

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.

Chatham Health Flu Clinic

Chatham Health will be holding a flu clinic at the Hebron Senior Center at 12 Stonecroft Drive on **Tuesday, October 5th from 10:0am – Noon** in the multi-purpose room, masks will be required. No appointment needed. Both the regular and high dose vaccine will be available. You will need to present your insurance card and is free if covered by your insurance. Insurances that are accepted: Medicare Part B, ConnectiCare, Aetna, Anthem BC/BS. If you have United Healthcare you will need to pay a \$75 fee and then submit your claim to UHC for reimbursement. The consent form is available to be printed and completed before you arrive to save time and can be found on Chathamhealth.org or on the Senior Center page on the Town of Hebron's website.

Medicare Annual Open Enrollment—More Detailed Info Page 9

Medicare's open enrollment period is from October 15 through December 7. Medicare drug plans and Medicare Health Plans (also known as Medicare Advantage Plans) can make changes each year to your out-of-pocket costs (monthly premiums, deductibles, and drug copays), drugs covered, and network providers through which you can maximize savings. During Medicare open enrollment it is strongly advised that you review any and all materials that your current plan sends you along with additionally examining all other potential options in order to ensure that your needs for the following year will best be met at the most reasonable cost. Often we encounter individuals who choose to simply stay with their current plan that have been working for them when indeed, for the upcoming year, there may be less expensive options providing the same service. **If interested in evaluating your options for Medicare health and drug coverage for 2022, please contact the Senior Center at 860-228-1700 to set up and appointment. With either Sharon or Tanya. Appointments are available starting Monday, October 18 through December 7. Please see page 8 for detailed information on Open Enrollment.**

Energy Assistance Winter Heating Program

Beginning October 18, the Senior Center is taking applications for the CT Energy Assistance Program (CEAP). The Connecticut Energy Assistance Program is designed to help offset the winter heating costs for a household's primary heating source. If the household's primary heating costs are included in rent, the household may also apply for assistance. Detailed information on page 7 of this newsletter. To make an appointment, please call Tanya or Sharon 860-228-1700.

HEBRON COMMISSION ON AGING

Chairperson: Pamela Meliso

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

Alternates: Dianne Welch, (open spot) Board of Selectmen Liaison: Gail Richmond

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

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: October 12,26

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



**CONNECTICUT
FOOD BANK**

FOODSHARE

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

Programs and Activities

Walmart Shopping Trip

There will be a trip to Walmart and Aldi's in North Windham on **Friday, October 15th, and 29th 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 11:40am. 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.

Mindful Meditation

Wednesday, October 6th & 27th from 10:15-11:00. 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 2nd and 4th Wednesday of each month at 1:00pm. On the 1st, 3rd, and 5th 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

Enhance Fitness

Mondays and Wednesdays 9:00am – 10:00am Monday, October 4th—Wednesday, November 10th—(11 classes) \$33—(\$5 per class drop-in fee) No Class Monday October 11th (Columbus Day—Senior Center Closed). Enhance Fitness focuses on 4 key areas – Stretching and Flexibility, Low impact aerobics, Strength training, and Balance. To register please call 860-228-1700

All Levels Yoga Class

Mondays and Wednesdays 10:15-11:15am Taught by Maureen O'Brien, October 4th—Wednesday, November 10th—(11 classes) \$33—(\$5 per class drop-in fee) No Class Monday October 11th (Columbus Day—Senior Center Closed). This yoga class practice developing strength, balance throughout the entire body and overcoming stiffness. Modifications will be demonstrated and chairs may be used to meet all abilities. Please bring a yoga mat if you will not be using a chair. To register please call 860-228-1700

Community Café Returns November 1st

The Elderly Nutrition Program will offer onsite meals in our Community Café on Monday - Thursdays starting November 1st. 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 ON 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.

Veteran's Appreciation Dinner—Grab N Go Wednesday, November 10th

On Wednesday, November 10th we will be honoring our veteran's with a grab n go style dinner. The meal will be Mississippi pot Roast, homemade mac n cheese, green beans, and a desert. The dinner is free to all veterans and a guest living in Hebron and Amston. This is a drive-thru grab n go dinner to be consumed at home. Pick-up times will be between 3:00—3:30. You must call in to make a reservation by Friday, November 5th at Noon. Call to reserve your spot 860-228-1700.



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 adhered to. If you are interested in getting some help for your outdoor projects please call AHM at 860-228-9488

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.....

October 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
September 27 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	28 9:00—3:00 Exer. Rm 10:00—11:30—Knitting/ Crocheting/Needlework 1:00—3:15 Hand & Foot Canasta	29 9:00—3:00 Exer. Rm 9:00-10:00—Enhance Fitness 10:00-11:50—Setback (must have 4 players) NO YOGA	30 9:00—3:00 Exer. Rm 10:10—11:40—Sunshine Singers 1:00—3:00pm BINGO	October 1 9:00—Noon Exer. Rm 10:00-1:00—Walmart Trip
4 9:00—3:00 Exer. Rm 10:15—11:15—NEW SESSION Yoga 11:30-12:30—Grab n Go Meal Pick-up	5 9:00—3:00 Exer. Rm 10:00—Noon FLU CLINIC 10:00—11:30—Knitting/ Crocheting/Needlework 1:00—3:15 Hand & Foot Canasta Returns	6 9:00—3:00 Exer. Rm 10:15—11:15 -YOGA 10:00-11:50—Setback (must have 4 players) 10:15-11:00—Mindful Medi- tation	7 9:00—3:00 Exer. Rm 10:10—11:40—Sunshine Singers 1:00-3:00—BINGO	8 9:00—Noon Exer. Rm
11 CLOSED COLUMBUS DAY	12 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	13 9:00—3:00 Exer. Rm 10:00-11:50—Setback (must have 4 players) 10:15—11:15—Yoga	14 9:00—3:00 Exer. Rm 10:10—11:40—Sunshine Singers 1:00-3:00—BINGO	15 9:00—Noon Exer. Rm 10:00-1:00—Walmart Trip
18 9:00—3:00 Exer. Rm 9:00-10:00—NEW SESSION Enhanced Fitness 10:15—11:15—Yoga Medicare Open Enrollment & Fuel Assistance Starts Call for appointment 860-228-1700	19 9:00—3:00 Exer. Rm 10:00—11:30—Knitting/ Crocheting/Needlework 1:00—3:15 Hand & Foot Canasta	20 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	21 9:00—3:00 Exer. Rm 10:10—11:40—Sunshine Singers 1:00—3:00pm BINGO	22 9:00—Noon Exer. Rm
25 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness 10:15—11:15—Yoga 1—3:15 Bridge—the 2nd and 4th Mondays)	26 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	27 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 Medi- tation	28 9:00—3:00 Exer. Rm 10:10—11:40—Sunshine Singers 1:00—3:00pm BINGO	29 9:00—Noon Exer. Rm 10:00-1:00—Walmart Trip

Senior Center Rules & Regulations

- **Masks are MANDATORY** for everyone, masks must remain on at all times.
- **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 November 1st. 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.

COVID—19 VACCINATION & 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.

COVID-19 Vaccine Booster Shot Information from the CDC

Who Is Eligible for a COVID-19 Vaccine Booster Shot?

What You Need to Know

COVID-19 Vaccine booster shots are available for the following Pfizer-BioNTech vaccine recipients who completed their initial series at least 6 months ago and are:

- 65 years and older
- Age 18+ who live in long-term care settings
- Age 18+ who have underlying medical conditions
- Age 18+ who work in high-risk settings
- Age 18+ who live in high-risk settings

Data Supporting Need for a Booster Shot

Studies show that after getting vaccinated against COVID-19, protection against the virus may decrease over time and be less able to protect against the Delta variant. Although COVID-19 vaccination for adults aged 65 years and older remains effective in preventing severe disease, recent data pdf icon[4.7 MB, 88 pages] suggest vaccination is less effective at preventing infection or milder illness with symptoms. Emerging evidence also shows that among healthcare and other frontline workers, vaccine effectiveness against COVID-19 infections is decreasing over time. This lower effectiveness is likely due to the combination of decreasing protection as time passes since getting vaccinated (e.g., waning immunity) as well as the greater infectiousness of the Delta variant.

Data from a small clinical trial show that a Pfizer-BioNTech booster shot increased the immune response in trial participants who finished their primary series 6 months earlier. With an increased immune response, people should have improved protection against COVID-19, including the Delta variant.

Frequently Asked Questions

• When can I get a COVID-19 vaccine booster if I am NOT in one of the recommended groups?

Additional populations may be recommended to receive a booster shot as more data become available. The COVID-19 vaccines approved and authorized in the United States continue to be effective at reducing risk of severe disease, hospitalization, and death. Experts are looking at all available data to understand how well the vaccines are working for different populations. This includes looking at how new variants, like Delta, affect vaccine effectiveness.

• What should people who received Moderna or Johnson & Johnson's Janssen (J&J/Janssen) vaccine do?

The Advisory Committee on Immunization Practices (ACIP) and CDC's recommendations are bound by what the U.S. Food and Drug Administration's (FDA) authorizationexternal icon allows. At this time, the Pfizer-BioNTech booster authorization only applies to people whose primary series was Pfizer-BioNTech vaccine. People in the recommended groups who got the Moderna or J&J/Janssen vaccine will likely need a booster shot. More data on the effectiveness and safety of Moderna and J&J/Janssen booster shots are expected soon. With those data in hand, CDC will keep the public informed with a timely plan for Moderna and J&J/Janssen booster shots.

• If we need a booster shot, does that mean that the vaccines aren't working?

No. COVID-19 vaccines are working well to prevent severe illness, hospitalization, and death, even against the widely circulating Delta variant. However, public health experts are starting to see reduced protection, especially among certain populations, against mild and moderate disease.

• What are the risks to getting a booster shot?

So far, reactions reported pdf icon[4.7 MB, 88 pages] after getting the Pfizer-BioNTech booster shot were similar to that of the 2-shot primary series. Fatigue and pain at the injection site were the most commonly reported side effects, and overall, most side effects were mild to moderate. However, as with the 2-shot primary series, serious side effects are rare, but may occur.

• Am I still considered "fully vaccinated" if I don't get a booster shot?

Yes. Everyone is still considered fully vaccinated two weeks after their second dose in a 2-shot series, such as the Pfizer-BioNTech or Moderna vaccines, or two weeks after a single-dose vaccine, such as the J&J/Janssen vaccine.

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 18, 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. 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 1st 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).

FOR YOUR INFORMATION

New State Laws that went into effect October 1st

NEW law alert:

Employment Age Discrimination—Starting Oct. 1, it will be illegal for employers to require a job applicant's age, birth date or graduation date on an initial employment application. That would be considered a "discriminatory employment practice" under Public Act 20-69. It is already illegal to advertise a job in a way that restricts applicants based on race, color, religious creed, age, sex, gender identity or expression, marital status, national origin, ancestry, mental or intellectual disability.

Pedestrian Law—Starting today, October 1st, vehicles must yield to pedestrians who raise their hand (or extension of body such as a cane or walking stick) at a crosswalk. The new law also prohibits "dooring," which occurs when a driver or passenger opens a car door into oncoming, moving traffic such as cyclists, pedestrians or other vehicles. Those who fail to yield to a pedestrian will be subject to a \$500 fine.

Back Seat Seatbelts - The new law mandates that all people inside the car be belted, regardless if they are in the front or backseat. Law enforcement can issue a fine for an unbelted passenger if the driver is pulled over for a primary offense such as speeding.

Five things to know about Fall Medicare Open Enrollment

Open Enrollment, occurring **between October 15 and December 7**, is the time of year when you can make changes to your Medicare coverage, including your Prescription Drug coverage.

Listed below are five things to keep in mind while you are choosing your Medicare coverage options.

1. Fall Open Enrollment occurs each year from October 15 through December 7.

- Any change you make during Fall Open Enrollment will take effect January 1.
- In most cases, Fall Open Enrollment is the only time you can pick a new Medicare Prescription Drug Plan or a Medicare Advantage Plan
- If you currently have a Medicare Advantage Plan, you can also switch to Original Medicare. To get drug coverage, you should also join a Medicare Prescription Drug Plan.
- It is important to remember that you can change Medicare Supplement Plans, also known as Medigap Plans, at any time, not just during Medicare Open Enrollment.

2. Review your current Medicare health and drug coverage.

- If you have Original Medicare, take a look at next year's Medicare & You handbook to know your Medicare costs and benefits for the upcoming year.
- If you have a Medicare Advantage Plan or a Medicare Prescription Drug Plan, you should receive an Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC) from your plan. Review these notices for any changes in the plan's costs, benefits, and/or rules for the upcoming year.
- Even if you are satisfied with your current Medicare coverage, look at other Medicare options in your area that may better suit your individual needs in the upcoming year. For example, check to see if there is another plan in your area that will offer you better health and/or drug coverage at a more affordable price. Research shows that many people can lower their costs by shopping among plans each year. There could be another plan in your area that covers the drugs you take with fewer restrictions and/or lower prices.

3. Help is out there.

- **The Senior Center provides no cost, unbiased assistance in reviewing your options. We can help you understand your Medicare coverage choices and navigate any changes, 860-228-1700.**
- If you feel comfortable, you can use Medicare's Plan Finder Tool at www.medicare.gov
- The Plan Finder tool compares plans based on the drugs you need, the pharmacy you visit, and your drug costs. You can review your options for both Medicare Prescription Drug Plans and for Medicare Advantage Plans
- If you research a Medicare Advantage Plan online, also call the plan itself to confirm what you have learned. Make sure the plan includes your doctors and hospitals in its network. Confirm that the plan covers all your drugs, and that your pharmacies are in the preferred network. Write down everything about your conversation, including the date, the representative you spoke to, and any outcomes or next steps. This information may help protect you in case a plan representative gives you misinformation.

4. If you are dissatisfied with a Medicare Advantage Plan you choose during Fall Open Enrollment, you can change your plan during the Medicare Advantage Open Enrollment Period (MA OEP).

- The [MA OEP](#) occurs each year from January 1 through March 31, with changes taking effect on the first of the month following the month you enroll. During this time, you can switch from one Medicare Advantage Plan to another, or switch from a Medicare Advantage Plan to Original Medicare with a Medicare Prescription Drug Plan

5. Understand the difference between Fall Open Enrollment and Open Enrollment for the state or federal Marketplaces.

- The Federal Marketplace available as part of the Affordable Care Act (also known as Exchanges) offer annual open enrollment periods for uninsured and underinsured Americans. This enrollment period may overlap with Fall Open Enrollment. The Marketplaces are typically not meant for people with or eligible for Medicare.
- If you have or are eligible for Medicare, you should only use the Fall Open Enrollment Period (October 15 through December 7) to make changes to your Medicare coverage.

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



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

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

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

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

Dessert Recipe

Pumpkin Whip

Ingredients

- 1 package (3.4 ounces) instant butterscotch pudding mix
- 1-1/2 cups cold milk
- 1 cup canned pumpkin
- 1 teaspoon pumpkin pie spice
- 1-1/2 cups whipped topping
- Gingersnaps, optional

Directions

In a large bowl, beat pudding and milk until well blended, 1-2 minutes.

Blend in pumpkin and pie spice. Fold in whipped topping. spoon into dessert dishes. Chill. Garnish with gingersnaps if desired.



Recipes

Cheese Chicken Soup

Ingredients

- 4 cups shredded cooked chicken breast
- 3-1/2 cups water
- 2 cans (10-3/4 ounces each) condensed cream of chicken soup, undiluted
- 1 package (16 ounces) frozen mixed vegetables, thawed
- 1 can (14-1/2 ounces) diced potatoes, drained
- 1 lb. Velveeta, cubed
- Minced chives, optional

Directions

In a Dutch oven, combine the first 5 ingredients. Bring to a boil. Reduce heat; cover and simmer until vegetables are tender, 8-10 minutes. Stir in cheese just until melted (do not boil). If desired, top with minced fresh chives.



Sausage-Stuffed Butternut Squash

Ingredients

- 1 medium butternut squash (about 3 pounds)
- 1 pound Italian turkey sausage links, casings removed
- 1 medium onion, finely chopped
- 4 garlic cloves, minced
- 1/2 cup shredded Italian cheese blend
- Crushed red pepper flakes, optional

Directions

- Preheat broiler. Cut squash lengthwise in half; discard seeds. Place squash in a large microwave-safe dish, cut side down; add 1/2 in. of water. Microwave, covered, on high until soft, 20-25 minutes. Cool slightly.
- Meanwhile, in a large nonstick skillet, cook and crumble sausage with onion over medium-high heat until no longer pink, 5-7 minutes. Add garlic; cook and stir 1 minute.
- Leaving 1/2-in.-thick shells, scoop flesh from squash and stir it into sausage mixture. Place squash shells on a baking sheet; fill with sausage mixture. Sprinkle with cheese.
- Broil 4-5 in. from heat until cheese is melted, 1-2 minutes. If desired, sprinkle with pepper flakes. To serve, cut each half into 2 portions.
- HEALTH TIP: Butternut squash is an excellent source of vitamin A in the form of beta-carotene. It's important for normal vision and a healthy immune system, and it helps the heart, lungs and kidneys function properly.



Halloween

Find and circle all of the words that are hidden in the grid. The remaining letters spell an activity played on Halloween.

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

APPLES

BATS

BLACK CAT

BROOMSTICK

CANDLE

CANDY

CEMETERY

COFFIN

COSTUME

DRACULA

FRIGHTENING

FULL MOON

GHOSTS

GHOULS

GOBLINS

GRAVEYARD

JACK O LANTERN

MASK

MUMMY

NIGHT

PUMPKIN

SCARECROW

SCARY

SCREAM

SKELETON

SKULL

SPIDERS

TOMBSTONE

VAMPIRE

WEREWOLF

WITCHES

ZOMBIE

Interesting Facts About October

These are super interesting October facts and trivia for those born in the tenth month of the year.

1. Tourmaline and opal are the official birthstones of October.
2. The birth flower of October is the bright orange calendula, also known as the marigold.
3. The star sign of everyone born in October is either a Libra or a Scorpio. Libras are born between 23 September to 22 October and Scorpions are born between 23 October to 21 November.
4. Shakespeare never mentioned October in any of his plays or sonnets!
5. Matt Damon, Julie Andrews, Hillary Clinton, Bill Gates, Katy Perry, Julia Roberts and even Christopher Columbus were all born in October!
6. In German and Dutch, October is called 'Oktober', in Italian it is 'Ottobre', in Turkish it is 'Oketopa' and in Korean it is 'Siweol'.
7. Babies born each year during October are thought to be very smart and are usually high achievers.
8. October is the tenth month of the year and is the sixth of seven months to have 31 days.
9. October and January always start on the same day of the week in common years. In leap years, October doesn't start on the same day of the week as any other month. October and February also always end on the same week day!

October is a very special month with 31 days full of wonderful celebrations. With important historical days and cool national and global celebrations, you and your family and friends will be giddy for October to arrive. These are some of our favorite things that happen in October every year.

10. National Homemade Cookies Day is on the first day of October, perfect for any kids who love baking and especially love cookies!
11. Plan something nice for your family and friends on National Do Something Nice Day, celebrated on 5 October.
12. 12 October is one of the biggest days in the history of America as it is the same day Columbus arrived in America in 1492. It is the day Christopher Columbus Day is celebrated. Thanksgiving Day is also celebrated in Canada on this day.
13. World Smile Day is on the first Friday of every October each year. It is a great excuse to give a big smile to your friends, your family, or even your teacher.
14. For any little animal lovers out there, don't forget that 15 October is World Animal Day each year!
15. 28 October is National Chocolate Day, so mark that one down in your calendar as a good excuse to dig into some yummy chocolate just before Halloween!
16. Halloween is of course on 31 October, for an exciting night of trick-or-treating, eating yummy snacks and dressing up as your favorite characters.

Enjoy these quirky October fun facts about important historical events in the world's history, and interesting things about the history of the month.

17. October was named after the Latin word 'octo' meaning "eight". This is because October was originally the eighth month of the year! This all changed with the introduction of the Roman calendar. It was only the eighth month until July and August were introduced to the Roman calendar by Julius Caesar and Augustus and it became the tenth month in the year instead of the eighth month.
18. In October 1888 the first ever National Geographic magazine was released.
19. The Statue of Liberty arrived in the United States all the way from France in October 1886.
20. 12 October 1999 was a very important date for the whole world as it was the day we reached a population of six billion people.
21. In October 1884, the time zones of the world were created. This was based on the Greenwich Meridian time zone, which helps us understand time zones.
22. October has seen more presidents of the United States born than any other month of the year.
23. In October 1968, the 19th Summer Olympic Games was held in Mexico City. It was the first Olympic Games held in Latin America ever!
24. October used to be called 'Winterfylleth' by the Anglo-Saxons, which means "the fullness of winter".
25. 'Little Women' by Louisa May Alcott was published in October 1868.
26. Disney World in Florida opened in October 1971.

