
Bolton Senior Center

Prime Time: Online

Wednesday, May 14th, 2020

Written by Stephanie Crane, Program Coordinator



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 |
| Contact Info:..... | 4 |
| Weekly Updates and Reminders:..... | 5 |
| Shout outs/ what have the Seniors Been up to?..... | 5 |
| Bolton 300 th Anniversary Trivia..... | 5 |
| All about Food..... | 6 |
| Food Challenge..... | 6 |
| Songs across America Challenge | 7 |
| An Update from Bentley Memorial Library..... | 8 |
| A Virtual Art Gallery from Bolton Students | 8 |
| Where the Wentworth's Went... .. | 9 |
| No Trips? No problem! Below is a list of Virtual Opportunities/ Activities:..... | 9 |
| Creativity Corner: Coloring fun! | 10 |
| 300 th Anniversary Trivia Answers:..... | 11 |
| How to Avoid Scammers during Covid-19..... | 11 |
| Take a Deep Breath with Steph: | 12 |

Director's Note

Dear Senior Center Friends,

It's hard to believe the Senior Center has been closed for two months now. We miss our time together. We know some of you are eager to jump back into everything. But as much as we want that too, we need to continue to be patient. To be clear, we do not have a definitive re-opening date at this time. This is something that Senior Centers across the state are grappling with as we don't want to risk hurting those we care about.

However, I can say that we are doing everything we can to help those of you who have been deeply impacted by the pandemic. Many of us personally know someone who has suffered from this disease or had negative financial implications. I am happy to report that I have been appointed the Chairman of Bolton's Long-Term Recovery Committee, with Patrice Carson as Deputy Chairman. We will have more to report as we move forward to help the town in the aftermath of this devastating time. I am honored to serve the town in this new capacity. I have seen the incredible generosity of all of you and I know that we can all pull together as a team to make things better for the community we love. I am confident we can accomplish a lot and keep Bolton Strong.

Stay safe. Bolton Senior Center is here for you.

Carrie

Update!

On a bright note – former Bolton Senior Center intern Angellina has graduated from St. Joseph's with a Master's Degree in Social Work! We have extended heartfelt congratulations to her! She says hello to everyone!

In Remembrance

We have lost a few Friends of the Senior Center and wanted to let you know. Former Van Driver Jim “Leo” Deleo and Senior Center participant Mae Roser both passed away earlier this month. We would also like to offer our condolences to Friend of the Senior Center Shirley Dalenta who lost her husband. Shirley, we are thinking of you and your family.



Contact Info:

Office Phone Number (860) 647-9196

Director: Carrie Concatelli, MSW

Email: cconcatelli@boltonct.org

Administrative Assistants: Karen Frost & Pam Wentworth

Email: kfrost@boltonct.org, pwentworth@boltonct.org

Program Coordinator: Stephanie Crane

Email: scrane@boltonct.org

Weekly Updates and Reminders:

- The Senior Center remains CLOSED to the public until further notice, 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
- Chair Yoga instructor Lisa Gaumond is conducting free chair yoga classes on Facebook Live on Mondays and Wednesdays from 9:30 a.m. to 10:30 a.m. @ yogawithlisact.

Shout outs/ what have the Seniors Been up to?

****Shoot us an email with what you have been up to or any communication you might like us to publish here for others to see for the chance to be featured in our next newsletter!**



Bolton 300th Anniversary Trivia

(Answers on page 11)

Question 1: What is the mascot of the Bolton Public Schools?

Question 2: Which Bolton river is part of the upper reaches of the Salmon River Watershed?

All about Food

Staying at home has all of us spending too much time thinking about our next meal! But many are feeling the pinch of this difficult economic time, especially with grocery prices skyrocketing. Many of you have seen the long lines at the Foodshare event at Rentschler Field in East Hartford. While this event is open to all Bolton residents, we are happy to help you a lot closer to home! Please consider all of these food options available to you.

- **Bolton Food Pantry** – right at the Bolton Senior Center. We are open! Reminder, we serve ALL residents in need. Call and let us know what you need and we will get a nice assortment together for you. Pick-ups are Tuesdays and Thursday 2-4 p.m. and deliveries can be arranged for those who need it. If you have never used the food pantry before, please do not be shy!
- **Bolton Food Share** – The wonderful volunteers at St. George's Church continue to run a very robust Foodshare pick up every other Tuesday from 10 a.m. to 10:30 a.m. The next date is May 26.
- **Manchester Area Conference of Churches (MACC)**. The town of Bolton has a partnership with MACC to provide additional food resources for Bolton residents. Call 860-647-8003 to discuss with their staff.
- **Having difficulty getting to the store?** Call us (860-647-9196) to discuss your circumstances and we can arrange a volunteer shopper or provide transportation.

Finally – if you are feeling a financial pinch because of loss of income due to Covid-19, please reach out: call 860-647-9196 and ask to speak to Carrie.

Food Challenge

Going along with our travel theme this week, tell us about your favorite United States regional dish that you miss from another part of the country (or your New England favorite).



Songs across America Challenge

Since none of us can travel too far from home now, we thought it would be fun to take a virtual tour of the country using songs as our guideposts. We're inviting you all to join in the competition. All you have to do is submit the title and artist of a song that contains references to places, and to list them. The references can be found in the title of the song or in the lyrics (e.g. State name, cities, locations, etc.). The more references you have in a song – the more points the song will give you! Each place referenced is 1 point, (if it is repeated in the song, no extra points are added). There is no limit to the amount of songs you can send in per submission.

Want to become a world traveler? International locations will be accepted too!

For Example:

“Country Roads” – John Denver (West Virginia, Blue Ridge Mountains, Shenandoah River, home = 4 points)

These submissions will be highlighted in our weekly newsletter with your name and the song (or songs) you sent in! Each person who sends us a submission will be put in the drawing for a weekly participation prize!

The person who gets the most travel points each week will be the winner for the week and also will receive a prize. This competition and “Trip” will last for three weeks.

Just submit your entries to Stephanie Crane at scrane@boltonct.org by 3:00pm on Fridays. You have until Friday May 22nd for the first round!

Come join us on our virtual journey!



An Update from Bentley Memorial Library



Hoopla is a digital media service that allows you to borrow movies, music, audiobooks, ebooks, comics, and TV shows to enjoy on your computer, tablet, or phone

— and even your TV! Bentley Memorial Library provides you with six instant borrows per month.

Go to www.hoopladigital.com and set up your account. Then choose ‘Bentley Memorial Library,’ enter your library card number (no spaces) and get started! (If you encounter problems, return to hoopladigital.com after setting up your account.) You can search by title, author, etc., or browse genres.

Zoom Opportunity: Bentley Memorial Library is hosting a book discussion on Thursday, May 21, 2020 from 7:00 – 8:30 p.m. On “The Siege” by Helen Dunmore. This is book 3 of our Russian historical fiction series lead by John Valerie of Portland CT.

- Email the library at bentley@biblio.org to register. Once you register you will receive an emailed invitation to join the ZOOM program with a link, password, ID and phone number.

A Virtual Art Gallery from Bolton Students

With the announcement of Connecticut public schools being closed for the rest of the year, the school put together an amazing video displaying 140 pieces of art that the students have submitted. This art experience reflects the students’ concerns about the pandemic, the human condition, the Earth’s well-being, but also their courage, hope, love, and humor.

Link: <http://openmic.link/bdnx>

Where the Wentworths went...

My husband Bruce and I have been traveling for many years visiting over 50 countries with India & Nepal (October/November 2019) being our latest adventure. Our next trip was supposed to be Russia next month, but the corona virus put the brakes on that. We thought you might enjoy traveling with us since I know you're all stuck at home, too.

Miss seeing you all,

Pam

<https://photos.app.goo.gl/c62tfkfB1AfDipj9A>

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

We can't be physically at the Senior Center right now, but here are some online versions of our programs!

- Missing Mah-Jongg? You can play online!

Website: <https://games.aarp.org/category/mahjongg>

- Missing doing puzzles? Here is a cool website to check out!

Website: <https://games.aarp.org/games/jigsaw>

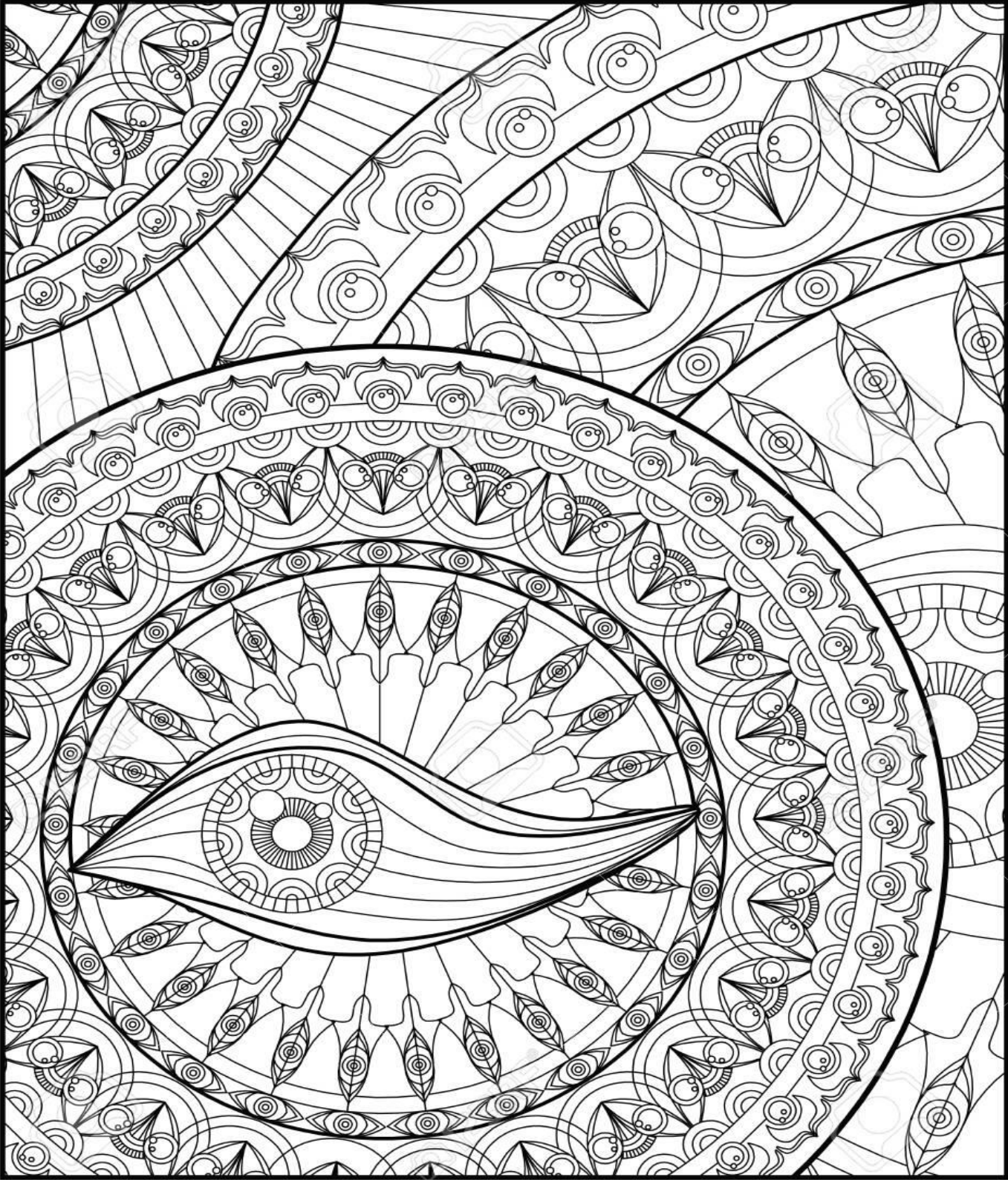
- Canasta can also be played online

Website: <https://www.canasta-palace.com/>

- Bridge

Website: <https://games.aarp.org/games/bridge>

Creativity Corner: Coloring fun!



300th Anniversary Trivia Answers:

Question 1: Bulldog

Question 2: Blackledge River

How to Avoid Scammers during Covid-19

Unfortunately, Scammers are still working through Coronavirus, and are using it to target people. Here's how detect if you are being scammed:

1. Stimulus Checks from the Government:
 - a. The government will never ask you to pay any fees or charges in order to send you a Stimulus check. They will also not ask for your SS#, or bank account/ Credit card number. If someone asks for any of these things, don't give them any information.
2. Vaccinations, cures, and Medicine:
 - a. There is no current cure for Covid-19, if someone contacts you to try out a new medicine, or to sell you any device that is said to "heal" you, hang up or delete the email.
3. Donations or Charities:
 - a. Someone might contact you to donate to a cause to help out during this time as well- before you consider this, take the time to research the company to make sure they are verified and legit.
4. Investment opportunities:
 - a. Be aware of anyone contacting you to invest in a "new" research company. Same as above, always verify the company before you give them any money or buy stock.

Rule of Thumb: Never give out personal information over the phone, or through email.

Take a Deep Breath with Steph:

Oftentimes, the feelings of uncertainty can really make your emotions run wild. We have no idea how anything is going to go over the next few months, and that is incredibly scary. One way to combat this unknown is to make sure you have given yourself a normal routine and schedule to follow from day to day. We no longer can do our “Normal” activities like meeting a friend for lunch, or attending a senior center program – but we can come up with a new schedule to follow for the time being.

Try to wake up at around the same time every day, get up, get ready for the day, and eat a good breakfast. Maybe make a list of things you want to get done for the day, and give each a timeframe to do them. Try to do certain things every day at the same time as well, like doing some exercises, taking a walk, phone calls with a friend, etc. Also make sure your meal times line up around the same time each day as well. Most importantly, add in some time for yourself as well, to do things that you love to do!

While we certainly can waiver from this routine and have bad days, I have found that giving myself a schedule really helps me to stay positive and keep myself from being in a slump! Be kind to yourself and do the best you can- you are doing great!

-The Bolton Senior & Social Services Staff