

2021

Hebron

Senior Center Newsletter

RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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GENERAL QUESTIONS OR SIGN-UP FOR A PROGRAM

seniorcenter@hebronct.com



REMINDER



The speed limit for Stonecroft is 15MPH. Please be aware, many people walk along the hill and there are NO sidewalks. Due to the curve, the sightlines are limited. Now that activities have resumed at the Senior Center the traffic volume has increased and everyone needs to maintain safe driving speeds.

As well, please be very careful driving through the Senior Center parking lot as people are coming and going in and out of the building. There is no set speed limit, but slower is always better and safer.

Community Café Returns in September

The Elderly Nutrition Program will offer onsite meals in our Community Café on Monday - Thursdays starting September 13th (this is a change from original post). This change is due to the new mask requirements indoors. The Grab N Go meals will continue until the congregate meals begin. For more information on the Grab N Go meals see page 6. We will need everyone to complete a Form-5 in order to participate in the lunch program. The Community Renewal Team (CRT) continues to be the vendor for the program. The program is Federally funded, therefore they require the Form-5 to be completed for every person receiving meals. Please note, the demographic questions on this form, although personal in nature, actually help determine eligibility of funds for the future. Forms are at the Senior Center. Please take the time to fill it out completely (both sides and date and sign) and return. Sign-up for meals at the Senior Center or by calling 860-228-1700. PLEASE NOTE, IF YOU ARE MAKING A RESERVATION FOR THE FOLLOWING DAY, YOU MUST SIGN UP NO LATER THAN 10:00AM THE DAY BEFORE AND BY 10:00AM OF FRIDAY FOR MONDAY'S LUNCH. Reservations called in after 10:00am for the next day cannot be accepted. A donation of \$3 is requested per meal.

Mask Requirements

Please be advised as of August 2, 2021 until further notice, masks are required to be worn in the Senior Center in all areas, this includes everyone, even those vaccinated. They can only be removed during a specific program if there is enough space for social distancing, but due to the types of programs running, most will require keeping the mask on. Anyone not complying with wearing a mask will be asked to leave to ensure the safety of everyone. This is in compliance with the new CDC guidelines.

Re-opening Senior Center Rules & Regulations

- **Masks are MANDATORY in common areas** for everyone and if you're not vaccinated, masks must remain on at all time—it will be on the honor system.
- **Registration** - All programs will require pre-registration so we can insure we have enough space, 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.
- **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.
- **Exercise Classes**—Everyone participating in the exercise classes will need to complete a new Form 5 in order to update our records for our grant funding and make sure we have the proper contact and emergency contact information on everyone.
- **Check-In:** Upon arrival at the Senior, all visitors will be required to "check-in" with the "MY SENIOR CENTER PORTAL" If necessary a staff member can assist you. Everyone will need a scan card. This is necessary for our records of participation, for contact tracing, and to keep track of the number of people in the building.
- **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.
- **If a person shows** up with COVID-19 or any signs or symptoms of ANY illness, they will be asked to go home.
- **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 will begin August 23rd. Until then please continue to enjoy Hebron's Grab & Go Meal Program with pick-ups on Mondays (4 days of meals—see information on page 6).
- **Bathroom Use:** Please limit to one-person at a time when using the facilities.



Programs and Activities

Walmart Shopping Trip

There will be a trip to Walmart and Aldi's in North Windham on **Friday, August 13th and 27th 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.

Sunshine Singers Return

They meet Thursdays from 10:10am to 11:34am. The Sunshine Singers welcome any and all who enjoy singing and would love to share their talents with others. They will be signing songs such as 500 Miles by Four Brothers and What the World Needs Now, and many more, using musical accompaniment, adding to their rhythm and energy. Join the Sunshine Singers who are a group who love to sing. Masks are required when entering the building and must remain on if not vaccinated. This is a free program, but pre-registration required, to register to come sing please call 860-228-1700.

Walking Group

Together with the Colchester Senior Center there is a weekly walking group that meets every Wednesday at 10:00am at the Airline Trail on Rte 85 (near Juliano Pools & old Rte 85 Lumber). Please wear proper footwear. Pre-registration is required and masks are recommended. To register please call the Senior Center at 860-228-1700. This program is free.

Mindful Meditation

Wednesday, August 4th & 18th from 10:15-11:00 (please note time). Mindful meditation is a mental training practice that teaches you to slow down racing thoughts, let go of negativity, and calm both your mind and body. Led by Mandy Rocznik who has been practicing mindful meditation for 14 years. We will meet outside and practice social distancing. If inclement weather we can move indoors with spacing. Masks will be required upon entering indoors and if indoors we will socially distance so masks can be removed.

Exercise Equipment Room

The Exercise Equipment room at the Senior Center is open for use by reservation only. There will be 45-minute time slots from 9:00am – 3:00pm Monday – Thursday (last time slot at 2:00pm) with 15 minutes between appointments for cleaning, Fridays 9:00-12:00 (last time slot at 11:00am). Maximum of three people per time slot and if coming together from different households it is highly recommended that you are all vaccinated. We have two new pieces of cardio equipment a new elliptical machine and a Teeter (a recumbent cross-trainer). Masks will be required in the common areas, and you will need to check-in. To reserve a time please call 860-228-1700.

Knitting/Crocheting/Needle Group

For those who would like to gather to knit, crochet, or do any kind of needle work together to connect, share ideas, share techniques, patterns, maybe even teach other a new skill. This group will meet on **Tuesdays from 10:00am—11:30am**. Masks will still be required indoors until proper. If weather permits, this activity will be held outdoors and masks would be optional for vaccinated individuals. We do require pre-registration even though this is an informal gathering. To register, call 860-228-1700 to sign-up.

Hand & Foot Canasta Cards

Beginning Tuesday, August 10th at 1:00pm – 3:15pm. Pre-registration required prior to the first time attending and check-in for all attendees required. Hand and Foot is a popular variation from the rummy type game of Canasta.. Hand and Foot uses about 5 or 6 decks of standard playing cards and is played with 2-6 players. The objective of Hand and Foot is to be the first to get rid of all of your cards and for your team to have the most points. To sign-up call 860-228-1700

Setback and Bridge Returning in August

Weekly Setback card game will return on Wednesday, August 18th from 10:00am – 11:50am.

Weekly Bridge will return Monday, August 23rd 1:00pm – 3:15pm. Doors open at 12:45 to allow completion and clean-up of lunch. Pre-registration required prior to the first time attending and check-in for all attendees required. Everyone participating must complete membership paperwork and have a MY Senior Center Scan Card. To sign-up call 860-228-1700.

BINGO

Returning **Thursday, August 26th 1:00—3:00pm**. Grab your good luck charm and come on in. The first card costs \$1 and entitles a player to play in all Bingo games. Each additional card is then 50 cents each. Prizes awarded each game. This will be BYOS & B (Bring Your Own Snacks & Beverage). Sign-up is required, for the time being, and everyone must complete senior center membership paperwork (free to be a member) and must check-in each week at the kiosk. Masks are required in the common areas for everyone and if you are not vaccinated they are required at all times. Volunteer callers are needed, if anyone is interested please let us know. To sign-up to play or volunteer to call games, please call 860-228-1700.

Programs and Activities

Stamping Class

Tuesdays 1:00PM—3:00PM Starting September 7th. Come join this fun class where you will learn the basics as well as advanced techniques of rubber stamping and card making! No previous experience is required - you'll be amazed at how simple it is to create beautiful cards that will bring joy to family and friends. Themes include birthday, holiday, seasonal, and more. Cost is \$35 for 4 weeks; includes instruction and all supplies. You can pay the instructor at the first class, but must pre-register for the class by calling 860-228-1700, stop in to sign-up, or email seniorcenter@hebronct.com.

BIG E BUS TRIP

Wednesday, September 22nd—CT Day. We will travel up to New England's Fair and enjoy the Big E. Bus will leave Ted's at 8:45am and return approximately 4:30pm. Cost of the trip is \$5 for transportation. Admission of \$12 payable at the gate when you arrive to the fair or you can pre-purchase your ticket on your own. Fair tickets are not provided through the Senior Center. Register at the Senior Center or call 860-228-1700. Reminder - For Bus Trips a 50% deposit is due within 72 hours of making a reservation in order to hold your spot. There are only 10 spots available and priority to Hebron/Amston residents until September 1st. After that date, the trip is open to anyone. To sign-up call 860-228-1700, stop in to sign-up, or email seniorcenter@hebronct.com.

Enhance Fitness Mondays and Wednesdays 9:00am – 10:00am (Fridays added in fall) **Taught by Audrey Carroll**

Monday September 13—Wednesday, October 13—5 weeks (9 classes) \$27—no partial payments

Enhance Fitness is an evidence-based group physical activity program that focuses on 4 key areas – Stretching and Flexibility, Low impact aerobics, Strength training, and Balance.

The program consists of –

- Warm-up to get the blood flowing to the muscles (5 minutes)
- Cardiovascular/Aerobic workout (20 minutes)
- Cool-down (5 minutes)
- Resistance strength training with soft ankle and wrist weights between 0 and 20 lbs (20 minutes)
- Flexibility/Stretching/Cool-down (10 minutes)
- Balance training included in warm-up and cool-down

All Levels Yoga Class on Mondays and Wednesdays 10:15-11:15am Taught by Maureen O'Brien

Monday September 13—Wednesday, October 13—5 weeks (9 classes) \$27—no partial payments

In this well-rounded yoga class we will practice developing strength, balance throughout the entire body. Overcoming stiffness, stretching, opening and strengthening the shoulders and hips and a rejuvenation of physical and mental outlook are some of the benefits of the class. Modifications will be demonstrated and chairs may be used to meet all abilities. You might even leave the class with a smile in your heart! Please bring a yoga mat if you will not be using a chair.

Even though the next NEW session will begin in September, you can still join the class that is presently running. Sign-up for Silver Sneakers through the Senior Center and the instructor will then follow-up regarding the insurance. If your insurance does not cover the cost it will be \$3/class.

SilverSneakers FLEX class -Tuesday and Thursday 9:00am-10:00am taught by Amy Cashman

Cardio and Strength - Have fun and move to great music in this 60 minute Cardio and Strength SilverSneakers FLEX class. This class is comprised of a 5-7 minute warmup, 25 minutes of cardiopulmonary low impact aerobics, 20-22 minutes of strengthening using hand-held weights, long bands with handles, short bands, and balls, ending with a cool down with stretching. A chair may be used at times during the strengthening portion for support. Equipment is supplied by the instructor but if you have your own weights, please feel free to bring them along, and don't forget the water bottle!

SilverSneakers EnerChi— Tuesday and Thursday 10:15am-11:15am taught by Amy Cashman

This new SilverSneakers class takes a page out of a very old book, borrowing from the ancient martial art of Tai Chi. Don't worry, no punches are thrown in this class. Instead, the instructor guides students through low-impact, slow, and deliberate movements to gain strength and balance. You may even walk out of the class feeling more mental clarity.

Hebron Senior Center Happenings.....

August 2021

ALL PROGRAMS require pre-registration—please call 860-228-1700 to sign-up

Transportation call 860-228-1700 ext. 201

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>9:00am—3:00pm Exer. Rm</p> <p>9:00-10:00—Enh. Fitness</p> <p>10:15—11:15—Yoga</p> <p>11:30-12:30—Grab n Go Meal Pick-up</p>	<p>3</p> <p>9:00—3:00 Exer. Rm</p> <p>9:00-10:00 –Silver Snkrs Flex</p> <p>10:00—11:30—Knitting/Crocheting/Needlework</p> <p>10:15-11:15 SS EnerChi</p>	<p>4</p> <p>9:00—3:00 Exer. Rm</p> <p>9:00-10:00—Enh. Fitness</p> <p>10:15—11:15—Yoga</p> <p>10:15-11:00—Mindful Meditation</p>	<p>5</p> <p>9:00—3:00 Exer. Rm</p> <p>9:00-10:00 –Silver Snkrs Flex</p> <p>10:10—11:40—Sunshine Singers</p> <p>10:15-11:15 SS EnerChi</p>	<p>6</p> <p>9:00—Noon Exer. Rm</p> <p>10:00-1:00—Walmart Trip</p>
<p>9</p> <p>9:00—3:00 Exer. Rm</p> <p>9:00-10:00—Enh. Fitness</p> <p>10:15—11:15—Yoga</p> <p>11:30-12:30—Grab n Go Meal Pick-up</p>	<p>10</p> <p>9:00—3:00 Exer. Rm</p> <p>9:00-10:00 –Silver Snkrs Flex</p> <p>10:00—11:30—Knitting/Crocheting/Needlework</p> <p>10:15-11:15 SS EnerChi</p> <p>1:00—3:15 Hand & Foot Canasta Returns</p>	<p>11</p> <p>9:00—3:00 Exer. Rm</p> <p>9:00-10:00—Enh. Fitness</p> <p>10:15—11:15—Yoga</p>	<p>12</p> <p>9:00—3:00 Exer. Rm</p> <p>9:00-10:00 –Silver Snkrs Flex</p> <p>10:10—11:40—Sunshine Singers</p> <p>10:15-11:15 SS EnerChi</p>	<p>13</p> <p>9:00—Noon Exer. Rm</p> <p>10:00-1:00—Walmart Trip</p>
<p>16</p> <p>9:00—3:00 Exer. Rm</p> <p>9:00-10:00—Enh. Fitness</p> <p>10:15—11:15—Yoga</p> <p>11:30-12:30—Grab n Go Meal Pick-up (last one)</p>	<p>17</p> <p>9:00—3:00 Exer. Rm</p> <p>9:00-10:00 Silver Snkrs Flex</p> <p>10:00—11:30—Knitting</p> <p>10:15-11:15 SS EnerChi</p> <p>1:00—3:15 Hand & Foot Canasta</p>	<p>18</p> <p>9:00—3:00 Exer. Rm</p> <p>9:00-10:00—Enh. Fitness</p> <p>10:00-11:50—Setback Returns</p> <p>10:15—11:15—Yoga</p> <p>10:15-11:00—Mindful Meditation</p>	<p>19</p> <p>9:00—3:00 Exer. Rm</p> <p>9:00-10:00 –Silver Snkrs Flex</p> <p>10:10—11:40—Sunshine Singers</p> <p>10:15-11:15 SS EnerChi</p>	<p>20</p> <p>9:00—Noon Exer. Rm</p>
<p>23</p> <p>9:00—3:00 Exer. Rm</p> <p>9:00-10:00—Enh. Fitness</p> <p>10:15—11:15—Yoga</p> <p>Pre-registration required</p> <p>11:50-12:45—Lunch returns</p> <p>12:45—3:15 Bridge returns</p>	<p>24</p> <p>9:00—3:00 Exer. Rm</p> <p>9:00-10:00 Silver Snkrs Flex</p> <p>10:00—11:30—Knitting/Crocheting/Needlework</p> <p>10:15-11:15 Silver Snkrs EnerChi (Tai Chi)</p> <p>11:50-12:45 Lunch</p> <p>1:00—3:15 Hand & Foot Canasta</p>	<p>25</p> <p>9:00—3:00 Exer. Rm</p> <p>9:00-10:00—Enh. Fitness</p> <p>10:00-11:50—Setback</p> <p>10:15—11:15—Yoga</p> <p>11:50-12:45—Lunch</p>	<p>26</p> <p>9:00—3:00 Exer. Rm</p> <p>9:00-10:00 –Silver Snkrs Flex</p> <p>10:10—11:40—Sunshine Singers</p> <p>10:15-11:15 Silver Snkrs EnerChi (Tai Chi)</p> <p>11:50-12:45—Lunch</p> <p>1:00—3:00pm BINGO****</p>	<p>27</p> <p>9:00—Noon Exer. Rm</p> <p>10:00-1:00—Walmart Trip</p>
<p>30</p> <p>9:00—3:00 Exer. Rm</p> <p>9:00-10:00—Enh. Fitness</p> <p>10:15—11:15—Yoga</p> <p>11:50-12:45—Lunch</p> <p>12:45—3:15 Bridge</p>	<p>31</p> <p>9:00—3:00 Exer. Rm</p> <p>9:00-10:00 Silver Snkrs Flex</p> <p>10:00—11:30—Knitting/Crocheting/Needlework</p> <p>10:15-11:15 Silver Snkrs EnerChi (Tai Chi)</p> <p>11:50-12:45 Lunch</p> <p>1:00—3:15 Hand & Foot Canasta</p>	<p>September 1</p> <p>9:00—3:00 Exer. Rm</p> <p>9:00-10:00—Enhance Fitness</p> <p>10:00-11:50—Setback</p> <p>10:15—11:15—Yoga</p> <p>11:50-12:45—Lunch</p>	<p>September 2</p> <p>9:00—3:00 Exer. Rm</p> <p>9:00-10:00 –Silver Snkrs Flex</p> <p>10:10—11:40—Sunshine Singers</p> <p>10:15-11:15 Silver Snkrs EnerChi (Tai Chi)</p> <p>11:50-12:45—Lunch</p> <p>1:00—3:00pm BINGO</p>	<p>September 3</p> <p>9:00—Noon Exer. Rm</p>

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, September 1st—Virtual on-line 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

Dedicated to serving the needs of those in the Hebron community and surrounding towns through our food pantry, weekend backpack program for school-aged children, weekend food bag for homebound seniors and the immuno-compromised and various energy assistance programs.

Pantry hours are EVERY Tuesday and Thursday (9 am to 6 pm), and on Friday from 9 am to 5 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: August 3,17,31

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. 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

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 tcodesdailey@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



COVID—19 VACCINATION CLINIC & REGISTRATION INFORMATION

Vaccines now open to people age 12 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
- 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.

ELDER JUSTICE HOTLINE



Elder justice issues can range from age-based discrimination in the workplace to scams and frauds, elder abuse, neglect, and exploitation.

If you have been **the victim of a scam, or neglected, exploited or abused**, we are here to help.

Call 1-860-808-5555.

Information about the hotline, resources and an online complaint portal can be found at <https://portal.ct.gov/ag/elderhotline>.



OFFICE OF THE
ATTORNEY GENERAL



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

Sudoku

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

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

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

Dessert Recipe

Apple Dump Cake

Ingredients

- 2 cans apple pie filling, 20 oz per can
- 1 & 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1 box of spice cake mix, 15.25 oz
- 1 stick (1/2 cup) unsalted butter, melted
- 1/2 stick (1/4 cup) unsalted butter, cut into pieces (not melted)

Directions

- Preheat the oven to 350°F. Spray a 9x13 inch pan with non-stick cooking spray. Melt the 1 stick of butter, allow the butter to cool slightly.
- Empty the 2 cans of apple pie filling into the pan, spreading to make an even layer.
- Sprinkle the cinnamon and nutmeg over the pie filling.
- Sprinkle the box of spice cake mix evenly on top. Drizzle the melted butter evenly over the cake mix.
- Place the pieces of butter on areas of the cake mix where there isn't enough melted butter.
- Bake for 40-45 minutes or until the top is brown and the apple juices are bubbling.
- Allow the cake to cool slightly before serving. This is not the type of cake that you can cut into slices, it's more scoopable like apple crisp.

NOTE—You could substitute a white, yellow, or apple cake mix in place of the spice cake mix.



Recipes

Buttery Garlic Green Beans

Ingredients

- 1 pound fresh green beans, trimmed and snapped in half
- 3 tablespoons butter
- 3 cloves garlic, minced
- 2 pinches lemon pepper
- salt to taste

Directions

- Place green beans into a large skillet and cover with water; bring to a boil. Reduce heat to medium-low and simmer until beans start to soften, about 5 minutes. Drain water. Add butter to green beans; cook and stir until butter is melted, 2 to 3 minutes.
- Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with lemon pepper and salt.



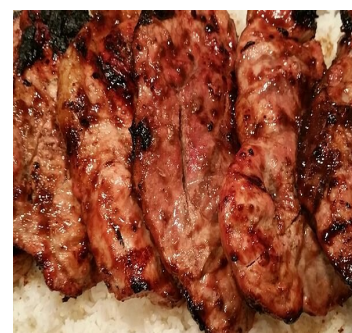
World's Best Honey Garlic Pork Chops

Ingredients

- ½ cup ketchup
- 2 ⅔ tablespoons honey
- 2 tablespoons low-sodium soy sauce
- 2 cloves garlic, crushed
- 6 (4 ounce) (1-inch thick) pork chops

Directions

- Preheat grill for medium heat and lightly oil the grate.
- Whisk ketchup, honey, soy sauce, and garlic together in a bowl to make a glaze.
- Sear the pork chops on both sides on the preheated grill. Lightly brush glaze onto each side of the chops as they cook; grill until no longer pink in the center, about 7 to 9 minutes per side. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).



Mexican Style Corn

Ingredients

- 4 ears corn on the cob, husks and silk removed
- ¼ cup mayonnaise (such as Hellmann's®/Best Foods®), or to taste - divided
- ¼ cup margarine in a squeezable container, or to taste - divided
- ¼ cup grated Parmesan cheese, or to taste - divided
- 1 teaspoon chili powder, or to taste - divided

Directions

- Bring a large pot of water to a boil and gently place ears of corn into the boiling water. Reduce heat to low and simmer until corn is very tender, 20 to 25 minutes.
- Remove an ear of corn with tongs and spread about 1 tablespoon of mayonnaise all over the kernels. Squeeze about 1 tablespoon of margarine over the ear of corn in a zig-zag line, turning the ear as you squeeze. Generously sprinkle Parmesan cheese over the ear and dust with chili powder. Repeat with remaining ears of corn.



Gardening

Find and circle all of the words that are hidden in the grid. The remaining 27 letters spell a Lady Bird Johnson

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

ANNUALS
BEANS
BEETS
BIENNIAL
BROCCOLI
CARROTS
COMPOST
CULTIVATE
DAISIES
DIGGING
FERTILIZER
FLOWERS
FUCHSIA

GARDEN
GERANIUMS
GLOVES
GNOME
GREENHOUSE
GROW
HOES
HORTICULTURE
HOSE
HYDRANGEA
LILACS
LILIES
MARIGOLDS

ORGANIC
PEAS
PERENNIAL
PETUNIAS
PINWHEEL
PITCH FORK
PLANTING
RAIN
RAKE
RELAXING
ROSES
ROWS

SEEDS
SHOVEL
SOIL
SPADE
SUNSHINE
TOMATOES
TROWEL
TULIPS
VEGETABLES
WATER
WEEDS
WHEELBARROW

CT Museums and Galleries offering virtual tours and exhibits

Wadsworth Atheneum Museum of Art

600 Main St. in Hartford: "Leonardo Drew: Two Projects," an exhibit of two of Drew's site-specific sculptural "Explosion" installations, are up until Nov. 14. One will be on the lawn and another in the Main Street lobby. "Todd Gray: MATRIX 186" is up until July 18. "Goya, Posada, Chagoya: Three Generations of Satirists" is up until Nov. 7. "A Remarkable Friendship: Henri de Toulouse-Lautrec and Jane Avril" is up until Aug. 29. "Reflections: 48th Annual Hartford Youth Art Renaissance" is up until June 30. "Milton Avery: The Connecticut Years" is up until Oct. 17. **hewadsworth.org.**

New Britain Museum of American Art

56 Lexington St.: "NEW/NOW Jennifer Wen Ma: An Inward Sea" is up until Oct. 24. Recent gifts and acquisitions are up until July 25. **nbmaa.org.**

Connecticut Historical Society

One Elizabeth St. in Hartford: "Freedom Journey 1965: Photographs of the Selma to Montgomery March by Stephen Somerstein" is up until Aug. 28. "Connecticut Freedom Workers: Remembering the Civil Rights Movement" is up until Oct. 16. Permanent exhibits are "Making Connecticut" and "Inn & Tavern Signs of Connecticut." **chs.org.**

Yale University Art Gallery

1111 Chapel St. in New Haven: "Kline and Rothko: Six Works from the Lang Collection" is up until July 18. **artgallery.yale.edu.**

Mystic Seaport

75 Greenmanville Road: "Sailor Made: Folk Art of the Sea" is on view. "A Spectacle in Motion: The Grand Panorama of a Whaling Voyage 'Round the World" will be up until March 27. **mysticseaport.org/explore/exhibits.**

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 Persnipyty, 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.

