

2022

Hebron Senior Center Newsletter



RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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

| | | |
|--|--|---------------------------|
| Sharon Garrard | x 203 Senior Services Director/Municipal Agent for the Elderly | sgarrard@hebronct.com |
| Mandy Rocznia | x 202 Program Coordinator | arocznia@hebronct.com |
| Tammy Scherp | x 201 Transportation Coordinator | dar@hebronct.com |
| GENERAL QUESTIONS OR SIGN-UP FOR A PROGRAM | | seniorcenter@hebronct.com |

*****Senior Center Weather Closing Policy*****

If Schools are closed due to poor weather/road conditions or a major power outage

The Senior Center is closed and there will be NO Dial-A-Ride, senior center activities, or Meals on Wheels.

If schools have a 2 hour delay, Center activities and transportation start @ 9:00AM.

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, 2/10, 12 noon -2pm-Colchester Federated Church, 63 Linwood Avenue- Colchester (Moderna 18+, J&J 18+)
- Thursday, 2/24, 12 noon -2pm-Colchester Federated Church, 63 Linwood Avenue- Colchester (Moderna 18+, J&J 18+)

Chatham Health District Covid Testing Clinics

- Friday, 2/4, 3 pm - 7 pm, Colchester Federated Church, 63 Linwood Ave - Colchester
- Saturday, 2/5, 8 am - 12 noon, RHAM High School, 85 Wall Street - Hebron
- Friday, 2/11, 3 pm - 7 pm, Colchester Federated Church, 63 Linwood Ave - Colchester
- Saturday, 2/12, 8 am - 12 noon, RHAM High School, 85 Wall Street - Hebron
- Friday, 2/18, 3 pm - 7 pm, Colchester Federated Church, 63 Linwood Ave - Colchester
- Saturday, 2/19, 8 am - 12 noon, RHAM High School, 85 Wall Street - Hebron
- Friday, 2/25, 3 pm - 7 pm, Colchester Federated Church, 63 Linwood Ave - Colchester
- Saturday, 2/26, 8 am - 12 noon, RHAM High School, 85 Wall Street - Hebron

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 8th—March 29th. This is by appointment only. The pre-screening paperwork will be available by the first week of February which is to be completed prior to your appointment. To make an appointment, please call 860-228-1700.



Valentine's Day Grab N Go Lunch

On Monday, February 14th, Marlborough Health Center is sponsoring a Grab N Go Valentine's Day Lunch picked up here at the Senior Center, between 11:30am—12:30pm. Lunch is being prepared by a local establishment; It will be a turkey sandwich, chips, bottled water, and a treat. Deadline to register is Monday, February 7th at 3:00pm. To sign-up, please call 860-228-1700.



RHAM BINGO—Wednesday, February 16

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.

HEBRON COMMISSION ON AGING

Chairperson: Tonya Maurer

Members: Cecile Piette, Beth Schmeizl, Deb Hart, Cathy Litwin, Dianne Welch (1 open spot)

Alternates: (2 open spots) Board of Selectmen Liaison: Gail Richmond

The next scheduled Commission on Aging Meeting is scheduled for Wednesday, March 2nd—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

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: Feb 1, 15 March 1

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

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 ONFRIDAY 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.



Coloring, Cookies, and Conversation



On **Monday, February 14th and February 28th 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 2nd and 4th 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.



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.

Mindful Meditation

Wednesday, February 2nd and the 16th 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 Rocznia 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, February 16

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, February 11th and 25th 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. Enhance Fitness focuses on 4 key areas – Stretching and Flexibility, Low impact aerobics, Strength training, and Balance. 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 Wednesday, February 16th (no class on Monday, February 21st) through Wednesday, March 16th. There will be 8 classes in this session for \$24.** 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.

Hebron Senior Center Happenings..... February 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 |
|--|--|---|--|---|
| 31 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 | February 1 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 | 2 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 | 3 9–Noon Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO | 4 9:00–Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul |
| 7 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul NO YOGA THIS WEEK 11:50–12:30—Lunch | 8 9:00–3:00 Exer. Rm 9:00-11:00 Better Balance 9:00-2:00 AARP Taxes 10:00–11:30—Knitting/ Crocheting/Needlework 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot | 9 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul NO YOGA THIS WEEK 11:50–12:30—Lunch | 10 9:00–3:00 Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO | 11 9:00–Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00-1:00—Walmart Trip |
| 14 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–11:15—Yoga—Last class of previous session 11:30-12:30—Grab N Go Lunch sponsored by Marl- borough Health Center 12:45–2:00—Coloring,, Cookies & Conversation | 15 9:00–3:00 Exer. Rm 9:00-11:00 Better Balance 9:00-2:00 AARP Taxes 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 | 16 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–11:15—Yoga—NEW SESSION 10:15-11:15—Meditation 11:50–12:30—Lunch 2:30-4:00 RHAM Bingo | 17 9:00–3:00 Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO | 18 9:00–Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul |
| 21 CLOSED President's Day | 22 9:00–3:00 Exer. Rm 9:00-11:00 Better Balance 9:00-2:00 AARP Taxes 10:00–11:30—Knitting/ Crocheting/Needlework 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot | 23 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 | 24 9–Noon Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO | 25 9:00–Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00-1:00—Walmart Trip |
| 28 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 | MARCH 1 9:00–3:00 Exer. Rm 9:00-11:00 Better Balance 9:00-2:00 AARP Taxes 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 | 2 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 | 3 9–Noon Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO | 4 9:00–Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul |



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

Chatham Health District **Live Well with** **Chronic Conditions Workshops**

FREE SIX WEEK WORKSHOP SERIES, IN-HOME VERSION. STAY CONNECTED WHILE CALLING IN FROM YOUR HOME. ALL YOU NEED IS A TELEPHONE. WORKSHOPS ARE BEING SCHEDULED NOW, SO DON'T WAIT. PLEASE CALL NANCY AT 860-416-7558 TO SIGN UP OR GET MORE INFORMATION.



LEARN MORE ABOUT:

- Exercise & Healthy Eating
- Dealing with difficult emotions
- Decision-making and communications skills
 - Working with healthcare providers
- And so much more!

Receive a FREE Living a Healthy Life Book & a FREE Exercise and Relaxation CD!

Sponsored by the Chatham Health District, Connecticut Department of Public Health, the Department of Aging & Disability Services, and Senior Resources 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

FREE HELP AT HOME

**For older and
disabled
residents who
need assistance**

- Household chores
- Yard work
- Companionship
- Transportation

See sample task list

**Local
volunteers
needed
age 15* & up**

*ages 15-17 with adult
consent and supervision

Sign up now at:
www.URCommunityCares.org
or call 860-430-4557



Michelle Puzzo, President
info@urcommunitycares.org

**Volunteers can
GIVE, GET &
GROW
In the Hebron
Community**



UR Community Cares

URCommunityCares.org

**Does your
neighbor
need help?**

UR Community Cares, is seeking volunteers who want to make an impact in the lives of older adults/physical disability in Hebron. Imagine the impact you can make to neighbors when you volunteer to help with housework chores, yard work, transportation and companion. Providing your time to those in need, at no charge will allow them to age in place.

- Give your time to serve town residents
- Get to know someone new while your community gets to know you
- Grow yourself, this is an opportunity to meet neighbors

URCommunityCares.org matches local Volunteers age 15+ to Community Members age 70+ or age 18+ with a physical disability (temporary after surgery/illness or permanent due to arthritis/stroke). All participants are background-checked. Our website allows anyone to connect easily for: raking, pet care, shoveling, taking out the trash weekly, transportation for medical appts. Choose what assistance you can give and best fits with your schedule to volunteer.

☐ Youth Groups Can Volunteer Together to Make a Positive Impact

Refer someone in need or contact us if you have any questions on how you can make a difference in Hebron:

www.URCommunityCares.org

Call Michelle Puzzo, President, at 860-430-4557

or email info@URCommunityCares.org

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

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.

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 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.

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

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

SOLUTION

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

Dessert Recipe

FROZEN PEANUT BUTTER PIE

INGREDIENTS IN FROZEN PEANUT BUTTER PIE

- 4 oz cream cheese, softened (1/2 of an 8 oz brick)
- 1/2 cup crunchy peanut butter (you could use creamy too, but I love the crunchy kind in this recipe)
- 8 oz. container Cool Whip, thawed
- 3/4 cup powdered sugar
- 1 graham cracker crust
-

HOW TO MAKE FROZEN PEANUT BUTTER PIE

- Combine the cream cheese and peanut butter in a bowl and beat with an electric mixer for about 2-3 minutes.
- Add the Cool Whip and powdered sugar and continue beating until smooth.
- Spoon the filling into the crust and freeze for at least 8 hours or overnight. I like to drizzle the pie with some chocolate syrup and I usually add some chocolate shavings to the top also – it makes a fabulous dessert even better and it looks fancier that way too!



Recipes

Goat Cheese Grilled Cheese with Honey and Red Pepper Flakes

- 2 slices thick, good quality white bread I use a crusty French loaf I slice myself!
 - 2 oz goat cheese crumbled
 - 2 oz white cheddar shredded (can also use shredded mozzarella)
 - 2 tbsp liquid honey divided in half
 - 3* tbsp butter melted
 - 1/8 tsp red pepper flakes more or less, to taste
- Melt the butter in a large saucepan on medium low heat WITH the red pepper flakes. This allows the butter to be infused with the spice from the flakes. Allow to cook for about five minutes, careful not to let it burn. Carefully transfer the melted butter to a small bowl. Set aside the pan for the grilled cheese — don't wash it! Use a pastry brush or the back of a spoon to spread the butter on ONE side of BOTH slices of bread (you likely won't use all of this butter*).
 - Heat the pan again over medium heat. Arrange one slice of bread buttered-side down on the pan. Add the crumbled goat cheese** and shredded cheese** to the bread, and drizzle one tablespoon of honey otop. Top this with the other piece of buttered bread, buttered side out to form the sandwich.
 - Cover with a lid to help the cheese melt. Cook until the bottom of each slice of bread is toasted and golden brown and the cheese is melted, likely 5-7 minutes. When done, drizzle the top of the sandwich with another tablespoon of honey. If some of your red pepper flakes stayed in the pan and not the sandwich, you can sprinkle more on before serving.



Crock Pot Italian Beef Sandwiches

Ingredients

- 3lb chuck roast, trimmed of visible fat and cut into large hunks
- 1 envelope Good Seasons Zesty Italian salad dressing mix
- 8oz pepperoncini pepper slices + splash of juice (plus extra for serving)
- 8oz Giardiniera (Chicago-Style Italian Sandwich Mix,) drained (plus extra for serving)
- 14.5oz can beef broth
- provolone cheese slices
- hoagie buns

Directions

- Place chuck roast into the bottom of a 5.5 - 6 quart crock pot then sprinkle with salad dressing mix. Add pepperoncini peppers plus a splash of juice, Giardiniera, and beef broth then lift up chuck roast pieces to get broth underneath. Place a lid on top then cook on low for 9 hours, or until meat shreds easily with a fork. Shred then place meat back into crock pot and cook on low for 1 more hour.
- Split buns in half then scoop the shredded meat mixture on top and add provolone cheese slices. Top with additional pepperoncini peppers and Giardiniera, if desired, then serve.



5 Ingredient Pesto Chicken Stuffed Peppers

Ingredients

- 6 red, orange, or yellow bell peppers
- 2 chicken breast, cooked and shredded (You could also use a whole rotisserie chicken.)
- 1 1/2 cups mozzarella cheese, divided and shredded
- 1 cup cooked quinoa
- 1 (6.25 oz) jar of pesto

Directions

1. Turn on broiler to high. Place bell peppers under broiler and broil from 5 minutes on each side until skin blisters and begins to turn black.
2. Remove peppers from oven, set aside. Preheat oven to 350 degrees.
3. In a medium size mixing bowl combine the shredded chicken with 1 cup shredded cheese, the pesto and the quinoa and toss to coat.
4. Once peppers are cool enough to handle, slice in half and remove membranes and seeds. Add a heaping 1/4 cup of the chicken mixture to each pepper and top with cheese.
5. Bake for 10 minutes. Serve immediately.



Valentine's Day

Find and circle all of the words that are hidden in the grid. The remaining letters spell a popular Valentine's Day item.

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

ADMIRER
ADORE
AFFECTION
ATTRACTION
BEAU
BELOVED
BOYFRIEND
CANDLES
CANDY
CHOCOLATES

COUPLE
CRUSH
CUPID
DARLING
DATE
DEAR
DEVOTION
FANCY
FEBRUARY
FLAME

FLOWERS
FONDNESS
FOREVER
FRIENDSHIP
GIFT
GIRLFRIEND
HEARTS
JEWELRY
LIKE
LOVEBIRDS

LOVERS
PARTNER
PROPOSAL
RELATIONSHIP
RESTAURANT
ROMANCE
ROSES
SENTIMENT
SUITOR
SWEETHEART