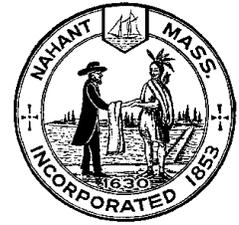


November 2020

# 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,



As the weather changes and the holidays approach, please continue to stay well.

Linda Peterson  
Executive Director

*Nahant Council on Aging*

*CLOSED - November 11, 2020, Veteran's Day*

*November 26, 27, 2020, Thanksgiving*

## HAPPENINGS AROUND TOWN

**NOVEMBER 3, 2020**



Polls will be open between 7:00 am and 8:00 pm.

Voting will take place in the main Hall.

Enter the Town Hall on the Post Office side of the building at the delivery entrance where the Handicap Ramp is located.

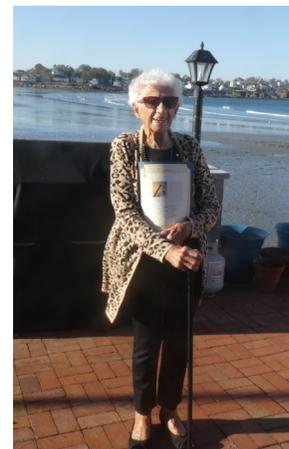
Masks are required and we will be practicing 6" social distancing.

In 1909 the now defunct Boston Post newspaper distributed painstakingly designed walking canes to 700 New England towns. The canes were presented in varying measures of ceremonial pomp, to the oldest living male of those municipalities.



Since then, for over a century, the canes have been handed down to the next oldest survivor in those towns, in what has become a venerable Yankee tradition. Women were added to the list of cane recipients starting in 1930.

Josephine (Jody) LaFace was awarded the Boston Post cane for being the oldest Nahant resident at 102 years young!



CONGRATULATIONS JODY!

## 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.





# 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

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.**

## THE HISTORY OF VETERAN'S DAY



This holiday honors all veterans of the United States armed forces.

A traditional observation is a moment of silence at 11 AM remembering those who fought for peace. (Commemorates the cease-fire in the 1918 armistice which was scheduled for "the eleventh hour of the eleventh day of the eleventh month.")

The day of recognition for Veterans of the Great War (World War I) on this date was first proclaimed by President Wilson on November 11th 1919. In May 1938, the 11th of November in each year was declared a legal holiday and was known as 'Armistice Day'.

In 1953, a shoe store owner named Al King started a campaign that the day should celebrate all veterans, not just those who served in World War 1, suggesting it should be renamed 'All' Veterans Day.

Al's idea was taken up by his local Chamber of Commerce and then by a local congressman, who helped push a bill for the holiday through Congress. President Eisenhower signed it into law and in May 1954, Congress amended the law and officially replaced 'Armistice' with 'Veterans'.

In 1968, the Uniform Monday Holiday Act initially applied to Veterans Day as well, stipulating that the federal holiday should be observed on the fourth Monday of October. However, veterans groups opposed the change and most states kept their Veterans Day commemorations on November 11th. In 1975, President Gerald Ford signed a law that moved the holiday back to November 11th.



**THANK A VETERAN TODAY!**



## NAHANT DPW LEAF PICK UP

Curbside leaf pick up will be offered on the following Monday's:

November 2 nd , 9 th , 16 th and 23 rd

Please have leaves in biodegradable bags ONLY.

Plastic bags will not be accepted.

NO open barrels. No roots, root balls or branches bigger than 4" in diameter.

## FOOD SHOPPING PROGRAM

Friday	Nov. 6	Market Basket	8:30 A.M.
Friday	Nov. 13	Market Basket	8:30 A.M.
Friday	Nov. 20	Market Basket	8:30 A.M.

## VETERAN'S FOOD PROJECT

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

Nov. 4, 2020    Dec. 2, 2020

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

## Turkey Roulade

by KAT BOYTSOVA

*Sometimes, roasting a whole turkey is just too much of an undertaking. A roulade, though? It's surprisingly easy (we swear!), super flavorful, and much easier to carve. Perfect served with a side of mashed potatoes and some tart cranberry sauce.*



### INGREDIENTS

2 boneless, skinless turkey breasts  
Kosher salt  
Fresh ground pepper  
4 tbsp. butter  
1 c. panko breadcrumbs  
1/4 c. thyme leaves  
3 tbsp. sage  
2 c. parsley leaves  
6 clove garlic  
1/2 tsp. red pepper flakes  
1/4 c. vegetable oil

### DIRECTIONS

1. Butterfly breasts crosswise, being sure not to cut all the way through. Place a piece of plastic wrap over one open breast, and pound to a rectangle about 12"-x-14" (1/4" thick).
2. Season with salt and pepper. Repeat with remaining breast. You want your turkey to be uniform in thickness, this will make it easier to roll.
3. Melt butter in a large skillet, add panko and toast until golden brown.
4. Transfer to a food processor.
5. Add thyme, sage, parsley and garlic and process until finely chopped. Season with red pepper flakes, salt, and pepper.
6. Pat the turkey breast dry, sprinkle half of the garlic-herb mixture evenly over the breast and begin to roll up tightly like a jelly roll.
7. Secure the roll with kitchen twine. Repeat with the second breast.
8. Rub the roulades all over with vegetable oil and transfer to parchment lined baking sheets.
9. Bake at 375° until an instant read thermometer inserted into the thickest part of the roulade reads 160°, about 1 hour.
10. Let cool 20 minutes before slicing.



This month we will be celebrating Thanksgiving. Or trying to. We are again faced with making decisions about Covid and Flu spread and our own and our family's safety. Dr. Deborah Birx of the President's Pandemic team visited Massachusetts recently and warned that the number of Covid cases was again on the rise and that that rise may be centered in family or other small group spread. This coming just as many of us are beginning to relax and drop our guard. Something we obviously cannot do yet.

When considering Thanksgiving dinner invitations with family, consider your own risk factors. Consider the size of the group you will be with and their activities as well. If it is a small group and you feel that dinner with family is worth the risk, wear a mask as much as you can when in the house and encourage good ventilation. Avoid hugs if you can. How painful is that!

If you do not feel it is wise for you to attend, maybe the family could bring you a plate or some goodies. I'm usually the one doing the cooking. I thought if worst comes to worst, I could cook the meal and bring half to the family and keep some for ourselves. Hopefully there will be two pumpkin pies and each family can have one.

In order to make an informed decision, we should watch the news, the Governors reports, and Public Health Department guidelines. If the case numbers remain low, a small dinner group may be OK. But if the case numbers are much higher, our decision might be different. At this time we are already seeing many more communities turning Red on the Public Health Covid state map. We may find that having a video gathering through which we can see and speak with family members may be a wise choice, and then we can hopefully look forward to a big family gathering in the future.

Remember to continue your Covid precautions and to get your Flu shots (you can still get them even into late winter, but early is better.)

Have a happy and safe Thanksgiving.

*Anna Marie Manzano R.N.*



## November

November has been established as National Alzheimer's Disease Awareness Month in an attempt to bring attention and support to the millions of people dealing with the illness, raise better understanding of the problem, and promote prevention efforts.

When President Ronald Reagan declared November as National Alzheimer's Awareness Month in 1983, fewer than 2 million Americans had the disorder. Today, the number of affected people has soared to over 5 million and is likely to triple by 2050.

As the disease burdens an increasing number of the nation's elders and their families, Alzheimer's Awareness Month also reminds of the importance of caregivers who are there to help the people struggling with the disease lead a normal life.

Here are some shocking, yet important facts about Alzheimer's disease that will give you a better idea of the severity of the problem:

1. Alzheimer's disease accounts for between 60% and 80% of all cases of dementia;
2. The brain disorder has 7 stages that vary from mild changes in the affected individual's memory and social skills to severe deterioration of mental function;
3. The disease is usually detected at its later stages when the brain damage is already irreversible;
4. Alzheimer's is the sixth-leading cause of death in the US;
5. Every two minutes someone in the country develops the disease;

Experts believe that Alzheimer's disease is caused by a combination of genetic and lifestyle factors that affect the brain over time.

The primary risk factors for mental disorder are older age and genetics:

- **Age** – In most people with the disease, symptoms first appear when they're in their sixties. The risk of Alzheimer's doubles every five years after age 65;
- **Genetics** – Carrying the APOE gene puts a person at three to eight times more risk of developing the disease than a person without the gene. Since genes are often hereditary, family history is also considered to be a great risk factor – those who have a parent or a sibling with Alzheimer's are more likely to develop the disease.

While increasing age and family history are beyond human control, there are other risk factors for Alzheimer's disease that are preventable or modifiable:

- High cholesterol levels and high blood pressure, as well as other risk factors for cardiovascular disease (obesity, diabetes, etc.), have a negative impact on the cognitive health, as well;
- People who've suffered from major head injuries seem to be at a greater risk of developing Alzheimer's disease;
- A gene contained in the chromosome that causes Down syndrome significantly increases the risk of Alzheimer's disease. Symptoms of the disorder tend to appear 10 to 20 years earlier than usual in people with Down syndrome;
- Smoking, insufficient sleep, and a diet lacking in fruits and vegetables may also increase the risk of cognitive decline;
- The lack of physical activity is very damaging to the brain health;
- Depression and social isolation have been found to be closely associated with Alzheimer's.



REGISTRY OF MOTOR VEHICLES

## Senior Days in November and December for customers age 75+ whose licenses expire in November and December!

Massachusetts law requires drivers who are age 75 or older to renew in person. The RMV will designate Wednesdays in November and December at 17 RMV Service Centers to serve these customers.

These service centers will be dedicated to processing license renewals for older customers whose licenses expire in November and December, 2020. A reservation is required.

Providing older adults with a designated RMV service center every Wednesday throughout the month of November and December will result in a safer space for customers to visit.

### The designated RMV service centers for customers 75+ are:

- Brockton
- Danvers
- Fall River
- Greenfield
- Lawrence
- Leominster
- Martha's Vineyard
- Nantucket
- New Bedford
- North Adams
- Pittsfield
- Plymouth
- Revere
- South Yarmouth
- Springfield
- Watertown
- Worcester

Customers 75 and older will be able to visit the RMV service centers listed above by reservation only Wednesdays in November and December.

License and ID renewal appointments are also available at our other open RMV Service Centers that offer general appointments to the public. Select Renew My Driver's License or Mass ID option on the Make/Cancel a Reservation at

[www.Mass.Gov/RMV](http://www.Mass.Gov/RMV)

to view availability and make a reservation at one of these locations.

Below are the options to renew by appointment:

- If you are a AAA member, you may make a reservation now to renew your driver's license/ID at a AAA location. Visit [www.aaa.com/appointments](http://www.aaa.com/appointments) to schedule your visit.
- If you are not a AAA member, visit Mass.Gov/RMV to make a reservation to renew at an RMV Service Center. Select the "Seniors License Renewal" option on the "Make/Cancel a Reservation transaction"
- Email the RMV for assistance to renew at [MassDOTRMVSeniors@dot.state.ma](mailto:MassDOTRMVSeniors@dot.state.ma)
- Call the RMV at **857-368-8005**.

# 4 in 10 U.S. adults

reported avoiding medical care because of concerns related to COVID-19\*

Delaying or avoiding urgent or emergency care was more common among:



People with disabilities



People with two or more underlying conditions

**Telehealth** may help people get the care they need

\*Web-based survey of a representative sample of U.S. adults aged ≥18 years during June 24–30, 2020

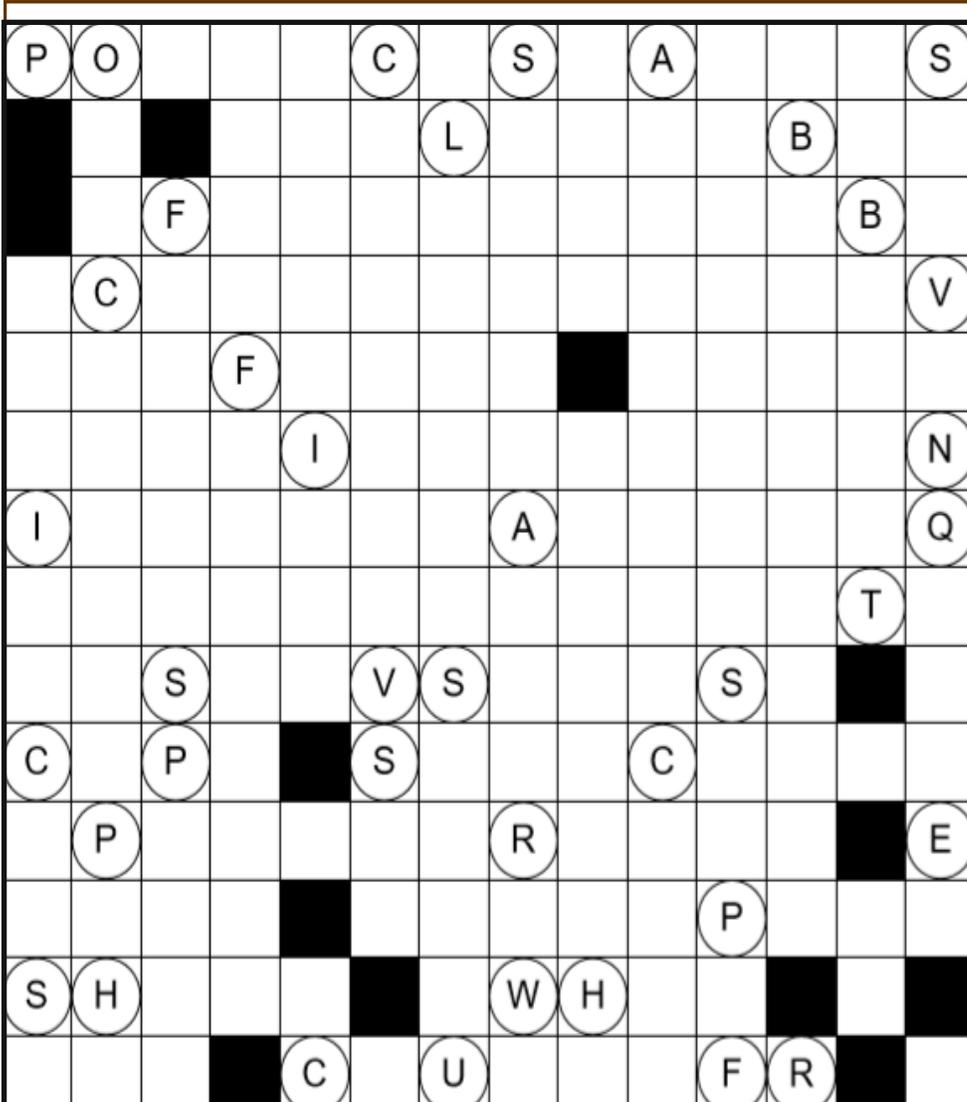
Even during the COVID-19 pandemic, people who experience a medical emergency should seek care **without delay**

CDC.GOV

[bit.ly/MMWR91020](https://bit.ly/MMWR91020)

MMWR

## REVERSE WORD SEARCH



- Afield
- Apologetically
- Bracelets
- Brood
- Carats
- Close
- Congest
- Copier
- Crabs
- Crush
- Esteem
- Fitted
- Flair
- Flare
- Flops
- Housed
- Hyphenate
- Insect
- Invite
- Lumps
- Novels
- Ounce
- Poise
- Present
- Puncture
- Purrs
- Quiver
- Reveries
- Rules
- Scary
- Seesaw
- Serial
- Shrub
- Sixes
- Stage
- Subjugates
- Terrible
- Unquestionably
- Verse
- Viable
- Worse

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

In memory of:  
Anna Abbott  
Ellen Donahue  
Robert Silva

On this  
Thanksgiving,  
the Friends of Nahant  
Council on Aging  
want to thank you all for  
your support throughout the  
year.

Wishing you and your family  
peace, love, warmth, and joy.  
Have a joyous Thanksgiving.

**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 \_\_\_\_\_

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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

November 1—Margaret Dragon, Ida Theriault, Ronachai Banchongmanie, Deborah Vanderslice, John Ursillo  
November 2—Scott Murphy, Virginia Cassidy, Mary Rizzo, Sheila Rowe, Anthony Moschella, Thomas Parciak  
November 3—William Coffey, Brenda Gaynor, Paula Koehler, Barbara Ducharme, Patricia Long  
November 4—Harold Blank, Mark Cullinan, Louis Koutroubis, Donna Gramolini  
November 5—John Barry, Neal Sullivan, Kevin Donovan, Mary (Molly) Conlin,  
November 6—Susan Sherry  
November 7—Patricia Dunn, Charles Bolthrunis, Kenneth Bibber, Linda Bleau  
November 8—Edward Mahoney, William Hanagan, Loretta Norcross  
November 9—Barbara Mulkern, Deborah Warren, Marilyn Doolittle, Patricia Girard  
November 10—Albert Masone, John Roy, Thomas Campanella  
November 11—Linda Pivacek, John Brew  
November 12—Robert Scigliano, Daniel Perepelitza, Michele Dougherty, Robert Vanderslice, Mickey Long  
November 13—W. Hodges, Barbara Desmarais, Margaret Pelley, Robert Davis, Thomas Famulari  
November 14—Joseph Ayers, William Spallina, Susan Pillsbury  
November 15—Mario Forgione, Vartan Mekalian, Steven McDonough  
November 16—Barbara Deines, John Mackey, Alan Barbacoff, Fran Michaels, Andrea Murphy, Carl Aloupis, David Akerley, Alyson Smith  
November 17—William Pivacek, Harry Detrich, Pamela Wilson, Earl Quirk, Annette Merlino-Rogers  
November 18—Edgar Babin, Edward Tarlov, Anne-Marie Grady, Mary Anne Lombard, Robert Rizzo, Dean Locke  
November 19—Bruce Reeh, Roberta Lerman, Fred Jonas, Isabel Diaz  
November 20—Ronald Cameron, Susan Edwards, Dana Sheehan, Peter Speridakos  
November 21—Frank Deiulis, Robert Gaynor, James Dolan, Douglas Breithaupt, Karen Vail, Joseph Straccia, Richard Stevens  
November 22—Virginia Kane, Robert Dickenson, Edward Goodrich, Karen Wakefield, Richard Pelletier, Jean Walsh, Steven Pritchard, Hassan Bolourchi, Lech Gorecki, Luis Pedraza  
November 23—Kathleen Marden, Lorraine Dimuzio, Edward O'Neil  
November 24—Norman Laliberte, Michael DePaolo, Alessandro Massaro, Janice Weiskel, Deborah Waters, Joseph Bertorelli, Robert Allard  
November 25—Barry Wooten, Patricia Cronin, James Caccivio  
November 26—Charles Koehler, Rita O'Donnell, Linda Tanfani, Sis Oliver, Anna Manzano, Peter Gawlocki, Kalomoira Speridakos, Dianne Locke, Jon Rajunas, John Condon  
November 27—Dolores Scanlan, Paul Girard, Jane Murphy, Sherry Cardile, John Mahoney, Loreen Tirrell-Wallach, Gregory DeMakis  
November 28—Wayne Terminello, Keith Arnold, Iraida Castellanos, Marilyn Wellington  
November 29—Maria Flanagan, Eric Kirton, Joshua Antrim, Jacqueline Forster  
November 30—Patricia Lamando, William Coffey

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.

## SUNDAY NOVEMBER 1

