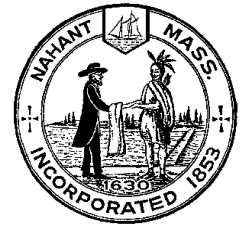


# January 2021

# 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

Arthur Barreda - Transportation  
Jim O'Connor - Transportation  
Pat Scanlon - Transportation

## Nahant COA Board of Directors

Angela Bonin - Chairman  
Donna Steinberg - Vice Chairman  
Lollie Ennis - Treasurer  
Joseph Benson - Secretary

Sheila Hambleton  
Linda Jenkins  
Emily Potts  
Carol Sanphy  
Pauline White

## 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](http://www.nahantcouncilonaging.org)  
Like us on Facebook:  
nahant council on aging and senior  
community center

## From the Director,

I would like to start the New Year with a big THANK YOU to all who helped during the pandemic.



It's been a tough 2020, but better times are ahead with the approval of 2 vaccines.

There are many people to thank for their help and support during 2020, some for their physical and emotional support and many for their financial support. Because of all of you we have been able to feed seniors in need as well as people in quarantine due to the virus.

Check out our SNOWFLAKES OF THANKS on page 7.

HAPPY NEW YEAR!!!!!!!!!!!!!!

Linda Peterson  
Executive Director

## Nahant Council on Aging

CLOSED

January 1, 2021, New Year's Day

January 18, 2021, Martin Luther King Jr. Day



The staff at Town Hall made blankets for the Project Linus.

Project Linus, is a non-profit organization, that provides homemade blankets to children in need. Our blankets are lovingly made by adults *and* children from all walks of life and many different sources.

'Tis the season of giving. Thanks everyone!

It's that time of year.....again!

If you need help getting rid of the snow around your home, the COA has a list of able bodied people who are available to help.

Call 781-581-7557  
for more information.



Leonard's Florist of Beverly donated these poinsettias to our COA. They were distributed to all our lunch patrons. They certainly were appreciated and brought bright smiles to all who received them.  
Thank You.



**Due to COVID—19 the Tiffany Room will remain closed until further notice.**

**How can you use the Library Safely during the Covid Winter ?**

The Nahant Public Library has many ways for you to enjoy what we offer.

**Virtually.** You can access our e-library offerings and have thousands and thousands of books, audiobooks and movies using— [Kanopy](#), [OverDrive](#), [hoopla](#) – call Carolyn or Sharon for help setting up your online library card if you don't have one!



**Drive by Library with curbside pick-up!** Request a book via email or telephone and pick-up curbside on Wednesday or Friday. Pick-ups are scheduled in half hour increments from 11 to 5:30.

**Home Delivery-**If you are homebound (temporarily or permanently) we also offer delivery on Wednesday and Friday. Please call us to order books or movies

**Safely Come for a Visit.** Make an appointment to visit the library, browse the stacks, work on a computer, and enjoy the beautiful building.

Visits will be scheduled Tuesday thru Friday from 10:00 to 5:00 on the hour for 50 minutes, and then we will clean common touchpoints before the next group arrives. The bathroom will not be available. The Library is currently closed to the public on Saturday, Sunday, and Monday. Sorry for any inconvenience.

**Feeling spontaneous?** Give us a call, we probably have space!

A maximum of 5 people will be allowed in the building (plus staff) for any given timeslot. You must wear a mask in compliance with state guidelines. We ask that you use hand sanitizer when you arrive, observe physical distancing, and browse with your eyes rather than your hands as much as possible. One public computer and one laptop will be available. Please reserve it when you make your appointment.

**Borrowed material** may be returned to the book drop, no appointment necessary.

**Students** – We have extensive free online Databases organized by grade level and subject matter; free courses, Ancestry.com; online reference, and of course, call for assistance from the library staff.

Questions? Call (781-581-0306) or email ([nahant.circ@gmail.com](mailto:nahant.circ@gmail.com)) us.



# 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:**

### **TRANSPORTATION OPTIONS:**

#### **“THE RIDE.”**

Transportation to anywhere you want to go for any reason.

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:

Visit the MBTA on line at [www.mbta.com/the ride](http://www.mbta.com/the ride)

Call the MBTA at:

617-337-2727

Podiatrist, Dr. Emily Curly is 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 or

781-581-0121

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](mailto:Shawkes@nahant.org)

RSVP 781-581-0306

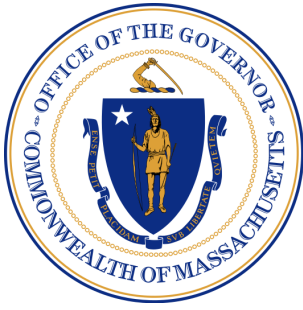
Offered for people with memory impairment and their caregivers.

## **YOUR SHINE REPRESENTATIVE**

**Susan Downs Cripps**

**will be at the Tiffany Room for Medicare Counseling.**

**Make your personal appointment call 781-581-7557.**



**Charlie Baker**

*Governor*

**Karyn Polito**

*Lt. Governor*

## **Baker-Polito Administration Announces Initial Steps for COVID-19 Vaccine Distribution**

### **Anticipated Vaccination Phases and Timeline:**

#### **Phase One (December 2020-February 2021):**

*In order of priority*

- Clinical and non-clinical healthcare workers doing direct and COVID-facing care
- Long term care facilities, rest homes and assisted living facilities
- Police, Fire and Emergency Medical Services
- Congregate care settings (including shelters and corrections)
- Home-based healthcare workers
- Healthcare workers doing non-COVID facing care

#### **Phase Two (February 2021-April 2021):**

*In order of priority*

- Individuals with 2+ comorbidities (high risk for COVID-19 complications)
- Early education, K-12, transit, grocery, utility, food and agriculture, sanitation, public works and public health workers
- Adults 65+
- Individuals with one comorbidity

#### **Phase Three (April 2021- ):**

- Vaccine available to general public

## FOOD SHOPPING PROGRAM

|         |         |               |           |
|---------|---------|---------------|-----------|
| Tuesday | Jan. 5  | Market Basket | 8:30 A.M. |
| Tuesday | Jan. 12 | Market Basket | 8:30 A.M. |
| Tuesday | Jan. 19 | Market Basket | 8:30 A.M. |
| Tuesday | Jan. 26 | Market Basket | 8:30 A.M. |

## VETERAN'S FOOD PROJECT

**\*\*\*\*\*Coast Guard Station 9:30-10:30 a.m. Delivery Available\*\*\*\*\***

|                     |                     |                     |                      |                     |
|---------------------|---------------------|---------------------|----------------------|---------------------|
| <b>Jan. 6, 2021</b> | <b>Feb. 3, 2021</b> | <b>Mar. 3, 2021</b> | <b>Apr. 7, 2021</b>  | <b>May 5, 2021</b>  |
| <b>June 2, 2021</b> | <b>July 7, 2021</b> | <b>Aug. 4, 2021</b> | <b>Sept. 8, 2021</b> | <b>Oct. 6, 2021</b> |
|                     |                     | <b>Nov. 3, 2021</b> | <b>Dec. 1, 2021</b>  |                     |

## Cheesy Ham & Corn Chowder

*There's nothing like diving into a hot bowl of chowder on a cold January day. Throw this together in the morning and enjoy it for supper with some hot crusty bread! Mmmmmmmmmmm.*

Total Cook time 8-10 hrs, + 1/2 hr.

Servings: 12

### Ingredients

- 1-1/2 pounds potatoes (about 3 medium), peeled and cut into 1/2-inch cubes
- 4 cups fresh or frozen corn, thawed (about 20 ounces)
- 4 cups cubed deli ham
- 2 small onions, chopped
- 4 celery ribs, chopped
- 4 garlic cloves, minced
- 1/4 teaspoon pepper
- 3 cups chicken broth
- 2 tablespoons cornstarch
- 2 cups whole milk
- 2 cups shredded sharp cheddar cheese
- 1 cup sour cream
- 3 tablespoons minced fresh parsley



### Directions

- Place the first 8 ingredients in a 6-qt. slow cooker.
- Cook, covered, on low 8-10 hours or until potatoes are tender.
- In a small bowl, mix cornstarch and milk until smooth; stir into soup.
- Cook, covered, on high 20-30 minutes or until thickened, stirring occasionally.
- Add cheese, sour cream and parsley. Stir until cheese is melted.

### Nutrition Facts

1-1/4 cups: 291 calories, 14g fat (8g saturated fat), 65mg cholesterol, 974mg sodium, 23g carbohydrate (7g sugars, 2g fiber), 19g protein.

### Cook's Notes:

This recipe can easily be halved.

Use left over ham from the holidays, or a ham steak on sale.





## Hope Comes In The New Year

No one will disagree that 2020 has been a very difficult year, and we hope to never have another year like it. Life unfortunately will not magically change on January 1st but there is hope ahead as we have a COVID-19 vaccine becoming available. I will try to give you some information I found on the vaccine but I suspect that by the time you read this, more information will be available.

The Covid 19 vaccine itself will not completely end the pandemic but it will help us control it. For this to happen about 70% of the population needs to be vaccinated. This in itself is a huge task especially as the vaccination is a two step process, an initial vaccination followed by another in 3-4 weeks, depending upon the brand. It is felt that there may be some immunity after the first dose, but for better and long term immunity, the second dose is required.

Alice Park, in her Time magazine article, “ What the COVID 19 Vaccinations Actually Do” reports that the Pfizer and Moderna vaccines have been found to be about 95% effective in preventing illness. In testing of their vaccines, they tested recipients who became ill with symptoms but not those who did not become ill. The vaccine may not prevent you from getting the virus, but it does give you a high chance of not getting seriously ill or dying of the virus. It may still be possible to catch the virus and spread it despite receiving the vaccination. As a result, we will still need to wear masks, maintain social distancing, and wash our hands frequently for some time until it is determined that the virus is no longer a threat. According to Dr. Fauci, the vaccination should be considered an additional tool for us.

There is some concern about side effects. According to Dr. Sarah Gupta in her article “What are the COVID-19 Vaccine Side Effects”, the vaccine can have some. In the trial populations, about 10 to 15% of the people receiving the injection experienced some side effects and these were generally considered mild. These consisted mainly of fatigue, fever, headache, and muscle or joint pain, and usually lasted between 24 x 72 hrs. These side effects can be managed with fluids and over the counter medications for fever or discomfort. You cannot get Covid from the vaccine, but the symptoms actually mean the vaccine is working and your body is building up antibodies.

The important thing is that despite the side effects, we need to be vaccinated. This is for our own protection and for the protection of others, and for suppressing the virus and developing herd immunity. If a large enough percentage of the population has immunity, the virus will be backed into a corner with nothing to feed off of. I would rather be sick for a few days instead of being sick for weeks and possibly deathly ill.

According to Dr. Gupta, there is not yet information available on long term immunity. It may eventually be learned that we might need yearly vaccines as we do with flu shots. Time will tell. But the most important thing right now is to get this series of vaccinations so our lives might begin to return to normal. So when we are finally able to get our vaccination, plan it for a day when we have time to rest up and take care of ourselves. I'll be getting mine. I believe in science and the medical experts.

So with hope for a better year ahead, I want to wish everyone good health and a Happy New Year.

*Anna Marie Manzano R.N.*

# SNOWFLAKES OF THANKS

The Nahant COA gratefully acknowledges the many kind and generous people and organizations that have supported us during this very challenging last year.

Fran Ahern

Lori & Jack Ballentine

Arthur Barreda

Doris Bongiorno

Olivia Brand

Bob Branga

Gail Byrd

Susan Cadigan

Ann Callahan

Gene & Karen Canty

Lillian Carr

Tiffany Connolly

Carmela Cormier

Ann Cote

Susan Cripps

Michael & Dale Cullinan

Charles & Erin DeGrande

Michael & Diane Dunfee

Michele Dougherty

Maureen Edison

Ron & Jean Gerstenhaber

Heather Goodwin

Dick & Dottie Hagoort

Norma Hayes

Linda Kasper

Ginny Magro Keenan

Cindi Kerns

Linda Lehman

MaryAnn Lermond

Jean Lucantonio

Carl & Linda Maccario

Nancy Maddocks

Mary Magner

Pat McArdel

Diane Monteith

Bill Morella

Penny Morse

Dick & Mary Nagel

Laurie Nash

Jim O'Connor

Dean & Diane Palumbo

Mark & Vi Patek

Linda L. Peterson

Margaret Piccola

Calantha Sears

Patricia Scanlon

Peter & Lillian Scapicchio

Antonette Spinucci

Linda Tanfani

Ruth Titus

Keke Vencill

Dorothy Vitale

David & Beth Walsh

Janice Weiskel

Nancy Wilson

*Brett Henry Catering*



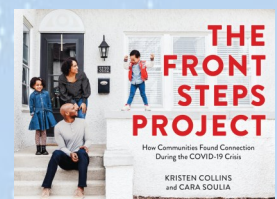
Nahant Women's Club



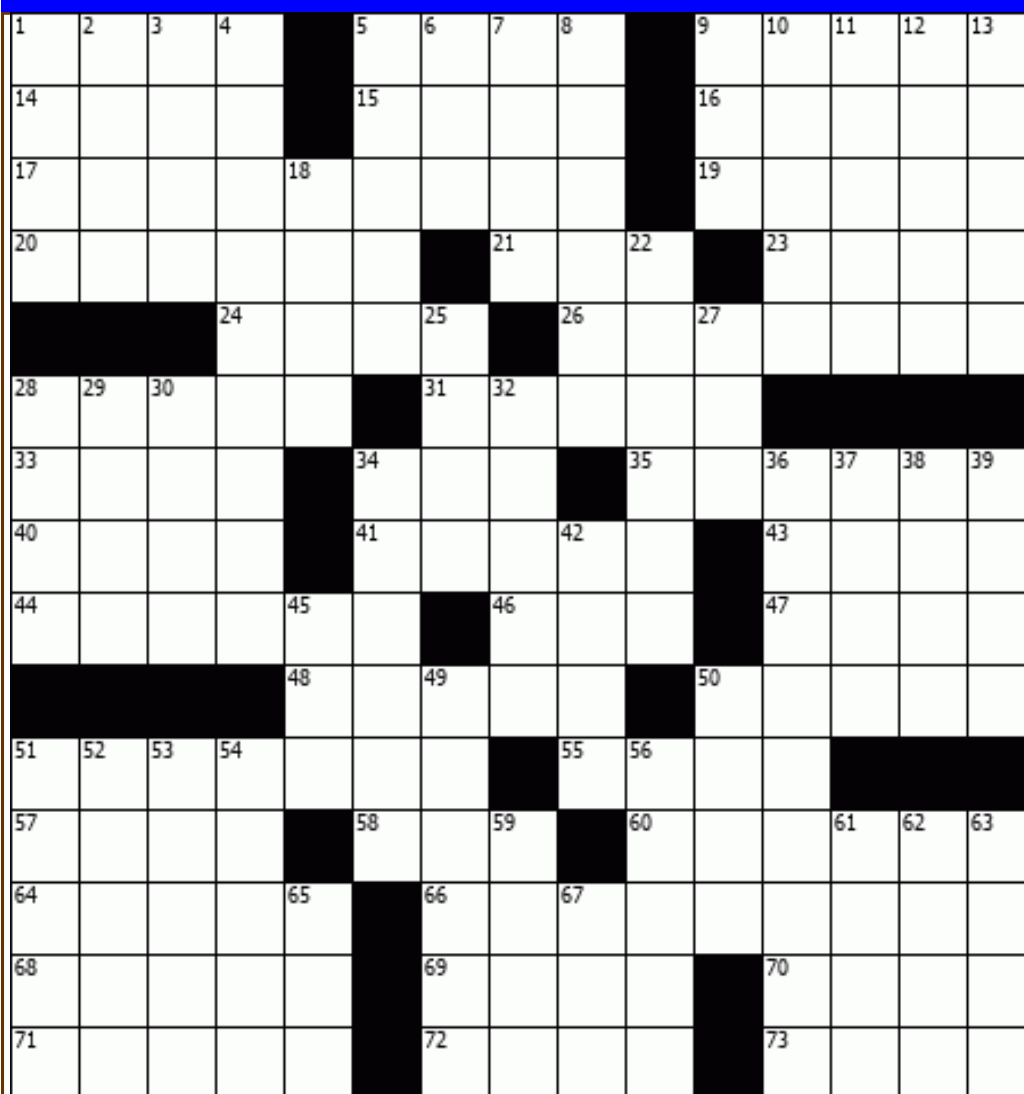
Friends of NCOA

*Seaside Pizza*

*Bella's*  
FLOWERS



# PUZZLE OF THE MONTH!



## Down

1. Coffee vessels
2. Chimney dirt
3. Alternative word
4. Conclude
5. Throb
6. Liverpool's country (abbr.)
7. Blue-pencil
8. Uses the oven
9. Braying beast
10. Spicy dish
11. Holy \_\_\_\_\_ Empire
12. Corrode
13. Feel
18. Primates
22. Adjusted beforehand
25. Go first
27. Stir
28. "A \_\_\_\_\_ Is Born"
29. Swipe
30. Outlet
32. Love, in Florence
34. Deli offering
36. Dawdling
37. \_\_\_\_\_ Fitzgerald of jazz
38. Thaw
39. Smelling organ
42. Soothing salve
45. Author \_\_\_\_\_ Tolsto
49. Continuing story
50. Aberdeen native
51. Despise
52. Manufacture cloth
53. Comic \_\_\_\_\_ DeGeneres
54. Large pebble
56. Silly
59. Military supplies
61. Harness strap
62. Andes native
63. Brood
65. Wind dir.
67. \_\_\_\_\_ capita

## Across

1. Secondhand
5. British noble
9. Land measures
14. Function
15. Take apart
16. Beach
17. Longing for something past
19. Singer Paul \_\_\_\_\_
20. Soaks
21. Chef's measure (Abbr.)
23. Young fellows
24. Rod's companion
26. Apprentice
28. Pipe parts
31. Relieved
33. Car for hire
34. "Cheers" bartender
35. Serious
40. Similar
41. Mud brick
43. Margarine
44. Narrate again
46. Rodent
47. Afflictions
48. Artist's tripod
50. Say
51. Inspiring wonder
55. Rodents
57. Sash
58. Fin. Fund
60. Martial artist Chuck \_\_\_\_\_
64. Angels' headwear
66. Intolerant of delay
68. Baking chambers
69. Prayer response
70. Agreeable
71. Subscribe again
72. Folk wisdom
73. Chew on



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

**In memory of:  
Tuyet Tiffany Tran  
Harriet Magro**

Sending a great big

**THANK YOU!**

to everyone who gave generously to the  
Johnson School Giving Tree this year. You  
made Christmas happen for families here in  
Town.



**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

January 1- Christopher Newbury, Kim Yannetty, Alasoadi Anisah  
 January 2 - Pamela Szostakowski, Jason Angiulo, Diane Mitrano, Agostino Capobianco  
 January 3 - Rudolf Zuckerstatter, Peter Hasak, Catherine Bourgeois, Wesley Chandler, Frank Lamacchia, Irene Loguidice, Yan Chen  
 January 4—Helen Sisk  
 January 5—Kathryn Elbel, Anthony Alessi, Mark Harrell  
 January 6—Dorothy Hagoort, Robin Destefano, Yocasta Bencosme  
 January 7—Dorothy Johnson, Stephanie Diprimio  
 January 8 - Lauren Lacey, Christopher Billias  
 January 9—Stojan Maksimovic  
 January 10-Richard Beaton, Leonard Kavanagh  
 January 11-Edward Lonergan, Frances Ahern, David Carter, Sean Canty , Ana Cunha-Martin, William Durland  
 January 12-Maryann Parr, Nancy Sullivan Pantano, Christine Blaski, Debra Duffy-O'Connor, Paul Millerick  
 January 13-Marie Bongiorno, Gail Guiney, Richard Eriksen, Anna McGovern  
 January 14-Edith Hunnewell, Jean Sigourney, Deborah O'Connor  
 January 15-Polly Bradley, Mary Myers, Robert Scanlan, Susan Jones, Kathryn West, James Williams  
 January 16-Kalliope Koukounaris, Gloria Barbacoff  
 January 18-John Flebbe, Michele Visita, Michael Tufts  
 January 19-John Dorlando, Russell Gale, Christine Johnson-Liscio, Susan Solomon, Paul Reilly, Karen Gordinas  
 January 20-William Hatfield, Joan Kavanagh, W. Boyan  
 January 21-Rosa Melanson, Richard Lombard, Robert Gilbert  
 January 22-Alison Connolly  
 January 23-Bonnie Bishop, Christina Priftakis, Joseph Dowling, Barbara Rossi  
 January 24-Frances Moleti, Alexis Murphy, Cynthia Costin  
 January 25- Emily Potts, Richard Arzillo  
 January 26-William Kelley, Susan Arzillo, Marie Esler-Abbott, John Caprio, James Walsh, John Collins, Maureen Sinewski  
 January 27-Frank Pitzi, Lawrence Mason, Alice Cort, Jean Hagberg  
 January 28-Norma Brooks, Alexander Morrison, William Murphy, Gayle Poulin, Michael Gomperts, Allan Tassel, John Stabile  
 January 29-James Munro, Edward Poulin, Maria Rynne , Eileen Peterson  
 January 30-Gerald Butler, Patricia Caproni, Wayne Papagelis, Gary Simons, Luke Tsokanis, Jeanne Gavin, Maureen Foster, Marcia Simon  
 January 31-Edwin Peterson, Bonnie Dorlando, Mark Conway, Paul Nardone, Colleen Collins

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

Please submit your article to  
 Linda Peterson at [lpeterson@nahant.org](mailto:lpeterson@nahant.org)  
 or drop it off at the office.

Puzzle Solution © OnlineCrosswords.net

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| N | O | S | T | A | L | G | I | A |   | S | I | M | O | N |
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