

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 Rocznia	x 202	Program Coordinator	arocznia@hebronct.com
Tanya Coles-Dailey	x 204	Social Worker	tcolesdailey@hebronct.com
Tammy Scherp	x 201	Transportation Coordinator	dar@hebronct.com

This is a third 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 re-convene in person PLEASE continue to STAY HOME & STAY SAFE. We must work together to get through this and we will!!!!

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

CT Energy Assistance Program

Effective June 1, 2020 the CT Energy Assistance Program is no longer taking applications for the 2019-2020 heating season. However, between now and mid-November, if you are in need of assistance with a deliverable fuel (oil or propane) or have experienced a past due or shutoff notice for a utility (electricity or natural gas), Operation Fuel may be able to assist with a one-time per 12 months payment of up to \$500. For more information and/or to apply, please call (860) 228-1681.

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 June 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.

How AARP Foundation Tax-Aide Can Help During the COVID-19 Pandemic

AARP Foundation Tax-Aide has helped seniors prepare and file their federal and state tax returns since 1968. However, in response to the COVID-19 situation, we suspended our operations across the nation on March 16 and remain closed for the safety of our volunteers and taxpayers.

Even though our sites are closed, the program continues to look for ways to help the many taxpayers who have not yet filed their 2019 federal and state tax returns. While the deadline to file was extended to July 15, we simply do not know if our sites will reopen during this tax season.

There are several links to on-line preparation, assistance, and questions. Please type this link into your browser to go to the page with all the various links and options.

<https://states.aarp.org/connecticut/how-aarp-foundation-tax-aide-can-help-during-the-covid-19-pandemic>

We may not be able to prepare your taxes for you at this time, but AARP Foundation Tax-Aide is providing assistance to those who may have questions during the preparation of their 2019 federal and state tax returns, through our Tax-Aide Prep Assistance Request Form. Once the form is completed and submitted an IRS Certified AARP Foundation Tax-Aide volunteer will contact you to help answer your questions. Please note, this form is to request help with the preparation of your tax return, please type this address into your browser, exactly as is (www.aarp.org/forms/tax-prep-assistance-request.html)

Additional AARP Programs

AARP Virtual Event Info & Registration: <https://states.aarp.org/connecticut/events-ct>

We will add to the line-up regularly

- 6/3/20 @ 1PM – What I Need to Know About My Electric Choices
- 6/10/20 @ 1PM - Understanding CT's New Paid Family & Medical Leave Program
- 6/17/20 @ 1PM– AARP Fraud Watch Network: The Con Artist Playbook
- 6/18/20 @ 7:30PM – Airing the documentary “Gen Silent” for PRIDE Month

Medicare Essentials: Costs, Coverage & Other Questions Answered

To register— <https://states.aarp.org/i-learned-my-medicare-choices-today-are-important-to-my-future-what-will-you-learn>

6/23/20 @ 7PM – Part 1

6/25/20 @ 7PM – Part 2

VITA Tax Preparation—REQUIRES COMPUTER OR SMARTPHONE

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.

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.

Foodshare mobile produce van is every other Tuesday from 11:15-11:45 at the Church of Hope/Red barn Corner of RT 85 & Rt 66. Everyone is welcome, no forms to fill out. Please bring your own bags.

Upcoming Mobile produce van dates for 2020: June 9, June 23, July 7, July 21.

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

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#

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 tcolesdailey@hebronct.com if interested OR Contact Barbara Womer, Regional Coordinator barbara.womer@ncaaact.org 860-724-6443 Ext. 224

SEE THE FLYER BELOW.....



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.**



Please see update below from Maureen McIntyre, Chief Executive Officer, North Central Area Agency on Aging (NCAAA)

- Our agency is launching a new service designed to address food insecurity for folks who are able to prepare meals, unable to shop for groceries due to the pandemic, and who may be unable to pay for groceries as costs have significantly increased. We are providing a Grocery Shopping and Delivery service whereby we will cover the delivery charges, any shopping fees, and the cost of groceries at +/- \$100.00 per shopping trip. Many towns are running grocery shopping programs through their Senior Centers, but not as many are able to fund the groceries outright. We are partnering with Geissler's Supermarkets and with a local non-profit called UR Community Cares to do much of the delivery. (We will be adding to our grocery network shortly). Would the CERTs be interested in participating as well? In the meantime, we would love your assistance in spreading the word that this program is now available. We have not distributed any flyers or promotional materials as of yet, rather, we're reaching out strategically to our community stakeholders as we ramp up. Referrals can be directed here: (860)724-6443 x 268 "CHOICES".
- It looks as though many of our older adults may need to shelter-in-place throughout the summer and we're very concerned about their comfort and safety as they do so. We have funding at our disposal for items such as fans, air conditioners, lift-chairs, incontinence supplies, and emergency response systems for individuals who may be home-confined with or without the assistance of a caregiver or family member's support. Please contact us at (860)724-6443 x 230 "Caregiver Team"

Social Security Column—Article One

Social Security and Protecting Elders from Scams

By Robert Rodriguez

Social Security Public Affairs Specialist in New Britain, CT.

June is World Elder Abuse Awareness Month. Throughout the month, government agencies, businesses, and organizations sponsor events to unite communities, seniors, caregivers, governments, and the private sector to prevent the mistreatment of and violence against older people.

Scammers often target older people. They use fear to pressure people into providing personal information or money. In times like the current pandemic when people are particularly vulnerable, scammers will pretend to be government employees, often from Social Security, to gain people's trust to steal their money and personal information. The most effective way to defeat scammers is by knowing how to identify scams then hanging up or ignoring the calls.

What you can do

If you get a Social Security scam phone call, hang up, report it to our law enforcement office at oig.ssa.gov, and tell your family and friends about it! We're telling as many people as we can that government agencies will never:

- Tell you that your Social Security number has been suspended.
- Tell you about crimes committed in your name, or offer to resolve identity theft or a benefit problem in exchange for payment.
- Request a specific means of debt repayment, like a retail gift card, prepaid debit card, wire transfer, internet currency, or cash.
- Insist on secrecy about a legal problem, or tell you to make up stories to tell family, friends, or store employees.

Scammers continue to develop new ways to mislead you. They might use the names of Social Security officials and tell you to look them up on our public websites (where they learned the names themselves). Or, they might email you official-looking documents with a letterhead that looks like it's from Social Security or Social Security's Office of the Inspector General (OIG). Don't believe them! Social Security will NEVER email you attachments that have your personal information in them.

If you ever owe money to Social Security, the agency will mail you a letter, explaining your payment options and your appeal rights. If you get a call about a Social Security problem, be very cautious. If you do not have ongoing business with the agency, or if the caller mentions suspending your Social Security number or makes other threats, the call is likely a scam. Ignore it, hang up, and report it to us at oig.ssa.gov. We are working to stop the scams and educate people to avoid becoming victims.

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.

Social Security Column—Article Two

By Robert Rodriguez

Social Security Public Affairs Specialist in New Britain, CT

During this time when our physical offices are closed to the public, you may wonder, “How can I get help from Social Security without visiting an office?” You can find the answer at www.ssa.gov/online/services, which links you to some of our most popular online services. You can apply for retirement and disability benefits, appeal a decision, and do much more.

Our newest *my Social Security* feature, Advance Designation, enables you to identify up to three people, in priority order, who you would like to serve as your potential representative payee in the event you ever need help managing your benefits. We have updated our Frequently Asked Questions at faq.ssa.gov/en-us/Topic/article/KA-10039 to answer questions you may have about Advance Designation.

You can also apply for Medicare online in less than 10 minutes with no forms to sign and often no required documentation. We'll process your application and contact you if we need more information.

Visit www.ssa.gov/benefits/medicare to apply for Medicare and find other important information. If you're eligible for Medicare at age 65, your initial enrollment period begins three months before your 65th birthday and ends three months after that birthday.

We've organized our Online Services webpage into four popular categories for easy navigation:

Review Your Information. You can access your secure, personal information and earnings history to make sure everything is correct. You can even print statements with ease.

Apply for Benefits. You can apply for retirement, disability, and Medicare benefits without having to visit a field office.

Manage Your Account. You can change your direct deposit information and your address online.

Find Help and Answers. We've answered your most frequently asked questions, and provided links to publications and other informational websites.

Let your family and friends know they can do much of their business with us online at www.ssa.gov.

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 tcolesdailey@hebronct.com.

CT Tech Act

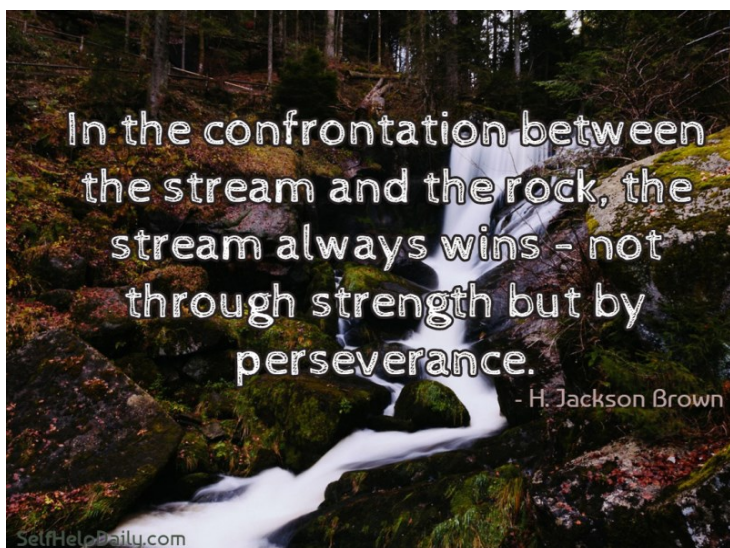
The CT Tech Act is funding agencies certified in Aging in Place to assess, educate and connect older adults and persons with disabilities with technology and/or internet or WIFI services. Individuals can call the North Central Area Agency on Aging at (860)724-6443 x 268

On-Line Programs and Resources;

New this month;

- Free on-line puzzles that are printable— <http://thewordsearch.com>
- Free on-line coloring pages—<http://coloring-pages.info/adultcoloringpages>
- Mystic Seaport Two historical exhibits on-line— <https://www.mysticseaport.org/explore/exhibits/>
- Washington Art Association is pleased to present “Monoprint 2020 – Printers and Presses” - <http://www.washingtonartassociation.org/exhibitions/exhibition-1.php>
- Mark Twain House Virtual tour— <https://marktwainhouse.org/>
- Yale University Art Gallery Robert Adams The Places We Live— <https://artgallery.yale.edu/online-feature/robert-adams-place-we-live>
- Lyme Arts Association— <https://lymeartassociation.org/exhibitions/>
- New England Carousel Museum video tour— <https://www.thecarouselmuseum.org/online-content>
- CT. Historical Society—Various on-line exhibits and presentations— <https://chs.org/bringchshome/>
- JUNE 21, 2020—Make Music Day On-Line this year—information on how to enjoy or participate— makemusicday.org/hartford
- Hartford Symphony Orchestra—Various recordings, videos, & educational material— makemusicday.org/hartford
- RJ Julia Bookstore—On-line book discussions—see calendar for all upcoming events— www.rjjulia.com/events
- CT Forum—clips from many forum events on You Tube— <https://www.youtube.com/user/ctforum>
- Visit CT has numerous links to SO MANY places— Easy link— www.ctvisit.com (click on virtual experiences) or type this in in the browser to go directly— www.ctvisit.com/articles/virtual-activities-for-at-home-experiences
- Socially Distant Friendly Hikes— www.ctvisit.com/articles/Social-Distance-Friendly-Hikes
- Outdoor activities for solitary enjoyment - www.ctvisit.com/articles/outdoor-solitary-escapes-in-ct
- Mystic Aquarium Penguin Live stream Cam— www.mysticaquarium.org/penguin-live-stream/
- 19 Most Beautiful places to visit in CT— www.thecrazytourist.com/most-beautiful-places-to-visit-in-connecticut/
- Simsbury Art Trail—which is open to the public as of June 5th— www.simsburyarttrail.com/

It is the month of June, The month of leaves and roses, When pleasant sights salute the eyes and pleasant scents the noses. Nathaniel Parker Willis



Monthly Recipes

Tomato Basil Salmon

Ingredients

- 2 (6 ounce) boneless salmon fillets
- 1 tablespoon dried basil
- 1 tomato, thinly sliced
- 1 tablespoon olive oil
- 2 tablespoons grated Parmesan cheese
- Several leaves of fresh basil for serving

Directions

- Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with a piece of aluminum foil, and spray with nonstick cooking spray. Place the salmon fillets onto the foil, sprinkle with basil, top with tomato slices, drizzle with olive oil, and sprinkle with the Parmesan cheese.
- Bake in the preheated oven until the salmon is opaque in the center, and the Parmesan cheese is lightly browned on top, about 20 minutes.



Roasted Green Beans

Ingredients

- 2 pounds fresh green beans, trimmed
- 1 tablespoon olive oil, or as needed
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper

Directions

- Preheat oven to 400 degrees F .
- Pat green beans dry with paper towels if necessary; spread onto a jellyroll pan. Drizzle with olive oil and sprinkle with salt and pepper. Use your fingers to coat beans evenly with olive oil and spread them out so they don't overlap.
- Roast in the preheated oven until beans are slightly shriveled and have brown spots, 20 to 25 minutes.



Creamy Chocolate Mousse Pie

Ingredients

- 1 ½ cups miniature marshmallows
- 1 (7 ounce) bar milk chocolate candy
- ½ cup milk
- 2 cups heavy whipping cream
- 1 (9 inch) pie shell, baked

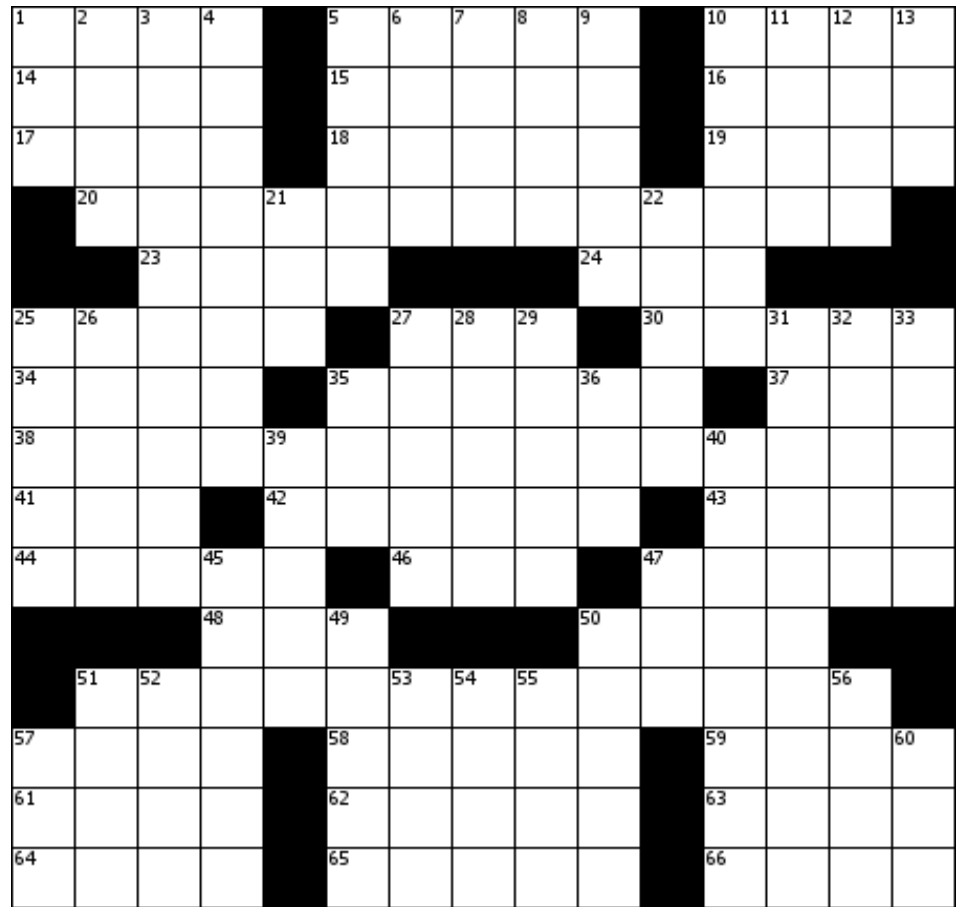
Directions

- Heat marshmallows, chocolate candy, and milk in a saucepan over low heat until marshmallows and chocolate are melted, stirring constantly. Allow mixture to cool completely.
- Beat heavy cream in a large bowl until stiff peaks form. Lift your beater or whisk straight up: the whipped cream will form sharp peaks. Gently fold cooled chocolate mixture in whipped cream until well mixed; pour into baked pie shell. Refrigerate until set, about 3 hours.



Across

1. Kaplan of "Welcome Back, Kotter"
5. TWA rival, formerly
10. Pretenses
14. Mouse, to an owl
15. Texas landmark
16. The Police, e.g.
17. Adjutant
18. Logrolling contest
19. Some garden tools
20. Jughead's buddy
23. God of war
24. Japanese title
25. Author Horatio
27. Kung ___ chicken
30. Man of a Village People tune
34. Phone starter
35. Noted tenor
37. Managed
38. One who rocked Pebbles
41. Snoopy, in his fantasies
42. Overcharge
43. Bus. school course
44. Former Chairman Arafat
46. It may follow a charge
47. Ellipsoid geometric figure
48. Straightaway
50. Deejay alternative
51. Roger's wife
57. Pigeon shelter
58. Avian grabber
59. Joie de vivre
61. Southern dish
62. Door sound, perhaps
63. Aviation prefix
64. View as
65. Takes note of
66. Pre-Soviet ruler (Var.)



DOWN

1. Dean's list stat
2. "Si, mi chiamano Mimi," e.g.
3. Makes wet and dirty, as from rain
4. It may cover dark circles
5. City of Light
6. Lotion ingredient, often
7. Simba's gal pal
8. Supplicant's conclusion
9. Imperative and subjunctive, e.g.
10. Greek goddess of wisdom
11. Garden-raiding bird
12. They may bind
13. Distressing letters
21. Dam pronoun
22. Former Philippine president Fidel
25. Home products company
26. Camera since 1924
27. Neo- opposite
28. Disney mermaid
29. Postal scale unit
31. Formidable wrestlers
32. Vietnamese capital
33. Upright, as a box
35. Grey Cup org.
36. Fr. holy woman
39. They topped The Jackson 5?
40. Publication featuring boy bands
45. Tailor's measurement
47. Talk at length
49. Broom-Hilda, e.g.
50. Turns a plane
51. It may be practical
52. Raison d'___
53. Prudence
54. Toward the sheltered side
55. Word with rage or show
56. Skater Lipinski
57. Fish choice
60. Postal creed word

Free Printable Crossword Puzzle #1

This is the Daily Crossword
Puzzle #1 for Jun 1, 2020

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 very soon. We expect to be using Zoom, video recordings posted to the town web site & Facebook, and maybe even some live streaming for these programs. Thank you for being patient.

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 Rocznik (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.

