

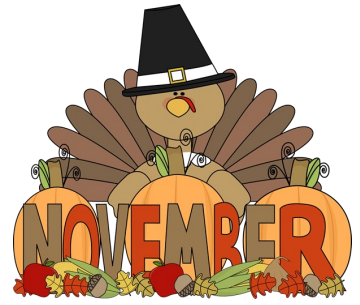
2021

Hebron Senior Center Newsletter

RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

Phone: (860) 228-1700; Fax: (860) 228-4213



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Veteran's Appreciation Dinner—Grab N Go

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.



Fire Departments Annual Thanksgiving Dinner for Seniors

Sunday, November 21 for residents 60 years and over. The Hebron Fire Department will be preparing a traditional turkey dinner and dessert. The meal will be packed in microwaveable containers and delivered to your door, Sunday, November 21st between 10:30am—12:30pm. You **MUST** pre-register by November 12th at Noon. We will need your name, address, phone number, and (if possible—email address) To reserve your dinner, please call the Senior Center at 860-228-1700.

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 through December 7. Please see page 9 for detailed information on Open Enrollment.**

Energy Assistance Winter Heating Program More Detailed Info on Page 8

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 8 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**

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. 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.

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: November 9 & 23

Programs and Activities

Walmart Shopping Trip

There will be a trip to Walmart and Aldi's in North Windham on **Friday, November 12th 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 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, November 3rd and 17th from 10:15-11:15. 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

Stamping Class

Tuesdays 1:00PM—2:15PM **Starting November 9th.** 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.

Enhance Fitness

Mondays and Wednesdays 9:00am – 10:00am Enhance Fitness focuses on 4 key areas – Stretching and Flexibility, Low impact aerobics, Strength training, and Balance. The present session will conclude on Monday, November 29th. Dates for the next session will be in the Rivereast and the December Newsletter. If you'd like to join in on the remaining sessions, please call 860-228-1700.

All Levels Yoga Class

Mondays and Wednesdays 10:15-11:15am Taught by Maureen O'Brien, The present session will conclude on Wednesday, November 10th. **The next new session will be Monday, November 15th—Wednesday, December 8th (no class on Wednesday, November 24th). There will be 7 classes in this session for \$21.** 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. Dates for the next session will be in the Rivereast and sent out in a separate notice. If you'd like to join in on the remaining sessions, please call 860-228-1700

RHAM BINGO—November 17

Join us for Bingo on Wednesday, November 17th from 2:30-4pm. The games will be run by the RHAM National Honor Society Students. The games are free and prizes are awarded. To sign-up, please call the senior center at 860-228-1700. RHAM Bingo will be held the 3rd Wednesday of each month.

ART CLASS—Holiday Art Workshop

Create a lovely Holiday piece of art that you can give as a special gift, hang on your wall or mantle or print into your Holiday cards. Choose from several designs -- poinsettias and candles, Darling snowmen, angels or a Santa. Level from easy to intermediate. Also Choose mixed media or watercolor!

Try it out and you may be surprised at your talent and enjoy a fun afternoon.

Class is on Friday afternoon, November 19, from 1 to 5 pm. Cost of the class is \$40

Here are the Supplies needed

- Watercolor paper (cold pressed) can be purchased at Hobby Lobby, Michaels
- Watercolor paints-- A set of paints can be purchased at Hobby Lobby, Michaels or Walmart
- Brushes - size 6 round, 1/2 inch flat and a thin liner brush--- Also can be purchased at Hobby Lobby, Michaels or Walmart
- Water container-- about the size of a Large cottage cheese container
- Paper towel
- Pencil

To sign-up, please call the senior center at 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.


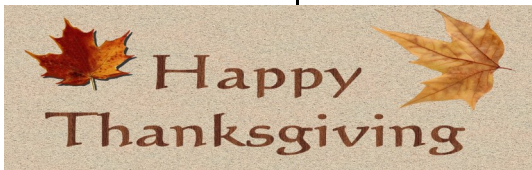
The CHOREs Program is for seniors whose health and finances prevent them from completing yard work around their homes. There is no cost to seniors, but they must fill out an eligibility form to assure that grant guidelines that fund this program are followed. CHOREs is generously supported by the North 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 too. If you are interested in getting some help for your outdoor projects please call AHM at 860-228-9488

Hebron Senior Center Happenings..... November 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
1 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness 10:15–11:15—Yoga 11:50–12:30—Lunch	2 9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 11:50–12:30—Lunch 1:00–3:15 Hand & Foot Canasta	3 8:30 Comm. On Aging Meet. 9:00–3:00 Exer. Rm 9:00-10:00—Enhance Fitness 10:15–11:15 Yoga 10:15-11:15—Meditation 11:50–12:30—Lunch	4 9:00–3:00 Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00–3:00pm BINGO	5 9:00–Noon Exer. Rm
8 9:00–3:00 Exer. Rm 10:15–11:15—Yoga 11:50–12:30—Lunch 1–3:15 Bridge—(the 2nd and 4th Mondays)	9 9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 11:15-11:45-Mobile Food Truck—Church of Hope 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta Returns	10 9:00–3:00 Exer. Rm 10:15–11:15 –YOGA—last class this session 11:50–12:30—Lunch 3:00- 3:30 Veterans Grab N Go Dinner	11 CLOSED In Observance of 	12 9:00–Noon Exer. Rm 10:00-1:00—Walmart Trip
15 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness 10:15–11:15—Yoga—NEW SESSION 11:50–12:30—Lunch	16 9:00–3:00 Exer. Rm 10:00–11:30—Knitting 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	17 9:00–3:00 Exer. Rm 10:15–11:15—Yoga 10:15-11:15—Meditation 11:50–12:30—Lunch 2:30-4:00 RHAM Bingo	18 9:00–3:00 Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO	19 9:00–Noon Exer. Rm
22 9:00–3:00 Exer. Rm 9:00-10:00—Enh Fitness 10:15–11:15—Yoga 11:50–12:30—Lunch 1–3:15 Bridge—(the 2nd and 4th Mondays)	23 9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 11:15-11:45-Mobile Food Truck—Church of Hope 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	24 9:00–2:00 Exer. Rm 11:50–12:30—Lunch	25 CLOSED In Observance of 	26 CLOSED In Observance of
29 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness— Last class present session 10:15–11:15—Yoga 11:50–12:30—Lunch	30 9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	DECEMBER 1 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness— check Rivereast or call to confirm the class 10:15–11:15 Meditation 10:15–11:15—Yoga 10:15-11:15— Meditation 11:50–12:30—Lunch	2 9:00–3:00 Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00–3:00pm BINGO	3 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, Moderna vaccine recipients who completed their initial series at least 6 months ago J & J (2 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.

- **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.

Booster shots are available at CVS, Walgreens, Stop & Shop, Big Y, Walmart, Chatham Health District Covid Vaccine Clinics, and many other locations.

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).

Tips

Here are seven ways how you can save on your energy bills this season:

- Let the sun heat up your rooms. Use curtains to your advantage. ...
- Seal cracks, leaks and drafts. ...
- Reprogram your thermostat. ...
- Service your heating system. ...
- Reverse ceiling fans. ...
- Assess your fireplace. ...
- Replace your indoor air filter.

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.

Sudoku

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

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

Dessert Recipe

Cherry Crumb Dessert

Ingredients

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

Directions

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



Recipes

SPICY ROASTED SQUASH WITH FETA AND HERBS

INGREDIENTS

- 1 large acorn squash, seeded and cut into slices
- 3 tablespoons coconut oil, melted
- 3 tablespoons brown sugar
- 1 teaspoons chili garlic sauce
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 ounces feta cheese, crumbled
- 1 tablespoon freshly chopped basil
- 1 tablespoon freshly chopped cilantro
- 1 tablespoon freshly chopped oregano

INSTRUCTIONS

- Preheat the oven to 375 degrees F. In a small bowl, whisk together the coconut oil, brown sugar and chili garlic paste.
- Place the sliced squash in a baking dish and pour the mixture over top. Season with salt and pepper then toss well to coat. Roast for 20 minutes, then toss a bit and roast for 20 minutes more. Remove the squash from the oven and immediately cover with the crumbled feta and herbs. Scoop out any extra sauce from the baking dish and place it on top. Serve!



CHUCK ROAST WITH BALSAMIC AND DIJON

yield: 8 prep time: 15 MINUTES cook time: 3 HOURS total time: 3 HOURS 15 MINUTES

If making in a crockpot, follow directions through step 3 then add to crockpot. Cook 8 hours on low and add the carrots and potatoes halfway through. For the Instant Pot, cook on high 50 minutes, Quick Pressure Release .

Ingredients

- 2-3 tablespoons vegetable or canola oil
- 4 pounds Chuck Roast
- 1 medium to large yellow onion, chopped
- 1/3 cup balsamic vinegar
- 2-3 tablespoons Dijon mustard
- 5 sprigs fresh thyme
- 2 cups reduced-sodium beef broth
- 2 bunches small carrots, with tops (cut off tops leaving a small stub)
- 1 pound very small baby potatoes, white or red
- kosher salt & freshly ground black pepper

Instructions

- Preheat oven to 300F.
- Heat oil in a large dutch oven over high heat. Season chuck roast well with salt and pepper, add to pan and brown well on all sides (a few minutes a side). Remove roast and set aside.
- Add chopped onion to drippings in pot and reduce heat to medium. Saute onions until soft, about 5 minutes. Add balsamic vinegar, increase heat to medium-high and boil until reduced and slightly syrupy, about 4-5 more minutes. Stir in Dijon.
- Set roast on top of onions in pot. Pour in 2 cups beef broth and add thyme sprigs. Cover and place in oven for 2 1/2 - 3 hours or until very tender.
- Add carrots and potatoes to pot and return to oven. Continue cooking until carrots and potatoes are tender, 30-60 minutes more. Season well then serve and enjoy!



Thanksgiving (U.S.)

Find and circle all of the words that are hidden in the grid. The remaining 26 letters spell a popular Thanksgiving Day event.

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

ANNUAL

GATHERING

GRAVY

RELATIVES

AUTUMN

HARVEST

REUNION

CELEBRATION

HOLIDAY

SQUASH

CORN

LONG WEEKEND

STUFFING

CRANBERRY

MASHED POTATOES

SWEET POTATO

FAMILY

MEAL

THURSDAY

FEAST

NOVEMBER

TRADITION

FESTIVAL

PARADE

TRAVEL

FOOD

PILGRIMS

TURKEY

FOOTBALL

PLYMOUTH

WAMPANOAG

FRIENDS

PUMPKIN PIE

YAMS

THE OLD FARMER'S ALMANAC

THE MONTH OF NOVEMBER 2021

NOVEMBER CALENDAR

November 1 is All Saints' Day.

November 2 is Election Day (U.S.). Don't forget to vote in state and federal elections! Every vote counts. Make an Election Day Cake to celebrate.

November 3 is Sadie Hawkins Day.

November 4 is Diwali, an annual festival of lights celebrating the triumph of good over evil.

November 4 is also Will Rogers Day.

November 7 at 2 A.M. is the end of Daylight Saving Time. Set your clocks back one hour on Saturday night at bed-time! See more about DST.

November 11 is Veterans Day (U.S.) and Remembrance Day (Canada).

If you're fortunate, you may experience an "Indian Summer" in November; but according to the traditional definition, it can only occur between November 11 and 20! What is an Indian Summer?

November 19 is Discovery of Puerto Rico Day.

November 25 is Thanksgiving Day (U.S.). Understand the history and origins of Thanksgiving.

November 28 marks the start of Hanukkah, at sundown.

November 28 is also the First Sunday of Advent.

"Just for Fun" Dates in November

November is Banana Pudding Lovers Month—who knew? Here are some more wacky celebrations to look forward to:

Nov. 1: National Cook for Your Pets Day

Nov. 3: Zero-Tasking Day

Nov. 9: National Scrapple Day

Nov. 16: National Button Day

Nov. 21: World Hello Day

Nov. 23: Fibonacci Day

November Weather Folklore

- *If there's ice in November that will bear a duck, There'll be nothing after but sludge and muck.*
- *November take flail; let ships no more sail.*
- *If trees show buds in November, the winter will last until May.*
- *There is no better month in the year to cut wood than November.*
- *Ice in November brings mud in December.*
- *A heavy November snow will last until April.*

