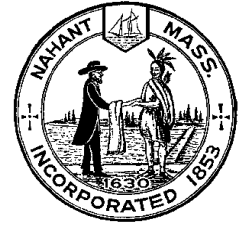


May 2021

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

From the Director,

As we slowly emerge from the pandemic I want to share our re-opening plan for the lunch program. When the pandemic began, so did the COA's meal delivery service. Our main concern at the time was to care for the seniors who came to the COA on a regular basis for lunch. As a result of the stay at home order, the deliveries soon grew to double the original number. Many needed help, and thanks to the kindness of many through donations, we have been able to provide the additional lunches.

Our Council on Aging's lunch program was never meant to be a takeout and delivery program. The lunch program was meant to bring people together for social interaction with friends and to provide a nutritious meal at a good value. Our Tiffany Room was a warm, welcoming and caring place to come and enjoy the company of others. We are ready to get back to the way it was in 2019.

With all that said, we are going to invite guests back to the Tiffany Room. Beginning May 5th, we will open our doors to a limited number of guests. Reservations will be required Monday, Wednesday & Friday's for May. To keep within state guidelines, we will be able to accommodate 12 guests keeping 6' distance.

During May we will continue all existing lunches, in the dining room or home delivery. For those who cannot come to the Tiffany Room, lunches will continued to be delivered, 5 days a week. Beginning June 1st, all home deliveries will cease through the COA. If you are still in need of a meal you can contact Greater Lynn Senior Services, 781-599-0110 to apply for Meals-on-Wheels or come in to our dining room, we will pick you up.

Linda Peterson
Executive Director

HAPPENINGS AROUND TOWN

- May 1 **Art, Nature, Nahant.** 9:00am-5:00pm East Point. See page 3 for more details.
- May 2 **May Doorways Tour.** 10m –5pm. Sponsored by The Nahant Garden Club. Residents and businesses are invited to decorate their doorways and entry-ways using natural plant materials. To decorate, please contact Suzanne Hamill (nahantmom@aol.com) No judging; just fun. Garden Club will print a map prior to May 2 and invite residents to tour the decorated properties.
- May 15 **Open Town Meeting 12:30pm. Outdoors, Flash Road behind the Fire Station.** Check the Town website for details.
- May 23 **Beach Clean Up** Lowlands parking area. 11am-2pm. See page 3 for more details.
- May 31 **Memorial Day** As of the printing of this issue, we are not sure of plans for a Memorial Day celebration here in Nahant. We will keep you informed by email distribution as soon as we receive any updates.

NAHANT PUBLIC LIBRARY - HOURS

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) us.





**Memorial
Day**
*Never Forget
Ever Honor*

Although the term Memorial Day was used beginning in the 1880s, the holiday was officially known as Decoration Day for more than a century, and honored the more than 620,000 soldiers killed in the Civil War. It wasn't until America's entry into World War I that the tradition was expanded to include those killed in all wars, and Memorial Day was not officially recognized nationwide until the 1970s. Memorial Day is now observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military.



SATURDAY MAY 1, 2021

9:00-5:00 AT EAST POINT

AT MEMORIAL POINT

Local artists and
these organizations:
Johnson Elementary School

Nahant Garden Club
Nahant Historical Society
Nahant Preservation Trust

Nahant Public Library

S.W.I.M., Inc.

AT LODGE PARK

3:00

Maypole Dancing

3:30

Readings and Remarks

4:30

Music by The MERJ

All ages, come enjoy the beauty of East Point

Sponsored in part by Nahant Cultural Council
For more info: Art.Nature.Nahant@gmail.com or 781-367-2007



Eat the Weeds

With

"Wildman" Steve Brill

May 21, 6:30

May 22, 10:00



Naturalist-author "Wildman" Steve Brill is America's go-to guy for foraging.

He's been leading foraging tours and providing demos for the public in parks and natural areas throughout the Greater NY area since 1982. His engaging and knowledgeable tours are fun and unforgettable!

He will give a lecture on the library lawn on Friday, May 21 at 6:30 p.m.

Bring your lawn chairs and masks

He will do a walking tour on Saturday morning, May 22 at 10:00 a.m.

Meet at the library, bring a collection baggie and your mask

Brought to you with federal funds provided by the Institute of Museum and Library Services,
and administered by the Massachusetts Board of Library Commissioners

**Nahant Beaches Cleanup Day,
Sunday, May 23, 11 a.m. - 2 p.m.
Register at Lowlands parking lot.
Masks required, work gloves recommended.**



"When one tugs at a single thing in nature, he finds it attached to the rest of the world." - John Muir

Vi Patek, President



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

Call the MBTA at:

617-337-2727

Podiatrist, Dr. Robert Uhrich 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

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.

FOOD SHOPPING PROGRAM

Tuesday	May 4	Market Basket	8:30 A.M.
Tuesday	May 11	Market Basket	8:30 A.M.
Tuesday	May 18	Market Basket	8:30 A.M.
Tuesday	May 25	Market Basket	8:30 A.M.

VETERAN'S FOOD PROJECT

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

May 5, 2021

June 2, 2021

July 7, 2021

Aug. 4, 2021

Sept. 8, 2021

Oct. 6, 2021

Nov. 3, 2021

Dec. 1, 2021

Baked Lemon Chicken



*There is something about lemon that screams **SPRING!***

This recipe is versatile easy to prepare and delicious. Serve with your favorite spring vegetable and rice.

Directions

- One 3 1/2- to 4-pound chicken, cut into 8 pieces, patted dry. (or your favorite pieces-mine are thighs)
- Kosher salt and freshly ground black pepper
- Flour for dredging
- 3 tablespoons extra-virgin olive oil
- 1 large onion, thinly sliced
- Peel of half a lemon, white pith removed, cut into very thin strips
- 2 large garlic cloves, minced
- 1 1/2 teaspoons fresh rosemary leaves
- 1 tablespoon honey
- 1/4 cup freshly squeezed lemon juice
- 1 cup chicken broth, homemade or canned low-sodium

- Preheat the oven to 400 degrees F.
- Season the chicken with salt and pepper.
- Dredge in the flour and pat off the excess.
- Heat a large skillet over medium heat and add 2 tablespoons of the oil.
- Add the chicken skin-side down and saute until golden brown, about 5 minutes per side.
- Remove the chicken from the skillet and reserve. Discard the oil and wipe the pan out with a paper towel.
- Add the remaining 1 tablespoon oil and heat over medium-low heat.
- Add the onion and cook until golden, about 10 to 12 minutes.
- Add the lemon zest, garlic, and rosemary, and cook for 2 minutes more.
- Add the honey, lemon juice, and broth, increase the heat and bring to a simmer.
- Use a slotted spoon to transfer the onions to a 9- by 13-inch ovenproof casserole, and spread them out. Arrange the chicken, skin-side up in a single layer on the onions.
- Pour the cooking liquid over the chicken.
- Season with salt and pepper to taste.



Spring Is Here, As Are Allergies

Isn't it wonderful to hear the birds chirping, to feel the warm sunshine, and see flowers beginning to bloom. After this dreadful year there is a feeling of hope in the air, in the rebirth that Springtime brings and in the progress being made with vaccinations.

In mid April all adults became eligible for vaccinations. Vaccination sites like the Lynn Community Health Center, Lynn Tech site, and others, have ramped up to meet the demand. If you have not yet gotten your vaccinations because you had concerns, you can certainly still get them, and help with getting appointments is still available if needed. Please do get your vaccination. When a good majority of the population is vaccinated we will be making progress towards reopening and resuming a more normal lifestyle. Scientists are carefully studying the COVID variants and their degree of threat to us. They are also studying the duration of immunity that the vaccinations will be giving us. It may be found that we will need booster shots. Since there are still so many questions about our future, it is still being recommended that we continue to wear masks when in public places, try to maintain some social distancing, and wash our hands frequently. I wonder sometimes if our custom of shaking hands will be changed forever.

We should remember that the vaccines do not guarantee 100% . So we still need to be cognizant of our symptoms. We need to be alert to fevers, coughs, loss of smell or taste, and also any stuffy noses and sore throats. Those beautiful flowers, trees, and grasses that are blooming may be giving us stuffy noses and sore throats. If you find yourself wondering if you have allergies or if it could be COVID, remember testing is still available and it will alleviate your concerns.

We are fortunate that testing is easy to come by in our area. Testing can be obtained free through at least two sites in Lynn, or through your primary physician. Lynn Community Health Center is still doing free testing at its Buffum St location, either walk in or by appointment. The Beacon Project is also still operational at the Lynn Ferry terminal site. Appointments are needed and can be made online at Beacon Project. This site is drive through, you just stay in your car. Most appointments at both sites are same day.

Spring is definitely bringing us hope but we cannot "throw caution to the wind". Let's continue to wear our masks in public, get our vaccinations, and remember to get tested if we have concerns about our health.

Anna Marie Manzano R.N.

HEALTH AND WELLNESS

- Monday – Strength class with Lynda 9:00 a.m.
- Tuesday – Chair YOGA with Patti 9:00 a.m.
- Wednesday – Strength class with Lynda 9:00 a.m.
- Thursday – Gentle YOGA with Patti 9:00 a.m.
- Thursday - Balance class with Keri 10:30 a.m.



All classes will be on ZOOM as well as Cable TV.

Verizon – channel 45

Comcast – channel 8

Zoom Meeting ID 85206330696, pass code 034683

SPRING!

Find and circle all of the words that are hidden in the grid.

The remaining letters spell a message about Spring.

ALLERGIES
APRIL
BASEBALL
BEES
CROCUSES
CYCLAMENS
DAFFODILS
DANDELIONS
EASTER
EQUINOX
FLOWERS FROGS
GOLF
GRASS
GREEN
GROWTH
IRISES
LILIES
MARCH
MAY
NEW LEAVES
PLANTING RAIN
RENEWAL
ROBINS
SEASON
SNOWMELT
SOFTBALL
SPRING BREAK
SPRING CLEANING
TULIPS
WARMER
WET

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

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

In Memory of:
Josephine LaFalce

*Happy Mother's
Day*

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, John Osbahr, Linda Gaudet, Judith Murphy
 May 2 - Constantin Pezaris, Peter Vernam, Gail McCann, Joanne Dunn, Phyllis Hairston, Beatrice Carmine
 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, Michael Shires
 May 6 - Linda Hall
 May 7 - Carter Smith, Candace Cahill, James Holland, William Kelley, Gayle Billias, Johanna O'Sullivan, Carol Ann Price
 May 8 - Herbert Motley, Denise Fields-Hitch, Timothy Hosker
 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
 May 13 - Arthur Barreda, Michael Kaplan, Robert Fannon
 May 14 - 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, 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 - 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, Paul Cronin
 May 26 - Candace Thornton, Roger Berkowitz, Linda Jenkins, Maryann Reis, John Martin, Elizabeth Thompson
 May 27 - Panos Voukydis, James O'Connor, Janice Bessette, Francis Farr, Denise Dicarlo
 May 28 - Maria Stanley, John Antol, Dawn Champagne, Christopher Ward
 May 29 - Priscilla Clark, Sarah Anderson, Margaret Szczawinski, James Hosker
 May 30 - 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, Mary Cuddy-Cormier



Solution: APRIL SHOWERS BRING MAY FLOWERS.

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

or drop it off at the office.

