

2020

Hebron

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 sixth 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!!!!

Grab and Go Meals from CRT Available for Pick-up at the Senior Center

Starting Monday, September 14th the Russell Mercier Senior Center will be offering frozen congregate meals from CRT for pick-up. On Mondays you will receive 4 frozen meals, 2 milks, sides, and snacks for a suggested donation of \$12 (\$3 per meal). There is no menu, but fish will not be served due to potential allergy issues. You MUST call and sign-up for each week's meals by 3:00pm the on the Thursday prior. example for Monday, September 14th we need your RSVP by Thursday, September 10th at 3:00pm. This program is for any senior 60+ years or older (you do not have to be a resident of Hebron or Amston. it is open to any senior). These meals are to be heated and consumed at home. Meals will be distributed outside and can be curbside pick-up. Pick-up times are 11:30-12:15, but with prior approval we can arrange an alternate time. As well, any senior who is unable to drive, we can make arrangements to deliver meals. Each person will need to complete a Form 5, but we can assist you in completing this form. To sign-up you can call 860-228-1700, EXT. 202 OR email aroczniak@hebronct.com... Again, please note the first date for meal pick up is Monday, September 14th and must RSVP by Thursday, September 10th at 3:00pm. When you (or whomever is picking up the meals) MUST wear a mask and adhere to COVID guidelines.

AHM CHOREs Program Re-starts

AHM Youth and Family Services CHOREs program is back after being temporarily closed due to COVID-19. For any senior already registered for the CHOREs Program can simply call the AHM office at 860-228-9488, leave a message and you will receive a return call.

The CHOREs Program is for seniors whose health and finances prevent them from completing yard work around their homes. There is no cost to seniors, but they must fill out an eligibility form to assure that grant guidelines that fund this program are followed. CHOREs is generously supported by the North Central Area Agency on Aging, AHM Youth and Family Services and local and civic and faith community contributions, as well as donations made by seniors using the program.

During this time work is limited to only outdoor yard work projects and social distancing compliance will be strictly adhered too. If you are interested in getting some help for your outdoor projects please call AHM at 860-228- 9488.

Flu Clinic at the Senior Center—Monday, October 19th

Monday, October 19th the Chatham Health Department will be having a flu clinic at the Russell Mercier Senior Center from 9:30-11am for the public and 11am – 11:30am for town employees. This is first come-first served. We will be following Covid 19 guidelines and will be a semi-drive through event. People will be given a number upon their arrival, remain in their cars, and will be called via number by a staff member so to maintain social distancing, the shots will be outside under our covered front area, so it will be rain or shine. You will need your insurance card. There will be paperwork to complete that will be available prior to the clinic or day of. More information will be available on the paperwork as the clinic date gets closer and in the October Newsletter and Senior Center website...www.hebronct.com and click on senior center under town departments.

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 scheduled for Wednesday, November 4th—location TBD

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>

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



HEBRON SHOPS LOCAL REWARDS PROGRAM

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 Persnipy, Something Simple Café, TAO Center for Vitality, Longevity & Optimal Health LLC, Tarca's Hebron Automotive Repair, Tri-County Fitness. More businesses to be added to so please check <https://hebronct.com/hebron-is-open-for-business/> - that is on the Town of Hebron website.



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

- 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"



The Russell Mercier Senior Center will be hosting the free evidence-based Aging Mastery Program developed by the National Council on Aging again this Fall. We wanted to reach out to our community to see who would be interested in attending **this VIRTUAL program that will be held for 5 weeks on Tuesdays and Thursday starting October 13 through November 12 from 9:00AM to approximately 10:30AM.**

The Aging Mastery Program provides a comprehensive and fun approach to positive aging by focusing on key aspects of health, finances, relationships, personal growth, and community involvement. Central to the Aging Mastery philosophy is the belief that modest lifestyle changes can produce big results. Mastery comes from turning these lifestyle changes into habits that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation.

We know attending a virtual class can be intimidating, especially if it is your first one. This is why we would like to offer one-on-one assistance on how to attend a virtual meeting. If you are interested in attending and need assistance learning how to log into a virtual meeting, Danielle (our intern) has offered to make home visits to show you how to log into a virtual meeting.

If you are interested in participating in the Aging Mastery Program, please contact the senior center at (860) 228-1700 to sign-up; we need a general headcount by September 30 to prepare course materials. Each participant will be receiving a comprehensive workbook containing a host of valuable information.

When you call, please make sure to let us know if you would like to have Danielle come to your home, prior to the program's start date, to show you how to log into the virtual meetings. We will be using the ZOOM format for the meetings.

What are AMP's results?

Results have been very encouraging and consistent since the classroom version of Aging Mastery launched in 2013. Results have shown that older adults in the program participants significantly increased their:

- Social connectedness
- Physical activity levels
- Healthy eating habits
- Use of advanced planning
- Participation in evidence-based programs
- Adoption of several other healthy behaviors

Program graduation and satisfaction data continue to provide support that the program resonates with participants as both fun and educational.

New Program Starting Soon

Would you enjoy having the opportunity to get calls from someone who shares your interests? The Senior Center is offering a program that helps to match people interested in receiving calls with people interested in making calls. The calls are intended to be a fun way for people to connect, share interests, hobbies, stories, etc., and just chat! You just need a regular phone. While it can be a cell phone, it surely doesn't have to be, and doesn't have to have any special features. No computer or high tech equipment is needed. You set the call schedule that you wish – day, time, frequency, etc. For more information and/or to begin receiving calls, please contact the Senior Center at 860-228-1700.



STAY CONNECTED

Helping Older Adults and Persons with Disabilities connect with medical providers, community, family and friends during COVID-19

Objective:

To connect adults aged 18 years of age with a disability or older adults sixty years of age with the most appropriate Assistive Technology (AT) to foster improved communication with medical professionals, family/friends and the community during COVID-19.

Screening:

All five Area Agencies on Aging and Centers for Independent Living will use a validated 6question screening tool during calls to their agency to select individuals who would gain the most from technology help. Those eligible, will be referred to one of three CT Tech Act partners for a technology consultation and training.

Connection and Training to Technology:

The CT Tech Act partner will conduct a remote consultation with the identified individual to find the best selection of AT device based on the person's needs and preference. Guidance on the price/purchase location for the AT device/internet will be provided to the individual. When needed, an internet ready device will be mailed to the home for this consultation and training and applications for the device may be uploaded onto recommended AT devices once the device has been bought. The individual will get training and support after the device is in the home. A connection to community supports will be made for future training support. Individuals who need only training and support for existing devices will be eligible for the grant.

Referrals:

Refer appropriate individuals who would benefit to the "Get Connected" program to their Area Agency on Aging (1-800-994-9422) or Center for Independent Living Program.

For More Information contact: Patricia.Richardson@ct.gov or Arlene.Lugo@ct.gov

This project is funded by the Administration for Community Living CARES ACT funding

AARP Driving Course Update

Once it's safe and our center is open we will again provide Driver Safety classes.

Meanwhile, we continue to offer our on-line course at a 25% discount.

Website: www.driversafety.org

Promo Code: DRIVINGSKILLS

Good Through: December 31, 2020

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: September 15,29 October 13,27

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

ENDING SOON—Renters Rebate Program OCTOBER 1ST DEADLINE

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

Medicare Annual Open Enrollment

Each year Medicare's open enrollment period is from October 15 through December 7. Medicare drug plans and Medicare Health Plans (also known as Medicare Advantage Plans) can make changes each year to your out-of-pocket costs (monthly premiums, deductibles, and drug copays), drugs covered, and network providers through which you can maximize savings.

During Medicare open enrollment it is strongly advised that you review any and all materials that your current plan sends you along with additionally examining all other potential options in order to ensure that your needs for the following year will best be met at the most reasonable cost. Often we encounter individuals who choose to simply stay with their current plan that have been working for them when indeed, for the upcoming year, there may be less expensive options providing the same service.

The Medicare Part B premium will be \$148.50 per month for 2021

If interested in evaluating your potential options for Medicare health and drug coverage for 2020, please contact the Senior Center at 860-228-1700 to set up and appointment for sometime during the October 15 through December 7 open enrollment period.

Winter Heating Assistance

The CT Energy Assistance Program is designed to help offset the winter heating costs for households whose gross annual income falls at or below 60% of the state median income (one person household \$37,645; two person household \$49,228) and who have limited liquid assets (homeowner \$15,000; renter \$12,000).

Income includes current 2020 gross salary/wages, tips, pensions, dividends, annuity distributions, interest, gross rental income, estate and trust income, royalties, social security and supplemental security income, veterans' benefits, unemployment compensation, workers' compensation, alimony, child support, lottery winnings, self-employment income, etc.

Liquid assets include savings, checking, and credit union account, CDs, IRAs, stocks/shares, annuities, bonds, etc.

Households whose total liquid assets exceed the above mentioned limits (homeowners \$15,000; renters \$12,000), may still be eligible for assistance if the household's gross annual income, when added to the excess liquid assets, is still within the gross annual income guidelines.

For those heating with a deliverable fuel (oil, propane, pellets, wood, etc.), the first day for deliveries paid through the CT Winter Heating Assistance Program will be November 2.

In addition to receiving energy assistance benefits, eligible households may also qualify for weatherization services, clean, tune & test of deliverable fuel heating systems, and repair or replacement of heating systems, tanks and hot water heaters if they are determined to be unsafe, inoperable, or aged/inefficient with obsolete parts

The Senior Center will be taking applications, by appointment only, from October 15 through May. Please call 860-228-1700 to schedule an appointment.

AARP CT Upcoming Events– Please Join us!

Registration is free and open to people of all ages!

**Thursday, Sep 10, 2020 at 6:00pm Central Time Webinar hosted by Innovative Business Solutions, LLC:
Work for Yourself 50+**

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>

Caregiving & Multigenerational Living Options in the Age of Coronavirus Pandemic
9/23/2020 @ 7PM Wednesday, Sep 23, 2020 at 7:00pm Eastern Time Online

LGBT Moveable Senior Center

Come Out and Connect!



**CT Healthy Living
COLLECTIVE**

LGBT Aging Advocacy
Promoting respect and dignity for LGBT elders



Lesbian, Gay, Bisexual and Transgender (LGBT) Adults and Allies of the LGBT community are invited to join the LGBT Moveable Senior Center – a partnership among Senior Centers to connect the LGBT community to mind-body-spirit, to each other and to services and supports for healthy aging.

Zoom Movie Event

Wednesday, September 30th, 2020 from 10:00 am to 12:30 pm

Hosted by the Russell Mercier Senior Center of Hebron

Schedule of Activities

Introductions and Check In

Viewing of “All We’ve Got” by Alexis Clements

All We’ve Got is a personal exploration of LGBTQI women’s communities, cultures, and social justice work through the lens of the physical spaces they create, from bars to bookstores to arts and political hubs.

Followed by a Guided Discussion

New to Zoom? Or, need some help getting started? Contact the Senior Center for more information.

After you register, the Zoom Meeting ID and Password will be emailed to you.

Also, please let the host know if you need an accommodation to participate in the program.

The LGBT Moveable Senior Center is sponsored by CT Community Care as part of “Getting it Right: Creating an LGBT-Inclusive Organization” a project funded by the John H. and Ethel G. Noble Charitable Trust and was guided by the CT LGBT Aging Advocacy.

[Click here to Register!](#)

If you have questions, need assistance with Zoom or require an accommodation to participate, please email Mandy Rocznik at arocznik@hebronct.com or call the Russell Mercier Senior Center at 860-228-1700. You can also visit www.cthealthyliving.com for more information.

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 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.

Take
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"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

GROUND TURKEY STUFFED PEPPERS

INGREDIENTS

- 6 large bell peppers, any color
- 2 cups wild rice, cooked
- 1 lb. 93% Lean ground turkey
- 2 cloves garlic, minced
- 1 small onion, diced
- 1 16 oz. jar crushed tomatoes
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 1/2 cups sharp cheddar cheese, shredded
- 1 tablespoon olive oil



INSTRUCTIONS

1. Preheat oven to 350 degrees. Prepare your rice and set aside. You will need two cups of cooked rice.
2. Cut off the tops of the peppers remove the seeds, trim the bottoms to help them sit flat in the skillet and rinse thoroughly. In a large pan boil the peppers for 5 minutes, remove from water and turn upside down onto a paper towel to dry.
3. In a large skillet add the olive oil, garlic and onion, saute until tender. Add the turkey and brown until thoroughly cooked.
4. Add the crushed tomatoes, rice, Italian seasoning, salt, pepper and 1/2 cup of the shredded cheese and stir until blended.
5. Fill the peppers evenly with the mixture, place in a lightly greased 10 inch cast iron skillet, or baking dish of your choice. Bake uncovered for 25 to 30 minutes. Remove and add the remaining cheese to the top of peppers and bake for an additional 5 minutes or until the cheese is melted.

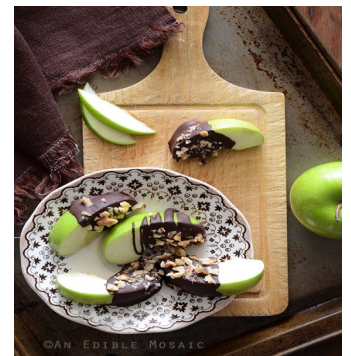
Healthy Candy Apple Wedges {Paleo}

Ingredients

- 1/4 cup (60 ml) lemon juice or apple cider vinegar
- 2 medium apples, washed (I used Granny Smith because I like their tart flavor)
- 3 oz (85 g) good-quality dark chocolate, chopped (see Note)
- 2 tablespoons toasted walnuts, chopped

Instructions

1. Add the lemon juice or vinegar to a medium bowl and fill the bowl 2/3 full with cold water; set aside for now.
2. Core and quarter the apples; cut each quarter into 2 wedges so you end up with 8 wedges from each apple. Transfer the apple wedges to water mixture to soak while you melt the chocolate and prepare the walnuts.
3. Meanwhile, melt the chocolate in a double boiler or microwave until smooth. Finely chop the walnuts and place them in a small dish.
4. Line a baking tray with wax paper and have it ready to place the apple wedges on.
5. Drain the apple wedges, and pat them dry with paper towels. Working with 1 apple wedge at a time, dip it in the chocolate (or drizzle the chocolate over the wedge) and then sprinkle on some walnut. Place the wedge onto the prepared tray. Continue this way until all the apple wedges are coated.
6. Transfer the tray to the fridge so the chocolate can harden; serve.
7. I like to serve these within a couple hours of making them to help keep the apples from oxidizing.



Types of Gemstones

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

- RUBY
- TURQUOISE
- AQUAMARINE
- CITRINE
- SAPPHIRE
- AMETHYST
- GARNET
- OPAL
- ONYX
- PEARL
- PERIDOT
- TOURMALINE
- EMERALD
- JADE
- KUNZITE
- TOPAZ
- AZURITE
- JASPER

Play this puzzle online at : <http://thewordsearch.com/puzzle/17/>

Kitchen Items

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

- MICROWAVE
- CUTLERY
- SPONGE
- BRUSH
- FRIDGE
- MOP
- BREADMAKER
- TOASTER
- BLENDER
- COFFEE MAKER
- PLATES
- DISHWASHER
- RADIO
- OVEN
- STOVE
- SINK

Play this puzzle online at : <http://thewordsearch.com/puzzle/34/>

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.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/

