

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



We are closed Monday, July 4th



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.**

Come Play Corn Hole

Tuesday, July 12th and 26th, 10:00am—11:30 (every 2nd & 4th Tuesday of the 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.



Bus Trip to The Vintage Radio & Communications Museum

Thursday, July 28 join us as we take a trip to The Vintage Radio & Communications Museum—Take a walk through history from Morse Code transmitters to radio & television to personal computers, and everything in between. Many of our displays are hands-on! Tap out your name in Morse Code; Tune a 1925 radio; Crank a wind-up phonograph; Listen to a home-made crystal set; Pick a song from a working juke box. After the museum we'll head to the Cracker Barrel Restaurant for lunch. Cost is \$12 for admission and transportation, lunch cost is on your own. Depart the Senior Center at 9:30 and return approximately 3:15. Minimum of 6 people, maximum of 12. To sign-up, call the Senior Center at 860-228-1700.

Movies Are Back

Monday, July 11th (the 2nd Monday of the month) at 12:45, we'll show a movie on our 75 inch HD TV. The July movie will be **Rescued by Ruby** - Chasing his dream to join an elite K-9 unit, a Rhode Island state trooper partners with a fellow underdog: clever but naughty shelter pup Ruby. Based on a true story. Guaranteed to tug at your heart strings. Come early and sign-up for lunch (\$3) which is at Noon. See the menu on page 6. To sign-up for the movie or lunch and a movie call 860-228-1700.

National Hot Dog & Beans Month Lunch

Join us for lunch on Tuesday, July 5th to celebrate National Hot Dog month. Lunch will be; Grape Juice, Beef Hot Dog / Hot Dog Bun, Mustard, Relish and Ketchup, Baked Beans, Creamy Coleslaw, Home-Baked Cookie, Milk, and coffee. Must sign-up by 10:00am Friday, July 1st, 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, August 3rd—Virtual on-line 8:30am at Senior Center

The Commission on Aging continuously studies the conditions and needs of the elderly persons in the community and makes recommendations. The commission meetings are open to the public.

Food Bank and Mobile Food Truck Schedule

Food Bank Phone Number 860-228-1681

Hebron Interfaith Human Services, the home of the Hebron Food Pantry

Dedicated to serving the needs of those in the Hebron community and surrounding towns through our food pantry, weekend backpack program for school-aged children, weekend food bag for homebound seniors and the immuno-compromised and various energy assistance programs.

Pantry hours are EVERY Tuesday and Thursday (9 am to 6 pm), and on Friday from 9 am to 5 pm

Foodshare mobile produce van is every other Tuesday from 11:15-11:45 at the Church of Hope/Red barn Corner of RT 85 & Rt 66. Everyone is welcome, no forms to fill out. Please bring your own bags.

Upcoming Mobile produce van dates for 2022: July 5, 19 Aug 2, 16, 30

To schedule a ride to the Food Truck call 860-228-1700 (rides based on availability)

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 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 MENU on page 6



Retiring or Turning 65?

Wondering how Medicare retirement works? Remember that there are 4 parts to Medicare: Part A (Hospital), Part B (Medical), Part C (Medicare Advantage Plan, sold by a private company), Part D (Prescription Drug). Your initial enrollment period for Medicare (all parts) begins three



Turning 65
Medicare Basics

months before the month you turn 65 and lasts until the end of the third month after your birthday month – a total of seven months. If you don't sign up during the initial window, you can sign up between January 1 and December 31 each year for coverage that begins July 1. Failure to sign up during the initial enrollment period, however, could result in permanently higher premiums – unless you qualify for a special enrollment period. For more information contact the Senior Center at 860-228-1700.



Programs and Activities

Enhance Fitness via ZOOM with Paul Smith—Mondays, Wednesdays, & Fridays

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—For the Summer Months - Wednesdays Only

Starting July 6th—September 7th Yoga will be Wednesdays only 10:15-11:15am Taught by Maureen O'Brien, **There will be two sessions—July 6th—August 3rd (5 classes for \$15) and August 10th through September 7th (5 classes for \$15) or \$5 per class for drop-in.** 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 others a new skill. This group will meet on **Tuesdays from 10:00am—11:30am.** 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, July 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. To register call 860-228-1700.

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. 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, July 1st and 15th at 10:00am**. Seating is limited. To sign-up for this trip, please call 860-228-1700.

Big Y Shopping Trip—Friday, July 8th and 29th

We will be going to Big Y on **Friday, July 8th and 29th**. 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.

Transportation to the Food Bank—if a ride to the Food Bank is needed, please call to schedule a ride, 860-228-1700. Transportation to the Food Bank based on availability—Tuesdays 9:00-2:00pm, Thursday 9:00-2:00pm, or Fridays 9:00—11:00am. The day and time will be based on transportation availability.

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.

UPCOMING EVENTS

BUS TRIP—AQUA TURF—LUNCH AND A SHOW



Tuesday, August 16th a trip to the Aqua Turf for lunch and a show. Tom Jones & Engelbert – The Way it Used to Be !! Performed by Joe Saimer. Sit back, close your eyes and be transported to great moments in musical history. From Delilah to Release Me, you'll enjoy every second of this Powerful tribute to these unforgettable entertainers. Accompanying Joe will be musical director Richie Mitnick along with some surprise guest artists as well! Lunch is served family style and the main course is marinated flank steak/ chicken marsala and served with sides, bread, and dessert. Lunch and the show are from 11:30-3:30. The bus will leave the senior Center at 10:15am and return approximately 4:15. The cost of the trip is \$52 which covers lunch, the show, and transportation. You must pay for the trip for us to hold your spot. There are NO REFUNDS AFTER TUESDAY, AUGUST 9TH. Limited number of spots available, must have a minimum of 6 people by August 3rd to run the trip. To sign-up call or stop by the senior center 860-228-1700.

AARP DRIVING COURSE—IN-PERSON AT THE SENIOR CENTER


Tuesday, August 23rd we will be hosting the AARP Driver's Course, in-person. Class is 9:00am –1:00pm and you need to arrive by 8:50am and bring something to write with. AARP members cost \$20, and non-members cost \$25 and payable to the instructor day of class. You must pre-register by Friday, August 19th by noon. When you take the AARP Smart Driver™ course, you could be eligible for a multi-year discount on your auto insurance.* Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. To register for the class call the senior center at 860-228-1700.



Hebron Senior Center Happenings..... July 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
				July 1st—Exercise Room, Zoom Class & Walmart
July 4 CLOSED FOR JULY 4TH 	July 5 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 Hot Dogs and Beans Month 1:00—2:15 Stamping 1:00—3:15 Hand & Foot	6 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15—11:15—Yoga—1st class this session 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 12:45-3:15—Mah Jongg	8 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Big Y Shopping
11 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 11:50—12:30—Lunch 12:45—2:45 Movie—Rescued By Ruby	12 9:00—3:00 Exer. Rm 10:00—11:30—Knitting/Crocheting/Needlework 10:00—11:30 Corn Hole 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 11:50—12:30—Lunch	14 9:00—3:00 Exer. Rm 10:10—11:40—Sunshine Singers 11:50—12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	15 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Walmart Trip
18 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 11:50—12:30—Lunch	19 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	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—12:45—Lunch—Nat'l Fortune Cookie Day	21 9:00—3:00 Exer. Rm 10:10—11:40—Sunshine Singers 11:50—12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	22 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul NO Shopping
25 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 11:50—12:30—Lunch	26 9:00—3:00 Exer. Rm 10:00—11:30—Knitting/Crocheting/Needlework 10:00—11:30 Corn Hole 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 9:00—3:00 Exer. Rm 10:10—11:40—Sunshine Singers 9:15—3:15 Bus Trip—Radio Museum & lunch—sign-up required 860-228-1700 11:50—12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	29 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Big Y Shopping
AUG 1 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 11:50—12:30—Lunch	2 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	3 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 11:50—12:30—Lunch	4 9—Noon Exer. Rm 10:10—11:40—Sunshine Singers 11:50—12:30—Lunch 1:00-3:00—BINGO	5 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Walmart

HEBRON SENIOR CENTER JULY 2022 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
4	CRT Closed In Observance of Fourth of July	5	<u>Nat'l Hot Dog & Beans Month</u> Grape Juice Beef Hot Dog / Hot Dog Bun Mustard, Relish and Ketchup Baked Beans Creamy Coleslaw Home-Baked Cookie	6	Orange Juice Cobb Salad w/ Bacon, Hard Boiled Egg, Red Onion, Cherry Tomatoes and Avocado / Ranch Dressing / Dinner Roll Fresh Fruit	7	Italian-Style Meatballs Baked Ziti w/ Mozzarella Seasoned Green Beans Garlic Knot Fresh Fruit
1 1	Apple Juice Beef & Bean Burrito Rice & Beans Roasted Corn Fresh Fruit	1 2	Tomato Soup Grilled Cheese & Tomato Sandw Curly Fries / Catsup Coleslaw Fresh Fruit	1 3	Orange Juice Margherita Pizza Garden Salad w/ Toms & Cucumbers / Dressing Brownie	1 4	General Tso Chicken Vegetable Fried Rice Asian Vegetable Blend 12 Grain Bread Applesauce
1 8	Orange Juice Meat Ravioli w/ Sauce California Blend Veggies Garlic Bread Fresh Fruit	1 9	Grape Juice Greek Chicken Salad w/ Romaine Lettuce; Lemons ; Feta Cheese ; Cucu ; Cherry Toms ; Red Onions ; Black Olives / Pita Chips / Frosted Carrot Cake	2 0	<u>Nat'l Fortune Cookie Day</u> Fruit Punch Juice Teriyaki Shrimp Skewers Fried Rice / Broccoli Oatnut Bread Fortune Cookie	2 1	Spinach & Tomato Quiche Lyonnais Potatoes Asparagus Rye Bread Fresh Fruit
2 5	Apple Juice Meatloaf w/ Veg Gravy Seasoned Eggnoodles Spinach / 12-Bread Frosted Cake	2 6	Chicken Fajita w/ Peppers / Onions / Red Rice & Beans / 4-Way Vegetable Blend / Peaches	2 7	BBQ Beef Brisket Macaroni & Cheese / Brussel Sprouts / Rye Bread / Fresh Fruit	2 8	Chicken Alfredo with Penne Pasta Broccoli Florets / 100 % Whole Wheat Bread / Fruit Cocktail

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



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!

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

HEBRON
farmers & artisans
MARKET

St. Peter's Church Monthly Dinners/ Events

30 Church St. (Rte. 85)

4:30-6:30pm—Dinners/Drive Thru

Cost \$14

July 16th—Chicken BBQ

August 20th—Pulled Pork Dinner

September 17th—Turkey Dinner

October 15th—TBD

November 12th—Roast Pork Dinner

December—TBA

SWAP SHACK

At Hebron's Transfer Station

The Swap Shack allows Hebron residents to give or take gently used items that are clean and in working order with all their parts for free.

Visitors should park near the grassy hill in the two designated spots and limit access to no more than 10 minutes.

Place your items in the racks provided, no boxes/bags/bins full of items may be left inside unpacked. If there is no space, try again at a later time. It's up to us to keep it safe and well organized!

HOURS

Sundays,
year-round
10 a.m. – 2 p.m.

*Please do not leave
anything outside
of the Swap Shack,
even when open.*



ACCEPTED ITEMS

Household items (dishware, glasses, silverware, pots & pans, frames, etc.)

Baby/child equipment (no car seats)

Small furniture items in good condition
(must fit in the building – lamps, footstools,
folding chairs, etc.)

Tools (garden, mechanical, hand tools, etc. –
non gas/oil powered)

Toys, games, puzzles, DVDs (no broken or
missing pieces or parts)

Sports, hobby, beach equipment

If you have questions, comments or concerns, want to learn more about the Hebron Green Committee or volunteer to attend to the shack, please visit:

hebrongoesgreen.com/swapshack

The Green Committee and Town of Hebron assume no liability for items taken.

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

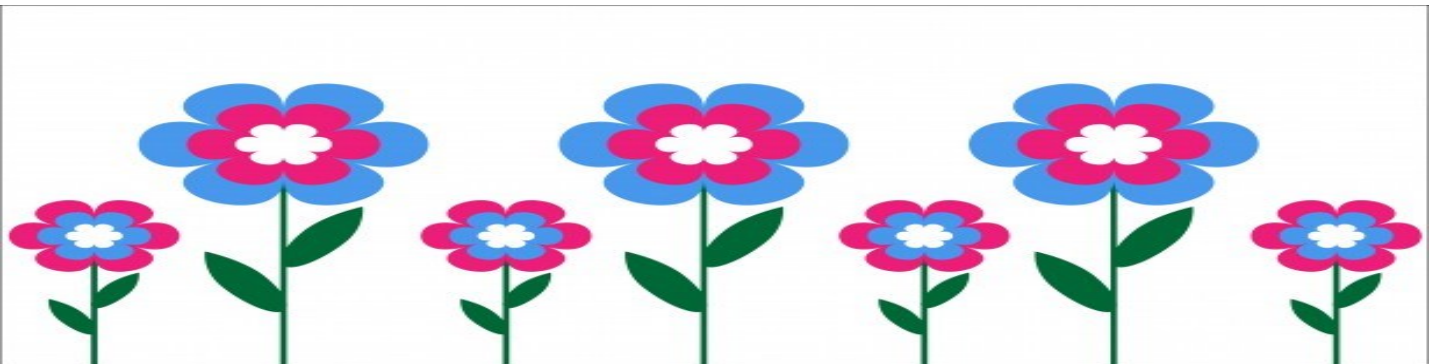
Persons renting an apartment or room may be eligible for this program with rebates up to \$900 for couples and \$700 for single persons. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (including electricity, natural gas, home heating oil, propane,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



Here's what you can expect and some simple ways to manage energy use and expenses this summer:

- ✓ Hot weather means higher electric bills. That's because you use, on average, about 35% more energy to run fans and air conditioners to keep cool in the summer. Your bill will increase, simply because more energy is being used.
- ✓ This year, inflation and global spikes in the price of natural gas, which is often used to generate electricity, are also driving the cost of energy higher across the country.
- ✓ On July 1, customers who receive energy supply from Eversource (vs. a third party) will see an increase of approximately 2.2% or \$3.96, for an average customer using 700 kWh per month.
- ✓ Cost increases combined with using more energy, means your summer bill will be higher than normal.

Learn more about the components of your electric bill and what you're paying for each month at [Eversource.com/understand-my-bill](https://www.eversource.com/understand-my-bill).

Managing Summer Electric Use and Bills

While it can be tempting to crank up the air conditioner to stay cool, this can cause electric bills to spike. Here are some tools to help you manage your energy use and stay comfortable:

- ✓ See tips and programs to help you use less energy and lower your bill at [Eversource.com/home-savings](https://www.eversource.com/home-savings).
- ✓ Take advantage of our Cooling Calculator to see how small adjustments in your thermostat can make a big impact in lowering your electric bill at [Eversource.com/cooling-calc](https://www.eversource.com/cooling-calc).
- ✓ Use an advanced power strip to avoid phantom loads – when your device is turned off but still plugged in – which can help you save up to \$100 a year. Visit Poweredbyefi.org/eversourcett to get your rebate.

Programs and Payment Options to Help

To find the right option for you, visit [Eversource.com/billhelp](https://www.eversource.com/billhelp) or call us at 800-286-2828.

- ✓ **Budget Billing.** Residential electric and gas customers can pay a fixed monthly amount based on past usage and avoid seasonal spikes in their monthly bill.
- ✓ **New Start.** Residential electric customers can eliminate a balance in as little as 12 months with on-time payments.
- ✓ **The Matching Payment Program.** Residential electric or gas heating customers can reduce a past due balance with affordable monthly payments – as low as \$50 for customers receiving public assistance benefits.
- ✓ Additional financial assistance for qualified customers may be available through **Operation Fuel**. Visit OperationFuel.org/gethelp or call 860-243-2345.
- ✓ **Payment Plans.** Pay a past due balance over a period of time and be protected from service disconnection.

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.

As of June 18, CDC expanded covid-19 vaccination recommendations to include everyone 6 months of age and older.

No appointment necessary

Primary series as well as booster doses available

- **Wednesday, 7/6, 11am - 2pm**, RHAM High School-85 Wall Street - Hebron In partnership with CT DPH/Griffin Health Pfizer 6 mo+, Moderna 6 mo+, JJ 18+
- **Monday, 7/11, 11am - 2pm**, Marlborough Elementary School - 25 School Drive - Marlborough In partnership with CT DPH/Griffin Health Pfizer 6 mo+, Moderna 6 mo+, JJ 18+
- **Wednesday, 7/13, 10am - 1pm**, Portland Housing Authority - 9 Chatham Court -Portland In partnership with CT DPH/Griffin Health Pfizer 6 mo+, Moderna 6 mo+, JJ 18+



Sudoku

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

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

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

Dessert Recipe

Layered Lemon Pie

Ingredients

- 1 package (8 ounces) cream cheese, softened
- 1/2 cup sugar
- 1 can (15-3/4 ounces) lemon pie filling, divided
- 1 carton (8 ounces) frozen whipped topping, thawed
- 1 graham cracker crust (9 inches)

Directions

- In a small bowl, beat cream cheese and sugar until smooth. Beat in half of the pie filling. Fold in the whipped topping. Spoon into crust. Spread remaining pie filling over cream cheese layer. Refrigerate for at least 15 minutes before serving.



Recipes

Tomato-and-Gorgonzola Pasta Salad

Ingredients

- 1 (16-oz.) package rigatoni pasta
- ½ cup Lemon-Shallot Vinaigrette
- 1 ¼ pounds beefsteak tomatoes, seeded and chopped
- 4 ounces Gorgonzola cheese, crumbled
- ½ (4-oz.) package arugula

Directions

- Prepare pasta according to package directions. Toss together hot pasta and vinaigrette in a large bowl. Cool completely (about 30 minutes). Stir tomatoes and cheese into pasta mixture. Just before serving, stir in arugula; add salt and pepper to taste.

Lemon-Shallot Vinaigrette

1/2 cup fresh lemon juice
1 minced shallot
1 cup olive oil
1/4 cup minced fresh flat-leaf parsley
1 tablespoon honey
1 tablespoon whole grain Dijon mustard
Salt and pepper to taste
Stir together lemon juice and minced shallot; let stand 5 minutes. Whisk in olive oil, parsley, honey, and mustard. Add salt and pepper to taste. Refrigerate in an airtight container up to 1 week.



5 Ingredient Lemon Chicken with Asparagus

Ingredients

- 1 lb. boneless skinless chicken breasts
- 1/4 cup flour
- 1/2 teaspoon salt and pepper, to taste
- 2 tablespoons butter
- 1 teaspoon lemon pepper seasoning
- 1–2 cups chopped asparagus
- 2 lemons, sliced
- 2 tablespoons honey + 2 tablespoons butter (optional, see FAQ notes)
- parsley for topping (optional)

Directions

- Chicken: Cover the chicken breasts with plastic wrap and pound until each piece is about a 3/4 of an inch thick. (NOTE: If your chicken breasts are really thick, you can just cut them in half horizontally to make thinner pieces rather than pounding. Works like a charm.) Place the flour and salt and pepper in a shallow dish and gently toss each chicken breast in the dish to coat. Melt the butter in a large skillet over medium high heat; add the chicken and sauté for 3-5 minutes on each side, until golden brown, sprinkling each side with the lemon pepper directly in the pan. When the chicken is golden brown and cooked through, transfer to a plate.
- Asparagus and Lemons: Add the chopped asparagus to the pan. Sauté for a few minutes until bright green and tender crisp. Remove from the pan and set aside. Lay the lemon slices flat on the bottom of the pan and cook for a few minutes on each side without stirring so that they caramelize and pick up the browned bits left in the pan from the chicken and butter. (NOTE: adding a tiny pat of butter in with the lemons also helps prevent sticking and promotes browning.) Remove the lemons from the pan and set aside.
- Assembly: Layer all the ingredients back into the skillet – asparagus, chicken, and lemon slices on top.



Fourth Of July

Find and circle all of the words that are hidden in the grid. The remaining letters spell an Abraham Lincoln quotation.

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

BALD EAGLE
 BALLOONS
 BARBECUE
 BASEBALL
 BEN FRANKLIN
 BETSY ROSS
 CAKE
 CARNIVAL
 CELEBRATION
 COLONIES

CONCERTS
 DECORATIONS
 DEMOCRACY
 FIREWORKS
 FLAG
 FLOATS
 FREEDOM
 GREAT BRITAIN
 HAMBURGERS
 HISTORY

HOLIDAY
 HOT DOGS
 INDEPENDENCE
 JOHN ADAMS
 LIBERTY
 NATIONAL ANTHEM
 NATIONHOOD
 PARADE
 PARTY

PATRIOTIC
 PHILADELPHIA
 PICNIC
 RED WHITE BLUE
 STARS AND
 STRIPES
 STREAMERS
 THOMAS JEFFER-
 SON
 USA
 WHITE HOUSE