
Bolton Senior Center

Prime Time: Online

Tuesday November 10, 2020



View the Town of Bolton Covid-19 Guide

Updated November 1, 2020 – town.boltonct.org

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Director's Note

Dear Senior Center Friends,

This week as we honor our Veterans, we thank them for their service and dedication to our country. There are many different Veteran experiences, and it was wonderful to hear stories from so many of you last year at our Veterans Day gathering at the Senior Center. We know it is disappointing that we can't be together like usual, but I know all of you will keep the Veterans of our community and afar in your thoughts even more this year.

Stay Safe,

Carrie

Senior Center Status

The Bolton Senior Center building remains closed to the public.

- Drop-off or pick-up items Tuesday and Thursday from 2 p.m. to 4 p.m. only.
- The Food Pantry is available for pick-up and delivery: please call ahead.
- Transportation is available: please call ahead.
- Need delivery from Bentley Library? Tell Library staff when reserving your items.
- Borrow books or puzzles from the Senior Center! Call for more info.
- Free Zumba for seniors every Monday at 5:30 p.m.: email mrle99us@gmail.com
- Water Available! Plan ahead – Call us if you need some water to keep on hand!

Found Eyeglasses

We found a pair of eyeglasses in one of our puzzle boxes! If you think you might have left your glasses at the Senior Center, Give us a call at 860-647-9196.

In Remembrance

We extend our sympathies to the families of two Bolton Seniors we lost this month: Eric Galster and Jim Aufman. Our thoughts are with you!

Medicare Open Enrollment

Medicare Open Enrollment occurs every year from October 15 to December 7. The purpose is to select a healthcare plan for the upcoming calendar year (2021). This is an opportunity to compare Medicare plans and make a decision whether it is better to remain with your current plan or enroll in a new one.

To compare plans, for those who are comfortable exploring, go to Medicare.gov and use the plan finder. For more personalized recommendations, create an account and enter your own medications and preferred pharmacies to find out an estimate of cost.

You will automatically remain in your current plan unless you enroll in a new provider.

Does Medicare look like algebra to you? Feel free to call 860-647-9196 to schedule a time to speak to the Director of Senior and Social Services.

Energy Assistance This Winter

Energy Assistance is help paying for oil, propane, natural gas, pellets or electricity. Eligibility is determined by household income. All appointments will be conducted over the phone through ACCESS Community Access Agency at 860-450-7400. ACCESS will code for hardship to prevent electricity shut-off this winter and evaluate for matching payment plans and budget payment amounts.

Please note: all Eversource customers, regardless of income, are eligible for budget billing. Call 1-800-286-2828 to arrange.

Still struggling? We can help! For more information or for additional assistance, call Bolton Social Services at 860-647-9196.

Pen Pal Program

We have sent our list of Pen pals over to the school, and should be receiving our letters from the second graders. Stay tuned! We will be collecting the letters at the Senior Center to send to you! When you write your letter back, mail it back to the Senior Center at our address: 104 Notch Road Bolton, CT 06043.

Yoga with Lisa is moving to Zoom

You can join Lisa on Zoom on Monday, Wednesday, and Friday at 9:30 am starting on Monday, November 16th!

During the first week that the class switches over to Zoom—**November 16, 18, and 20**—chair classes will be FREE so you can try out the new format with no obligation.

After the first week, there will be a \$5 fee for these new Zoom classes.

How to pay/ Book a class:

- You will go to vagarog.com/yogawithlisa to make an account and then book classes there. That platform accepts payment for her via credit card.
- Once a class is booked, you will get an email with a link to click on to join the class so there are no Zoom meeting IDs or passwords to enter.

Facebook also has all of her past classes archived and available for rewatch under the “Videos” tab on Yoga with Lisa if any students can’t or don’t want to move to Zoom.

If you have any questions, feel free to contact Lisa on Facebook:

<https://www.facebook.com/yogawithlisact> , or by email at lisagaumond@gmail.com.

Veterans Day Recognition

A message from your Senior Inc. Board:

Your Bolton Senior Citizens Inc. Board will be supporting this effort as our yearly Veterans Day recognition. Thank you to ALL our veterans.

A group of Vietnam veterans and members of the Hebron CT American Legion Post 95 are in the process of erecting an Agent Orange Monument. Many military servicemen who served in Vietnam are suffering from diseases caused by Agent Orange which was used as a defoliant during the war. Many have already died.

Now we are erecting this monument as citizens. It will stand on Veterans Green at the intersection of Routes 6 and 316 in Andover. The monument will honor and remember the sacrifice these men and women made while fighting for their country.

Thank you Gerry Wright for championing this Monument.

Thanks to All who participated in Bingo

We had an amazing time doing Virtual Bingo last Thursday with some of you! John Curtin, Cheryl Udin, and Betty Wright all were able to participate (A special mention to Maureen Johnson who was unable to call in- we are still figuring out the kinks in Zoom and will hopefully be able to have people call in with a phone number soon! We missed you Maureen!) Everyone won at least one round of Bingo, and it was a shining success!

Virtual Bingo Round #2

Because the first round went so well, we are making virtual Bingo a monthly thing! We will be holding the next bingo session on Thursday December 3rd from 11:00 a.m. – 12:00 p.m. over Zoom with Stephanie. Email Stephanie at scrane@boltonct.org with the subject line “Bolton Bingo” or call us at 860-647-9196 and we will arrange a contactless pick up or delivery to bring a stack of printed bingo cards to you, and we will email you the Zoom invite for the game! If you are not sure how to use Zoom, shoot Stephanie an email or give us a call at 860-647-9196, to arrange a time to help you set up Zoom and practice with you so you feel more comfortable! No computer? No worries- you can also call in with a telephone number. 😊

We will award each game winner with a fun secret prize!



Senior Centers of West Hartford & Wethersfield
invite you to take a

VIRTUAL MUSICAL TRIP
'60s Satisfaction and Grab & Go
– psychedelic, bubblegum & Motown favorites

Wednesday, November 18, 2020
1:30-2:30pm



'60s Satisfaction'

Relive the musical era we all loved with former CT State Troubadour and Woodbury native, Pierce Campbell, on guitar and vocals, Tony Pasqualoni on bass. This fun duo will have you on your feet singing and dancing from start to finish and leave you smiling at the end of the show! It's the perfect party band. The name says it all. You'll be satisfied hearing your favorite '60s tunes from all the great artists like The Beatles, The Stones, Santana, Credence, Sam Cooke, Steam, The Boxtops, Procol Harum, The Moody Blues, The Foundation, The Turtles, The Doors, The Animals, Cream, Roy Orbison, Wilson Pickett and many more! Tie dye attire optional!

GRAB & GO

Pick up your Treat prepared by Arden Courts Executive Chef at 10:00am the morning of the show in the
ELMWOOD COMMUNITY CENTER PARKING Lot
Please wear your facemask and remain in your car during pick up.

Please email Deborah.kennedy@westhartfordct.gov or call 860-561-7583 to reserve your Treat ONE WEEK in advance

Co-sponsor: **Arden Courts** 
Memory Care Community

Holiday Program 2020

Are you interested in helping a Bolton family have a brighter holiday season?

The Bolton Social Services Department and St. Maurice Church continue our longstanding tradition of collaborating to bring holiday cheer to our neighbors in need.

This year we have some changes to our program to ensure the safety of all participants. We are offering many contact-less ways to help. Masks and social distancing practices are required.

Food Donations

- **Bolton Senior Center.** Drop off Tuesdays and Thursdays 2 p.m. to 4 p.m. or call 860-647-9196 to make other arrangements. Ring the doorbell upon arrival.
- **Bentley Memorial Library.** Drop off during all open Library hours. Call 860-646-7349 to tell them you are coming and ring the doorbell upon arrival.
- **St. Maurice Church.** Drop off at the church or parish center any time through December 19. Items also needed for Thanksgiving by November 21. Volunteers check the premises daily.

Giving Tree Gifts

- **Bolton Senior Center.** Pick up ornaments and/or drop off unwrapped gifts with the ornament attached on Tuesdays and Thursdays 2 p.m. to 4 p.m., or call 860-647-9196 for other arrangements. Ring the doorbell upon arrival.
- **Bentley Memorial Library.** Pick up ornaments and/or drop off unwrapped gifts with the ornament attached during all open Library hours. Call 860-646-7349 to tell them you are coming and ring the doorbell upon arrival.
- **St. Maurice Church.** A giving tree of bells is outside the parish center. Return unwrapped gifts with the bell attached. New warm clothing or fleece blankets are always welcome.
- **New this year – Bolton Social Services Department has an Amazon Wish list.** Shop online at https://www.amazon.com/hz/wishlist/ls/13HJG3Y8N88UB?ref_=wl_share
- **Don't want to shop? Monetary donations will be accepted.** Checks may be paid to the order of St. Maurice Church with "seasonal sharing" in the memo line. Donations to the Resident Assistance Fund may be mailed to 104 Notch Road. **Please deliver gifts to one of these locations by the week of December 6-13.**

Thank you for your generosity!

Turkey & Thirty

A Message from St. George's: For the past 8 years, St. George's has enthusiastically held a Turkey & \$30 drive on the Sunday before Thanksgiving. To date, we have collected 347 turkeys and raised over \$9,290 dollars. All proceeds have been given directly to Foodshare for donation to folks in need in Hartford & Tolland counties.

Like many traditions, this year we need to put our normal collection on hold. Foodshare has requested that, in lieu of an in-person turkey collection, we host an online fundraiser through their website to help make our neighbors' Thanksgivings a bit warmer and brighter.

Please consider making a donation to help your neighbor at www.foodshare.org/stgeorges

And until we can collect together in person, please enjoy this slideshow on facebook of our fun from years past! <https://www.facebook.com/StGeorgesBoltonCT>

Free AARP Events

Clean Food Cooking with Terry Walters – A 2-Part Series

11/18/20 @ 7PM: *From Harvest to Table*: Terry will explore how Mother Nature provides the nutrition we need to maintain balance and good health, and the options are especially abundant around the harvest. Terry's plant-based recipes are perfect festive and healthy additions for your holiday menus and every day! From homemade Cranberry Chutney to Wild Rice with Roasted Brussels Sprouts and Hazelnuts, Terry's original recipes are guaranteed to spice up your holiday and winter meals and support your good health at the same time. Registration: <https://aarp.cvent.com/Clean1>

12/2/20 @ 7PM: *Clean Food Holiday Gift Making*: Terry will showcase gifts of good health. This class will cover everything from one-dish casseroles fitting for family meals or holiday celebrations, to super-food dark chocolate bark, and homemade vanilla extract. In the name of self-care, you may be hard pressed to share these holidays' home-made gems. All of Terry's recipes will function equally well as templates for infinite variation. Registration: <https://aarp.cvent.com/Clean2>

AARP CT Webinar Wednesday: "Gen Silent": Join us for a screening of the documentary "Gen Silent" to hear the stories of LGBT older adults in Greater Boston dealing with the challenges and hopes of growing older. Since 2010, this film has inspired a world-wide movement of LGBTQ+ and aging advocates to create safe & welcoming community experiences for older adults and caregivers. The film will be available to view for 48 hours after the initial start time.

11/20/20 @ 12PM Registration: <https://aarp.cvent.com/GenSilent1120>

State-Wide Virtual Holiday Bash

Join the Senior Centers of Connecticut for a state wide virtual holiday party party on December 18th, 2020 from 1:00 p.m. – 2:30 p.m! This event will feature VIP greetings from around the state, holiday music, performances, entertainment and more! You do NOT want to miss such a fabulous event!

You will use the registration link (click on the PDF attached to the newsletter email) and register yourself. Once you register, you will receive a confirmation email with the webinar link.

Participants will receive a special goodie bag to enjoy during the celebration!

Please note the deadline to register is **November 23rd**.



YOU ARE INVITED!

DECEMBER 18TH
1 PM - 2:30 PM
A VIRTUAL GATHERING

It's a Wonderful Life

**Please Join Us for a
State-Wide Senior Center Virtual Holiday Bash**

Featuring VIP greetings from around the state, seasonal music, ballroom dancing performances, holiday vignettes celebrating diverse cultures and traditions and many more of our favorite things!

Pre-registration is required by November 23rd, 2020.

Questions? Email karen.green@ctcommunitycare.org

Light Laughter with Lynn



Virtual Veterans Day Celebrations

- A National Veterans Day Observance is being held at Arlington National Cemetery On November 11 this year. The U.S. Army Military District of Washington will conduct a Presidential Armed Forces Full Honor Wreath-Laying Ceremony. This ceremony will start at exactly 11:00 am, and will be streamed on their Facebook page at <https://www.facebook.com/VeteransAffairs>.

Within 24 hours following the ceremony, people can view photos from the Armed Forces Full Honor Wreath Ceremony at <https://apd.smugmug.com/Events/Nov-2020/n-CNjgGX/AFFHWC-iho-Veterans-Day>.

- The National Veterans Memorial and Museum offers an online ceremony at 10 a.m. Eastern Time live on Facebook and YouTube.

NVMM's Facebook page is at <https://www.facebook.com/NationalVeteransMemorialandMuseum/>

And its YouTube page is at <https://www.youtube.com/channel/UCixPiGqTSLPAjY4PKRMndg>.

- The NYC Vets Day Parade is a motorized convoy of 120 vehicles, and also features a Virtual Line of March, which will recreate the Parade experience online. On Veterans Day, the group will release one profile (text and images) of a regular Parade participant every 45-60 seconds on its NYCVetsParade Facebook and Twitter accounts.

Their Facebook page is at <https://www.facebook.com/NYCVetsParade/>

And the Twitter account is at <https://twitter.com/nycvetsparade>.

- Veterans Wall Ceremony: The Vietnam Veterans Memorial Fund's Veterans Day Ceremony at The Wall will be an online ceremony only.

The virtual commemoration is at 1 p.m. Eastern.
Visit <https://www.vvmf.org/honorservice> for more details.

Interesting Facts about Onions

Onions are a type of vegetable that are really a member of the bulb family.

Wild onions grow on nearly every continent. Onions have been a part of the human diet for more than 7,000 years. Archeologists have discovered traces of onions dating back to 5000 B.C., found alongside stones from figs and dates in settlements from the Bronze Age.

The first organized cultivation of onions started in Asia some 5,500 years ago. They quickly spread around the world, and became popular for their medicinal value and ease of storing in the winter.

There are 27 different types of onions. Onions are one of the easiest vegetables to grow. They will grow in just about any type of soil as long as they get sunshine and the right amount of water, but they will grow best in soil that is loose and acidic (has a ph. of 5.5 to 6.5).

They were grown in ancient Egypt, where their spherical internal structure was believed to be a symbol of eternal life (because of that they were important part of burial ceremonies).

Ancient Greek athletes ate onions as a strength-booster in the very first Olympic Games during the first century A.D.

In an old English Rhyme, the thickness of an onion skin was thought to help predict the severity of the upcoming winter. Thin skins mean a mild winter is coming while thick skins indicate a rough winter ahead.

In the middle Ages, onions were an acceptable form of currency, and was used to pay for rent, goods and services — and even as gifts!

During the American Civil War, onions were an important staple in the diet of the military on both sides. Field hospitals used onion juice to treat and heal wounds and prevent gangrene. At one time General Ulysses S. Grant's army was without onions. Grant wrote Washington stating that he would not move his army another mile lest he had onions. The War Department responded by sending a wagon train load of onions.

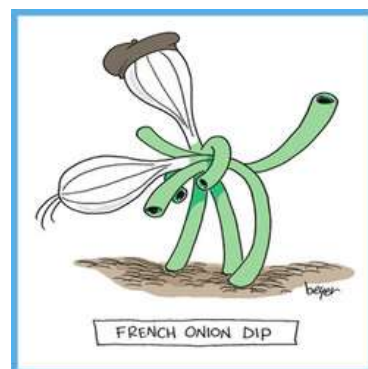
Onions are very healthy to eat. They are filled with complex sugars that keep our metabolism healthy, vitamins, minerals, dietary fiber, beta carotene, folate (one of the B vitamins), and they have no fat.

Onion juice is a very potent medicinal remedy that was used regularly over the last few thousand years by healers. Onion is strong antiseptic. During several famous wars, onions were used in to disinfect soldier wounds.

Slicing onions makes most of us cry, but why? The reason is that cutting into it releases sulfuric acid, which reacts with the moisture in our eyes to create a tearful reaction. One way to avoid this is to cut them under running water, or while submerged in a basin of water.

In Nebraska's Blue Hill, there is a law – quite a bizarre one actually. As per the law, if a woman wears a big hat that can intimidate a timid man, the woman will be forbidden from eating onions. Interestingly, that law exists in books!

Eating parsley will help get rid of that pesky onion breath!



Homemade Onion Powder

Why spend the money if you can learn how to easily make it yourself? Besides being a cost-saver, it also tastes better. Once you know how to make it yourself, you'll be able to keep this staple on-hand in your spice rack.

Ingredients

There is no great secret to onion powder. All you need is a few fresh onions. And, it's the perfect solution for using up those onions you bought last week that are just starting to get past their prime. In just an hour or so, you'll be able to produce enough onion powder to last you quite a long time. And, in addition to using it in soups and casseroles—it can also be used to make onion salt.

One or two onions are often enough for the average family of four to use for a very long time. And, if you want, you can always add more onions and to make a larger batch.

Preparation

Begin by peeling your onions and using a sharp chef's knife to chop them finely. Spread the onion pieces out on a tray and heat them in a 150-degree oven or place in a food dehydrator until dry. You'll know the onions are done when you can easily crumble the chopped pieces in your hand.

Allow the dried onions to cool before grinding into powder. You can easily grind them up with a coffee grinder, spice mill, food processor, or mortar and pestle. Keep grinding until the mixture reaches your desired consistency.

Storage and Shelf Life

Store your finished onion powder in an air-tight container in a cool, dry spot. You can also freeze any excess. As with any dried spice or herb, it's best to shake the container at least once a day for the first week so it doesn't glob together. And, shaking distributes any leftover moisture evenly and prevents mold from growing.

Onion powder has a surprisingly long shelf life. A commercially dried powder can last as long as three or four years. However, your homemade version may not meet such exacting standards. Depending on how well it's dried, expect your onion powder to stay flavorful for up to a year in a well-sealed container. Since this is so easy and cheap to make, you might even consider making a batch as often as twice a year.

A Word about Coffee Grinders

Although you have a few options, coffee grinders do a quick job when it's time for grinding any spice. You'll get the finest onion powder from a coffee grinder and you can always grind less if you prefer it a little coarser.

It is best to designate separate grinders for your spices and your coffee. Things like onions and garlic are very pungent and the smell can be very difficult to remove from the grinder.

Roasted Butternut Squash and Bacon Soup

<https://damndelicious.net/2014/12/10/roasted-butternut-squash-bacon-soup/>

INGREDIENTS:

- 1 butternut squash (about 3 pounds), peeled, seeded and cut in 1-inch chunks
- 1 onion, diced
- 1 red bell pepper, chopped
- 4 slices bacon, diced
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- Kosher salt and freshly ground black pepper, to taste
-

FOR THE SOUP

- 4 slices bacon, diced
- 1/2 teaspoon dried thyme
- 2 1/2 cups chicken stock, or more, to taste
- 1/4 cup crumbled goat cheese
- 2 tablespoons chopped chives
-

DIRECTIONS:

1. Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
2. Place butternut squash, onion, bell pepper and bacon in a single layer onto the prepared baking sheet. Add olive oil and garlic; season with salt and pepper, to taste. Gently toss to combine.
3. Place into oven and bake for 25-30 minutes, or until butternut squash is tender, stirring at halftime.*
4. Heat a large skillet over medium high heat. Add bacon and cook until brown and crispy, about 6-8 minutes. Transfer to a paper towel-lined plate.
5. Heat a large stockpot or Dutch oven over medium heat. Add butternut squash mixture and thyme, and cook, stirring occasionally, until fragrant, about 1-2 minutes; season with salt and pepper, to taste. Stir in chicken stock and puree with an immersion blender.
6. Bring to a boil; reduce heat and simmer until slightly thickened, about 5-10 minutes. If the soup is too thick, add more chicken stock as needed until desired consistency is reached.
7. Serve immediately, garnished with bacon, goat cheese and chives, if desired.

Veterans Day

Tomorrow is Veterans Day, and here at the Senior Center we want to take the time to thank all of our Veterans for your service and dedication to our country! We would not have all of the freedoms we have today if it wasn't for your sacrifices. When googling the history of Veterans Day, I found a pretty cool factoid- Connecticut was home to the highest percentage of World War II veterans as of 2018, at 7.1 percent!

We normally have a Veterans Day luncheon every year at the Senior Center, but obviously this year things are a little bit different. Below is a picture from last year's Veterans Day Lunch!



On Veterans Day

While we were here at home,
They traveled land and sea,
To make sure we stayed safe,
To protect and keep us free.

Words are not enough
To give them what they're due.
On Veterans' Day, please thank them
For their service, to me and you.

By Joanna Fuchs



-The Bolton Senior & Social Services Staff