

2020

Special Edition

Hebron

Senior Center Newsletter



RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

Phone: (860) 228-1700; Fax: (860) 228-4213

Sharon Garrard	x 203	Senior Services Director/Municipal Agent for the Elderly	sgarrard@hebronct.com
Mandy Rocznik	x 202	Program Coordinator	arocznik@hebronct.com
Tanya Coles-Dailey	x 204	Social Worker	tcolesdailey@hebronct.com
Tammy Scherp	x 201	Transportation Coordinator	dar@hebronct.com

This is a second special-edition newsletter which will have resources that can be useful at home and general information to keep us moving forward. The Senior Center building will remain closed until further notice, but we are still available to assist you as best we can. If you have any questions or needs please call the Senior Center or email one of us (see the information above for numbers and email addresses). Until we can reconvene in person PLEASE continue to STAY HOME & STAY SAFE. We must work together to get through this and we will!!!!!!

We hope everyone is managing well during this unprecedented quarantine. One thing to keep in mind, is we are going through this all together, even if we might live alone. If there are any issues that arise for you that you're unsure how to handle or manage, please call the Senior Center and leave a message, 860-228-1700. One of us will get back to you and do whatever we can to get you assistance or the answers you need.

The Senior Center Staff

Renters Rebate Program

To All Renters in the Town of Hebron

The Russell Mercier Senior Center will be making appointments to take applications for the annual Renters Rebate Program between July 1, 2020 and October 1, 2020. Until we open back up please call the Senior Center at 860-228-1700 and leave a message for Tanya on ext 204, or tcolesdailey@hebronct.com and she will get back to you regarding the process until we re-open.

Basic requirements for this program:

- You were age 65 or older by December 31, 2019
- Or, if not age 65, by the close of 2019 you must have been eligible to receive permanent total disability benefits under Social Security or any federal, state, or local government retirement or disability plan, including any government related teacher's retirement plan
- You were a renter in Hebron or anywhere else in Connecticut for some or all of 2019
- The maximum 2019 income for an unmarried person is \$37,000 and for a married couple \$45,100.

Income documentation required for this program:

- Proof of all gross income for 2019 which includes federal gross income or its equivalent, such as, but not limited to, wages, lottery winnings, taxable pensions, IRS's, interest, dividends and net rental income (excluding depreciation); copies of all 1099's for 2019 must be provided and, if a Federal Income Tax Return was filed for 2019, a copy must be provided
- Proof of Non-Taxable Interest for 2019, for example, interest from Tax Exempt Government Bonds
- Proof of Social Security Income documented by your form SSA 1099 for 2019 or a form TPQY from Social Security or a Benefit Verification Letter from Social Security documenting 2019 income
- Proof of any income for 2019 not reflected in the above such Federal Supplemental Security Income, Veteran's Pensions, Veteran's, Disability Payments, etc.

Expense documentation required for this program:

- Proof of all rent paid in 2019 excluding the cost of cable TV
- Proof of all electric bills paid during 2019
- Proof of all natural gas, water, and heating fuel expenses for 2019

HEBRON COMMISSION ON AGING

Chairperson: Pamela Meliso

Members: Cecile Piette, Beth Schmeizl, William Witt, Deb Hart, Jan Falade, Sandy Waldo

Alternate: Scot Kauffman, Board of Selectmen Liaison: Gail Richmond

The next scheduled Commission on Aging Meeting is TBA —

The Commission on Aging continuously studies the conditions and needs of the elderly persons in the community and makes recommendations. The commission meetings are open to the public.

If you have ANY questions about any programs or services PLEASE call the center and leave a message and one of us will get back to you ASAP.

Town of Hebron Web Site for updates— www.hebronct.com

State of CT updates on the coronavirus—<https://portal.ct.gov/coronavirus>

Monthly Birthday Party

The May birthday parties is cancelled due to the shut-down, but when we resume we will honor the monthly birthdays that were missed.

Bus Trips

All bus trips are on hold until further notice. We wish we could provide more concrete information, but as soon as we know anything about future trips we will get the information out there to you. Thank you.

From the Medicare Website—<https://www.medicare.gov/medicare-coronavirus>

Medicare covers related needs

- Medicare covers the lab tests for COVID-19. You pay no out-of-pocket costs.
- Medicare covers all medically necessary hospitalizations. This includes if you're diagnosed with COVID-19 and might otherwise have been discharged from the hospital after an inpatient stay, but instead you need to stay in the hospital
- At this time, there's no vaccine for COVID-19. However, if one becomes available, it will be covered by all Medicare Prescription Drug Plans (Part D).
- If you have a Medicare Advantage Plan, you have access to these same benefits. Medicare allows these plans to waive cost-sharing for COVID-19 lab tests. Many plans offer additional telehealth benefits beyond the ones described below. Check with your plan about your coverage and costs.
- Scammers may use the coronavirus national emergency to take advantage of people while they're distracted. As always, guard your Medicare card like a credit card, check Medicare claims summary forms for errors, and if someone calls asking for your Medicare Number, hang up!

Your health, safety, and welfare in the face of the 2019 Novel Coronavirus (COVID-19) is our highest priority. According to the Centers for Disease Control and Prevention (CDC), older adults and people who have severe chronic medical conditions like heart, lung, or kidney disease seem to be at higher risk for more serious COVID-19 illness. **This means that most people with Medicare are at higher risk.**

Giving Alzheimer's Purpose An Early-Stage Social Engagement Program Build a support system with people who understand.

Get out, get active and get connected with the Alzheimer's Association Early-Stage Social Engagement Program. The Program offers a comfortable way to have fun and socialize with others who are living in the early stage of Alzheimer's disease or another dementia. Enjoy the company of others and develop a support system while you participate in a variety of group activities. he Memory Café Please Join Us.... On the Last Wednesday Of the Month at 1:00 pm
Virtual Video Meeting For Information and Participation Contact Rebecca Stack (860) 870-3128 or rstack@ellington-ct.gov

Coping with stress (from the Medicare website)

Older people are at higher risk for severe illness from COVID-19 which may result in increased stress during a crisis. Here are a few things you can do to cope with that stress:

- Take breaks from watching, reading, or listening to news stories and social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.
- If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others, call 911 OR
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746 (TTY: 1-800-846-8517).

Tax Preparation

The IRS and the State of CT. Department of Treasury have both extended the tax filing deadline to July 15th. Presently the VITA program (VOLUNTEER INCOME TAX ASSISTANCE) Sponsored by CAHS, THE IRS AND UNITED WAY are offering tax preparation, Virtual VITA. At this time, only 2019 tax returns can be prepared. Also, we can help only those with either a smartphone or computer and reliable WiFi. How will this work? Only three easy steps before your personal tax appointment. Fill out basic personal information, Upload pictures of your tax forms, and Choose an appointment time. A VITA preparer will then call you at your appointment time and complete your return with you over the phone. A second VITA preparer will check their work before filing. Sign-up for FREE, It takes just 15 minutes. Sign up for a virtual tax appointment by copying and pasting the following into your browser: <https://form.jotform.com/200715549679062>

AARP Tax Aide has suspended all of their programs until further notice, BUT due to the extension they may provide new dates for tax preparations. If they do, we will be in contact with everyone who had a previously scheduled an appointment, BUT for now if you still need assistance please contact VITA.

Hartford Health Care Center for Healthy Aging—Virtual Care Givers Support Group

Care Givers support groups provide emotional, educational, and social support in a positive and uplifting atmosphere for those who care for a loved one, particularly those with dementia. Due to recent restrictions on social gatherings, Hartford Health Care Center for Healthy Aging is hosting a four call-in care givers support group led by dementia specialists and resource coordinators. The call-in groups are held Mondays at 10am, Tuesdays at 3pm, Wednesdays at 10am, and Fridays at 2pm. At the time of the scheduled meeting, participants call the following number 860-972-6338 and enter access code 19623#





"It's Your Life...Live it Well"



Active Living Everyday Toolkit

The in-home version of the popular ***Live Well with Chronic Conditions workshop*** is now available to seniors in the comfort of their home without having to use technology beyond the telephone. The toolkit can be sent directly to participants at no cost and includes a Living a Healthy Life Book, instruction booklet and exercise and relaxation CDs. Weekly phone calls from a trained Live Well leader enhances the experience and can help to alleviate social isolation during the COVID epidemic.

Please note there is a limited supply of toolkits. Participants must be willing to share their name, address and phone number so the toolkit can be mailed directly to them and the leader can place the weekly call. Calls are approximately 45 minutes in length and take place conference-call style to 4 -6 participants. There is a 2 -3 week lead time to start once participants have enrolled.

Participants will learn about:

- Physical activity, exercise and healthy eating
- Dealing with difficult emotions
- Decision-making and communications skills
- Working with healthcare providers
- Action Planning

Contact Barbara Womer, Regional Coordinator
barbara.womer@ncaaact.org
860-724-6443 Ext. 224



**Sponsored by the Department of Rehabilitation Services ~
State Unit on Aging and North Central Area Agency on Aging.**

Food Bank and Mobile Food Truck Schedule—Food Bank Phone Number 860-228-1681

Hebron Interfaith Human Services, the home of the Hebron Food Pantry serves as a resource to families during times of crisis. COVID-19 Response:

As businesses decrease hours and shutter their doors due to COVID-19 many people have been thrown into financial uncertainty and distress.

Have you lost income due to the COVID-19 crisis?

Are you having to make tough decisions between paying bills and buying groceries?

WE CAN HELP! We know asking for help is difficult but PLEASE ASK! We understand and respect the trust you place in us when you make the call, come to our door and let us in to your lives. We hope to hear from you so together we can help you get back on your feet.

We offer Weekend Food Bags for Kids, Pantry shopping, and Food Bag Delivery for Homebound Seniors and those Immunocompromised.

During this difficult time for many we are adjusting our hours to better serve the community. Until otherwise indicated our new hours are: Tuesday, Thursday, and Friday from 9:00 am to 7:00 pm.

To talk to us about any of our services please call 860-228-1681.

HIHS is located at:

20 Pendleton Drive

Hebron, CT 06248

Director: Christa Goodwin-Babka

Live Well with Chronic Conditions

A workshop for people with lifelong health conditions, such as heart disease, arthritis, and diabetes. The six weekly sessions cover topics like pain and fatigue, eating well, fun ways to get active, and tips for talking with your doctor and family about your health. Research from Stanford University has shown that it works: Participants have less pain, more energy. Live Well with Chronic Conditions will be available to seniors in the comfort of their home without having to use technology beyond the telephone. The Self-Management Resource Center (SMRC) is developing a CDSMP toolkit that will be sent directly to a participant for self-study, with weekly phone calls from a trained leader. Please note there is a limited supply of toolkits. Participants must be willing to share their name, address and phone number so the toolkit can be mailed directly to them and the leader can place the weekly call. Contact Tanya Coles-Dailey at 860-228-1700 x 204 or colesdailey@hebronct.com if interested.

The CT National Family Caregiver Support Program and the CT Statewide Respite Care Program

Both programs provide a broad-base of individualized services to assist caregivers to maintain keeping their family members at home. In addition the CT National Family Caregiver Support Program provides for "Supplemental Services". Supplemental Services are items and/or services for which there are no other reimbursement opportunities such as but not limited to dentures, hearing aids, lift chairs, incontinence supplies, personal emergency response systems, etc. If interested in either program, please contact Tanya Coles-Dailey at 860-228-1700 x 204 or colesdailey@hebronct.com.

SENIOR CENTERS CONNECT



National Council on Aging

Promoting social connection while practicing physical distancing

AN EVOLVING TOOLKIT If your center is temporarily closed and offering

essential services during the Coronavirus outbreak, you may be searching for ideas to promote social connection to your participants. This compilation of programs, webinars and resources has been shared by aging service professionals over the past few weeks for you to use. We intend to update this toolkit as more resources become available. © 2020 National Council on Aging [ncoa.org/resources/senior-centers-connect/](https://www.ncoa.org/resources/senior-centers-connect/)

AARP Connecticut -The latest news, information & events for Connecticut residents 50+ states.aarp.org/connecticut/

6 Coronavirus Scams to Avoid

Scammers are quick to exploit emergencies to cheat people out of money, and the coronavirus pandemic unfortunately is no exception.

Follow and share these six tips to ensure you or an older adult you serve is not among their victims!

1. Beware fraudulent products claiming a cure

From special teas to essential oils to silver lozenges, numerous companies have been touting that their products have the ability to prevent or treat coronavirus. Recently, the [Food & Drug Administration and the Federal Trade Commission \(FTC\) issued warning letters](#) to seven companies whose advertisements made these false claims.

Remember: There currently are no approved vaccines, drugs, or investigational products available to prevent or cure the virus. You can report suspected scams to the National Center for Disaster Fraud hotline at 866-720-5721.

2. Don't give money to charities you don't know

Whenever a crisis occurs, scammers will try to draw on individual goodwill to seek “donations” for a worthy cause. It's very easy for anyone to set up an account on crowdsourcing platforms to request support from the public.

If you would like to contribute to efforts to support those affected by the coronavirus pandemic—such as older adults who are homebound and unable to access food or medication, or those who've lost employment and need financial relief—be sure to research a charity first. Sites like [Charity Navigator](#), [Guidestar](#), and the Better Business Bureau [Wise Giving Alliance](#) provide comprehensive, vetted reviews of top charities.

3. Hang up on impostor callers

Phony callers pretending to represent a government agency were one of the top-reported scams in 2019. Last year alone, more than [166,000 people complained to the FTC](#) about fake Social Security calls, wherein victims lost a median \$1,500 each.

As more Social Security offices temporarily close and the IRS offers leniency on tax filing, you can bet that scammers will take advantage of these to cold call older adults and convince them to release personal information or face discontinuation of benefits.

Get a call like this? Hang up! Note that government agencies rarely contact persons by phone unless you have ongoing business with them and they never make threats about arrest or legal action.

Report suspicious calls to the SSA Office of the Inspector General by calling 1-800-269-0271, and report instances of IRS-related fraud to the Treasury Inspector General for Tax Administration at 1-800-366-4484.

4. Be wary of new investment opportunities

A biotech company you've never heard of is working hard on developing a vaccine for the coronavirus. If you buy company stock now, you're sure to get a windfall when the markets go up, right?

If this sounds too good to be true, it probably is. The [U.S. Securities and Exchange Commission has warned](#) that fraudsters are using the current news to promote investments in their companies that promise dramatic returns based on so-called “research reports”. If you are looking to invest in a company, be sure to do your research and remember that investment scammers often exploit the latest crisis to make themselves rich.

Important update! As of March 30, NCOA has received word of two additional coronavirus-related scams making the rounds:

1. Fraudsters have been contacting consumers to ask for their personal information, telling them it is needed before individuals can begin to receive the stimulus checks that many consumers will receive as a result of recent legislation. The FTC notes that the government will not call and ask for information, nor require you to submit any upfront payment to receive these checks, which will be mailed in the coming weeks.
2. Social Security reports that some people who receive benefits are getting fraudulent letters claiming their benefits will be suspended due to COVID-19 related office closures. Social Security is not suspending any benefits and never requests people to pay a fee to receive their benefits.

Surviving Self-Quarantine

This is a challenging and unusual time for all of us as many of us find ourselves far from our normal routine, quarantined to our homes with minimal to no contact with others. Here are some helpful tips for making the most of this time.

ANXIETY/ DEPRESSION:

- Create a daily routine; wake up and go to bed at the same time.
- Remember what you can control. For example, your thoughts, daily routine, home environment.
- Breathe. Take a moment every hour to practice deep breathing exercises.
- Meditate-Several Apps are available (Headspace, Calm, etc) as well as on streaming services (Netflix)
- Go for walks daily/get exercise Fresh air and sunshine are not only good for your health but also your mind.
- Turn off the news. Stay informed but set limits on how much COVID 19 information you hear/read
- Use essential oils like lavender. Try chamomile tea.
- Take a hot bath; practice self-care
- Keep a daily gratitude journal
- Practice good sleep hygiene (no screens late at night, turn off the TV, avoid working in your bedroom)

LONELINESS:

- Meet with friends via virtual platforms like Zoom or Hangouts. Set up “virtual” social hours for you and your children.
- Read a book or play board games with those living with you.
- Call your family/grandparents
- Look up old friends (plenty of time to catch up as most people are home.)
- Organize a community program to help elderly and at-risk neighbors get groceries or medicine.
- Foster a pet

HEALTH:

- Wash your hands
- Remove shoes at the door
- Drink plenty of water
- Get enough sleep
- Eat healthy and balanced meals
- Clean your house routinely
- Leave packages outside for 24 hours
- Reheat take out food
- Avoid Alcohol



On-Line Programs and Resources;

New this month;

Florence Griswold Museum—Photo contest of local photos—<https://flogrisphotocontest.artcall.org/pages/web-gallery>

Free On-Line Books— [Openlibrary.org](https://openlibrary.org)

Free Fitness Videos— fitnessblender.com/videos

National Park Service Web Cams— <https://www.nps.gov/subjects/watchingwildlife/webcams.htm>

Free On-Line Games— games.aarp.org

Free On-Line Programming — Books, Courses, movies, languages—openculture.com

National Women's History Museum—womenshistory.org/womens-history/online-exhibits

Broadway Plays and Musicals - 15 Broadway Plays & Musicals you can watch on stage from home

<https://tinyurl.com/wyq8vsx>

Free on-line documentaries—Documentary Heaven—Food for Your Brain - documentaryheaven.com

Florence Griswold Museum—florencegriswoldmuseum.org

Mark Twain House & Museum - [Marktwainhouse.org](https://marktwainhouse.org) - click on virtual tours

Mystic Seaport—mysticseaport.org - click on digital content

Mystic Aquarium—mysticaquarium.org - watch the live streaming penguin habitat

Metropolitan Museum of Art—metmuseum.org

Free On-Line Courses from the Ivy League— classcentral.com

Word Games and puzzles—word-game-world.com

Cook from the pantry— foodnetwork.com then click on recipes and see the link for cook from the pantry

Influential videos from expert speakers on education, business, science, tech and creativity Ted Talks —[Ted.com](https://ted.com)

“Hope” is the thing with feathers
That perches in the soul
And sings the tune without the words
And never stops at all,

And sweetest in the gale is heard;
And sore must be the storm
That could abash the little bird
That kept so many warm.

I’ve heard it in the chilliest land
And on the strangest sea,
Yet never, in extremity,
It asked a crumb of me.

Emily Dickinson

hope

If you only carry one thing throughout your entire life, let it be hope. Let it be hope that better things are always ahead. Let it be hope that you can get through even the toughest of times. Let it be hope that you are stronger than any challenge that comes your way. Let it be hope that you are exactly where you are meant to be right now, and that you are on the path to where you are meant to be... Because during these times, hope will be the very thing that carries you through.

- Nikki Banas | *Walk the Earth*

Monthly Recipes

Orange Glazed Chicken

Ingredients

- 4 (5 to 6-oz.) chicken cutlets
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 tablespoon salted butter
- 1 tablespoon olive oil
- 1/2 cup orange marmalade
- 4 teaspoons Dijon mustard
- 1 teaspoon lemon zest, plus 2 tsp. fresh lemon juice
- 1/4 teaspoon red pepper flakes

Directions

Step 1

Preheat broiler. Sprinkle both sides of cutlets with salt and pepper. Melt butter with oil in a large ovenproof skillet over medium-high. Cook cutlets in butter mixture until lightly browned, 1 to 2 minutes on each side. Tilt pan; add marmalade and next 3 ingredients to drippings, and stir until combined. Spoon sauce over cutlets.

Step 2

Broil 8 inches from heat until chicken is glazed and cooked through, about 6 minutes, turning cutlets every minute and basting with pan sauce. Spoon sauce over chicken.



Strawberry Rhubarb Pie

Ingredients

- 3 cups rhubarb, chopped
- 3 cups strawberry, quartered
- 1 cup sugar
- 1/4 cup cornstarch
- 1/4 teaspoon salt
- 1 package pie dough
- whipped cream, to garnish

Preparation

- In a large bowl, toss the strawberries and rhubarb with the sugar, salt, and cornstarch. Set to the side.
- Line a pie tin with the pie dough.
- Preheat the oven to 375°F (190°C).
- Empty rhubarb and strawberry mixture into the pie tin, evenly distributing the mixture.
- Cut pie dough into strips and weave a lattice design on top of the pie. (You can also top with more pie dough in a full sheet with slits.)
- Bake the pie until the filling is bubbling and the crust is golden brown, about 2 hours. Cover the edge of the pie with foil if it begins to darken.
- Let cool slightly before serving.



1950's Songs

Find and circle all of the 1950's song titles that are hidden in the grid.
The remaining letters spell the title of an additional 1950's song.

R A V E O N I A R T Y R E T S Y M L I
 D Y T S I M H O N K Y T O N K L E O L
 O G N A J D A N I H C R A E S T N N E
 N V L O N E L Y T E A R D R O P S L Y
 N B E E Y R M M B T L S Q H G E H Y E
 A L T F O A O D A E M B K E J U O Y L
 S U O T I V D K N R L A M A I I U O D
 N E O N E N E Y A E E L I U T Z T U D
 O B Y I G F K Y R R S L E T R M U K I
 T E T A I T Z E B E H U U N E A A S D
 N R T V K A A T H O V R O U E N S H O
 E R E E R E R L U T F E S Y S N I O B
 E Y E C Q A T S L I K Y F A O I L U A
 T H F D E U E Y T S G C S T D S A N B
 X I H H H R I T Y G A C A I E H N D M
 I L S W O O U L E A I L O M E B O D A
 S L R C L T T P A T K D L A P O M O B
 L I K E V O L E Y B E Y B Y S Y V G A
 R I P I T U P E N I G H T T R A I N L

BLUEBERRY HILL
 BO DIDDLEY
 BYE BYE LOVE
 CRAZY ARMS
 DJANGO
 DONNA
 EVERYDAY
 FEVER
 HEARTBREAK HOTEL
 HONKY TONK

HOUND DOG
 JAILHOUSE ROCK
 KANSAS CITY
 LA BAMBA
 LONELY TEARDROPS
 LONG TALL SALLY
 MACK THE KNIFE
 MANNISH BOY
 MAYBELLENE
 MISTY

MONA LISA
 MOVE IT
 MYSTERY TRAIN
 NIGHT TRAIN
 ONLY YOU
 PEGGY SUE
 RAVE ON
 RED HOT
 RIP IT UP
 RUMBLE

SEARCHIN'
 SHOUT
 SIXTEEN TONS
 SPEEDO
 SUZIE Q
 TAKE FIVE
 TEQUILA
 TUTTI FRUTTI
 YAKETY YAK

As the state approaches “re-opening”, discussions are taking place as to the timelines and procedures that will be put in place for the local government, library, and senior center. As we get information we will pass it along to you via the town website and Facebook. Being that the majority of the people we serve at the senior center are considered a vulnerable population, we anticipate our “opening” will be a bit later than some other areas. BUT having said all that, we are developing various types of on-line programs that we plan to start rolling out in June. We expect to be using Zoom for these programs.

If you have any questions or would like to add your name to an email list for notifications, please email Mandy at aroczniak@hebronct.com

Major Change to the Distribution of the Newsletter Starting in July

We would like to thank LPI (Liturgical Publications Inc.) for printing our monthly newsletter for free for many years. They have provided us with a high quality publication. Due to budget restraints they will no longer be able to continue to provide this as a free service and unfortunately, due to costs, it will prohibit us from continuing to receive the publication from LPI and we will NO longer be mailing out the monthly newsletter. Beginning in July the newsletter will ONLY be available on the web or via email. We will be using Mailchimp to distribute the newsletter via email and it will be available on the Town of Hebron website on the Senior Center page and on Facebook under the Russell Mercier page. If you would like the newsletter emailed to you, you can give us your email and we will add it to the Mailchimp distribution list. To get us your email, please email, Mandy Roczniak (our program coordinator) at aroczniak@hebronct.com and put in the subject line “Newsletter”. Your email address will NOT be sold or used for anything other than mailing the newsletter. As a side note, due to the shut-down, the newsletter is already being posted on-line via the Town of Hebron website and on Facebook, Russell Mercier Senior Center, but not yet via e-mail. That will begin in July. Thank you for your patience and understanding.

