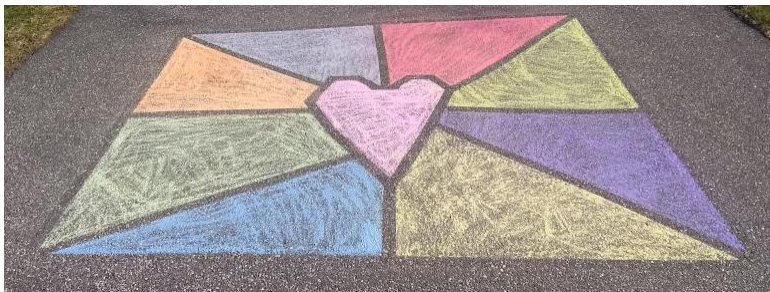

Bolton Senior Center

Prime Time: Online

Wednesday, August 19, 2020



View the Town of Bolton Covid-19 Guide (Updated August 1, 2020)

[https://town.boltonct.org/vertical/Sites/%7B30EEBA3C-BE1C-42AE-911F-0E304A672785%7D/uploads/COVID19 Bolton Operations Manual 8.1.2020.pdf](https://town.boltonct.org/vertical/Sites/%7B30EEBA3C-BE1C-42AE-911F-0E304A672785%7D/uploads/COVID19%20Bolton%20Operations%20Manual%208.1.2020.pdf)

Keep In Touch! (860) 647-9196

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Table of Contents

Director's Note	3
Senior Center Status	3
Town Updates	4
Frequently Asked Question	4
Foodshare Update	4
Shout Outs	5
Cabin Fever Challenge	5
Emergency Management.....	6
Power Outage Tips.....	6
Favorite Food Challenge.....	7
Stories from the Attic	7
Grandparents Raising Grandchildren	8
LGBT Moveable Senior Center	9
Free AARP Events	10
This Day in History	11
A Moment of Calm with Lynn.....	11
Light Laughter with Lynn	12
Garden Talk.....	13
Corn Facts.....	14

Director's Note

Dear Senior Center Friends,

Yikes! When we last spoke we knew there was a tropical storm approaching but never expected one of the largest power outages in CT history with 16 roads blocked in town. What a whirlwind it has been! Just like you, we experienced the issues with power and phones at our homes and at the Senior Center! This was certainly an unpleasant experience and this hurricane season is expected to be very tumultuous so it isn't over yet. We have lots of fun stuff in this edition but of course have to get a bit serious about this reality. Please consider all of the information on emergency management below.

In the meantime, the air is getting a tad bit cooler in the evenings, which is a welcome relief after all of these heatwaves! So we are gearing up for fall, with more to come! We are also thrilled that next week Stephanie Crane re-joins our department after running the summer camp. She makes a guest appearance in this week's edition and will have lots more fun things for you starting next week!

As some of you gathered, I was on a short medical leave (no, I did not have Covid) and would like to thank my team for all of their help! As we have said over and over, we are always stronger together folks, even when apart!

Stay Safe,

Carrie

Missed a recent edition of Primetime Online? Catch up here! All back issues are now available at <https://bolton.govoffice.com/primetime>

Senior Center Status

The Bolton Senior Center building remains closed to the public.

- Drop-off or pick-up items Tuesday and Thursday from 2 p.m. to 4 p.m. only.
- The Food Pantry is available for pick-up and delivery: please call ahead.
- Transportation is available: please call ahead.
- Need delivery from Bentley Library? Tell Library staff when reserving your items.
- Chair yoga: www.facebook.com/YogaWithLisaCT

Town Updates

New! The Town of Bolton has a new easier-to-remember website! You can now find Town information at: town.boltonct.org. Please note: At the moment there is an issue where it states “Your connection is not private.” The website can be accessed by clicking “advanced.” This should be corrected very soon.

While you are checking out the Town website – check out the brand new A to Z Guide! It includes many topics from AARP to the Zoning Board of Appeals and everything in between. If there is something you can't seem to find, let us know and we will add it!

Finally – The Town Administrator would like to share your stories! He is looking for stories about your activities, accomplishments and achievements during Covid-19 that you would like to share with your friends and neighbors. These stories will be shared on the CVC channel live the first and third Tuesday at 10:30 a.m. or online at cvcct.org. Send any information to townadmin@boltonct.org.

Frequently Asked Question

We have been asked whether we are having a flu shot clinic this year. We are working with the health district and hope to have much more information soon! Stay tuned!

Foodshare Update

Our friends at St. George's Foodshare have spent the summer in the Bolton Center School parking lot. Starting September 1, they will return to St. George's parking lot. Foodshare is available from 10 a.m. to 10:30 a.m. and is for anyone in need, no identification required. Please be cautious when entering and exiting the parking lot due to increased traffic.

Shout Outs

Want to send along a message? Let us know and we will post it here!

Cabin Fever Challenge

We're finishing up our adult summer reading challenge with Bentley Memorial Library. Remember, it is much more fun if you have a review! Send your reviews with your "star rating" to seniorservices@boltonct.org or bentley@biblio.org by August 31.

- Star rating:
- 1 star = It didn't hold my interest at all.
 - 2 stars = It was okay but it wasn't really my cup of tea.
 - 3 stars = It was better than okay, but I've read better.
 - 4 stars = It was a great story and I enjoyed it!
 - 5 stars = I couldn't put it down!

Jenn Harrington read:

- The Darwin Affair by Timothy Mason (5 stars)
- St. Francis Society for Wayward Pets by Annie England Noblin (3 stars)
- Knot on Your Life by Betty Hechtman (2 stars)
- The Ninja Daughter by Tori Eldridge (3.5 stars)
- Florence Adler Swims Forever by Rachel Beanland (3.5 stars)
- Takes One to Know One by Susan Sutherland Isaacs (2.5 stars)
- Supernatural Short Stories by Charles Dickens (3.5 stars)

Emergency Management

Did you know – The Senior and Social Service Department maintains a confidential list of anyone who is at risk in town. This could be due to electricity dependence due to oxygen or at-home dialysis, due to cognitive impairment, or due to any other issue of concern to that individual. Participation with this list is voluntary but we strongly encourage you to consider letting us know if you would like to be included. This list is updated regularly and used both before and after an event such as the last storm. If you would like to learn more, please email seniorservices@boltonct.org or call 860-647-9196.

This is going to be a busy hurricane season!

Now is the best time to consider how to prepare for next time.

A NOTE ABOUT DRINKING WATER: Please let us know if you will have difficulty getting extra drinking water before the next storm. Senior Center staff can help!

BE CREATIVE – lots of items around the house can hold water in advance – for example, consider filling some vases!

Power Outage Tips

By Stephanie Crane

I think we all were caught off guard by Tropical Storm Isaias that blew through Connecticut on Tuesday August 4th. No one quite knew what to expect- but we certainly didn't think that we were going to be without power or internet for days at a time. During the summer it gets very hard for us to keep cool during a power outage, whether it be ourselves or the food in our fridge. While there is only so much you can do during an incident such as this, we have compiled a few tips so that you can be a little more prepared for next time (Hurricane season is not yet over, folks)

Enlist a family member or friend to help you and check in on you during a power outage- even if you have a generator and are doing just fine, it is nice to have someone who is there to make sure that you are okay.

Stock up on essential items such as:

- Bottled water
- Canned food
- Blankets and warm layers (if during the winter months)
- A supply of medications

- Buckets of water in which to flush toilets and use for cleaning purposes
- Batteries and flashlights

To keep the cold air in the fridge and freezer for as long as possible- keep them closed shut when not taking something out.

If in winter time- dress as warmly as possible, in fact, wearing a hat inside will help you keep warm in a power outage.

If you need help, and can't stay home- reach out! Contact a family member or friend who may still have power or a generator and ask to stay with them. No one should be stuck at home with no power without help. You will find most people will be very generous during these times and try to help in any way they can.

A few safety tips:

- Only use a generator outside and keep it well away from windows.
- Disconnect appliances and other electrical devices to protect from electrical surges.
- Do not use a gas stove to heat your home.

Favorite Food Challenge

Anyone have a regional dish or seasonal favorite to share?

Stories from the Attic

Fairfield Senior Center invites you to join them on Zoom for a program they are bringing back by popular demand called Stories from the Attic.

The search and discovery of little known nuggets of history is what speaker Greg Van Antwerp has turned into a series of presentations called "Stories from the Attic." He calls himself an "Urban Archeologist" as he digs up stories, artifacts and more. He says, "History is hiding everywhere." Greg is a board member of the New Milford Historical Society (more about him can be found at www.foundastory.com).

This presentation will be Wednesday, September 9 at 3 p.m. on Zoom. To join in, let Bolton Senior Center staff know you are interested and we will get you the information to participate.

Grandparents Raising Grandchildren

Plainville Senior Center is known for a support group and yearly conference for grandparents who are raising their grandchildren. If you are someone who is the primary caregiver for your grandchildren, this may be something of interest to you.

The "Not-So" Empty Nest



Grandparents Raising Grandchildren Virtual Workshop

"Maintaining Your Child's Physical + Emotional Wellbeing During COVID-19"

Tuesday, August 25, 2020 10:00 a.m. — 11:00 a.m.

Use Zoom or Your Telephone

The presentation is by Dr. Henry Anyimadu, Infectious Disease Specialist and Sara Jones, Social Worker for Hartford Healthcare. They will discuss keeping your grandchild safe.

Registration is accepted through August 24. Contact Plainville Senior Center to register at 860-747-5728 or soucys@plainville-ct.gov. A Zoom link and/or telephone number will be provided to those who register. Please note: you will be asked to provide your birth date and your grandchildren's dates of birth as this is a requirement of the grant funding for this program. This program is funded through the Older Americans Act Title III through the North Central Area Agency on Aging.

LGBT Moveable Senior Center

The South Windsor Senior Center invite you to participate in a “Moveable Senior Center” event this Friday!



Lesbian, Gay, Bisexual and Transgender (LGBT) Adults and Allies of the LGBT Community are invited to join the LGBT Moveable Senior Center—a partnership among Senior Centers in the Greater Hartford area to connect the LGBT community to mind-body-spirit, to each other and to services and supports for healthy aging!

**Zoom Coffee Hour
Hosted by the South Windsor
Senior Center**

**Contact Victoria for Meeting ID and
password: 860-648-6399 or
Victoria.hellberg@southwindsor.org**

**Friday, August 21
9:30 AM**

9:30 - 9:45 AM

Check-In: How is everyone coping through COVID?

9:45 - 10:30 AM

Discussion of resources available including online resources to stay connected, busy, and entertained

10:30 - 11:15 AM

Wheel of Fortune!

New to Zoom?

**Call Victoria and she will walk you through
it and do a practice meeting with you!**

*The LGBT Moveable Senior Center is sponsored by CCC as part of
“Getting it Right”: Creating an LGBT-Inclusive Organization, a project funded by
the John H. and Ethel G. Noble Charitable Trust and was guided by CT LGBT Aging Advocacy.*



**CT Healthy Living
COLLECTIVE**

LGBT Aging Advocacy
Promoting respect and dignity for LGBT elders

Free AARP Events

August 24, 2020 @ 12PM *AARP CT Presents: Mondays at Mystic Seaport: Behind-the-scenes:*

Explore behind the scenes at Mystic Seaport Museum to experience the museum's collection of rare vessels that are not on public view. Then Christopher Gasiorek, Vice President of Watercraft Preservation & Programs at the museum, will answer your questions during a live Q&A event. Registration: <https://aarp.cvent.com/MysticMonAug24>

August 24, 2020 @ 1PM *Caregiver Roadshow for CT Families:* Offers a journey through the experiences of family caregivers - the backbone of our health care system. Learn tips and tools on supporting the caregiver, the care recipient and choices to live safely and independently at home. Learn specific tools for navigating and connecting with available services, gain an understanding of care options and costs, and stay informed on the legislative issues impacting seniors and family caregivers. Hosted by Wethersfield Social & Youth Services. Registration: <https://aarp.cvent.com/CaregiverAug24Wethersfield>

August 26, 2020 @ 7PM *AARP CT Webinar Wednesday: Caregiver Roadshow for CT Families:* Take a journey through the experiences of family caregivers - the backbone of our health care system. Learn about how to support the caregiver and care recipient, as well as choices to live safely and independently at home. Learn specific tools for navigating and connecting with available services, and gain an understanding of care options and costs. Stay informed about legislative issues impacting family caregivers. Registration is required: <https://aarp.cvent.com/Aug26CaregiverWebWed>

August 28, 2020 @ 10AM *AARP Fraud Watch Network's: Fraud Fighting Fourth Fridays - Powered by AARP CT & CEJC:* AARP CT & the Coalition for Elder Justice in CT have joined together to offer conversations the 4th Friday of every month on how elder justice advocates are working on your behalf to protect individuals and their families from becoming victims of financial exploitation and other forms of elder abuse. This session welcomes Kathleen Titsworth for the CT Department of Banking and Catherine Blinder from the CT Department of Consumer Protection offering an interactive conversation to test your knowledge, learn new tips and tools on prevention and how you can learn more about their agency's goals to work on your behalf. Registration: <https://aarp.cvent.com/4thFridayAug28>

This Day in History

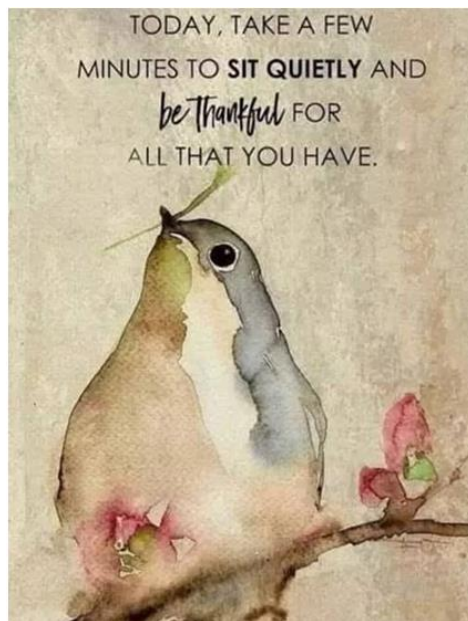
Yesterday, August 18, was the 100th Anniversary of the ratification of the 19th Amendment - granting all American women the right to vote! We honor the women who fought for this right for decades before it was made a part of our constitution.

As the song goes, "Our daughters' daughters will adore us, and they'll sing in grateful chorus – Well done, Sister Suffragette!"



Button from the Susan B. Anthony House in Rochester, NY.

A Moment of Calm with Lynn



Light Laughter with Lynn

When I see lovers' names carved in a tree, I don't think it's sweet. I just think it's surprising how many people bring a knife on a date.



Garden Talk

The garden is in full swing this summer! There is an extensive variety of plants grown in my (Carrie's) back yard. This year there is basil, parsley, cilantro, chives, jalapeno, garden salsa peppers, peas, green beans, zucchini, cucumbers, cucamelons, white onions, green onions, shallots, garlic, tomatoes (chery, roma, early girl, beefsteak), watermelon and pumpkins.

Admittedly, my husband is really more of the one to tend to some of the fussier plants, as I prefer a more hands-off approach. This doesn't seem to do much harm for the plants that are my favorites to focus on – the zucchini, the onions and my absolute favorite – the pumpkin patch.



While we have many recipes to use these items up, our absolute favorite combines quite a few of these items. A simple fresh salsa can be made using tomato, cucumber, onion, jalapeno (or garden salsa) and cilantro. Just five ingredients chopped up together and add a hint of lime! We eat every single bite and never manage to save any for later in the year!

This year we had some clever rabbits who managed to enjoy a few tomatoes – one grabbed them while the other stood guard! It worked as a distraction for a split second! Ordinarily it is the chipmunks who try to snag a few cherry tomatoes when they can.

The dry hot days seemed to do a wonder for the cucumbers. The number of cucumbers picked seemed to be at least quadruple the normal amounts! Unbelievable!

You may have been intrigued by one of the items I listed in the garden – the cucamelon. It is a cucumber the size of a grape that looks like the outside of a watermelon in miniature scale. They have a crunch and a very slight sourness but are otherwise very similar tasting to a cucumber. They can be a bit tricky to grow from seed. One of the reasons is the chipmunks love the taste when they are still seeds or very small. My husband found that the best defense is to install a piece of screen on top of a raised bed and then remove it once they grow large enough to peek through. Then they need a trellis to climb on just like cucumbers as they plants can grow up to 10 feet tall. Needless to say, they are just as drought tolerant as cucumbers so instead of a few to munch on we ended up with several bowls full!

What fun plants have you tried to grow over the years?

Corn Facts

We promise no corny jokes! (Oh no, too late).

- Corn is called maize by most countries, this comes from the Spanish word “maiz.”
- Corn is a cereal crop that is part of the grass family. An ear or cob of corn is actually part of the flower and an individual kernel is a seed. On average an ear of corn has 800 kernels in 16 rows. Corn will always have an even number of rows on each cob.
- Corn was first domesticated by indigenous peoples in southern Mexico about 10,000 years ago. Native Americans taught European colonists to grow the indigenous grains, and, since its introduction into Europe by Christopher Columbus and other explorers, corn has spread to all areas of the world suitable to its cultivation. Corn is now a completely domesticated plant so you're unlikely to find it growing in the wild.
- With the exception of Antarctica, corn is produced on every continent in the world. It has become a staple food in many parts of the world, with total production surpassing that of wheat or rice.
- Corn and its by products are also found in many non-food items such as fireworks, rust preventatives, glue, paint, dyes, laundry detergent, soap, aspirin, antibiotics, paint, shoe polish, ink, cosmetics, the manufacturing of photographic film, and in the production of plastics.
- In the days of the early settlers to North America corn was so valuable that it was used as money and traded for other products such as meat and furs.
- The six major types of corn are dent corn, flint corn, pod corn, popcorn, flour corn, and sweet corn. Corn can be produced in various colors including blackish, bluish-gray, purple, green, red, white and the most common yellow.
- In the United States, corn ears along with tobacco leaves are carved into the capitals of columns in the United States Capitol building.

- Corn not only provides the necessary calories for healthy, daily metabolism, but is also a rich source of vitamin A, vitamin B, vitamin E and many minerals and some antioxidants. It is also high in fiber content. Corn and cornmeal (ground dried maize) constitute a staple food in many regions of the world.
 - Corn flakes are a common breakfast cereal in North America and the United Kingdom, and found in many other countries all over the world.
 - Corn syrup is a food syrup which is made from the starch of corn and contains varying amounts of maltose and higher oligosaccharides, depending on the grade.
 - Corn oil is oil extracted from the germ of corn. It is rich in unsaturated fats and sterols, both of which can help lower blood cholesterol.
 - Corn is central to Mexican food. Virtually every dish in Mexican cuisine uses maize. In the form of grain or cornmeal, maize is the main ingredient of tortillas, tamales, pozole, atole and all the dishes based on them, like tacos, quesadillas, chilaquiles, enchiladas, tostadas and many more.
 - Cornmeal is made into a thick porridge in many cultures: from the polenta of Italy, the angu of Brazil, the mămăligă of Romania, the kačamak of Serbia, to cornmeal mush in the US (and hominy grits in the South).
 - Popcorn consists of kernels of certain varieties that explode when heated, forming fluffy pieces that are eaten as a snack.
 - Chicha and chicha morada (purple chicha) are drinks typically made from particular types of maize. The first one is fermented and alcoholic, the second is a soft drink commonly drunk in Peru.

