
Bolton Senior Center

Prime Time: Online

Thursday, April 16th, 2020

Written by Stephanie Crane, Program Coordinator



Bolton COVID-19 Response

The Town of Bolton has compiled an Operations Guide for the purposes of informing the public of what services they can expect to receive from the town government during the COVID-19 national health emergency. If you have questions about this guide, please refer them to the Selectmen's Office.

Link to the "Town of Bolton Response to the COVID-19 Health Crisis Operations Guide": <https://drive.google.com/file/d/1iLCxO-812wDpcSuyZbO9ILO7gltrA6iH/view?usp=sharing>

Director's Note

Dear Senior Center Friends,

The grass is a bit greener after that harsh rainstorm earlier this week. We have to find the positive in everything!

I hope you are well. We miss seeing everyone at the Senior Center and would love to hear from you! Thank you to everyone taking the time to say hello!

This week I wanted to share a heartwarming story from NPR. It is an interview of a 107 year old and a 100 year old couple! Enjoy!

<https://www.npr.org/sections/coronavirus-live-updates/2020/04/15/835131873/for-centenarian-survivor-of-1918-flu-pandemic-coronavirus-is-just-another-proble>

-Carrie



The Seeds of Spring - One Week Later!

Photo submitted by Carrie Concatelli



Hello Bolton! Scenes from Saturday, April 11th.



**Hello from
Senior Center
Van Driver
Bruce!
He knows the
Bunny!
Do you?**



Hello from Some of the Senior Center Staff!!

From Pam:

Hi Everyone,

I hope this finds you all well and practicing your social distancing.

It's rather strange not to just hop in my car and go about my merry way, but I'm finding plenty to keep me busy at home besides cooking and eating..... The highlight of my husband's and my day is finding new recipes which we then take turns cooking. I see a diet in my future. I'm making my 13th mask for family and friends – only 8 more to go, catching up on reading, taking long walks, and corresponding with family and friends. I've never spent so much time on the phone and even had a Zoom session with family on Easter.

I'm at the Senior Center on Thursdays, so feel free to call me there if you need anything or just feel like chatting.

Please take care of yourselves.

Miss you all,

Pam

p.s. I even brought a jigsaw puzzle home with me. Joan, June & Rudy, you are bad influences on me. I'm working on that instead of spring cleaning. Much more fun!

From Stephanie:

Happy Thursday Everyone!

I am still bummed that I did not get the chance to meet most of you before all of this happened! However I am waiting on the edge of my seat for when we will get to open the building back up and begin to have programs again!

Meanwhile, I am staying busy working from home for both the Senior and Recreation departments! I am spending time trying different recipes (who doesn't love a hobby where you also get to eat??), and dabbling a little into painting as well. A cool idea for you- my friends and I are also doing a Harry Potter book club. We are reading a set amount of chapters each week and then video chatting each other to discuss.

I truly am enjoying writing these newsletters, and I hope you are all enjoying reading them!

Stephanie

What is happening at the Senior Center?

- **Reminder: The Senior Center building remains CLOSED to the public until further notice. Staff is reachable by phone and email during all business hours. All activities are cancelled. Tax Aide and Chore Program are both on hold.**
- **Limited transportation is available.**
- **Food Pantry is available for pickup or delivery.**
- **One staff member is in the building Tuesday and Thursday from 2 p.m. to 4 p.m. only.**
- **Thank you to all who have kept our food pantry stocked or donated to the Resident Assistance Fund.**

What Have the Seniors Been up to?

****Shoot us an email with what you have been up to for the chance to be featured in our next newsletter!**

Shout Outs!!

**** Email us with any communication you might like us to publish here for others to see: it could be a useful hack to deal with the pandemic, or even just to say hi to a friend!**

- **Georgie LaFranchise says she is doing fine and hopes everyone else is fine as well!!**
- **Rudy Coralli says hello to everyone and he hopes you are all doing well!**

An Update from Bentley Memorial Library

The Bentley Library is offering limited borrowing services to Bolton residents with a valid library card! Call to request materials 860-646-7349 Monday-Thursdays 10 a.m. to 5 p.m. They will call to arrange a pick up time.

Need a delivery instead? Mention it to the Bentley Library Staff and they will coordinate a drop off with Bolton Senior Center van drivers! Note: the van is not running every day, so a drop-off will be arranged for the next time the driver is on the road.

Looking for Something Fun to Do?

Shout out to our amazing Chair Yoga instructor Lisa Gaumond! She is conducting free chair yoga classes on Facebook Live on Mondays and Wednesdays from 9:30 a.m. to 10:30 a.m. at [yogawithlisact](https://www.facebook.com/yogawithlisact). Way to go Chair Yogis!



No Trips? No problem! Below is a list of Virtual Opportunities/ Activities:

Reading a book and wish you had someone to talk to about it who is also reading it? Celadon Books has a list of online book clubs for any book you are reading!

Website: <https://celadonbooks.com/online-book-clubs/>

Tired of online activities- try writing letters!! The nonprofit organization, Letters Against Depression, has a volunteer opportunity where you can write an uplifting letter to someone battling depression or a mental illness!

Website: <http://www.lettersagainst.org/volunteer>

Looking to talk with a new person on the phone? The Institute on Aging has a hotline where you can make a friend over the phone to have someone to talk to!

Website: <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

Looking for some senior focused exercise videos? Check out YouTube!!

Website: https://www.youtube.com/results?search_query=exercises+for+seniors

Fun podcasts to listen to: <https://www.npr.org/podcasts/>

Online games from AARP: <https://games.aarp.org/>

Watch the sunset/ sunrise at the Beach in Naples, Florida live on: <https://www.naplespanorama.org/>

Celebrate National Library Week in Bolton

April 19-25, 2020

The Bentley Memorial Library, Bolton Senior Center and the Bolton Recreation Department invite you to celebrate National Library Week April 19-25, 2020. Each day of the week features things you can do while you are “Staying Safe and Staying Home”. This is for folks of all ages. Please take pictures of your activities and email them to us by the end of each day so you can get a shout out on our weekly Newsletters and Email updates. We hope that you enjoy these activities and have fun seeing what everyone else has been up to!

- 1) **Favorite Book Day**- show your favorite book and your favorite place to read.
- 2) **Scavenger Hunt Day**- find the following items in your yard. Check off on the list on the next page.
- 3) **Bolton with Hearts Day**- make a heart display to thank all of our essential workers.
- 4) **Best Dressed Day**- dress up in your finest.
- 5) **Driveway Board Game Day**- recreate your favorite board game on your driveway.
- 6) **Poetry Day**- write or share your favorite poem.
- 7) **Favorite Thing about Bolton Day**- let us know what your favorite thing about Bolton is.

Remember to send pictures of your 7 days of activities.

Send all pictures to scrane@boltonct.org.

We invite everyone to participate in this community event!

BACK YARD

SCAVENGER HUNT



ant



brown leaf



butterfly



clover



cloud



purple flower



pinecone



ladybug



bird



grass



green leaf



yellow flower



feather



rock



sticks

Take a Deep Breath with Steph:

Your mental health can take a huge toll during this time. Humans are not meant to be in isolation and we rely on human interaction with each other. This is especially difficult if you are already struggling with a mental health disorder, in a bad living environment, or are dealing with the loss of a loved one.

Here are some resources we have put together for you to utilize if you are in need of assistance:

** Ideas taken from

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>, and
<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html>

- If you or someone you know are feeling overwhelmed with emotions such as sadness, anxiety, depression, or feel like you want to harm yourself
 - Call 911
 - Visit the Disaster Distress Helpline:
<https://www.samhsa.gov/disaster-preparedness>, call 1-800-985-5990, or text TalkWithUs to 66746
 - Visit the National Domestic Violence Hotline:
<https://www.thehotline.org/> or call 1-800-799-7233 and TTY 1-800-787-3224
- Information on depression and seniors:
<https://www.cdc.gov/aging/mentalhealth/depression.htm>
- For coping with a disaster or traumatic event:
<https://emergency.cdc.gov/coping/index.asp>

As always, we are always available for assistance as well! 😊

Stay safe, and stay positive!

Much love,

The Bolton Senior & Social Services Staff

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