

2021

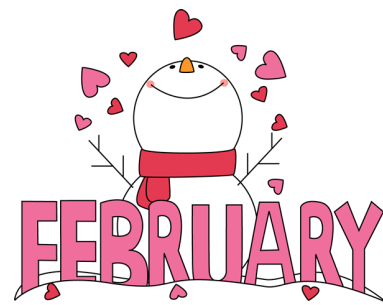
Hebron

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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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!!!!

AARP Tax Preparation

The Hebron Senior Center will be offering AARP Tax Preparation Tuesdays, February 16-March 30th, from 9:00am – 3:00pm by appointment only. It will be a two-appointment process – first appointment will be to bring your documents to be scanned (no contact at all – documents scanned while you wait in your car). The second appointment will be 15 minute contactless review of your return. Details explained when you make the appointment. Only those that have had taxes done previously in Hebron the past two years (2018 or 2019) or if done at another AARP site and signed the global consent for your information to be carried forward will be processed. Also, If you have a return that requires a Schedule C, those will not be allowed. Covid-19 precautions will be implemented; masks required, no contact, separate entrance and exits, etc. Appointments can be made starting Monday, February 1st after 10:00am by calling 860-228-1700.

COVID—19 VACCINATION REGISTRATION INFORMATION

211 Connecticut worked in close partnership with the State of Connecticut, Department of Public Health, and vaccine providers across our state to create a list of public COVID-19 Immunization Clinics.

The public directory of vaccine clinics is now available at www.211ct.org/vaccineclinics.

All vaccine clinics require an appointment to be made in advance. When viewing the directory of vaccine clinics, click on 'More Details' for specific information about how you can schedule an appointment at each location.

Those eligible to receive the vaccine who are unable to self-schedule an appointment due to lack of internet access or access to technology, a disability or a language barrier can call the COVID-19 Vaccine Appointments Assistance Line at 877-918-2224 during the hours of 8AM and 4:30PM Monday through Friday to schedule an appointment.

You can also call **Hebron's COVID-19 Hotline at 860-228-5977** where you'll be connected to the Senior Center. We will be able to access the above mentioned public directory of vaccine clinics and provide you with the information regarding how you can schedule your COVID-19 vaccination appointment by either computer or phone.



STAY CONNECTED—GET 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

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.

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.

HEBRON COMMISSION ON AGING

Chairperson: Pamela Meliso

Members: Cecile Piette, Beth Schmeizl, William Witt, Deb Hart, Jan Falade, Sandy Waldo Scot Kauffman
Alternate: Tonya Maurer , Board of Selectmen Liaison: Gail Richmond

The next scheduled Commission on Aging Meeting is scheduled for Wednesday, March 3rd—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

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

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... When you (or whomever is picking up the meals) MUST wear a mask and adhere to COVID guidelines.

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 2021: February 2, 16

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

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. **Questions Call the Senior Center at 860-228-1700.**

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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

CT Statewide Virtual Senior Center Programs

Presented by



CT Healthy Living
COLLECTIVE



With sponsorship support from



Unlock Ancient Stories with DNA

Friday, Feb. 26th, 2021
1 - 2:30 pm
A Virtual Program

A program of the

Connecticut
Science Center



Guided by CT Science Center STEM educators, we will explore how DNA can be used to uncover stories of people who lived hundreds -- or thousands! -- of years ago. Unlock the mysteries of a 5,000 year old mummy or an 11,000 year old child by using the DNA from their bones to uncover what their lives were like. We will learn how to use their DNA sequences to determine what people looked like, what they may have eaten, how they lived, what diseases they may have had, and more. Includes time for a group activity and a breakout session.

Brought to you by:



CT Healthy Living
COLLECTIVE

With support from:



To register type in this address— hipaa.jotform.com/210196244890154

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"

AARP Virtual Programs

AARP CT Webinar Wednesday: Wadsworth Atheneum Virtual Tour Series

Join us for a very special 2021 virtual tour series with the Wadsworth Atheneum Museum of Art. Each tour will feature a different docent lead theme. You may join us for any or all of the free virtual tours, but please be sure to sign up for each individually to receive log-in information. You can register for the entire series line-up by going to the links provided below or go to the AARP CT Events Page located at www.aarp.org/ctevents

2/10/2021 @ 1PM: Black History Month Celebration Registration: <https://aarp.cvent.com/WadFeb10>

3/3/2021 @ 1PM: Hudson River School Artists Registrations: <https://aarp.cvent.com/WadMarch3>

3/24/2021 @ 1PM: European Artists Registration: <https://aarp.cvent.com/WadMarch24>

Virtual U w/ AARP CT: Dr. Henry C. Lee Crimes & Investigations 6 -Part Training Series -

powered by AARP CT in collaboration with the University of New Haven, Henry C. Lee College of Criminal Justice & Forensic Sciences, International Association of Financial Crimes Investigators (IAFCI), the CT Chapter of the IAFCI and the Coalition for Elder Justice in CT.

CEC, CPE & Specialized Training Credit Hours Issued by collaborating organizations (University of New Haven, IAFCI, NASW-CT), all attendees will receive an AARP CT issued certificate of completion for each training attended. A full list available at www.aarp.org/ctevents Registration required for each.

* Dr. Amanda Gore Wildlife & Environmental Crimes Investigation Tuesday, **2/9/2021 @12:30PM ET** Registration: <https://aarp.cvent.com/GoreFeb9>

* Anthony Whitledge The Evolution of Cybercrime Investigation Thursday, **2/11/2021 @12:30PM ET** Registration: <https://aarp.cvent.com/CyberFeb11>

* Dr. Declan Hill Gambling with America's Future Wednesday, **2/24/2021 @12:30PM ET** Registration: <https://aarp.cvent.com/DeclanFeb24>

AARP CT Fraud Watch Network Con Artist Playbook:

Join the conversation hosted by West Hartford Senior Center as we take a look inside the mind of a criminal during this interactive and informative conversation geared towards offering you ways to stop the criminals in their tracks! Learn tips and tools along with resources that you can share with friends, family and your community. **2/16/2021 @6PM** Registration: <https://aarp.cvent.com/FraudFeb16WestHartford>

Monthly Recipes

5-Ingredient Slow Cooker Brown Sugar Ribs

INGREDIENTS

- 1/3 c. soy sauce
- 1/4 c. brown sugar
- 2 tbsp. seasoned rice vinegar
- 1.5 lb. boneless country pork ribs
- 1 sweet onion cut into quarters and sliced thin

INSTRUCTIONS

1. Whisk together soy sauce, brown sugar, and vinegar in your slow cooker. Add onions and ribs, and gently stir to coat all sides of meat with sauce.
2. Cook on high for 4 hours or low 6-8 hours. Flip meat halfway through cooking if possible.



Cheesy Skillet Potatoes

INGREDIENTS

- 1-1/2 lb. Yukon Gold potatoes, peeled and thinly sliced
- Kosher salt and freshly ground black pepper
- 1-1/2 Tbs. olive oil
- 2 oz. coarsely grated sharp Cheddar
- 2 oz. coarsely grated raclette or Emmentaler
- 1 Tbs. thinly sliced fresh chives

PREPARATION

- Season the potatoes with 1/2 tsp. salt and 1/4 tsp. pepper. Heat the olive oil in a 12-inch cast-iron skillet over medium-high heat. Add the potatoes and cook, undisturbed, until just starting to brown, about 5 minutes. Lower the heat to medium and gently flip the potatoes every 2 minutes until about half of the slices are crisped and browned, another 8 to 10 minutes.
- Top with the Cheddar and raclette. Cover, remove from the heat, and let sit until the cheese melts, 2 to 2-1/2 minutes. Sprinkle with chives, and season to taste with salt and pepper.



Dark Chocolate Avocado Truffles

INGREDIENTS

- 1 cup dark chocolate chips
- 1 teaspoon coconut oil (or vegetable oil)
- 1/2 large avocado (about 1/3 cup)
- Pinch of sea salt
- 3 tablespoons cocoa powder

INGREDIENTS

- In a microwave safe bowl, melt the chocolate chips and the coconut oil.
- Microwave for 1 minute at a time at 1/2 power, stirring occasionally until melted.
- Scoop the avocado out of the peel and into a food processor or blender.
- Blend until smooth.
- Add in the melted chocolate and sea salt and continue to blend until combined.
- Put it in the fridge for 2 hours or until firm.
- Once it's hardened a bit, roll into 1 inch balls.
- Roll the balls into cocoa powder until coated.
- Store in the fridge until ready to serve!



Winter

Find and circle all of the Winter related words that are hidden in the grid. The remaining letters spell a Japanese proverb.

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L S O S E K A L F W O N S E L C I C I N
L E Y C E K R A I M N D D R A Z Z I L B
A S C A W V K A I O E C I K C A L B R D
B W A R D R O T E S N O W S H O V E L C
W E R F A I T L C W A F I R E P L A C E
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T C F I R E W O O D H A I L S T O O B L
E H S S T N A P I K S C H P A C T I N K
  
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BLACK ICE	HAIL	SEASON	SNOWBOARD
BLIZZARD	HEADBAND	SKATES	SNOWFLAKE
BOOTS	HIBERNATION	SKI DOO	SNOWMAN
CARNIVAL	HOCKEY	SKI PANTS	SNOWSHOES
CHRISTMAS	HOLIDAYS	SKIING	SOLSTICE
COLD	ICE FISHING	SLED	SOUP
EGG NOG	ICICLES	SLEET	STEW
FIREPLACE	KNIT CAP	SLIPPERY	STORM
FIREWOOD	LONG UNDERWEAR	SNOW CASTLE	SWEATSHIRT
FOG	MITTENS	SNOW PLOW	TOBOGGAN
FREEZE	OLYMPICS	SNOW SHOVEL	VACATION
FROST	PARKA	SNOW TIRES	WIND CHILL
GLOVES	SCARF	SNOWBALL	WOOL SOCKS

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/



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.

