

Concord Council on Aging
HIGH SPIRITS
Mid-Month Notes from Your COA

February 2023

Volume 4 No. 2

“If January is the month of change, February is the month of lasting change. January is for dreamers... February is for doers -” ~ Marc Parent. What have you done this month?! We’ve been busy planning activities and programs for you. We also saluted Thrus Hammer on his 100th birthday, vivacious seamstress Tina was on hand (seamstress Lisa, too!), the vans were rolling and there is a new furry, employee at the COA - look for more about the kitty in our March 1st newsletter!



PHONE SCAM ALERT !

In 2023 scammers posing as bank employees to get your account numbers, passwords, credit card info. and more. Give **NOTHING** over the phone. When in doubt, hang up and call a known number for your bank.

ASK THE NURSE

Every 2nd Tuesday of the Month
1:30 - 3:30 PM - DROP IN!



Feel free to stop by and check in with our geriatric nurse, Valerie Boggia - for anything! Questions, concerns or just chew the fat :) Valerie wants you to know this does not replace any standing appointment you have with her. Valerie is pleased to help you in any way plus she’s fun to talk with!

Passport Club - A Live Virtual Travel Experience! On Zoom at the COA Wednesday, March 8th at 11:00 AM BOLOGNA, ITALY

Bologna is a city characterized by arcades and warm colors, medieval buildings, cultural sites and more. Come on a LIVE walking tour and visit Bologna’s famous seven secrets. The tour takes place on ZOOM and is projected onto a large screen in our auditorium. There is no charge for this presentation thanks to Harvey’s Treasure Chest Gift Shop. Please call to sign up: 978-318-3020. Grazia and ciao!



Your Top 8 Caramelicious Facts



Yes, it's just a few days past Valentine's Day and you probably consumed all the sweets you allot yourself weekly, but whatever type of candy you recently consumed, it probably had caramel in it, so let's understand this gooey and tasty delight!

- 8. Arabs got caramel started.** Around 1000 AD, Arabs began crystallizing sugar in boiling water. It was hard and crunchy.
- 7. European confectioners improved the recipe over the centuries** and took it very seriously. For many years, only apothecaries were trusted to make caramel.
- 6. You can find many recipes and YouTube videos if you want to make your own caramel.** You must watch carefully, as you heat the sugar *slowly* to the point where the molecules break down and reform into compounds with the characteristic color and flavor of caramel.
- 5. Caramel pioneers.** In 1886, Milton S. Hershey established the Lancaster (Pennsylvania) Caramel Company. It was successful, but he sold it in 1900 to focus on chocolate-making. In 1977, French confectioner Henri Le Roux got the whole salted-caramel thing started, when he began using Britanny's high-salt-content butter and found just the right balance of sweet and salty.
- 4. What's the name for the effect salted caramel has on the brain's reward system?** That would be "hedonic escalation."
- 3. Which is the most popular use of caramel – candy, toppings, desserts, or specialty items such as Goetz's Candy Caramel Creams, aka "Bulls-Eyes"?** Yes.
- 2. Does the first syllable rhyme with "care," or "car"?** That, just like your choice of candy, is a matter of personal preference.
- 1.** The International Technical Caramel Association would have you know that about one in 20 grocery store items has some sort of **caramel coloring**.



"Ruth Bader Ginsburg - I Dissent"
A One-Woman Show
Performed by Sheryl Faye
LIVE at the Concord COA
Tuesday, March 7, 2:00 PM
RSVP: 978-318-3020

**Thank You Harvey's
Treasure Gift Shop for
Sponsoring This Show**

Tech Corner

What is ChatGPT?

No doubt you have been hearing about ChatGPT - one of the new artificial intelligence (AI) software applications that can maintain a conversation with you in natural language, understand your intent, and reply based on 'deep learning' from rules and data it's been given,. ChatGPT can produce a college term paper on any subject and write it 5-10 different ways. ChatGPT can give you fresh gift giving ideas for your family members (once you supply the data about your family). It can write a letter to a long lost love, compose a speech, write a musical score, design a software program - it's endless. Futurist developers want friendly AI to benefit humanity. But moral questions come with it: cheating on school essays (most professors can't tell the difference); what if ChatGPT lies to you or gives you misinformation? Another big question most people have about ChatGPT is why does it matter? It's safe to say ChatGPT will have more of a very real effect on how the average person interacts with the web than anything else before. The future of conversing with your computer has arrived!



Comedy Corner



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