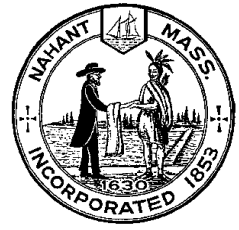


October 2020

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

## From the Director,

Back in March of 2018 I wrote about how I love the full moons. You probably know this, a second full moon in a calendar month is referred to as the Pink moon, or the older definition is a Blue Moon? That year we had 2 months with 2 full moons in a calendar month, January and March.

This year, in October we will have 2 full moons. The first one on October 1st is called the Harvest Moon and the 2nd one on October 31st is called the Hunter's moon or the blue moon. This blue moon also coincides with Halloween night. According to the Farmers' Almanac this is the first time a Halloween full moon has appeared for all time zones since 1944.

Since we are in a pandemic Halloween will not be the same as in previous years, at the COA, but hopefully the moon will shine bright that night and be spectacular. Here are a few pictures from previous COA Halloween parties.



Linda Peterson      Executive Director



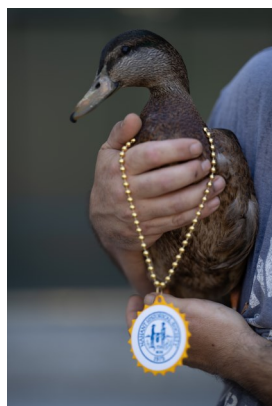
## Tiffany Room

CLOSED - Due to COVID - 19

## DID YOU KNOW?

Oct. 1 and 2 **Flu Clinic** at the **Nahant Country Club**. Appointments are required. See page 4 for details.

**Fire Prevention Week** is observed each year during the week of October 9th in commemoration of the Great Chicago Fire, which began on October 8, 1871, and caused devastating damage. This horrific conflagration killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures, and burned more than 2,000 acres of land.



Julie Tarmy, Executive Director of Nahant Historical Society, is proud to announce NHS has in-duck-ted its first non-human life-time member, Cheerio. Cheerio is an American black duck who was rescued from the pool at Bass Point Apartments by Steve Thibeault in 2017. The ceremony was held on September 4 and was enjoyed by all in attendance. Make sure you congratulate him if you happen to meet him on one of his escapades about town!



**EARLY VOTING** will take place **October 17 - October 30** at Nahant Town Hall during regular business hours. Voting will also be available on Saturdays and Sundays between those dates. See page 7 for more details.

## 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 be 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





# 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](http://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](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.**



Anchor Food Pantry is available for any resident of Swampscott or Nahant. First time guests are asked to complete a brief questionnaire showing proof of residence (license, government issued ID, current bill showing address).

Anchor Food Pantry is located at the **Swampscott Senior Center on the Swampscott High School campus, 200 Essex Street, Swampscott.**

Residents can visit Anchor and select items on Monday 11AM – 1PM or Wednesday 11AM - 1PM. STARTING September 16, Wednesday hours will be 6PM – 8PM.

Masks are required when visiting Anchor, social distancing is observed while visiting. Hand sanitizer is available as you enter. Volunteers will guide you through the aisles as you select your needed items.

If you don't feel comfortable coming to the Pantry you can request a premade bag or box to take home. Also, if you are unable to travel to Anchor you can call 781-596-8866 to request delivery of a bag. Currently we deliver on Wednesday afternoon to Nahant. Requests need to be placed no later than Tuesday at 1PM.

## 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 screen you for COVID symptoms, review the paper work and have you sign the form. You will then proceed to the Nurses to receive your 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

Thursday, October 1<sup>st</sup> 9:00 - 12:00 & 1:00 – 4:00

Friday, October 2<sup>nd</sup> 9:00 - 12:00 & 1:00 – 4:00

To schedule your appointment please contact:

Nahant Council on Aging, **781 581-7557**

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.

## FOOD SHOPPING PROGRAM

**\*\*Reservation Required \*\***

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

Friday	Oct. 2	Market Basket	8:30 A.M.
Friday	Oct. 9	Market Basket	8:30 A.M.
Friday	Oct. 16	Market Basket	8:30 A.M.
Friday	Oct. 23	Market Basket	8:30 A.M.
Friday	Oct. 30	Market Basket	8:30 A. M.

## VETERAN'S FOOD PROJECT

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

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

## Spinach and Feta Stuffed Chicken Bundles

### I n g r e d i e n t s

- 8 ounces fresh spinach (about 10 cups)
- 1-1/2 teaspoons cider vinegar
- 1/2 teaspoon sugar
- 1/8 teaspoon pepper
- 2 boneless skinless chicken thighs
- 1/2 teaspoon chicken seasoning
- 3 tablespoons crumbled feta cheese
- 1 teaspoon olive oil
- 3/4 cup reduced-sodium chicken broth
- 1 teaspoon butter



Serving suggestion: wild rice  
and green beans .

### D i r e c t i o n s

- Preheat oven to 375°.
- In a large skillet, cook and stir spinach over medium-high heat until wilted. Stir in vinegar, sugar and pepper; cool slightly.
- Pound chicken thighs with a meat mallet to flatten slightly; sprinkle with chicken seasoning.
- Top chicken with spinach mixture and cheese. Roll up chicken from a long side; tie securely with kitchen string.
- In an ovenproof skillet, heat oil over medium-high heat; add chicken and brown on all sides. Transfer to oven; roast until a thermometer inserted in chicken reads 170°, 13-15 minutes.
- Remove chicken from pan; keep warm.
- On stovetop, add broth and butter to skillet; bring to a boil, stirring to loosen browned bits from pan. Cook until slightly thickened, 3-5 minutes. Serve with chicken.

### Nutrition Facts

1 chicken roll-up with 2 tablespoons sauce: 253 calories, 14g fat (5g saturated fat), 86mg cholesterol, 601mg sodium, 5g carbohydrate (2g sugars, 2g fiber), 26g protein. **Diabetic Exchanges:** 3 lean meat, 2 vegetable, 1-1/2 fat.





We have been struggling since February with the Coronavirus, Covid 19, both individually and as a nation, actually throughout the world. We have been through a long lockdown with very gradual and measured reopening, and just when things are beginning to look better, Fall is upon us and the inevitable Flu season. Covid has not gone away, so now we are facing two serious, potentially life threatening viruses. This has been given the term “Twindemic”, and that term describes the situation very well.

Last year our nation had approximately 79,000 deaths from the Flu. As of this writing, we have had around 200,000 deaths from Covid 19, certainly worse than the regular flu. We know the flu can be mild or more serious, and there can be many lasting complications and even death. Many people are more susceptible, usually those over 65 or those with chronic illnesses, like diabetes, heart disease, cancer etc. Flu shots have long been available and they have greatly decreased the number of serious cases, complications, and deaths from the flu.

Now we are facing Covid 19 in addition to the flu. Again, it’s the same group of people that are more susceptible, though sadly we are now seeing it increasingly among the younger population and even children. It is truly pandemic in its proportions. Either one of these illnesses is hard enough to handle individually, but together they can certainly be very deadly.

Yes, you can get them together, but even separately, your immunity and ability to fight the infection may be decreased.

I do not believe we will have a safe Covid vaccine by November, and if by some miracle we do, it will take months to get it distributed. So in effect, we have no vaccine to protect us from Covid. What we do have available is the Flu shot. The Flu shot does have varying degrees of effectiveness from year to year, but it will at least give us some protection. In the past, those over 65 have been encouraged to get the more potent Trivalent shot. This year it has been increased to Quadrivalent. This means your arm might be more sore, or you may even run a fever or feel ill for a day or two, but it will give you increased protection to the Flu. One or two days of mild illness is much better than two or more weeks of serious illness. Some may still actually get the flu but it is usually not as severe as it could have been.

So as Fall approaches, it is highly recommended and encouraged that everyone, young and old, even school children, get the flu shot. Through the town and COA, Nahant is having an outdoor drive through clinic Oct 1 and 2, by appointment only ( see the schedule in this bulletin).

CVS and other pharmacies are also prepared for large numbers of flu shot requests, and doctors offices are also gearing up for flu shots. These are more important this year than ever.

Additionally, we need to continue to protect ourselves from Covid as best we can.

**Wear Masks.** This may give you some protection but it’s greatest effect is in minimizing spread to others...which ultimately helps you.

**Wash our hands** and wipe down frequently touched services in your home.

**Watch our distance.** Maintain at least 6 ft distance between you and others especially if they are not wearing masks.

**Avoid large gatherings.** This may again become very important, possibly essential, as flu season advances. We may individually choose to stay home as much as possible, hunker down, till the worst passes, depending on our vulnerability.

So please, please, get your flu shot. It will help protect you and those around you.

*Anna Marie Manzano R.N.*

## MEDICARE OPEN ENROLLMENT

### When is Medicare open enrollment for 2021 coverage?

Medicare open enrollment – also known as Medicare’s annual election period –

**runs from October 15 through December 7 each year.**

During this annual window, Medicare plan enrollees can reevaluate their coverage – whether it’s Original Medicare with supplemental drug coverage, or Medicare Advantage – and make changes or purchase new policies if they want to do so.

During the Medicare open enrollment period, you can:

- Switch from Original Medicare to Medicare Advantage (as long as you’re enrolled in both Medicare Part A and Part B, and you live in the Medicare Advantage plan’s service area).
- Switch from Medicare Advantage to Original Medicare (plus a Medicare Part D plan, and possibly a Medigap plan).
- Switch from one Medicare Advantage plan to another.
- Switch from one Medicare Part D prescription drug plan to another.
- Enroll in a Medicare Part D plan if you didn’t enroll when you were first eligible for Medicare. If you haven’t maintained other creditable coverage, a late-enrollment penalty may apply.

## NOVEMBER VOTING INFORMATION

### November 3, 2020 State/Presidential Election Information

Voters may request an application for an Absentee Ballot by calling the Clerk’s office or sending an email to the Town Clerk. The last day to apply for an Absentee Ballot by mail is **October 28**. Applications must be received 5 PM. Please see the Town Clerk for any questions you may have, or email the Town Clerk.

**Voter Registration:** **October 24** is the last day to Register to Vote/Make Changes for the General Election on November 3, 2020. Register to vote at Town Hall, Clerk’s Office, during normal business hours **and Saturday October 24, 2 PM - 4 PM and 7: PM - 8 PM**

**Early Voting:** **October 17 - October 30** at Nahant Town Hall during normal business hours  
**and Saturdays:** October 17, 24 at Town Hall 2:00-4:00pm.  
**and Sundays:** October 18, 25 at Town Hall 12 Noon - 2 PM

If you have already applied for an Absentee Ballot, you should expect to see them delivered around October 9. If you DONOT receive your ballot **by October 15**, call the Town Clerk. Absentee Ballots can be deposited in the Secured Drop box in the Front of the Town Hall to avoid any potential delays in the USPS.

**TOWN CLERK: Diane Dunfee - (781) 581-0018 [ddunfee@nahant.org](mailto:ddunfee@nahant.org)**



## Fire Prevention Week October 4-10, 2020

### Unattended cooking is the leading cause of home fires.

According to NFPA, cooking is the leading cause of home fires and home fire injuries in the United States. Almost half (44%) of reported home fires started in the kitchen. Two-thirds (66%) of home cooking fires start with the ignition of food or other cooking materials.

- Never leave cooking food unattended. Stay in the kitchen while you are frying, grilling or broiling. If you have to leave, even for a short time, turn off the stove.
- If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you're cooking.
- You have to be alert when cooking. You won't be alert if you are sleepy, have taken medicine or drugs, or consumed alcohol that makes you drowsy.
- Always keep an oven mitt and pan lid nearby when you're cooking. If a small grease fire starts, slide the lid over the pan to smother the flame. Turn off the burner, and leave the pan covered until it is completely cool.
- Have a "kid-free zone" of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.

## CRYPTOQUOTES

OBGMG RMG XRJCDRTTU OPF OULGJ  
FY LGFLTG: LGFLTG PBF RDDFHLTCJB  
OBCESJ, REZ LGFLTG PBF DTRCH OF  
BRAG RDDFHLTCJBGZ OBCESJ. OBG  
YCMJO SMFKL CJ TGJJ DMFPZGZ .

*Mark Twain*

Answer on page 10 . No cheating!



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

**In memory of:  
Anna Abbott  
Ellen Donahue  
Anna Dragon  
Jim Steriti**

**In Honor of:  
Neil and Ann Callahan  
on their 50th Wedding Anniversary**

**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

October 1—Richard Zirpolo, Lillian Carr, Ellen Foley, Marion Capano, Antonina O'Connor, William King, Alicia Canali, John Hornig  
 October 2—Andrew Bisignani, Joseph Graul, Bruce Kutcher, Robin Woodman, Daniel Berman, Jane Pasichny  
 October 3—MaryAnn Putnam, Sherry Smith  
 October 4—Donald Gavin, Jane Kirkman, Deborah Murphy, Honey Amirault, Carolyn Flynn, David Ragucci  
 October 5—Hollis Hunnewell, Walter Sheppard, Charles Hansell  
 October 6 - Lillian Scapicchio, Michael Drucas, Giovanna (Joanne) Mitrano  
 October 7 - Roberta Goldberg, Maureen Gaglione, Bart Bennett, Ellen Johnson, Jack Resnick, Marie Pasinski  
 October 8—Cecile Delaney, Mark Jacober, Frederick (Jimmy) Hefler, John McLaughlin  
 October 9—Nancy Smith, Gregory MacDonald  
 October 10-Linda Quirk, Jacqueline White  
 October 11-John Magro, Adriano Nannini, Gail Davis, Susan Hendrikson, Rena Fantasia, Maria Ursillo  
 October 12-Betty Sarpi, Henry Clausen, Robert Inello, Daniel Swaine  
 October 13-Lyudmila Gruzdeva, Tina Romano, Richard Fox, Alan Brooks  
 October 14-Rosario Dagata, Joyce Haynes, Kevin Allard  
 October 15-Mary Rotiroti, Michael Flynn, Mark O'Malley, Debbie Billias  
 October 16-John Standish, Thomas Gallery, Kenneth Smith, Judi Steriti, Meredith Tibbo, Daniel Desmond  
 October 17-Calantha Sears, Joseph Damico, David Hunter, Warren Shore  
 October 18-Maureen Ward, Joann Giuggio, John Quinn Jr., Beverly Nicholls  
 October 19-Dennis Urany, Dora Nocera, Teri Motley  
 October 20-Mary (Betsy) Wachtel Barreda, Thomas Mitchell, John Proudian, Emmanuel Speare, Donald Hardy  
 October 21-John Wladkowski, Cynthia Christ, Paul Robert Sanborn, Frank Leja  
 October 22-Michael Cullinan, Domonic Romano, Nicola Pecoaro  
 October 23-Alice Hall, Frederick Stanley, Madelyn Davis, Theresa Holdcraft  
 October 24-Lucy Grimm, Athas Kourkouis, Andrew Puleo, Sandra Cavallaro, Joanne Hunter, Cheryl Amirault-Lefave  
 October 25-Marilyn Mahoney, Henry Kettell, Marcia Nickerson, Thomas LeBlanc, Francesca Luca  
 October 26-Anita Goodman, Wayne Noonan, Lynne Berkowitz, John Sereda, Susan Gregersen, Mary Miner  
 October 27-Nancy Whitman, Mary Jayne McCarthy, Peter Famulari, Thomas Clements, Julie Stroller  
 October 29-Gary Recchia, Louis Wallach, Mark Irvine, Eduardo Reyes, Lorraine Logan  
 October 30-Kenneth Cormier, Richard Conigliaro, Linda Cunningham, Lisa Scourtas  
 October 31-Victor Dalpozzal, Susan Mahoney, Jane Collins, Joanne Orzalli, Jacqueline Spencer

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.



There are basically two types of people.

People who accomplish things, and people  
 who claim to have accomplished things.

The first group is less crowded

*Mark Twain*