

# 2021

# Hebron

## Senior Center Newsletter

# JAN

### RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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

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

**seniorcenter@hebronct.com**

### Community Café

The Elderly Nutrition Program offers onsite meals in our Community Café on Monday - Thursdays. The Community Renewal Team (CRT) continues to be the vendor for the program. 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.

### Chatham Health District COVID & FLU Vaccine Clinics

All these clinics are for either the Covid vaccine/Booster and Flu—you can get either or both—Walk-In, No appointments needed

- **Thursday, 1/6, Noon -2pm**-Colchester Federated Church, enter at 63 Linwood Avenue- Colchester (Moderna 18+, J&J 18+)
- **Tuesday, 1/11, Noon -2pm**- Portland Library , 20 Freestone Avenue - Portland (Moderna 18+, J&J 18+)
- **Thursday, 1/13, Noon -2pm**-Colchester Federated Church, enter at 63 Linwood Avenue-Colchester (Moderna 18+, J&J 18+)
- **Tuesday, 1/18, Noon -2pm**- East Hampton Town Hall, 1 Community Drive - East Hampton (Moderna 18+, J&J 18+)
- **Thursday, 1/20, 12 noon -2pm**-Colchester Federated Church, enter at 63 Linwood Avenue-Colchester (Moderna 18+, J&J 18+)

### Chatham Health District Covid Testing Clinics

- **Monday, 1/3, Noon - 3 pm**, East Haddam Senior Center, 15 Great Hillwood Rd - Moodus
- **Saturday 1/8, 8 am - Noon**, RHAM High School, 85 Wall Street - Hebron
- **Friday, 1/14, 3 pm - 7 pm**, Colchester Federated Church, enter at 63 Linwood Ave - Colchester
- **Saturday, 1/15, 8 am - Noon**, RHAM High School, 85 Wall Street - Hebron

### NEW PROGRAM – Coloring, Cookies, and Conversation

On **Monday, January 10<sup>th</sup> from 12:45-2:00pm** a new informal program to gather together to enjoy conversation, cookies, and coloring to relax and connect. The program will run on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays of each month. We provide the cookies and coloring supplies, you provide the conversation. We do ask you to pre-register by calling 860-228-1700.

### Enhance Fitness via ZOOM with Paul Smith

**Mondays, Wednesdays and Fridays, 9:00am – 10:00am - Via Zoom, class is free. See full description on page 4**

### All Levels Yoga Class

Mondays and Wednesdays 10:15-11:15am Taught by Maureen O'Brien, **The next new session will be Monday, January 3rd—Wednesday, February 2nd (no class on Monday, January 17th).** There will be 9 classes in this session for \$27. See full description on page 4

### AARP Tax Preparation

The AARP Tax Preparation is presently scheduled to be in-person here at the Senior Center, but that is subject to change. Tax preparation will take place Tuesdays from 9:00am—1:00pm February 8<sup>th</sup>—March 29<sup>th</sup>. This is by appointment only. The pre-screening paperwork will be available by mid-January which is to be completed prior to your appointment. Hebron and Amston residents can begin signing up January 3<sup>rd</sup>, 2022. Non-resident registration begins Tuesday, January 18, 2022. To make an appointment, please call 860-228-1700.



# On-Line Survey

## HOUSING NEEDS / HOUSING STRATEGIES

The Town of Hebron is seeking input from residents on:

- housing needs in Hebron and
- possible housing strategies for the future.



## *Tell us what you think!*

On-line survey available **through Sunday January 9** at

**[hebronct.com](http://hebronct.com)**

or at

**[www.surveymonkey.com/r/HebronHousing](http://www.surveymonkey.com/r/HebronHousing)**

Or use the QR code!



### 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, January 5th—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)**

### **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, week-end 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 2022: Jan 4, 18 Feb 1, 15**

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

### **Generations Connect with AARP's Zero Isolation Program**

AARP Connecticut and AARP Rhode Island have combined forces to offer the AARP Zero Isolation program, which began as a pilot in 2020.

The free virtual series pairs older adults with trained facilitators to teach them how to build relationship skills, expand their social networks and learn about each other through group discussions and active listening strategies.

Trained AARP co-facilitators lead the sessions.

Social isolation has taken a toll on older adults during the coronavirus pandemic. The program explains how social activity can affect brain health.

**There are several sessions dates and times available, but the next session facilitated by Mandy Rocznik and Sharon Garrard will be Tuesdays January 25th—March 1st from 10:00am—11:30am via ZOOM.**

**To sign up for winter 2022 sessions, visit [aarp.cventevents.com/ZIWINTER](http://aarp.cventevents.com/ZIWINTER).**

**To learn more, contact Erica Michalowski of AARP Connecticut at [ct@aarp.org](mailto:ct@aarp.org).**

## **Programs and Activities**

### **Stamping Class**

Tuesdays 1:00PM—2:30PM 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. The class runs consecutive weeks and the cost is \$35 for 4 consecutive weeks; includes instruction and all supplies. You can pay the instructor at your 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).

### **Mindful Meditation**

**Wednesday, January 5th and 19th 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.

### **RHAM BINGO—Wednesday, January 19**

Join us for Bingo on Wednesday, January 19th 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.

### **BINGO / 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.

### **Walmart Shopping Trip**

There will be a trip to Walmart and Aldi's in North Windham on **Friday, January 7th and 21st 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.

## **Programs and Activities**

### **Enhance Fitness via ZOOM with Paul Smith**

**Mondays, Wednesdays and Fridays, 9:00am – 10:00am Starting January 3rd.** Enhance Fitness focuses on 4 key areas – Stretching and Flexibility, Low impact aerobics, Strength training, and Balance. Starting Monday, January 3rd we will be joining Paul Smith via ZOOM in our multi-purpose room for the Enhanced Fitness Class. The class is free, but space is limited and pre-registration is required. Please call 860-228-1700.

### **All Levels Yoga Class**

Mondays and Wednesdays 10:15-11:15am Taught by Maureen O'Brien, **The next new session will be Monday, January 3rd—Wednesday, February 2nd (no class on Monday, January 17th). There will be 9 classes in this session for \$27.** 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

### **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

## **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.
- **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.
- **Bathroom Use:** Please limit to one-person at a time when using the facilities.





# REDUCE FALL RISKS & IMPROVE BALANCE



**CT Healthy Living  
COLLECTIVE**



*The award-winning A Matter of Balance is coming to our Senior Center!*

**REDUCE FALL RISKS AND IMPROVE BALANCE!** A Matter of Balance is an award-winning program designed to help you set goals for increasing activity levels, make small changes to reduce fall risks at home and learn ways to exercise to increase strength and balance.

A Matter of Balance program is coming to the **Russell Mercier Senior Center in Hebron**

**DATES OF CLASS: Tuesdays, February 8th—March 1st, 2022**

**TIME OF CLASS: 9:00am—11:00am**

**CLASS DETAILS: The class size is a minimum of 8 people with a maximum of 12 people. This will provide an intimate setting for learning and participation. This is an IN-PERSON class. Masks will be required. To sign-up please call the senior center at 860-228-1700.**

Thanks to a collaboration with The Departments of Psychological Science and Physical Education and Human Performance at Central Connecticut State University, a member of the Age-Friendly University (AFU) Global Network.

Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006 This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University. A Matter of Balance Lay Leader Model Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

Take  
Control



"It's Your Life...Live it Well"



## Upcoming Active Living Workshops

**Live Well with Chronic Conditions -- Virtual Workshop**  
**Monday, January 10th at 2:00pm**

**Live Well with Chronic Pain -- Telephonic Workshop**  
**Wednesday, February 9th at 11:00a.m.**

The toolkits can be sent directly to participants at no cost and includes all learning materials necessary. Weekly meetings with a trained Live Well leader enhances the experience and can help to alleviate social isolation during the COVID epidemic.

Please register a week prior to the start date to ensure materials arrive on time. Participants must be willing to share their name, address and phone number so the toolkit can be mailed directly to them and the leader can place the weekly call.

Telephonic: Calls are approximately one hour in length and take place conference-call style to 4 -6 participants. Virtual workshops take place on Zoom and are about 2 hours in length.

**Participants will learn about a variety of tools to manage their conditions including:**  
**Healthy Eating – Exercise – Goal Setting**  
**Stress Management - Self Advocacy**

**Contact Carley Taft, Regional Coordinator**

**[carley.taft@ncaaact.org](mailto:carley.taft@ncaaact.org)**

**860-724-6443 Ext. 224**

Feel  
Better

Energize

Live

Enjoy



2020

**Sponsored by the Department of Rehabilitation Services ~ State Unit on Aging and North Central Area Agency on Aging.**

# COVID-19 QUARANTINE VS. ISOLATION



## QUARANTINE

keeps someone who was in close contact with someone who has COVID-19 away from others.

Quarantine if you have been in close contact with someone who has COVID-19, unless you have been fully vaccinated.

### If you are fully vaccinated

- You do NOT need to quarantine unless they have symptoms
- Get tested 3-5 days after your exposure, even if you don't have symptoms
- Wear a mask indoors in public for 14 days following exposure or until your test result is negative

### If you are not fully vaccinated

- Stay home for 14 days after your last contact with a person who has COVID-19
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19
- If possible, stay away from people you live with, especially people who are at higher risk for getting very sick from COVID-19
- Contact your local public health department for options in your area to possibly shorten your quarantine



## ISOLATION

keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

People who are in isolation should stay home and stay in a specific "sick room" or area and use a separate bathroom (if available).

### If you are sick and think or know you have COVID-19

#### Stay home until after

- At least 10 days since symptoms first appeared **and**
- At least 24 hours with no fever without the use of fever-reducing medications **and**
- Symptoms have improved

### If you tested positive for COVID-19 but do not have symptoms

- Stay home until after 10 days have passed since your positive viral test
- If you develop symptoms after testing positive, follow the steps above for those who are sick

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)



# Hebron Senior Center Happenings..... January 2022

**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>January 3 2022</b> 9:00–3:00 Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:15–11:15–Yoga 11:50–12:30–Lunch	<b>4</b> 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	<b>5</b> 8:30 Comm. On Aging Meet. 9:00–3:00 Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:15–11:15–Yoga 10:15-11:15–Meditation 11:50–12:30–Lunch	<b>6</b> 9:00–3:00 Exer. Rm 10:10–11:40–Sunshine Singers 11:50–12:30–Lunch 1:00–3:00pm BINGO	<b>7</b> 9:00–Noon Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:00-1:00–Walmart Trip
<b>10</b> 9:00–3:00 Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:15–11:15–Yoga 11:50–12:30–Lunch 12:45–2:00–Coloring,, Cookies & Conversation	<b>11</b> 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	<b>12</b> 9:00–3:00 Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:15–11:15–Yoga 11:50–12:30–Lunch	<b>13</b> 9:00–3:00 Exer. Rm 10:10–11:40–Sunshine Singers 11:50–12:30–Lunch 1:00-3:00–BINGO	<b>14</b> 9:00–Noon Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul
<b>17</b> <b>CLOSED</b> <b>Martin Luther King Day</b>	<b>18</b> 9:00–3:00 Exer. Rm 10:00–11:30–Knitting 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	<b>19</b> 9:00–3:00 Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:15–11:15–Yoga 10:15-11:15–Meditation 11:50–12:30–Lunch <b>2:30-4:00 RHAM Bingo</b>	<b>20</b> 9:00–3:00 Exer. Rm 10:10–11:40–Sunshine Singers 11:50–12:30–Lunch 1:00-3:00–BINGO	<b>21</b> 9:00–Noon Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:00-1:00–Walmart Trip
<b>24</b> 9:00–3:00 Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:15–11:15–Yoga 11:50–12:30–Lunch 12:45–2:00–Coloring,, Cookies & Conversation	<b>25</b> 9:00–3:00 Exer. Rm 10:00-11:30 AARP Zero Isolation via Zoom 10:00–11:30–Knitting/Crocheting/Needlework 11:50–12:30–Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	<b>26</b> 9:00–3:00 Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:15–11:15–Yoga 11:50–12:30–Lunch	<b>27</b> 9–Noon Exer. Rm 10:10–11:40–Sunshine Singers 11:50–12:30–Lunch 1:00-3:00–BINGO	<b>28</b> 9:00–Noon Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul
<b>31</b> 9:00–3:00 Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:15–11:15–Yoga 11:50–12:30–Lunch	<b>February 1</b> 9:00–3:00 Exer. Rm 10:00-11:30 AARP Zero Isolation via Zoom 10:00–11:30–Knitting 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	<b>2</b> 9:00–3:00 Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:15–11:15–Yoga–last class this session 10:15-11:15–Meditation 11:50–12:30–Lunch	<b>3</b> 9–Noon Exer. Rm 10:10–11:40–Sunshine Singers 11:50–12:30–Lunch 1:00-3:00–BINGO	<b>4</b> 9:00–Noon Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:00-1:00–Walmart Trip

## Energy Assistance Winter Heating Program

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. **To make an appointment, please call Sharon 860-228-1700.**



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 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.

## 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.

# Sudoku

2	8				9	3		
				6			7	4
			2			5	8	
6			3	5	4	7		
				7	2		1	
			8					
		2			3		9	
				8	5			
5		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 sub-grids that compose the grid (also called "boxes", "blocks", or "regions") contain all of the digits from 1 to 9.

## SOLUTION

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

# Dessert Recipe

## Bite-Sized Apple Pies

### Ingredients

- 1/2 cup sugar
- 2 teaspoons ground cinnamon
- 2 sheets refrigerated pie crust
- 3 tablespoons butter, melted, divided
- 2 medium tart apples
- Caramel sauce, optional

### Directions

- Preheat oven to 425°. In a small bowl, mix sugar and cinnamon; reserve 1 tablespoon. On a lightly floured surface, unroll pie crusts; roll and trim each to an 8-in. square. Brush with 2 tablespoons butter; sprinkle with remaining sugar mixture. Cut each square into eight 1-in. strips.
- Cut each apple into 8 wedges; wrap 1 strip of pastry around each wedge, placing sugared side of pastry against the apple.
- Place on a parchment-lined baking sheet. Brush tops with remaining butter; sprinkle with reserved sugar mixture. Bake 13-15 minutes or until pastry is golden brown. Serve warm, with caramel sauce if desired.



## Recipes

### Pressure-Cooker Pineapple Chicken

#### Ingredients

- 1-1/2 pounds boneless skinless chicken breasts
- 1 can (20 ounces) unsweetened pineapple chunks, undrained
- 1/4 cup barbecue sauce
- 1 cup chicken broth
- 1 cup uncooked long grain brown rice
- 1/2 teaspoon salt
- Optional: Minced fresh cilantro and sliced green onions

#### Directions

- Combine the first 6 ingredients in a 6-qt. electric pressure cooker. Lock lid; close pressure-release valve. Adjust to pressure-cook on high for 20 minutes.
- Let pressure release naturally. Remove chicken to a cutting board and shred with 2 forks. Add shredded chicken back to pot and stir until combined. If desired, sprinkle with cilantro and green onions.



### 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. 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 meat is 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.



### Gnocchi with Pesto Sauce

#### Ingredients

- 1 package (16 ounces) potato gnocchi
- 2 teaspoons olive oil
- 1 cup diced zucchini
- 1/2 cup chopped sweet yellow pepper
- 1/4 cup prepared pesto
- 1 cup chopped tomatoes
- Toasted pine nuts, optional

#### Directions

- Cook gnocchi according to package directions; drain.
- Meanwhile, in a large skillet, heat oil over medium-high heat; saute zucchini and pepper until zucchini is tender.
- Add pesto and gnocchi, stirring gently to coat. Stir in tomatoes. If desired, top with pine nuts.





## Winter

Find and circle all of the Winter related words that are hidden in the grid. The remaining letters spell a Japanese proverb.

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

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BLACK ICE  
BLIZZARD  
BOOTS  
CARNIVAL  
CHRISTMAS  
COLD  
EGG NOG  
FIREPLACE  
FIREWOOD  
FOG  
FREEZE  
FROST  
GLOVES

HAIL  
HEADBAND  
HIBERNATION  
HOCKEY  
HOLIDAYS  
ICE FISHING  
ICICLES  
KNIT CAP  
LONG UNDERWEAR  
MITTENS  
OLYMPICS  
PARKA  
SCARF

SEASON  
SKATES  
SKI DOO  
SKI PANTS  
SKIING  
SLED  
SLEET  
SLIPPERY  
SNOW CASTLE  
SNOW PLOW  
SNOW SHOVEL  
SNOW TIRES

SNOWBOARD  
SNOWFLAKE  
SNOWMAN  
SNOWSHOES  
SOLSTICE  
SOUP  
STEW  
STORM  
SWEATSHIRT  
TOBOGGAN  
VACATION  
WIND CHILL  
WOOL SOCKS