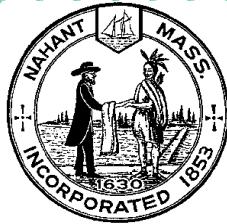


December 2020

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,

Did you know that the week of December 1st through December 7th is National Handwashing Awareness Week? Handwashing is one of the components to help stop the spread of the Coronavirus and it helps keep us safe from most viruses. What is the science behind handwashing as it relates to the Coronavirus? The following information is taken from the CDC website.

The novel Coronavirus is a small sphere with protein spikes on it that allow it to attach to our cells. Below that is an oily layer that coats the virus. When you use detergents like soap or alcohol you disrupt that oily layer and the virus degrades. We also know that on average people touch their faces 23 times an hour! So washing your hands with soap or an alcohol based product will help prevent transmission through that route of infection. It doesn't mean that you can't get the virus by other means like inhaling it in droplets or aerosols. Washing hands prevents illnesses and spread of infections to others.

Handwashing with soap removes germs from hands. This helps prevent infections because:

- People frequently touch their eyes, nose, and mouth without even realizing it. Germs can get into the body through the eyes, nose and mouth and make us sick.
- Germs from unwashed hands can get into foods and drinks while people prepare or consume them. Germs can multiply in some types of foods or drinks, under certain conditions, and make people sick.
- Germs from unwashed hands can be transferred to other objects, like handrails, table tops, or toys, and then transferred to another person's hands.

Removing germs through handwashing therefore helps prevent diarrhea and respiratory infections and may even help prevent skin and eye infections.

Please WASH YOUR HANDS FREQUENTLY....
HAPPY HOLIDAYS!

Linda Peterson
Executive Director

Nahant Council on Aging

CLOSED - December 25, Christmas

**UNFORTUNATELY, THERE WILL NOT BE A
CHRISTMAS PARADE THIS YEAR.**



ANCHOR FOOD PANTRY

The Anchor Food Pantry is located in the Swampscott Senior Center behind the Swampscott High School. Nahant residents are welcome. A recent utility bill, Ma drivers license or rent receipt can be used as proof of residency. Winter hours are Mondays 11:00am-1:00pm and Wednesdays 6:00pm-8:00pm.

The Pantry is often in need of volunteers. Visit them on Facebook for more information.

Congratulations to all the wonderful volunteers who distributed meals to over 100 families.

The Anchor Pantry's first annual Thanksgiving meal distribution fed over 350 individuals for the holiday. Thank you to all the people who volunteered to make this a holiday of true giving. Your service is gratefully appreciated.



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

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:

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:

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**.

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.

“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

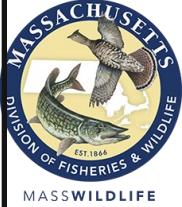
RSVP 781-581-0306

Offered for people with memory impairment and their caregivers.

All SHINE appointments will be done via phone and email.

To make your appointment please call

781 581-7557 or send an email lpetersen@nahant.org



LIVING WITH WILDLIFE EASTERN COYOTES IN MASSACHUSETTS



TIPS FOR RESIDENTS

Coyotes can thrive close to humans in suburban and urban areas. They require only a source of food, water, and cover. If you want to make your property less attractive to coyotes and avoid having any problems with these predators, follow these basic practices. Remember, share these tips with your neighbors; your efforts will be futile if neighbors provide food or shelter for coyotes.

DON'T FEED OR TRY TO PET COYOTES: Keep wild things wild! Feeding, whether direct or indirect, can cause coyotes to act tame and may lead to bold behavior. Coyotes that rely on natural foods remain wild and wary of humans.

SECURE YOUR GARBAGE: Coyotes raid open trash materials and compost piles. Secure your garbage in tough plastic containers with tight fitting lids and keep them in secure buildings when possible. Take out trash when the morning pick up is scheduled, not the previous night. Keep compost in secure, vented containers, and keep barbecue grills clean to reduce attractive odors.

KEEP BIRD FEEDER AREAS CLEAN: Use feeders designed to keep seed off the ground, as the seed attracts many small mammals coyotes prey upon. Remove feeders if coyotes are regularly seen around your yard.

CLOSE OFF CRAWL SPACES: Coyotes will use areas under porches and sheds for resting and raising young. Close these areas off to prevent animals from using them.

DON'T LET COYOTES INTIMIDATE YOU: Don't hesitate to scare or threaten coyotes with loud noises, bright lights, or water sprayed from a hose.

CUT BACK BRUSHY EDGES: These areas provide cover for coyotes and their prey.

PROTECT LIVESTOCK AND PRODUCE: Coyotes will prey on livestock. Various techniques, such as fencing, will protect livestock from predation. Clear fallen fruit from around fruit trees.

PET OWNERS: Although free roaming pets are more likely to be killed by automobiles than by wild animals, coyotes do view cats and small dogs as potential food, and larger dogs as competition. For the safety of your pets, keep them leashed at all times. Additionally, feed your pets indoors. Outdoor feeding can attract many wild animals.

Eastern coyotes are an important and valuable natural resource in Massachusetts. They are classified as a furbearer species, for which a regulated hunting season and management program have been established.

IF YOU ARE EXPERIENCING PROBLEMS WITH COYOTES OR HAVE QUESTIONS, VISIT MASS.GOV/MASSWILDLIFE OR CONTACT YOUR NEAREST MASSWILDLIFE OFFICE:

Central Wildlife District, West Boylston: (508) 835-3607

Connecticut Valley Wildlife District, Belchertown: (413) 323-7632

Northeast Wildlife District, Ayer: (978) 772-2145

Southeast Wildlife District, Bourne: (508) 759-3406

Western Wildlife District, Dalton: (413) 684-1646

Field Headquarters, Westborough: (508) 389-6300



FOOD SHOPPING PROGRAM

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

VETERAN'S FOOD PROJECT

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

Dec. 2, 2020

Semisweet Chocolate Mousse

Are you staying home this holiday season? Don't want to make an entire pie? You can make your dessert special just the same. Try this easy to make, light, chocolatey mousse –you'll be glad you did!

INGREDIENTS

- 1/4 cup semisweet chocolate chips
- 1 tablespoon water
- 1 large egg yolk, lightly beaten
- 1-1/2 teaspoons vanilla extract
- 1/2 cup heavy whipping cream
- 1 tablespoon sugar
- Optional: Whipped cream and raspberries



DIRECTIONS

- In a small saucepan, melt chocolate chips with water; stir until smooth.
- Stir a small amount of hot chocolate mixture into egg yolk; return all to the pan, stirring constantly.
- Cook and stir for 2 minutes or until slightly thickened.
- Remove from the heat; stir in vanilla.
- Quickly transfer to a small bowl.
- Stir occasionally until completely cooled.
- In a small bowl, beat whipping cream until it begins to thicken.
- Add sugar; beat until soft peaks form.
- Fold into cooled chocolate mixture.
- Cover and refrigerate for at least 2 hours.
- If desired, garnish with whipped cream and raspberries.

NOTES:

- Some reviews suggested to double this recipe (even for 2)
- Make sure your whipped cream is whipped well and the chocolate mixture is completely cooled when combining.



Holiday Lights and Hand Sanitizer



The December Holidays are rapidly approaching. As we begin to prepare for the celebrations we are again faced with the reality of the continuing pandemic and its effect upon us. Our Christmas, Hanukkah, or other celebrations, will all be tempered by that fact. For our safety and to minimize the spread of the virus, we are asked to keep our gathering very small, maybe just household members, or have virtual gatherings. We are still urged to wear masks indoors (at small gathering if non household members are present), and outdoors in public, to wash our hands, and to avoid those hugs.

In an effort to avoid catching this terrible virus we frequently use hand sanitizer and we may need to use a little more caution with it this season. We know that hand sanitizer is flammable. A good hand sanitizer is at least 70% alcohol. But did you know that it is actually more flammable once it is applied to our skin than it is in the bottle.

After applying the hand sanitizer to our hands, it releases volatile gasses as it dries. These gasses are very flammable, thus your hands can catch fire after using hand sanitizer as it dries. So when we have used a hand sanitizer be cautious not to immediately light any holiday candles, light a fire place, or rush to the stove to heat up that hot chocolate. Give your hands time to thoroughly dry first. No rushing this process.

With all precautions in place, I want to wish everyone a safe and healthy Christmas, Hanukkah, or Holiday of your choice. Even though our holidays this year may be diminished, if we are cautious this year we can look forward to a better holiday next year.

And don't forget, it is not too late to get a flu shot. They are still encouraged.



Anna Marie Manzano R.N.

HEALTH AND WELLNESS

We are happy to announce that our recorded exercise program will resume on our local cable channels.

Monday – Strength class with Patti - 9:00 am & 5:00 pm

Tuesday – Chair Yoga with Patti - 9:00 am & 5:00 pm

Wednesday – Strength class with Sharon - 9:00 am & 5:00 pm

Thursday – Balance class with Keri - 9:00 am & 5:00 pm

Verizon – channel 45

Comcast – channel 8

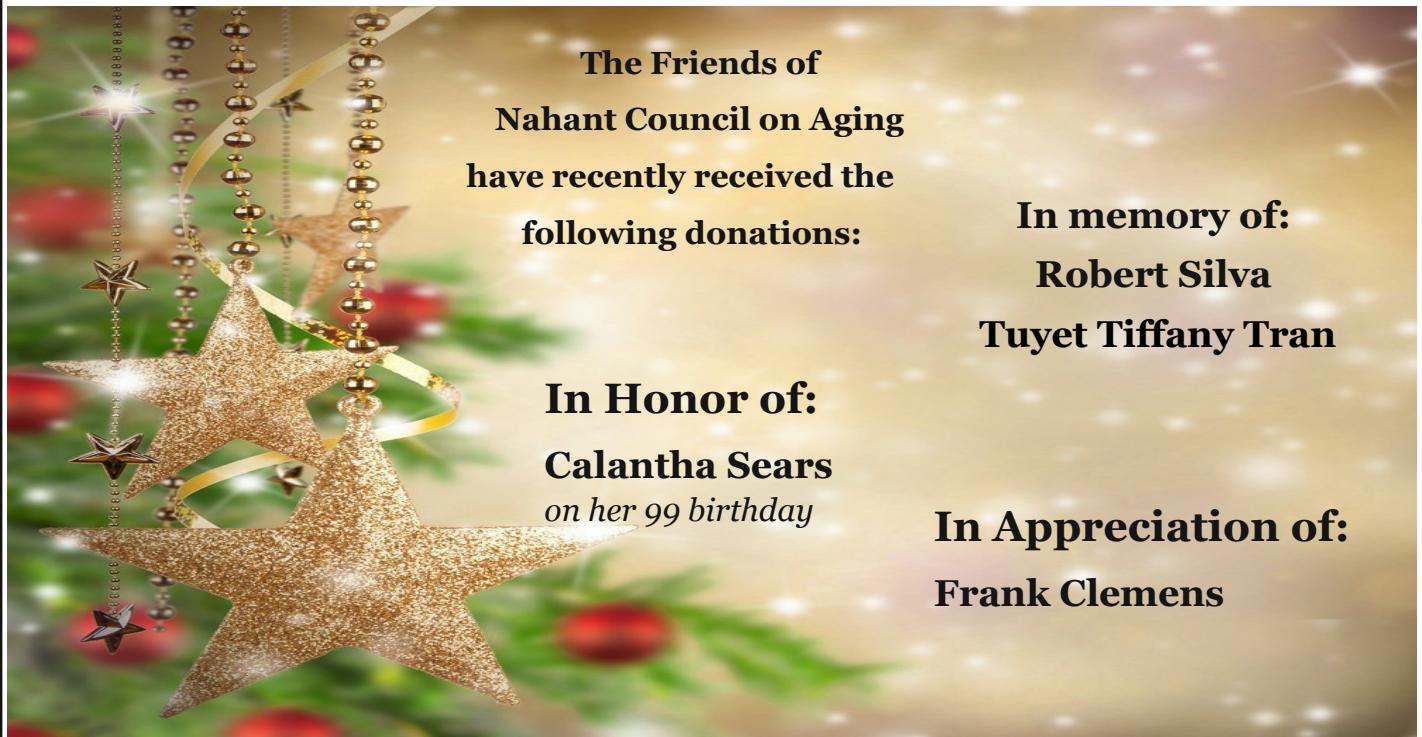


CHRISTMAS WORD SEARCH

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ANGEL
BELLS
BETHLEHEM
CANDLES
CANDY CANE
CAROLS
DECORATIONS
EGGNOG
FAMILY
FRANKINCENSE
FRIENDS
FRUITCAKE
GABRIEL
GIFTS
GOLD
GREETING
CARDS
HOLLY
ICICLES
JESUS
JOSEPH
LIGHTS
MANGER
MARY
MISTLETOE
MYRRH
ORNAMENTS
POINSETTIA
SANTA
SHEPHERDS
SKATES



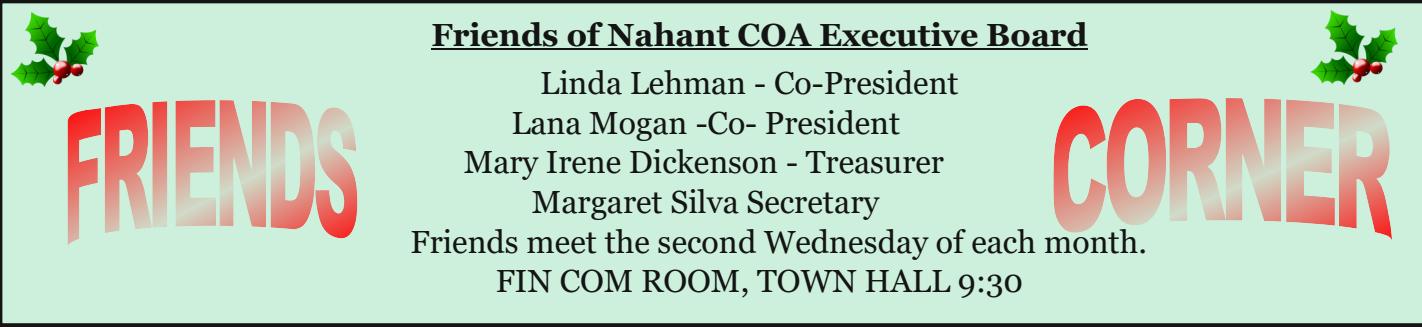


The Friends of
Nahant Council on Aging
have recently received the
following donations:

In memory of:
Robert Silva
Tuyet Tiffany Tran

In Honor of:
Calantha Sears
on her 99 birthday

In Appreciation of:
Frank Clemens



FRIENDS CORNER

Friends of Nahant COA Executive Board

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

December 1—Joan McDonough, Catherine Delaney, Fateme Kazemzade, Dianne Ward, Christopher Rogers
December 2- Helen Mayo, Paul Belliveau, Lynn Vikesland, Francis Valenti, Edward McCarthy,
Thomas McDevitt
December 3—Edmond Locke, Robert Wilson
December 4—Donald Savino, Irvine Rusk, Robert Gaudet, Helen Brownlie, Kathleen Carty
December 5—Alexander Panos, Regina McCardle, William Docken, John Tofuri, Christine Lazzaro,
Maria Gouvenia, Robert Frary
December 6—Michael Dunn, Margaret Curran, Gregory Zahora
December 7—Mary Ann Lermond, James Cunningham, Peter Flaherty, Gretchen Brien, Joan DeMakis
December 8—Susan Kane, Richard Comito, Gerard Dalpe
December 9—Margaret Dowling, Doris Bongiorno, Vanda Zirpolo, Linda Mason, Martin Keenan,
Joyce Morgenstern
December 10- Virginia Fiske, John Collins, Pauline White, Gennadiy Khatsernov, Julie Tarmy, Thomas Flaherty,
Gordon Hall, Paul Renzella
December 11- Christopher Whitlock
December 12- Rosemarie Tirrell, Michael Manning, Linda Macone, Timothy Goodwin, Frederick Hyde,
John Scovell
December 13- Abigail Nelson, Edward Koscielecki, Vicki Shore, Joanne Colwell, Stephen Smith, Johanne Paula
December 14- Richard Dorlando, Joan Denham, John Gavin
December 15- Timothy Vonaschwege, Joseph Donovan, David Flaherty, James Porter, Michael Sperber
December 16- William Nelson, Wilma Voukydis, Gail Bird, Carol Jacober, Michael Goode
December 17- Jeffrey Hall, Mary Jane English, Mary Crowley, Alice Houlihan
December 18- Anthony Scapicchio, MaryEllen Alessi-Goodwin, Judith Fitzgerald
December 19- Judith Flynn, Judi Moccia
December 20- William Morse
December 21- Noel Spinney-Costin, Linda L. Peterson, Sally Sue Donais
December 22- John Wynne, Barbara Devens, Christine Bates, James Caloggero
December 23- John Gorgone, Orlando Pellegrini, Annemarie Daniels, Carol Thorsten-Stein
December 24- Beverly English, Sidra Coleman, Sheila Kenyon, Margaret Blank
December 25- Flossie Frangules, Roger Peterson, John Hayes Mason
December 26- Muriel Webster, Janice Bennett, Paul Power, Sean Kelly, John Orzalli, Elizabeth Stubbs
December 27- Barry Sidwell
December 28- Mary Kelley, Susan Maguire, Edwin Manzano, Judith Cerone Keenan,
Janice Quinn, Karen Lospennato
December 29- Flora Sigourney, Joan Nobrega, Jacqueline Singer, Eugene Carty, Christine Alexander
December 30- Nancy Wilson, Richard O'Connor, Mark Simpson, Barbara Torsney
December 31-Christopher Mathias, Hugh Samson, Priscilla Hathaway

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.

Wishing you and your families the blessing of a safe and healthy holiday season.

Nahant Council on Aging