
Bolton Senior Center

Prime Time: Online

Wednesday, October 14th, 2020



**View the Town of Bolton Covid-19 Guide
(Updated August 1, 2020)**

https://town.boltonct.org/vertical/Sites/%7B30EEBA3C-BE1C-42AE-911F-0E304A672785%7D/uploads/COVID19_Bolton_Operations_Manual_8.1.2020.pdf

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Director's Note

Dear Senior Center Friends,

How are you doing this week? Just sending along a quick hello. We are thinking of you! And a friendly reminder that we would love to hear more from you! We love it all – jokes, photos, stories, or anything else you would like to share.

Stay Safe,

Carrie

P.S. NEW! We have a secure drop box at the Senior Center front door. Drop off any paperwork to us there.

Missed a recent edition of Primetime Online? Catch up here! All back issues are now available at <https://bolton.govoffice.com/primetime>

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.
- Chair yoga: www.facebook.com/YogaWithLisaCT
- 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.
- Water Available: Reminder – it is still hurricane season. If you need some water to keep on hand before the next storm – please call the Senior Center.

Town Updates

The Town Administrator would like to share your stories! He is looking for stories about your activities, accomplishments and achievements during Covid-19 that you would like to share with your friends and neighbors. These stories will be shared on the CVC channel live the first and third Tuesday at 10:30 a.m. or online at cvct.org. Send any information to townadmin@boltonct.org.

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.

There are two broader categories to choose from: a Medicare Part D drug plan or a Medicare Advantage Plan. Note: if you have a retirement benefit plan, you do not participate in this selection.

Important reminders

- Select your plan based on your own healthcare needs. This is not the time to take word of mouth recommendations from a loved one. What works for them may not work for you.
- Similarly, don't select a plan just because you recognize the name. It is better to compare the yearly cost.
- Be a savvy consumer. Watch out for sales tactics.

To compare plans, for those who are comfortable exploring, go to [Medicare.gov](https://www.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. Keep in mind that elements of your plan may have changed and your health needs may have changed too. On a positive note, many plans are supposed to be offering more affordable insulin coverage this year, so it would be worthwhile to see if your plan includes this provision.

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.

November 3, 2020 Presidential Election Information

In person voting will take place at the Bolton Center School (108 Notch Road) on November 3, 2020 from 6am until 8pm. We encourage you to return absentee ballots (if you are voting this way) to the secure ballot box outside Town Hall.

The Coventry Housing Authority

The Coventry Housing Authority is now accepting applications for low income Section 8 (annual income limit: \$21,600) and low-income state Elderly/Disabled housing (annual income limit: \$54,950). Interested parties may pick up an application at the Coventry Housing Authority, 1630 Main St, Coventry, CT. Applications must be postmarked/delivered by October 31, 2020.

For more information, please call 860-742-5518

Halloween Drive-By Event- Cancelled

The Town has decided to not hold any Halloween events this year. Our drive-by event is cancelled.

Pen Pal Program!!

The Senior Center is pairing up with Bolton Center School's Second grade for a fun pen pal program! Email or call to let us know that you are interested! We will pair you up with a second grader who will write you a letter. Senior Center staff will collect the letters from the kids, and distribute them to you. From there you can write a letter back and mail it to the senior center for us to bring back to the school!

The kids are so excited to hear from you and practice their writing skills, while learning more about you!

If you are at all interested, please let us know, we have only had a few people contact us about pen pals, and we need a few more to run this program.



Town Wide Tag Sale!!

Bolton Fall Tag Sale Weekend October 17, 2020

Address of Tag Sale	What is being Sold
15 Fernwood Dr Bolton CT	A little bit of everything!
106 School Rd Bolton CT	A computer desk, chair and other miscellaneous items
16 Birch Mountain Rd Extension Bolton CT	Furniture, lamps, mirrors, glass-ware, screen door and more
58 Notch Rd Bolton CT	Family is downsizing and will be selling 50 years of goodies!
73 Notch Rd Bolton CT	Vintage/Antique Decor, Toddler Bed, "Hardware", assorted household
158 Brandy St Bolton CT	Misc. household, furniture, vintage jewelry, cookbooks
22 Lori Rd Bolton CT	Furniture, Toys, Sporting Equipment, Household items
38 Lucks Way Bolton CT	Toys, children's play furniture, children's books, small household items and tools
42 Maple Valley Rd Bolton CT	Assorted Goods!



Fire Prevention!



Scarecrows seen on Main Street, Manchester.



Cooking Safety

Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number one cause of home fires and home injuries? By following a few safety tips you can prevent these fires.

"COOK WITH CAUTION"

- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

If you have a small (grease) cooking fire and decide to fight the fire...

- On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
- For an oven fire, turn off the heat and keep the door closed.

If you have any doubt about fighting a small fire...

- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 or the local emergency number from outside the home.



Cooking and Kids

Have a "kid-free zone" of at least 3 feet (1 metre) around the stove and areas where hot food or drink is prepared or carried.

FACTS

- ❗ The leading cause of fires in the kitchen is unattended cooking.
- ❗ Most cooking fires in the home involve the kitchen stove.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

Your Logo

Free AARP Events

AARP CT Webinar Wednesday: AARP CT, Yoga @ Age 50+: Introductions & Insights:

October 21, 2020 @ 7PM Registration: <https://aarp.cvent.com/Yoga1021>

Join AARP CT & the Yoga in Our City Program for an introduction to the principles of yoga and what to expect when beginning one's personal practice. Gain insights into how to build a sustainable practice - both mentally & physically.

10/15/2020 @ Noon: Animal Health & Wellness

Just like people, animals at the Zoo go in for regular visits and check-ups at the Animal Clinic. Animals in human care have longer lifespans than animals in the wild, and that is due largely in part to the outstanding care they receive from Zoo staff. Learn more at this session about how they measure an animal's health, including how they train them to participate in their own wellness check. Registration: <https://aarp.cvent.com/Zoo15>

10/22/2020 @ Noon: Endangered Species

Connecticut's Beardsley Zoo has a proud history of almost 100 years as Connecticut's only Zoo. As an accredited member of the Association of Zoos and Aquariums (AZA) and participant in its Species Survival Plan (SSP) programs, they are committed to the preservation of endangered animals and are actively developing strategies that will protect species and preserve their wild habitats. At this session, Zoo staff will tie the previous sessions together (register separately for 10/1, 10/8, & 10/15) to show how everything they do at the Zoo actively works to protect endangered species around the world.

Registration: <https://aarp.cvent.com/Zoo22>

FEATURED FRAUD EVENT: October 20, 2020 @ 3PM – 4:30PM *When Trust is Betrayed: A Cautionary Tale to Combat Elder Abuse:*

AARP is committed to fighting fraud and abuse in any form giving you the tools and resources you need to protect yourself and your family. Join us for a 90-minute virtual session to hear from former San Diego Deputy District Attorney **Paul Greenwood**, whose vast legal career and experiences will take you through his journey of pursuing justice on behalf of older adults. Additional remarks from the State Long Term Care Ombudsman, Director for Protective Services to the Elderly, United States Postal Inspection Service, AARP Fraud Watch Network, Quinnipiac University and more! You won't want to miss this! *This event powered by AARP CT in collaboration with Quinnipiac University.*

Registration: www.bit.ly/QUOct20

10/21/20 @ Noon: Seals

The Mystic Aquarium is one of only three facilities to care for Northern fur seals in the United States. They care for 2 other species of seals, the Harbor seal and the spotted seal. Learn the difference between them and sea lions.

Registration: <https://aarp.cvent.com/Seals>

10/28/20 @ Noon: Aquarium Tour

Virtually explore the Mystic Aquarium on a guided tour and see more exhibits, learn about research, conservation, sustainable sea efforts, and more. Registration: <https://aarp.cvent.com/AquariumTour>

Light Laughter with Lynn



"Each capsule contains your medication,
plus a treatment for each of its side effects."

Interesting Facts about Cinnamon

1. Cinnamon is the aromatic, inner bark of certain bushy, tropical, evergreen trees of the Cinnamomum genus. When harvesting the spice, the bark and leaves are the primary parts of the plant used.
2. There are four main kinds of cinnamon: Ceylon cinnamon or Mexican cinnamon; Indonesian cinnamon; Vietnamese cinnamon; and, Cassia cinnamon or Chinese cinnamon. Americans are used to the “Cassia” variety (from Indonesia and China), even though the “Ceylon” plant is considered the real, true spice (from Sri Lanka, Madagascar and the Seychelles). A key difference between the two is that Cassia has much more coumarin in it than Ceylon. This toxic chemical compound is what makes consuming cinnamon in large quantities dangerous and why pregnant women should use it cautiously.
3. Annually, the world produces a staggering 27,500 to 35,000 tons of cinnamon. In the 17th century, Ceylon produced so much cinnamon that the Portuguese and Dutch started a war over the island
4. Cinnamon may actually be one of the oldest spices in the world. In the Bible it is mentioned in Exodus 3:23, Proverbs 7:17 and Revelation 18:13 to name just a few.
5. In Ancient Egypt, cinnamon was a highly prized ingredient that was at one point values more than gold, much in the way saffron is today. It was used in an array of different processes, from food and drink to even an embalming agent.
6. Evidence suggests it was used throughout the ancient world, and that Arab traders brought it to Europe, where it proved equally popular. Legend holds that the Roman emperor Nero burned as much as he could find of the precious spice on the funeral pyre of his second wife Poppaea Sabina in A.D. 65 to atone for his role in her death.
7. It is principally employed in cookery as a condiment and flavoring material. Cinnamon is often used in savory dishes of chicken and lamb, in numerous alcoholic beverages and cocktails as well as in pastries and other sweets. The bark of cinnamon is one of the few spices that can be consumed in its raw state.
8. The cinnamon bun is a Swedish invention from the 1920's and became popular in the U.S. in the 1950's.

9. Ground cinnamon is composed of around 11% water, 81% carbohydrates, 4% protein and 1 % fat. Cinnamon is a rich source of vitamin K, calcium, and iron, while providing moderate amounts of vitamin B6, vitamin E, magnesium, and zinc.
10. Cinnamon has a long history of use in traditional medicine. It is actually a natural anti-inflammatory. It blocks the release of arachidonic acid, a fatty acid that can cause inflammation. Cinnamon can actually kill nearly 100% of the bacterium E. Coli 0157. A study found that 99.5% of the bacteria were killed when added to a teaspoon of cinnamon at room temperature in 3 days.
11. Cinnamon constituents include some 80 aromatic compounds, including eugenol found in the oil from leaves or bark of cinnamon trees. Eugenol has been used as a local anesthetic and antiseptic by dentists. Cinnamon's flavor strength actually comes from the chemicals cinnamaldehyde and cinnamic aldehyde
12. Spanish researchers have managed to develop a paper with cinnamon oil that keeps fresh baked bread longer, possibly up to 10 days.
13. Cinnamon sticks are also called quills.



Synonym rolls...

Just like grammar used to make

Cinnamon Apple Scones

- 2 cups flour
 - 1/4 cup sugar
 - 2 teaspoons baking powder
 - 1/2 teaspoon baking soda
 - 1/2 teaspoon salt
 - 2 teaspoons cinnamon
 - 1/4 cup butter (cold and coarsely chopped)
 - 1 apple (cored, peeled, and coarsely chopped)
 - 1/2 cup milk
 - 2 tablespoons cinnamon-sugar mixture
1. With a wire whisk mix flour, sugar, baking powder, soda, salt and cinnamon.
 2. Cut in butter with pastry blender.
 3. Stir in apple.
 4. Make a well in center and pour in 1/2 cup milk. Mix until soft dough forms.
 5. Dump onto floured pastry board.
 6. With floured hands knead 8 to 10 times.
 7. Pat into 10-inch circle.
 8. Place on lightly greased cookie sheet. Brush with milk and sprinkle with cinnamon-sugar mixture.
 9. Cut into 8 wedges.
 10. Bake Cinnamon Apple Scones at 425 degrees F. for 15 minutes or until browned.

National Dessert Day with Steph

(Source: <https://www.foodandwine.com/news/dessert-things-you-didnt-know>, <http://www.localhistories.org/desserts.html>)

Today, October 14th, 2020 is National Dessert Day! I don't know about you, but dessert is definitely my favorite part of the day. I have such a sweet tooth, and so I thought it would be fun to learn a little bit more about desserts throughout history.

During the middle ages, people ate a lot of jams, jellies, and wafers, in addition to mostly meat based pies. Sugar was very expensive, so most people used honey to sweeten the food. In the sixteenth century, "Dessert" still wasn't what it is now. Pastry was often used as a way to keep other foods fresh, and so they would be wrapped in it, but not necessarily part of the whole experience. Come the seventeenth century, desserts were finally a new and separate part of the menu, due to prosperity and plantations, where there was finally an excess in production of sugar. Sometimes this course was actually served in the middle of the meal, as a sorbet. The dessert course wasn't used at the end of the course until later in the seventeenth century.

Fruit was often an important part of dessert, and it actually became a symbol of class. Louis the XIV in France even used to grow out-of-season fruits, and really developed a mastery of growing a large variety of fruits in strange months- like March! In the nineteenth century, puddings went from meat based to sugar based, as well as a new, mass produced way of making treats that we see now. While we can buy any old Twinkie at the store these days I definitely prefer a nice, homemade brownie or cookie.

What is your favorite dessert?



Have a great week!

-The Bolton Senior & Social Services Staff