



### Cohasset Elder Affairs Willcutt Commons

Services, Programs and Activities for Seniors and their Families

*Like us on Facebook: Cohasset Elder Affairs*

**Mission Statement:** To offer outstanding programs and services that provide for the physical, social and emotional well-being of our older adults by assisting them to lead independent, stimulating and self-reliant lives as members of the community.



**Pictures, top left:** Members of The Community Garden Club of Cohasset create flower arrangements for Mother's Day. **Top right:** Arrangements await delivery. **Middle and Bottom photos:** On May 4, we welcomed yoga participants back in to Willcutt Commons! For in-person classes, masks and social distancing are required. As a result, space is limited and classes are offered via Zoom, also. In these photos, instructor Amy DiLillo taught in-person and virtually at the same time.

## 2 - COHASSET VISTA JUNE 2021



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Greetings!

We're making progress! I am happy to share some good news about programming and transportation here at Willcutt Commons...

Although the building will remain locked to the general public due to Covid room-capacity restrictions, we're happy to report we will be offering some in-person activities and exercise classes this month (preregistration required). All yoga and strength classes will be available both through Zoom *and* in person although space limitations for in-person classes apply. When inside Willcutt Commons, we will follow Mass DPH recommendations, so social distancing, handwashing and mask wearing are still a must, but it's a start. In addition, to help us make our center available to as many as possible, when feasible we'll use our beautiful outdoor space for classes and activities. Outside, social distancing is still necessary, but masks are not required, a huge step closer to normalcy!

After more than a year of virtual programming, future plans are "works in progress," and we appreciate your patience as we navigate new territory. If you don't see the activity you want offered yet, please remember we are working hard to get all of our programming *and more* available at pre-pandemic levels. As always, if there is a new program you'd like to see offered here, please let us know. We are eager to see you in person, and we'll welcome you back with happy hearts.

In other good news, in addition to medical transportation, now, the CEA van is available on Wednesdays, for "around town" transportation throughout Cohasset. Presently, these trips will be single-rider only and masks must be worn in the vehicle, but call to schedule your pick up time, and we'll take you to the supermarket (short trips only), the library, bank, hardware store, nail salon, etc. Give us 48-hours' notice and we will do our best to accommodate you between 8:45 am-2:00 pm. Due to space limitations, these rides will be offered first come, first served.

Lastly, I wanted to say a hearty Happy Father's Day to anyone celebrating Father's Day this month and to remember those who are no longer with us. It takes a special person to be a dad—and they come in all forms—being a good father, or father-figure, takes a lot more than simple DNA. Thanks to all the dads out there who are wonderful role models for future generations of men. Special appreciation to my Dad, who has always shown me love and support, and is celebrating his 88th birthday this month, and to my son, who is celebrating his first Father's Day—and who, like *his dad*, demonstrates he's one of the special men Father's Day is meant to honor. Cheers to all of you out there!

Live, laugh, learn at Willcutt Commons,  
Nancy Lafauce, Director

### Happy June Birthdays to our Volunteers!

**Ann Helbeck—6th**  
**Tom Lincoln—10th**  
**Rich Hynes—19th**

**Thank you for all you do for Cohasset Elder Affairs!**

For yard work, light housecleaning and small jobs, call LAUNCH, a division of South Shore Support Services -781-383-0902/781-740-1206. *Free estimates, reasonable rates.*

OUTREACH NEWS FROM DIANE

Information about Services & Benefits/Personal Advocacy/Office and Home Visits  
Diane Picot, Assistant Director, Outreach Coordinator 781-383-9112~ [dpicot@cohassetma.org](mailto:dpicot@cohassetma.org)

**Drive-up Notary Services at Willcutt Commons**

If you need a document notarized, Willcutt Common will now offer free drive-up notary public services. Get your document notarized without leaving your car. The notarization process is typically simple. You present a document to a Notary Public and sign it in their presence after which the Notary officially notarizes the document using an official stamp, writes in the date, and adds their signature. We want to make the process even easier for you. Please call Diane Picot at 781-383-9112 to make an appointment. Remember to bring proof of identity. You can use a Massachusetts I.D. card, driver's license, passport, or other government-issued photo I.D.



**Programming at Willcutt Commons**

As of this moment, Willcutt Commons is preparing to welcome you back in the building for *some* of our programs and events. Social distancing at six feet apart and masks are required inside the building. Outside of the building social distancing at six feet apart will still be required, but masks will not.

Please see the schedule of events on page four. We are working very hard to get back to in-person programming and for now, programs will be offered in various forms, so it is essential to read the full description before registering for any program. The options are: Hybrid (in person with a Zoom option), in-person only and Zoom only. Please call us with any questions at 781-383-9112. Thank you in advance for your patience and understanding as we make this transition back to in-person programming.

**Cohasset Farmer's Market**

It is springtime, and the launch of the 2021 season of the Cohasset Farmers Market is upon us. Opening day for the 25th season is scheduled for Saturday, May 29 (10 am-2 pm), and then weekly, each Thursday, June 3-October 7, (2-6 pm). Are you interested in joining as a vendor this summer? Visit [www.cohassetfarmersmarket.net](http://www.cohassetfarmersmarket.net) or email [michele@cohassetfarmersmarket.net](mailto:michele@cohassetfarmersmarket.net). Health protocols, social distancing and Covid 19 precautions will be practiced according to town health guidelines. We expect the farmers market coupons will be available for the 2021 season in July. I will send out more information when they become available. Coupons are subject to availability, and you must meet financial guidelines.

**All Facilities Sticker for 2021– Online and Mail in options only.**

If you have yet to purchase your new 2021 beach and transfer station sticker, your old sticker has now expired. To order your new sticker, you may order online at [www.cohassetma.com](http://www.cohassetma.com), scan in your documents and make your online payment. You may also order by mail via the Town Clerk's Office, 41 Highland Avenue, Cohasset, MA 02025 (you may put application in the silver box in front of Town Hall as well). For mail-in applications, a form is available online. Complete the form and enclose a copy of valid registration and valid same name driver's license for each vehicle receiving a sticker, plus a check payable for the appropriate amount to the Town of Cohasset. (Note: The vehicle must be registered in the name of the resident). Age 65+: \$30 per vehicle. (\$75 per vehicle for all others).

Stay Well and Happy Father's Day~

Diane Picot  
Assistant Director

Are you interested in being added to our email list? We'll update you on upcoming activities and send links to the online version of this newsletter. If yes, please contact Diane Picot at [dpicot@cohassetma.org](mailto:dpicot@cohassetma.org) or call 781-383-9112.

## 4 - COHASSET VISTA JUNE 2021

### CEA ONLINE FITNESS/SOCIAL AND EDUCATION SCHEDULE

The following programs/events are on the Zoom platform unless otherwise noted.

Register and pay online at [MYACTIVECENTER.com](http://MYACTIVECENTER.com) or call 781-383-9112.

#### EXERCISE CLASSES

<b>SENIORS GOT STRENGTH</b> Mon, 11:00 am.	Zoom & in person**
<b>GENTLE YOGA:</b> Tues, 9:30 am.	Zoom & in-person**
<b>CHAIR YOGA:</b> Wed, 10:30 am.	Zoom & in person**
<b>GENTLE YOGA/FUSION</b> Thurs 9:00 am.	Zoom & in-person**
<b>SENIORS GOT STRENGTH</b> Thurs, 11:00 am.	Zoom & in person**
<b>PILATES:</b> Fri, 9:30 am.	Zoom format <u>ONLY</u>

Please mail payment for exercise classed to Cohasset Elder Affairs, Willcutt Commons 91 Sohier Street, Cohasset, MA 02025. You may also register and pay online via My Active Center, [www.myactivecenter.com](http://www.myactivecenter.com), \$5 per class. In **\*\*Due to limited space for in-person classes, pre-registration is required.**

**TECHNOLOGY FOR ADULT LEARNERS, INTRODUCTION TO MICROSOFT EXCEL VIA ZOOM,** Wednesday, June 16, 10:00–11:00 am. Join instructor Katy Mayo and learn to navigate the Excel workbook environment. Input data into a spreadsheet (numbers, text, dates), learn to perform basic calculations and basic formatting elements. **\*\*Please note:** You must have Excel 2013 or newer, and it must be downloaded before signing up for this class. Please don't assume you have it! RSVP by Monday, June 14 by calling 781-383-9112 or register via [www.myactivecenter.com](http://www.myactivecenter.com). FREE.

**EN PLEIN AIR (Outdoor Art Class),** Tuesdays, June 1-22, 10:30-12:00 pm. No experience necessary. Join art teacher Patricia LaLiberte for this 4-week program. Meet outside on the Willcutt Commons Property. Note: you may be required to walk on uneven surfaces to get to 'your' location to draw a pre-determined subject each week. Bring a light folding chair. The class will be limited to eight students, Cohasset residents only. RSVP by Friday, May 28, at [www.myactivecenter.com](http://www.myactivecenter.com) by calling 781-383-9112. Cost includes basic art material, \$20.00.

**MEET THE AUTHOR: MARY FORD** Wednesday, June 23 from 2:00-3:00 pm at *Willcutt Commons*. Cohasset Elder Affairs is pleased to welcome local author Mary Ford and her debut novel, *Boy at the Crossroads*. Mary Ford is a retired, award-winning journalist who spent twenty-eight years as editor of the Cohasset Mariner and the Hingham Journal. She met her future husband, Conley, in 1971 and was always fascinated by his story. *Boy at the Crossroads* is Mary's first novel. You can visit her website: [maryfordedit.com](http://maryfordedit.com). After being arrested at 13 for being part of a local gang, Conley Ford decides to run out on probation, skip school, and see the world. In 1955, with only

fifty cents in his pocket, Conley hitchhikes across the South from his home in Tennessee and ends up in New Orleans selling hotdogs. But home isn't always where you make it, and soon Conley is on the move again. When he eventually finds his way back home, he has had different life experiences than his peers. To his surprise, they are in awe of his exploits and vote him class president. RSVP by Monday, June 21 at [www.myactivecenter.com](http://www.myactivecenter.com) or by calling 781-383-9112. Space may be limited for this in-person event due to social distancing. FREE.

**UKULELE LESSONS VIA ZOOM,** Thursdays, June 10-July 15, 1:00-2:00 pm. South Shore Conservatory instructor Nick Biagini's sixth class installment. Learn simple songs, scales, techniques, and easy music theory. Mail payment to Cohasset Elder Affairs, Willcutt Commons, 91 Sohier St. Cohasset, MA 02025 or register at [www.myactivecenter.com](http://www.myactivecenter.com). RSVP by Tuesday, June 8. \$65.

**BEER BREWING 101, VIA ZOOM,** Tuesday, June 15, 5:00-6:00 pm. Join brewmaster Paul Nixon, owner and operator of Independent Fermentations (IndieFerm), to learn the ins and outs of brewing craft beer. IndieFerm is a small brewery and taproom in Plymouth, MA. Their beers and kombucha are available from Boston to the Cape and sometimes beyond. They make Belgian, German, and farmhouse styles, as well as IPAs. They also have a homebrew shop and hop farm. Sample grains (for show and tell) will be delivered to your door by a Willcutt Commons staff member before the event. A question and answer session will be conducted at the end of the presentation. To supplement this program, a tour of Indie Ferm Breweries will be planned in autumn. RSVP by Thursday, June 10 at [www.myactivecenter.com](http://www.myactivecenter.com) or by calling 781-383-9112. In honor of Father's Day, this program is FREE!

**BOCCE ANYONE? We'd like to start a Bocce group. If are interested contact Diane Picot, [dpicot@cohassetma.org](mailto:dpicot@cohassetma.org) or call 781-383-9112.**

#### QUESTION OF THE MONTH

When space is available, we'd like to include a question for you to answer. Think of it as a way to share your knowledge and good opinion of a local service with others, or maybe learn a fun fact! We'll post responses in an upcoming newsletter. This month: What is your favorite restaurant, and why? Email your answer to: [RGibbons@CohassetMA.org](mailto:RGibbons@CohassetMA.org) or mail it to Richard Gibbons, Cohasset Elder Affairs, Willcutt Commons, Cohasset, MA, 02025.

## MEDICAL TRANSPORT

### TRANSPORTATION DURING COVID

Cohasset Elder Affairs will provide medical transportation, (within 15 miles of Cohasset) to eligible residents under the following guidelines:

- Riders will be will be prescreened on the day of the ride, prior to pick up time. **If we are unable to reach you by phone on the day of the ride, we will be unable to transport you.**
- A rider who is not feeling well or who has a household member not feeling well, has been in contact with someone who has tested positive, is running a temperature or responds positively to questions that may indicate a possible exposure to COVID-19 or has tested positive for COVID-19 will not be allowed to ride the van.
- Riders will be directed to a seat socially-distanced from the driver and must remain seated at all times until the driver gives permission to exit the van.
- Riders and drivers **MUST** wear face coverings at all times. **Masks must cover nose and mouth. In addition, passengers will be required to wear a shield provided by CEA.**

### ADDITIONAL RESOURCES

**MassHealth—1-800-841-2900:** Medical transportation for individuals approved for Medicaid (MassHealth)  
**The Ride (MBTA)—call 617-337-2727,** or email [trec@paratransit.org](mailto:trec@paratransit.org) to schedule an eligibility phone interview.

## TRANSPORTATION GRANT

Cohasset Elder Affairs has been selected as a recipient of the Massachusetts Taxi, Livery and Hackney Transportation Partnerships Grant Program. This limited-time grant allows Cohasset Elder Affairs to use an outside resource to transport seniors for medical appointments or for essential needs. This program can cover transportation to COVID vaccine destinations.

CEA has partnered with Seaside Transit in Hull to provide transport when a ride is beyond mileage distances for CEA resources, or when staff drivers are unavailable. Since this service is provided by a third party, hours of operation may be more flexible. Rides will be offered on a first come, first served basis and must be arranged through Cohasset Elder Affairs by calling 781-383-9112.

## TRANSPORTATION AROUND TOWN

### WEDNESDAY AROUND TOWN TRANSPORTATION!!

While its not possible to resume all transportation programs yet, there's some light at the end of the tunnel. If you have an errand within Cohasset, we'll be available to transport you on Wednesdays between 8:45 and 2:00. Call us at least 24-hours in advance to schedule your pickup. Errands can include small grocery shopping trips, visits to the pharmacy, the bank, hardware store, the train station, or what have you? Only one person allowed per trip, so pickup time will be first come first, served, based on availability.



## SHINE APPOINTMENTS

**Serving the Health Insurance Needs for Everyone.** Appointments available remotely with SHINE counselor, Lynne Buckley. Call 781-383-9112 to schedule.



“Celebrity Chef,” Jim Murphy walks between the bags ready to be stuffed with Mother’s Day lobster rolls for the drive by event. Eighty individuals signed up to receive lobster rolls, coleslaw, chips and homemade cookies.

MONDAY	TUESDAY	WEDNESDAY
	<p>(1)            9:30-10:30 – Gentle Yoga            9:30-11:00—Grab and Go Breakfast and Lunch Deliveries            10:30-12:00 – En Plein Air (Outdoor Art Class)            1:00 – Elements of Cohasset History: Colonial Diaries (6-week course – YouTube)            3:30-4:30 - TAI JI QUAN: Moving for Better Balance (online ZOOM platform)</p>	<p>(2)            9:30-11:00—Grab and Go Breakfast and Lunch Deliveries            10:30-11:30 – Chair Yoga</p>
<p>(7)            9:30 – Food Pantry Deliveries            11:00-12:00 – Seniors Got Strength!            1:00-2:30 – “Living Your Best Life!”                Stay Positive &amp; Take                Care of Your Spirit                (6-week course via ZOOM)</p>	<p>(8)            9:30-10:30 – Gentle Yoga            9:30-11:00—Grab and Go Breakfast and Lunch Deliveries            10:30-12:00 – En Plein Air (Outdoor Art Class)            1:00 – Elements of Cohasset History: Colonial Diaries (6-week course – YouTube)            3:30-4:30 - TAI JI QUAN: Moving for Better Balance (online ZOOM platform)</p>	<p>(9)            9:30-11:00—Grab and Go Breakfast and Lunch Deliveries            10:30-11:30 – Chair Yoga</p>
<p>(14)            9:30 – Food Pantry Deliveries            11:00-12:00 – Seniors Got Strength!            1:00-2:30 – “Living Your Best Life!”                Help Others &amp; Create                Joy and Satisfaction                (6-week course via ZOOM)</p>	<p>(15)            9:30-10:30 – Gentle Yoga            9:30-11:00—Grab and Go Breakfast and Lunch Deliveries            10:30-12:00 – En Plein Air (Outdoor Art Class)            3:30-4:30 - TAI JI QUAN: Moving for Better Balance (online ZOOM platform)            5:00-6:00 – “Beer Brewing 101”                (online ZOOM platform)</p>	<p>(16)            9:30-11:00—Grab and Go Breakfast and Lunch Deliveries            10:00-11:00 – Technology for Adults Excel            10:30-11:30 – Chair Yoga</p>
<p>(21)            9:30 – Food Pantry Deliveries            11:00-12:00 – Seniors Got Strength!</p>	<p>(22)            9:30-10:30 – Gentle Yoga            9:30-11:00—Grab and Go Breakfast and Lunch Deliveries            10:30-12:00 – En Plein Air (Outdoor Art Class)            3:30-4:30 - TAI JI QUAN: Moving for Better Balance (online ZOOM platform)</p>	<p>(23)            9:30-11:00—Grab and Go Breakfast and Lunch Deliveries            10:30-11:30 – Chair Yoga            2:00-3:00 – Meet The Author! (M. Willcutt Commons)</p>
<p>(28)            9:30 – Food Pantry Deliveries            11:00-12:00 – Seniors Got Strength!</p>	<p>(29)            9:30-10:30 – Gentle Yoga            9:30-11:00—Grab and Go Breakfast and Lunch Deliveries            3:30-4:30 - TAI JI QUAN: Moving for Better Balance online ZOOM platform)</p>	<p>(30)            9:30-11:00—Grab and Go Breakfast and Lunch Deliveries            10:30-11:30 – Chair Yoga</p>

LET US PLACE YOUR AD HERE.

WEDNESDAY	THURSDAY	FRIDAY
Breakfast and Lunch Deliveries	(3) 9:00-11:00 – Men’s Group (online ZOOM platform) 9:00-10:00 – Gentle Yoga Fusion & Meditation 9:30-11:00—Grab and Go Breakfast and Lunch Deliveries 11:00-12:00 – Seniors Got Strength! 3:30-4:30 - TAI JI QUAN: Moving for Better Balance (online ZOOM platform)	(4) 9:30 a.m. – Pilates (online ZOOM platform)
Breakfast and Lunch Deliveries	(10) 9:00-11:00 – Men’s Group (online ZOOM platform) 9:00-10:00 – Gentle Yoga Fusion & Meditation 9:30-11:00—Grab and Go Breakfast and Lunch Deliveries 11:00-12:00 – Seniors Got Strength! 1:00 – Learn to play the Ukulele (online ZOOM platform) 3:30-4:30 - TAI JI QUAN: Moving for Better Balance (online ZOOM platform)	(11) Delivered lunch provided by Cohasset Senior Concierge (powered by LAUNCH) 9:30 a.m. – Pilates (online ZOOM platform)
Breakfast and Lunch Deliveries Mult Learners: Introduction to	(17) 9:00-11:00 – Men’s Group (online ZOOM platform) 9:00-10:00 – Gentle Yoga Fusion & Meditation 9:30-11:00—Grab and Go Breakfast and Lunch Deliveries 1:00 – Learn to play the Ukulele (online ZOOM platform) 11:00-12:00 – Seniors Got Strength! 3:30-4:30 - TAI JI QUAN: Moving for Better Balance (online ZOOM platform)	(18) 9:30 a.m. – Pilates (online ZOOM platform)
Breakfast and Lunch Deliveries Mary Ford – in person at	(24) 9:00-11:00 – Men’s Group (online ZOOM platform) 9:00-10:00 – Gentle Yoga Fusion & Meditation 9:30-11:00—Grab and Go Breakfast and Lunch Deliveries 11:00-12:00 – Seniors Got Strength! 1:00 – Learn to play the Ukulele (online ZOOM platform) 3:30-4:30 - TAI JI QUAN: Moving for Better Balance (online ZOOM platform)	(25) Delivered lunch provided by Cohasset Senior Concierge (powered by LAUNCH) 9:30 a.m. – Pilates (online ZOOM platform)
Breakfast and Lunch Deliveries	<b>WELCOME SUMMER!!!</b> Don’t forget to use your mosquito and tick repellants!!!	

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**BLUE CROSS BLUE SHIELD WEBINARS**

All are welcome. You do not have to be a BCBS member to participate.

**Eight Happiness Boosting Strategies**

Tuesday, June 8, 2021

10:00 a.m. -10:30 a.m. ET

Presenters: Jenna Feiteberg & Janet Fontana

Register now at [bcbsma.info/June 8](http://bcbsma.info/June 8)

**LOCAL SUPPORT GROUPS**

**PARKINSON'S SUPPORT GROUP**, via Zoom every Tuesday from 5:30-6:30 pm. Please contact Leslie Vicker, Group Facilitator and Certified Rehabilitation Nurse, at 617-750-2275 for more information.

**ALZHEIMER'S CAREGIVER SUPPORT** Call the Alzheimer's Association 24/7 Helpline (800-272-3900) anytime to receive reliable information, advice and support. Trained and knowledgeable staff are ready to listen and can help you with referrals to education, crisis control and emotional support. Care consultations are provided by the master's level clinicians.

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**MEN'S GROUP, VIA ZOOM**, Thursdays, 9:00 am. Join us via Zoom to discuss local issues around town, national events and interests. New members welcome!! Call 781-383-9112 to receive the Zoom link or the call-in telephone number. FREE.

*Puzzle solution from page 10*

P	L	A	T	A		E	T	C		S	P	A
H	E	R	O	D		A	A	R		L	A	D
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**FRIENDS of COHASSET ELDERS**

Tax deductible donations to the Friends of Cohasset Elder Affairs help to fund educational, social and exercise programs as well as outreach activities and supplies for Cohasset Elder Affairs.

Name: \_\_\_\_\_

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City/Town/Zip \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

\$25   \$50   \$75   \$100   \$125   \$150   Other \_\_\_\_\_

Donation in memory/honor of: (circle one)

\_\_\_\_\_

Name(s)

Please make checks payable to:  
The Friends of Cohasset Elder Affairs  
91 Sohier Street  
Cohasset, MA 02025

If you are a Cohasset resident, check if you would like to receive a mailed copy of VISTA: \_\_\_\_\_

Outside Cohasset, or if you would prefer to read your newsletter online, it can be found at:

<https://www.cohassetma.org/170/VISTA-Newsletter> or

Email [DPicot@CohassetMA.org](mailto:DPicot@CohassetMA.org) if you want a copy emailed monthly.

**Thank you for your membership and support!**

**THANK YOU FROM THE FRIENDS**

*Tax deductible donations to the Friends of Cohasset Elder Affairs help to fund educational, social and exercise programs as well as outreach activities and supplies for Cohasset Elder Affairs*

**Dee Perry**  
**Mindy and Chris Evans**  
in memory of **Jessie MacDonald**  
**Marsha Silvia**  
in memory of **Rich Silvia**

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Please reach out by phone 781.267.0400  
or email, [wendy.oleksiak@compass.com](mailto:wendy.oleksiak@compass.com)

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Cohasset Elder Affairs, Cohasset, MA

06-5276

HAVE SOME (SIDEWAYS) FUN!

CROSSWORD PUZZLE

**ACROSS**

- 1 Silver (Sp.)
- 6 List-ending abbreviation
- 9 Health resort
- 12 King of Judea
- 13 Rhine tributary
- 14 Striping
- 15 P. I. ancestral spirit
- 16 Compass direction
- 17 Diminutive (suf.)
- 18 Lead ore
- 20 Bombastic
- 22 Foist
- 24 Dutch commune
- 27 You (Ger.)
- 28 Proverb
- 32 Numerous (pref.)
- 34 Mountain peak
- 36 Two-man fight
- 37 Music sign
- 39 Evil (Fr.)
- 41 As written in

**DOWN**

- 1 Destroying (pref.)
- 2 Fugard heroine
- 3 Seed coat
- 4 Carry
- 5 Youth loved by Venus
- 6 Belonging to (suf.)
- 7 So much; music
- 8 Second wife of Jason
- 9 Small drink
- 10 Buddhist liturgical language
- 11 Irish exclamation
- 19 Mudfish
- 21 Spawning ground
- 23 Sole
- 24 Prussian spa site
- 25 Change color
- 26 Unit of work
- 29 Out (Ger.)
- 30 Gain
- 31 Guido's note (2 words)
- 33 Inspector (abbr.)
- 35 Para-aminobenzoic acid
- 38 Ear
- 40 Fond
- 43 Fabric
- 44 Lady's title
- 45 Rockies peak
- 46 Kin
- 48 Jewish month
- 49 Mineral deposit
- 50 Few (pref.)
- 51 Son of Loki
- 54 Last Queen of Spain

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Puzzle solution on page 8.

FLOWERS FOR A CAUSE!!

Buy a \$9.99 “Bloomin’ 4 Good Bouquet” at Cohasset Stop & Shop in June and S&S will donate \$1.00 for each bouquet purchased to Cohasset Elder Affairs to be used toward our food programs!



DO YOU HAVE A TALENT OR INTEREST TO SHARE?

We are seeking volunteers to lead or teach programs or classes. If you have a skill or talent or knowledge you would like pass on to others, please contact Diane Picot at 781-383-9112. or Dpicot@cohassetma.org.

THANK YOU TO:

- Reverend Maggie Arnold, Marilee Comerford and the outreach group from St. Stephen’s church who stepped in during Covid and generously prepared and delivered soup every other Friday to Cohasset Seniors. We are grateful for your support and kindness!
- Celebrity Chefs Dan Volungis, Jim Murphy, as well as Elinore Barrett for their help with our Mother’s Day Event.
- The Community Garden Club of Cohasset for assembling the floral arrangements for Mother’s Day.
- Dana Roberts from Water Street Flower Farm in Hanover for the donation and planting of flowers in the Willcutt Commons flower boxes.

COHASSET CARES CORNER  
By Siobhan Lynch

Si’s Safety Tip of the Month

Maintain your independence and quality of life in your own home by preventing unnecessary falls. Be aware of the environmental hazards and take action to remove fall risks from your home. Install hand rails and grab bars. Always wear shoes with traction and make sure area rugs have non-skid backings. Call Cohasset Cares at 781-383-9112 to help you stay safe in your own home.

SEND US YOUR BEST SHOT!

We miss you! Send us a picture of what you have been up to. Give us your best shot and your photo may appear in next month’s newsletter. Send your picture and a short explanation of the shot to: Rgibbons@CohassetMA.org.



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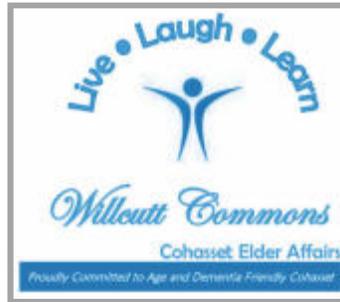
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*Recipe from Anna's Kitchen*  
**Asparagus with Eggs and Capers**

2 Tbs. olive oil  
1 lb. asparagus  
1/4 cup panko bread crumbs  
1/4 lb. prosciutto ham sliced thin  
6 large eggs  
1 Tbs. white vinegar  
1/4 cup capers (rinsed)  
shaved parmesan cheese  
salt and pepper to taste  
Italian bread for dipping

Heat a drizzle of oil in a skillet or grill pan on medium heat. Add asparagus and cook until lightly browned on one side.

Give asparagus a turn, then sprinkle them with the panko bread crumbs and toast for about two minutes until the panko is lightly browned.

Remove asparagus from heat. Wrap three spears at a time with a slice of prosciutto and lay in a serving dish. Scrape remaining toasted breadcrumbs on top of the asparagus.

Heat enough water plus one Tbs. vinegar to come one inch up the side of 12-inch nonstick skillet.

When water is simmering, crack the eggs into a shallow cup, then gently slip into the water.

Cover the eggs, remove from heat and set a timer for 5 minutes.

When eggs are done, lift them gently from the water using a slotted spoon, making sure water is drained.

Place eggs on top of the asparagus, sprinkle with capers and parmesan cheese.

Some nice Italian bread for dunking would be tasty!

*If you receive this newsletter by mail, PLEASE inform us in advance of a change of address. If you would prefer to read your newsletter online, call us at 781-383-9112 so we may remove you from our mailing list. A link to our most recent edition is available at: [http://www.cohassetma.org/Government/Departments/Elder Affairs](http://www.cohassetma.org/Government/Departments/Elder%20Affairs). To receive this newsletter by email, please contact Dian Picot at 781-383-9112.*