

2022

Hebron Senior Center Newsletter



RUSSELL MERCIER SENIOR CENTER

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GENERAL QUESTIONS OR SIGN-UP FOR A PROGRAM

seniorcenter@hebronct.com



AGE MY WAY: MAY 2022

May Mother's Day Meal

Thursday, May 5th at Noon we are hosting a holiday meal consisting of; Grape Juice, Broccoli & Cheese Stuffed Chicken, Au Gratin Potatoes, Broccoli Florets, Tres Leche Cake, Wheat Dinner Roll, Butter, Milk, Coffee. Cost is \$3 and pre-registration is required. Deadline to sign-up is Tuesday, May 3rd. Call 860-228-1700.

Happy
Mother's
Day

Grown ConNECTed Presentation

Tuesday, May 17th at 11:00am

Want to get to know your Northeastern Connecticut Farmers and the community that supports them better? Grown ConNECTed is currently coming out of the Sustainable Food Programs at UConn CAHNR Extension. We work with Farmers throughout the region to inform our work and provide support for consumers and Farmers. The hope is that this project will help make local food more visible, and more convenient for the people of the "Quiet Corner" so that they can get a full taste of local flavor on their plates. Come learn more about the local farms, the products they sell, and local farmer markets. **Tuesday, May 17th at 11:00am** and if you'd like, sign-up and stay for lunch (\$3 for lunch). To sign-up for the presentation please call 860-228-1700, and let us know if you'd also like to stay for lunch (\$3), presentation is free.



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 May MENU on page 6.

RHAM BINGO—Wednesday, May 18th

Join us for Bingo on Wednesday, May 18th 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. This will be the last RHAM Bingo of the school year. Come and show your appreciation to the students who host the monthly BINGO game.



Come Play Corn Hole



Starting Tuesday, May 24th, 10:00am—11:30 (and then every 2nd & 4th Tuesday of each month) we will be playing Corn Hole. What is it, *Cornhole* is similar to horseshoes except you use wooden boxes called *cornhole* platforms and corn bags instead of horseshoes and metal stakes. You can play one vs one or two vs two. Games are played to 21 points. Games will be played outside, but if the weather is bad, we can move it indoors, but it is intended to be outside (fresh air and fun in the sun). As we grow, teams can be formed and eventually even have a corn hole league.

To register, please call us at 860-228-1700.

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: May 10, 24

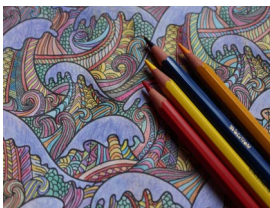
To talk to us about any of our services please call 860-228-1681. HIHS is located at: 20 Pendleton Drive Hebron, CT 06248 Director—Christa Goodwin-Babka

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, May 9th and 23rd 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, May 23rd through June 29th. (No Class Monday, May 30th) There will be 11 classes in this session for \$33.** 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

Tuesdays—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, May 4th and 18th 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 - May 18th—Last one of the school year

Join us for Bingo on Wednesday, May 18th 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 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.

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.

Mahjong Thursdays 12:30—3:15 The goal of mahjong is similar to poker, in that the aim is to make matching sets and pairs. A set is three or four identical tiles or three consecutive tiles (also known as 'melds'), and a pair is two of the same tiles (often called 'eyes'). To win mahjong a player must form four sets and one pair.

Programs and Activities

Walmart Shopping Trip—2X per month on Fridays

There will be a trip to Walmart and Aldi's in North Windham on **Friday, May 6th & 20th 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—Friday, May 13th

We will be going to Big Y on May 13th. 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.

Left, Center, Right Game

Join us on Monday, May 16th 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.



Exercise Equipment Room—Daily

The Exercise Equipment room at the Senior Center is open for use by reservation only. There will be 50-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. 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/cvent.com/dsvirtual). 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.

May 9th, 12:30pm

May 23rd, 9:30am

June 9th, 12:30pm

June 20th, 9:30am




Senior Center Rules & Regulations

- **Masks are OPTIONAL.**
- **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 Don'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 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.

Hebron Senior Center Happenings..... May 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
May 2 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	3 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 Canasta	4 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	5 9–Noon Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Mother's Day Special Lunch 1:00-3:00—BINGO	6 9:00–Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00-1:00—Walmart Trip
9 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–11:15— NO Class Yoga 11:50–12:30—Lunch 12:45–2:00—Coloring,, Cookies & Conversation	10 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	11 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–11:15— NO Class Yoga 11:50–12:30—Lunch	12 9:00–3:00 Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO	13 9:00–Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Big Y Shopping
16 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	17 9:00–3:00 Exer. Rm 10:00–11:30—Knitting 11:00-11:45 SPEAKER—Get Connected—Local Farms 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	18 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 10:15-11:15—Meditation 11:50–12:45—Lunch 2:30-4:00 RHAM Bingo	19 9:00–3:00 Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO	20 9:00–Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00-1:00—Walmart Trip
23 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 12:45–2:00—Coloring,, Cookies & Conversation	24 9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 10:00–11:30 Corn Hole 11:15-11:45-Mobile Food Truck—Church of Hope 11:50–12:30—National Salad Month Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot	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	26 9–Noon Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO	27 9:00–Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul
30 CLOSED MEMORIAL DAY 	31 9:00–3:00 Exer. Rm 10:00–11:30—Knitting 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	June 1 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	June 2 9–Noon Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO	June 3 9:00–Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00-1:00—Walmart Trip

HEBRON SENIOR CENTER/COMMUNITY RENEWAL TEAM MAY 2022 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
2	Cran-Apple Juice Chicken Marsala w/ Mushrooms / Rice Pilaf Asparagus Garlic Knot Tapioca Pudding w/ Whip	3	Calzone w/ Tomato Basil Marinara Sauce Pasta Mixed Vegetables Fresh Fruit	4	Mango Salsa Pork Loin Mashed Potatoes Zucchini 100 % Wh Wheat Brd P'pples & Mandarins	5	CRT Holiday Meal Grape Juice Broccoli & Cheese Stuffed Chicken / Au Gratin Potatoes Broccoli Florets Wheat Dinner Roll Tres Leche Cake
9	Orange Juice Cheese Tortellini w/ Pesto Alfredo Sauce Prince Wm Blend Veggies Italian Bread Frosted Cake	10	Swedish Meatballs Mashed Potatoes Asian-Style Vegetables 100 % Wh Wheat Brd Fresh Fruit	11	Grape Juice Popcorn Shrimp Seasoned Red Potatoes Coleslaw Wheat Dinner Roll Home-Baked Cookie	12	Roasted Turkey w/ Gravy Bread Stuffing / Cranberry Sauce Glazed Carrots Corn Muffin Fresh Fruit
16	Smothered Grilled Chicken Breast Rice w/ Vegetables Vegetable Medley 100 % Wheat Bread Fresh Fruit	17	Cheese Lasagna Roll w/ Meat Sauce Italian Blend Veggies Focaccia Bread Fresh Fruit	18	Cran-Apple Juice Chicken Fajitas w/ Peppers & Onions Red Rice & Beans 4-Way Mix Vegetables Frosted Cake	19	Roast Pork Loin w/ Gravy Sweet Potatoes Capri Blend Veggies 12 Grain Bread Pears
23	Meatloaf w/ Gravy Seasoned Diced Potatoes Chuckwagon Blend Veggies Wheat Bread Fruit Cocktail	24	National Salad Month Mediterranean Soup/ Saltines Garden Salad Greens w/ Grilled Chicken Strips & Cheddar Cheese/Cherry Tomato/Cucis/ Onions /Ranch Dressing Garlic Knot Blonde Brownie	25	BBQ Beef Brisket Macaroni & Cheese California Vegetables Oatnut Bread Pineapple & Mandarins	26	Cran-Apple Juice Veggie Omelet w/ Cheese Sce Lyonnais Potatoes 4-Way Vegetable Mix Dinner Roll Home-Baked Cookies
30	CRT Closed In Observance Of Memorial Day Holiday	31	Orange Juice Chicken Scampi w/ Linguini Green Peas Dinner Roll Frosted Cake				

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

What's Happening In Our Community

2022 Vintage Style: A Maker's Market

AN OUTDOOR MARKET FEATURING
HANDMADE ART, ANTIQUES,
CLOTHING, JEWELRY, HOME DÉCOR,
AND MORE.

SATURDAY, MAY 14
10:00 AM - 4:00 PM
HEBRON, CT
TOWN CENTER



Contact: ttcp@thetowncenterproject.org
More info: thetowncenterproject.org
facebook.com/towncenterprojectinc

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.



St. Peter's Church Monthly Dinners/ Events

30 Church St. (Rte. 85)

4:30-6:30pm—Dinners/Drive Thru

Cost \$14

May 7th Annual Plant Sale and Tag
Sale 9:00am—3:00pm

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

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!

A photograph showing a busy outdoor market scene with people walking through aisles lined with white tents and stalls. The market is held on a paved area with trees in the background.

860-530-1281
Made with PosterMyWall.com

WWW.HEBRONCT.RECDESK.COM/COMMUNITY

HEBRON
farmers & artisans
MARKET



June 18th

**Burnt Hill Park IS the
place to be.**

**Activities going on
between 10:30-2:30
for various interests.**



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

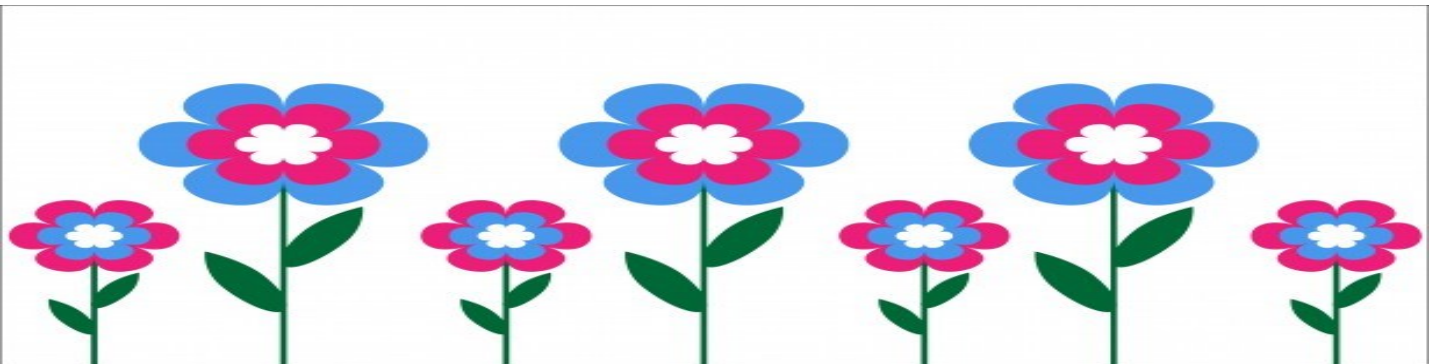
Persons renting an apartment or room may be eligible for this program with rebates up to \$900 for couples and \$700 for single persons. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (including electricity, natural gas, home heating oil, propane, 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

COVID-19 Vaccination Events

Please bring CDC card and insurance card if available (not required - still no cost to you!)

Please contact us at (860) 338-1865 or at anika.maybin@chathamhealth.org with any questions.

No appointment necessary

Primary series as well as booster doses available

- Wednesday, 5/11, 11 am - 2 pm, Portland Housing Authority-208 Main Street - Portland In partnership with CT DPH/Griffin Health Pfizer 5+, Moderna 18+, JJ 18+
- Thursday, 5/12, 4:30 pm - 7:30 pm, RHAM high School-85 Wall Street - Hebron In partnership with CT DPH/Griffin Health Pfizer 5+, Moderna 18+, JJ 18+
- Sunday, 5/15, 11 am - 2 pm, William J Johnston Middle School-360 Norwich Ave - Colchester In partnership with CT DPH/Griffin Health Pfizer 5+, Moderna 18+, JJ 18+
- Thursday, 5/19, 4 pm - 7 pm, Richmond Memorial Library-15 School Drive - Marlborough In partnership with CT DPH/Griffin Health Pfizer 5+, Moderna 18+, JJ 18+
- Wednesday, 6/1, 11 am - 2 pm, Portland Housing Authority-208 Main Street - Portland In partnership with CT DPH/Griffin Health Pfizer 5+, Moderna 18+, JJ 18+
- Sunday, 6/5, 11 am - 2 pm, Jack Jackter Elementary School - 215 Halls Hill Road - Colchester In partnership with CT DPH/Griffin Health Pfizer 5+, Moderna 18+, JJ 18+
- Saturday, 6/18, 10:30 am - 2:30 pm, Burnt Hill Park - 150 East Street -Hebron In partnership with CT DPH/Griffin Health Pfizer 5+, Moderna 18+, JJ 18+



Sudoku

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

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

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

Dessert Recipe

Double-Chocolate Toffee Icebox Cake

Ingredients

- 3 cups 2% milk
- 1 package (5.9 ounces) instant chocolate pudding mix
- 1-1/2 cups heavy whipping cream
- 2 packages (9 ounces each) chocolate wafers
- 2 Heath candy bars (1.4 ounces each), crushed

Directions

- In a large bowl, whisk milk and pudding mix 2 minutes. Let stand 2 minutes or until soft-set. In another large bowl, beat cream until stiff peaks form.
- Arrange 20 cookies on bottom of an 8-in. square baking dish. Spread a fourth of the chocolate pudding and a fourth of the whipped cream over cookies. Repeat layers 3 times. Sprinkle with crushed candy bars. Refrigerate overnight.



Recipes

One-Pan Hot Honey Chicken and Rice

Ingredients

- 1 tablespoon olive oil
- 4 (7-oz.) bone-in, skin-on chicken thighs
- 3 tablespoons kosher salt, divided
- 1 (5-oz.) bunch scallions
- 2 tablespoons honey
- 2 teaspoons Asian chile-garlic sauce
- 1 teaspoon lower-sodium soy sauce
- 1 large baby bok choy, thinly sliced (about 1 1/2 cups)
- 1 medium-size red bell pepper, chopped (1 cup)
- 2 tablespoons minced fresh ginger (from 1 [2-inch] piece)
- 3 medium garlic cloves, finely chopped (about 1 Tbsp.)
- 1 cup uncooked jasmine rice



Directions

- Preheat oven to 375°F with rack in upper third position. Heat oil in a deep 4-quart 11-inch skillet over medium-high until shimmering. Sprinkle chicken evenly with 1 teaspoon of the salt. Place chicken, skin side down, in hot oil. Cook, undisturbed, until skin is golden brown, 8 to 10 minutes. Transfer to a plate. Reserve 1 tablespoon drippings in skillet.
- While chicken cooks, thinly slice scallions; reserve 1/4 cup sliced green scallions for garnish. Stir together honey, chile-garlic sauce, and soy sauce; set aside.
- Reduce heat under skillet to medium. Add bok choy, bell pepper, and remaining sliced scallions. Cook, stirring often, until tender-crisp, about 3 minutes. Add ginger and garlic. Cook, stirring often, until fragrant, 1 minute. Stir in 1 1/4 cups water, rice, and remaining 2 teaspoons salt. Nestle chicken, skin side up, in rice mixture; bring to a boil over high. Cover skillet, and transfer to preheated oven. Bake until a thermometer inserted in thickest portion of chicken thighs registers 165°F and rice is just tender, about 20 minutes.
- Increase oven temperature to low broil. Uncover skillet; broil until chicken skin is crisp, about 5 minutes. Remove from oven; spoon honey mixture over chicken. Garnish with reserved sliced scallions.

Oven Baked Zucchini Fries

Ingredients

- 3/4 cup Italian seasoned bread crumbs
- 1/4 cup grated Parmesan cheese
- 1/4 teaspoon seasoned salt
- 1 (9 inch) zucchini, peeled
- 1/4 cup margarine or butter, melted

Directions

- Preheat an oven to 425 degrees F (220 degrees C). Line a baking sheet with parchment paper or aluminum foil lightly greased with cooking spray.
- Cut the peeled zucchini in half lengthwise and remove the seeds. Slice the zucchini into 1/2 x 1/2 x 4 inch pieces.
- Combine the bread crumbs, cheese, and seasoned salt in a pie plate. Dip the zucchini fries into the melted margarine, then press into bread crumbs. Gently toss between your hands so any bread crumbs that haven't stuck can fall away. Place the breaded zucchini onto the prepared baking sheet.
- Bake the zucchini in the preheated oven until the fries are golden and tender, about 15 minutes.



Flowers

Find and circle all of the flowers that are hidden in the grid. The remaining letters spell a secret message - a quotation from Romeo and Juliet.

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

ALSTROEMERIA
AMARYLLIS
ANTHURIUM
ASTER
BABY'S BREATH
BELL FLOWER
BIRD OF PARADISE
BOUVARDIA
CALLA
CARNATION
CHRYSANTHEMUM
CLEMATIS

CORNFLOWER
DAFFODIL
DAISY
DELPHINIUM
FORGET-ME-NOT
FOXGLOVE
FREESIA
FUCHSIA
GERANIUM
GERBERA
GINGER
GLADIOLUS

GOLDEN ROD
HEATHER
HOLLYHOCKS
HYACINTH
HYDRANGEA
IRIS
LAVENDER
LILAC
LILY
LISIANTHUS
MARIGOLD
ORCHID

PANSY
PEONY
PETUNIA
ROSE
SNAPDRAGON
STATICE
STOCK
SUNFLOWER
TULIP
VIOLET
YARROW