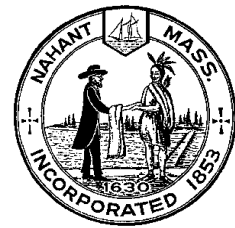


May 2020

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

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
Like us on Facebook:
nahant council on aging and senior community center

From the Director,

This is such a difficult time. A time we have never seen before. There is so much suffering physically, emotionally and financially. However, we shouldn't dwell on the negative, it's not good for anyone. When I watch the news about the corona virus I get up lifted when I see what people are doing for their families, neighbors and perfect strangers, especially the youth. The youth in this country have risen to the occasion, whether raising money, collecting for food banks, shopping for seniors in rural towns, and helping the first responders, it's heart-warming. These are special people.

Here in Nahant we have special people too. Many of you reached out to offer help with our seniors. Everyone wants to do something. We quickly built our network of volunteers. These volunteers are going above and beyond to help with the day to day operations. They help with making wellness calls, food preparation, delivering meals, and food shopping. All of you are special people.

Those who can't physically help, have donated. The donations are welcome. They allow us to continue to serve our seniors. We have had money donations and food donations. The Salvation Army provided boxes of nonperishable's, fresh fruit & vegetables and frozen chickens. The Manna Project donated 2 cases of instant meals, thanks to Mary Magner, all got distributed. The veteran's food drive as always provided food from their food distribution program to the COA to use in the meals we prepare. Every little bit helps.

We have been providing lunches to approximately 30 seniors. Our lunches are prepared and delivered Monday – Thursday. On Friday, Saturday and Sunday Seaside Pizza, has a limited menu that they offer our seniors free, tips are welcomed. Thank you Ben and Rose for your generosity.

We even had help with emotional wellness. Bella's Floral Design, owner Elyse Gaynor, provided floral arrangements to people in town who were nominated by others. She then provided flowers for our seniors that went out with their lunches one day and more recently provided small arrangements for our lunch delivery volunteers. Thank you Elyse.

I hope you find this newsletter informative and remember we are here to help so give us a call.

Linda Peterson
Executive Director

Tiffany Room

CLOSED - Due to COVID-19

A Huge Thank You to all the Frontline Workers during this difficult time.

Fire fighters, police officers, EMTs, medical and hospital personnel, grocery and restaurant employees, delivery drivers, town workers, mail carriers and so many others who are working on our behalf everyday, and we are grateful.



The COA would like to give a **BIG shout out** to all the volunteers who have been cooking, baking, prepping, shopping and delivering the most amazing healthy and delicious meals daily to our seniors in need of assistance.

Thank You Volunteers!!

Our Meal Program Workers:

Ann Callahan
Laurie Nash
Bill Morella
Brett Henry
Linda Lehman
Tiffany Connolly
Diane Monteith
Penny Morse
David & Beth Walsh
Fran Ahern
Neil Callahan

Our Personal Shoppers:

Lori & Jack Ballantine
Diane Savage-Dunfee
Keke Vencill
Maureen Mellen
Jeanne Farrow
Julia Mitrano

**Annual Town Elections have been postponed to
Saturday, June 20, 2020**
and our
**Annual Town Meeting has been postponed to
Saturday, June 27, 2020.**



Absentee Ballots

Due to our current conditions, The Commonwealth of Massachusetts has relaxed the restrictions on Absentee Ballots. Any voter who is concerned about their health and safety may request an application for an Absentee Ballot.

To request an application, please contact the Town Clerk's Office at 781-581-0018 ext.17 You can also email me at cnelson@nahant.org.



This information is also available on the Town Website. Thank you all – Carol Nelson

2020 BEACH PARKING STICKERS

All Stickers are Purchased Online Through City Hall Systems

GO TO:

Nahant.org/Treasurer/Parking Stickers

Click on the link

Assistance Contact the COA

(781) 581-7557



Anchor Food Pantry Opens to Nahant Residents

Anchor Food Pantry in Swampscott is providing food for Nahant families in need during the COVID-19 global pandemic.

A bag of food containing staple food items such as coffee, crackers, peanut butter and cookies, is available for all Nahant residents.

Bags can be picked up at the Swampscott High School, 200 Essex St., on Mondays and Wednesdays from 11 a.m. to 1 p.m. Residents will need to bring a valid ID with a Nahant address to receive the bag and will have to fill out a brief intake form on their first visit.

The Anchor Food Pantry was recently established to help families in need of food during the COVID-19 global pandemic. More information can be found on the organization's [Facebook page](#).

Those who are interested in donating to the food pantry can do so online.

A Note from the Town Assessor's Office

I hope you and your dear ones are doing as well as can be expected during this very challenging time. It is my belief now, more than ever before, in the necessity of the Assessor's office mission to assist those taxpayers who may be experiencing trouble paying their various property and excise taxes to the Town of Nahant.

CURBSIDE ASSISTANCE has been established at the Town Hall for those needing abatement and exemption applications. Currently not all forms are available now but can be mailed to you if you call 781-581-0212 or email shambleton@nahant.org or go the Town's website, Assessors Department.

A filing cabinet is situated outside the Town Hall entrance along Pleasant Street. There are CPA and Elderly exemption forms in the top drawer, motor vehicle and boat excise forms in the bottom drawer. Self addressed envelopes and business cards are in both drawers. At this time it is best to mail the forms directly to Sheila Hambleton, Town Hall, 334 Nahant Rd, Nahant , MA 01908.



I am preparing for the current workload and changes in the legal environment and have resources in place that allow me to continue to serve you seamlessly. Please be rest assured that the Assessors Office is — and will continue to be — up and running, working to serve your best interests. The Board of Assessors and I are working to monitor COVID-19 related developments and issuing alerts about how emergency measures are likely to affect our workload and the taxpayers of the Town. The Town Administrator has launched a new communication system, so we can stay update and in touch with the Public, you the taxpayers. I am committed to keeping residents up-to-date throughout the outbreak.

Even though I can't welcome you inside the Town Hall, I am here for you, our community.

Stay healthy,

Sheila K Hambleton, MAA .



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. Emily Curley 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.

VETERAN'S FOOD PROJECT

*******Coast Guard Station 10:30-11:30 a.m. *Delivery Available*******

May 6, 2020	July 1, 2020	Sept. 2, 2020	Nov. 4, 2020	Jan. 6, 2021
June 3, 2020	Aug. 5, 2020	Oct. 7, 2020	Dec. 2, 2020	Feb. 3, 2021

Mask Advisory Recommended for anyone age 2 and older entering any essential business

A surgical mask helps block large-particle droplets and splatter from coming into contact with your mouth and nose. It also helps reduce the spread of your saliva and respiratory secretions to others.

Know the right way to wear surgical masks

CORRECT WAY

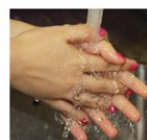


WRONG WAY



- The mask should cover your mouth, nose and chin, with the coloured side facing outwards. The thin metal wire along the upper edge of the mask should be pressed gently against the bridge of your nose.
- To dispose of a used mask, remove it from your face by the straps. Don't touch the surface of the mask.

6 Protect yourself and your loved ones Six Steps to wearing the N95 MASK



Step 1
Wash your hands before putting on the mask.



Step 2
Select a suitable N95 mask that fits* well.

*Available in different sizes



Step 3
Hold the mask with a cupped hand and place it firmly over your nose, mouth and chin.



Step 4
Stretch and position top band high at the back of head. Stretch and position bottom band under the ears.



Step 5
Press the thin metal wire along the upper edge gently against the bridge of your nose so that the mask fits nicely on your face.



Step 6
Perform a fit check by inhaling and exhaling. During exhalation, check for air leakage around face.

For more information on the above steps, please call HealthLine at 1800 223 1313.

www.hpb.gov.sg
1800 223 1313



COVID-19 compared to other common conditions

SYMPTOM	COVID-19	COMMON COLD	FLU	ALLERGIES
Fever	Common	Rare	Common	Sometimes
Dry cough	Common	Mild	Common	Sometimes
Shortness of breath	Common	No	No	Common
Headaches	Sometimes	Rare	Common	Sometimes
Aches and pains	Sometimes	Common	Common	No
Sore throat	Sometimes	Common	Common	No
Fatigue	Sometimes	Sometimes	Common	Sometimes
Diarrhea	Rare	No	Sometimes*	No
Runny nose	Rare	Common	Sometimes	Common
Sneezing	No	Common	No	Common

*Sometimes for children

Sources: CDC, WHO, American College of Allergy, Asthma and Immunology

BUSINESS INSIDER

Websites with Up-to-Date Health Information on COVID-19

- Massachusetts Department of Public Health (MDPH) <https://www.mass.gov/orgs/departments-of-public-health>
- US Centers for Disease Control and Prevention (CDC) <https://www.cdc.gov>
- World Health Organization (WHO) <https://www.who.int>
- Nahant COVID-19 News and Resources Website <https://nahantcovid19.com>



Quarantine Guidance



How To Self-Quarantine And Self-Isolate

Please take the following steps if you are not sick but are:

- A close contact to someone diagnosed with COVID-19
- Recently returned from any travel outside Massachusetts

Self-quarantine: Separate yourself from others in case you get sick.

1. Stay at home and use a separate bedroom and bathroom if possible.
2. Do your best to stay at least 6 feet away from other people in the house, and do not share eating or drinking utensils with anybody.
3. Do not leave your house to go to school, work or run errands.
4. Do not have any visitors to your house during this time.
5. Wash your hands frequently with soap and water for at least 20 seconds.
6. Monitor your health every day.
7. If you need to seek routine medical care call ahead to your doctor and tell them you are under COVID-19 quarantine.
8. Do not take public transportation, taxis, or ride-shares to get to your appointment.

Monitor Your Health Every Day

- Do health checks every morning and every night or anytime you feel like you might have a fever
- Take your temperature
- Be alert for any symptoms of COVID-19, including fever, cough or shortness of breath.

If you have a medical emergency, call 911. Tell them your symptoms and that you are being monitored for COVID-19.

How to determine your last day of exposure: Your last day of exposure is:

- The last time you were within 6 feet of someone confirmed to have COVID-19, or
- The day you arrived home after travel

If you do not show signs of COVID-19 for 14 days after the last time you were exposed, your self-quarantine period is finished.

Questions about quarantine or isolation?

Call the Massachusetts Department of Public Health's On-call Epidemiologists at **617-983-6800**

Nahant COVID-19 Hotline - (781) 771-2121

Monday - Friday 8AM until 4PM

Saturday and Sunday 9AM until 12 Noon

24 Hour Emergency Dial: 211

ONE-POT PASTA WITH RICOTTA AND LEMON



Directions

1. Bring a large pot of water to boil, cook pasta till al dente. Reserve 1 cup of pasta water for later.
2. In the same pot, make the sauce: Add the ricotta, Parmesan, lemon zest and juice, 1/2 tsp. salt and 1/2 tsp. pepper.
3. Add 1/2 cup pasta water to the sauce and stir until smooth. Add the pasta and continue to stir until noodles are well coated. Add more pasta water as needed for a smooth sauce.
4. Garnish serving with grated Parmesan, black pepper, red-pepper flakes and basil.

Ingredients

- 1 lb. Ribbed Penne Pasta
- 1 Cup Whole Milk Ricotta
- 1 Cup Freshly Grated Parmesan (plus extra for serving)
- 1 Tbsp. Freshly Grated Lemon Zest
- 1/4 Cup Lemon Juice (1 or 2 Lemons)
- Kosher Salt
- Black Pepper
- Red Pepper Flakes, for serving
- 1/4 Cup Torn Basil Leaves, for serving

Easy Vegetables To



From Seed

- Beans
- Beets
- Carrots
- Kale
- Lettuce
- Peas
- Radishes



Fine Tune Your Body's Metabolism

Eating carbohydrates before exercise fuels your workout; consuming carbohydrates post-workout improves recovery and replaces muscle glycogen. Another good time to consume carbs is when your level of fitness is high and your body fat is low. Remember eating too many carbs in an inactive state is not recommended, as it may cause weight gain, blood sugar issues or other complications. Below are some suggestions to balance carbs with a bit of protein and fat to slow the rate of sugar absorption into the blood.

- An apple with nut or seed butter.
- Half a bagel with your favorite meat.
- Greek yogurt with berries or a banana.
- Spaghetti with meat sauce.
- Roasted sweet potatoes with chicken.
- Hummus or cottage cheese with cucumbers.



15 Grocery Items Every Home Should Have Right Now

- | | | |
|----------------------------|---------------|--------------------------------|
| • Soups & Stocks | • Dried Fruit | • Butter & Oil |
| • Dairy | • Nuts | • Frozen Vegetables |
| • Bread | • Pasta | • Tomatoes & Canned Vegetables |
| • Fresh Fruit | • Grains | • Meat for Freezing |
| • Onions & Root Vegetables | • Beans | • Chocolate |

Activities

Word Scramble!



NGIDGNARE

WMNMGISI

INGIKH

IKNGIB

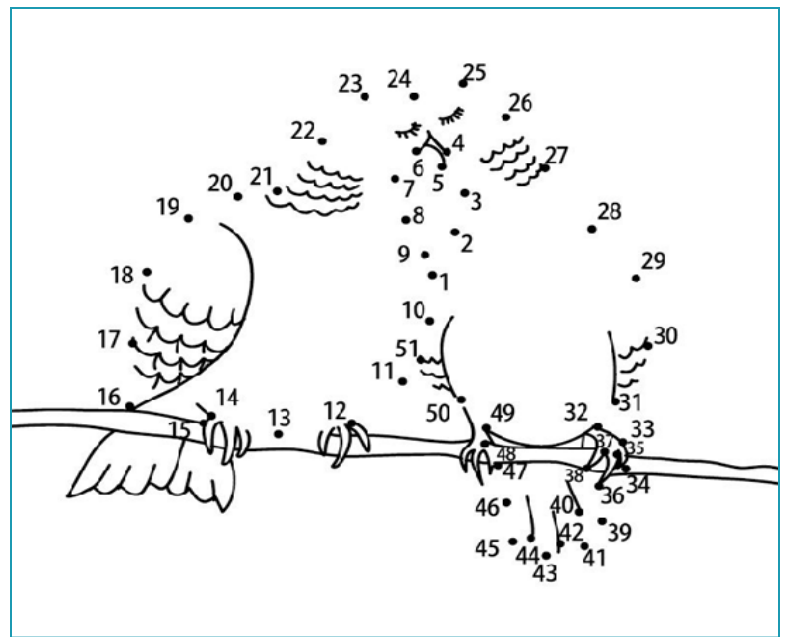
KNICCGIINP

LPGINAY

SRGTAANIGZ

KWGLIAN

NSHFIGI



Varieties of Trees

S N J F Y I
 K L G X P S C T C V
 F J K D O Z X R P S Q J R J
 Z A B E F M I H V P L P J O K M S I
 W S V Y L P L O O X D N U H S A G G H E C M
 T K Y P E V D U T C T C I M E Y R R E H C R I B
 S N E E R G R E V E I Y A W V C F I U Z U L I G
 S P G I D U K N K C I F P O P L A R A M M R J O V G
 S Q D H Y V I I A A I L O N G A M G A J X P V Y O N
 D K I Q R G P N N D R E D O O W G O D M Z F S L Q I U S
 N F D Z Q O V Z N K A O T U D W A R L L A I I X K Z J M
 I A Q I B A E Z V Y W M W H Z O J V E H K J M W O R S R C W
 T L Q T F N L K H Q Q A M D E U U T W X L D O V R E V J N D
 J M L K F G C T M R M T Z L I O Q S U O R E F I N O C L U Z
 X O Z K A U Q H P C F C A V H T F G L A H A J I D Z F M C W

Ash
 Birch
 Cherry
 Coniferous
 Deciduous
 Dogwood
 Elm
 Evergreen
 Magnolia
 Maple

L J X I J R
 O P X N M S
 K X F D D P
 S F Q T B R
 V P F A V K
 S Z X P L Z
 X R B E M Z
 E Z O U Z Y
 F N K W K L
 O M B P E Q
 C O S B J O H R
 J T V V X Y R E
 N X Y N Y Z U G E Y
 E Q S Z N R N N N Y
 A Y G Z M W T B N C O I

Oak
 Orange
 Pine
 Plum
 Poplar
 Rosewood
 Spruce
 Sycamore
 Tamarac
 Teak



100th Anniversary of Women's Right to Vote

This August 18, 2020, marks the 100th year anniversary of the ratification of the 19th Amendment. What is the 19th Amendment and why is it important? The 19th Amendment gave most women the right to vote. It wasn't until 1965 that African American women were given the same free rights. The 19th Amendment is important because it was the victorious conclusion to the decades long struggle by women to earn the right to vote and equality. It was a struggle that paved the way for American women today, giving those forced to be silent, a voice. Elizabeth Cady Stanton and Susan B. Anthony were the team and Carrie Chapman Catt started the League of Women Voters. Elizabeth Cady Stanton and Lucretia Mott two Quakers, two abolitionists, who were determined that women needed to have the right to vote, the right to divorce, to go to college, to become professionals like a doctor or a lawyer.

Because of those women and many more, the protests, marches, arrests and tireless work, women heading to the polls know their votes count. Their opinions matter. Their voices are heard.



The 19th Amendment offers many avenues to engage community members in discussions about equality and voting rights.

Let's all celebrate the progress that is achieved when all Americans have the right to vote!



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

**In Memory of:
Thomas O'Toole
Lois White
Thomas W. Smith**

Lunch Program Donations:



Lillian & Peter Scapicchio
Mark & Vi Patek
Nahant Women's Club
Ruth Titus
Linda L Peterson & Tiffany Tran
Cindi Kerns
Jean Lucantonio
Linda & Carl Marccario

Nahant Garden Club
Erin & Charles DeGrande
Heather Goodwin
Michele & Michael Dougherty
Ron & Jean Gerstenhaber
Janice Weiskel
Calantha Sears

Lillian Carr
Linda Tanfani
Dorothy Vitale
Diane & Michael Dunfee
Gene & Karen Canty
Dale & Michael Cullinan
Carmella Cormier

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

May 1 - Inga Deluca, Feiga Babushkina, John Osbahr, Linda Gaudet
 May 2 - Constantin Pezaris, Peter Vernam, Gail McCann, Joanne Dunn, Phyllis Hairston, Michael O'Callaghan
 May 3 - Sheila Zamejtis, Dale Cullinan, William Newell, Mary McGranahan, Robert Proulx
 May 4 - Paul Fiore, Maryann Corinha, Cynthia Dalpe, Neelan Kumari, Paul Pallotta, MaryLou Canty
 May 5 - David Lewis, Daniel Hamill, Malcolm Hill, Frederick Haggerty, Richard Aswad, Huge Boney
 May 6 - Linda Hall
 May 7 - Kenneth Swope, Carter Smith, Candace Cahill, James Holland, William Kelley, Gayle Billias, Johanna O'Sullivan
 May 8 - Herbert Motley, Denise Fields-Hitch
 May 9 - Jeffrey Musman, Cheryl Montana, Ellen Hubbard, Biba Rozenbaum, James Mccurdy
 May 10 - Mary Sullivan, Linda Eveleigh, Harry Mckee, Edith Richardson, Karen Falat, Andrea Lane, Margaret Mahoney, Diane Monteith, Donna Steinberg, Barbara Rizzo,
 May 11 - Timothy Harris, John Moleti, Charles Arena
 May 12 - Richard Melanson, Joanne Fucile, James Koutroubis, George Mihovan, Jeannette Champion, Richard Moleti, James Mullen
 May 13 - Arthur Barreda, Michael Kaplan, Robert Fannon
 May 14 - Marilyn Snyder, Norman LeBlanc, Caron Sanphy
 May 15 - Joan Depalma, Stephanie MacIsaac, Reilly Garrie, Karen O'Callaghan, Arthur Calavritinos
 May 16 - Margaret Hanagan
 May 17 - Francis Mahoney, Margaret Smith, John Hawko, William Clements, Anthony Maltacea
 May 18 - John Crowley, Dr. DH Martin, James Passanisi, Thomas Murray, Gail Hyde, Mary Donovan, Laurie Proulx
 May 19 - Mary Irene Dickenson, Melissa Gallery, Lynor Carroll, Gaye Clements
 May 20 - Hester Schepens, Steven Switzer, Teresa Clark, Arline Clifton, Ann Farr
 May 21 - Joseph Waldron, Jeffrey Price, Deborah Aliff, James Malone, Geoffrey Loynd, Joseph Placet
 May 22 - Linda Christoforidis, Lynn St Amour, Patricia Gregory, Anne Subbs
 May 23 - Wallace Riddle
 May 24 - Kathleen Forbush, Ruthanne Switzer, Jean Lucantonio
 May 25 - Strates Frangules, James Walsh, Susan Pioli
 May 26 - Candace Thornton, Roger Berkowitz, Linda Jenkins, Maryann Reis, John Martin
 May 27 - Panos Voukydis, James O'Connor, Janice Bessette, Francis Farr, Denise Dicarlio
 May 28 - Maria Stanley, John Antol, Dawn Champagne, Christopher Ward
 May 29 - Priscilla Clark, Sarah Anderson, Margaret Szczawinski, James Hosker
 May 30 - Carmella Cormier, Antonette Spinucci, William Burchell, Patricia Podrug, Joy Loguercio, Kenneth Turino, Joseph Giardella, Weston Hardy, Leslie Hardy
 May 31 - Mary Messina, Gad Geiger, Susan Tracy, Martha Koscielecki, Ellen Morse, Joanne Bonura, Mary Cuddy-Cormier

U.S. CENSUS 2020

It's Not TOO Late!!

Go Online: <https://2020census.gov>

Or please call:

1-844-330-2020

Now is the time to respond.

