

# 2021

## Hebron Senior Center Newsletter



### RUSSELL MERCIER SENIOR CENTER

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

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### 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 October

The Elderly Nutrition Program will offer onsite meals in our Community Café on Monday - Thursdays starting October 4th (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.

### Hebron Fair Transportation



On Friday, September 10<sup>th</sup> we will be providing transportation to the Hebron Fair for Seniors 60 and over. Drop off at the fair will be at Noon and departure from the fair will be at 3:00pm. You must sign-up by Noon on Thursday, September 9<sup>th</sup>. Pick-up times will be determined once we have a head count of who is riding the bus. To reserve your spot, please call 860-228-1700.

### 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, September 17 and October 1st 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**

**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 singing 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.

### **Mindful Meditation**

**Wednesday, September 1st & 15th 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**

Weekly Setback card game has been postponed due to lack of players. If you are interested in playing, please call to sign-up and when we have enough players we will resume to the weekly games which are scheduled to run Wednesdays 10:00am – 11:50am.

Weekly Bridge will be at the Hebron Senior Center on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month at 1:00pm. On the 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> Mondays they will play at the Colchester Senior Center. If you are interested in playing here in Hebron please call to pre-register (which is required). Everyone participating must complete membership paperwork and have a MY Senior Center Scan Card. To sign-up call 860-228-1700

### **BINGO RETURNS / BINGO CALLERS NEEDED**

Thursdays 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. BYOB (Bring Your Own Beverage). No food or beverage provided. Sign-up is required 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 for everyone in all areas and can only be removed if there is enough space for social distancing. Volunteer callers are needed, if 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](mailto:seniorcenter@hebronct.com).

### **Watercolors Art Class**

Friday, September 17<sup>th</sup>, 1:00pm – 5:30pm at the Senior Center. The piece can be done in pen and ink with watercolor or solely watercolor or very thinned down acrylics. Subject is a wonderful scene of a group of canoes Suitable for the beginner or casual painter that has not painted during the pandemic, as well as for the more skilled painters. This finished painting will for sure make you feel happy and brighten up the spot it is placed. The class is limited to 8 people, masks required. Cost is \$40. Pre-registration required and we must have 5 people to run the class. To register call 860-228-1700. Deadline is Wednesday, September 15<sup>th</sup>.

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

**Wednesday, September 15—Wednesday, October 27th—(12 classes) \$36—(\$5 per class drop-in fee) No Class Monday October 11th (Columbus Day—Senior Center Closed)**

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**

**Wednesday, September 15—Wednesday, October 27th—(11 classes) \$33—(\$5 per class drop-in fee) No Class Wednesday, September 29th (Instructor off) and Monday October 11th (Columbus Day—Senior Center Closed)**

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.

### **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](mailto:seniorcenter@hebronct.com).

### **Silver Sneakers temporarily suspended until we can find a new instructor**

Due to circumstances beyond our control the present instructor can no longer continue teaching the class. We are in search of a new instructor and as soon as we find one we will resume class

# Hebron Senior Center Happenings.....

# September 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
<b>WELCOME SEPTEMBER</b>				
		September 1	2	3
		9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness 10:00-11:50—Setback (must have 4 players) 10:15–11:15—Yoga 10:15-11:00—Mindful Meditation	9:00–3:00 Exer. Rm 10:10–11:40—Sunshine Singers 1:00-3:00—BINGO	9:00—Noon Exer. Rm
6	7	8	9	10
Labor Day Senior Center Closed 	9:00–3:00 Exer. Rm 10:00–11:30—Knitting/Crocheting/Needlework 1:00–3:15 Hand & Foot Canasta Returns 1:00–3:00 Stamping (1st class)	9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness 10:00-11:50—Setback (must have 4 players)	9:00–3:00 Exer. Rm 10:10–11:40—Sunshine Singers 1:00-3:00—BINGO	9:00—Noon Exer. Rm Hebron Fair Transportation Drop-off at Noon Return at 3:00pm
13	14	15	16	17
9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness 10:15–11:15—Yoga 11:30-12:30—Grab n Go Meal Pick-up 1–3:15 Bridge (the 2nd and 4th Mondays)	9:00–3:00 Exer. Rm 10:00–11:30—Knitting 11:15-11:45-Mobile Food Truck—Church of Hope 1:00–3:15 Hand & Foot Canasta 1:00–3:00 Stamping	9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness 10:00-11:50—Setback (must have 4 players) 10:15–11:15—Yoga 10:15-11:00—Mindful Meditation	9:00–3:00 Exer. Rm 10:10–11:40—Sunshine Singers 1:00-3:00—BINGO	9:00—Noon Exer. Rm 10:00-1:00—Walmart Trip 1:00-5:30 Watercolors Class
20	21	22	23	24
9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness 10:15–11:15—Yoga 11:30-12:30—Grab n Go Meal Pick-up	9:00–3:00 Exer. Rm 10:00–11:30—Knitting/Crocheting/Needlework 1:00–3:15 Hand & Foot Canasta 1:00–3:00 Stamping	8:45–4:00—Big E 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness 10:00-11:50—Setback (must have 4 players) 10:15–11:15—Yoga	9:00–3:00 Exer. Rm 10:10–11:40—Sunshine Singers 1:00–3:00pm BINGO	9:00—Noon Exer. Rm
27	28	29	30	October 1
9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness 10:15–11:15—Yoga 11:30-12:30—Grab n Go Meal Pick-up 1–3:15 Bridge—(the 2nd and 4th Mondays)	9:00–3:00 Exer. Rm 10:00–11:30—Knitting/Crocheting/Needlework 11:15-11:45-Mobile Food Truck—Church of Hope 1:00–3:15 Hand & Foot Canasta	9:00–3:00 Exer. Rm 9:00-10:00—Enhance Fitness 10:00-11:50—Setback (must have 4 players) NO YOGA	9:00–3:00 Exer. Rm 10:10–11:40—Sunshine Singers 1:00–3:00pm BINGO	9:00—Noon Exer. Rm 10:00-1:00—Walmart Trip

## HEBRON COMMISSION ON AGING

Chairperson: Pamela Meliso

Members: Cecile Piette, Beth Schmeizl, Deb Hart, Sandy Waldo, Cathy Litwin

Alternates: Tonya Maurer 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](http://www.hebronct.com)**

**State of CT updates on the coronavirus—<https://portal.ct.gov/coronavirus>**

### **Mindful Meditation Videos**

I've done a mindful meditation class at the Senior Center for several years, but being closed due to the pandemic we haven't been able to be together, so I am now going to be making these videos for you to enjoy. If you've never done it before, that's ok, start today. I hope you enjoy. These are on the Town of Hebron Website under the Senior Center Page— [hebronct.com/town-departments/senior-center/](http://hebronct.com/town-departments/senior-center/) or [www.HebronCT.com](http://www.HebronCT.com) and under Town Departments go to Senior Center. You will find video links on this page, just click and meditate. Namaste

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



The Russell Mercier Senior Center will be offering frozen congregate meals from CRT for pick-up. On Mondays you will receive 4 frozen meals, 2 milks, sides, and snacks for a suggested donation of \$12 (\$3 per meal). There is no menu. You MUST call and sign-up for each week's meals by 3:00pm the on the Thursday prior. example for Monday, December 7th we need your RSVP by Thursday, December 3rd at 3:00pm. This program is for any senior 60+ years or older (you do not have to be a resident of Hebron or Amston, it is open to any senior). These meals are to be heated and consumed at home. Meals will be curbside pick-up. Pick-up times are 11:30-12:30, but with prior approval we can arrange an alternate time. As well, any senior who is unable to drive, we can make arrangements to deliver meals. Each person will need to complete a Form 5, but we can assist you in completing this form. To sign-up you can call 860-228-1700, EXT. 202 OR email [arocznia@hebronct.com](mailto:arocznia@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: September 14,28**

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

**Food Share Drive Thru dates and locations please see the next page**



## Fall Drive-Thru Distributions

### Norwich

Mondays (closed on Labor Day 9/6) • 9:30 am – 12:00 pm

Parking lot across from Pistol Pete's Bar and Grill

28 Stonington Road, Norwich, CT 06360

### East Hartford

Tuesdays • 8:30 am – 12:00 pm

Old Showcase Cinemas

936 Silver Lane, East Hartford, CT 06118



### Need Help Paying Your Home Heating Bills?

#### Energy Assistance Available

Applications for energy assistance for the 2021-2022 heating season will start being accepted at the Hebron Senior Center on October 4, 2021. Program eligibility is determined by total household gross income and is available for all heated households using oil, kerosene, propane, wood, pellets, coal, electric, or natural gas heat. To make an appointment please call 860-228-1700. Applicants will be seen by appointment only, no drop-ins. Appointments are currently available Monday—Thursday 9:00am—3:00pm or Fridays 9:00am—11:30am. Households must apply seasonally, so if you applied in previous years a new application must be completed. The Assistance program is designed to offset winter heating costs for low-income (below 60% of state median income) households in Windham and Tolland counties. Deliverable-heated households may use benefits starting November 1<sup>st</sup> and ending March 15. Utility-heated households (Eversource Energy, electric and gas) are eligible to participate in the matching payment programs and are protected from utility shut-off from November 1 through April 15.

To apply for assistance, applicants must schedule an appointment and provide copies of the following documents for all household members 18 and over and not in school:

- Income eligibility; one person \$39,027, two people \$51,035
- Names, birthdates, and Social Security card numbers for all household members.
- Most recent pay stubs if employed, (4 if paid weekly, 2 if paid bi-weekly), unemployment printout.
- Self-employment worksheet if self-employed.
- Proof of SS, SSI, SSDI. DSS readout for cash assistance and SNAP benefits if available.
- Proof of Child Support and/or Alimony.
- Rent Receipt/Lease, with name, address and telephone number of landlord.
- Mortgage statement or tax bill if property owner.
- Proof of Primary heating source/Utility bill(s) with account numbers for the residence in a household member's name.
- All pages of recent bank account statements (checking & savings) showing name & account numbers of all household members.
- Letter from friend or relative if they give support money, must have an amount.
- If paid under the table a letter stating how much you were paid during the previous 4 weeks.

Funding for this program is provided by The Connecticut Energy Assistance Program (CEAP) and is housed under the Connecticut Department of Social Services (DSS).

## 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](mailto: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](http://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.





# News Release

## **Connecticut Department of Public Health Collaborating With Hospitals And Physician Leaders Across The State To Establish COVID Third Dose Guidelines**

HARTFORD, Conn. – Following the Centers for Disease Control announcement on Friday, the Connecticut Department of Public Health said it is collaborating with hospitals and health systems across the state to establish consistent guidelines for administering the third dose of the COVID vaccine. Third doses are indicated for severely immunocompromised individuals who might not have mounted an adequate immune response with two doses of either Pfizer or Moderna COVID-19 vaccine.

The Connecticut Hospital Association also is working with DPH and the state providers on the outreach to potential vaccine candidates. In line with federal guidelines, Connecticut will use a self-attestation model for people who are moderately to severely immunocompromised.

People are considered moderately to severely immunocompromised if they are/have:

- Been receiving active cancer treatment for tumors or cancers of the blood
- Received an organ transplant and are taking medicine to suppress the immune system
- Received a stem cell transplant within the last two years or are taking medicine to suppress the immune system
- Moderate or severe primary immunodeficiency (such as DiGeorge syndrome, Wiskott-Aldrich syndrome)
- Advanced or untreated HIV infection

Active treatment with high-dose corticosteroids or other drugs that may suppress your immune response  
Residents who already know that they meet these clinical guidelines can contact a vaccine provider and make an appointment for the third dose For those who are unsure if they should receive a third dose, they can:

- Await a communication from their health care provider indicating eligibility for a third dose, or
- Contact their health care provider to confirm their eligibility.

Recipients of solid organ transplants and others who are moderately or severely immunocompromised who received the Pfizer or Moderna vaccines are advised to receive a third dose of that vaccine at least four weeks following their second dose. The CDC's latest guidance on the third dose does not apply to the Johnson & Johnson vaccine.

Individuals who do not meet the criteria for “moderately to severely immunocompromised” do not need a third dose at this time.

# **COVID-19 Vaccine Booster Shot Information from the CDC**

## **When can I get a COVID-19 vaccine booster?**

Not immediately. The goal is for people to start receiving a COVID-19 booster shot beginning in the fall, with individuals being eligible starting 8 months after they received their [second dose](#) of an mRNA vaccine (either [Pfizer-BioNTech](#) or [Moderna](#)). This is subject to authorization by the U.S. Food and Drug Administration and recommendation by CDC's Advisory Committee on Immunization Practices (ACIP). FDA is conducting an independent evaluation to determine the safety and effectiveness of a booster dose of the mRNA vaccines. ACIP will decide whether to issue a booster dose recommendation based on a thorough review of the evidence.

## **Who will be the first people to get a booster dose?**

If FDA authorizes and ACIP recommends a booster dose, the goal is for the first people eligible for a booster dose to be those who were the first to receive a COVID-19 vaccination (those who are most at risk). This includes healthcare providers, residents of long-term care facilities, and other older adults.

## **Why is the United States waiting to start offering COVID-19 vaccine boosters?**

The [COVID-19 vaccines authorized in the United States](#) continue to be [highly effective](#) in reducing risk of severe disease, hospitalization, and death, even against the widely circulating [Delta variant](#). However, COVID-19 constantly evolves. Experts are looking at all available data to understand how well the vaccines are working, including how new variants, like Delta, affect vaccine effectiveness. If FDA authorizes and ACIP recommends it, the goal is for people to start receiving a COVID-19 booster shot this fall.

## **Can people who received Johnson & Johnson's Janssen (J&J/Janssen) COVID-19 Vaccine get a booster dose of an mRNA vaccine?**

No, there aren't enough data currently to support getting an mRNA vaccine dose (either [Pfizer-BioNTech](#) or [Moderna](#)) if someone has previously gotten a [J&J/Janssen vaccine](#). People who got the J&J/Janssen vaccine will likely need a booster dose of the J&J/Janssen vaccine, and more data are expected in the coming weeks. With those data in hand, CDC will keep the public informed with a timely plan for J&J/Janssen booster shots.

## **Will people who received Johnson & Johnson's Janssen (J&J/Janssen) COVID-19 Vaccine need a booster shot?**

It is likely that people who received a [J&J COVID-19 vaccine](#) will need a booster dose. Because the J&J/Janssen vaccine wasn't given in the United States until 70 days after the first mRNA vaccine doses ([Pfizer-BioNTech](#) and [Moderna](#)), the data needed to make this decision aren't available yet. These data are expected in the coming weeks. With those data in hand, CDC will keep the public informed with a timely plan for J&J/Janssen booster shots.

## **If we need a booster dose, does that mean that the vaccines aren't working?**

No. [COVID-19 vaccines are working very well](#) to prevent severe illness, hospitalization, and death, even against the widely circulating [Delta variant](#). However, with the Delta variant, public health experts are starting to see reduced protection against mild and moderate disease. For that reason, the U.S. Department of Health and Human Services (HHS) is planning for a booster shot so vaccinated people maintain protection over the coming months.

## **What's the difference between a booster dose and an additional dose?**

Sometimes people who are [moderately to severely immunocompromised](#) do not build enough (or any) protection when they first get a vaccination. When this happens, getting another dose of the vaccine can sometimes help them build more protection against the disease. This appears to be the case for some immunocompromised people and COVID-19 vaccines. CDC recommends moderately to severely immunocompromised people consider receiving an additional (third) dose of an mRNA COVID-19 vaccine ([Pfizer-BioNTech](#) or [Moderna](#)) at least 28 days after the completion of the initial 2-dose mRNA COVID-19 vaccine series.

In contrast, a "booster dose" refers to another dose of a vaccine that is given to someone who built enough protection after vaccination, but then that protection decreased over time (this is called waning immunity). HHS has [developed a plan](#) to begin offering COVID-19 booster shots to people this fall. Implementation of the plan is subject to FDA's authorization and ACIP's recommendation.

# 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](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



# 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



## Sudoku

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

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

## Dessert Recipe

### Crustless Apple Pies

#### Ingredients

- 3 large baking apples, halved vertically and cored
- 6 tbsp. melted butter, divided
- 1/4 c. granulated sugar, plus more for sprinkling
- 1 tsp. ground cinnamon
- 2/3 c. old-fashioned rolled oats
- Vanilla ice cream, for serving
- Warm caramel, for drizzling

#### Directions

- Preheat oven to 350° and line a baking sheet with parchment paper. Place each apple half flat side down and use a paring knife to create thin slices all the way across, making sure to stop slicing right before the bottom of the apple (so it stays together as one piece). Transfer apple halves to prepared baking sheet.
- Lightly brush apple tops with 2 tablespoons melted butter and sprinkle each with sugar.
- Bake until apples are soft and caramelized, about 25 minutes.
- Remove from oven. In a small bowl, combine remaining 4 tablespoons melted butter, sugar, cinnamon, and oats. Once cool enough to handle, spoon mixture inside apple slits.
- Return to oven and bake 10 minutes more.
- Top each with a scoop of ice cream, then drizzle with caramel before serving.





## Recipes

### Grilled Salmon

A simple soy sauce and brown sugar marinade, with hints of lemon and garlic, are the perfect salty-sweet complement to rich salmon fillets. This recipe serves 2

#### Ingredients

- ½ pounds salmon fillets
- lemon pepper to taste
- garlic powder to taste
- salt to taste
- 1 ½ tablespoons and ¾ teaspoon and ⅝ teaspoon soy sauce
- 1 ½ tablespoons and ¾ teaspoon and ⅝ teaspoon brown sugar
- 1 ½ tablespoons and ¾ teaspoon and ⅝ teaspoon water
- 1 tablespoon and 1 teaspoons vegetable oil



#### Directions

- Season salmon fillets with lemon pepper, garlic powder, and salt.
- In a small bowl, stir together soy sauce, brown sugar, water, and vegetable oil until sugar is dissolved. Place fish in a large re-sealable plastic bag with the soy sauce mixture, seal, and turn to coat. Refrigerate for at least 2 hours.
- Preheat grill for medium heat.
- Lightly oil grill grate. Place salmon on the preheated grill, and discard marinade. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork.

### Garden-Fresh Corn Salad

#### Ingredients

- 3 cups raw corn kernels (from about 4 cobs)
- 1 medium tomato, chopped (about ½ cup)
- ¾ cup chopped green onion
- 1 cup quartered and thinly sliced cucumber (preferably English cucumber)
- ½ cup chopped fresh leafy herbs (choose from basil, dill, mint, parsley and/or cilantro)
- ½ cup chopped radishes
- 1 medium jalapeño, very thinly sliced (omit if sensitive to spice)
- ¼ cup extra-virgin olive oil
- 1 tablespoon red wine vinegar or white wine vinegar, to taste
- 2 medium cloves garlic, pressed or minced
- ½ teaspoon fine sea salt, to taste
- Freshly ground black pepper, to taste
- ⅓ cup crumbled feta cheese or 1 ripe avocado, diced



#### Directions

- In a large serving bowl, combine the corn, tomato, green onion, cucumber, herbs (don't skimp on the herbs!), radishes, and jalapeño.
- In a liquid measuring cup or small bowl, combine the olive oil, vinegar, garlic, salt and several twists of black pepper. Whisk until blended, then pour it over the salad. Toss to combine.
- Add most of the feta or avocado (reserve some for garnish), and gently toss. Taste, and add more vinegar for more tang (I usually add another full tablespoon), or salt for more overall flavor. Garnish with the remaining feta or avocado.
- Serve promptly, or chill for later. This salad keeps well for 3 to 4 days in the refrigerator, covered.

## Autumn

Find and circle all of the Autumn words that are hidden in the grid. The remaining letters spell a secret message - an Albert Camus quotation.

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

ACORN  
APPLE  
BIRD MIGRATION  
BLOWING LEAVES  
BLUSTERY DAY  
CANNING  
CHESTNUTS  
CHILLY  
COLD  
CROPS

EQUINOX  
FALL  
FARMING  
FEAST  
FROST  
HALLOWEEN  
HARVEST  
HAYSTACK  
HICKORY NUTS  
LONGER NIGHTS

NOVEMBER  
OCTOBER  
ORANGE LEAVES  
PIE  
PUMPKIN  
RAKE  
RED LEAVES  
SCARECROW  
SCHOOL  
SEASON

SEPTEMBER  
SHORTER DAYS  
SQUASH  
SWEET POTATOES  
THANKSGIVING  
TURKEY  
WINDY  
YELLOW LEAVES

## 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.

