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# Bolton Senior Center

## Prime Time: Online

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Wednesday, July 15, 2020



**Link to the “Town of Bolton Response to the COVID-19 Health Crisis Operations Guide”** [https://bolton.govoffice.com/vertical/Sites/%7B30EEBA3C-BE1C-42AE-911F-0E304A672785%7D/uploads/COVID19\\_Bolton\\_Operations\\_Manual\\_6.11.2020\\_4-00pm\\_FINAL.pdf](https://bolton.govoffice.com/vertical/Sites/%7B30EEBA3C-BE1C-42AE-911F-0E304A672785%7D/uploads/COVID19_Bolton_Operations_Manual_6.11.2020_4-00pm_FINAL.pdf)

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# Director's Note

Dear Senior Center Friends,

Some days all of this still seems a little unbelievable. If you had told us in advance that we were all going to be going through this, how would we have responded to that prediction? I know staying at home so much is starting to wear on you. What have you done to stay inspired? How do you maintain a sense of normalcy? Is there something you have made a new routine now? Has your sleep schedule changed? What would you tell future generations about this time in our lives?

There are many unknowns but one thing is still for sure: we'll get through it together.

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. The Governor's Stay Safe Stay Home order states older adults and anyone at risk should remain at home.

We can tell you are getting antsy! We need to continue to keep the health and safety of all participants and staff in mind as we mindfully move forward to be together again.

- 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.

## A Note on Cooling

In the event of a heat wave, the Bolton Senior Center ordinarily operates as a cooling shelter during regular hours. If you anticipate an issue with excess heat in your house this year, please contact Senior Center staff as soon as possible.

## Library Books

Call Bentley Memorial Library at 860-646-7349 to request materials and arrange an outdoor pick-up or delivery with Bolton Senior Center Van Drivers! Want to borrow some of the Senior Center books? Just tell us your favorite authors and we will find something for you to try.

## Chair Yoga with Lisa

Join our chair yoga teacher, Lisa, for virtual chair yoga in your own home. Classes are recorded live on Facebook on Monday and Wednesday mornings at 9:30 a.m. and are stored on the Yoga with Lisa Facebook page to watch any time. Visit [www.facebook.com/YogaWithLisaCT](http://www.facebook.com/YogaWithLisaCT).

## Shout Outs

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

## Cabin Fever Challenge

Bolton Senior Center and Bentley Memorial Library have teamed up for an adult summer reading challenge! All you have to do is read a book, send us a brief review and give it a star rating to let us know your overall recommendation.

- 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!

Send your reviews to [seniorservices@boltonct.org](mailto:seniorservices@boltonct.org) or [bentley@biblio.org](mailto:bentley@biblio.org) to enter your submissions. The challenge runs from July 1 through August 31. Anyone who submits at least one entry for July and at least one for August will be eligible for a prize. And remember: contact Bentley Memorial Library if you would like to check out books through outdoor pick-up or Senior Center delivery. Happy reading!

Here is our first book review to cool you off!

Lynn Follett reviews: The Christmas Wedding by James Patterson and Richard Delallo. It is a mystery/thriller, for which James Patterson is famous. But, it was not a typical mystery. Gaby Summerhill, a mother, a widow and a vivacious friend and community member has decided to get married on Christmas. She loves her four children and grandchildren, but they all live at a distance and are busy with their own lives. She thinks it would be wonderful to have her wedding on Christmas and hopes to draw the family together for the celebration. The mystery is Gaby has not told anyone...including any of the three men that have asked for her hand in marriage...who will be her groom!! The title "thriller" materializes as Gaby "weaves her webs" to bring her children and their families together for this very special Christmas. It is a 'warm and fuzzy' read. The reader is sure to cheer Gaby on as she reveals her last minute selection of a groom as well as the way she lovingly handles the challenges within her extended family.



## Where the Wentworth's went

Laos 2011

Laos was one of our favorite trips because it was by far the most adventurous one we ever took on by ourselves. Just the trip to get there - almost 40 hours by plane, train, bus, on foot to cross into Laos from Thailand and taxi to the former palace where we stayed in Pakse was an adventure in itself.

Once in Laos, we hired a local company to take us zip lining in the rain forest with some of the most difficult hiking we'd ever done among the most incredible scenery and experiences we've ever had. It was a good thing we were the only people on the trip so we didn't have to worry about slowing down the rest of the group. I asked our guide the average age of the zip liners and he said they were in their 20's, 30's and 40's, so we were well past our expiration date. It was strenuous, exhausting and wonderful. If I had known what we getting ourselves into, I never would have attempted it, but am so glad we did! -Pam

<https://photos.google.com/share/AF1QipPCUqsC5EuqngG811jovilEbkjssiVOj3RnSRyzV6YEKyQpgYyFFpF atnZhi0-8Dw?pli=1&key=QUMtUHNucUU0U0U2Vm93VFR2N2otSDBIZHhkNnFB>

Don't forget to click on each picture for the caption.

# Favorite Food Challenge

Anyone have a regional dish or seasonal favorite to share?

For the rhubarb fans out there, Lynn Follett shares a unique take on it using many common ingredients you probably have on hand:

## RHUBARB CRUNCH

- 4 cups diced rhubarb
- 3/4 cup sugar
- 2 Tablespoons cornstarch
- 1/2 cup water
- 1/2 teaspoon vanilla flavoring
- 1 cup all-purpose flour
- 3/4 cup regular oats, uncooked
- 1 cup firmly packed brown sugar
- 1 teaspoon ground cinnamon
- 1/2 cup melted butter

Place rhubarb in a butter 12x8x2 inch baking dish. Combine sugar, cornstarch and water in saucepan, cook until thick and clear. Add vanilla. Pour over rhubarb in baking dish.

Combine flour, oats, brown sugar, cinnamon, and butter, mix until crumbly. Sprinkle over rhubarb. Bake in 350 F oven for 40 to 50 mins.

Yields 12 (3-inch) square servings.

Serve warm with vanilla ice cream or whipped cream or chilled with the same topping.

Refrigerate leftovers.

Lynn Follett also sent a recipe for Tomato Pie. It is a great use for all of those tomatoes that are about to ripen. As I told her, just the mention of Tomato Pie brought up a very fond memory of mine. I once visited a charming place called the Tomato Pie Café in the quaint town of Lititz, PA (close to Hershey and Lancaster). The entire town is cute, as if out of a storybook, and the café fit in perfectly. I really think the best part of regional or seasonal foods is that they can very quickly transport you back to a time or place! Thanks for the smile Lynn, and here is the recipe:

## TOMATO PIE

(Can be used as an appetizer or a vegetable/side)

2 cups biscuit mix (Jiffy or Bisquick)

2/3 cup milk

Tomatoes, peeled and sliced \*\*

Salt and pepper to taste

Crushed basil leaves & chives to taste

1 cup grated sharp cheese

1 cup mayonnaise

Combine biscuit mix and milk, mix like pie crust. Roll out on floured surface, place in 13x9x2 inch pan, greased. Fill with tomato slices. Sprinkle with salt and pepper and spices. Mix cheese and mayo; spread over the tomatoes as best you can. Bake at 400F for 35 minutes. Let sit 10 minutes before cutting. Yields 12 (3inch square) servings.

\*\* I used plum tomatoes and diced large chunks and discarded seeds. I did not peel and it was fine. I used about 4-5 large. I think if tomatoes are fresh, you don't have to peel, no matter what kind you use.

# 10 Fun Facts about Blueberries

*“When any lagged behind, the cry of ‘blueberries’ was most effectual to bring them up.”*  
Henry David Thoreau

July is National Blueberry Month. Did you know? There are two types of blueberries, highbush and lowbush. Lowbush blueberries are smaller, sweeter blueberries often used for processing into juices, jams, blueberry muffin mixes and so on. Highbush blueberries are the types you commonly find at grocery stores and farmers markets.

1. The blueberry is one of the only foods that is truly naturally blue in color. The pigment that gives blueberries their distinctive color—called anthocyanin—is the same compound that provides the blueberry’s amazing health benefits.
2. People have been eating blueberries for more than 13,000 years.
3. Blueberries were called “star fruits” by North American indigenous peoples because of the five-pointed star shape that is formed at the blossom end of the berry.
4. The blueberry (genus *Vaccinium*) is one of the only commercially-available fruits that is native to North America.
5. Ten states grow 98 percent of U.S. blueberries: California, Florida, Georgia, Indiana, Michigan, Mississippi, New Jersey, North Carolina, Oregon and Washington.
6. Peak blueberry season in most of the country runs from mid-June to mid-August. However, Florida blueberries have their peak production season in March and April.
7. Blueberries freeze in just 4 minutes.
8. One cup of blueberries contains 80 calories, 3.6 grams of fiber and 25 percent of the recommended daily amount of vitamin C. Blueberries ranked number one in antioxidant health benefits in a comparison with more than 40 fresh fruits and vegetables.
9. A single blueberry bush can produce as many as 6,000 blueberries per year.
10. The silvery sheen (or “bloom”) found on the skin of blueberries is a naturally occurring compound that helps protect the fruit. This why you should only wash blueberries right before you’re going to eat them. The berries should be stored in the refrigerator and will keep fresh for up to 10 days.

<https://www.farmflavor.com/us-agriculture/10-fun-facts-about-blueberries-infographic/>