
Bolton Senior Center

Prime Time: Online

Wednesday, April 8th, 2020

Written by Stephanie Crane, Program Coordinator



As seen on a walk – Photo submitted by Karen Frost.

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 Bolton Senior Center Friends,

In hopes of still having a garden, we are starting entirely from seed this year. And just like everything else right now, starting from seed requires a lot of patience and waiting. But hopefully it is a time of growth and will help us look forward. We hope you are finding glimpses of hope and fulfillment during these trying times.

On a side note, much of our focus right now has been Food Pantry operations. I cannot say enough about the generosity of this town! Thank you to all who have helped keep our pantry well stocked.

Finally – I hope all of you who observe Passover or Easter get to experience some of the holidays, even if it is in a very different form this year.

Have a safe and healthy weekend,

Carrie



Seeds in the “greenhouse” – Photo submitted by Carrie Concatelli.

Hello from your Senior Inc. President

Like all of you, I'm staying home. We've had food orders delivered by InstaCart from Stop & Shop. Today Mountain Dairy delivered eggs, milk and orange juice. Reminds me of the days when everything was delivered right to your door. Loved the cream on top of the glass bottle!

Times like this call for all of us to do our part, which is... Stay home - Stay safe - Stay healthy.

See you all before too long!

Cheryl

What is happening at the Senior Center?

**** Please note – Bolton Town Offices are closed Friday, April 10 and Monday, April 13 to give Bolton staff a much earned break! Thank you to the whole Senior Center team and all the other departments keeping us safe right now.**

**** For the week of 4/13 - the building is closed 4/14 for extra cleaning so the only day for food pantry that week will be Thursday 4/16 from 2-4. Call ahead to have items put in a bag for outdoor pick up.**

Important notes about Bolton Senior & Social Services Department Operations – see full COVID-19 guide for more information.

- **The Senior Center is CLOSED to the public until further notice and all activities are cancelled.**
- **The office is still reachable by phone and email.**
- **Transportation is limited to very essential appointments or errands – call to discuss.**
- **AARP Tax Aide is on hold – the Tax Filing Deadline has been postponed until July 15.**

- **Chore Program and Handyman are on hold.**
- **Food is available if you need pickup Tuesdays/Thursdays 2 p.m. to 4 p.m. or delivery by arrangement – call to discuss.**
 - **Food donations can be dropped off Tuesday and Thursday afternoons 2-4 (call to arrange).**
 - **Monetary donations can be made to the Resident Assistance Fund and mailed to 104 Notch Road.**

Helpful Tips from 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 in your home, put information on your fridge about who you would want to care for 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 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!**

Friend of the Senior Center John Curtin is spending his time listening to music on his iPad, Watching Four Weddings, taking walks, and reading! John is reading a book called Finding Chika, by Mitch Albom. Here is John's book review:

"It is a true story about a girl who was adopted by the Have Faith Haiti Foundation. She is fighting a disease. There is no one in the country of Haiti that could help. So, Mitch adopted her, here in the United States. It talks about never ever giving up. I love it. Thanks for your time. Be well be safe. Thanks, John"

Thanks for the book suggestion John! Glad to see you are doing well

Shout Outs!!

**** Email us with any communication you might like us to publish here for others to see: It could be useful hacks to dealing with the Pandemic, or even just saying hi to a friend!**

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!



Love Opera? Here is a link you might be interested in:

Submitted by Friend of the Bolton Senior Center Bessy Reyna.

For people interested in watching the free MET in HD download streamed every night follow these instructions:

~ For general info and schedule visit www.metopera.org

1. If you have ROKU in your TV open it
2. Search for the MET logo open that - It will bring you to the daily opera stream
3. Click on browse and preview - This brings you directly to the stream for the day
4. Each new stream starts at 7:00pm until 6:30 pm the next day (Free nightly MET opera stream) click OK on that one
5. Click Play preview

~ You can also watch by downloading the MET app on your phone.

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

**Ideas taken from CT Visit, Here is a link for more ideas:

<https://www.ctvisit.com/articles/virtual-activities-for-at-home-experiences>

Connecticut's Beardsley Zoo in Bridgeport is running a live "Zoo Cam" of their Red Panda as well as a Facebook Live every Tuesday, Wednesday and Thursday at 2 p.m. which will feature different zoo animals!

<https://www.beardsleyzoo.org/zoo-cams.html>,

<https://www.facebook.com/ConnecticutsBeardsleyZoo>

Aldrich Contemporary Art Museum in Ridgefield is hosting Virtual Happy Hour, "Drink & Draw" as well as a Virtual Family Field Trip and Tour, "Weather Report" both via Zoom. <https://www.aldrichart.org/>,

Mohegan Sun in Uncasville offers the opportunity to binge watch its award-winning digital TV series "Back of House" where you can view an exciting plethora of happenings from cake showdowns to celebrity red carpet rollouts.

<https://mohegansun.com/back-of-house.html>

The Metropolitan Opera in New York City is streaming a performance every night at 7:30 pm EST. The recordings then remain available for 20 hours (until 3:30 pm the following day). <https://www.metopera.org/>

Grating the Nutmeg is a Connecticut history podcast from the State Historian and Connecticut Explored. <https://gratingthenutmeg.libsyn.com/>

Goodspeed Musicals in East Haddam has created a Spotify playlist of soothing and inspirational musical theatre songs that you can listen to for extra comfort in your day.

https://open.spotify.com/playlist/3EQFoZno1H5b4WGsBMHDBD?si=2Ef-LYm2Q1qI_DuRPPiXzA

Old New-Gate Prison & Copper Mine in East Granby is providing the opportunity to take a virtual tour of the first chartered copper mine in North America.

http://www.capturepics.com/3d-model/old-new-gate-prison-copper-mine-the-coppermine/fullscreen/?fbclid=IwAR1qVLprXO--t5nxQ3CUu3YsCda5uvY3Q_imQtby3bPNmTxm80q5Qa5ecw

Note: If you hear noise Saturday morning,
Don't Worry – Come Outside and Wave!!!!

[A note from the Bolton Fire Department:](#)

The Easter Bunny is scheduled to arrive in Bolton this Saturday morning between 9 and 11 AM.

The Fire Department is planning to provide transportation for the Bunny through town in the best way that they can. There will NOT be a schedule of streets and time due to the number of roads in town, number of children and families by the side of the road, availability of apparatus, weather, etc. For those that want to see the Easter Bunny, wait until you hear the fire truck approaching your home and stand by the side of the road. The Easter Bunny will TRY to acknowledge all children. We are attempting to make this a fun and safe event for all and ask for your patience and understanding.

NOTE ***** IF THE FIRE DEPARTMENT NEEDS TO RESPOND TO AN EMERGENCY,
THE EASTER BUNNY TRANSPORTATION WILL BE TERMINATED *****

The Easter Bunny hopes to see Bolton Seniors waving back! Enjoy some fun and fresh air!

Wave to the Easter Bunny!

Saturday, April 11

9 a.m. to 11 a.m.

The Easter Bunny will visit your street
riding in the Fire Truck!

If the Easter Bunny sees children
a few eggs will be left behind!

Eggs are factory sealed and will be handled with care.

Special Thanks to Egg Sponsors

Amazing Hardwood Floor LLC, England Hardware, Simonize USA



Take a deep breath with Stephanie:

We are now several weeks into this “Socially Distant” world, and I know it’s starting to overwhelm many of us. It is hard to stay positive when we don’t know how long this will last and how destructive all of this may be. We can very easily get lost in our thoughts and spiral. I think it is important to really focus on our mindset and our thoughts during this time.

If you find your thoughts wandering too much, try to practice **Mindfulness**. **Mindfulness is the physiological practice of purposely bringing ones attention to experiences occurring in the present moment.** A great way to do this is through meditation. There are many ways to meditate, but an easy way is to take a second, get into a comfortable position, closing your eyes, and focusing on your breathing. Take a deep breath in for four seconds, hold it for four, exhale for four, and hold for four again. Repeat this until you feel your breathing and heartrate slow down and become steady. If this doesn’t work to slow your mind, try laying down and starting from your toes, start tensing and relaxing each body part until you get to the very top of your head. (If you can’t tense each body part, just focus on thinking about each body part and how it feels, what is touching it etc.). Spend a few moments focusing on each body part from top to bottom; by the time you have moved all the way up your body, you should feel much more relaxed.

(For more information on Mindfulness and Meditation, check out this great website: <https://www.mindful.org/mindfulness-how-to-do-it/>)

As for your mindset, try to take each negative thought and replace it with a positive thought. Try to find the sunshine and blessing in each setback you may face. If you focus on the good in the situation, the bad won’t seem so consuming!

Stay safe, and stay positive!

Much love,

The Bolton Senior & Social Services Staff

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