

WINDSOR COA NEWS  
November/December 2021

*Our mission is to serve older Windsor adults by providing opportunities and resources that advance the quality of life in a rural community.*

The Executive Office of Elder Affairs provides financial support for this COA publication.

## Chili Cook-Off Review!

This is a special shout out to the intrepid six locals who submitted their homemade chili to be judged in a "Chili Cook-Off" at the October 3<sup>rd</sup> Fall Festival. Thank You to all the entrants: John Strain, Dave Melle, Jane Lyon, Dominique Frink, Sue Jacobs and Kim Tobin. Recipes of the two winners are below. This is a great time of year to cook up a pot of chili served with rice or cornbread. Happy cooking!

### Dominique's Chili

5lbs local tomatoes  
1 lb local bell peppers  
Single local red chili  
2 lbs local ground beef  
1 lb local yellow onions  
1 bunch local chives  
1 can northern white beans  
2 cans kidney beans  
To taste: Liquid aminos  
To taste: Garlic powder

Cut up tomatoes into large chunks and cook in crock pot on low for 24 hours.

Add uncooked beef, liquid aminos, garlic powder, chives and all vegetables. Cook for another 12-18 hours. Add beans and cook for 8 hours.

### Sue's Turkey Chili (six quarts)

2 ½ lbs ground turkey  
1 large sweet onion, medium dice  
1 each large green, red and yellow pepper, seeded, medium dice  
2-3 T canola or mild olive oil  
6-8 cloves garlic, finely minced  
3 pints diced tomatoes  
2, 8 oz cans tomato sauce  
5 cans beans, drained and rinsed (I used 2 cans black beans, two cans red kidney and one can pinto beans, but use those you like best)  
2-4 T chili powder to taste  
2-4 T ground cumin to taste  
Salt and freshly ground pepper to taste

In a large, heavy pot, sauté the diced peppers and onions in oil. When nearly softened, add garlic and stir. Cook for another minute or two. Add diced tomatoes, tomato sauce and canned beans.

Meanwhile, cook turkey in another pan until cooked through, breaking up larger pieces. Drain liquid off and add the meat to the large pot and stir to combine.

Season to taste with the chili powder, cumin, salt and pepper.

Simmer on low on the stove or in a crock pot for 3-4 hours (or more). Serve over rice and/or with cornbread.

## **HEARTWAP PROGRAM**

Baby, it's COLD outside! How is your heating system operating? Is it ready to keep you warm November through April? If it needs some TLC – or outright replacement – Berkshire Community Action Council (BCAC) offers a program to help low-income households.

The Heating System Repair and Replacement Program, known as HEARTWAP, allows both system repair and replacement services. The primary priority is heating emergencies. If you need help with your heating equipment, don't hesitate to call BCAC at 413-445-4503 ext. 602 to see if you qualify. Home owners and renters (whose heat is included in their rent) with income of up to \$40,951 for a 1-person household or \$53,551 for a 2-person household are eligible.

The last word: Massachusetts law prohibits utilities from shutting off service to: (65 year-old plus) senior households; people with serious illnesses who cannot afford to pay their utility bills; tenants with landlords who are responsible for utility bills; low-income people and others, from Nov. 15<sup>th</sup> to March 15<sup>th</sup>. For further information call 800-592-2000.

## **SCSEP**

Looking for a way to supplement your income on a part-time basis? Elder Services of Berkshire County, Inc. is a sponsor of the federally-funded, state administered, Massachusetts Senior Community Service Employment Program. MA-SCSEP's mission is to provide job training and placement for individuals age 55 or older with limited

financial resources and to provide employers with trained, motivated workers. The program provides persons who have met the required eligibility guidelines, and have a sincere desire to work the opportunity to overcome two of the biggest barriers to employment – lack of experience and training.

### Program Highlights...

During the initial intake, an applicant is assessed for eligibility, current job skills, interests and individual experience. Applicants then have the possibility of interviewing with a Host Agency. If a match occurs, the candidate is enrolled as a SCSEP participant and placed in a part-time job training opportunity at a local non-profit organization or government agency. The participant's salary is paid by the SCSEP.

The program allows participants to be enrolled for a maximum of 48 months with job rotations on an annual basis to maximize job training with different non-profit organizations.

Individuals interested in learning more about program eligibility requirements and enrollment opportunities for SCSEP should contact Mass Hire at (413) 499-2220.

### **Chuckle for the day....**

Overheard recently at a wedding... *"The ceremony was very emotional, so much so that even the cake was in tiers!"*