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# **Bolton Senior Center**

## **Prime Time: Online**

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Wednesday, October 21<sup>st</sup>, 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](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,

This year we have talked about holidays and milestones that we have passed with a lot of disruption to our usual traditions. This weekend I did something I never expected to do, and hopefully will never need to again! I attended a wedding from the comfort of my couch. The ceremony was broadcast as a livestream. In this case, the couple are both people who lost their first spouse, so they are not strangers to adversity. In a year that “in sickness and health” has new meaning, it really shows the true value is in our relationships with each other and not the pageantry of the festivities.

Stay Safe,

Carrie

p.s. This week's focus is pumpkins – I am happy to report my pumpkin patch grew six!

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.
- Free Zumba for seniors every Monday at 5:30pm: email [mrle99us@gmail.com](mailto: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 before the next storm.

# 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 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.

# Greetings from the Bolton Fire Marshal's Office

Each year the month of October is designated as fire prevention month and a theme is developed for education based on the fire losses that have occurred across the country during the previous year. For each fire our office is tasked with determining the cause and origin of the fire. Once that information is compiled it is entered into the NFIRS or National Fire Incident Reporting System. The data that is collected is used to determine trends to aid in the prevention of fires. Kitchen fires continue to be a major cause of residential fires so the theme this year is "Serve up Fire Safety in the Kitchen". Kitchen fires due to unattended cooking continue to be the number one cause of residential fires and fire injuries. There are three key messages that are being shared this year regarding to kitchen fire safety.

- Keep a close eye on what you are cooking; never leave cooking unattended.
- Keep anything that can catch fire-oven mitts, wooden utensils, food packaging, towels or curtains – at least three feet away from your stovetop.
- Be on alert. If you are sleepy or have consumed alcohol, don't use the stovetop.

Some other things to remember are always call 911 should a fire occur. Do not to spray water on a grease fire. Exercise extreme caution if discharging a fire extinguisher on a grease fire. Burning grease will have tendency to float on top of water and contribute to the spread of a fire. Discharging an extinguisher on a grease fire can cause the liquid grease to splash back on you causing burns. If you can do so safely cover a fire in a pan with a lid. Doing so will extinguish the fire by starving it for oxygen. If you are using your oven or stovetop when the power goes out always turn the control knobs to the off position. If you are not home when the power comes back on the stove could heat up and cause a fire.

Remember to test your smoke detectors monthly. Did you know that smoke and CO detectors have an expiration date? Most of these devices only have a lifespan of reliable service of 7 to 10 years. Smoke detector disposal is also important to handle properly when you are swapping them out. There are two kinds of smoke detectors, photoelectric and ionization. Photoelectric detectors may be disposed of in the regular trash after removing and recycling the battery. Ionization detectors actually have a small amount of a radioactive isotope which is harmless to people when it's in the detector but must be disposed of properly. First look on the back of the detector to determine which type it is. If it is an ionization type it will either say that or have an "I" stamped on the back. The easiest way to dispose of them is to return them to the manufacturer with a note that says for disposal. There may be some companies that have begun to recycle

the material. A quick search on the internet will provide you with all of that information. Daylight savings will be in a couple of weeks and we use it to remember to check the batteries in our smoke detectors twice per year. Remember smoke detectors save lives, take care of them so they take care of you.

One other quick message about fire safety. Please remember to clean your chimneys and have your heating appliances serviced. Not only will that reduce the possibility of a fire but it will also increase their reliability and efficiency.

Please be fire safe and as always feel free to contact us if you have any questions. You can reach Jim by email at [jrupert@boltonct.org](mailto:jrupert@boltonct.org) or Bill at [wcall@boltonct.org](mailto:wcall@boltonct.org)

## Energy Assistance This Winter

Energy Assistance is help paying for oil, propane, natural gas, pellets or electricity. Eligibility is determined by household income (see chart below). Liquid assets must be lower than \$15,000 for homeowners and \$12,000 for renters. 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.

Household	1	2	3	4	5	6
Annual	\$37,645	\$49,228	\$60,811	\$72,394	\$83,977	\$95,560
Monthly	\$3,137	\$4,102	\$5,067	\$6,032	\$6,998	\$7,963

# 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

## 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.**





## Virtual Performance with Bill Benson

Join the Lymes' Senior Center on Wednesday October 28th at 1:00 PM for a virtual performance with Bill Benson, a Connecticut based singer-songwriter who performs music as a messenger of love, hope and passion. He conveys his messages through inspiring lyrics and heart-felt vocals in the styles of folk, country and soft rock. Bill leverages the deep, brassy timbre of his vocals to convey emotion and draw listeners into his songs, evoking a mood that pulls you into the moment and offers retreat from life's day to day chaos.

Bill is host and producer of the Nutmeg TV cable show 'Porch Time with Bill Benson' - spotlighting singer/songwriters from around the state, sitting on the porch talking music, songs and inspirations. Call 860-434-4127 or email [seniorcenter@oldlyme-ct.gov](mailto:seniorcenter@oldlyme-ct.gov) to register and get the Zoom link.





## Check out the Senior Center Scarecrow!



Meet Pearl, our resident Scarecrow for 2020! Be sure to visit her on the Town Green before it gets too cold! ☺ Wear a mask and practice social distancing when visiting her! Stay safe!

# Yoga with Lisa is moving to Zoom!

On Monday, November 16<sup>th</sup>, Yoga with Lisa will be officially moving all her chair Yoga classes over to Zoom. Because of this change, she will be adding another day to the chair schedule and you will be able to practice with her THREE days a week! You can join her on Monday, Wednesday, and Friday at 9:30 am.

To make sure that you are ready and not overwhelmed for this change, Lisa will be taking the next few weeks to help with this transition.

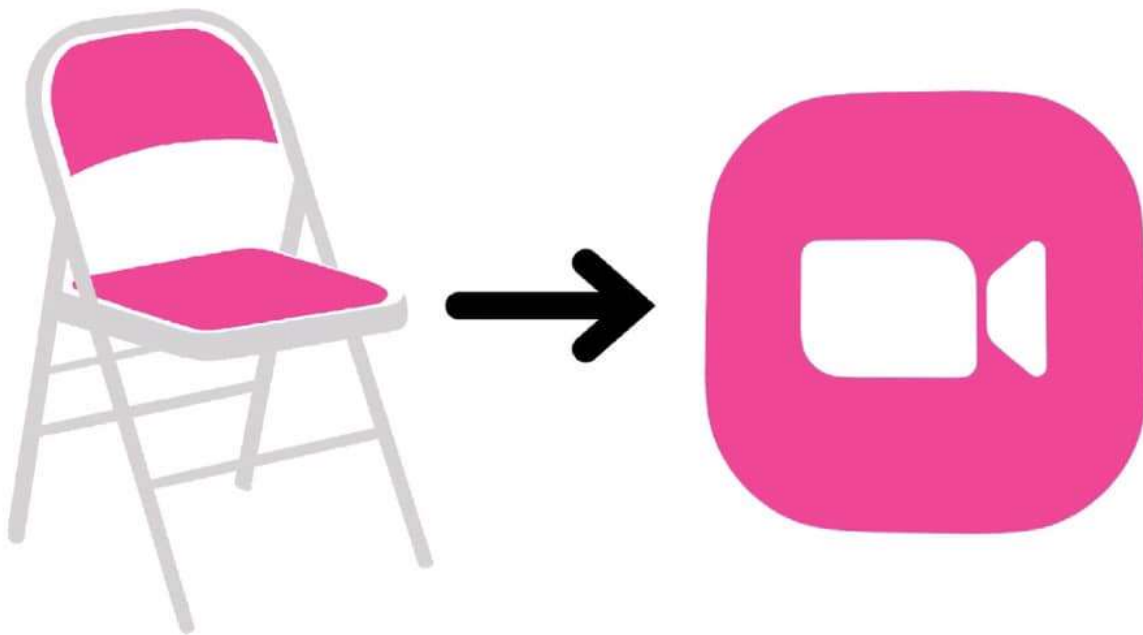
The work for this coming week will be to make sure that you have a Zoom login. If you don't already have one, you can sign up for free at Zoom.us. If you plan to attend chair classes on a phone or a tablet, you can download the Zoom app from your App Store to make things even easier for you.

There will be a fee for these new Zoom classes, they will be \$5 each, the same as in-person classes were before the pandemic hit.

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.

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

<https://www.facebook.com/yogawithlisact>



## New Program: Virtual BINGO!

We are trying something new here at the Senior Center! Do you miss Bingo games? We miss them too! We will be holding a bingo session on Thursday November 5th from 11:00 am – 12:00pm over Zoom with Stephanie. Email Stephanie at [scrane@boltonct.org](mailto:scrane@boltonct.org) with the subject line “Bolton Bingo” 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!

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

## Virtual Trips!!

- Deep Dive with the National Marine Sanctuary- check out a bunch of 360 degree views of the marine life around the US

Website: <https://sanctuaries.noaa.gov/vr/>

- Discover street art around the world and learn about the artists!

Website: <https://streetart.withgoogle.com/en/online-exhibitions>

- Tour palaces around the world!

Website: <https://www.royal.uk/virtual-tours-buckingham-palace>

<https://www.townandcountrymag.com/society/tradition/a32021699/british-royal-palaces-virtual-tours/>

<https://artsandculture.google.com/project/versailles>

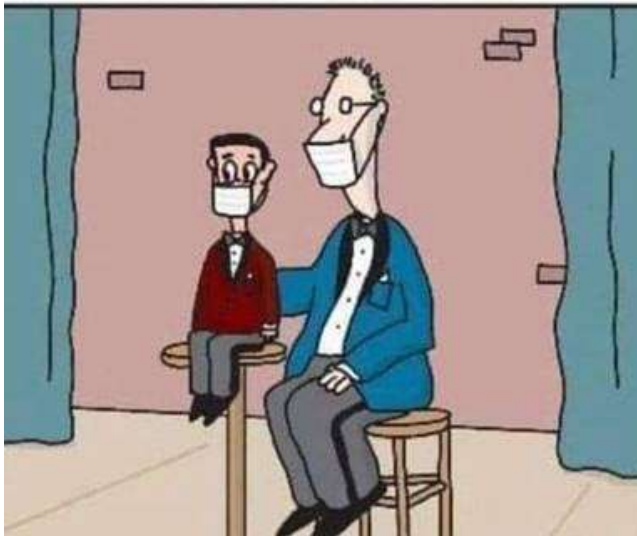
- Visit the Vatican!

Website: <http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>



## Light Laughter with Lynn

WELL ... AT LEAST  
VENTRILOQUISM GOT EASIER



IF YOU SEE ME  
TALKING  
**TO MYSELF**  
JUST MOVE ALONG  
**I'M SELF  
EMPLOYED**  
WE'RE HAVING A  
**STAFF MEETING**



# Free AARP Events

## **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>

## **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>

## **AARP Fraud Watch Network: Inside the Mind of a Master Con-Artist: How to**

**Protect Yourself Online:** Join us for the "Original Internet Godfather," Brett Johnson who created one of the dark web's first online stores where criminals bought stolen credit cards, Social Security numbers, drugs and guns. After serving seven years in prison, Brett turned his back on criminal enterprise and became a consultant for the Secret Service and the cybersecurity industry. Get a rare look inside the mind of a cybercriminal by joining this virtual conversation.

**10/22/2020 @ 12PM** Registration:

<https://onlinexperiences.com/scripts/Server.nxp?LASCmd=AI:4;F:QS!10100&ShowUID=DC85E7F4-76BA-4DA9-A3AF-3C725D76CAB7&AffiliateData=CT>

## **AARP Fraud Watch Network's: Fraud Fighting Fourth Fridays - Powered by**

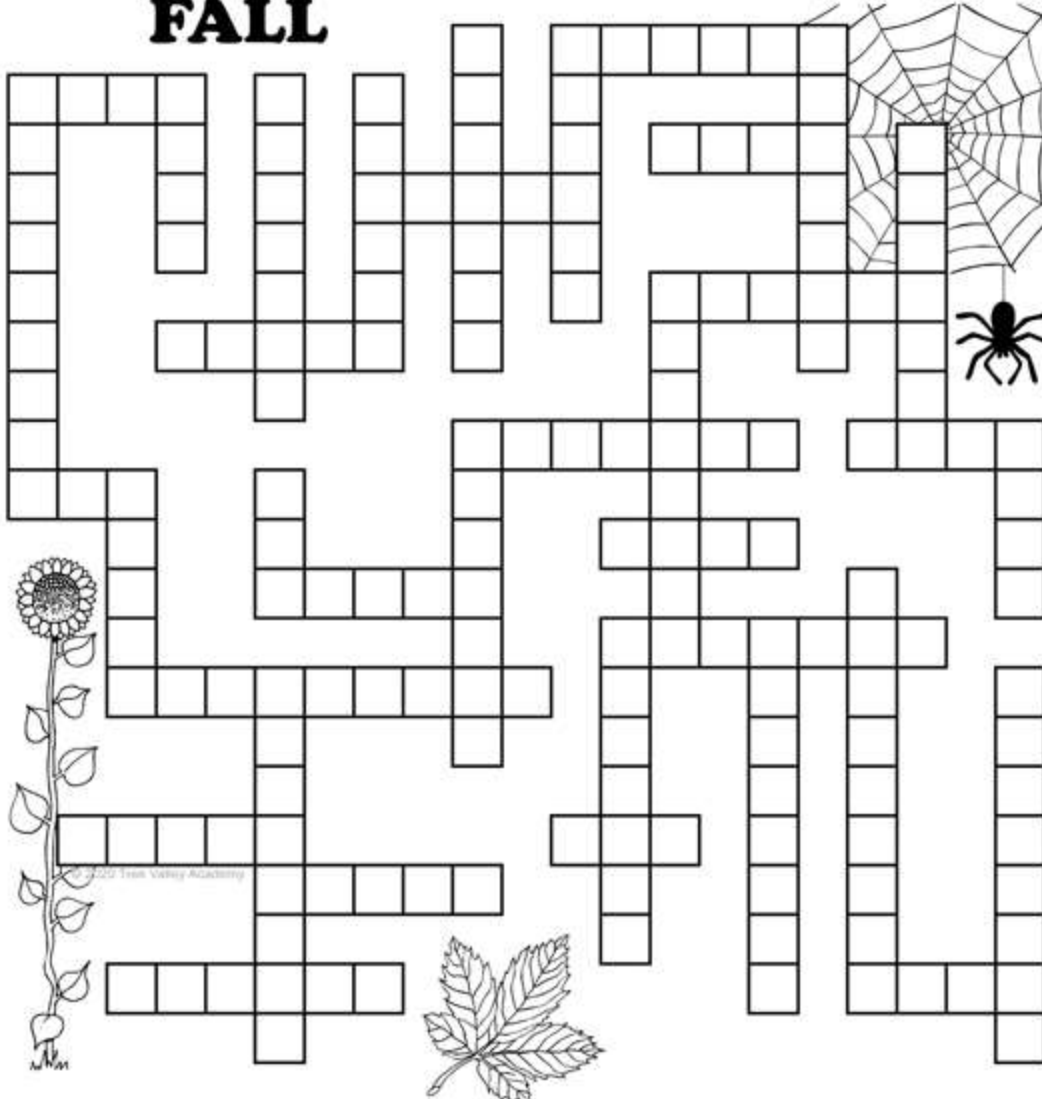
**AARP CT & CEJC:** AARP CT & the Coalition for Elder Justice in CT have joined together to offer conversations the 4<sup>th</sup> Friday of every month. Elder justice advocates are working on your behalf to protect individuals and their families from becoming victims of financial exploitation and other forms of elder abuse. Featured this month is Erin Soli, Statewide Coordinator for the Senior Medicare Patrol Program (SMP), and SMP Coordinator from SWCAAA Lisa Alhabal. Join us to learn new tips and tools on prevention and how you can learn more about the organizations that fight crime on your behalf. **10/23/20 @ 10AM** Registration: <https://aarp.cvent.com/FFFFOct23>

# october word search

F F H B S L K C X D Y R Y Z P U M P K I N T G M  
G A D X K P U C A M Z R R K X N I J A E D D T L  
O I L Q E C O T U T K Z W F M B I O G R E X N D  
B D G L L L K O K P J C A E O O V C W R I R X D  
L D F C E E J H K C L H G O F S O G Y T R T R Y  
I M B O T C W Z G Y B T E D M A E R C S S D J V  
N H G S O M W C O Q A C V X W S J Z B O P E S L  
C C C T N I A R W M A Q M L H U Q D H G D K L M  
O A V U Q W W S W F B L I T Q A K G N X V C R Z  
T C D M O L O M K L X I U T F A R C H C T I W Y  
L R E E E R I P M A V K E O D B W U X O L W J K  
M X E S M H C T I W Q M E S Y D J B T U Z S I G  
P L R A N U F N I E T S N E K N A R F O G U F L  
T R I C K O R T R E A T J R L W A M C S R P A A  
W T E T I R I T B Y H J J T C J N O L F A E P N  
U Y D C B R F T K M K G L Z H E F C G R V R P T  
Z E T W E R E W O L V E S R W F Q V S H E N L E  
K A K I A T A F L P Q V I S I X V F U J Y A E R  
B C O B W E B S A P Y H E N U F Y W L Y A T C N  
P R I D C D B O J Y L N E Q H A U N T W R U I R  
F A H F H O C U S P O C U S U A J M P B D R D N  
L M X Q T L W S L B E V G I R N B E L O A A E C  
N R O C Y D N A C S R R C O C T O B E R J L R U  
E J L L E P S Y J M O N S T E R S F R I G H T G

<b>apple cider</b>	<b>bat</b>	<b>bones</b>	<b>boo</b>
<b>broom</b>	<b>candy corn</b>	<b>cobwebs</b>	<b>coffin</b>
<b>costume</b>	<b>eerie</b>	<b>fall</b>	<b>frankenstein</b>
<b>fright</b>	<b>ghost</b>	<b>goblin</b>	<b>graveyard</b>
<b>haunt</b>	<b>hex</b>	<b>hocus pocus</b>	<b>jinx</b>
<b>lantern</b>	<b>mask</b>	<b>monster</b>	<b>october</b>
<b>ogre</b>	<b>potions</b>	<b>pumpkin</b>	<b>scream</b>
<b>skeleton</b>	<b>spell</b>	<b>spooky</b>	<b>supernatural</b>
<b>trick or treat</b>	<b>vampire</b>	<b>werewolves</b>	<b>wicked</b>
<b>witch</b>	<b>witch craft</b>	<b>zombies</b>	

# FALL



**3 letters**

tea  
web  
yam

**4 letters**

cozy  
crow  
fall  
leaf  
pile  
rain  
soup

**5 letters**

acorn  
birds  
brisk  
crops  
frost  
wheat

**6 letters**

chilly  
jacket  
season  
spider  
squash

**7 letters**

blanket  
bonfire  
flannel  
foliage  
hayride  
migrate  
October  
tractor

**8 letters**

football  
November  
pumpkins  
squirrel

**9 letters**

scarecrow  
September  
sunflower

Tree Valley Academy



# Interesting Facts about Pumpkin

1. Pumpkins are technically fruit. More specifically, they are a winter squash in the family *Cucurbitaceae*, which includes cucumbers and melons. But because they're savory, many people just call them vegetables anyway.
2. The oldest pumpkin seeds have been found in Mexico and date back to between 7,000-5,500 B.C.
3. Pumpkins are grown on every continent except Antarctica. There are more than 45 different varieties of pumpkin. The Connecticut field variety is the traditional American pumpkin.
4. References to pumpkins date back many centuries. The name pumpkin originated from the Greek word for "large melon" which is "pepon." "Pepon" was changed by the French into "pompon." The English changed "pompon" to "Pumpion." American colonists changed "pumpion" into "pumpkin."
5. Every single part of a pumpkin is edible. You can eat the skin, leaves, flowers, pulp, seeds, and even the stem. Each pumpkin has about 500 seeds
6. Pumpkins are 90% water, which makes them a low-calorie food. One cup of canned pumpkin has less than 100 calories. They have more fiber than kale, more potassium than bananas, and are full of heart-healthy magnesium and iron. They are also a good source of Vitamin A. Pumpkin flour, which is gluten free, can be used in place of wheat flour.
7. Native Americans and early colonists preserved pumpkins by drying them. The skin was peeled and the insides scooped out. The pulp was sliced and placed on drying racks, or hung up to dry in the sun. The dried pumpkin shells were cut into strips and woven into mats. Native Americans used pumpkin seeds for food and medicine and even fed pumpkin to their horses.
8. It is thought that the Pilgrims and early settlers made 'pumpkin pie' by hollowing out a pumpkin, filling the shell with milk, honey and spices and baking it. In early colonial times, pumpkins were used as an ingredient for the crust of pies, not the filling.
9. We tend to think of pumpkin beer as a new fad, but the Pilgrims were onto it hundreds of years ago. The main reason pumpkin was adopted as a beer ingredient during the Colonial period was simply just availability — pumpkins were everywhere. Malt wasn't easily accessible and pumpkins served as an easily fermentable sugar.
10. Those oversized pumpkins you pick up at the roadside stand to carve are bred for size, not flavor. Farmers know that most people buy pumpkins that they can carve, so they don't worry about their tastiness. If you plan on using fresh pumpkin to cook, pick up a Cinderella, Pink Banana Squash or Sugar Pie pumpkin variety. A 5-pound pumpkin should yield two pies.
11. Though the original Cinderella story dates back to about the first century B.C., the detail about the pumpkin turning into a carriage reportedly wasn't added until 1697, in a French version by Charles Perrault called "Cendrillon."
12. The original jack-o'-lanterns were made with turnips and potatoes by the Irish. In England, they used large beets and lit them with embers to ward off evil spirits. Irish immigrants brought their customs to America, but found that pumpkins were much easier to carve.

**Q: What's the best thing to put in a pumpkin pie?**

**A: Your teeth.**

# Pasta with Pumpkin and Sausage

RECIPE COURTESY OF RACHAEL RAY

- 1 tablespoon extra-virgin olive oil, plus 1 tablespoon
- 1 pound bulk sweet Italian sausage
- 4 cloves garlic, cracked and chopped
- 1 medium onion, finely chopped
- 1 bay leaf, fresh or dried
- 4 to 6 sprigs sage leaves, cut into chiffonade, about 2 tablespoons
- 1 cup dry white wine
- 1 cup chicken stock
- 1 cup canned pumpkin
- 1/2 cup heavy cream
- 1/8 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- salt and black pepper
- 1 pound penne rigate pasta, cooked to al dente
- Romano or Parmigiano cheese
- Pumpernickel or whole grain bread, as an accompaniment

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## Directions

1. Heat a large, deep nonstick skillet over medium high heat. Add 1 tablespoon of olive oil to the pan and brown the sausage in it. Transfer sausage to paper towel lined plate. Drain fat from skillet and return pan to the stove. Add the remaining tablespoon oil, and then the garlic and onion. Sauté 3 to 5 minutes until the onions are tender.
2. Add bay leaf, sage, and wine to the pan. Reduce wine by half, about 2 minutes. Add stock and pumpkin and stir to combine, stirring sauce until it comes to a bubble. Return sausage to pan, reduce heat, and stir in cream. Season the sauce with the cinnamon and nutmeg, and salt and pepper, to taste. Simmer mixture 5 to 10 minutes to thicken sauce.
3. Return drained pasta to the pot you cooked it in. Remove the bay leaf from sauce and pour the sausage pumpkin sauce over pasta. Combine sauce and pasta and toss over low heat for 1 minute. Garnish the pasta with lots of cheese and sage leaves.
4. Serve pumpkin sausage pasta with pumpernickel or whole grain bread

# Today is National Pumpkin Cheesecake Day!!

So here is a fabulous recipe... 😊

## Double Layer Pumpkin Cheesecake:

### Ingredients:

- 2 (8 ounce) packages cream cheese, softened
- ½ cup white sugar
- ½ teaspoon vanilla extract
- 2 large eggs
- 1 (9 inch) prepared graham cracker crust
- ½ cup pumpkin puree
- ½ teaspoon ground cinnamon
- 1 pinch ground cloves
- 1 pinch ground nutmeg
- 1 pinch ground nutmeg

### Directions:

1. Preheat oven to 325 degrees F (165 degrees C).
2. In a large bowl, combine cream cheese, sugar and vanilla. Beat until smooth. Blend in eggs one at a time. Remove 1 cup of batter and spread into bottom of crust; set aside.
3. Add pumpkin, cinnamon, cloves and nutmeg to the remaining batter and stir gently until well blended. Carefully spread over the batter in the crust.
4. Bake in preheated oven for 35 to 40 minutes, or until center is almost set. Allow to cool, then refrigerate for 3 hours or overnight. Cover with whipped topping before serving.

Enjoy, and Have a great week!

**-The Bolton Senior & Social Services Staff**