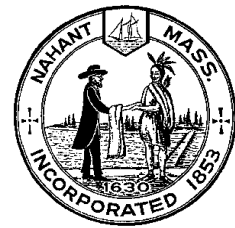


# December 2021 Nahant Tiffany Times

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  
Janet Taylor

## 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,

*"How lucky I am to have something that makes saying goodbye so hard." A.A. Milne*

The day has come that I have to write my last column for the Tiffany Times and say goodbye to my world for the past 12 years. The newsletter was first published in April, 2012. We didn't have a name for the first 2 newsletters and in June of 2012 the newsletter was named the Tiffany Times. This is one of my most successful accomplishments.

I was looking for some quotes and stumbled upon the one above. I certainly have been lucky for having met and helped so many people in these 12 years. This job comes with some highs and some lows. Losing people was the hardest for me to deal with, but I know that I put some brightness in the last chapters of their lives.

Time moves on and it is my time to move on as well. I feel confident in my replacement, who will be named soon. Change is hard to take at times but it can also be what is needed. Let's all help the new director become successful in her/his new role.

Thank you all for your friendship and support over the years.

Linda Peterson

*Nahant Council on Aging*

*Monday-Friday 9:00-1:00*

*CLOSED*

*Friday, December 24, Christmas Eve*

*Friday, December 31, New Years Eve*

## Friday, December 3<sup>rd</sup>, Holiday Boxwood Workshop



Create a festive boxwood tree which you can decorated for your winter holiday. This event will be held in the Tiffany Room.  
Signup is required at the Tiffany Room. 1:00pm Materials fee is \$10.00.

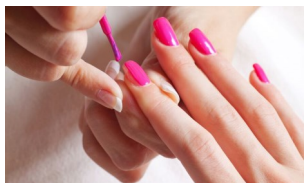
**Sunday, Dec. 5.** The Nahant Historical Society cordially invites you to our annual Paterson Lecture featuring Artist and Sculptor Reno 'Ray' Pisano. Town Hall 2:00-4:00. This free event is open to the public. Masks will be required.

## Thursday, Dec. 9, Scam Discussion and Information with FBI agent Chad Oaks.

Agent Oaks works for the FBI's fraud division. He has some interesting and informative information about phone, computer and cell phone scams. Please take the time to listen to Agent Oak's advice and warnings about these scams. Discussion begins at 12:15 in the Tiffany Room. Sign up for lunch if you would like to have lunch before the discussion.

**Saturday, Dec. 18.** 25th Annual Tommy Hutton Christmas Parade will begin at 6:00pm. If you are interested in purchasing a chance to win a 7 day stay at the Lord Camden Inn, in Camden, Maine! You can purchase your tickets via: Cash or Venmo! You may also visit the Nahant Police Station to purchase a ticket or make a donation. All proceeds go to local charities.

### It's Manicure Mondays!



Manicures are available every Monday.  
Call 781-581-7557 to make your appointment with Christine.

Dr. Uhrich will be at the Tiffany Room on Thursday, Jan. 27, 2022.

Check your calendars! Appointments required.



## NAHANT PUBLIC LIBRARY - HOURS

On the recommendation of the CDC the Library is requesting that all visitors over the age of 2 years, wear a mask when visiting the Library.



Monday	Closed
Tuesday	10:00-7:00
Wednesday	10:00-5:00
Thursday	10:00-8:00
Friday	10:00- 5:00
Saturday	12:00-4:00
Sunday	Closed

Phone: 781-581-0306

email us at [nahant.circ@gmail.com](mailto:nahant.circ@gmail.com)

**Blood Pressure Clinic**  
will resume at the Tiffany Room  
every 3rd Wednesday of the month from  
10:00-11:30.



**December 15**

No appointment required.



# 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. 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

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**

15 Pleasant St., Nahant

10:00–12:00 noon

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.**



## Colds and Flu are Back

Have any of you caught a cold yet or know someone who has? I know I have and it was tough to shake. Does it seem that there are more colds around this year? I thought I would Google it and I was surprised by what I learned.

An interesting article in Yale Medicine by Kathy Ketella, “Are Colds and Flu Coming Back?” Aug 2021, reports that scientists are expecting a greater number of colds and flu this year. Ellen Foxman, M.D. PhD. Yale Medicine Immunobiologist says “We really don’t know what will happen.” This is all a “big experiment.” There is no precedent for this in recent memory. At no time have we masked ourselves to this degree and isolated from others.

We trust that we possibly saved hundreds of thousands of lives last year by wearing masks and social distancing, but in doing so, it is theorized that we missed a year of building up our antibodies to colds and flu. Getting our yearly boost so to speak. Carlos Oliveira, M.D. PH.D says “exposure maintains our immunity.” As a result, many of us may not have many antibodies in our bodies to fight the usual illnesses and therefore may have a heightened response. Last year, the percentage of positive flu cases was only 0.2% compared to the usual 26 to 30%.

The article noted a study from Hong Kong showing that children returning to school after the lockdown had a sudden increase in colds despite returning with masking and social distancing. The reason is that cold viruses tend to gather on surfaces, making cleaning and hand washing a priority, whereas COVID was largely spread through the air or droplet infection.

Unfortunately COVID-19 is still among us; among the unvaccinated and also break through infections in the vaccinated. It’s symptoms are essentially still the same as colds and flu. The only way to truly determine the difference is to get tested. We are so fortunate to now have good testing available for COVID and for flu. Testing will help assure you get the correct treatment for your illness and help contain the spread of disease.

Another virus that has had a serious impact on us this year in particular is RSV, or Respiratory Syncytial Virus. This was actually identified about 50 years ago but did not become well known until possibly the past ten years. This year unfortunately, it has filled pediatric hospital beds and has become quite deadly among children and the elderly. Again, similar symptoms and yes, there is a good test available.

This article also pointed out that it appears viruses like to spread themselves out. They tend not to invade each other’s space. When a person has had a cold or flu, that person tends not to get one of the other viruses, including COVID. This is still a very early, and unpredictable observation. The doctors pointed out that it would not be wise to try to catch a cold in an attempt to achieve some protection as there is no certainly of a desired response. You cannot pick and choose which virus you want to get, or how much of it you will receive. The best defense is still to get the COVID shots, or boosters, and the flu shots. COVID boosters may soon be authorized for all adults, not just the immunocompromised or elderly, and flu shots are still recommended for all persons over 6 months of age, and can be received from September through March.

I wish you all a very Merry Christmas or Happy Holiday Season, and wish you good health. Enjoy those family gatherings, being vaccinated certainly makes it safer for us as they do give us good protection, wear your mask if you feel you are particularly susceptible, wash your hands, and keep some ventilation going if vaccination status is in question.

*Stay well,*

*Anna Marie Manzano R.N.*





## **Nahant Council on Aging Says Goodbye and Thank You**

As another year draws to a close, we often reflect on our blessings. Living here in Nahant, we are blessed with a community of caring and thoughtful individuals. One such person is Linda Peterson, Executive Director of the Nahant Council on Aging.

During her 12 years as Director, Linda has held the wellbeing of Nahant Seniors as her top priority, creating a welcoming and safe environment for the community. Thanks to Linda, the Council on Aging is an invaluable resource for Seniors and their families.

As Director, Linda has a long list of accomplishments that should be recognized as benefiting the entire Town. She established an in house Lunch Program for Seniors, serving lunch five days a week, where many communities only serve lunch a few days a week. Her passion has been in expanding the Exercise Programs, keeping the health of our community a priority. She has been successful in collaborating with many community organizations, Nahant Police Department, Nahant Public Library, Nahant Village Church, and the Veterans of Foreign Wars, as well as organizations from surrounding communities, in order to bring resources to the Seniors in Nahant.

During the Covid Pandemic, the Seniors who depend of the Tiffany Room Lunch Program were not forgotten. Linda's concern for them resulted in a group of volunteers who shopped and delivered food to so many grateful Seniors. She was instrumental in helping Seniors set up appointments to get their vaccinations.

As the New Year begins, Linda Peterson will be leaving the Nahant Council on Aging. We are grateful for all she has done and wish her well as she moves toward another chapter in her life. On behalf of the Town of Nahant, the Staff at the COA, and all the Seniors who have benefited from your service, we thank you.





## VETERAN'S FOOD PROJECT

\*\*\*\*\*Coast Guard Station 9:00-10:30 a.m.\*\*\*\*\*

Dec. 1, 2021

**PRE-REGISTRATION: (FIRST TIME ONLY)**

**ALL FIRST TIME PARTICIPANTS NEED TO PROVIDE VERIFICATION OF VETERAN STATUS**



### CHRISTMAS CIDER WASSAIL

*This traditional wassail recipe came from a dear friend in Fort Wayne, Indiana, where we lived for many years. Since it's warm, wonderful and non-alcoholic, we've even served it at church. This wassail drink is also perfect for a holiday open house.*

*—Maryellen Hays, Wolcottville, Indiana*

#### Ingredients

- 2 quarts apple cider
- 1-1/2 cups orange juice
- 3/4 cup pineapple juice
- 1 tablespoon brown sugar
- 1/2 teaspoon lemon juice
- 2 cinnamon sticks (3 inches)
- Dash ground cinnamon
- Dash ground cloves

#### Directions

In a large saucepan, combine all of the ingredients. Bring to a boil. Reduce heat; cover and simmer for 20-30 minutes.

Discard cinnamon sticks.

Serve hot in mugs.



*Add a splash of cinnamon whiskey for an adults-only treat.*

*Float a cinnamon stick or cranberries for a festive look.*



## Tiffany Café Menu Dec. 2021

**Reservations for lunch are required  
24 hours in advance.**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Reminder!</b> <b>Masks are required for all, regardless of vaccine status.</b>	Menu is subject to change.	<b>1</b> Salisbury Steak, Onion Gravy, Mashed Potato, Veggie	<b>2</b> Chicken Marsala, Pasta, Garlic Bread	<b>3</b> Beef Stew, Roll, Salad
<b>6</b> Chicken Noodle Casserole, Salad	<b>7</b> Hearty Tuscan Soup, Soft Bread Sticks, Cheese Triangles	<b>8</b> French Onion Chicken over Noodles, Veggie	<b>9</b> Shepherd's Pie, Cornbread	<b>10</b> Vegetable Soup, 1/2 Super Grilled Cheese Sandwich, Chips
<b>13</b> Chicken Salad Sandwich, Tomato Soup, Crackers	<b>14</b> Pork Tenderloin, Apple Cole Slaw, Green Beans, Carrots, Bruschetta	<b>15</b> Homemade Chicken Pot Pie over biscuits	<b>16</b> Chicken Parmesan, Spaghetti, Garlic Bread	<b>17</b> Fish Chowder, Crackers, Salad
<b>20</b> American Chop Suey, Salad	<b>21</b> Honey Garlic Chicken, Smashed Potato, Veggie	<b>22</b> Chicken Cacciatore, Pasta	<b>23</b>  Christmas Party Baked Ham Dinner	<b>24</b>  <b>Christmas Eve COA is Closed</b>
<b>27</b> Chicken and vegetables over Rice Salad	<b>28</b> Meatloaf, Mashed Potato, Veggie	<b>29</b> Ham and Cheese Quiche, Salad	<b>30</b>  New Years Party by Brett Henry	 <b>New Year's Eve Coa is Closed</b>

## HEALTH AND WELLNESS

### REMINDER!

**Tiffany Room**—Masks required for all regardless of vaccine status

**Community Center**—Masks required for unvaccinated people, optional for people who have been vaccinated.

**The following classes will be held at the Community Center on Valley Road.**

- Monday – 9:00am      Strength Class with Sharon
- Tuesday – 9:00am      Chair Yoga with Lynda
- Wednesday – 9:00am      Strength Class with Sharon
- Thursday – 9:00 am      Yoga Class with Lynda
- Thursday - 10:30am      Balance Class with Keri
- Friday—9:00am      Strength Class with Lynda



\*\*\* **Mondays and Fridays - 10:30 Chair Exercise. Town Hall**

\*\*\* **Wednesdays - 10:30 Mind, Body and Spirit with Yulia. Town Hall.**

### COVID VACCINE AND BOOSTER SHOTS AVAILABLE AT LYNN CITY HALL 3City Hall Square Room 401

The City of Lynn Public Health Department is offering Covid vaccines as well as booster shots.

Availability dates are:

Monday:

11/29, 12/6, 12/13, 12/20, 12/27      4:00pm—7:00pm      Pfizer 5-11, Pfizer 12+, Moderna, J&J

Friday:

12/3, 12/10, 12/17      9:00am-11:30am      Pfizer 5-11, Pfizer 12+, Moderna, J&J

Make An Appointment At City Hall, online at <https://home.color.com/vaccine/register/lynn> or

**Call (781) 598-4000 and ask for the Department of Public Health** Monday, Wednesday and Thursday 8:30 AM until 4 PM, Tuesday 8:30 AM until 8 PM, and Friday 8:30 AM until 12:30 PM. Representatives are available in English and Spanish.

**Walk-ins also welcome.**



*Thanksgiving fun with the  
COA family...*



*...and good friends.*

**NAHANT VILLAGE CHURCH** Clothing and Bake Sale following worship service.



People may also shop on Saturday, Dec. 11, 10: am-2:pm. Clothing donations will be accepted Sunday, Tuesday and Thursday mornings from 9:00am to noon. For clothing pick up or to volunteer contact Nancy Cantelmo at [nlc31@comcast.net](mailto:nlc31@comcast.net).

There is still time to make a donation for the RAFFLE CALENDAR.  
Contact Jen McCarthy at 781-316-7309.



**Let's CAN Hunger!**

Nahant Lions Club is participating in a  
SOUP CHALLENGE, and they are  
asking for your help.

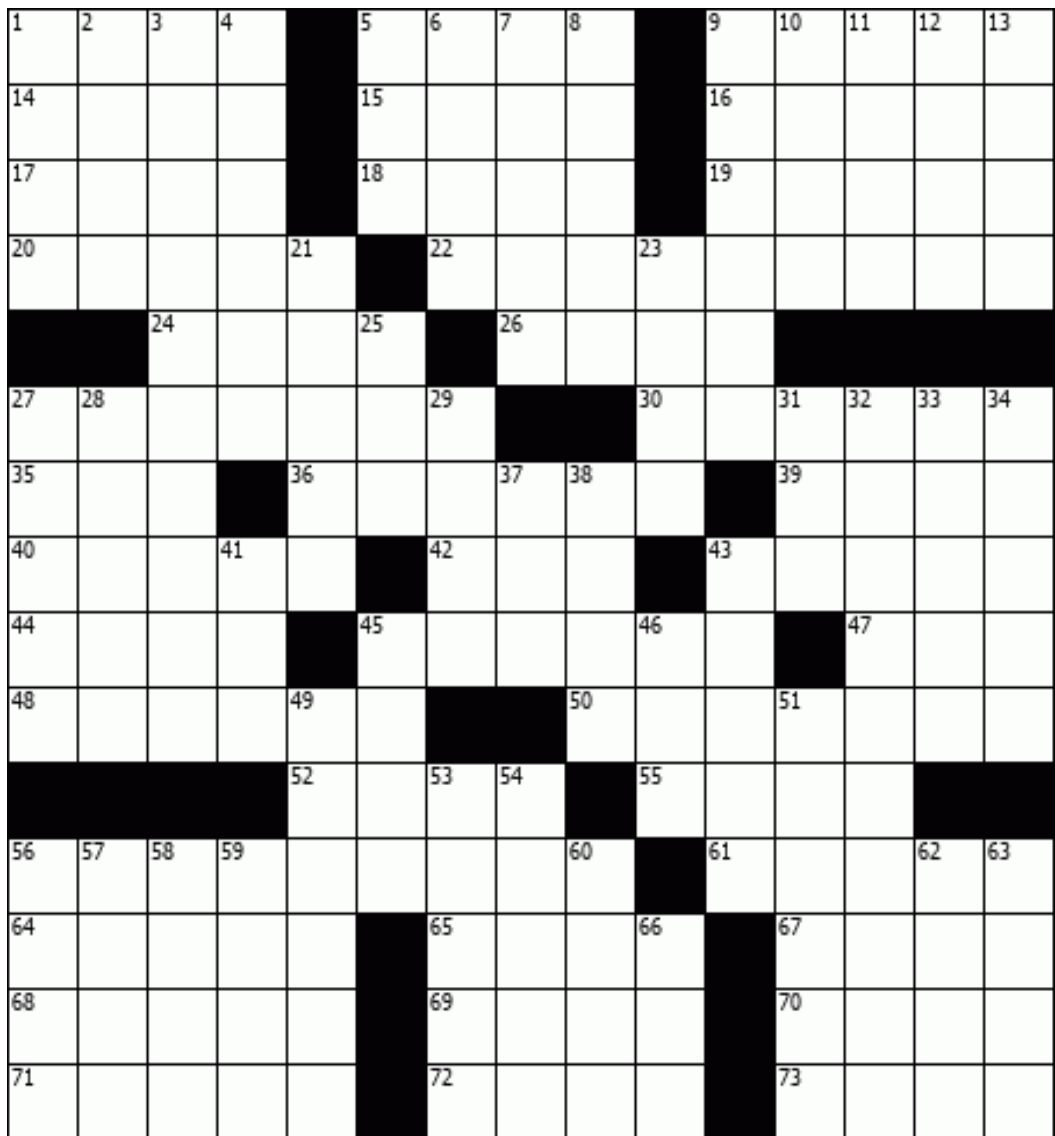
During this holiday season, the Lions are asking if  
you can help them help those in need. Bring a can  
of soup to the Tiffany Room between now and  
December 31 and help CAN HUNGER!



# PUZZLE OF THE MONTH

## ACROSS

1. Foyer
5. Shut loudly
9. Leading
14. Toledo's lake
15. Minnesota's neighbor
16. Gent (sl.)
17. Falsehoods
18. Wild pig
19. Pass along
20. Hesitate
22. Invaluable
24. Schoolbook
26. Slippery creatures
27. Pedicure subject
30. Distress cry (2 wds.)
35. Dash
36. Ogled
39. Wheel shaft
40. Legislate
42. Carpenter's tool
43. Lessen
44. Pimples
45. Vouch for
47. Distress signal
48. Despise
50. Get worse again
52. Ripped
55. Arrived
56. At no time hereafter
61. Fire alarm
64. Escape
65. Just
67. Writer \_\_\_\_ Barry
68. Scorch
69. Mahjong piece
70. Fret
71. Slumber
72. Actor \_\_\_\_ Connery
73. Camper's home



## DOWN

- |                           |                        |                            |
|---------------------------|------------------------|----------------------------|
| 1. Assist                 | 23. Oaf                | 46. Dry, as wine           |
| 2. Opera tune             | 25. Gift for Dad       | 49. Actress Meryl ____     |
| 3. Military rank          | 27. Staircase part     | 51. Among                  |
| 4. Diminish               | 28. Pound part         | 53. Origins                |
| 5. Bro, e.g.              | 29. For fear that      | 54. Bert's buddy           |
| 6. Roller coaster feature | 31. Speck              | 56. Loch ____              |
| 7. In the know            | 32. Annoy              | 57. Harmful                |
| 8. Scientist ____ Curie   | 33. Choir singers      | 58. Wind indicator         |
| 9. Once more              | 34. Actress Della ____ | 59. Slight advantage       |
| 10. Sock part             | 37. Snitch             | 60. Jazz's ____ Fitzgerald |
| 11. French female         | 38. Washstand item     | 62. Steady                 |
| 12. Woe is me!            | 41. Third letter       | 63. Salamander             |
| 13. "____ of Our Lives"   | 43. Map book           | 66. Urge                   |
| 21. Praise                | 45. Power source       |                            |

Solution page 10.

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

**In memory of:  
John Arena, LEHS, 1954  
John and Harriet Magro**



*The Friends of Nahant  
Council on Aging wishes  
you a healthy and  
happy holiday season.*

**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



## BIRTHDAYS

December 1—Catherine Delaney, Dianne Ward, Christopher Rogers, Austria Rodriguez  
 December 2- Helen Mayo, Paul Belliveau, Lynn Vikesland, Francis Valenti, Edward McCarthy, Thomas McDevitt  
 December 3—Edmond Locke, Robert Wilson, Mary Sampson-Reiser  
 December 4—Donald Savino, Irvine Rusk, Robert Gaudet, Helen Brownlie, Kathleen Canty  
 December 5—Alexander Panos, Regina McCardle, William Docken, John Tofuri, Christine Lazzaro, Maria Gouvenia, Robert Frary, Paula Nigro, Rodney Schundler  
 December 6 - Michael Dunn, Margaret Curran, Gregory Zahora  
 December 7—Mary Ann Lermond, James Cunningham, Peter Flaherty, Gretchen Brien, Joan DeMakis, Daniel Thompson, Gretchen Brien  
 December 8—Susan Kane, Richard Comito, Gerard Dalpe, Paul, Tavilla, Gregory Klee, Thomas Gutermuth  
 December 9—Margaret Dowling, Doris Bongiorno, Vanda Zirpolo, Linda Mason, Martin Keenan, Joyce Morgenstern, Victoria Malatesta, Christine Kendall, Karen Carmody  
 December 10- Virgina Fiske, John Collins, Pauline White, Gennadiy Khatsernov, Julie Tarmy, Thomas Flaherty, Gordon Hall, Paul Renzella, Colleen Caster  
 December 11- Christopher Whitlock, Lucia Princip, Diane McClain, Joann Aldsworth  
 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, Barry Conlin, Elizabeth Caterino  
 December 14- Richard Dorlando, John Gavin, Jean Ball  
 December 15- Timothy Vonaschwege, David Flaherty, James Porter, Michael Sperber  
 December 16—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, Ann Jenkins  
 December 19- Judith Flynn, Judi Moccia, Ellen Antrim  
 December 20- William Morse  
 December 21- Noel Spinney-Costin, Linda L. Peterson, Sally Sue Donais, Laura Poulin  
 December 22- John Wynne, Barbara Devens, Christine Bates, James Caloggero, Sally Zagnoli  
 December 23- John Gorgone, Orlando Pellegrini, Annemarie Daniels, Carol Thorsten-Stein  
 December 24- Beverly English, Sidra Coleman, Sheila Kenyon, Margaret Blank, Francis Michaud, John Pellerini, Michael Morency  
 December 25- Flossie Frangules, Roger Peterson, John Hayes Mason  
 December 26- Janice Bennett, Paul Power, Sean Kelly, John Orzalli, Elizabeth Stubbs, Bruce Compton, Mary Polia  
 December 27- Barry Sidwell, Gary White, Victoria Vass  
 December 28- Mary Kelley, Susan Maguire, Edwin Manzano, Judith Cerone Keenan, Janice Quinn, Karen Lospennato  
 December 29- Flora Sigourney, Jacqueline Singer, Eugene Canty, Christine Alexander  
 December 30- Nancy Wilson, Richard O'Connor, Mark Simpson, Denise Nicketakakis, Carolyn Osbahr  
 December 31-Christopher Mathias, Hugh Samson, Priscilla Hathaway, Robin LeBlanc

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.



Puzzle Solution © OnlineCrosswords.net

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