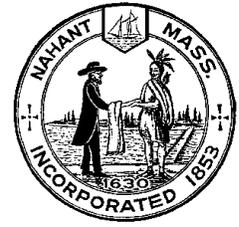


September 2020

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

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,

The Massachusetts Council on Aging/Senior Center's do not have a Phase/re-opening plan, but they have put out protocols to follow when the centers do reopen. The population we serve is among the most vulnerable and the MCOA is leaving re-opening decisions to the local board of health and town administration.

The feeling of our Board of Health and local leaders is that until there is a vaccine we cannot allow the main part of our programs, lunch program, trips, in person exercise and others, to reopen.

So with that said we have been looking at several ways of offering programs. The first activity we will offer is a paint party al fresco. We will hold the event at the Dory Club outdoors with limited participation, masks required and social distancing protocols will be followed. See page 2 for details.

Our Market Basket shopping trip has been operating on Tuesday's at 8:30 am. We currently have 4 seniors, which is all we can allow on the bus, however, we have considered adding another day if the demand calls for it.

Doctor Emily Curley, podiatrist, has been in once and will be back on September 24th. Limited appointments available so call the COA early.

And lastly, as I write this column we are working on the recording four of our exercise classes to be shown on our Cable TV station. I will send out an email when the recordings are available.

Stay safe and healthy!!!

Linda Peterson
Executive Director



PRIMARY DAY

TUESDAY, SEPTEMBER 1, 2020

Polls open at 7a.m. and close at 8p.m.

All voting **including Early Voting** and Election Day voting will take place in the ***Great Hall Upstairs*** in Town Hall.

Voter's should come in through the Handicap entrance on the side.

HAPPENINGS AROUND TOWN

- Sept. 1** Town Hall will be closed for general business on Primary Voting Day.
- Sept. 15** Painting al fresco at the beautiful Dory Club at the Town Wharf. Inspired by the seashore, explore your artistic talent with Martha Taylor. Martha will guide you through a painting adventure as you enjoy a summer afternoon by the water's edge. Snack boxes and water will be supplied. You are welcomed to BYOB. Class size is limited to 12 so reserve your socially distant space. **Class will begin at 11:00.**
- 
- Call the COA to reserve your spot, 581 781-7557.
- Sept. 26** **Annual Town Meeting** -The postponed Annual Town Meeting will now take place on Saturday, September 26th at the Flash Road Park (outdoors) starting at 12:30 PM.
We will continue to update the website as details continue to develop.
- Oct. 1, 2** **Flu Clinic**— This year's flu clinic will look very different from previous years. This year there will be a drive through clinic to take place at the Nahant Country Club. **Appointments will be required. See page 4 for more details.**

VETERAN'S FOOD PROJECT

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

Sept. 2, 2020 Oct. 7, 2020 Nov. 4, 2020 Dec. 2, 2020



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:

“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

Call the MBTA at:

800-533-6282

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

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.

DID YOU KNOW?

You can view the most recent
Board of Selectman's meeting .
It will be broadcast daily on the local community channels at
2:00p.m. and 6:00p.m.
Verizon Channel 45

FLU CLINIC 2020

This year's flu clinic will look very different from previous years. This year there will be a drive through clinic to take place at the Nahant Country Club. You will enter the country club from the Winter St. entrance. You will then be directed by one of the volunteers who will review the paper work, completed when you made the appointment, and have you sign the form. You will then proceed to the Nurses who will screen you for COVID symptoms before administering the vaccine, after which you will be directed to the "After vaccine waiting area" until you get approval from a Nurse to drive away safely out the Ocean St side.

Appointments will be required. The clinic hours are 9:00 - 12:00 & 1:00 – 4:00 on Thursday, October 1st & Friday, October 2nd. To schedule your appointment please contact the Council on Aging, **781 581-7557**, beginning Monday, September 14th. Appointments will not be made earlier than that day. COA hours Mon-Thurs. 9:00 – 12:30, Fri 9:00 – 11:00.

October 1, 2020 will be for seniors 65 and over who would be receiving the High Dose vaccine

October 2, 2020 for non-seniors who would be receiving the regular vaccine

Nahant is fortunate to have a healthy ecosystem, keeping natural wild animal populations in balance. Please be aware that coyotes are present here in Nahant and may threaten the lives of small domestic animals.



Please keep this in mind if you let your cats or dogs out without supervision.



The roadrunner was lucky!

FOOD SHOPPING PROGRAM

****Reservation Required ****

Please call the COA to reserve a spot on the bus.

Tuesday	Sept. 1	Market Basket	8:30 A.M.
Tuesday	Sept. 8	Market Basket	8:30 A.M.
Tuesday	Sept. 15	Market Basket	8:30 A.M.
Tuesday	Sept. 22	Market Basket	8:30 A.M.
Tuesday	Sept. 29	Market Basket	8:30A.M.

REOPENING OF JOHNSON SCHOOL 2020

The School Committee voted on a reopening plan for the Johnson Elementary School based on 2 key priorities: the health and safety of both students and staff, and providing equitable high quality education. Due to our ability to comply with the most protective guidelines from the DESE and CDC, the School Committee voted to offer in person learning for all students whose families opt for this model as of 9/21.

The school plans to space children's seats 6 feet apart and require masks for all students and staff who can wear them safely. With these and many other safety measures in place, the plan is for the following:

8/31-9/15: Teachers and staff train and prepare for remote instruction and the infection control protocols

9/16: School starts with remote instruction for all students

9/21: All students whose families opt for in person learning return to the classrooms while remote learning continues for others.

NAHANT PUBLIC LIBRARY - HOURS

COVID re-opening, Phase II (visit <https://www.nahantlibrary.org/about-us> for more details)

- Only staff and 5 patrons will be allowed in the building at one time. All staff will be masked .
- The restroom will not be available to the public at this time
- MassCat consortium books, CDs and DVDs only available by phone (781 581-0306), email (Nahant.circ@gmail.com), or through the online catalog, made ready for pick up.
- Pick-ups (available to all card holders) will be at the side entrance, arranged in 30-minute intervals, must be masked when picking up
- Deliveries to homes will be on Wednesdays and Fridays, Nahant residents only
- Patrons may schedule time to browse Tuesday - Friday, 10:00—5:00 for 50 minutes on the hour. All patrons must be masked .
- All borrowed materials may be returned to book drop on Pleasant St..
- One public computer and one laptop will ne made available during public hours for 50 minutes, wifi available in building and on sidewalk, please observe social distancing rules.
- Children's room is opened but toys will not be available





Keep the Community Healthy

The big topic these days is the safe reopening of schools. Everyone would like to have children back in school but we have to make sure it is safe, safe for them and for the teachers and staff.

A school cannot be healthy if the community as a whole is not healthy.

In order to promote a healthy community we must:

Wear masks in public. According to the latest ruling, adults (and children if possible), must wear masks when in public.

We must maintain social distancing of at least 6 ft.

We must discourage large gatherings.

The stakes are high.

Masks have been proven to decrease the spread and transmission of Coronavirus. It is a minor inconvenience when compared to the huge benefit in health and in the return of the economy.

I myself am a good example of how easily this virus is spread. Taking a Covid test for travel to Maine as required, I was very surprised to find that I tested positive. Contact tracing could not identify how I acquired the virus, but it did verify that I had not spread the virus to others as my contacts were very small and I regularly wear a mask. I may have picked it up while grocery shopping, or maybe just walking past crowds of people at the beach not wearing masks. Or did I remove my mask carelessly and not wash it frequently enough.

I did develop symptoms though thankfully, not severe ones, and I have now completed my quarantine. I did collect a few tips that helped me get through Covid. These include: rest, drink lots of fluids, eat nutritious meals. Keep in contact with your doctor and your Board of Health nurse by phone. Depending on your personal history, your doctor may recommend changes in your medication that may help you fight the infection. The doctor may recommend Tylenol for fever or aches and pains. A hot shower can be very beneficial for muscle aches and also to ease breathing and help clear sputum. For those with breathing difficulties, pulse oxymeters are now available at pharmacies and on Amazon for about \$40. These can help you determine if you need more help.

I also felt it was very important to get out of bed and do some exercises several times a day. You can just march in place and pump your arms, or if you cannot get out of bed, just do leg and arm lifts as you sit on the side. This virus appears to contribute to blood clotting and exercise promotes improved circulation and decreased chance of clotting. It also helps you take deep breaths to help keep your lungs open.

All of these are only tips that may help in fighting the virus. Unfortunately there is no medication to cure it, and there is as yet no vaccine. It remains a deadly virus. Your best hope is not to get it.

Stay well.

Anna Marie Manzano R.N.

What to know about contact tracing

Dear Nahant Resident,

If you've been in close contact with someone who tested positive for COVID-19, you may be contacted by a contact tracer or public health worker from your state or local health department in an effort to help slow the spread of the disease. Here's what to know if you get a call:

A contact tracer may call to let you know you may have been exposed to someone with COVID-19. All information you share with a contact tracer, like who you've been in contact with and your recent whereabouts, is confidential.

You may be asked to self-quarantine for 14 days. This means staying home, monitoring your health, and maintaining social distance from others at all times.

You may be asked to monitor your health and watch for COVID symptoms. Notify your doctor if you develop symptoms, and seek medical care if your symptoms worsen or become severe.

- Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
- Diarrhea

Be aware of scammers pretending to be COVID-19 contact tracers. Legitimate contact tracers will never ask for your Medicare Number or financial information. If someone calls and asks for personal information, like your Medicare Number, **hang up and report it to us at 1-800-MEDICARE.**

Sincerely,

The Medicare Team

CREAMY TUSCAN CHICKEN

By Lena Abraham

INGREDIENTS

1 tbsp. extra-virgin olive oil
4 boneless skinless chicken breasts
Kosher salt
Fresh ground pepper
1 tsp. dried oregano
3 tbsp. butter
3 cloves garlic, minced
1 1/2 c. cherry tomatoes, halved
3 c. baby spinach
1/2 c. heavy cream
1/4 c. freshly grated Parmesan

Lemon wedges, for serving



Serves 4

Cook time 40 minutes

DIRECTIONS

1. In a skillet over medium heat, heat oil.
2. Add chicken and season with salt, pepper, and oregano.
3. Cook until golden and no longer pink, 8 minutes per side.
4. Remove from skillet and set aside.
5. In the same skillet over medium heat, melt butter.
6. Stir in garlic and cook until fragrant, about 1 minute.
7. Add cherry tomatoes and season with salt and pepper.
8. Cook until tomatoes are beginning to burst then add spinach and cook until spinach is beginning to wilt.
9. Stir in heavy cream and parmesan and bring mixture to a simmer.
10. Reduce heat to low and simmer until sauce is slightly reduced, about 3 minutes.
11. Return chicken to skillet and cook until heated through, 5 to 7 minutes.

Suggested additions:

Mushrooms, asparagus.

Double the sauce! You won't regret it! Double the Parmesan! You can't have enough Parm!

Nutrition (per serving):

380 calories, 29 g protein, 5 g carbohydrates, 1 g fiber, 2 g sugar, 28 g fat, 14 g saturated fat, 250 mg sodium

HEALTH AND WELLNESS

EXERCISE AT HOME!

The Swampscott COA is televising some of their exercise classes.

Unfortunately, in Nahant, only Verizon subscribers can access these broadcasts on the local community channel 41.

10:00a.m.

Mon. Dance Fitness

Tues. Gentle Yoga

Wed. Balance

Thurs. Total Senior Fitness

Fri. Chair Yoga

Sat. Dao-Yin Qigong Stretch

Sun. Chair Dance



11:00a.m.

Total Senior Fitness

Dao-Yin Qigong Body Flow

Dao-Yin Qigong

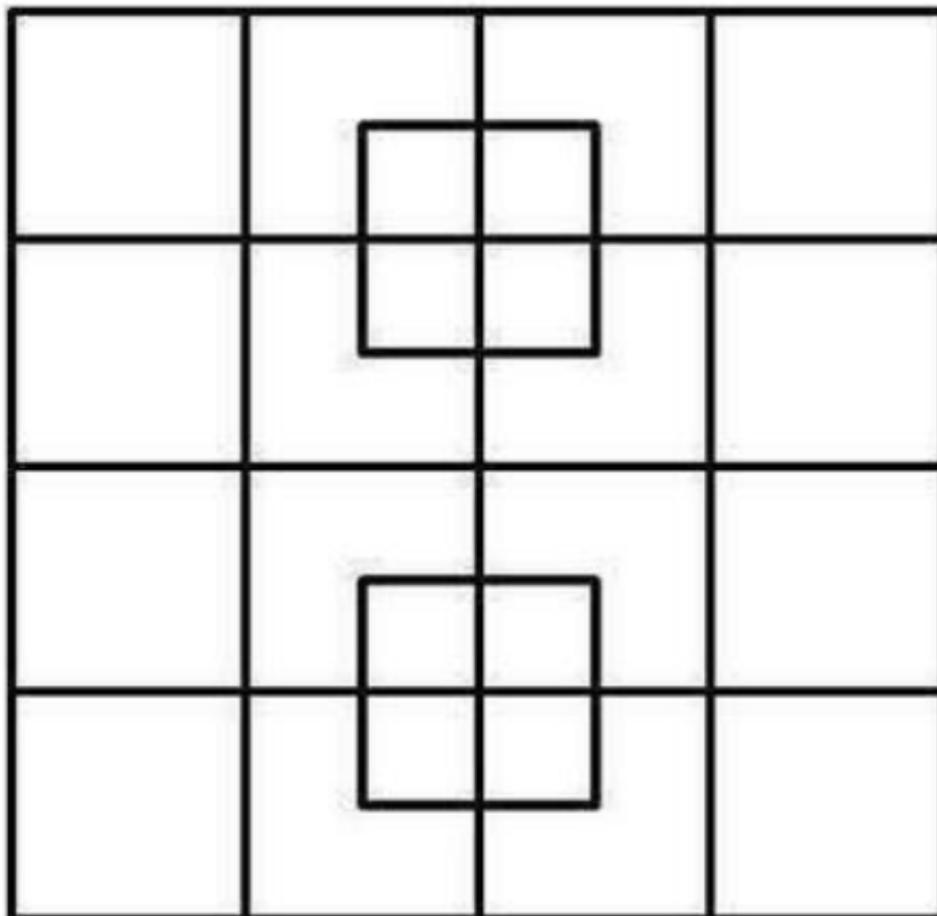
Dao-Yin Qigong Condition

Cardio & Tone

Dao-Yin Qigong Balance

Balance

HOW MANY SQUARES ARE THERE?



Find the answer on page 10.

BrainFans.com

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

**In memory of:
Anna Abbott
Ellen Donahue
Mary Valeri**

Friends of Nahant COA Executive Board

FRIENDS

CORNER

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

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

September 1 - Jeanne Baranek, Anne Graul, Martha Taylor, Stella Collins
September 2 - Ferdinand Fiske, Walter Spinelli, Maryliz Cort
September 3 - Linda Richards, Donald Comeau, Margaret Messina
September 4 - Richard Nagle, Patricia McSweeney, Thomas Mazzaferro,
Donna Foti-Scovell, Carol Delaney, William Peterson, Rochelle Capobianco
September 5 - John Benson, Maria Welsh
September 6 - Dewitt Brown, Ann Callahan, Maureen Mellen
September 7 - Phillip Caso, Arthur Martelli, Carl Maccario
September 8 - Konstanin Cheyshvili
September 9 - Catherine O'Connor, John Christensen, Sheila Champigny,
Francine Amari-Faulkner, Bruce Marshall, Marie Pollio
September 10 - Charles Briggs, Cynthia Mantzoukas, Kathleen Carroll
September 11 - Karol Borys, MaryBeth O'Malley, Joseph Ciota
September 12 - Norina Rowen
September 13 - Roger Locantore, Steven Schroeder
September 14 - Michael Conley, Rosamond (Roz) Puleo, Michael Tanen, Peter Mazareas,
Dianne Cadigan, Diane Dunion, Judy O'Shea, Louis Bentgen,
Karen Davis
September 15 - Donna Long, Patricia Kane, Nancee Peters, Marie Petrucci
September 16 - Charles Jessome, Fred Quinlan, Patricia Kavanagh, Winifred Hodges
September 17 - Christine Howard, Robert Hill, Karen Hawko, Ronald Cole,
Amybeth Snyder
September 18 - William Marden, Anthony Macone
September 19 - Joseph Carmody, George Adolph, Karen Canty, Lawrence McDonough,
Peter Fantasia, Thomas Costin, Donald Haefner, Gail Campbell
September 20 - Diane Gaucher, Maryjo Ludke, Linda Baldini, Colleen Poth
September 21 - Matthew Hendricksen, Robert Steinberg, Marilyn Goodrich,
Donna Breithaupt
September 22 - Frank Clements, Barbara Brownlie, Helen Savino, Katy Dolhun,
Lissa Stempek, Victoria Fortino
September 23 - Russell Gaudet, Abbas Soleymani
September 24 - Thomas Dwan, Kathleen Baldwin, Kathleen Hatfield, Vannarat Bootong,
Francis McCarthy, Linda Peterson
September 25 - Carol Ann Nelson, Stephen Micalizzi
September 26 - Doris Hefler, Thomas Butler, Susan Homan, Gail Kasperowicz,
Stacey O'Brien, Susan Snow
September 27 - Mary Sharkey, Michael Belliveau, Bryan McGilloway
September 28 - Edna Doran, Olivia Brand, Karen Callahan
September 29 - Nancy Locke, Francis McArdle, Kerry Stevenson, Susan Nelson
September 30 - Paul Lospennato

Ans. 40!

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

Please submit your article to

Linda Peterson to
lpeterson@nahant.org
or drop it off at the office.



Nahant COVID -19

Hotline

781-771-2121

Monday-Friday 8am until 4pm

Saturday and Sunday 9am until 12 Noon

24 Hour Emergency Dial : 211