

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

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This is a fifth 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!!!!

Virtual Program - Tai Ji Quan—Moving for Better Balance

PLEASE SEE FULL FLYER ON PAGE 5

This exercise program is designed to help improve your balance, mobility, walking, and physical and mental well-being. You will learn a variety of movements from the traditional art of Tai Ji Quan, but are specifically tailored to improve various activities of daily life. This class will begin September 8th and meets two times per week for 24 weeks. The program is designed for participants to attend the entire 24 week session in order to see the gains from this class. The class meets **Tuesdays and Fridays beginning September 8th at 2:00pm**. The class is free and space is limited so registration is required. More information on how to access the virtual class will be forthcoming, but you will need a computer and internet access so you can participate from the safety of your home. To register for the class and the pre-screening, please call 860-228-1700, ext 202 or email Mandy at arocznik@hebronct.com. We have 6 spots available.



HEBRON SHOPS LOCAL REWARDS PROGRAM STARTING SATURDAY, AUGUST 1

visit participating businesses and ask about the program

Angie's Pizza, Blackledge Country Club, Colonial Country Store, Gina Marie's Hebron Ace Hardware, Hebron Eye Care, Hebron Family Chiropractic Hebron Quick Lube, O'Connell Wealth Management, Performance Physical Therapy Persniphy, Something Simple Café, TAO Center for Vitality, Longevity & Optimal Health LLC, Tarca's Hebron Automotive Repair, Tri-County Fitness

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

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 tentatively scheduled for September 2nd, more information to follow —

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 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/ or www.HebronCT.com and under Town Departments go to Senior Center. You will find video links on this page, just click and meditate. Namaste



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 our without the assistance of a caregiver or family member's support. Please contact us at (860)724-6443 x 230 "Caregiver Team"

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: August 18, September 1, 15, 29

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

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

Did you lose the food purchased with food stamps after the power outage from Isaias storm on August 4, 2020?

If you receive food stamps benefits (SNAP) from the State of Connecticut, the State Department of Social Services might be able to replace the food stamps that were used for the food lost due to a disaster OR “household misfortune.”

To request for Replacement of food purchased with SNAP benefits, complete the form W-1225 and W-1226 (English)

<https://portal.ct.gov/-/media/Departments-and-Agencies/DSS/Common-Applications/W-1225.pdf>

<https://portal.ct.gov/-/media/Departments-and-Agencies/DSS/Common-Applications/W-1226.pdf>

and send the two forms with the necessary information to:

DSS Scanning Center,
P.O. Box 1320 Manchester,
CT 06045-1320

or bring them to the closest office: DSS Greater Hartford Field Office
20 Meadow Rd., Windsor CT 06095

or

DSS New Britain Field Office
30 Christian Ln, New Britain, CT 06051

DSS Greater Hartford Field Office at 20 Meadow Rd., Windsor CT 06095 is available for pick-up and drop-off applications/forms; filling out applications/forms on-site; general information; questions & answer; and picking up of EBT cards & income verifications. Lobby hours: 8:00 a.m. to 4:00 p.m. Please note: no in-person assistance such as interviewing and eligibility determination available yet, due to pandemic safety guidelines. Visitors please wear masks and observe safe social distancing.

****At all DSS Field Offices** — applications and drop-boxes are available. For office locations, please visit www.ct.gov/dss/fieldoffices.

****Response time at our telephone Benefits Center** (1-855-6-CONNECT) is affected by power outages from Tropical Storm Isaias, related to computer access by staff.

****24/7 access:** Customers can access benefit and application information, 24/7, at www.connect.ct.gov and www.ct.gov/dss/apply; or 1-855-6-CONNECT. Full information on ways to contact DSS online, by phone, by mail, and at office drop boxes is at www.ct.gov/dss/fieldoffices. Information and updates about child support is available at www.ct.gov/dss/childsupport. Please also visit www.ct.gov/coronavirus for latest State of Connecticut updates; and www.ct.gov/dss/covid for DSS-specific updates. .

Get your \$15 Credit from Xfinity for the outages from the storm

If you lost any of your Xfinity services because of last week's storm, you can apply for a \$15 credit on their website.

1. Login into your account -->
2. click 'Troubleshoot and check for Outages' under 'Common Solutions' -->
3. once on the 'Status Center' page scroll down to 'Tips in Case of an Outage' and you should see a link to 'Check Eligibility' . Click that link
4. on this page it will search to see if you are eligible for the credit and if you are it will be automatically applied to your next bill

DO YOU WANT TO IMPROVE YOUR BALANCE?

Join our VIRTUAL Tai Ji Quan:

Moving for Better Balance® Class!



Russell Mercier Senior Center and the **CT Healthy Living Collective** will be running Tai Ji Quan®: Moving For Better Balance soon!

Tai Ji Quan: Moving for Better Balance® is a research-based falls prevention exercise program that uses Tai Ji Quan based movements to improve strength, mobility, balance and daily function to prevent falls. It is designed for older adults and people with balance difficulties.

No prior experience with Tai Chi is needed.

- You will learn the movements over 24 weeks in classes held twice a week.
- Classes are taught *VIRTUALLY* by trained instructors in a supportive environment.
- This program can accommodate individuals who need some assistance with walking, such as use of a cane.

Limited spots available: Sign up now!

This 24 week program will run twice a week Tuesday and Thursday from
September 8 2020 through – February 18, 2021
2:00PM – 3:00PM on Tuesday and Thursday

This is a virtual class held via Zoom. If you need assistance with Zoom, please contact us!

This program is offered at no charge in partnership with the CT Healthy Living Collective and funded in part by the Older Americans Act through the North Central Area on Aging.

Russell Mercier Senior Center - Hebron

**12 Stonecroft Dr.
Hebron, CT 06248
860-228-1700**



Please RSVP by September 1, 2020 to:

NAME: Mandy Roczniak

EMAIL: aroczniak@hebronct.com

PHONE: 860-228-1700 ext 202

Take
Control



Diabetes Virtual Workshop

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

Feel
Better

Join this free 6-week workshop and learn how to better manage your diabetes. Participants will need a computer, tablet or cell phone and a reliable internet connection. A technology training session will be provided prior to starting the workshop.

Learn about diabetes including:

What to eat

Foot care

Low and High blood sugar

Sick day guidelines

Tips for dealing with stress.

How to set small and achievable goals.



Energize

Live

Materials will be sent directly to participants at no cost and include a Living a Healthy Life Book, instruction booklet, exercise and relaxation CDs, and a My Diabetes Plate magnet.

Workshops take place once a week for six weeks, for up to 2.5

Enjoy

Contact Barbara Womer, Regional Coordinator

barbara.womer@ncaaact.org

An evidence-based self-management program originally developed at Stanford University.

This program supported by funds made available for the Centers for Disease Control and Prevention, Office of State, Tribal, Local and Territorial Support under grant DP13-105.



Sponsored by the Connecticut Department of Public Health, Department of Aging and Disability Services, and the North Central Area Agency on Aging.

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

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.

SilverSneakers LIVE

From the comfort of your home, enjoy virtual classes and workshops directly through the SilverSneakers website. And since it's included in the SilverSneakers benefit, SilverSneakers LIVE is available at no additional cost to members and offers virtual classes and workshops via Zoom. Go the following web site to see if you are eligible... silversneakers.com and click on the “check your availability” link

VALLEY SENIOR SERVICE COUNCIL PRESENTS: CAREGIVER SUPPORT, INFORMATION & RESOURCES

Sponsored by AOASCC, Valley Council for Health and Human Services and Griffin Health

The Valley Senior Services Council invite caregivers to a three part series to help you care for your loved one. Join us to have a discussion on an overview of the disease and the challenges that caregivers may face as well as coping mechanisms.

Wednesday August 19, 2020: Alzheimer's – Cary Carpino, RN Senior Health and Wellness Coordinator at Griffin Hospital

Wednesday September 9, 2020: Parkinson's – Stephanie Fisher, PT at Griffin Hospital

Wednesday September 23, 2020: Stroke – Gail Chaffee, RN Stroke/Hospice/Palliative Coordinator at Griffin Hospital

Presentations are being held via ZOOM

3:00PM-4:00PM

Events are free, Please RSVP for each event by calling:

TEAM Elderly at 203-736-5420 X 4225

Connect with Us

www.aoascc.org



Take
Control



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

Feel
Better

Live Well with Chronic Conditions Virtual Workshop

Join this free 6-week workshop and learn how to better manage your ongoing health condition. Participants will need a computer, tablet or cell phone and a reliable internet connection. A technology training session will be provided prior to starting the workshop.

Energize

You will learn:

- Techniques to deal with frustration, fatigue, and pain
- How to communicate effectively with family, friends and healthcare professionals
- How to make healthy eating and physical activity choices
- How to manage stress and deal with difficult emotions
- Problem solving and decision making skills
- Action Planning

Materials will be sent directly to participants at no cost and include a Living a Healthy Life Book and relaxation CD. Workshops

Live

Enjoy

Contact Barbara Womer, Regional Coordinator

barbara.womer@ncaaact.org



Sponsored by the Department of Rehabilitation Services ~ State Unit on Aging, CT. Dept. of Public Health, and North Central Area Agency on Aging.

AARP CT Upcoming Events– Please Join us!

Registration is free and open to people of all ages!

August 19, 2020 @ 1PM AARP CT Webinar Wednesday: AARP Fraud Watch Network: Con Artist Playbook: Join us to learn about the psychology behind ID theft, fraud and scams through the testimony of actual scammers. Participants will walk away armed with tips and tools for keeping themselves and their families safe. Registration is required: <https://aarp.cvent.com/FWNWWAugust19>

August 24, 2020 @ 12PM AARP CT Presents: Mondays at Mystic Seaport: Behind-the-scenes:

Explore behind the scenes at Mystic Seaport Museum to experience the museum's collection of rare vessels that are not on public view. Then Christopher Gasiorek, Vice President of Watercraft Preservation & Programs at the museum, will answer your questions during a live Q&A event. Registration: <https://aarp.cvent.com/MysticMonAug24>

August 24, 2020 @ 1PM Caregiver Roadshow for CT Families: Offers a journey through the experiences of family caregivers - the backbone of our health care system. Learn tips and tools on supporting the caregiver, the care recipient and choices to live safely and independently at home. Learn specific tools for navigating and connecting with available services, gain an understanding of care options and costs, and stay informed on the legislative issues impacting seniors and family caregivers. Hosted by Wethersfield Social & Youth Services. Registration: <https://aarp.cvent.com/CaregiverAug24Wethersfield>

August 26, 2020 @ 7PM AARP CT Webinar Wednesday: Caregiver Roadshow for CT Families: Take a journey through the experiences of family caregivers - the backbone of our health care system. Learn about how to support the caregiver and care recipient, as well as choices to live safely and independently at home. Learn specific tools for navigating and connecting with available services, and gain an understanding of care options and costs. Stay informed about legislative issues impacting family caregivers. Registration is required: <https://aarp.cvent.com/Aug26CaregiverWebWed>

August 28, 2020 @ 10AM AARP Fraud Watch Network's: Fraud Fighting Fourth Fridays - Powered by AARP CT & CEJC: AARP CT & the Coalition for Elder Justice in CT have joined together to offer conversations the 4th Friday of every month on how elder justice advocates are working on your behalf to protect individuals and their families from becoming victims of financial exploitation and other forms of elder abuse. This session welcomes Kathleen Titsworth for the CT Department of Banking and Catherine Blinder from the CT Department of Consumer Protection offering an interactive conversation to test your knowledge, learn new tips and tools on prevention and how you can learn more about their agency's goals to work on your behalf. Registration: <https://aarp.cvent.com/4thFridayAug28>

LinkedIn for Experienced Workers and Encore Career Seekers: 2 chances to participate!

September 2, 2020 @ 1 – 2:30 PM Registration: <https://aarp.cvent.com/LinkedSept2WW>

September 9, 2020 @ 7 – 8:30 PM Registration: <https://aarp.cvent.com/LinkedSept9WW>

Register for one of the times above to participate in this 90-minute session to learn best practices to create and manage a personal profile page, reflecting the experience gained in previous careers. Learn about networking, improve career opportunities, and self-branding.

September 16, 2020 @ 1PM AARP CT Webinar Wednesday: "Gen Silent": Join us for a screening of the documentary "Gen Silent" to hear the stories of LGBT older adults in Greater Boston dealing with the challenges and hopes of growing older. Since 2010, this landmark movie has inspired a world-wide movement of LGBT & aging advocates to create safe & welcoming community experiences for older adults and caregivers. Registration: <https://aarp.cvent.com/GenSilentSept>

Take
Control



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



Active Living Everyday Toolkit

Feel
Better

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.

Energize

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.

Live

Participants will learn about:

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

Enjoy

Contact Barbara Womer, Regional Coordinator

barbara.womer@ncaaact.org



2020

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

Take
Control



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

Toolkit for Active Living with Diabetes

Feel
Better

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

Energize

Participants will learn about:

- What to eat
- Foot care
- Low and High blood sugar
- Sick day guidelines
- Tips for dealing with stress.
- How to set small and achievable goals.

Live

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.

Enjoy

Contact Barbara Womer, Regional Coordinator

barbara.womer@ncaaact.org OR 860-724-6443 Ext. 224



Sponsored by the Connecticut Department of Public Health, the Department of Aging & Disability Services, and North Central Area Agency on Aging.

An evidence-based self-management program originally developed at Stanford University.

This program supported by funds made available for the Centers for Disease Control and Prevention, Office of State,

Monthly Recipes

INGREDIENTS LIST FOR THE LEMON GARLIC BUTTER SHRIMP

WITH ZUCCHINI NOODLES

- 1 pound (450g) raw medium shrimp, peeled and deveined
- 4 medium zucchini
- 1 tablespoon olive oil
- 4 tablespoons softened butter, or ghee, divided
- 4 garlic cloves, finely chopped
- 1 teaspoon Italian seasoning
- Pinch of red pepper flakes
- Juice of 1/2 fresh lemon
- 1/4 cup (60ml) chicken or vegetable stock (or white wine)
- Hot sauce of your choice, to taste (we used Sriracha)
- Salt and fresh cracked pepper, to taste
- 1/4 cup chopped fresh parsley, for garnish



DIRECTIONS

1. To prepare this lemon garlic butter shrimp recipe with zucchini noodles: Wash and trim the ends of the zucchini. Make the zucchini pasta using a spiralizer or julienne peeler and set aside.
2. Heat 1 tablespoon oil and 2 tablespoons butter in a large skillet over medium-high heat. Add the shrimp in one layer and sprinkle with salt and pepper. Cook shrimp for one minute without stirring, so the bottom of the shrimps get slightly browned.
3. Add the chopped garlic, Italian seasoning, and red pepper flakes and then stir the shrimp for another minute or two to cook shrimp the other side. Transfer the grilled shrimp to a shallow plate.
4. In the same pan, add remaining butter, lemon juice, chicken or vegetable stock, and hot sauce to the pan. Bring the sauce to a simmer for 2-3 minutes, stirring regularly.
5. Stir in the zucchini noodles and cook until done, about 2 minutes, stirring regularly. Allow the sauce to reduce a bit if it's too watery. Add the grilled shrimp back to the pan and stir for another minute. Serve immediately your shrimp zucchini noodles with lemon slices, extra parsley, and pepper. Enjoy!

The Best Peach Sorbet Without Ice Cream Maker

Ingredients

- 8 ripe yellow peaches - fresh or frozen 800g sliced & peeled
- 200 g caster sugar (see notes)
- 1 tbsp* lemon juice to taste (see notes)

Instructions

- Slice the peaches into 8, and peel each slice.
- Place peach slices in the bowl of a food processor, along with sugar and process until smooth, scraping down the sides as you go.
- Once smooth, add lemon juice to taste.
- Freeze for 6-7 hours, or until firm.

Notes

* Don't add all of the lemon juice in at once - you need to add it to taste. It also may seem like a strange ingredient, but it really brings out the flavour of the peaches.

The ratio of fruit to sugar you are looking for to get the right consistency is basically 4:1 fruit to sugar. I work this out by weight. I weigh the sliced & peeled fruit, then divide it by 4, which is the amount of sugar I add.



Ice Cream Flavors

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

- COTTON CANDY
- MAPLE WALNUT
- PECAN
- BANANA
- TIGER TAIL
- MOOSE TRACKS
- COCONUT
- ROCKY ROAD
- GREEN TEA
- FUDGE
- REESES
- CHOCOLATE
- VANILLA

Play this puzzle online at : <http://thewordsearch.com/puzzle/416/>

Safari Animals

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

- KUDU
- LEOPARD
- BABOON
- RHINO
- CHEETAH
- GIRAFFE
- CROCODILE
- WILDEBEEST
- HYENA
- HIPPO
- ELAND
- BUFFALO
- CIVET
- GAZELLE
- MONKEY
- ELEPHANT
- WARTHOG
- LION
- ZEBRA

On-Line Programs and Resources;

- 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
- RJ Julia Bookstore—On-line book discussions—see calendar for all upcoming events— 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 (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/

