
Bolton Senior Center

Prime Time: Online

Wednesday November 18, 2020



View the Town of Bolton Covid-19 Guide

Updated November 1, 2020 – town.boltonct.org

Keep In Touch! (860) 647-9196

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Director's Note

Dear Senior Center Friends,

We're lucky it has been a rather mild November besides the cold snap this morning. Between the drought, the tropical storm, high wind, October snow, and an east coast earthquake, it seems like we have seen quite a bit of everything this year! After getting through all of that, the garden season has come to a close. Although, at least for me, one item remains strong – the sturdy green onion!

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.

Pen Pal Program

Most of our second graders have written their letters, so look out for them soon! We will be sending them in the mail within the next week! 😊

Medicare Open Enrollment

Medicare Open Enrollment is going on until December 7! 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 for the upcoming calendar year (2021).

To compare plans, 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.

If you have questions, 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.

Free Pet Food

Regency Relief is providing FREE pet food on Wednesday, December 9 from 2 p.m. to 4 p.m. DRIVE THROUGH ONLY in the parking lot of Bolton Senior Center. Come by during that time for 3lb bags of dry cat food, dry dog food, or one of each!

Yoga with Lisa on Zoom

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

The class switched over to zoom this week and for this week ONLY, chair classes are FREE so you can try out the new format with no obligation. Check it out this Friday, the 20th!

After this 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.

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 Food share for donation to folks in need in Hartford & Tolland counties.

Like many traditions, this year we need to put our normal collection on hold. Food share 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>

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!

Register by Monday, November 30th to participate!



Senior Shout outs!

“I just wanted to say Happy Thanksgiving to my friends here at the Senior Center.” –
Thanks, John Curtin

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!

Holiday Light Tour here in Bolton!

Do you decorate the outside of your house for the holidays? Let us know by Thursday, December 3rd and you can be listed on our map to join in the Holiday Light Tour around town! Join us in giving the families in our community the chance to see your outdoor holiday lights and vote for their favorite! To be listed on our map go to boltonrec.recdesk.com to register your house. Maps will be available to the public on the Town website Monday December 7th, 2020. Voting will be done online only with a link listed on the map!

Virtual Tree Lighting- Saturday 12/5/2020



Join the Bolton Recreation Department by tuning in to Community Voice Channel at 7:00pm on Saturday December 5th to be a part of our annual tree lighting here in Bolton. Since we cannot be together in person we wanted to bring the annual event to your screens at home! Get your family together, warm up that hot cocoa, make yourselves a snack and help Santa and our staff count down to the lighting of the tree. The gazebo will continue to be lit up for the entire month of December for all community members to enjoy!

Free AARP Events

Clean Food Cooking with Terry Walters

This 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.

December 2, 2020 @ 7PM Registration: <https://aarp.cvent.com/Clean2>

AARP CT Webinar Wednesday: Creating Virtual Connections w/ Gary Ware!

Join Gary, Creative Catalyst from Breakthrough Play as he offers ways to use your imagination and creativity to make your winter and holiday fun and creative for the whole family!

December 9, 2020 @ 1PM Registration: <https://aarp.cvent.com/GaryWWDec9>

AARP CT Webinar Wednesday: Caregiver Roadshow for CT Families

Take a journey through the experiences of family caregivers, the backbone of our health care system. Learn about support for caregivers and care recipients, as well as choices to live safely and independently. Learn to navigate and connect to resources to gain an understanding of care options and costs.

December 16, 2020 @ 7PM Registration: <https://aarp.cvent.com/WWCareDec16>

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!

The Holiday Bash is a webinar on Zoom. Participants need an email and a computer, smartphone, or tablet to watch. The webinar format means they will be able to watch and listen to the entertainment but will not be on video or be able to be heard. For optimal experience they should watch and listen through a computer, smartphone or tablet.

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

<https://cthealthyliving.org/events/statewide-senior-center-holiday-bash/>
[Participant Registration Form Holiday Bash](#)

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

Please note that you CAN register after November 23rd, you just won't receive a gift bag!

It's A Wonderful Life
DECEMBER 18TH 1 PM - 2:30 PM
A VIRTUAL GATHERING FOR
CT SENIOR CENTERS

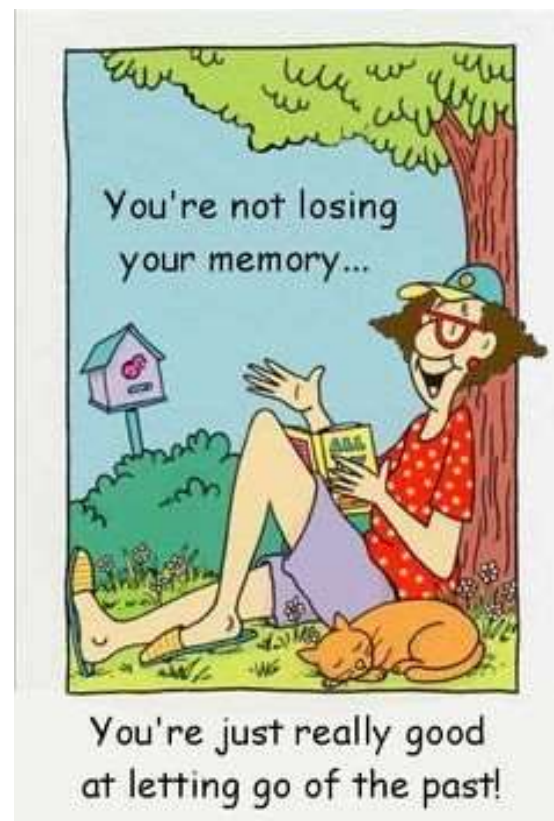
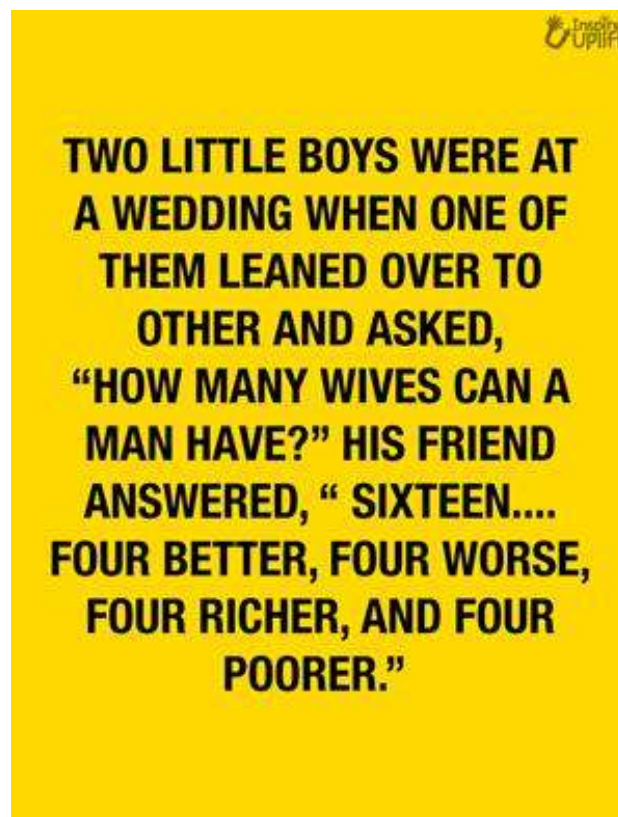
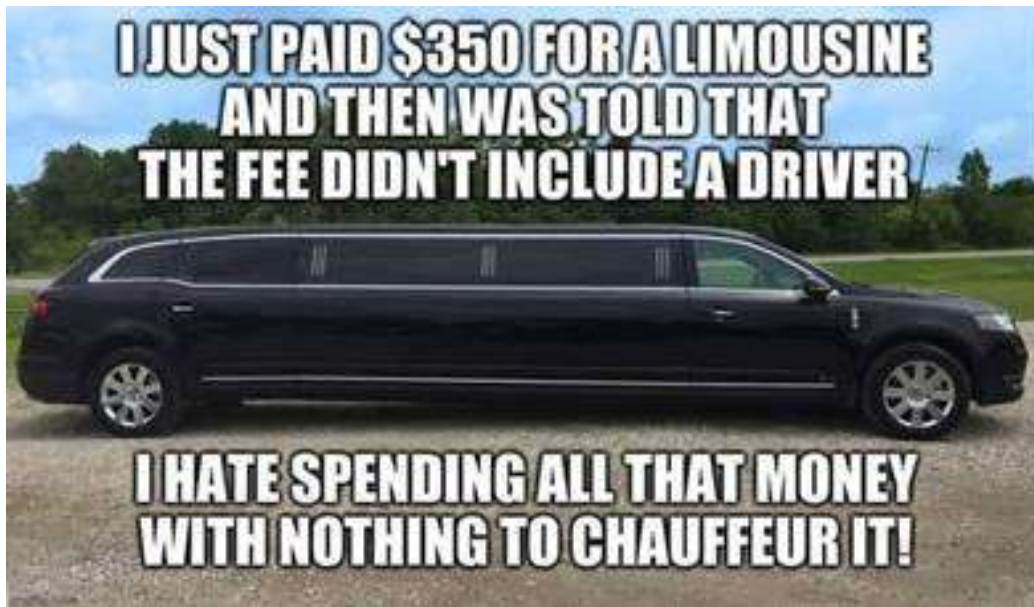
Renee DiNino, Master of Ceremonies
Loretta Laroche, Stress Expert & Humor Consultant
John Banker, Musician & Entertainer
CT State Officials with Holiday Greetings
Val Ramos, Flamenco Guitarist
Fred Astaire Ballroom Dancers

Scheduled to Appear

Gina Berreca, Humorist
Yale Trombone Quartet
Hartford Gay Men's Chorus
Branford Music Makers

Lyra Ross-Norman, International Opera Star
Stephen Fries, On the Food Scene
Ledyard High School Chamber Orchestra
The Mark Twain House and Museum
CT Dance Academy Performance Team
And more of our favorite things!

Light Laughter with Lynn



Interesting Facts about Sweet Potato

Sweet and regular potatoes are both considered root vegetables but are only distantly related. Both are tuberous, starchy root vegetables, but they're not part of the same botanical group – members of the potato's extended family include tomatoes and peppers, while the closest relation to the sweet potato is the morning glory flower.

In Central America, domesticated sweet potatoes were present at least 5,000 years ago. They spread very early throughout the region, including the Caribbean and what is now the southeastern United States. Sweet potatoes were grown in Peru as early as 750 BC.

The natives called the plant *batatas*. This word eventually became *patata* in Spanish, *patate* in French and potato in English. Since the introduction of the sweet potato into Europe is thought to have preceded that of the Irish potato, the word "potato" may have originally been a reference to the sweet potato and not the Irish potato as is the case today.

Native Americans were growing sweet potatoes when Columbus arrived in 1492. Christopher Columbus liked the vegetable so much that on his fourth voyage, he took some home to grow in Europe.

The sweet potato, especially the orange variety, is often called a "yam" in parts of North America, but is botanically very distinct from true yams.

The sweet potato became a favorite food item of the French and Spanish settlers and thus continued a long history of cultivation in Louisiana. "Yam" also refers to sweet potatoes that are grown in Louisiana. When the orange-fleshed, Puerto Rican variety of sweet potatoes was adopted by Louisiana producers and shippers, they were called "yams" to distinguish them from the white-fleshed sweet potatoes grown in other parts of the country. The yam reference became the trademark for Louisiana-grown sweet potatoes.

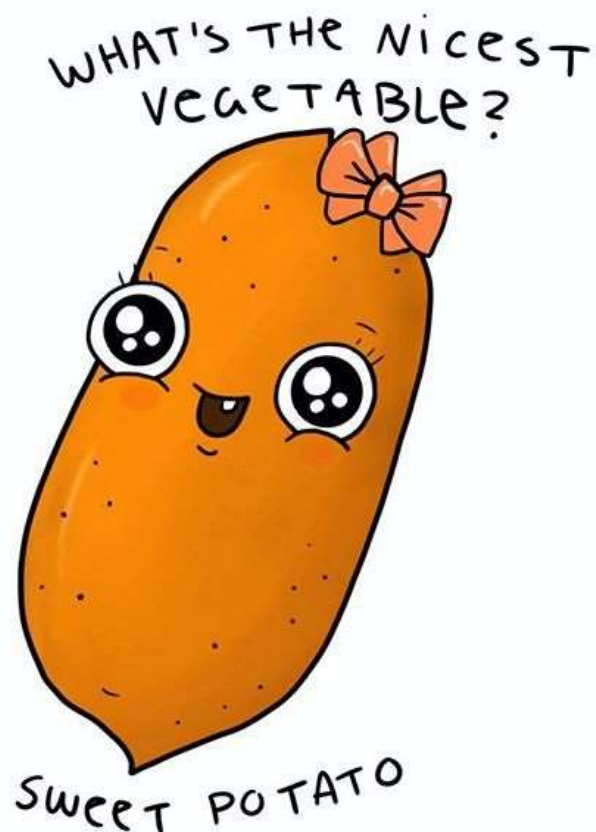
Before George Washington became a general and the first U.S. President, he was a sweet potato farmer.

George Washington Carver worked extensively with the sweet potato. He developed 118 different products from sweet potatoes, including a mucilage for postal stamps, an economic method for sizing cotton fabrics, dehydrated food and an alternative to corn syrup. Also, in 1896, Carver was appointed head of the Agricultural Department at the Tuskegee Institute where he showed the value of soil regeneration by planting sweet potatoes as the rotation crop for cotton. Carver demonstrated successfully that a diet of peanuts and sweet potatoes could achieve nutrition economically.

In 1918, during WWI, when the supplies of wheat flour were falling behind, the USDA utilized sweet potato flour to stretch wheat flour in all baked goods.

Sweet potatoes are a versatile root vegetable can be boiled, baked, roasted, fried or barbecued. The orange-and red-fleshed forms of sweet potato are particularly high in beta-carotene, the vitamin A precursor. Rich in starches for energy, sweet potatoes also contain complex carbohydrates, dietary fiber, protein, Vitamin C and Vitamin B6. Sweet potatoes are relatively low in calories (about 115 calories per 100 gram serving) and are also a source of calcium, magnesium and potassium.

If handled gently, unwashed sweet potatoes can store well for weeks or even months in a dry, cool location. Washing sweet potatoes before storage promotes spoilage. The refrigerator is not an optimal place to store fresh sweet potatoes because if stored that way, they develop an off-taste and a hard core in the center.



Sweet Potato and Apple Casserole

Ingredients:

- 3 sweet potatoes, peeled and quartered
- ½ cup firmly packed brown sugar
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 2 golden delicious apples, peeled, cored and cut into rings
- Topping:
 - ¼ cup flour
 - ¼ cup firmly packed brown sugar
 - ¼ cup butter
 - ¼ cup chopped pecans (optional)

Directions:

1. Place sweet potatoes in a large saucepan with enough water to cover. Bring to a boil and cook for 25 minutes or until tender but firm. Drain, cool and cut into ¼ inch slices.
2. Preheat oven to 350 degrees. Lightly grease a baking dish.
3. In a small bowl, mix brown sugar, cinnamon and nutmeg.
4. Layer sweet potatoes, brown sugar mixture and apples in the baking dish.
5. In a medium bowl mix flour, brown sugar, butter and pecans. Sprinkle over the sweet potatoes.
6. Bake for 30 minutes or until lightly browned.



Sweet Potato Fries

Ingredients:

- 2 pounds sweet potatoes, peeled
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon salt
- ½ teaspoon black pepper

Directions:

1. Heat the oven to 400.
2. Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long, and toss them with the oil.
3. Mix the spices, salt and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out on 2 rimmed baking sheets.
4. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes. Serve hot.



Q: How do you cheer up a baked sweet potato?

A: You butter him up.

-The Bolton Senior & Social Services Staff