or caregivers.

Brought to you by Greater Lynn Senior Services, www.glss.net. Education is the best defense against scams. Adapted, with permission, from an article from the Better Business Bureau, <http://www.bbb.org/blog/2013/05/better-business-bureau-warns-elderly-to-beware-medicaremedicaid-scams/>

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 25th

Celebrating July Birthdays with Birthday Cake

FOOD SHOPPING PROGRAM

Tuesday 2nd	Market Basket and Vinnin Square	12:30 P.M.
Wednesday 10th	Market Basket and Vinnin Square	12:30 P.M.
Wednesday 17th	Market Basket and Vinnin Square	12:30 P.M.
Wednesday 24th	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 30th	Market basket and Vinnin Square	12:30 P.M.

Healthy Eating

You talk about good eating! This is delish!!!! There is so much flavor in these types of healthy dishes.

Vegetable Tian (thinly sliced veggies topped with cheese and then roasted)...

Ingredients:

- 1 Tbsp. olive oil
- 1 medium yellow onion
- 1 tsp. minced garlic
- 1 medium zucchini
- 1 medium yellow squash
- 1 medium potato
- 1 medium tomato
- 1 tsp. dried thyme
- to taste salt & pepper
- 1 cup shredded Italian cheese



Directions:

STEP 1: Preheat the oven to 180 (400 degrees f) Finely dice the onion and mince the garlic. Sauté both in a skillet with olive oil until softened (about five minutes).

STEP 2: While the onion and garlic are sautéing, thinly slice the rest of the vegetables.

STEP 3: Spray the inside of an 8x8 square or round baking dish with non-stick spray. Spread the softened onion and garlic in the bottom of the dish. Place the thinly sliced vegetables in the baking dish vertically, in an alternating pattern. Sprinkle generously with salt, pepper, and thyme.

STEP 4: Cover the dish with foil and bake for 30 minutes. Remove the foil, top with cheese and bake for another 15-20 minutes or until the cheese is golden brown

To Market, To Market....

“For many foodies, the start of summer had nothing to do with the calendar or the weather—it’s all about the farmers markets. Personally, we are chomping at the bit. Apparently so are the folks in **Newburyport**, who had their farmers market opening day May 6th. **Marblehead** jumps on the bandwagon this Saturday, June 9 (Veteran’s School, 217 Pleasant St., 9:00 to 12:00), followed by **Salem** on June 14, along with many others in late June and early July. **Salem** is held at Derby Square on Front St., Thursdays from 3:00 to 7:00, and Newburyport is at The Tannery Marketplace on Sundays from 9:00 to 1:00.

Many folks are excited that **Swampscott** is getting its own market this year, starting on June 10. It will be open Sundays through October from 10:00 to 1:00 at the high school.



Tiffany Café Menu


JULY 2013

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

**= LOW SODIUM ITEM



July 4th

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Chicken scaloppini Polenta parmesan Roman blend veg. Chilled fruit ALT: Salisbury Steak/Gravy</p>	<p>2</p> <p>Beef noodle soup Turkey and cheese Gaia salad ALT: Egg salad</p>	<p>3</p> <p>Hamburger/roll/ cheese/Potato Salad/ Lettuce/Tomato/ Ketchup/Mustard/ Relish Corn on the Cob/ Watermelon ALT: Grilled Chicken Sandwich</p>	<p>4</p> <p>HOLIDAY</p> 	<p>5</p> <p>Tiffany Room CLOSED</p>
<p>8</p> <p>Krunch lite fish/dill sauce Cheddar whipped potato Italian blend veg. Cookie ALT: Stuffed pepper/sauce</p>	<p>9</p> <p>Tyson chicken/cranberry glaze Lyonnais potato Peas & mushrooms Oatmeal bread Jell-O ALT: Liver & onions/gravy</p>	<p>10</p> <p>Tortellini/meat sauce Parm. cheese Green beans/red pepper Chilled fruit ALT: Pork patty/gravy</p>	<p>11</p> <p>Turkey cacciatore Steamed rice Tossed Salad Fresh fruit ALT: Beef strip steak/gravy</p>	<p>12</p> <p>Garden veg. soup/ Pot roast/gravy Italian roast potato Chilled fruit ALT: Chicken Teriyaki/Rice</p>
<p>15</p> <p>Meatball sub/sauce Hash brown potato Green & golden beans Chilled fruit ALT: Omelette/cheese</p>	<p>16</p> <p>Boneless chicken/tarragon Whipped potato Veg. ratatouille Muffin ALT: Mushroom quiche</p>	<p>17</p> <p>Rib-b-que/BBQ sauce Corn pudding Carrots Fresh fruit ALT: Chicken marsala</p>	<p>18</p> <p>Cream of broccoli soup Shaved roast beef/pita Tossed salad/dr. Banana cake ALT: turkey salad</p>	<p>19</p> <p>Baked stuffed fish/Newburg Whipped potato Jardinière veggies Pudding ALT: Salisbury steak/gravy</p>
<p>22</p> <p>Macaroni & cheese Stewed tomatoes Chilled fruit ALT: Spanish beef, yellow rice</p>	<p>23</p> <p>Roast turkey/gravy Stuffing Red bliss mashed potato Butternut squash Muffin/Fresh fruit ALT: Vegetable quiche</p>	<p>24</p> <p>Chicken veggie soup Meatloaf/ketchup gravy Baked potato/sour cream. Chilled fruit Alt: Soup, Fish Florentine</p>	<p>25</p> <p>Turkey/Sausage Rings/Roll Peppers & Onions Marinated Mushrooms Chilled Fruit ALT: Chicken Meatballs/Gravy</p>	<p>26</p> <p>Tyson Chicken Bruschetta Whipped Potato Country Blend Veggies Cake ALT: Fish Sandwich/Tartar</p>
<p>29</p> <p>Lasagna w/Meat Sauce Parm Cheese Italian Green Beans Garlic Roll/Chilled Fruit ALT: Turkey Ham/Potato</p>	<p>30</p> <p>Italian Wedding Soup California Chix Salad/w Bulkie Potato Salad Pudding ALT: Tuna Salad</p>	<p>31</p> <p>Roast Pork/Gravy Whipped Potato Scandinavian Blend Veggies Cookie ALT: Spanish Chix/Rice & Beans</p>	<p>FOOD JOKES: Q: What's the difference between a professional poker player and a large pepperoni pizza? A: The pizza can feed a family of four. Q: Why does a Mexican weather report make you hungry? A: Because it's chili today and hot tamale!</p>	

HEALTH AND WELLNESS

Monday 1st,	12:00 p.m.	Blood Pressure & Glucose testing
Tuesday 9th,	9:30 a.m.	Manicurist (sign up required) \$10.00
Tuesday 23rd,	9:30 a.m.	Manicurist (sign up required) \$10.00

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

****The Tuesday "Total Body Exercise" Class at 5 P.M. is suspended for July & August. We will resume Tuesday's on September 10th.**

SENIOR GOLF

Arthur is 90 years old. He's played golf every day since his retirement 25 years ago. One day he arrives home looking downcast. 'That's it', he tells his wife. 'I'm giving up golf. My eyesight has gotten so bad...once I've hit the ball; I can't see where it went.'

His wife sympathizes. As they sit down she says, 'Why don't you take my brother with you, and give it one more try'.

'That's no good', sighs Arthur. 'Your brother is a hundred and three. He can't help'.

'He may be a hundred and three', says the wife, 'but his eyesight is perfect'.

So the next day Arthur heads off to the golf course with his brother-in-law. He tees up, takes an almighty swing and squints down the fairway. He turns to the brother-in-law. Did you see the ball?

'Of course I did!' says the brother-in-law. 'I have perfect eyesight'.

'Where did it go?' asks Arthur. 'I can't remember'

The Nahant Public Library wants your opinion! We are working on a Long Range Plan to be filed with the state, and it will outline our goals for the next five years. We have already identified adults over the age of 60 as a key demographic for focus, so any thoughts you have to guide us will be immeasurably helpful.

Library Trustee Chris Stevens will be visiting the Tiffany Room on Tuesday, July 16th after lunch (12:15) to run a focus group, and we hope you'll join her and share your thoughts and wishes for library services. We're looking specifically for feedback on what we're not doing that we could be doing, and on what services your ideal library would have. If you haven't used the library in a long time, or you use it all the time, come by and tell us why! Contact Jen Inglis at the Library if you have any questions, or can't make the focus group and would like to give us your feedback. Call (781) 581-0306 or email at jinglis@nahant.org

July Historical Events

July 4, 1776 The Declaration of Independence was approved

July 16, 1945 The first atomic bomb was detonated in New Mexico

July 20, 1969 The first man (Astronaut Neil Armstrong) to set foot on the moon

July 23, 1904 The ice cream cone was invented by Charles E. Menches, during the Louisiana Purchase Exposition in St. Louis

July 29, 1914 First telephone conversation occurred from New York to San Francisco

July 30, 1928 First color motion pictures were exhibited

Columbus Day Word Search

Find the hidden words associated with European explorer Christopher Columbus.

K S E C I P S F M F V O Y A G E V
N E W W O R L D S H I P S E S U R
Z A F C T I A T N I P F U A P C Y
Z B X A A C A H I F S C N I O G S
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AMERICA
ARAWAK
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CARIB
COLUMBUS
DISCOVERY
EXPEDITION
FERDINAND
GOVERNOR
INDIANS
ISABELA
NEWWORLD
NINA
PINTA
SANSALVADOR
SANTAMARIA
SHIPS
SPAIN
SPICES
TAINO
VOYAGE
WESTINDIES

All About  **Puzzles**

puzzles.about.com

August 23rd

THE BUTTERFLY PLACE



See New England butterflies and tropical species from all over the world. Walk along a winding pathway. Observe butterflies sipping from flowers, basking in the sunshine and flying freely in a natural habitat. Enjoy our koi fish and quail birds which live among the butterflies.

Visit the “show and tell bench” where a staff member is always available to answer your questions and help make your visit fun. See eggs, caterpillars or other interesting creatures up close.

Watch a 15 minute, continuously running video which explains the Butterfly life cycle and Shares fun facts. Explore exhibits where you may observe eggs, caterpillars, eggs and Chrysalides. Each display gives information about the species featured.

JULY BIRTHDAY CELEBRATIONS

- July 1 - John Ryder, Paul Murphy
- July 2 - Geraldine Scigliano, Joan Colantuoni, Jeanenne Vangrouw, James Ward Jr.
- July 3 - Elizabeth Sherlock, John Delaney, Ryszard Wabino, Marilyn Stevens
- July 4 - Stephen Lerman, Teresa Kaplan
- July 5 - Achilles Bryanos, Jeanne Savage, Charles Riley
- July 6 - Margaret Forrest, Marianna Pezaris
- July 7 - Helen Clements, Joseph Machera
- July 9 - Carol Sedlier
- July 10- Calvin Hastings, Pamela Sellor, Charles Messina
- July 11- Betty Macarelli, Doris Tompkins, Mary Walters, Daniel O'Connor
- July 12- Edith Robinson, Robert Emery, Michael Meyer, David Walsh
- July 13- Clifforn Flynn, Madeline Tanen, Paul Kalapinski, Anne marie Liston
- July 14- Thomas Walsh, Jr.
- July 15- Margaret Lewis, William Mantzoukas
- July 16- Eleanor John
- July 17- Margaret Silva, Anthony Caloggero, Susan Caloggero, Vichi Thienprayoon
- July 18- Robert Sullo, A. Cane
- July 19- Margarida Torchiana
- July 20-Sylviane Poulin, Julie Bryanos
- July 21- Peter John, Anne O'Brien, Joseph Klink, Gerard Alimenti, Ronald Buckley
- July 22- Paul McCormack, Kosta Daras
- July 23- AAndrew Sigourney, Peter Foukal, Robert Hunt, Valerie King
- July 24- William Mogan, James Cashman, Jeanne Adamo, Janice Brathwaite, Debra Mahoney, Brian Robinson
- July 25- David Carter, Deborah Cashman, James Mellen
- July 26- Elizabeth Johnson, Elizabeth Quinn, Joanne Bryanos
- July 27- Gloria Shea, Rita Mitchell, John Nichols, Deborah Masone
- July 28- Michael Georges, Robert Doran, Elaine Digangi
- July 29- Joanne Laubner
- July 30- Claire Collins, Diane Desmond, David Moran
- July 31- Claire Hynes