

2022

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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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.



Easter Cookie Decorating and an Easter Bunny Visit Tuesday, April 5 12:30pm

Marlborough Health & Rehab Center and National Health Care Associates is sponsoring an Easter Cookie Decoration and Easter Bunny event On Tuesday, April 5 at 12:30pm.

Come join us to have some Easter fun. This is a free event, but does require pre-registration to insure we have enough. Registration deadline is Friday, April 1st by Noon. To register please call 860-228-1700.



April Holiday Meal



Wednesday, April 13th at Noon we are hosting a holiday meal consisting of; Baked Ham w/ Sauce Au Gratin Potatoes, Asparagus w/ Lemon Butter, garlic knot and frosted cake. Cost is \$3 and pre-registration is required. Deadline to sign-up is Monday, April 11th. Call 860-228-1700.

Community Café

Please join us at our Community Café on Monday - Thursdays. The Community Renewal Team (CRT) provides the food for this 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. **Please see the April MENU on page 6.**

RHAM BINGO—Wednesday, April 20th

Join us for Bingo on Wednesday, April 20th 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.



NEW—Left, Center, Right Game



Join us on **Monday, April 18th at 1:00pm** as we introduce a new dice game called Left, Center, Right. Easy to learn, fun to play. Minimum of 3 players but the max is unlimited. Be the first to collect all the chips and win. You can learn the game in less than a minute. To sign-up call the center at 860-228-1700.

The Senior Center will be closed Friday, April 15th in observance of Good Friday

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, May 4th—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: Apr 12, 26

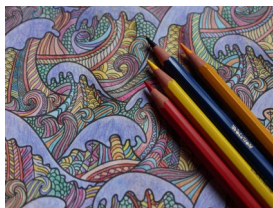
To talk to us about any of our services please call 860-228-1681. HIHS is located at: 20 Pendleton Drive Hebron, CT 06248 Director—Christa Goodwin-Babka

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. Please MENU on page 6



Coloring, Cookies, and Conversation



On **Monday, April 11th and 25th 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

Enhance Fitness via ZOOM with Paul Smith—Mondays and Wednesdays

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

Mondays and Wednesdays 10:15-11:15am Taught by Maureen O'Brien, **The next new session will be Monday, April 18th through May 11th. 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. To register please call 860-228-1700.

Knitting/Crocheting/Needle Group—Tuesdays

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.

Stamping Class—Tuesday Afternoon

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.

Hand & Foot Canasta Cards—Tuesday Afternoon

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.

Mindful Meditation—1st and 3rd Wednesday

Wednesday, April 6th and 20th 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.

RHAM BINGO—Monthly—3rd Wednesday through May—Wednesday, April 20

Join us for Bingo on Wednesday, March 16th 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.

Sunshine Singers—Thursday Mornings

They meet Thursdays from 10:10am to 11:40am. The Sunshine Singers welcome any and all who enjoy singing and would love to share their talents with others. They will be signing songs such as 500 Miles by Four Brothers and What the World Needs Now, and many more, using musical accompaniment, adding to their rhythm and energy. Join the Sunshine Singers who are a group who love to sing. Masks are required when entering the building and must remain on if not vaccinated. This is a free program, but pre-registration required, to register to come sing please call 860-228-1700.

BINGO - Thursday Afternoons

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. To sign-up to play or volunteer to call games, please call 860-228-1700.

Programs and Activities

Walmart Shopping Trip—Bi-weekly on Fridays

There will be a trip to Walmart and Aldi's in North Windham on **Friday, April 8th and 22nd 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.

Big Y Shopping Trip—Thursday, April 14th (we are closed on Friday)

We will be going to Big Y on Thursday, April 14th (since we are closed on Friday the 15th). This falls in between the weeks we go to Walmart. We'll head to Big Y about 10:00am. Pre- registration is required by Wednesday at Noon. To sign-up, please call 860-228-1700.

Exercise Equipment Room—Daily

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 10 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.

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

AARP Drivers Course—Virtual

The following is the schedule of VSD courses through June 2022. Registration is available at [AARP.Cvent.com/dsvirtual](https://www.aarp.org/drivers-course/virtual). Please note: Cvent registration closes 7 days prior to the course date. Classes are 4hr+15 min long. Cvent will provide the Zoom link and additional course information. The On-Line course is still available at a 25% discount.

April 11th, 12:30pm

April 28th, 9:30am

May 9th, 12:30pm

May 23rd, 9:30am

June 9th, 12:30pm

June 20th, 9:30am



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."
- **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.
- **Hand Sanitizer/Hand Washing:** Hand Sanitizer will be available at multiple locations in our building but most im-

Hebron Senior Center Happenings..... April 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 |
|---|--|---|--|---|
| March 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 29 9:00–3:00 Exer. Rm 9:00-2:00 AARP Taxes 10:00–11:30—Knitting 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot | March 30 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 | March 31 9—Noon Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO | April 1 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul |
| 4 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 | 5 9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 11:50–12:30—Lunch 12:30-1:15—Easter Cookie Decorating –Sponsored by Marlborough Health Center 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta | 6 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 | 7 9:00–3:00 Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO | 8 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00-1:00—Walmart Trip |
| 11 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 | 12 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 | 13 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–11:15—Yoga—Last Class of this session 11:50–12:45—Holiday Lunch | 14 9:00–3:00 Exer. Rm 10:00—Big Y Shopping 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO | 15 CLOSED GOOD FRIDAY HOLIDAY |
| 18 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–11:15—Yoga—New Session 11:50–12:30—Lunch 1:00-2:30 NEW—Left, Center, Right Dice Game | 19 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 | 20 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 2:30-4:00 RHAM Bingo | 21 9—Noon Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO | 22 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00-1:00—Walmart Trip |
| 25 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 | 26 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 | 27 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 | 28 9—Noon Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO | 29 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul |

Hebron Senior Center Meals – April 2022

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | |
|--------|---|---------|--|-----------|---|----------|--|
| 4 | Chicken Cordon Bleu Garlic Mashed Potatoes Broccoli Florets Wheat Dinner Roll Fresh Fruit | 5 | Country Vegetable Soup / Saltines Tuna Salad on 100 % Wheat Bread Potato Wedges / Ketch SI Tomatoes & Lettuce Tiramisu Brownie | 6 | Roast Turkey w/ Gravy Corn Bread Stuffing Cranberry Sauce Glazed Carrots 12 Grain Bread Peaches | 7 | National Coffee Cake Day Orange Juice Roasted Pork Loin w/ Gravy Cut-Up Sweet Potatoes California Blend Vegetables Oatnut Bread Crumb Coffee Cake |
| 11 | Orange Juice Cheese Manicotti with Tomato Basil Sauce Italian Mix Vegetables Whole Grain White Brd Home-Baked Cookies | 12 | Smothered Grilled Chicken Breast Rice Pilaf Spinach 100 % Wh Wheat Brd Fresh Fruit | 13 | CRT Holiday Meal Cran-Apple Juice Holiday Baked Ham w/ Sauce Au Gratin Potatoes Asparagus w/ Lemon Butter Garlic Knot Frosted Cake | 14 | BBQ Beef Brisket Macaroni & Cheese 4-Way Vegetable Blend 12 Grain Bread Applesauce |
| 18 | Stuffed Peppers w/ Tomato Sauce Pasta w/ Sauce Seasoned Cauliflower Wheat Bread P'Apples & Mandarins | 19 | Grape Juice Pot Stickers w/ Duck Sauce Vegetable Fried Rice Asian Vegetable Blend Dinner Roll Home-Baked Cookie | 20 | Roast Beef w/ Gravy Mashed Potatoes Green Beans Almondine Oatnut Bread Fresh Fruit | 21 | Orange Juice Beef N Bean Chili White Rice Sliced Carrots Wheat Dinner Roll Frosted Cake |
| 25 | Grape Juice Vegetable Omelet w/ Cheese Sauce Homefries / Ketchup Summer Squash 12 Grain Bread Frosted Cake | 26 | American Chop Suey w/ Elbow Pasta Seasoned Green Beans Wheat Dinner Roll Fresh Fruit | 27 | Oven Baked Chicken Garlic Mashed Potatoes Peas & Diced Carrots 100 % Whole Wheat Bread Fresh Fruit | 28 | Cheese Ravioli w/ Marinara Sauce Chuck Wagon Blend Vegetables Wholegrain White Bread Pears |

You must sign-up for lunch by 10:00am the previous day and for Mondays by 10:00am on Friday. If you sign-up and then must cancel, please call us to let us know 860-228-1700.

Elderly Nutrition Program meals are served Monday thru Thursday to persons 60 years of age or older and their spouses. All meals are served with milk, bread, and margarine. SUGGESTED DONATION: \$3.00 or what you can afford.

What's Happening In Our Community

St. Peter's Church Monthly Dinners/Events

30 Church St. (Rte. 85)

4:30-6:30pm—Dinners/Drive Thru

Cost \$14

April 9th—Italian Lasagna Dinner

May 21st—Roast Beef

June 18th—Baked Stuffed Chicken Breast

July 16th—Chicken BBQ

August 20th—Pulled Pork Dinner

September 17th—Turkey Dinner

October 15th—TBD

November 12th—Roast Pork Dinner

December—TBA



Make Music Day Hebron

SEE YOU JUNE 21, 2022!

MAIN STREET IN HEBRO

Make Music Day is a celebration of music around the world, held on the same day—the Summer Solstice—in more than 800 cities in 120 countries. How exciting is that! Join in for a socially distanced celebration this year. We're currently looking for musicians!

PLEASE CONTACT US AT

TTCP@THETOWNCENTERPROJECT.ORG

OR PM DREW GIBSON, CHAIR,

[MAKE MUSIC DAY-HEBRON](#) ON FACEBOOK.





HEBRON PARKS AND RECREATION PRESENTS

FARMERS' & ARTISAN MARKET



**SATURDAYS- 6/4, *6/18 HEBRON DAY SUMMER KICKOFF
AT BURNT HILL PARK, 7/2, 7/23, 8/6, 8/20
HEBRON ELEMENTARY SCHOOL**

The Hebron Artisan Market brings local farmers, bakers, fiber producers and crafters to you and the surrounding community. You'll experience the freshest fruits, vegetables, baked goods and natural grown products right here in Connecticut, while enjoying live entertainment and browsing artisan ware! Event is free for the public!



HEBRON
farmers & artisans
MARKET

860-530-1281
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WWW.HEBRONCT.RECDESK.COM/COMMUNITY



HEBRON PARKS AND RECREATION
DEPARTMENT PRESENTS

HEBRON DAY

SUMMER KICKOFF

**SATURDAY JUNE 18TH
11:00AM- 2:00PM**

ARTISAN MARKET, VENDORS, FOOD TRUCKS, KIDS ZONE, LIVE MUSIC,
LOCAL BUSINESSES AND MORE!

ALL AGES! FREE!

BURNT HILL PARK
148 EAST ST. HEBRON, CT

860-530-1281 WWW.HEBRONCT.RECDESK.COM/COMMUNITY
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The Renters' Rebate Program



State law provided a property tax credit program for Connecticut homeowners who are age 65+ or totally disabled and whose incomes do not exceed certain limits

Likewise state law provides a reimbursement program for Connecticut 65+ and totally disabled renters. The filing period for this program is April 1 through October 1. Applications will be taken by appointment by calling the Senior Center at 860-228-1700

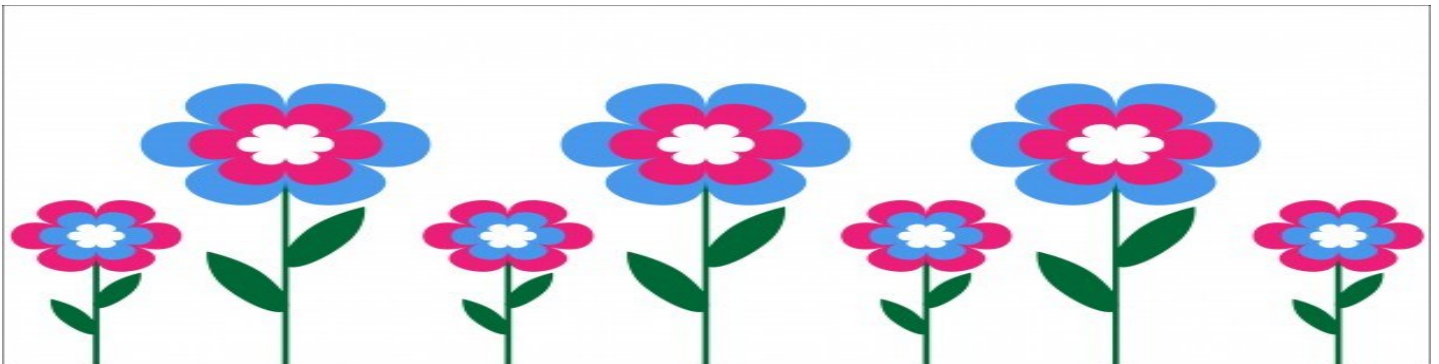
Persons renting an apartment or room may be eligible for this program with rebates up to \$900 for couples and \$700 for single persons. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (including electricity, natural gas, home heating oil, propane, other home heating expenses, and water; excluding telephone, cable or pay TV, or garbage removal) made in the calendar year prior to the year of applications - for example, when applying in 2022, we would be looking at income and expenses for calendar year 2021

To apply in 2022, applicants must have been age 65+ by the end of 2021. For couples, only one individual must be 65+. If an individual who was 65+ and previously qualified for the Renters' Rebate Program passes away, a surviving spouse who is age 50+ is eligible to apply

The maximum income limit for the Renters' Rebate Program is \$46,400 for couples and \$38,100 for single persons. "Income" is defined as taxable and non-taxable income from, but is not limited to –

- Net Social Security (Box 5 from the 2021 SSA 1099)
- Wages, bonuses, commissions, gratuities and fees, Self-employment Net Income, Unemployment Compensation, Severance pay, Workers Compensation
- Pensions, Veteran's pension
- Dividends, interest, and annuities
- IRA distributions
- Lottery winnings, payment for Jury Duty (excluding travel allowance)
- Net income from sale or rental property (however, do not include depreciation from 1040 Schedule E)
- Alimony
- Capital gains total from previous year only (a capital loss carryover from a previous year should be excluded from qualifying income calculations)
- Net proceeds from Legal Settlements, Cancellation of Debt
- If a Federal Income Tax Return was filed for 2021, a copy must be provided

Two or more people, who are sharing a rent and are not married or in a civil union, may each be eligible for a proportionate of a Renters' Rebate and must apply individually. For applicants who rent from family members, the State requires a copy of the landlord family member's IRS Form 1040, along with the corresponding Schedule E or Schedule C, whichever is applicable, showing the rental income received from the Renters' Rebate applicant



The Connecticut Energy Assistance Program

The Russell Mercier Senior Center continues taking applications for the Connecticut Energy Assistance Program for persons age 60 and older and for disabled adults through May 31. Applications will be taken by appointment by calling the Senior Center at 860-228-1700.

The Connecticut Energy Assistance Program (CEAP) is designed to help offset home energy costs for those households, homeowners and renters, whose annual income falls at or below 60 percent of the state median income (\$39,027/year for a 1 person household; \$51,035/year for a 2 person household).

Applicants are required to document their income for the four weeks prior to the date of application, which is then annualized. Households have the option of documenting income for the previous fifty-two weeks prior to the date of application if that more accurately reflects their annual gross income.

Income includes, but is not limited to, social security and veterans' benefits (excluding Aid and Attendance pension benefits), pensions, dividends, annuity distributions, interest, gross rental income, estate or trust income, gross wages, unemployment compensation, workers' compensation, self-employment income, alimony, etc.

Households receiving income from self-employment are required to complete a Self-Employment Worksheet, detailing income for the previous six or twelve calendar months.

Additionally, at the time of application, each household is required to submit a current copy of their electric utility bill, regardless of the household's primary heating source.

In order to achieve increased administrative simplicity and reduce procedural burden on applicants, the state will not require households to meet a liquid asset test in order to qualify for benefits for the 2021-2022 Connecticut Energy Assistance Program.

In order for Connecticut Energy Assistance Program awards to be granted for deliverable fuels or utilities, bills must be in the name of a household member

Basic Benefit awards for vulnerable households of between \$475 and \$1,015 are determined based on income and household size. Households with one or more members who is/are either 60 years of age or older, disabled, or under the age of 6, are considered Vulnerable Households.

For deliverable fuel heated households (oil, propane, kerosene, coal, wood and wood pellets), a Crisis Assistance Benefit or between \$500 and \$1010, depending on gross household income, will be available to those who have exhausted their Basic Benefit. Should the Crisis Assistance Benefit also be exhausted, households may qualify for 3 or 4, depending on gross household income, Safety Net Assistance Benefits of \$700 each.

For utility heated households (electricity and natural gas), only the Basic Benefit will be awarded, and the household will be enrolled in Eversource's or CNG's Matching Payment Program (MPP), which enables Connecticut Energy Assistance Program eligible households to maximize their energy benefits, reduce and/or eliminate their service arrearages, and gain greater control of their energy costs. Under the MPP, households enter into payment arrangements with Eversource or CNG. For all customer payments made by the payment deadline, Eversource or CNG will provide a dollar-for-dollar match of both the total customer payments and the Connecticut Energy Assistance Program benefit. The resulting match is applied to the customer's arrearage, down to a \$0 balance. Please note: through the Connecticut Energy Assistance Program, assistance may be available to utility heated households who are unable to meet their utility payment arrangement amount as determined by Eversource or CNG, through utilizing a "below budget" worksheet process. The "below budget" worksheet process may allow there to be a negotiated reduced payment arrangement with Eversource or CNG.

The first day for fuel deliveries that could be paid by the Connecticut Energy Assistance Program was November 1, 2021. If you are currently applying, but received a fuel deliver between November 1, 2021 and your application date, proof of that delivery (invoice) can be submitted for consideration of a credit. The deadline for fuel authorizations or deliveries will be May 2, 2022.

In addition to receiving energy assistance benefits, eligible households may also qualify for:

- Weatherization Assistance Program – this includes services that can improve the energy efficiency of the home and help to reduce future energy bills along with necessary health and safety measures Clean, Tune and Test of a household's deliverable fuel heating system

- Heating System Repair or Replacement – if determined to be unsafe, inoperable, and aged/inefficient with obsolete parts, a household may be eligible repair or replacement of heating systems, tanks and water heaters.

- Cooling Assistance Program – Eligible program participants for cooling units, including installation, will be required to provide documentation, including individuals with a documented medical *condition that is exacerbated by extreme heat*

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

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

- Sunday, 4/10, 1 pm- 4 pm-Colchester Federated Church, 63 Linwood Avenue- (Pfizer 5+, Moderna 18+, J&J 18+)
- Tuesday, 4/12, 10 am- 1 pm-Portland Housing Authority, 9 Chatham Court- (Pfizer 5+, Moderna 18+, J&J 18+)

Chatham Health District Covid Testing Clinics

3/17/2022: Effective immediately, the state-supported testing sites at Colchester Federated Church and RHAM High School are closing due to low demand for testing.

To find nearby testing you can check

CT Department of Public Health
2-1-1 CT
Curative

It's Official: Get free COVID test kits at COVIDtests.gov

There's a new federal resource to get free FDA-authorized coronavirus test kits. At COVIDtests.gov, you'll find information about testing and a link to the U.S. Postal Service – special.usps.com/testkits – where you can order up to four rapid tests to be sent to your home address. Or order your kits by calling 1-800-232-0233 (TTY 1-888-720-7489). Your kits will be mailed through the U.S. Postal Service within 7 to 12 days.

The tests are completely free. There are no shipping costs, and you don't have to give a credit card or bank account number. You only need to give a name and address. Once you place an order, you'll get an order confirmation number.

If you give your email address, you'll also get an order confirmation email and delivery updates. Anyone who asks for more information than that is a scammer. So, remember:

Go to COVIDtests.gov or call 1-800-232-0233 (TTY 1-888-720-7489) to order your free COVID test kits from the federal government. Online, if you click to order, you'll be redirected to special.usps.com/testkits. If you follow a link from a news story, double-check the URL that shows in your browser's address bar.

No one will call, text, or email you from the federal government to ask for your information to "help" you order free kits. Only a scammer will contact you, asking for information like your credit card, bank account, or Social Security number.

Do not respond. Instead, report it to the FTC at ReportFraud.ftc.gov.



Get **free** COVID test kits at
COVIDtests.gov or
1-800-232-0233

- ▶ There are no shipping costs.
- ▶ You don't have to give a credit card or bank account number.
- ▶ You only need to give your name and address.

Anyone who asks for more information than that is a scammer.

Report them to the FTC at
ReportFraud.ftc.gov or your attorney
general at **ConsumerResources.org**.

 NATIONAL ASSOCIATION OF ATTORNEYS GENERAL  FEDERAL TRADE COMMISSION

Sudoku

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

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

Dessert Recipe

Bird Nests

INGREDIENTS

- 2 packages (10 to 12 ounces each) white baking chips
- 1 package (10 ounces) pretzel sticks
- 24 yellow chicks Peeps candy
- 1 package (12 ounces) M&M's eggs or other egg-shaped candy

INSTRUCTIONS

- In a large metal bowl over simmering water, melt baking chips; stir until smooth. Reserve 1/2 cup melted chips for decorations; keep warm.
- Add pretzel sticks to remaining chips; stir to coat evenly. Drop mixture into 24 mounds on waxed paper; shape into bird nests using 2 forks.
- Dip bottoms of Peeps in reserved chips; place in nests. Attach eggs with remaining chips. Let stand until set.



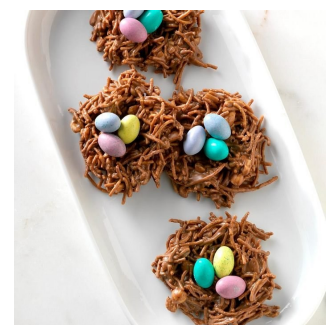
Turtle Dove Nests

Ingredients

- 1 package (11 ounces) peanut butter and milk chocolate chips
- 2 cans (3 ounces each) crispy rice noodles
- 1/3 cup crisp rice cereal
- 1/3 cup chopped salted peanuts
- 45 jelly beans or peanut M&M's

Directions

In a microwave, melt chips; stir until smooth. Stir in the rice noodles, cereal and peanuts. Divide into 15 mounds on waxed paper and shape into nests; press indentation in the center of each. Add 3 M & M's or jelly beans to each nest. Let stand until set.



Recipes

Cider-Glazed Pork Tenderloin

Ingredients

- 1 pork tenderloin (1 pound)
- 1/4 teaspoon salt
- 1/2 teaspoon pepper, divided
- 1 tablespoon olive oil
- 3/4 cup apple cider or juice
- 1/4 cup maple syrup
- 2 tablespoons cider vinegar



Instructions

- Preheat oven to 425°. Cut tenderloin in half to fit skillet; sprinkle with salt and 1/4 teaspoon pepper. In a large skillet, heat oil over medium-high heat; brown pork on all sides. Transfer to a 15x10x1-in. pan. Roast until a thermometer reads 145°, 12-15 minutes.
- Meanwhile, in same skillet, bring cider, syrup, vinegar and remaining pepper to a boil, stirring to loosen browned bits from pan. Cook, uncovered, until mixture is reduced to a glaze consistency, about 5 minutes.
- Remove pork from oven; let stand 5 minutes before slicing. Serve with glaze.

Sausage & Pepper Pierogi Skillet

Ingredients

- 1 package (12.84 ounces) frozen mini four-cheese pierogi
- 2 tablespoons olive oil, divided
- 1 pound smoked turkey kielbasa, halved lengthwise and sliced diagonally
- 1 large sweet red pepper, cut into strips
- 1 medium onion, halved and sliced



Directions

- Boil pierogi according to package directions; drain. Meanwhile, in a large skillet, heat 1 tablespoon oil over medium heat. Add kielbasa, pepper and onion; cook and stir 10-12 minutes or until sausage is browned and onion is tender. Remove from pan.
- In same skillet, heat remaining oil over medium heat. Add pierogi; cook and stir 1-2 minutes or until lightly browned. Return kielbasa mixture to pan; heat through

Sweet and spicy baked cauliflower

Ingredients

- 4 cups cauliflower florets
- 2 Tablespoons maple syrup
- 2 Tablespoon sriracha
- 2 Tablespoons olive oil
- 1/2 Tablespoon tamari or soy sauce
- 1/2 teaspoon black pepper



Directions

- Preheat oven to 400°. Line a baking sheet with parchment paper.
- In a large bowl (or a Ziplock bag) combine cauliflower and other ingredients – maple syrup, sriracha, olive oil, tamari, and pepper. Mix until the cauliflower is well coated.
- Pour the cauliflower onto the baking sheet and place in the oven. Be sure to give the cauliflower "room to breathe." If the baking sheet is over-crowded, the cauliflower will "steam" and it won't cook right. If you need to, divide it between 2 baking sheets.
- Bake for 30 minutes or until cauliflower is tender.

Spring

Find and circle all of the words that are hidden in the grid. The remaining letters spell a message about Spring.

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

ALLERGIES
APRIL
BASEBALL
BEES
CROCUSES
CYCLAMENS
DAFFODILS
DANDELIONS
EASTER
EQUINOX
FLOWERS

FROGS
GOLF
GRASS
GREEN
GROWTH
IRISES
LILIES
MARCH
MAY
NEW LEAVES
PLANTING

RAIN
RENEWAL
ROBINS
SEASON
SNOWMELT
SOFTBALL
SPRING BREAK
SPRING CLEANING
TULIPS
WARMER
WET