



BOSSIER
Council on Aging

Senior Link
Volume XI - First Quarter 2021

“Mingling” with Marilyn

Hello Everyone! It's time to once again share our updates on what's happening and what you should look for in the upcoming months.

While we are not able to physically visit and participate in regular scheduled monthly activities due to COVID-19, I have some great opportunities that are open for all of us to enjoy until regular activities return to the council.

First I wanted to let you know that the Pop Up Bingo series is planned to return to outdoor sites throughout Bossier parish, near our council facilities, in March. Hopefully, “Mother Nature” will cooperate and provide us with warm and sunny weather at that time. This activity offers participants to ability to get out of their homes and enjoy the sunshine and fun in an outdoor setting. The BCOA provides the games and prizes and all you have to do is bring a chair and marking pen or dobber! More about this activity will be coming soon.

For you seniors that enjoy using the internet we also have a “Virtual Resource” site. Senior Medicare Patrol offers the opportunity for all to log onto their virtual site and participate in offered activities. All you need is your tablet, laptop or desktop computer device and valid email account to log into their upcoming activities. Be sure and check out all activities, dates and other pertinent information on our facebook page: Bossiercouncilonaging.

If you would like to receive a copy of our quarterly newsletter send your email address and any questions you may have, to contactus@bossiercoa.org let's continue to keep our positive attitudes and we can't wait see you.

... Cooking with Carolyn ...

Welcome to the new year of 2021.

I Welcome to the new year of 2021. I wanted to share this recipe with you to help ward off the chilly weather we are currently experiencing.



Spirited Soups - Beef Stew

- 2 tbs. olive oil;
- 2 lbs. beef (short rib preferably), diced;
- 2 cups celery, diced;
- 2 cups carrots, diced;
- 4 cups onion, diced
- 2 cups red bell pepper;
- 1 tbs. Garlic, minced;
- Salt and pepper to taste
- 2 cans smashed tomatoes;
- 1 tbs. dry oregano;
- 1 tbs. dry thyme;
- 1 tbs. dry basil;
- 1 10-oz bag frozen peas;
- 1 10-oz bag frozen green beans;
- 1 10-oz bag frozen whole kernel corn;
- 3 6-oz cans chicken stock/broth.

Heat olive oil in pot over medium-high heat. Add diced beef to pot and brown evenly. Add celery, carrots, onion, bell pepper, garlic and salt & pepper. Sauté until vegetables have a nice color. Add tomatoes and herbs and let stew for 10 minutes on medium-high heat. Add frozen vegetables and let stew for another 10 minutes. Add chicken stock and let simmer for 1-1/2 to 2 hours. Yields 6 servings. Really good with corn bread so.....Enjoy!

VOLUNTEER OPPORTUNITIES-DURING COVID-19 SENIOR CENTER CLOSURES

- > Home Delivered Meals Drivers;
- > Gardening @ Bearkat & Benton site
- > Purple Martin houses repair.
(Bearkat site only)



UPCOMING HOLIDAY CLOSURES:

FRIDAY,
APRIL 2, 2021

NO SERVICES PROVIDED
ON THIS DATE.

AARP DEFENSIVE DRIVING CLASS UPDATE:

Due to COVID-19 ALL classes at the Bossier Council on Aging sites have been cancelled.

In the interim however, AARP offers you the opportunity to elect to take the class on line by visiting the secured link: www.aarp.com. Many of the insurance companies have extended their dates to get this done, to allow their clients time to take the course and get the information back to them to receive your discounts.



Telephone Reassurance Program

provided by Bossier Parish Sheriff's Dept. It is one phone call per week to check on home bound seniors. Call **318-965-3500** for more information.

WE ARE STILL OFFERING THE FOLLOWING SERVICES FOR OUR BOSSIER PARISH SENIORS DURING COVID-19:

- Home Delivered Meals
- Transportation-Medical & Grocery Shopping
- Homemaker Services
- Caregiver Respite Care
- Personal Care
- Material Aid-Blankets, Wheelchairs, Walkers, Bedside Commode, Incontinent Supplies, etc.

**CALL FOR ADDITIONAL INFORMATION:
318-741-8302**

>>> "DATES TO REMEMBER" <<<

BOSSIER CITY:

- **Every Tuesday & Thursday:** Grocery Shopping alternates each week-Walmart & Super 1.

PLAIN DEALING:

- **Every Tuesday:** Grocery Shopping to Brookshire's in Benton, alternating with Walmart on Airline Drive.

HAUGHTON:

- **Every Wednesday:** Grocery shopping to Brookshire's in Haughton, alternating with Walmart on Airline Drive.

BENTON:

- **Every Thursday:** Grocery Shopping to Walmart in Bossier, alternating with Brookshire's on Hwy. 3.

ITEMS WE ARE

COLLECTING

... Thank you to everyone who has been bringing these items in for us! It helps us to be able to s-t-r-e-t-c-h our dollars even FURTHER!

- * Aluminum cans
- * Printer & toner cartridges