

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
Mandy Rocznia x 202 Program Coordinator
Tanya Coles-Dailey x 204 Social Worker
Tammy Scherp x 201 Transportation Coordinator

sgarrard@hebronct.com
arocznia@hebronct.com
tcolesdailey@hebronct.com
dar@hebronct.com

GENERAL QUESTIONS OR SIGN-UP FOR A PROGRAM

seniorcenter@hebronct.com

We're Open(ing)!!!

The Russell Mercier Senior Center is excited and pleased to be reopening with a combination of some socially distanced in-person programming, outdoor programming where possible, and some hybrid programming. The programs will be rolled out in a manner that allows for us to do everything as safely as possible. See page 4 for what we have scheduled, for now and upcoming programs.

Seniors have been deemed to be the most at-risk population for severe illness with COVID. Additionally certain medical conditions can pose a risk. As you know, Senior Center attendees are coming from multiple households with various household configurations, vaccination statuses, exposure statuses, risk statuses, etc. According to the CDC, transmission risk in group settings is higher and likely increases with the number of unvaccinated people in attendance, presenting a higher risk of COVID and variant transmission among participants.

Naturally, getting vaccinated is a personal choice. The Chatham Health District strongly encourages everyone to be vaccinated, however, there will be no requirement to be vaccinated or to reveal your vaccination status in order to attend any senior center programming, however, we do ask that you comply with the following CDC recommendations:

- Unvaccinated people should wear masks at outdoor and indoor gatherings that include other unvaccinated people or who have an unvaccinated household member. With the probability of programs including both vaccinated and unvaccinated people, mask wearing will be required by all
- While fully vaccinated people can participate in outdoor activities and recreation without a mask, everyone should keep wearing masks at crowded outdoor events and venues. As mentioned above, with the varying risk of Senior Center attendees, we will err on the side of caution and require mask wearing at all outdoor programming
- Masks continue to be recommended for everyone at indoor public places. At the Senior Center wearing will be required by all.

At present, it will be necessary to make reservations in advance for all programs. Again, in order to keep everyone safe, properly fitting masks fully covering both the nose and mouth must be worn at all times, and social distancing will be maintained. Additionally, no food or drink will be allowed. We hope, as I'm sure you do, that in the very near future we will be able to ease up on these restrictions.

When entering the Senior Center, you'll find social distancing markings and hand sanitizer in various strategic locations. The hardest part of getting to see you again will be to not be able to greet you with a hug!

We were fortunate enough to have received some CARES Act funding through the state and purchased two new pieces of exercise equipment – a hybrid recumbent bike and an elliptical! We still have our treadmill and various pieces of hydraulic-resistance equipment (CURVES equipment) plus we added a TV to our fitness room. In order to keep everyone safe, you will have to sign up in advance, and there will be a limit of 2 people at a time in the room. If coming together from different households, it is highly recommended both parties be vaccinated.

Contingent upon grant funding, we hope to purchase new indoor tables that will help to ensure social distancing and to purchase outdoor furnishings that will allow us to expand outdoor programming.

Watch for our monthly newsletter at <https://hebronct.com/town-departments/senior-center/>, visit our Facebook page (<https://www.facebook.com/RussellMercierSeniorCenter/>), and check the RiverEast for updates regarding the various programming and activities that we will be offering

We hope to see you soon!

Re-opening Senior Center Rules & Regulations

- **Masks are MANDATORY.** Masks must be worn covering the nose and the mouth completely.
- **Social Distancing:** Everyone is required to maintain a 6-foot social distance while at the Senior Center.
- **Hand Sanitizer/Hand Washing:** Hand Sanitizer will be available at multiple locations in our building but most importantly, at the entrance of our building. We ask that you use the Sanitizer prior to entering a room. In addition, please wash your hands, frequently, for a minimum of 20 seconds.
- **Entrance/Exit:** Please use the regular entrance double-glass doors but upon exiting we ask that you use the side door off of the Card room near the exercise room and follow the arrows as marked.
- **Registration -** All programs will require pre-registration so we can insure we have enough people to run a program and to keep track of participants upon arriving for check-in. At this time, we won't have any "drop-in programs.
- **Check-In:** Upon arrival at the Senior, all visitors will be required to "check-in" with a staff member. Persons are required to sign-in with their name, date & time (as well as the time you leave). This is necessary for contact tracing if someone tests positive for COVID and to keep track of the number of people in the building.
- **If a person shows** up with COVID-19 or any signs or symptoms of illness, they will be asked to go home.
- **Classes:** Classes will resume gradually and will have space limitations based on the size of our rooms and social distance requirements. Participants will have to register for classes in advance.
- **Sanitizing:** We ask that all Participants that attend an activity to please sanitize the table, chairs, and/or equipment before use and after. Spray sanitizer, soap, water, and paper towels will be available.
- **Meals/Eating/Drinking:** In-house dining is not operating at this time. But please continue to enjoy Hebron's Grab & Go Meal Program with pick-ups on Mondays (4 days of meals—see information on page 3).
- **Bathroom Use:** Please limit to one-person at a time when using the facilities.
- **Exercise Room**—There will be 30 minute appointments from 10:00am – 1:00pm Monday – Thursday with 15 minutes between appointments for cleaning. Only two per people per time slot and if coming together from different households it is highly recommended that you are both vaccinated.



HEBRON COMMISSION ON AGING

Chairperson: Pamela Meliso

Members: Cecile Piette, Beth Schmeizl, Deb Hart, Jan Falade, Sandy Waldo

Alternates: Tonya Maurer & Cathy Litwin, Board of Selectmen Liaison: Gail Richmond

The next scheduled Commission on Aging Meeting is scheduled for Wednesday, July 7th—Tentatively scheduled for in-person 8:30am at Senior Center

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: May 11, 25

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

Senior Center Programs Happening Now and Coming Up

Walmart Shopping Trip

There will be a trip to Walmart and Aldi's in North Windham on Friday, May 28th, June 11th, July 2nd, and July 16th at 10:00am. Seating is limited and everyone is required to wear masks. Additional shopping trips to Walmart and other local locations forthcoming, please stay tuned. To sign-up for this trip, please call 860-228-1700.

Walking Group

Starting Wednesday, May 5th we will be joining the Colchester Senior Center for a weekly walking group that will meet at the Airline Trail on Rte 85 (near Juliano Pools & old Rte 85 Lumber). The group will meet at 10:00am. Please wear proper footwear. Pre-registration is required, and masks are required. To register please call the Senior Center at 860-228-1700. This program is free.

Mindful Meditation— Monday, June 14th from 10:30-11:15. We will meet outside and practice social distancing. Masks will be required. Additional dates forthcoming.

Exercise Equipment Room Now Open

The Exercise Equipment room at the Senior Center is open for use by reservation only. There will be 30 minute appointments from 10:00am – 1:00pm Monday – Thursday with 15 minutes between appointments for cleaning. Only two per people per time slot and if coming together from different households it is highly recommended that you are both vaccinated. We now have two new pieces of cardio equipment a new elliptical machine and a Teeter (a recumbent cross-trainer). Masks will be required and you will need to check-in. To reserve a time please call 860-228-1700.

UPCOMING

Bingo - Starting in June we will begin offering opportunities to play Bingo. The exact day and time is being coordinated. The time will be limited to 1 hour and initially it will be for fun. No money games (to start). This will be an outdoor activity and we are very mindful as to weather conditions and are part of our planning decisions. Stay tuned

Watercolors Workshop— One day workshop (3hours) coming in June. Taught by Audrey Carroll. More information will be available in the River East, on Facebook, Town website, and in the June newsletter.

WE'RE READY TO GET BACK... ARE YOU? The Aqua Turf Club is excited to welcome you back to special 2021 editions of our Senior Luncheons this summer! Tuesday, August 17, 2021 11:00AM - Arrival 12:00PM - Lunch 3:00PM - Departure Featuring dance music by Richie Mitnick and Friends, join us to dance the day away and get one step closer to normalcy! Richie has been entertaining throughout New England and New York for many years, offering the "easy listening" sound that transcends generations. \$52.00 pp MENU TBD | DONUTS + COFFEE | COMPLIMENTARY GLASS OF WINE OR BEER **COVID GUIDELINES WILL BE FOLLOWED IN ACCORDANCE WITH STATE RECOMMENDATIONS.** We are limiting this trip to 8 people, taking our larger bus for spacing, and masks required at all times. It is recommended all attendees be vaccinated. We must have a minimum of 6 people signed up by Tuesday, August 3rd in order for us to run this trip. To sign-up please call 860-228-1700. A 50% deposit required within 1 week after signing up and full payment due by August 3rd.

And more to come.....stay tuned.....

AHM CHOREs Program



AHM Youth and Family Services CHOREs program is back. 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 distanc-

Renters Rebate Program

To All Renters in the Town of Hebron -The Russell Mercier Senior Center will be making appointments to take applications for the annual Renters Rebate Program between APPLICATION PERIOD APRIL 1, 2021 - OCTOBER 1, 2021 Please call the Senior Center at 860-228-1700 and ask for Tanya on ext 204, or tolesdailey@hebronct.com and she will assist you with the application..

Eligibility

Recipient or spouse must be 65 years of age or older, or be 50 years of age or older and the surviving spouse of a renter who at the time of the renter's death had qualified and was entitled to tax relief provided such spouse was domiciled with such renter at the time of the renters' death, or 18 years of age or older and eligible to receive Social Security Disability benefits. Must meet a one year state residency requirement. Grants are based upon income requirements

- You were a renter in Hebron or anywhere else in Connecticut for some or all of 2020
- The maximum 2020 income for an unmarried person is \$37,600 and for a married couple \$45,800.

Income documentation required for this program:

- Proof of all gross income for 2020 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 2020 must be provided and, if a Federal Income Tax Return was filed for 2020, a copy must be provided
- Regarding stimulus payments received during 2020: any individual stimulus payments received will NOT be counted as income for the renters rebate program, however, any extra unemployment benefits received WILL be counted as income.
- Proof of Non-Taxable Interest for 2020, for example, interest from Tax Exempt Government Bonds
- Proof of Social Security Income documented by your form SSA 1099 for 2020 or a form TPQY from Social Security or a Benefit Verification Letter from Social Security documenting 2019 income
- Proof of any income for 2020 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 2020 excluding the cost of cable TV
- Proof of all electric bills paid during 2020
- Proof of all natural gas, water, and heating fuel expenses for 2020



COVID-19 Funeral Assistance Line Number

Applications begin on April 12, 2021

844-684-6333 | TTY: 800-462-7585

Hours of Operation:

Monday - Friday

9 a.m. to 9 p.m. Eastern Time

Funeral Assistance Program –overview:

FEMA is now accepting applications for Funeral Assistance through a dedicated call center. Call center numbers: 844-684-6333 /TTY: 800-462-7585

- Call center hours of operation are Monday-Friday 9AM to 9PM (Eastern time).
- Applicants must call to register for funeral assistance.
- No on-line registrations will be accepted for this program.
- Once the applicant calls and their registration is accepted, they will be provided access to a portal to share documents with FEMA. Documents can also be mailed
- Funeral Assistance will be federally managed and administered (payments made directly from FEMA to eligible individuals).
- No cost share to States (100% federal).
- The current state disaster declarations will be amended to include this program.
- For additional information please visit the FEMA Funeral Assistance webpage: COVID-19 Funeral Assistance | FEMA.gov.
- FEMA YouTube Video on applying for Funeral Assistance: https://youtu.be/DgvN_9m58Z0



Eligibility:

- Funeral expenses that occurred after January 20, 2020.
- Expenses not covered by another source (burial insurance, voluntary agency assistance, etc.).
- Death must have occurred in U.S.
- Death must be attributed to COVID-19. Death certificate must indicate that “may have been caused by” or “was likely a result of “ COVID-19.
- Applicant must be US Citizen, non-citizen national or qualified alien to register.
- If more than one person contributed to funeral expenses they should register as co-applicants (one registration per funeral).
- FEMA must be able to verify the applicant’s identity.

Funeral Assistance Awards

- Max award is \$9,000 per funeral and a max of \$35,500 per registration (total annual Individual Assistance Award).
- Single registration for all deaths if there were multiple COVID related deaths in one family.
- Funds assist with funeral services and interment or cremation.
- Any assistance received from another source will be deducted from the funeral assistance award.
- Life insurance is not considered a duplication of funeral assistance benefits.

Covered Expenses:

- Transfer of remains
- Casket or urn
- Burial plot or cremation niche
- Marker or head stone
- Clergy or officiant services
- Arrangement of the funeral ceremony
- Use of funeral home equipment or staff
- Cremation or interment costs
- Costs to produce death certificate(s)
- Additional costs mandate by any applicable local or state government laws or ordinances

Applicants with questions about death certificates should contact the decedent’s town/where death occurred



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

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.



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.

COVID—19 VACCINATION CLINIC & REGISTRATION INFORMATION

Vaccines now open to people age 16 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.



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 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.

Sudoku

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

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

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

Dessert Recipe

Cherry Crumb Dessert

Ingredients

- 1/2 cup cold butter
- 1 package yellow cake mix (regular size)
- 1 can (21 ounces) cherry or blueberry pie filling
- 1/2 cup chopped walnuts

Directions

- In a large bowl, cut butter into cake mix until crumbly. Set aside 1 cup for topping. Pat remaining crumbs onto the bottom and 1/2 in. up the sides of a greased 13x9-in. baking pan.
- Spread pie filling over crust. Combine the walnuts with reserved crumbs; sprinkle over top. Bake at 350° for 30-35 minutes or until golden brown. Cut into bars.



5 WAYS TO “SNEAK IN” FRUITS AND VEGGIES

REPRINTED FROM March 15, 2021 • LPI BLOG



As [Ferris Bueller](#) would say, “The world moves pretty fast.” As busy moms and dads, it’s sometimes hard to keep up and get much needed nutrition into our active kids. Picky eaters can be especially difficult when it comes to eating healthy foods like fruits and vegetables. So how do you sneak those servings in while moving at the speed of life and keeping tantrums to a minimum? Here are 5 tips for amping up fruit and veggie eating.

1. The Power of the Baked Good

Baked delights have been sneaking fruit and vegetables into our lives since our mother’s banana bread. Whether it’s banana chocolate chip muffins or pumpkin pancakes for breakfast, banana bread spread with peanut butter for a snack, or chocolate zucchini cake for dessert, it’s easy to pack a lot of nutrition in a small and tasty package. Most of these quick bread style recipes take only a few minutes to mix up and under an hour to bake. Make a double batch when you have time and freeze half for easy access when you’re really in a time crunch.

2. The Magic of Dip

A pediatrician once suggested that a little ranch dip can go a long way to making crunchy crudité bites irresistible. Use a prepared dip or make your own with a [mix](#) and low-fat sour cream or yogurt. You could even try a flavored cream cheese! Watch your kiddos mow down a plate of carrots and peppers, scooping a bit of dairy in with each bite. Don’t forget that crunchy food helps relieve stress and increases the volume of our satiety cues.

3. The DIY Thrill

It sounds a little silly, but kids love it when they can do things for themselves, and this includes getting into food! Get a bag of clementines, the easy to peel tiny oranges that are sweet as sugar, and watch the joy of unwrapping their own treat take over. Don’t forget that grapes and most berries can be popped into mouths with very little trouble. In the summer, freeze your grapes for a natural way to cool down! Try leaving a bowl of attractive fruits and veggies out within easy reach — you might turn around to find your little one munching happily on a peach!

4. The One-pot Meal

Quick dinners are a must for busy families and sometimes taking the time to put together a spread with enough servings of all the correct food groups can seem impossible. This is where the one-pot meal can save your week. Put together a soup by sautéing veggies and adding store bought bone broth. Add the meat from a rotisserie chicken and some noodles and you’ve got the kind of meal where it’s tough to keep ALL the veggies from getting in — even if they try. Use leftover rice to make a “fried rice” skillet dish with peas and carrots or use a frozen stir-fry vegetable blend.

5. The Hidden Secret of Italian Food

You might not think of it normally, but spaghetti and meatball night can pack a veggie punch. That red sauce is loaded with tomatoes, and who’s to stop you from blending some spinach into those meatballs? Don’t forget you can sub-in spaghetti squash for noodles or turn zucchini into boats to hold your sauce and cheese. Lasagna? Oh yes, you can hide zucchini “planks” and spinach in those layers. Or try a quick skillet dish with a can of diced tomatoes, some fresh spinach and sliced chicken Italian sausage for something lighter.

Just remember, keep it easy and creative and pretty soon you won’t have to sneak in those servings anymore.

Marine Life

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

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

ANCHOVY
BARRACUDA
CLAM
CLOWNFISH
COD
CRAB
DOLPHIN
HALIBUT
JELLYFISH
LAMPREY
LOBSTER

MANATEE
MARLIN
OCTOPUS
OYSTER
PENGUIN
PORPOISE
PRAWN
SARDINE
SCALLOP
SEA LION
SEA OTTER

SEA TURTLE
SEALS
SHELLFISH
SHRIMP
SPONGE
SQUID
STARFISH
STINGRAY
TUNA
WALRUS
WHALE

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—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.

