
Bolton Senior Center

Prime Time: Online

Wednesday, October 28th, 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

Keep In Touch! (860) 647-9196

Director: Carrie Concatelli, MSW

Email: cconcatelli@boltonct.org or seniorservices@boltonct.org.

Administrative Assistants: Karen Frost & Pam Wentworth

Email: kfrost@boltonct.org, pwentworth@boltonct.org

Program Coordinator: Stephanie Crane

Email: scrane@boltonct.org

Table of Contents

Director's Note	3
In Remembrance	3
Senior Center Status	4
Found Eyeglasses!.....	4
The Coventry Housing Authority	4
Medicare Open Enrollment	5
November 3, 2020 Election Information	5
Energy Assistance This Winter	6
Pen Pal Program!!.....	6
Check out the Senior Center Scarecrow!	7
Yoga with Lisa is moving to Zoom!.....	8
Bolton Historical Society's "BOLTON 300" Display at Bentley Memorial Library	9
New Program: Virtual BINGO!.....	11
Free AARP Events	12
Light Laughter with Lynn	13
Interesting Facts about Candy	14
Fruit Jellies	15
The History of Halloween Candy	16

Director's Note

Dear Senior Center Friends,

As we near Election Day, I was thinking about how all of us are first introduced to the concept of voting. Long before you had any idea about politics, let alone formed your own beliefs, what was your first exposure to the idea of an election? I was fortunate to have a tremendous kindergarten teacher explain the concept in a very fun demonstration. In the classroom she created a voting booth with a curtain to pull behind you. There were three containers with a photos of the candidates and each student was given a piece of paper. We were told there were three candidates: Oscar, Ernie and Mr. Snuffleupagus. The question was, would we prefer a grouchy president, a funny president, or a large president? I gave much consideration to the campaign promises and cast my ballot for Ernie. As it turns out, the majority of my classmates selected Mr. Snuffleupagus! This proved to be a memorable lesson on a process we all now only see through the lens of adulthood.

Stay Safe,

Carrie

p.s. October 28th is First Responders Day! Thank you First Responders!

In Remembrance

We are sad to share that Diana Keenan passed away October 17. She always brought a big smile to our casino trips!



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!

Found Eyeglasses!

We found a pair of eyeglasses in one of our puzzle boxes! Isn't it always the last place you look?!? If you think you might have left your glasses at the Senior Center, Give us a call at 860-647-9196.

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

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 6 a.m. until 8 p.m. Absentee ballots can be returned to the secure ballot box outside Town Hall until 8p.m. on Election Day.

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. **THE DEADLINE FOR THE COVID 19 PAYMENT PLAN IS NOVEMBER 1!** 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

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

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!

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 starting on Monday, November 16th!

If you don't already have a zoom login, 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.

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

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. Zoom classes will start on 11/16.

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

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

Bolton Historical Society's "BOLTON 300" Display at Bentley Memorial Library

Bolton's Historical Society has had a display set up at Bentley Memorial Library during the month of October which features some historical Bolton artifacts. Many of these artifacts are actually normally housed in the curio cabinet in the Senior Center Library! See the display in person at Bentley Library this week!





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 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!

Sign up by Friday October 30th!



Free AARP Events

CAFECITO & FAMILIA - an event by AARP CT and Latinos for a Secure Retirement

This event is free and open to the public. With a panel of experts, we will discuss bold ideas on ensuring our community gets access to the tools and resources to prepare for long-term care. As we face a health crisis and additional caregiving responsibilities, these conversations have become more urgent. We encourage you to prepare and share your questions for the speakers when you register. Our cafecito will be followed by a short training with a Certified Financial Planner on Planning for Long-Term Care. The conversation will be adjourned by a Call to Action by AARP Connecticut.

11/5/20 @ 12PM Registration bit.ly/CAFEFAMILIACT

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



Two things to make your day better:

- Do not watch the news.
- Stay off the bathroom scales.



Interesting Facts about Candy

Candy is made by dissolving sugar in water or milk to form syrup. The final texture of candy depends on the different levels of temperatures and sugar concentrations. Hot temperatures make hard candy, medium heat make soft candy and cool temperatures make chewy candy.

The ancient Egyptians, Arabs and Chinese candied fruits and nuts in honey which was an **early form of candy**. Greeks used honey to make candied fruits and flowers.

The Mayans and the Aztecs both prized **the cocoa bean**, and they were the first to drink **chocolate**. In 1519, Spanish explorers in Mexico discovered the cacao tree, and brought it to Europe.

The English word "**candy**" has been in use since the late 13th century and it derives from Arabic *qandi*, meaning "**made of sugar**". One of the oldest hard candies is barley sugar which was made with barley grains.

In Europe during the middle ages, the high cost of sugar made sugar candy a delicacy available only to the wealthy.

People in England and in America ate boiled sugar candy in the 17th century. **Hard candies**, especially sweets like peppermints and lemon drops, started to become popular in the 19th century.

The first chocolate candy bars were made by Joseph Fry in 1847 using bittersweet chocolate. Milk chocolate was first introduced in 1875 by Henry Nestle and Daniel Peter.

In 1880, a rock candy enjoyed great popularity as a cough-cold remedy and delicious confection. In addition, vast amounts were used in bars. Each had its own creation of rock and rye to "cure their patrons' colds" or at least make them forget they had a cold in the first place.

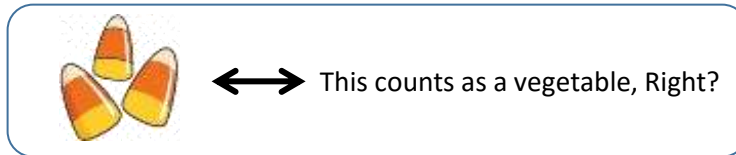
During the end of the 19th century and the beginning of 20th century other candy makers began to mix in other ingredients to create their own candy bars.

Candy bar became popular during the World War I, when the U.S. Army commissioned a number of American chocolate makers to produce 20 to 40 pounds blocks of chocolate, which would then be shipped to Army bases, chopped up into smaller pieces and distributed to the American soldiers stationed throughout Europe. **The manufactures** began producing smaller pieces, and by the end of the war, when the soldiers return home, the future of the candy bar was assured and a new industry was born. During the post World War I period up to 40.000 different candy bars appeared on the scene in the United States, and many are still sold to this day.

Cotton candy, originally called "Fairy Floss" was invented in 1897 by William Morrison and John. C. Wharton, candy makers from Nashville, USA. They invented the **first cotton candy machine**.

Candy corn was originally called chicken feed. The Goelitz candy company's brand of candy corn has been around since 1898.

The actual flavor of circus peanuts is banana.



Fruit Jellies

Courtesy of Martha Stewart

- 1 1/3 cups fruit juice (any flavor) or water
- 4 packets powdered gelatin (1 ounce total)
- 2 1/2 cups sugar
- 2 cups fruit preserves or jam

- Place 2/3 cup juice in a small bowl or measuring cup and sprinkle with gelatin. Let sit 5 minutes. Meanwhile, in a medium saucepan, combine remaining 2/3 cup juice and 1 1/2 cups of the sugar. Bring to a boil over medium-high and cook, stirring, until sugar dissolves, 5 minutes. Add preserves and whisk to combine. Return to a boil and cook until thick and syrupy, 2 minutes. Add gelatin mixture and whisk until gelatin dissolves. Pour through a fine-mesh sieve into an 8-inch square baking dish.

Cook's Notes: Keep uncoated jellies, tightly covered with plastic wrap, in the refrigerator.

The History of Halloween Candy

Trick or treating wasn't always done the way we do it today! In the earlier years of the 20th century, Halloween involved kids, mostly boys, pulling pranks and being more mischievous than anything else. Hence, the "trick" part of the phrase. In fact the custom of trick-or-treating for treats only started in the 1930's and 1940's, and the treats weren't your typical Snickers bars we have now. Kids were given items like nuts, coins, toys, or fruit. It wasn't until the 1970's that wrapped candy became more popular. It was safer to receive a treat that was already wrapped and ready to go, and less likely to be tampered with!

Some of today's most popular treats are still the classics- Hershey's Milk Chocolate bars, Reese's Peanut butter cups, Milky Way Bars, Snickers, Three Musketeers bars, Kit Kats, and more! It is interesting that these candies have stayed popular all these years!

What kinds of treats do you remember from growing up that were more unusual? Which classic candy bar is your favorite?



Have a great week, and a spooky Halloween!

-The Bolton Senior & Social Services Staff