
Bolton Senior Center

Prime Time: Online

Wednesday, July 1, 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

Keep In Touch! (860) 647-9196

Director: Carrie Concatelli, MSW

Email: cconcatelli@boltonct.org or seniorservices@boltonct.org.

Administrative Assistants: Karen Frost & Pam Wentworth

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

Program Coordinator: Stephanie Crane

Email: scrane@boltonct.org

Table of Contents

Director’s Note	3
Retirement news.....	3
In Remembrance.....	3
Thank you BCC	3
Senior Center Status	4
Program Notes.....	4
Chair Yoga with Lisa.....	4
Things to do in July.....	5
Watch the Wildlife.....	5
A Call for Volunteers.....	5
Cabin Fever Challenge.....	7
Where the Wentworth’s went	7
Shout Outs	8
Summer Bucket List.....	9
Favorite Food Challenge.....	9
Garden Chat.....	9
Fun Facts: A Fruit or Veggie?	10

Director's Note

Dear Senior Center Friends,

Happy July! I know it is hard to believe another month has gone by. It sure feels like summer now. Our lawns really need the rain! We hope we can help keep you busy. Check out some of our fun challenges and other things to do. There is still plenty to smile about in our wonderful town.

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>

Retirement news

We wish Bolton Resident Trooper Dave Piela a very happy retirement! We thank him for his many years of service to our town and extend our best wishes!

In Remembrance

We are sad to report the passing of Joe Niewinski. We extend our sympathies to his wife Pat and his daughters Andrea and Lisa (our chair yoga instructor). Our thoughts are with your family!

Thank you BCC

As you know, residents and friends of Bolton Senior Center have shown exceptionally generosity during this pandemic. It is because of you that the Bolton Food Pantry has continued to meet the high demand for assistance at this time.

Bolton Congregational Church named the Bolton Food Pantry as the recipient of its June mission. Various church members donated bags of food and made monetary contributions throughout the month. Thank you for thinking of us BCC!

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.

Program Notes

AARP Tax Aide

AARP Tax Aide will not resume this tax season. For free preparation assistance resources, please go to <https://signup.aarpfoundation.org/preparing-your-taxes-online/>.

Chore Program

The Chore Program is on hold. We are hoping to partially re-open in the near future. We appreciate your patience.

Library Books

The Bentley Memorial Library is offering limited borrowing services to Bolton residents with a valid library card! Call 860-646-7349 to request materials and arrange a pick-up time or delivery with Bolton Senior Center Van Drivers!

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.

Things to do in July

The Connecticut Association of Senior Center Personnel (CASCP), has put together a calendar of online events being offered from Senior Centers across the state. Check out these offerings that are available for anyone to join. Note, there are specific requirements for pre-registration. Enjoy!



CT Senior Centers
Community Calendar.i

Watch the Wildlife

Check out a fantastic collection of web cams from Monterey Bay Aquarium. There are several exhibits offered and even a live feed of Monterey Bay in case you just want to watch the waves roll in! They even have educational commentary available at select times throughout the week, but remember the times are listed in Pacific Time. Enjoy!

<https://www.montereybayaquarium.org/animals/live-cams>

A Call for Volunteers

The following is an announcement from the Bolton Gives Community Fund Selection Committee. They explain an opportunity to join a Bolton Gives Community Fund Advisory Committee to administer a grant from Hartford Foundation for Public Giving.

To be very clear, this grant does not benefit the Town of Bolton (the governing body) by any means, it is solely to benefit the town of Bolton (the entire community at large!)

Please see the announcement on how to submit a digital application at hfpg.org/boltoncf. However, please note that a paper copy of the application is available at the Senior Center. If you would like to pick up a copy please ring the doorbell at the Senior Center Tuesday or Thursday from 2 p.m. to 4 p.m. or call to request a copy by mail.



**Bolton Gives
Community Fund**



Hartford Foundation
FOR PUBLIC GIVING

GREAT NEWS!

The residents of Bolton have received a grant of \$100,000 from the Hartford Foundation for Public Giving to be spent as we see fit. That's right, \$100,000!

What's the catch?

No catch, but Bolton needs to select an Advisory Committee, which is inclusive and reflective of all town residents, to decide how to use the money.

To be eligible to serve on the Advisory Committee:

- You are a Bolton resident
- You aren't an elected official
- You are at least 14 years old

So, step up. Fill out the application and tell us, the Selection Committee, why YOU should be on the Advisory Committee.

Send your application by **Friday, July 31** to [BoltonGives@gmail.com](mailto: BoltonGives@gmail.com) or by mail to BoltonGives, 25 Hanover Farms Road, Bolton CT 06043. Email us with any questions.

You can also find the application online at hfpg.org/boltoncf.

Qualified applicants will be contacted for an interview.

With gratitude,

Bolton Gives Community Fund Selection Committee

Bev Alleman, Ron Alleman, Trish Brudz, Eileen Dulen-Jennings, Jon Weaver

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 or 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!

Where the Wentworth's went

Morocco 2013

This trip was great - food, people, sights and especially riding camels into the desert and staying in tents. Everything we saw was new to us which is what travelling is all about. There were no safety issues so we were able to wander through the cities and souks (markets). They are a challenge to get through, but really fun.

This was the fourth African country we visited and the only photos - other than Madagascar - that are digital. The photos from our trips to Egypt, Tanzania and Kenya are in albums, so we can't share those. I guess we'll have to go back..... -Pam

<https://photos.google.com/share/AF1QipOF98jjZ3-N2KEEke7WM4UHNtNTimbBUWDyDSRVrBwmz6krMqbHgf1K13boiclw?key=NmlWUEtzMGd4aVBWU1hqYjZtZVlScmx6UzVmdktn>

Don't forget to click on each photo if you want to know what you're viewing.

Shout Outs

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

Shout out from Trip Barnett – Trip recommends an online game called Trickster Cards (found at Trickstercards.com). He states it is pretty easy to use and fun.

Shout out from Cheryl Udin- Cheryl shared a message for all of you but we want to return the shout out to her. Many of you may not be aware, she has now been President of Seniors Inc. for 10 years! A thank you to Cheryl for her dedication to seniors!

Hello from Cheryl Udin, Bolton Senior Citizens Inc. President.

I would like to 'shout out' to all the Bolton Seniors (even if you have never stepped foot into your Senior Center building).

I miss you, I miss hugging as many of you as will allow me to give you a hug! I'm a hugger and that is the hardest thing for me to forgo, as we go through Covid-19 in 2020.

We are pleased to announce Alice Hare has joined the Seniors Inc. Board! Your board members are now Maureen Johnson, Arlene Giglio, Helen Winkler, Myrle Goff, Paula Morra, Alice Hare and I. We met outdoors at a distance for our first board meeting in four months! What a treat to see everyone in person. We all wore our masks and stayed physically distant to ensure we all stay healthy and safe. It was nice to catch up.

If you're at all like me, you also are chomping at the bit to get out and see people, trying to get our lives back to some normalcy. I urge you to be cautious, stay safe, stay healthy and we will see each other hopefully very soon.

-Cheryl

Summer Bucket List

Summer has officially arrived with not much fanfare but the heat. There is so much interruption to our usual summer plans and entertainment. But now is a good time to get creative. It's time to make a Summer Bucket List!

Look around your house. Bet there is a project you would like to tackle, a hobby you have ignored, or maybe a new one you would like to begin. Maybe this is finally the year? With disrupted routines, it is important to keep our minds stimulated.

We encourage you to create a Summer Bucket List of what you want to do, and keep us posted on your project(s). It could be something simple or a big task. Chances are, you already have all of the materials you need.

Some ideas: practice a musical instrument, organize a drawer or closet, make a craft, review or sort old photos, revise your recipe box or try a new recipe, complete the honey-do list, read or re-read a book that has been sitting on your shelf, go star-gazing, paint something a new color, refinish a piece of furniture, practice a language, etc.

Submit your Summer Bucket List to seniorservices@boltonct.org.

Favorite Food Challenge

This week is the start of raspberry season! Any blueberry fans?

[Anyone have a regional dish or seasonal favorite to share?](#)

Garden Chat

We asked: What was your first experience with a garden like as a child? Did you have a Victory Garden? What are your favorite foods and flowers to plant? Ever have a gardening disaster? Have a few tips to keep out critters? Share your stories, your knowledge and your photos here! [Let's make this summer bloom!](#)

Last week Nancy Soma shared a story about the Consolidated Tomato Growers. Nancy Hahn states that she enjoys the Bolton stories and she remembers the Consolidated Tomato Growers.

You're right, the stories are fantastic! Have another story? We would love to hear it!

Fun Facts: A Fruit or Veggie?

Bell Peppers Are Fruits

Surprised? Scientists define fruit as the part of a plant that develops from a flower and has seeds. So that means bell peppers -- along with squash, cucumbers, and pumpkins -- are fruits. It's up to you whether or not to include any of those items in your next fruit salad.

Bananas Are Berries

A true berry is a fruit that develops from a single flower and a single ovary. The ovary is the female part of a flower. That means grapes, kiwis, and even bananas are berries. Think about that the next time you peel into a banana.

It May Be Best to Steam Broccoli

If you're trying to cut your cholesterol, steam your broccoli -- that helps it lower your levels more. Raw broccoli has cancer-fighting compounds, though. In a part-by-part breakdown, the florets have a few more nutrients than the stalks. And the leaves, which most people throw out, have some nutrients not found in either the stem or the florets.

Avocados Are Fruits

Avocados have seeds, so that makes them fruits. They have a lot of fat, but it's the good kind that lowers cholesterol. The creamy fruit also helps your body absorb nutrients in other produce, like tomatoes. So toss some diced tomatoes into your next batch of guacamole.

Potatoes Top Bananas in Potassium

We need potassium to help strengthen our muscles and control our blood pressure. Bananas are high in it, but they aren't the best source. Why not try a spud instead? Potatoes have more potassium. They don't have any fat and are a good source of vitamins and iron, too.

Tomatoes Are Fruits and Veggies

Tomatoes are fruits. But, according to law, they're vegetables. Here's the juicy backstory: In the 1800s, New York's port taxed veggies, but not fruits. An importer wanting to cut costs went to court saying his tomatoes were fruits. The case went all the way to the Supreme Court, which ruled that, in "common language," produce often served with meats or fish is a vegetable. So, the man had to pay tomato tax.

Figs Match Milk in Calcium

Trying to get more calcium? Instead of pouring another glass of milk, you could reach for the fruit bowl. Figs are high in calcium. A cup of dried ones has as much calcium as the same amount of milk. And unlike the cool drink, figs are also a great source of fiber. But don't overdo it. They pack a lot of sugar and calories.

Blackberries Aren't Really Berries

Don't let their names fool you. In the plant world, blackberries, raspberries, and even strawberries aren't berries at all, but clumps of tiny individual fruits that grew together. Even by other names, they'd still taste as sweet, though.

Kiwis Beat Oranges in Vitamin C

Ounce for ounce, kiwis pack the biggest nutritional punch of any fruit in your produce aisle. They have twice the vitamin C of an orange, and they're another high-potassium, low-salt alternative to bananas. They're packed with other vitamins, minerals, and heart-healthy nutrients, too.

Apples Are Cousins of Roses

Apples are a good source of fiber and vitamin C. As you take a bite of one, do you notice a sweet smell? Apples, pears, cherries, and plums are just some of the fruits that come from the same family tree as the rose. Try using dried apple slices to make a sweet-smelling potpourri.

Tiny Carrots Aren't Really 'Babies'

Those cute little bagged carrots in the grocery store aren't baby veggies. They're cut from full-grown varieties that are sweeter and thinner than traditional carrots. When they turn a bit white, they're just drying out. But if they're slimy, it's time to throw them out. Aside from being convenient, they're vitamin-rich like full-size varieties.

From WebMD

<https://www.webmd.com/food-recipes/ss/slideshow-fun-facts-fruits-vegetables>