

# 2020

# Hebron

# July

Special Edition

## Senior Center Newsletter

### RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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

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This is a fourth 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!!!!

### 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

### 2020 U.S. Government Census

**There's still time.** Your response matters; 1. Census results help determine how billions of dollars in federal funding flow into states and communities each year. 2. The results determine how many seats in Congress each state gets. 3. It's mandated by the U.S. Constitution in Article 1, Section 2: The U.S. has counted its population every 10 years since 1790. If you have not yet completed the 2020 Census, please do so by going to this website— [my2020census.gov](http://my2020census.gov) **You count, so be sure you get counted.....**

## 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](http://www.hebronct.com)**

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

### **Monthly Birthday Party**

The birthday parties are cancelled due to the shut-down. Once we can resume regular activities we will decide how to best honor the months we missed.

**MINDFUL MEDITATION VIDEOS** – I've done a mindful meditation class at the Senior Center for several years, but being closed due to the pandemic we haven't been able to be together, so I am now going to be making these videos for you to enjoy. If you've never done it before, that's ok, start today. I hope you enjoy. These are on the Town of Hebron Website under the Senior Center Page— [hebronct.com/town-departments/senior-center/](http://hebronct.com/town-departments/senior-center/) or [www.HebronCT.com](http://www.HebronCT.com) and under Town Departments go to Senior Center. You will find both video links on this page, just click and meditate. Namaste

### **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>

**As of July 4th the volunteer assistance via phone or computer is no longer available. The Tax Aide on-line program is still available for you to complete your taxes, but assistance to this program is no longer available.**

### **Additional AARP Programs**

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

- AARP CT Webinar Wednesday: BiCiCo: Bicycle Safety Basics Webinar 7/8/2020  
Wednesday, Jul 8, 2020 at 12:30pm Eastern Time
- One Day University Lecture Series, Presented by AARP - Hamilton vs. Jefferson: The Rivalry That Shaped America  
Wednesday, Jul 8, 2020 at 5:30pm Eastern Time
- The Girlfriend Talk with Jean Chatzky!  
Friday, Jul 10, 2020 at 7:00pm Eastern Time
- AARP CT Webinar Wednesday: The Birder in Me 7/15/2020  
Wednesday, Jul 15, 2020 at 1:00pm Eastern Time
- The Health and Financial Security of Latinos / La salud y seguridad financiera de los latinos  
Thursday, Jul 16, 2020 at 7:00pm Eastern Time
- Webinar Hosted By Women's Business Development Council: Work for Yourself 50+ Template  
Thursday, Jul 23, 2020 at 9:00am Eastern Time

## **Additional AARP Programs**

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

- Daybreaker Live: Dancing Through the Decades Presented by AARP  
Saturday, Jul 18, 2020 at 11:00am Eastern Time
- AARP CT Webinar Wednesday: CT Financial Exploitation: Roundtable Discussion  
Wednesday, Jul 22, 2020 at 1:00pm Eastern Time

## **State of CT—Volunteer Income Tax Assistance (VITA) has gone VIRTUAL!**

VITA provides free tax preparation by IRS trained and certified volunteers. Taxpayers can now receive the same secure, quality service from the comfort of their home. Here is the link— [www.cahs.org/covid\\_relief](http://www.cahs.org/covid_relief)

## **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://www.cahs.org/covid\\_relief](https://www.cahs.org/covid_relief)

## **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: July 7, July 21, August 4, August 18**

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

**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"



## Training & Technical Assistance

### Webinar 7/9: Successfully Engaging Older Adults and Adults with Disabilities via Technology

**Webinar on Thursday, July 9 at 1:00 - 2:00 pm ET.**

Across the country, community-based organizations are responding to the needs of older adults and adults with disabilities by expanding options for virtual programming and service delivery. Virtual offerings can promote service continuity in lieu of in-person interactions, as well as foster social connectedness.

Join ACL and other national stakeholders for a webinar highlighting programs, best practices, and tips for creating communities of learning and engagement via technology. Presenters will address marketing/outreach, barriers to virtual participation, strategies for holding interactive and inclusive conversations, and more.

This webinar will be recorded and posted on [ACL's COVID-19 webpage](http://www.ACL.GOV) [www.ACL.GOV](http://www.ACL.GOV)

**Presenters:** Ryan Elza, AARP Foundation; Stephen Ewell, Consumer Technology Association (CTA) Foundation; Thomas Kamber, Older Adults Technology Services (OATS); Susan Stiles, National Council on Aging

Contact Kristie Kulinski at [kristie.kulinski@acl.hhs.gov](mailto:kristie.kulinski@acl.hhs.gov) with registration questions.

Register by going to this website <https://content.govdelivery.com/accounts/USACL/bulletins/2926e0e>

## **The U.S. Department of Health and Human Services Office of Inspector General is alerting the public about fraud schemes related to the novel coronavirus (COVID-19).**

Scammers are offering COVID-19 tests to Medicare beneficiaries in exchange for personal details, including Medicare information. However, the services are unapproved and illegitimate.

Fraudsters are targeting beneficiaries in a number of ways, including telemarketing calls, text messages, social media platforms, and door-to-door visits.

These scammers use the coronavirus pandemic to benefit themselves, and beneficiaries face potential harms. The personal information collected can be used to fraudulently bill Federal health care programs and commit medical identity theft. If Medicare or Medicaid denies the claim for an unapproved test, the beneficiary could be responsible for the cost.

### **Protect Yourself**

- Beneficiaries should be cautious of unsolicited requests for their Medicare or Medicaid numbers.
- Be suspicious of any unexpected calls or visitors offering COVID-19 tests or supplies. If your personal information is compromised, it may be used in other fraud schemes.
- Do not respond to, or open hyperlinks in, text messages about COVID-19 from unknown individuals.
- Ignore offers or advertisements for COVID-19 testing or treatments on social media sites.
- A physician or other trusted healthcare provider should assess your condition and approve any requests for COVID-19 testing.
- Do not give your personal or financial information to anyone claiming to offer HHS grants related to COVID-19.
- Be aware of scammers pretending to be COVID-19 contact tracers. Legitimate contact tracers will never ask for your Medicare number or financial information.
- **If you suspect COVID-19 fraud, contact National Center for Disaster Fraud Hotline (866) 720-5721 or [Justice.gov/DisasterComplaintForm](https://www.justice.gov/DisasterComplaintForm)**

## **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](mailto: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

### **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.

## 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.

## 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](mailto:tcolesdailey@hebronct.com) if interested OR Contact Barbara Womer, Regional Coordinator [barbara.womer@ncaaact.org](mailto: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](mailto: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.**



## On-Line Programs and Resources;

New this month;

- Hill-Stead Museum—From the Porch Summer Series— <https://www.hillstead.org/events-and-programs/from-the-porch>
- Harvard Museum of Science & Culture—<https://hmsc.harvard.edu/hmsc-connects>
- 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/>
- Hartford Symphony Orchestra—Various recordings, videos, & educational material— [makemusicday.org/hartford](http://makemusicday.org/hartford)
- RJ Julia Bookstore—On-line book discussions—see calendar for all upcoming events— [www.rjulia.com/events](http://www.rjulia.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](http://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](http://www.ctvisit.com/articles/virtual-activities-for-at-home-experiences)
- Socially Distant Friendly Hikes— [www.ctvisit.com/articles/Social-Distance-Friendly-Hikes](http://www.ctvisit.com/articles/Social-Distance-Friendly-Hikes)
- Outdoor activities for solitary enjoyment - [www.ctvisit.com/articles/outdoor-solitary-escapes-in-ct](http://www.ctvisit.com/articles/outdoor-solitary-escapes-in-ct)
- Mystic Aquarium Penguin Live stream Cam— [www.mysticaquarium.org/penguin-live-stream/](http://www.mysticaquarium.org/penguin-live-stream/)
- 19 Most Beautiful places to visit in CT— [www.thecrazytourist.com/most-beautiful-places-to-visit-in-connecticut/](http://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/](http://www.simsburyarttrail.com/)

“But here I am in July, and why am I thinking about Christmas pudding? Probably because we always pine for what we do





## Monthly Recipes

### Fire-Grilled Pork Chops

#### Ingredients

- 4 (6-ounce) bone-in center-cut pork chops (about 3/4 inch thick)
- 2 teaspoons extravirgin olive oil
- 1 1/2 tablespoons herbes de Provence
- 1/2 teaspoon freshly ground black pepper
- Cooking spray

#### Directions

- Brush both sides of pork evenly with oil; sprinkle with herbes de Provence and pepper. Cover and chill 12 hours or overnight.
- Prepare grill.
- Place pork on grill rack coated with cooking spray. Grill 5 minutes on each side or until desired degree of doneness. Sprinkle evenly with salt.



### Fresh Peach Salad Recipe with Basil

#### Ingredients

- Fresh Peaches
- Honey
- Basil Leaves
- Lemon Chevre
- Salt

#### How to Make Fresh Peach Salad Recipe with Basil

- To make this recipe simply pit your peaches and cut into bite-size pieces.
- Then place the peaches in a bowl, drizzle with honey and sprinkle with salt. Toss to coat.
- Gently fold in basil and chevre and serve immediately!



### Chocolate and Peanut Butter S'mores

#### Ingredients

- 1 tablespoon peanut butter (preferably at room temperature, for easy spreading)
- 2 thin, crisp chocolate wafers (such as Nabisco Famous Chocolate Wafers)
- 1 skewer-toasted marshmallow

#### Directions

- Spread peanut butter onto one of the wafers. Slide marshmallow off skewer onto peanut butter. Top with remaining wafer and squish down gently. Eat, licking fingers.
- Additional options—Thin peanut-butter cookies with Nutella, sliced banana, and marshmallow.
- Thin peanut-butter cookies with bittersweet chocolate, caramel sauce, and marshmallow.
- Graham crackers with a Reese's Peanut Butter Cup (or Nutella), sliced banana, and marshmallow.
- Gingersnaps with a caramel-filled chocolate square and marshmallow.
- Graham crackers with plain dark chocolate, marshmallow, and strawberry slices.



**Across**

- 1.** Actor \_\_\_\_ Pitt
- 5.** Massachusetts city
- 10.** Woeful cry
- 14.** Discourteous
- 15.** Keyboard instrument
- 16.** Johnny \_\_\_\_ of "Edward Scissorhands"
- 17.** Not condensed
- 19.** Colt's mom
- 20.** Recipe unit (abbr.)
- 21.** Dollar bills
- 22.** Phonograph inventor
- 24.** Ocean current
- 26.** Make believe
- 27.** Window blind
- 29.** Repent
- 31.** Artist \_\_\_\_ Picasso
- 32.** Decompose
- 33.** Adjust again
- 38.** She, in Toulouse
- 39.** Alias abbr.
- 40.** Create
- 41.** Acts
- 43.** Wager
- 44.** Pretended
- 45.** Kind of acid
- 47.** Author Dr. \_\_\_\_
- 48.** Ethiopia's neighbor
- 52.** Layer
- 53.** Dodges
- 54.** Sailing
- 56.** Med. group
- 59.** Roman tyrant
- 60.** Slept through winter
- 63.** Plumber's problem
- 64.** Zones
- 65.** Cow crowd
- 66.** Doctor's "at once!"
- 67.** Pedro's father
- 68.** Summer drinks

1	2	3	4		5	6	7	8	9		10	11	12	13		
14					15						16					
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53								54	55					56	57	58
59						60	61					62				
63						64							65			
66						67							68			

**DOWN**

- 1.** Wine bottle word
- 2.** Stocking mishaps
- 3.** Flexible
- 4.** Society gal
- 5.** Backbone
- 6.** Staff member
- 7.** Lingers
- 8.** Wind direction (abbr.)
- 9.** Contemporary
- 10.** Concede
- 11.** Tenant's document
- 12.** Kitchen garb
- 13.** Pay out
- 18.** Cowboys' contest
- 23.** Stag
- 25.** Loafed
- 26.** Tuber
- 27.** Zipped
- 28.** Robust
- 29.** Saudi \_\_\_\_
- 30.** Keepsake
- 34.** Roast host
- 35.** Drenched
- 36.** Supplements
- 37.** Koppel and Kennedy
- 42.** Mall event
- 44.** Korean, e.g.
- 46.** Accident
- 48.** Transmits
- 49.** Open to view
- 50.** "West Side Story" character
- 51.** Add to the family
- 52.** Brief
- 54.** Sleeping
- 55.** Singe
- 57.** Insignificant
- 58.** States further
- 61.** Retirement acct.
- 62.** Eureka!

**Free Printable Crossword Puzzle**

**#4**

This is the Daily Crossword

Puzzle **#4** for **Jul 6, 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](mailto: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](mailto: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.

# **JULY**

