
Bolton Senior Center

Prime Time: Online

Wednesday, April 22nd, 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>

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Today is Administrative Professionals Day. A huge shout out to Karen Frost & Pam Wentworth for their exceptional work all year! Thank you both for all that you do for the Senior Center!! 😊

Director's Note

Dear Bolton Senior Center Friends,

This spring is keeping us on our toes isn't it? A snow storm, some wind, some sleet, some thunder! Yikes! It was a sight to see snow atop my blooming azalea, but it didn't seem to deter it one bit!

What are you doing to stay busy? Any big projects? Are you using your creativity? My niece (age 10) is painting sticks to look like birds! Here is her "woodpecker."

Stay well!

Carrie



Hello from Some of the Senior Center Staff!!

From Karen:

Hello folks!

I hope you are all healthy and finding enjoyable ways to spend your time at home. I've been doing all the things I usually do with a bit more time in front of the television and definitely more time cooking. When I first heard that we were to 'stay home', I had this notion that I'd end up with more time to tackle household tasks that I've been putting off or more time for researching family genealogy but as it turns out, I have about the same amount of time I always have had.

Thankfully, one of the things that I have found more time to do is taking walks. I have to say that I am sorry I wasn't more diligent about taking them before now. I am amazed at the varieties of daffodils and thrilled to see all the flowering trees starting to bloom. (My allergies aren't too thrilled though – 'Tis the season to be sneezin'!) A hearty Thank You to my neighbors for the gift of all the blossoms!

We'd love to hear how you are spending your time and if you've found anything interesting or amusing that you'd like to share with us. Take good care of yourselves! ~ Karen

What is happening at the Senior Center?

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

Driver Safety Class Online

We originally had an AARP Driver Safety Class scheduled earlier this month. All AARP Driver Safety Classes have been cancelled until at least July 1, 2020. Need a renewal before then? An online course is available at aarpdriversafety.org. There is a 25% discount through August 31, 2020: use the promotion code DRIVINGSKILLS.

Tips from the Bolton Fire Department

- **If you are putting yourself in quarantine due to potential exposure, please put a note on your door so First Responders are aware.**
- **If you have a pet at home, put information on your fridge about who you would want to take care of your pet. In the event you need to be taken out of your home, they will make sure your furry friends are in good hands.**

Shout out to the Bolton Fire Department for their great work!!

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!**

Nancy and Ray Soma are both adjusting; staying home and trying to stay healthy. Like many other home bound seniors we are enjoying cooking and baking but not enjoying gaining weight. We have been lucky to be in daily contact with our families and friends. Things are so different now, we can't just hop in the car and run here and there and if we do go out we have our public masks on. It may be awhile before things return to the new normal, but we are in it for the long run. When this is over it would be nice to have a pot luck lunch and renew old friendships. Please stay well everyone and stay home!

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!**

From Karen Frost:

I'd like to make a shout out to Mr. John Curtin to say hello! And that I hope he and his family are doing well.

Karen would also like to make a shout out to Mary Chappell! We hope you are 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:

- A great website for researching old newspapers
- <https://chroniclingamerica.loc.gov/>

You can "search America's historic newspaper pages from 1789-1963 or use the U.S. Newspaper Directory to find information about American newspapers published between 1690-present. Chronicling America is sponsored jointly by the Humanities and the Library of Congress" It may not seem very entertaining at first glance but some of the articles, ads, etc. can actually be quite amusing!

- A toll-free phone number that folks can call to hear jokes and stories submitted and told by school age children. The telephone number is 1-877-569-4255

The project is called Joy4all (<https://www.joy4all.ca/> if you want to know more)

- Love painting? Stream one of Bob Ross's 70 episodes on painting! All of his videos are easy and relaxing to follow along!

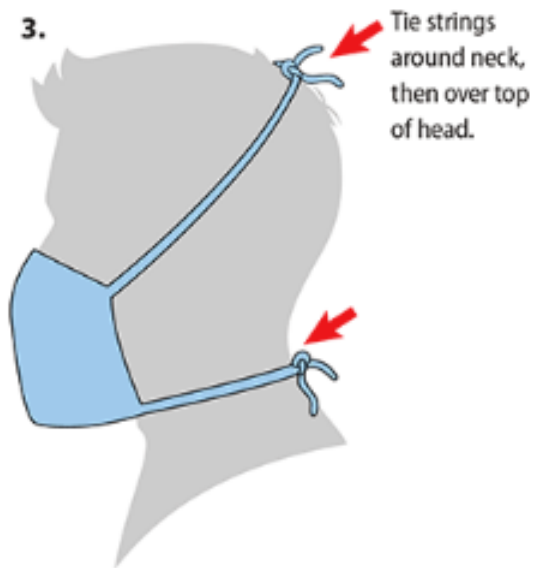
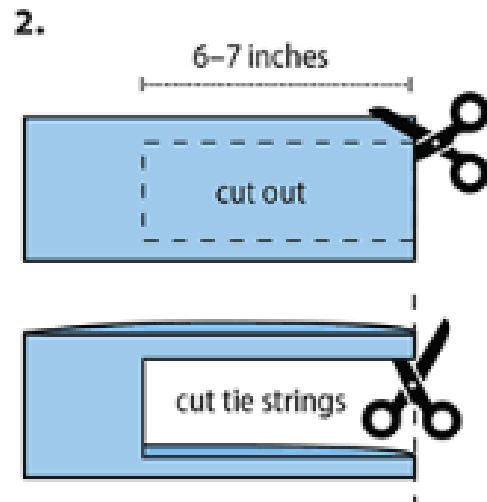
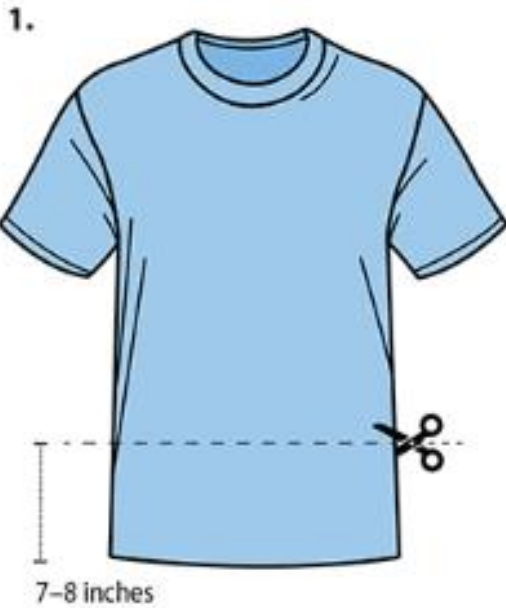
<http://www.openculture.com/2015/12/70-complete-episodes-of-bob-ross-the-joy-of-painting-now-free-online.html>

- Try a new recipe using pantry staples at <https://theeverygirl.com/pantry-meals/>

How to Make a Homemade Mask

No Sew Method:

Materials: T-shirt, Scissors

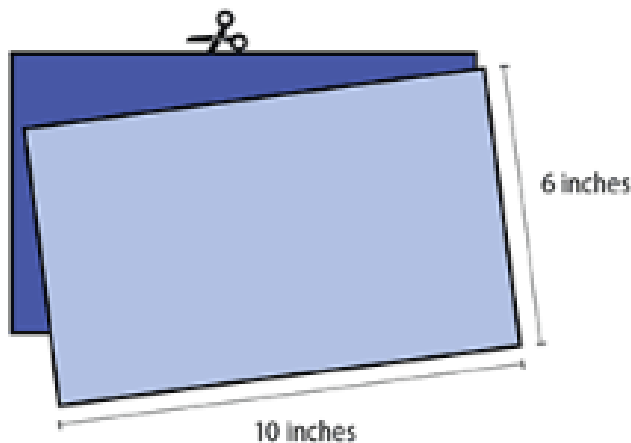


Sew Method:

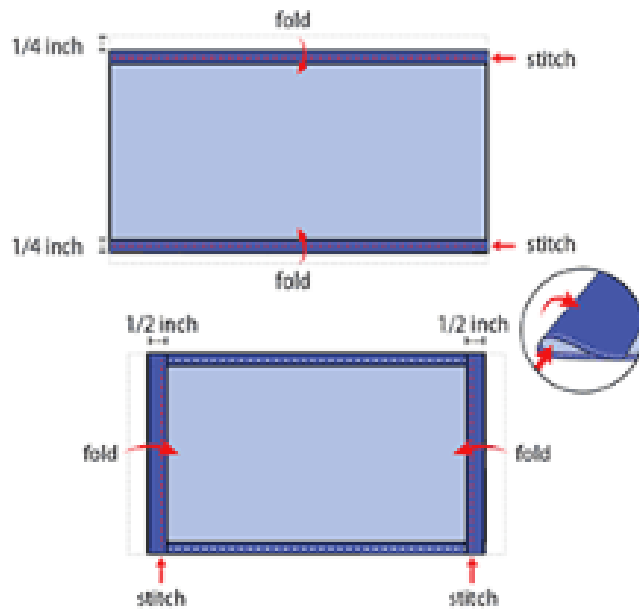
Materials:

- Two 10"x6" rectangles of cotton fabric,
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties),
- Needle and thread (or bobby pin),
- Scissors,
- Sewing machine.

1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.

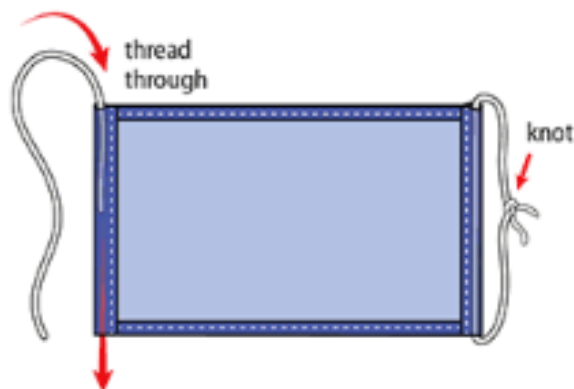


2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.

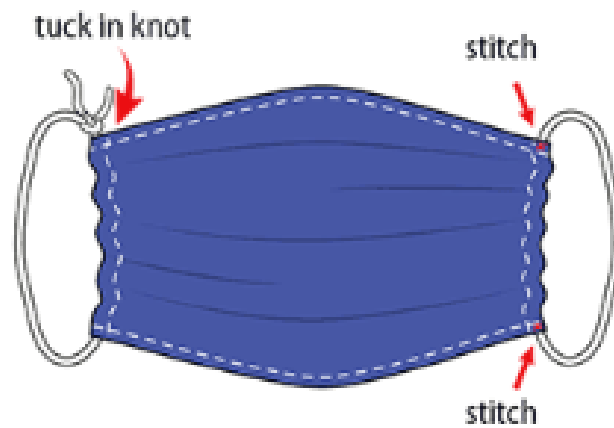


3. Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.

Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.



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

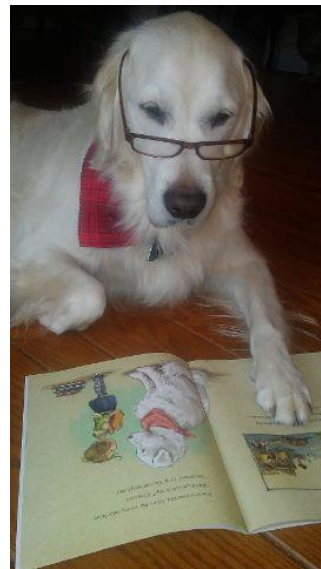
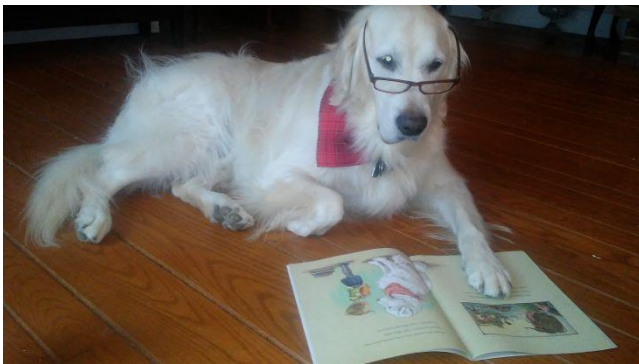


sticks

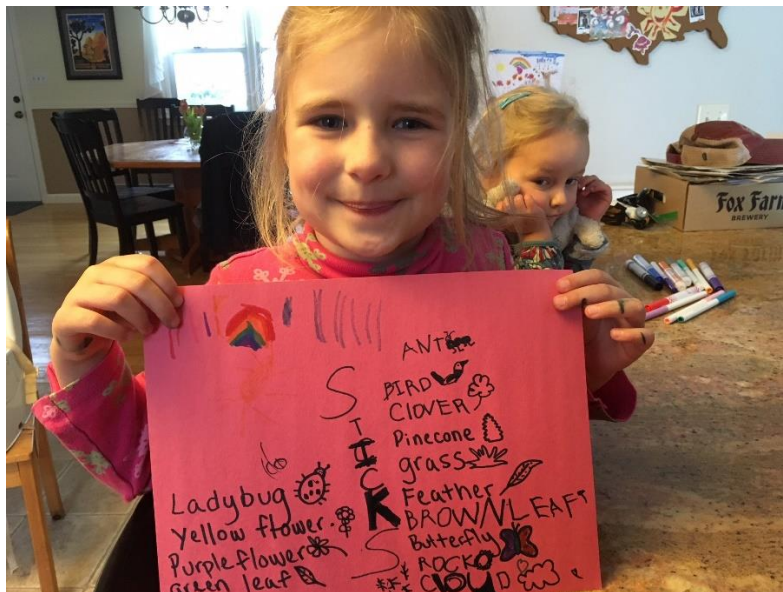
National Library Week Submissions:

Day 1, 2, 3

Day 1: Favorite Book Day



Day 2: Scavenger Hunt



Day 3: Bolton with Hearts Day



Thank you to those who have already sent us your submissions! It isn't too late to send us photos for this challenge for each day- Get your friends and family involved too!!

Contact Info:

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Program Coordinator: Stephanie Crane

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Take a Deep Breath with Steph:

Adequate sleep is super important to our wellbeing – especially during this time! Being well rested will help you stay positive and hopeful, so below are some tips on getting better sleep! – Check out <https://www.healthline.com/nutrition/17-tips-to-sleep-better> for more tips and tricks!

- Don't consume caffeine late in the day – cut yourself off around 3 or 4 pm (usually 6 hours before you would be going to bed).
- Set up a consistent bed time and wake up time; your body's circadian rhythm functions best when you have a set schedule. This will also help your body regulate its levels of melatonin.
- Try relaxation techniques before bed such as meditation or visualization
- Try reading a book before bed- also a relaxation activity!
- Turn off all technology at least 30 minutes before going to bed- the blue light restrains the production of melatonin, causing you to have trouble sleeping.

Stay safe, and stay positive!

Much love,

The Bolton Senior & Social Services Staff