
Bolton Senior Center

Prime Time: Online

Wednesday, April 29th, 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>

Table of Contents

Director’s Note	3
In Remembrance	4
What is happening at the Senior Center?	5
In Need of Masks?	5
Driver Safety Class Online.....	5
Tips from the Bolton Fire Department.....	6
What Have the Seniors Been up to?	6
Shout Outs!!	6
An Update from Bentley Memorial Library	7
Looking for Something Fun to Do?.....	7
No Trips? No problem! Below is a list of Virtual Opportunities/ Activities:	8
National Library Week Submissions:	9
Day 1: Favorite Book Day	9
Day 2: Scavenger Hunt	9
Day 3: Bolton with Hearts Day	10
Day 7: Favorite Thing about Bolton.....	10
Contact Info:.....	11
Take a Deep Breath with Steph:.....	11

Director's Note

Dear Senior Center Friends,

It is amazing how different this new normal can feel at times. I recently took a rare trip to the grocery store and it felt strange, like something out of a movie. We have all had to learn new rules of being. But we need to be more flexible, more creative and use our resources. For example, the benefit of being home more often means it is a great time to use the slow cooker. If anyone has any great recipes, please pass them along! What else are you finding to do to pass the time? Have you taken on any new hobbies? Finally finished a project you have been putting off? Please share!

I once again need to state how overwhelmingly impressed I am with the generosity of town residents. I am humbled by the thoughtfulness many of you have shown to each other. I love seeing the strength of Senior Center friendships. Thank you to all who continue to reach out to our neighbors.

Stay strong,

Carrie

In Remembrance

The hardest part of this time will be when we return and some of us are no longer there. Please take a moment of silence for these Friends of the Senior Center we have lost:

Jack Talley always brought some fierce competitiveness (with a smile) to Tuesday poker games and will be missed!

Linda Sharp taught us all about Idaho, gave us tales of her cat's mischief and made many friends in her short-time at the Senior Center. She volunteered as our Bingo caller and tidied the library. While she dabbled with the puzzle, she declared that dominoes was her "passion." She will be missed!

Finally, so many know the kind smile and big heart of our Senior Inc. Board member **Irene Kehl**. As one of the original Senior Center participants, Irene and her husband Art organized elaborate trips. She volunteered and participated in hundreds of events over the years, and we thank her for her friendship to the Center.



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!

In Need of Masks?

The Senior Center has a limited supply of masks that are available if you are having trouble finding or making your own! Give us a call or shoot us an email if you would like one!

It is also been found that if you add a nylon layer to your cloth mask, it could boost the level of protection! For more information, check out this website:

<https://www.npr.org/sections/goatsandsoda/2020/04/22/840146830/adding-a-nylon-stocking-layer-could-boost-protection-from-cloth-masks-study-find?ft=nprml&f=1001>

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!**

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 Lynn Follett:

I have loved receiving the Primetime Online and have appreciated (more than I can express) the Yoga Online that Lisa has been doing for her class on Monday and Wednesday. Of course it is not like being in the company of all of the gals though. So just want to do a

SHOUT OUT to Lisa, Loni, Lindy, Helen, Fran, Doris, Paula, Gretchen, Kathy, Arlene, Wilma, Priscilla, Joann, . . .and, I know I am forgetting someone. . .but miss being with you all and look forward to being together again as soon as possible. KEEP FIT and HEALTHY, friends!!!

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:

(Ideas taken from: <http://jtnn.org/resources/covid-19-activities-and-support/>)

- Looking for some relaxing music and mindfulness? Note-Able Music Therapy Services is posting amazing content on their Facebook page that you might enjoy!

Website: <https://www.facebook.com/NoteAbleMusicTherapyServices>

- Want a way to connect with your family, all at the same time? Zoom allows you to video chat with everyone all at once, making your Sunday dinner a possibility again!

Website: <https://zoom.us/>

- Insider has posted 16 brain teaser puzzles for you to figure out!

Website: <https://www.insider.com/brain-teasers-hidden-images-2018-8>

- The Paris Opera is putting shows online! This week they are showing Carmen and Cycle of Tchaikovsky's six symphonies!

Website: <https://www.operadeparis.fr/>

- Some National Park Tours from Google Earth!

Website: <https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home>

- Creative Capital has a list of online arts events happening that you can watch!

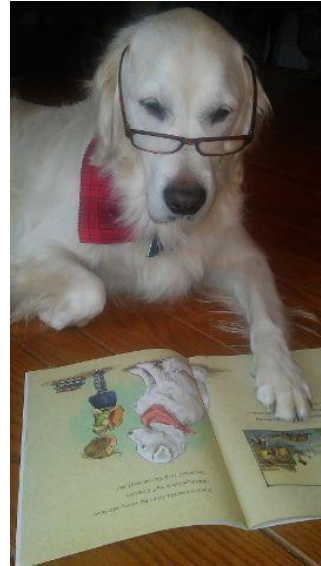
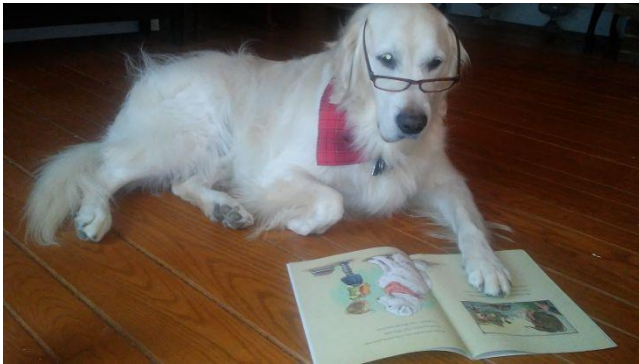
Website: <https://creative-capital.org/2020/03/18/online-arts-events-during-the-covid-19-outbreak/>

- Check out this cool virtual orchestra on YouTube!

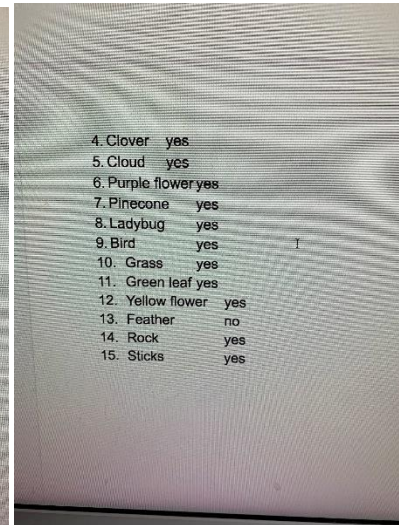
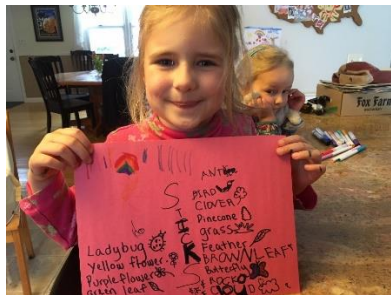
Website: <https://www.youtube.com/watch?v=QagzdvzzHBQ>

National Library Week Submissions:

Day 1: Favorite Book Day



Day 2: Scavenger Hunt



Day 3: Bolton with Hearts Day



Day 7: Favorite Thing about Bolton



Thank you to those who sent us your submissions!

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Take a Deep Breath with Steph:

Social distancing is really starting to affect everyone's mental health- it is difficult when we are uncertain of the future. The best thing for us is to realize that there are things that are out of our control- so we need to focus on what we CAN control.

When you feel like you are getting caught up in the fear and anxiety, try taking inventory of the things you can do that are in your control.

- You can take the preventative measures like washing your hands, using hand sanitizer, and making sure you clean surfaces frequently.
- You can continue to social distance, and only leave the house for essential trips.
- You can plan for things you might encounter during this time. For example- if you will have to self-quarantine for a few weeks, what will you do? What solutions can you think of? You might not be as afraid of the unknown when you have brainstormed a plan of action and feel a little more prepared!

Stay safe, and stay positive!

Much love,

The Bolton Senior & Social Services Staff