
Bolton Senior Center

Prime Time: Online

Wednesday, May 6th, 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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Director's Note

Dear Senior Center Friends,

May is when we celebrate Older American's Month. This year's theme is "Make Your Mark" to acknowledge the contributions older adults bring to our community. Right now we are seeing the tremendous support that the senior generation is giving to the children who are currently at home. Many people are using technology to read stories, sing songs, provide guidance for home-school assignments, and to listen to questions their parents have heard a thousand times!

Earlier this week was International Firefighters Day so we give a shout out to the incredible Bolton Volunteer Fire Department! Deputy Chief Peter Morra was celebrated for his 50 years of service to the town and his retirement as an officer.

Happy Mother's Day – and a peaceful Sunday for all!

Stay Safe,

Carrie



Happy Mother's Day to all our Moms and Grandmas!

What's up with the Senior Center Staff?



“Even if I have to say so myself, I'm a pretty good gardener. Just look at the amazing success I'm having growing these pretty yellow flowers all over my lawn!” - Karen

**Me after I eat all of
my quarantine
snacks in one night**



“I found this funny picture and I thought everyone would enjoy it! Who is doing a lot of bored snacking these days? I certainly am” –
Stephanie

Blast from the Past: Remembering the Good Times



Remembering Good Times – A Senior Luncheon at Bolton Center School. Pictured (l-r): Pam Sawyer, Frank Delaney, Olga Delaney. Fun fact: The room at the Senior Center now used for Senior Luncheons is called The Delaney Room. Photo submitted by Friend of the Senior Center Pam Sawyer.



Hello Chair Yogis! Enjoying some time together at the end of a class a few months ago. The Bolton Senior Center gives a big thanks to Chair Yoga Instructor Lisa Gaumond for offering her class online!



Friend of the Senior Center Tony Carosielli reminds you to Stay Home, Stay Safe and Stay Bolton Strong. Photo by Bruce Dixon.



Shout out to Senior Center Van Drivers! We can't thank Bruce, Paul, Cheryl and Ralph enough for their dedication to the Senior Center year round. Photo by Bruce Dixon.

Send us your submissions to get your own Flashback Photos featured in our next Newsletter!!

We would love to see your photos from your time in Bolton!

DON'T WAIT UNTIL IT'S TOO LATE TO CALL **9-1-1**



Sometimes signs and symptoms occur before sudden cardiac arrest, these may include:

- Chest pain or discomfort
- Heart palpitations
- Rapid or irregular heartbeats
- Unexplained wheezing
- Unexplained shortness of breath
- Weakness
- Fainting or near fainting
- Lightheadedness or dizziness

When you or a loved one is experiencing these signs and symptoms, please call 9-1-1 immediately. The consequences of avoiding medical treatment could be fatal.

Recognize the immediate signs symptoms of sudden cardiac arrest:

- Sudden collapse
- No breathing
- No pulse
- Loss of consciousness



Tolland County Mutual Aid Fire Service, Inc.
P.O. Box 6
Tolland, CT 06084



An important message from the Tolland County Mutual Aid Fire Service Dispatch Center. Don't be scared to seek medical help, it can make a difference! If you have an emergency please call 911.

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 Aide and Chore Program are 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 Resident Assistance Fund!!

Driver Safety Class Online

We originally had an AARP Driver Safety Class scheduled in April. 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!**

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 Gaumont! 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](#). Way to go Chair Yogis!



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

- Tour the Great Wall of China from your own living room!

Website: <https://www.thechinaguide.com/destination/great-wall-of-china>

- Want to get Out of This World? Check out this cool virtual tour of Mars! (a 3-D Replica of course)

Website: <https://accessmars.withgoogle.com/#>

- Travel to Hawaii and see some of its most beautiful sights!

Website: <https://earth.google.com/>

- Interested in Farm life and fresh food? Check out this cool website: Farmfood360

Website: <https://www.farmfood360.ca/>

- Learn about locations in the country where music was prevalent:

Website:

<http://edtech2.boisestate.edu/joshuasmith8/502/virtualtour/start.html>

- Know someone who came to the US through Ellis Island? Want to learn a little more about how it used to work?

Website:

<http://teacher.scholastic.com/activities/immigration/webcast.htm>

- Do a Virtual tour of 10 of the world's coolest landmarks

Website: <https://www.theguardian.com/travel/2020/mar/30/10-best-virtual-tour-worlds-most-famous-landmarks>

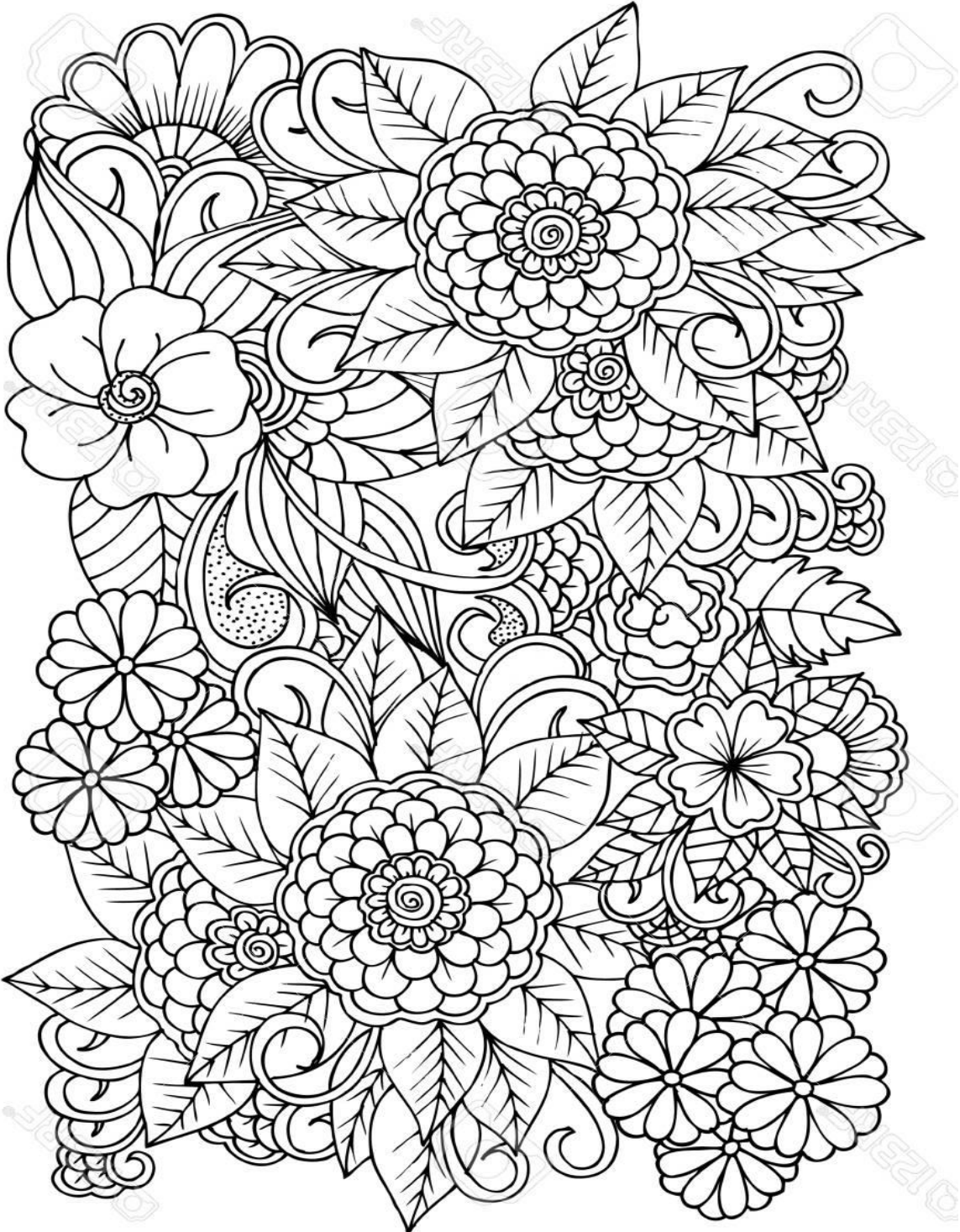
- Scale the mountain of Yosemite with this virtual 360 Tour:

Website: <https://www.google.com/maps/about/behind-the-scenes/streetview/treks/yosemite/>

- Itching for some Jazz music? Check out this blog

Website: <https://www.jazz.org/blog/coronavirus-jazz-livestreams/>

Creativity Corner: Coloring fun!



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Take a Deep Breath with Steph:

(Taken from: <https://news.sky.com/story/coronavirus-nine-good-things-to-come-out-of-covid-19-pandemic-11959667>)

While we can go on and on about the negative things that have come from this pandemic, let's take a moment to be grateful for the positive! Below are a few of the things that reporter Russell Hope lists that have been positive:

1. **Community Spirit-** with all of this going on, communities everywhere have banded together to give each other a helping hand.
2. **Help for the Elderly-** With the elderly being one of the communities that are most affected by this virus, it is great to see that businesses like grocery stores are trying hard to cater to our needs!
3. **Pollution is down-** The air is cleaner, smog has faded, and mother earth is thanking us for this unexpected break.
4. **Venice cleans up its act** – again, the waters are clearer than they have been in a very long time
5. **Clean hands back in fashion-** Companies are switching their business plans to make hand sanitizer!
6. **There's never been a better time to stay in-** With the internet, we are much better off than we would have been 20 years ago!
7. **Sing-a-long-a-lockdown-** Countries like Italy are sitting on balconies and singing to one another across the way. We are separate, but all in this together!

-The Bolton Senior & Social Services Staff