
Bolton Senior Center

Prime Time: Online

Wednesday, Nov 4th, 2020



View the Town of Bolton Covid-19 Guide

Updated November 1, 2020 at town.boltonct.org/covid19

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Director's Note

Dear Senior Center Friends,

What a strange year this has been! An October snowstorm! I guess the expression "once in a blue moon" actually applies here. And now we are back to the beauty of fall! We can enjoy it just a little longer. Enjoy the fresh air this week!

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.
- Free Zumba for seniors every Monday at 5:30pm: email mrle99us@gmail.com and provide her with your phone number. You can use any device to connect to Zumba class.
- Water Available! Plan ahead – Call us if you need some water to keep on hand!

Need assistance in a different way? Please call us and ask!

Found Eyeglasses!

We found a pair of eyeglasses in one of our puzzle boxes! We are trying to figure out who told us they were missing glasses. If you think you might have left your glasses at the Senior Center, Give us a call at 860-647-9196.

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 be a savvy consumer. Watch out for sales tactics.

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.

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 a Covid-19 payment plan for up to 24-months, with no shut-off of service for the duration of the payments. Budget billing is also available for all households. 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.

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.

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 by the first or second week of November! 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:

Bolton Senior Center
104 Notch Road,
Bolton CT 06043

Senior Inc. Treasurer

Senior Inc. is looking for someone to become their new treasurer. A big thank you to Arlene Giglio for all of her help. Or just want to be a Senior Inc. Board member? Let us know! All welcome (yes, out of towners too!)

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 Wishlist.** 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!

Zoomed Out

At the beginning of the year, I'm sure most of us had never even heard the word Zoom. And now it is something you are hearing about all of the time. Some of you feel like you don't understand it or want to avoid it at all cost, some of you are sick of it, and some are indifferent. I get it. Like you, I had never even heard of it when this all started. I will be the first to tell you I am not a fan of cameras, so using Zoom a lot took some adjustment time.

The problem is, as we head into the winter, and the numbers are not looking very promising right now, we are in a bit of a dilemma. It is very hard to connect as a community when there is a lack of participation in the one of the few tools we have to use right now to feel that sense of companionship.

So, I would like to hear from you. What is the biggest concern about using Zoom? Have you tried it and not liked it? Are you intimidated? We are working on some wonderful programs that we would really like you to enjoy and we would like to help you get to that point!

For those of you unfamiliar with the technology, I would like to give an explanation. Basically the idea of Zoom is to see and hear each other at the same time as if we were in the same room. The camera part is optional, so if you really feel the need to not be seen, that is just fine! You can also be muted, so you don't need to say anything either!

And, you may not know, you can participate on Zoom from any ordinary telephone. Yes, even a landline phone. That way you would hear everything being said but you would not be seen and you wouldn't be able to see any other participants. So for people who tell me they can't join Zoom, you absolutely can, it is just like making a phone call.

The key to connecting is knowing the meeting ID number. That basically tells the technology what room you want to enter so everyone ends up in the same place. Sometimes there is a password given as a security measure, or the meeting host may have you sit in a figurative waiting room to approve your entry into the group. Again, those are just ways to make sure that only the people involved in the group get to join in.

On the phone, you would start with a regular telephone number and then enter the Meeting ID when asked. When using other technology, there are a couple options to pick from. For those of you who like smart phones or tablets there is a Zoom app you can download. Then you select "Join a meeting" and it will ask you for the meeting ID. If you don't want to do that, or if you want to use your own computer, there is a Zoom website where you can do the same thing. And when invited to the group, there is a link provided and you can just click on it to join so you don't even have to pay attention to

the Meeting ID. Again, these are all different ways to connect and you can pick the way that makes you the most comfortable.

Does this sound like Greek to you? That's okay. Please ask any of us and we are happy to walk you through it or set up a practice meeting if that will make you feel more prepared. Many people have told me they were intimidated the first time and then were pleasantly surprised to find out they could connect with no trouble.

We can't wait to "see" you (or hear you!) soon! - Carrie

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.

Eastern Highlands Health District Flu Shot Clinic



**DON'T TAKE THE RISK THIS SEASON
GET THE FLU VACCINE.**

Saturday, November 7, 2020

11:00am-1:00pm

(while supplies last)

Mansfield Middle School

205 Spring Hill Rd

Mansfield, CT



Join us for a
Drive-Thru Flu Clinic

Free Adult* Flu Vaccines

*(19 years old or older)



To help ensure the safety of our team and patients social distancing practices will be enforced, vaccinators will be wearing masks, gloves and face shields and all patients will be required to wear a face mask and answer COVID-19 screening questions.

Bring a completed [consent and screening form](#) for each adult receiving the vaccine.

For more information call

860-429-3325 or go to: <http://www.ehhd.org>

These are the standard dose **not** the high-dose vaccine.

Please remember to wear short-sleeves for vaccine administration. You will remain in your vehicle.

*Preventing Illness & Promoting Wellness for Communities In Eastern Connecticut
Andover • Ashford • Bolton • Chaplin • Columbia • Coventry • Mansfield • Scotland • Tolland • Willington*

Musical Morning & Treat Take Away

Your Favorite Musician is Back to entertain you virtually in your homes. Before the shows, pick up a delicious treat prepared by the Executive Chef of Brookdale Chatfield to enjoy during the performance!

Veterans Day Tribute With Walter Martin

Tuesday, November 10, 11:00 AM

We hope you will join your senior center friends virtually on Zoom for this Patriotic Musical tribute to our Veteran's featuring the smooth, rich sounds of Walter Martin.



Pick up your Treat at 9:30AM 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 or for more information.

Co-sponsor:



Virtual Programs

- **New England at 400, From Plymouth Rock to the Present- Saturday November 7th @ 2:00 pm-** Prof Eric Lehman discusses how generations of natives and other groups have impacted the area. to register email programreg@lymepl.org
- **Why She Plays-the World of Women's Basketball- Tuesday November 10th @ 1:00 pm** to register email one week prior, senior@granby-ct.gov
- **Wellness Wednesdays-Seasonal Affective Disorder- Tuesday Nov 11th @2:30 pm-** to register email susan.gouin@southwindsor-ct.gov
- **Nutrition & the Anti Inflammatory Diet- Wednesday November 11th @ 12:00 pm-** to register call Hartford Healthcare at 1-855-442-4373
- **Wellness Wednesday-Coping with the Pandemic- Wednesday Nov 18th @ 2:00 pm-** to register email agrace@trumbull-ct.gov
- **Gen Silent-Stories of Older LGBT adults. Friday November 20th @ 12:00 pm**
To register visit <https://aarp.cvent.com/GenSilent1120>

State-Wide Senior Center Virtual Holiday Bash

Join the Senior Centers of Connecticut for a state wide virtual holiday party party on December 18th, 2020 from 1:00pm – 2:30pm! 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 (in pdf's attached to newsletter email) and register yourself- the email you use to register is the one you will use to tune into the webinar. There will be a call-in number for those without a computer. Once you register, you will receive a confirmation email with the webinar link. Reminders will go out 1 month, 1 week and 1 day in advance as well 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**

**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

Free AARP Events

Clean Food Cooking with Terry Walters – A 2-Part Series for AARP CT Webinar Wednesdays

These 1-hour virtual Clean Food programs are designed to inspire, empower, and engage the attendees to make positive lifestyle changes through easy, healthy, and delicious recipes shared from the virtual clean food kitchen. Programs are general enough to allow for last minute changes to accommodate the ever changing environmental and societal needs we find ourselves faced with in 2020.

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>

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>

Light Laughter with Lynn

**I got thrown out
of my local park
after arranging
the squirrels by
height.**

**They didn't like
me critter sizing.**



Interesting Facts about Celery

- Celery is native to the Mediterranean region and the Middle East. Its ancient form looked similar to smallage (wild celery). The word "celery" is from the Greek *selinon*, "parsley."
- The ancient Greeks and Romans wove celery leaves into the victory crowns of star athletes. One of the earliest mentions of celery is in Homer's *The Iliad*, where the horses of Myrmidon grazed on the wild plant.
- While wild celery was used historically as medicine or seasoning, its cultivation as a food began Italy and France in the 1600s. Celery was first mentioned in English in 1664 by John Evelyn, who spelt it sellery.
- Celery was used to treat a variety of ailments, such as toothache, insomnia, heartburn, rheumatism, anxiety, and arthritis.
- A good source of Vitamin K, one cup of celery contains about 30% of the recommended daily intake.
- Researchers believe celery nourishes the stomach, colon, and intestines due to the presence of chemical constituents, such as flavonoids, tannins, volatile oils and alkaloids that control the level of gastric acid released while also improving the level of protective mucus.
- Contrary to popular belief, celery is not a "negative-calorie" food—a type of food that takes more energy to burn than what the food contains.
- All parts of celery are edible. The leaves are used as a flavoring as an herb and the seeds are often used in pickle recipes. Celery is often served as a “major plate vegetable” rather than an additive to salads or soups.
- Celery seeds contain an odorless and oily compound known as NBP that has a diuretic effect and helps the body detox. Celery is rich in both sodium and potassium, and both of these minerals help regulate the fluid balance in the body.
- Dr. Brown's Cel-Ray has been sold in the United States since 1969. The soda gets its flavor from celery seed extract.
- Celery contains psoralens, a type of chemical that could, if applied directly to the skin, cause it to become highly sensitive to UV light.
- Along with peanuts, celery is part of a small group of foods that provoke severe allergic reactions. People who are allergic to celery can suffer from fatal anaphylactic shock. Even cooking celery does not destroy the allergens. While peanut allergies are most prevalent in the United States, celery allergies are most common in Europe.

- There is a museum in Michigan called Celery Flats. It features, not surprisingly, celery.
- Celery root is a celery variety grown for its underground tuber, rather than its green, celery-like stalks. The root is usually harvested when it's three to five inches across. Beneath the rough, gnarled skin is white, crisp flesh with a celery-parsley-like flavor.



In the 1960s, Jell-O offered celery-flavored gelatin mix.

Cream of Celery Soup

Prep time: 15 minutes

Cook time: 45 minutes

Yield: Serves 4 to 5

INGREDIENTS

3 tablespoons butter, divided into 2 Tbsp and 1 Tbsp

1 cup chopped onion

1 1/2 cups sliced leeks, white and light green parts only

1 large bunch or 2 small bunches celery (5 cups chopped for the soup, 1 1/2 cups diced for the topping)

2 cloves garlic, minced

2 bay leaves

4 cups chicken stock

1/2 teaspoon to 1 1/2 teaspoons of salt, to taste

1/4 to 1/3 cup of cream

Freshly ground black pepper to taste

Fresh chopped chives or parsley for garnish

METHOD

1. Melt 2 tablespoons butter in a thick-bottomed 4 to 5 quart pot on medium heat. Add the diced onion, the leeks, and 5 cups of the chopped celery.

Cook on medium heat for 10 minutes until softened. Add the minced garlic and cook for a minute more.

2. Add the chicken stock and bay leaves to the pot. Taste for salt and adjust to taste.

Increase heat to bring to a boil, reduce heat to low and cover. Simmer for 15 minutes.

3. In a separate small sauté pan, melt 1 tablespoon of butter on medium heat. Add 1 1/2 cups of the remaining diced celery to the butter.

Ladle 1/2 cup of the simmering stock from the soup pot into the sauté pan. Simmer on low for 5 or 6 minutes to soften the celery. Set aside.

4. Remove the soup pot from heat, let cool slightly. Remove and discard the bay leaves. Working in batches, purée the soup in a blender, filling the blender no more than a third full at a time (keep your hand on the lid so the hot liquid doesn't explode). Return the puréed soup to the pot.

5. Stir in the cream and the braised diced celery. Taste for salt and add more if needed. Sprinkle with freshly ground black pepper and chopped chives or parsley to serve.

from Simply Recipes ~ https://www.simplyrecipes.com/recipes/creamy_celery_soup/

Election Anxiety and the future with Steph

As I write today's newsletter, I keep refreshing google trying to get new results for the election. It is VERY close right now, with the candidates within a few electoral votes of each other. Things are very tense right now in this country, and I think I can speak for all of us when I say that I am anxious, exhausted, and worried about the election results and the aftermath of this election season. We are so polarized at the moment, with each side very against each other and spewing hate and anger and blame. I can't speak for my peers, but I feel that this country needs to heal. We need to regroup, and work together to try rebuild things. The virus is not over, it is going to be a long road and we need to put aside our differences and try to work towards a positive solution. I am disappointed by all the hate, I am tired of hearing each party blame each other for all of the issues we are facing. I pray that there is an end in sight and we give each other the space and grace to come out of all of this in one piece. All we can do now is wait and see what happens. And whatever happens, I hope that we can all agree to move forward and not allow this to be a reason to fall apart and turn against one another. Stay positive, and love thy neighbor!



stay positive

Best,

-The Bolton Senior & Social Services Staff