

City Of Quincy COVID-19 Update

Cont'd From Page 1

In other related COVID-19 news, the City of Quincy announced Monday that the due date for fourth-quarter property tax bills has been extended until June 1.

Deadlines for property tax exemptions and deferral applications are extended from April 1 to June 1.

The City of Quincy Park Department has also closed all basketball courts throughout the city due to a concern that people were not practicing proper social distancing.

What You Need to Know:

- On March 31st, Govern-

nor Charlie Baker extended a stay-at-home advisory and order for all non-essential businesses to extend closure through May 4th. The order does not apply to grocery stores, pharmacies and many other services deemed essential. For a full list of essential services included in the Governor's order, visit www.mass.gov.

• Governor Charlie Baker has issued an executive order to further extend the closure of all Massachusetts schools and all non emergency child care programs until May 4.

• A temporary emergency order has been issued that

prohibits the use of reusable bags until further notice. Retailers will provide bags free of charge during this time.

• The Governor also reduced the maximum number of group assemblies to 10 people, down from 25. Additional guidance on that order, can be found at www.mass.gov.

• A Wollaston Elementary School Grade 5 teacher, who was last in school on March 12, has tested positive for COVID-19. In a letter to Grade 5 parents, Quincy School Supt. Richard DeCristofaro asked that children in the class self-

isolate in their home until March 26 as a precaution, based on the recommendation from Health Commissioner Ruth Jones.

• All day-care facilities except Exempt Emergency Childcare Centers to serve families of first-responders and front-line medical personnel are closed.

• City offices are closed to the public. The City will still operate and offices will still be staffed, but residents will be required to conduct business via telephone, the Internet or through the mail. No emergency services will be impacted. A full list of department phone numbers and contact information appears on Page 18.

• All playgrounds in Quincy are closed, but park spaces are open.

• Students can pick up "Grab and Go" meals at North Quincy High School, Quincy High, Snug Harbor and Lincoln-Hancock. Meals will be available from 11 AM to noon. Additional details are available on QPS website.

• All restaurants and bars in Quincy are not allowed to serve food or beverages on site.

• Any gathering should maintain "social distancing"

meaning people stay further six feet away from each other at all times.

• All public regulatory boards are postponed until at least April 7.

• All public facilities will continue to undergo aggressive environmental cleaning on a daily basis.

• Mayor Koch will use \$1 million from the City's Affordable Housing Trust to assist workers in the City's hospitality industry and maintain their housing during prolonged closures. The full details of the program will be developed in the coming days.

Best Practices

• Residents in potentially vulnerable populations, such as seniors and those with underlying medical conditions, are advised to stay home.

• Many of the things you do to help prevent colds and the flu can help protect you against other respiratory viruses such as Coronavirus:

- o Avoid large gatherings.
- o Wash your hands often with soap and warm water for at least 20 seconds.
- o Cover your coughs and sneezes.
- o Stay home if you

are sick. If you are ill call your healthcare provider for instructions before going to a clinic, office or emergency room.

• There are currently no vaccines available to protect against this novel coronavirus infection. It is not recommended that people wear masks when they are in public. Masks can be useful in some settings, such as a clinic waiting room, to prevent someone who has a respiratory illness from spreading it to others. There is no hard evidence that wearing a mask protects the wearer outside of the health-care setting.

• Don't flush disinfecting wipes, paper towels or flushable wipes down your toilet. They can clog sewer lines and cause plumbing issues in your home.

Need More Information?

- Ruth Jones Health Commissioner (617) 376-1272 rjones@quincyma.gov
- City of Quincy COVID-19 Informational Hotline (617) 376-1288
- Mayor's Office of Constituent Services (617) 376-1500
- CDC COVID 19 Information Page
- Mass.gov

WHAT'S COOKING

with *Marie & Susie*

By MARIE D'OLIMPIO and SUSIE FALCO



Sally Lunn Batter Bread (No Need To Knead)

By MARIE

The wonderful aroma of homemade bread when we were growing up brought us all to the kitchen waiting for that bread to come out of the oven.

We would be ready and have fresh, oven-baked bread with butter which was the most delicious treat that anyone could have.

Our Baking Club baked a Lunn Batter Bread last week and it is one of those breads that does not need to be kneaded and it is very simple to make. I guarantee that if you bake this bread it will be gone in a flash.

Ingredients and Directions:

- 1 package of active dry yeast (one-quarter ounce)
- 1/2 cup warm water
- 1 cup warm whole milk
- 1/2 cup butter softened
- 1/4 cup sugar
- 2 teaspoons of salt

- 3 large eggs
- 5 and 1/2 to 6 cups of all-purpose flour

In a large bowl, dissolve yeast in the warm water.

Add the milk, butter, sugar, salt, eggs and 3 cups of flour.

Beat and mix until smooth.

Stir in enough of remaining flour to form a soft dough - do not knead.

Place in a greased bowl, turning once to grease the top.

Cover and let rise in warm place wait for it to rise, it will double in size this takes about an hour.

Stir the dough down.

Spoon in to a greased and floured 10-inch tube pan.

Cover and let rise until doubled, about another hour.

Bake in a 400-degree oven for 25 to 30 minutes until golden brown.

Remove from pan and place on a wire rack to cool.

Healthy 'Pudding Pops'

By SUSIE

When the warm weather arrives, ice cream will be on your children's list as well as your own as a must have for those longer evenings.

Here is an absolutely delicious and easy recipe taken from the Against All Grain blogger Danielle Walker. These taste exactly like the "pudding pops" that many of us grew up with and loved so much. These are good for you, taste amazing, and will be a hit with everyone. I promise.

Please do not substitute any other milk, because they will come out to "ice" and not creamy. ENJOY!!!

INGREDIENTS

- 2 1/4 cups full-fat coconut milk, divided (do NOT get "Lite")
- 2 1/2 teaspoons unflavored gelatin powder (I use the Vital Proteins brand which I get online from pasture raised cows)
- 1/2 cup pure maple syrup
- 1/4 cup natural cocoa powder
- 1 teaspoon vanilla extract
- Dash of sea salt



Instructions:

1. Place 1/4 cup of the coconut milk in a medium heat-proof bowl. Sprinkle the gelatin overtop and set aside to bloom for 5 minutes.
2. Heat the remaining 2 cups of coconut milk, maple syrup, cocoa powder, vanilla extract, and sea salt in a saucepan over medium-high heat for 5 minutes. Whisk the softened gelatin into the saucepan and continue whisking until all of the gelatin is dissolved.
3. Pour the liquid into popsicle molds and refrigerate to cool for 1 hour before placing into the freezer for 6 hours, or until set.

Lynch Supports CARES Act, COVID-19 Relief

Cont'd From Page 3

o **Child Care and Development Block Grant:** Supports child care and early education by providing \$3.5 billion for the Child Care and Development Block Grant. Massachusetts will receive \$45.3 Million under this emergency appropriation.

o **\$1.3 Billion in Direct Payments to Community Health Centers:** \$1.3 billion will be available to pay for costs of coronavirus-related care and for lost revenue.

o **Low-Income Home Energy Assistance Program (LIHEAP):** Provides \$900 million to help low-income families pay their heating and cooling bills. Massachusetts will receive \$10,963,000 for this purpose during this public health emergency.

o **Byrne-Justice Assistance Grant Program:** Provides \$850 million for this program, giving additional support to state and local law enforcement agencies, thereby allowing them, for example, to obtain the personal protective equip-

ment and other medical items they may need during this public health emergency. Massachusetts will receive \$17,227,538 under this appropriation.

o **CDC Coronavirus State, Local and Tribal Grants Minimum Awards:** Provides about \$750 million in CDC state, local, and Tribal Grants Minimum Awards to help agencies cope with the public health emergency. The minimum award for Massachusetts is \$12,944,000. In addition, states can apply for additional funds above their minimum award, based on their needs.

o **Election Assistance:** Provides \$400 million for Election Assistance Grants for states to help prepare for the 2020 elections. Coronavirus is already resulting in the postponement of some primaries and this funding can help states make voting safer for individuals. Funding can be used, for example, to increase the ability to vote by mail, expand early voting, and expand online registration. Massachusetts will receive \$8.3 Million for these purposes.

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