

2021

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
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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!!!!

COVID—19 VACCINATION CLINIC & REGISTRATION INFORMATION

Vaccines now open to people age 55 and over

General Vaccine Registration Info

- 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 8:00PM, seven days a week** to schedule an appointment. It may be faster to leave your call back info versus staying on hold, but it is your choice.
- **Hartford Healthcare vaccine registration phone number is 860-827-7690.** They offer Hartford Healthcare specific sites such as; CT Convention Center, Backus Hospital, Windham Hospital, Hartford Hospital and additional HHC facilities.
- You can also call **Hebron's COVID-19 Information Hotline at 860-228-5977** where you'll be connected to the Senior Center. Presently, the only information we have is the same as listed above, but if you need assistance or have questions please call.

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

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>

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: March 16,30

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



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.

FREE MEDICAID GUIDANCE WEBINAR

A Virtual Discussion on Long-Term Planning

Hosted by:

**Marlborough Health and
Rehabilitation Center &
Colebrook Village at Hebron**

WEDNESDAY, MARCH 24, 2021

3:00pm to 4:00pm

Presented by:

Senior Planning Services

To Register, Contact Either:

Allison Schmauder

860-295-9531

aschmauder@nathealthcare.com

or **Laura Wheatley**

860-801-1114

LWheatley@colebrookvillage.com

TOPICS COVERED INCLUDE:

- Medicaid Eligibility Criteria
- Review of Required Documentation
- Medicaid Allowable Expenses
- Spousal Allowances

UNABLE TO ATTEND?

Call Senior Planning Services
for a free Medicaid consultation at

T 1.855.S.PLANNING (775.2664)

F 1.855.SPS.FAXES (777.3293)

W WWW.SENIORPLANNING.COM

Senior Planning Services is the leading Medicaid application company in the healthcare industry. They have earned a stellar reputation by successfully guiding thousands of individuals through the complex Medicaid process. They handle the entire process, including gathering the paperwork, reviewing and preparing the financials, and submitting the application to the Medicaid office. Senior Planning Services grants residents and their families the peace of mind and support they deserve.

sps
senior
planning
services

Marlborough
Health & Rehabilitation Center

www.marlboroughhealthcare.com





EHC! Launches SNAP Call Center Hours Specifically for Older Adults

Our SNAP Call Center Associates assist with SNAP applications, redeterminations, periodic report forms, screening for eligibility, and general inquiries about SNAP. Our team is here to help you and your family so you do not have to navigate the SNAP process alone.

Call us toll-free (866) 974 - 7627 or email EHC! at SNAP@endhungerct.org for an appointment.

Please note, if you choose to call the SNAP hotline, you will have to leave a voicemail with your name and number and one of our Call Center Associates will return your call as soon as possible. Please also state in your call or email that you are requesting an older adult appointment.



FREE Professional Tax Help

Get help from an IRS-certified volunteer: If your household income is up to \$57,000, **dial 2-1-1, press 3 then 6**
OR:

File on your own online: Prepare and file your taxes at [MyFreeTaxes.com](https://www.myfreetaxes.com).



AARP ON-LINE DRIVING CLASS

AARP—Refreshing your driving skills from home could reduce your auto insurance costs

The award-winning AARP Smart Driver course will help you refresh your driving skills and increase your confidence on the road. You'll also learn the latest traffic laws and proven safe-driving strategies. Plus, when you complete the course, **you could qualify for a multiyear discount on your auto insurance.***

Register at:

aarpdriversafety.org

Use promo code: [DRIVINGSKILLS](#)

25% OFF

Register at:

aarpdriversafety.org

Use promo code: [DRIVINGSKILLS](#)

Offer valid through August 31, 2021 for the online course only.**

This program is supported by a generous grant from Toyota to AARP Foundation.

*Upon completion, you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details. **Register by August 31, 2021. You then have a full 60 days (30 days in Connecticut and New York) to complete the course at your own pace.

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

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"

Sudoku

	4		2	5	8		3	
7			4	6	1			2
		8			9		1	4
1	3	2	7		6		9	5
	8	6	9			7		
4	7	9	5		2		6	8
		5			4		7	6
6			8	3	5			9
	2		6	9	7		5	

How to play

In classic sudoku, the objective is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 subgrids that compose the grid (also called "boxes", "blocks", or "regions") contain all of the digits from 1 to 9.

SOLUTION

9	4	1	2	5	8	6	3	7
7	5	3	4	6	1	9	8	2
2	6	8	3	7	9	5	1	4
1	3	2	7	8	6	4	9	5
5	8	6	9	4	3	7	2	1
4	7	9	5	1	2	3	6	8
3	9	5	1	2	4	8	7	6
6	1	7	8	3	5	2	4	9
8	2	4	6	9	7	1	5	3

Monthly Recipes

Ravioli and Spinach Lasagna

Ingredients

- 1 pound italian sausage
- 12 ounces baby spinach
- 24 ounces marinara sauce
- 20 ounces refrigerated cheese ravioli
- 3 cups shredded mozzarella cheese



Instructions

- Preheat oven to 350 degrees.
- In a large skillet over medium heat, crumble and cook sausage until browned.
- Add spinach and stir together until wilted.
- In 9x13 pan, ladle enough pasta sauce to cover bottom of pan.
- Arrange a single layer of ravioli to cover bottom of pan. Cover with 1-1/2 cups mozzarella cheese and layer remaining cheese ravioli on top.
- Spread sausage and spinach mixture evenly over ravioli.
- Pour remaining marinara sauce over sausage and spinach and top with remaining cheese.
- Bake for 30 minutes or until warmed through and bubbling. Let cool 10 minutes before cutting and serving.

Chocolate Banana Bundles

Ingredients

- 2 tablespoons butter
- 1/4 cup packed brown sugar
- 2 medium ripe bananas, halved lengthwise
- 1 sheet frozen puff pastry, thawed
- 4 ounces semisweet chocolate, melted
- Vanilla ice cream, optional

Directions

1. Preheat oven to 400°. In a large cast-iron or other heavy skillet, melt butter over medium heat. Stir in brown sugar until blended. Add bananas; stir to coat. Remove from heat; set aside.
2. Unfold puff pastry; cut into 4 rectangles. Place a halved banana in center of each square. Overlap 2 opposite corners of pastry over banana; pinch tightly to seal. Place on parchment-lined baking sheets.
3. Bake until golden brown, 20-25 minutes. Drizzle with chocolate. Serve warm, with ice cream if desired.



St. Patrick's

Find and circle all of the words that are hidden in the grid. The remaining 34 letters spell a secret message.

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

BEER
BELFAST
BISHOP
CABBAGE
CELEBRATION
CELTIC CROSS
CHRISTIAN
CLOVER
CORK
CORNER BEEF

DANCING
DUBLIN
EVENTS
FEAST DAY
FESTIVAL
GREEN
GUINNESS
HERITAGE
HISTORY
HOLIDAY

HOLY DAY
IRELAND
IRISH
LEPRECHAUN
LIMERICK
MARCH
MISSIONARY
MUSIC
PARADE
PATRON SAINT

POTATOES
SEVENTEENTH
SHAMROCK
SNAKES
SODA BREAD
TRADITION
YEARLY

On-Line Programs and Resources;

- 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/

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 Persniphy, 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.

