



# Hebron Senior Center Newsletter



## RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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

Sharon Garrard x 203 Senior Services Director/Municipal Agent for the Elderly  
Mandy Roczniax x 202 Program Coordinator  
Tanya Coles-Dailey x 204 Social Worker  
Tammy Scherp x 201 Transportation Coordinator

sgarrard@hebronct.com  
aroczniax@hebronct.com  
tcolesdailey@hebronct.com  
dar@hebronct.com

### GENERAL QUESTIONS OR SIGN-UP FOR A PROGRAM

seniorcenter@hebronct.com

The Senior Center building remains closed, 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!!!!

### Deadline—December 7th

### 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 2021, 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. Please see page 4 for detailed information on Open Enrollment.**

### Energy Assistance Winter Heating Program

The Senior Center is taking applications for the CT Energy Assistance Program (CEAP). The Connecticut Energy Assistance Program is designed to help offset the winter heating costs for a household's primary heating source. If the household's primary heating costs are included in rent, the household may also apply for assistance. Benefits are available to households with incomes up to sixty percent of the state median income

**\*\*A liquid assets test is an additional basic eligibility requirement. \*\***

Liquid assets include: checking, savings, CD's, stocks/shares, bonds, annuities, certificates of deposit and individual retirement accounts. **Individual Retirement Accounts are considered to be liquid assets if the accounts are in the name of a household member who is 59-and-one-half years old or more.** The purpose of the liquid assets test is to try to ensure that winter heating assistance dollars go to households most in need; that is, to people without the financial means to heat their home.

For homeowners, the first \$15,000 in liquid assets, and for other households, the first \$12,000 in liquid assets, is disregarded. Any amount over that limit, when added to the annual gross income must be below the income guidelines.

Due to the current COVID-19 crisis all applications for energy assistance will be completed over the phone. We will not have any in-person appointments. When you call the Senior Center, we will assess what documents you will need to provide us with and will set up a day and time for a telephone appointment approximately 14 days later. You will be mailed a list confirming what the necessary documents are and when your telephone appointment is. The documentation must be received prior to your phone appointment. They can either be mailed, faxed, emailed, or dropped off in a designated drop-off box at Senior Center. **INCOME DETERMINATION CHART ON PAGE 3. Questions Call the Senior Center at 860-228-1700.**

## 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, January 6th—Virtual Zoom Meeting**

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  
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>**

### **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 video links on this page, just click and meditate. Namaste

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



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. You MUST call and sign-up for each week's meals by 3:00pm the on the Thursday prior. example for Monday, December 7th we need your RSVP by Thursday, December 3rd 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 curbside pick-up. Pick-up times are 11:30-12:30, 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](mailto:aroczniak@hebronct.com)... When you (or whomever is picking up the meals) MUST wear a mask and adhere to COVID guidelines.

### **Holiday Hello Drive Thu**

On Monday, December 21<sup>st</sup> from 1:00pm – 2:00pm the Senior Center will be hosting a Holiday Hello Drive Thru. What is it? We will be handing out treat bags, playing holiday music, maybe another surprise or two and getting the chance to see the faces we have all missed so much. This will be a drive thru, so no leaving your car, we will stay socially distanced, and following Covid guidelines so everyone can stay safe. Masks will be required to be worn even within your car as you drive-thru. We do ask you RSVP so we can be sure to have



enough treat bags. It may only be a quick hello, but a connection we all are craving. In the event of bad weather, the rain/snow date will be the next day, Tuesday, December 22<sup>nd</sup> 1:00pm – 2:00pm. Please RSVP by Thursday, December 17<sup>th</sup> at 3:00pm, by calling 860-228-1700 or email [seniorcenter@hebronct.com](mailto:seniorcenter@hebronct.com).



## Energy Assistance Winter Heating Program

Beginning October 15, the Senior Center is taking applications for the CT Energy Assistance Program (CEAP).

The Connecticut Energy Assistance Program is designed to help offset the winter heating costs for a household's primary heating source. If the household's primary heating costs are included in rent, the household may also apply for assistance.

Benefits are available to households with incomes up to sixty percent of the state median income

**Household Size** – includes homeowners and renters paying separately for heat, and renters whose heat is included in rent, so long as more than 30% of gross income is paid towards rent.

1	2	3	4	5	6	7	8
Under	Under	Under	Under	Under	Under	Under	Under
\$37,645	\$49,228	\$60,811	\$72,394	\$83,977	\$95,560	\$97,732	\$99,904

### **\*\*A liquid assets test is an additional basic eligibility requirement. \*\***

Liquid assets include: checking, savings, CD's, stocks/shares, bonds, annuities, certificates of deposit and individual retirement accounts. ***Individual Retirement Accounts are considered to be liquid assets if the accounts are in the name of a household member who is 59-and-one-half years old or more.*** The purpose of the liquid assets test is to try to ensure that winter heating assistance dollars go to households most in need; that is, to people without the financial means to heat their home.

For homeowners, the first \$15,000 in liquid assets, and for other households, the first \$12,000 in liquid assets, is disregarded. Any amount over that limit, when added to the annual gross income must be below the income guidelines.

Due to the current COVID-19 crisis all applications for energy assistance will be completed over the phone. We will not have any in-person appointments. When you call the Senior Center, we will assess what documents you will need to provide us with and will set up a day and time for a telephone appointment approximately 14 days later. You will be mailed a list confirming what the necessary documents are and when your telephone appointment is. The documentation must be received prior to your phone appointment. They can either be mailed, faxed, emailed, or dropped off in a designated drop-off box at Senior Center.

The first day for fuel deliveries that can be paid by the Energy Assistance Winter Heating Program is November 2, 2020.

## Medicare Annual Open Enrollment

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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 2021, please contact the Senior Center at 860-228-1700 to set up an appointment for sometime during the October 15 through December 7 open enrollment period.**

**Please see the next page (page 4) for detailed information on Open Enrollment.**

## **Five things to know about Fall Medicare Open Enrollment**

Open Enrollment, occurring **between October 15 and December 7**, is the time of year when you can make changes to your Medicare coverage, including your Prescription Drug coverage. You can:

Listed below are five things to keep in mind while you are choosing your Medicare coverage options.

### **1. Fall Open Enrollment occurs each year from October 15 through December 7.**

- Any change you make during Fall Open Enrollment will take effect January 1.
- In most cases, Fall Open Enrollment is the only time you can pick a new Medicare Prescription Drug Plan or a Medicare Advantage Plan
- If you currently have a Medicare Advantage Plan, you can also switch to Original Medicare. To get drug coverage, you should also join a Medicare Prescription Drug Plan.
- It is important to remember that you can change Medicare Supplement Plans, also known as Medigap Plans, at any time, not just during Medicare Open Enrollment.

### **2. Review your current Medicare health and drug coverage.**

- If you have Original Medicare, take a look at next year's Medicare & You handbook to know your Medicare costs and benefits for the upcoming year.
- If you have a Medicare Advantage Plan or a Medicare Prescription Drug Plan, you should receive an Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC) from your plan. Review these notices for any changes in the plan's costs, benefits, and/or rules for the upcoming year.
- Even if you are satisfied with your current Medicare coverage, look at other Medicare options in your area that may better suit your individual needs in the upcoming year. For example, check to see if there is another plan in your area that will offer you better health and/or drug coverage at a more affordable price. Research shows that many people can lower their costs by shopping among plans each year. There could be another plan in your area that covers the drugs you take with fewer restrictions and/or lower prices.

### **3. Help is out there.**

- The Senior Center provides no cost, unbiased assistance in reviewing your options. We can help you understand your Medicare coverage choices and navigate any changes
- If you feel comfortable, you can use Medicare's Plan Finder Tool at [www.medicare.gov](http://www.medicare.gov)
- The Plan Finder tool compares plans based on the drugs you need, the pharmacy you visit, and your drug costs. You can review your options for both Medicare Prescription Drug Plans and for Medicare Advantage Plans
- If you research a Medicare Advantage Plan online, also call the plan itself to confirm what you have learned. Make sure the plan includes your doctors and hospitals in its network. Confirm that the plan covers all your drugs, and that your pharmacies are in the preferred network. Write down everything about your conversation, including the date, the representative you spoke to, and any outcomes or next steps. This information may help protect you in case a plan representative gives you misinformation.

### **4. If you are dissatisfied with a Medicare Advantage Plan you choose during Fall Open Enrollment, you can change your plan during the Medicare Advantage Open Enrollment Period (MA OEP).**

- The [MA OEP](#) occurs each year from January 1 through March 31, with changes taking effect on the first of the month following the month you enroll. During this time, you can switch from one Medicare Advantage Plan to another, or switch from a Medicare Advantage Plan to Original Medicare with a Medicare Prescription Drug Plan

### **5. Understand the difference between Fall Open Enrollment and Open Enrollment for the state or federal Marketplaces.**

- The Federal Marketplace available as part of the Affordable Care Act (also known as Exchanges) offer annual open enrollment periods for uninsured and underinsured Americans. This enrollment period may overlap with Fall Open Enrollment. The Marketplaces are typically not meant for people with or eligible for Medicare.
- If you have or are eligible for Medicare, you should only use the Fall Open Enrollment Period (October 15 through December 7) to make changes to your Medicare coverage.

## **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: December 8 & 22**

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

## **AHM CHOREs Program**

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.



**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 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"



## **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](mailto:Patricia.Richardson@ct.gov) or [Arlene.Lugo@ct.gov](mailto:Arlene.Lugo@ct.gov)

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

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

## **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](https://silversneakers.com) and click on the "check your availability" link

# Monthly Recipes

## Flavorful Pot Roast

### Ingredients

- 2 boneless beef chuck roasts (2-1/2 pounds each)
- 1 envelope ranch salad dressing mix
- 1 envelope Italian salad dressing mix
- 1 envelope brown gravy mix
- 1/2 cup water
- Chopped fresh parsley, optional

### Directions

Place the chuck roasts in a 5-qt. slow cooker. In a small bowl, combine the salad dressings and gravy mix; stir in water. Pour over meat. Cover and cook on low for 7-8 hours or until tender. If desired, sprinkle with parsley and thicken cooking juices for gravy.



## Ham & Cheese Potato Casserole

### Ingredients

- 2 cans (10-3/4 ounces each) condensed cream of celery soup, undiluted
- 2 cups sour cream
- 1/2 cup water
- 1/2 teaspoon pepper
- 2 packages (28 ounces each) frozen O'Brien potatoes
- 1 package (16 ounces) process cheese (Velveeta), cubed
- 2-1/2 cups cubed fully cooked ham

### Directions

- Preheat oven to 375°. In a large bowl, mix soup, sour cream, water and pepper until blended. Stir in potatoes, cheese and ham.
- Transfer to 2 greased 2-qt. baking dishes. Bake, covered, 40 minutes. Uncover; bake 10-15 minutes longer or until bubbly. Let stand 10 minutes before serving. Freeze option: Cover and freeze unbaked casseroles. To use, partially thaw in refrigerator overnight. Remove from refrigerator 30 minutes before baking. Preheat oven to 375°. Bake casseroles as directed, increasing time as necessary to heat through and for a thermometer inserted in center to read 165°.



## ROLO PRETZEL REINDEER

### Ingredients

- 50 mini pretzels (divided)
- 25 Rolos
- 25 small round red chocolate candies
- 50 candy eyes

### Directions

- Preheat the oven to 350 degrees.
- Separate half of your pretzels and spread them out on a baking sheet lined with parchment paper or a silicone liner.
- Unwrap the rolos and top each pretzel on the baking sheet with one.
- Cut the remaining pretzels in half down the middle to form the antlers. (A few may break, so its best to have about 10 extra pretzels or so)
- Place the baking sheet in the oven and bake for 1.5 to 2 minutes until rolos are soft.
- Remove the baking pan and add the nose, antlers and eyes to each reindeer. (I added mine in that order).
- Allow the reindeer to cool completely to allow the chocolate to set before eating. (Place pan in the fridge for quicker cooling if desired.)



## A Christmas Carol

Find and circle all of the "A Christmas Carol" words that are hidden in the grid.  
The remaining letters spell a secret message.

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

ANGRY  
APPRENTICE  
AVARICE  
BAH  
BED  
BELINDA  
BELLE  
BOB CRATCHIT  
CAUSTIC  
CHAINS  
CHARLES DICKENS

CHRISTMAS PAST  
CHRISTMAS PRESENT  
CHRISTMAS YET TO COME  
CLERK  
COUNTING HOUSE  
CRUTCH  
CURTAINS  
DRESSING GOWN  
EBENEZER SCROOGE  
FOG  
GREEDY

HUMBUG  
JACOB MARLEY  
KNOCKER  
LONDON  
MARLEY'S GHOST  
MARTHA  
MERRY CHRISTMAS  
MRS CRATCHIT  
MRS FEZZIWIG  
NEPHEW

NIGHTCAP  
OFFICE  
OLD FEZZIWIG  
PETER  
REDEMPTION  
SNOW  
SPIRITS  
TINY TIM  
TURKEY  
WINTER

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 Carley Taft**

**Carley.Taft@ncaaact.org 860-724-6443 Ext. 224**

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.**

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 Carley Taft**

**Carley.Taft@ncaaact.org or 860-724-6443 Ext. 224**



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

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 Carley Taft**

**Carley.Taft@ncaaact.org 860-724-6443 Ext. 224**



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 Carley Taft**

**[Carley.Taft@ncaaact.org](mailto:Carley.Taft@ncaaact.org) 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,

## 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](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/)



## 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 so please check <https://hebronct.com/hebron-is-open-for-business/> - that is on the Town of Hebron website.

