

# 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 CLOSED ON MONDAY, SEPTEMBER 5TH FOR LABOR DAY**

### **The Renters' Rebate Program—Deadline October 1st**

State law provides a reimbursement program for Connecticut 65+ and totally disabled renters. The filing period for this program is through October 1. Detailed information on this program is on page 8. Applications will be taken by appointment by calling the Senior Center at 860-228-1700.

### **Movie Monday**

**Monday, September 12th (the 2nd Monday of the month) at 12:30 (please note the time for this movie), 13 Lives—**A rescue mission is assembled in Thailand where a group of young boys and their soccer coach are trapped in a system of underground caves that are flooding. Movie run time is 2:27min Come early and sign-up for lunch (\$3) which is at Noon. To sign-up for the movie OR lunch and a movie call 860-228-1700.



### **Linda's Craft Corner**



Please join Linda for a fun fall craft project on **Wednesday, September 28th at 12:30pm**. You'll be making these cute mason jar decorations/vases. The supplies will be provided, but participants are asked to bring a glue gun if they have one. **Cost is \$5 per person** and we are limited to 15 participants. If you'd like, join us for lunch at Noon (\$3). To register please call or come to the senior center 860-228-1700. Registration deadline for both the crafts and lunch is Friday, September 23rd.

### **Zumba is Back**

Zumba will be returning on **Tuesdays and Thursday from 9:00am—10:00am starting Tuesday, September 27th**. One of the first things you need to understand about Zumba is that the motto is literally "Ditch the workout—Join the party!" Benefits of Zumba: promotes heart health, tones and builds muscle, is a great stress reliever, and improves coordination and flexibility. The class is being taught by David Tiefenbrunn who was certified in Zumba in 2012 and has been teaching all over the local area since. David's routines vary, so both beginners and those experienced in Zumba will benefit. Zumba creates a mental challenge by learning new moves and steps, so both the mind and body benefit. David believes that the main idea is to have fun - Zumba is meant to be a workout in disguise. The first session will be September 27th—October 13th (6 Classes) \$18, the second session will be October 18th—November 3rd (6 classes) \$18, and the third session will be November 8th—December 22nd (12 sessions) \$36 or you can purchase a 10 class punch ticket for \$30 which can be used for any 10 classes. Drop-in fee is \$5 per class. To register call 860-228-1700 or come to the center



THURSDAY - 9/8/22  
HEBRON/DOLLAR NIGHT  
Fair Hours: 4PM - 10:30PM

SATURDAY - 9/10/22  
SUPER SATURDAY  
Fair Hours: 9AM - Midnight

FRIDAY - 9/9/22  
SENIOR AFTERNOON  
(free if 65 and over until 4pm)  
Parking is free for everyone until 4:00pm

SUNDAY - 9/11/22  
LAST CHANCE SUNDAY  
Fair Hours: 9AM - 7:30PM

### **Hebron Harvest Fair**

#### **Bus Transportation—Friday Only**

Friday, September 9, we will be providing transportation to the Hebron Fair for Seniors. Seniors (65+) Admission - Free until 4:00 PM. Drop off at the fair will be at Noon and departure from the fair will be at 3:00pm. You must sign-up by Noon on Wednesday, September 7th. Pick-up times will be determined once we have a head count of who is riding the bus. To reserve your spot, please call 860-228-1700.

## HEBRON COMMISSION ON AGING

Chairperson: Tonya Maurer

Members: Cecile Piette, Cathy Litwin, Dianne Welch, Sandy Waldo, Carol Wheeler, and Angela Corentin

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

### **The next scheduled Commission on Aging Meeting is scheduled for Wednesday, September 7—Virtual on-line 8:30am**

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, 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: Sept 13, 27**

**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



### **DETAILED INFORMATION ABOUT MEALS ON WHEELS 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 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 & 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. Class is free. Pre-registration is required if it's the first time attending class. Please call 860-228-1700.

### **All Levels Yoga Class—Mondays**

Yoga will be Mondays 10:15-11:15am Taught by Maureen O'Brien, **The next session starts September 26– November 7th (6 classes for \$18) 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.** Class is free. Pre-registration is required if it's the first time attending class. Please call 860-228-1700.

### **Stamping Class—Tuesday Afternoon**

Tuesdays 1:00PM—2:15PM 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.

### **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. It is free. Pre-registration is required if it's the first time attending class. Please call 860-228-1700.

### **Mindful Meditation**

**Wednesday, September 7th and 28th (note this month it is the 1st and 4th Monday (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 16 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 is required if it's the first time attending class. 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 if it's the first-time attending and you must complete the senior center membership paperwork (free to be a member). We ask everyone to check-in each week at the kiosk. To sign-up to play or volunteer to call games, please call 860-228-1700.

**Mahjong Thursdays 12:45—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. This is free. Pre-registration is required if it's the first time attending. Please call 860-228-1700.

## **Programs and Activities**

### **Big Y Shopping Trip—Friday**

We will be going to Big Y on **Friday, September 2 and 30th**. Pick-ups to Big Y begin about 10:00am. Pre- registration is required by Wednesday at Noon. To sign-up, please call 860-228-1700.

**The week of September 5th—shopping will be Thursday, September 8th to Ted's IGA.** Pick-ups will begin about 10:00am. Pre- registration is required by Tuesday at Noon. To sign-up, please call 860-228-1700.

### **Walmart Shopping Trip**

There will be a trip to Walmart to North Windham on **Friday, September 16th at 10:00am**. Seating is limited. To sign-up for this trip, please call 860-228-1700.

### **Shop Rite Shopping Trip—Friday**

We will be going to the Glastonbury/East Hartford Shop Rite on **Friday, September 23rd**. Pick-ups will begin 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**

### **AARP Driver Course—IN-PERSON at the Senior Center**

Tuesday, November 15th 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.

### **Aqua Turf Dinner and a Show—Bob Hope USO Show**

**Tuesday November 15, 2022** - Leave the senior center at 10:00am and return approximately 4:15. Come watch Bill Johnson's performance as he brings Bob Hope's humor and entertainment alive! He may have a few surprise guests as well! The Aqua Turf is situated on over 35 acres in Plantsville. Meticulously maintained gardens feature cobblestone pathways leading you past gazebos, water fountains, and flower beds . Our indoor banquet space accommodates both small and large groups. The meal starts with a bread basket, salad, and pasta followed by the family style meal featuring both Roast Beef/Pan Seared Salmon and all the side fixings and dessert. You will not go home hungry. Space is limited. Registration deadline is Tuesday, November 8th and NO REFUNDS after the 8th. **The cost is \$52** which includes the meal and transportation. To register you can either call or come into the center. A 50% deposit is due within 72hrs of sign up and paid in full by November 8th.



# Hebron Senior Center Happenings..... August 2022

To register for programs/lunch—please call 860-228-1700 to sign-up

**Transportation call 860-228-1700 ext. 201**

Mon	Tue	Wed	Thu	Fri
			<b>September 1</b> 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	<b>September 2</b> 9:00–Noon Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:00–Big Y Shopping
<b>September 5</b>  CLOSED Labor Day 	<b>6</b> 9:00–3:00 Exer. Rm 10:00–11:30–Knitting/Crocheting/Needlework 11:50–12:30–Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	<b>7</b> 9:00–3:00 Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:15–11:15–Yoga–last session 10:15-11:15–Meditation 11:50–12:30–Lunch	<b>8</b> 9:00–3:00 Exer. Rm <b>10:00 Shopping at Ted's</b> 10:10–11:40–Sunshine Singers 11:50–12:30–Lunch 1:00-3:00–BINGO 12:45-3:15–Mah Jongg	<b>9</b> 9:00–Noon Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul <b>11:30-3:15–Hebron Fair Transportation–Must sign-up by Sept. 7th</b> <i>Shopping on Thursday this week to Ted's</i>
<b>12</b> 9:00–3:00 Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 11:50–12:30–Lunch <b>12:30–3:00pm–Movie</b> <b>13 Lives (2:27min run time)</b>	<b>13</b> 9:00–3:00 Exer. Rm 10:00–11:30–Knitting <b>11:15-11:45-Mobile Food Truck–Church of Hope</b> 11:50–12:30–Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	<b>14</b> 9:00–3:00 Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 11:50–12:30–Lunch	<b>15</b> 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	<b>16</b> 9:00–Noon Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:00–Walmart Shopping
<b>19</b> 9:00–3:00 Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 11:50–12:30–Lunch	<b>20</b> 9:00–3:00 Exer. Rm 10:00–11:30–Knitting/Crocheting/Needlework 11:50–12:30–Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	<b>21</b> <b>8:45-4:15–Bus Trip to Big E</b> 9:00–3:00 Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 11:50–12:30–Lunch	<b>22</b> 9:00–3:00 Exer. Rm Sunshine Singers performing at Bolton Senior Center 11:50–12:30–Lunch 1:00-3:00–BINGO 12:45-3:15–Mah Jongg	<b>23</b> 9:00–Noon Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:00–Shop Rite Shopping
<b>26</b> 9:00–3:00 Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul <b>10:15–11:15–Yoga–new session–Mondays only</b> 11:50–12:30–Lunch	<b>27</b> 9:00–3:00 Exer. Rm <b>9:00-10:00–ZUMBA–New session</b> 10:00–11:30–Knitting <b>11:15-11:45-Mobile Food Truck–Church of Hope</b> 11:50–12:30–Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	<b>28</b> 9:00–3:00 Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:15-11:15–Meditation 11:50–12:30–Lunch <b>12:30–2:00pm–Crafting with Linda</b>	<b>29</b> 9:00–3:00 Exer. Rm <b>9:00-10:00–ZUMBA</b> 10:10–11:40–Sunshine Singers 11:50–12:30–Lunch 1:00-3:00–BINGO 12:45-3:15–Mah Jongg	<b>30</b> 9:00–Noon Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:00–Big Y Shopping

**HEBRON SENIOR CENTER SEPTEMBER 2022 CONGREGATE MENU**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
Aug 29	Grape Juice Spaghetti & Meatballs w/ Marinara Sce / Parm Cheese / 4- Blend Vegetables / Dinner Roll Wholegrain Fruit Oatmeal Bar	Aug 30	Orange Juice Baked Airline Chicken Potato Stuffin' ( Potatoes w/ Onions, Carrots & Celery ) Green Beans / Wheat Roll Apple Nut Pie ** Contains NUTS	Aug 31	National Watermelon Day Salisbury Steak w/ Gravy Egg noodles Mixed Vegetables 100 % Whole Wheat Bread Fresh Watermelon Slice	Sept 1	<u>Nat'l Chicken Month</u> Grape Juice Chicken Francaise Linguini Broccoli Florets Dinner Roll Frosted Cake
5	CRT Closed In Observance of Labor Day Holiday	6	100 % Fruit Punch Juice Crab Cakes w/ Old Bay Remoulade Yellow Rice Mixed Vegetables 12 Grain Bread Frosted Cake	7	Brown Sugar Glazed Baked Ham Sweet Potato Casserole Green & Yellow Wax Beans Wheat Dinner Roll Fresh Fruit	8	Orange Juice Guinness Beef Stew w/ Root Vegetables 100 % Whole Wheat Bread Home-Baked Cookie
12	100 % Fruit Punch Juice Chicken Empanadas Spanish Rice Chuck Wagon Blend Veggies 100 % Whole Wheat Bread Wholegrain Fruit Oatmeal Bar	13	Classic Pot Roast w/ Gravy Boiled Potatoes Parslied Carrots Oatnut Bread Fresh Fruit	14	Orange Juice Chicken a la Vodka w/ Penne California Blend Vegetable Wheat Dinner Roll Frosted Cake	15	Shrimp Teriyaki Vegetable Fried Rice Asian Style Vegetables 12 Grain Bread Fresh Fruit
19	Southern Style Catfish Potato Wedges w/Ketchup Prince Edward Veggies Wheat Bread Fresh Fruit	20	Grape Juice Vegetable Pizza Salad Greens w/ Cherry Toms Cucs / Salad Dressing Home-Baked Cookie	21	Beef & Bean Chili Baked Potato w/ Cheese Sce Broccoli Scallions Cornbread Loaf Fresh Fruit	22	BBQ Pulled Pork 5- Cheese Mac n Cheese Collard Greens Dinner Roll Fresh Fruit
26	Country Fried Steak w/Gravy Garlic Smashed Potatoes Capri Blend Veg Oatnut Bread Fresh Fruit	27	Sticky Honey Garlic Meatballs White Rice w/ Vegetables Broccoli Florets 12 Grain Bread Fresh Fruit	28	<u>National Apple Month</u> Orange Juice Chef Salad-Romaine Lettuce Hard-Boiled Egg; Julienned Turkey & Cheese Cherry Toms, Cucs, Croutons Dressing Autumn Apple Crisp	29	Apple Cider Pork Loin Seasoned Orzo Spinach Garlic Knot Fresh Fruit

Elderly Nutrition Program meals are served Monday thru Friday 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.

## Meals on Wheels—Home Delivered Meals

**“A service you or someone you know could benefit from”**

If you are 60+ years or older and unable to make it to the Senior Center for lunch due to health issues, mobility restrictions, or other factors that prevent you from coming here in person (even if it's temporary due to a surgery or other reason), you can sign up to have meals delivered to your home Monday—Friday between 11:15am—12:30pm. You can get as many as 14 meals per week if needed. A hot lunch is delivered daily (with an afternoon snack) and, if desired, a cold supper can also be added. Weekend meals can also be added which are delivered cold on Friday to be reheated over the weekend. A \$3.00 donation per meal is suggested to help cover costs. However, no one is denied a meal if unable to pay. Besides the general information form we will fill out, you will need a diet order from your physician and that's it to get started. The diet order can specify meals to be modified (if needed) to accommodate allergies, low sugar (diabetic issues), low sodium, and also modified consistency including cut up or ground. Once the paperwork is submitted to us and returned to CRT, meals will start within a few days.

Referrals are also accepted from doctors, hospitals, VNAs, and town social service departments. So if you, or someone you know, could benefit from receiving meals **please contact us at 860-228-1700** and ask to speak with someone about Meals on Wheels.





## Do You Need Help Paying Your Water & Sewer Bills?

Various programs are available to assist with water and sewer bill:

**Connecticut Low Income Household Water Assistance Program (LIHWAP)** - Households with gross annual income at or below \$39,027 for a 1 person household or \$51,035 for a 2 person household, can qualify for a water assistance benefit of up to \$1,000 through the Connecticut Low Income Household Water Assistance Program (LIHWAP) if they have disconnected service or are behind on their water bills. There is no liquid asset limit for this program. Help is available for both household water and wastewater bills. It is expected that the State of CT will allow applications for this program to begin in early August. Application can be made through the Senior Center by appointment by calling 860-228-1700

**ConnecticutWater H2O Customer Assistance Program** – Households with a ConnecticutWater past due balance and a gross annual income at or below \$27,180 for a 1 person household or \$36,620 for a 2 person household, can qualify for the H2O Customer Assistance Program. One-time Customer Hardship Assistance is also available for households who do not meet the above income guidelines, but are experiencing a one-time financial hardship or a life changing event that put their account in arrears. With ConnecticutWater's Assistance programs, a scheduled payment arrangement for the past due balance will be set up by ConnecticutWater. Over the course of 12 months, with each customer payment made, ConnecticutWater will match the payment, thereby eliminating the past due balance during the course of the 12 month period with the customer paying 50% of the past due balance, and ConnecticutWater matching the other 50%. Customers must also keep current on new bills as they are incurred during the time of the payment arrangement. ConnecticutWater requires that households contact their approved local community social services agency (the Senior Center is an approved local community social services agency) in order to confirm the customer's identity and income qualification by utilizing an eligibility checklist. Households wishing to apply for the ConnecticutWater H2O Customer Assistance Program can call the Senior Center at 860-228-1700 to set up an appointment.

**ConnecticutWater Water Rate Assistance Program (WRAP)** – Through WRAP, for households with a gross annual income at or below \$27,180 for a 1 person household or \$36,620 for a 2 person household, customers can get a 15% reduction on their entire water bill, excluding Linebacker service. Customers are requested to apply through Operation Fuel by going to <https://operationfuel.org/>, clicking on GET HELP, then clicking on APPLY ONLINE. Assistance with this process is available through the Senior Center by calling 860-228-1700 to schedule an appointment.

## Eastern CT Veterans Community Center

### WHO WE ARE.....

- The Eastern CT Veterans Community Center is a safe, happy and positive space for veterans and their families. We opened our doors in June of 2021 and have touched the lives of nearly 800 of our country's bravest. The Center is a beautiful space where veterans can visit with each other, play a game of cards or billiards, share a cup of coffee, watch a movie or use our library.
- Every Wednesday 50-70 veterans come for our Coffee House from 9-11:00 AM and enjoy the comradery and family connectiveness that has grown between our servicemen. Each week they enjoy different speakers, presentations and videos over coffee and breakfast. **THE COFFEE HOUSE IS CURRENTLY MEETING AT HOPS 44, 625 MIDDLE TPK, STORRS (THE OLD ZENNY'S RESTAURANT)**
- Veterans that need assistance with their benefits, housing, employment and even learning how to use a computer, can make an appointment to meet with the Windham VA Veteran Representative.
- The Center is run completely by volunteers and donations. We collaborate with our partners to provide experts and care to meet our veterans needs. Our volunteers are incredibly strong advocates for veterans and we work closely with our municipal, state and federal lawmakers to make sure veterans are taken care of.
- If you would like to know more or would like to volunteer, please contact us at 860-423-6389. You can text us or leave a voice message.
- We have temporarily closed our facility at 1320 Main Street and are looking for a new home to continue to provide the services and support to our veterans. **WE CONTINUE TO OFFER ALL OF OUR SERVICES! THE CHAMBER OF COMMERCE HAS BEEN GENEROUS ENOUGH TO ALLOW US TO USE THEIR BUILDING AS WE SEARCH FOR SPACE.** Our home needs a large meeting space with plenty of accessible parking. Please call if you have space that you would like to see used to honor our military and their families.



## **DEADLINE SEPTEMBER 30TH**

### **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

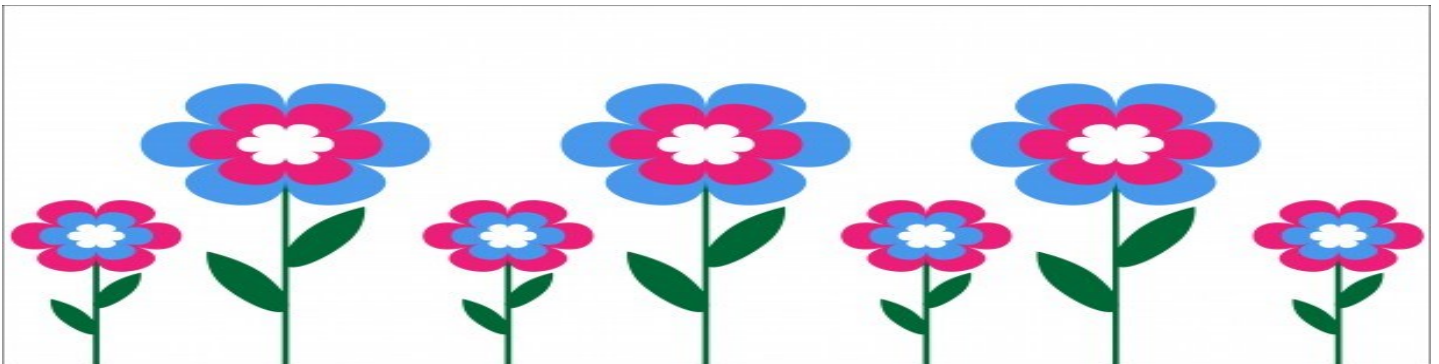
Persons renting an apartment or room may be eligible for this program with rebates up to \$900 for couples and \$700 for single persons. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (including electricity, natural gas, home heating oil, propane,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





## More detailed information about the following two programs will be in the October Newsletter

### 2022-2023 CT Energy Assistance Program (CEAP)

*Please note the eligibility criteria for the upcoming heating assistance program and the changes in award amounts*

The Connecticut Energy Assistance Program (CEAP) is designed to help offset home energy costs for eligible residents. Please contact the Senior Center at 860-228-1700 to make an appointment to apply starting October 17.

#### Federal Poverty Guidelines 2022-2023

Level	1 Person	2 People	3 People	4 People	5 People	6 People	7 People	8 People
1	\$16,987.50	\$23,237.50	\$28,787.50	\$34,687.50	\$40,587.50	\$46,487.50	\$52,387.50	\$58,287.50
2	\$27,180	\$37,180	\$46,060	\$55,500	\$64,940	\$74,380	\$83,820	\$93,260
3	\$39,791	\$51,996	\$64,230	\$76,465	\$88,669	\$100,933	\$103,227	\$105,521

#### Basic Benefit

Level	Poverty Guideline	Vulnerable Household 60+, disabled, or under 6	Non-Vulnerable House- hold
1	At or below 125% Federal Poverty Level	\$600	\$550
2	126% - 200% Federal Poverty Level	\$450	\$400
3	201% Federal Poverty Level – 60% State Median Income	\$300	\$250

### Medicare Open Enrollment is Approaching Choosing Between Original Medicare and Medicare Advantage

People with Medicare can get their health coverage through either Original Medicare or a Medicare Advantage Plan. Here is a look at the differences between the two options.

If you sign up for Original Medicare and later decide you would like to try a Medicare Advantage Plan, or vice versa, be aware that there are certain enrollment periods when you are allowed to make these changes. One of the enrollment periods that allows you to look at all of your options and join, switch, or drop a plan, is the Medicare Open Enrollment Period from October 15 – December 15 each year with your new coverage beginning on January 1.

#### Original Medicare

The traditional Medicare program offered directly through the federal government.

#### Medicare Advantage

Private plans that contract with the federal government to provide Medicare benefits.

Detailed Information coming in the October Newsletter. Open enrollment appointments begin Monday, October 17th and go through December 7th.

## What's Happening In Our Community

**RESCHEDULED!!**  
**Hebron Summer Concert Series**  
**presents**  
**THE SOUNDS OF FRANK - TRIBUTE**  
**TO FRANK SINATRA**  
**FRIDAY, September 2nd AT 6 PM**  
**17 Main Street, Hebron CT**  
**Bring a lawn chair, a blanket, a picnic**  
**dinner and relax on the lawn of the**  
**Century 21 Real Estate Building.**

St. Peter's Church Monthly Dinners/  
Events  
30 Church St. (Rte. 85)  
4:30-6:30pm—Dinners/Drive Thru  
Cost \$14  
September 17th—Turkey Dinner  
October 15th—TBD  
November 12th—Roast Pork Dinner  
December—TBA

- The birthstone for this month is Sapphire.
- A very interesting fact about September is that it is the ninth month, and it happens to have nine letters in its name; it is the only month to do so! It also happens to be the month with the longest name.
- 'Harvest Moon,' the fullest moon of the year, happens during September. It seems fit since September is the harvest month.
- September also happens to be a famous month in pop songs since it is the most mentioned month out of all the others.
- The first-ever newspaper in the United States was printed on 25th September 1690.
- We have Julius Caesar to thank for an important amendment in the calendar otherwise, September would just be 29 days.
- President Abraham Lincoln issued the Emancipation Proclamation to end slavery in the territories held by the Confederacy on September 22, 1862.
- According to various surveys, September happens to be the most popular birthday month. In fact, children born in September are more likely to succeed in school.
- September seems to be popular in pop culture as well! At least six movies have September in their titles, more than any other month.
- Some of the most popular celebrities who have their birthdays in the month of September are Beyonce, Nick Jonas, Will Smith, Zendaya, Charlie Sheen, Wiz Khalifa, P!nk, Adam Sandler, Hugh Grant, and Jennifer Hudson.
- September is the time when the season in the northern hemisphere starts to change from summers to winters.



**NATIONAL  
TAKE-BACK DAY**  
**Saturday 10/29/2022**  
**RHAM High School 10-2:00PM**

Providing a safe, convenient, and responsible means of  
disposing of unused/expired prescriptions and  
over-the-counter medications and vitamins

**AHMC**  **COALITION FOR A  
HEALTHY  
EMPOWERED  
COMMUNITY**



**Please join us for upcoming live events!**

**Registration is free and open to people of all ages and non-members.**

**Unless otherwise noted, please go to [www.AARP.org/CTEvents](http://www.AARP.org/CTEvents) to see all events & register.**

- **CT's Beardsley Zoo Virtual Series Sponsored by AARP CT:** Join Connecticut's Beardsley Zoo virtually on the **third Wednesday of the month at 7PM through October 2022** to learn about wildlife conservation on a local, national, and even global level.

- **Assistive Technology Showcase:**

Assistive technology can help people increase, maintain, or improve their ability to function in any aspect of life. Join AARP Connecticut and the New England Assistive Technology Center at Oak Hill for a series of free, in-person events that will highlight specific types of technology that can help people of all ages live safely and independently at home. These monthly events will also include a tour of the New England Assistive Technology Center's Smart Home on Wheels (SHOW). The SHOW is a mobile demonstration center where individuals and groups can learn more about how technology can support independent living. You can join us for the full series or for any event(s) of interest.

**9/6/22 from 6PM-8PM: Lighting the Path: Home Lighting as Assistive Technology**

**10/6/22 from 12PM-2PM: Having Fun with Assistive Tech: Video Games and Adaptive Controllers**

- **Master Class: Healthy Singing for the Adult Beginner by AARP Webinar Wednesday:**

This introduction to vocal technique for the adult beginning voice student will consist of a lecture, vocal exercises explained and demonstrated, and will conclude with a Q&A session. Everyone loves to sing and now there is an increasing amount of evidence suggesting that singing releases endorphins, serotonin, and dopamine, the "happy" chemicals that boost your mood and bolster confidence. This masterclass is designed to enhance your understanding of the basic healthy singing principles and is guaranteed to be as entertaining as it is educational! Masterclass Leaders: James Toland & Terri Dierkes.

**9/7/22 @ 7PM**

- **Virtual U: Athens and The Great Tragedian Playwrights:**

In this series we'll discuss how the works of the three great tragic playwrights – Aeschylus, Sophocles, and Euripides – reflect the glories and tensions of Athenian society during the remarkable 5th century BCE between the Persian and Peloponnesian Wars.

**9/14/22 @ 1PM - Aeschylus**

**10/12/22 @ 1PM - Sophocles**

**11/9/22 @ 1PM – Euripides**

- **Clean Cooking Demonstrations by AARP CT Webinar Wednesdays:**

Join award-winning cookbook author Terry Walters from her CT kitchen for this 4-part virtual clean cooking demonstration series. All recipes are vegan, gluten free, easy and delicious. Handouts will be sent in advance of the class and include recipes, shopping lists for those who want to cook along with, and more. Menus are listed on line. Register for each demo separately.

**9/21/22 @ 7PM - Savoring the Harvest**

**12/14/22 @ 7PM - Festive Small Bites**

- **Virtual U: Connecting the Galaxy to Community: James Webb Space Telescope by AARP CT Webinar Wednesdays**

Join Dr. Kristine Larsen, Professor of Astronomy at Central Connecticut State University, Connecticut's first Age-friendly University on this journey through space. It takes more than a village to make a space telescope. In the case of the cutting-edge James Webb Space Telescope, it took a veritable army of engineers, scientists, and administrators to bring the project from concept to cosmos over several decades. Join us on an exploration through space and time, as we review how the telescope came into existence (including the difficulties that were overcome through creativity and dedication) and how its anticipated discoveries will hopefully reshape our understanding of the universe, its impact on our communities and our place in it.

**9/28/22 @1PM**

**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](http://www.URCommunityCares.org)**

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

**or email [info@URCommunityCares.org](mailto:info@URCommunityCares.org)**



# COVID-19 & Flu 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](mailto: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**

- Thursday 9/1, 11am - 2pm, East Hampton Town Hall - 1 Community Drive - East Hampton In partnership with CT DPH/Griffin Health Pfizer 6 mo+, Moderna 6 mo+, JJ 18+
- Thursday 9/8, 330pm - 630pm, Hebron Park and Rec - 148 East Street - Hebron In partnership with CT DPH/Griffin Health Pfizer 6 mo+, Moderna 6 mo+, JJ 18+
- Friday 9/9, 230pm - 530pm, Richmond Library - 15 School Drive - Marlborough In partnership with CT DPH/Griffin Health Pfizer 6 mo+, Moderna 6 mo+, JJ 18+
- Thursday 9/15, 4pm - 7pm, RHAM High School - 85 Wall St - Hebron In partnership with CT DPH/Griffin Health Pfizer 6 mo+, Moderna 6 mo+, JJ 18+
- Saturday 9/17, 1pm - 5pm, Colchester Town Green - 80 Main St - Colchester In partnership with CT DPH/Griffin Health Pfizer 6 mo+, Moderna 6 mo+, JJ 18+
- Tuesday 9/20, 330pm - 630pm, Colchester Fire Department - 52 Old Hartford Rd - Colchester In partnership with CT DPH/Griffin Health Pfizer 6 mo+, Moderna 6 mo+, JJ 18+
- Saturday 9/24, 9am - 3pm, Colchester Town Green - 80 Main Street - Colchester In partnership with CT DPH/Griffin Health Pfizer 6 mo+, Moderna 6 mo+, JJ 18+
- Wednesday 9/28, 4pm - 730pm, Douglas Library - 22 Main Street - Hebron In partnership with CT DPH/Griffin Health Pfizer 6 mo+, Moderna 6 mo+, JJ 18+

## **\*\*FLU & COVID VACCINE CLINICS AT HEBRON SENIOR CENTER\*\***

**Thursday, October 20th at the Hebron Senior Center from 10:00—12:00. ALL AGES.**

It is expected that the high dose flu vaccine for 65+ will be available, the regular flu vaccine, along with the reformulated versions of the Moderna and Pfizer-BioNTech booster vaccines. Known as "bivalent" vaccines they are designed to protect against the original strain and the highly contagious omicron variant. Consent form which needs to be completed by everyone available at the Senior Center or on-line at Chatham Health ([Chathamhealth.org](http://Chathamhealth.org))

Please bring your insurance card and ID. The following insurance is accepted; Aetna, Anthem BC/BS, Cigna, ConnectiCare, Medicare Part B. We are unable to accept United HealthCare.

**Thursday, November 17 at the Hebron Senior Center from 10:15—12:15. ALL AGES.**

Same information as above.



## Sudoku

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

### 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

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

## Dessert Recipe

### Easy Caramel Apple Dump Cake

#### Ingredients

- 40 ounces apple pie filling
- 1/3 cup caramels, diced
- 1 box yellow or white cake mix
- 2 sticks butter, cut into 1 tablespoon sections

#### Directions

- Preheat oven to 350 degrees F.
- To greased 9x13" cake pan, add apple pie filling and caramels.
- Layer dry cake mix on top of filling.
- Then, add pats of butter on top of cake mix, spacing evenly.
- Bake for 45 minutes or until crust is golden brown and filling is bubbly.



### 3-Ingredient Grilled Peach Cobbler

#### Ingredients

- 2 (29 ounce) cans peach halves in heavy syrup
- 1 (15.25 ounce) box vanilla cake mix
- 1 stick unsalted butter cubed (plus 1 tablespoon or cooking spray)

#### Directions

- Preheat grill to medium-high. Grease a disposable 9 x 13-inch aluminum pan with the 1 tablespoon of butter (or simply spray with cooking spray.)
- Pour both cans of peaches (with their syrup) into the pan. Pour the dry cake mix evenly over the top of the peaches.
- Scatter the cubed butter pieces all over the top. Cover pan tightly with aluminum foil.
- Place pan on the grill, cover the grill with lid and grill about 30 minutes. Take foil off and grill an additional 10 minutes or until lightly browned, hot and bubbly. Serve with vanilla ice cream, whipped cream and garnish with mint if desired.

## Recipes

### 5-INGREDIENT BUTTERNUT SQUASH, ARUGULA AND GOAT CHEESE PASTA

#### Ingredients

- 1 medium butternut squash, peeled, seeded and diced into 3/4-inch cubes
- 1 tablespoon vegetable oil (or any high-heat oil)
- salt and freshly-cracked black pepper
- 12 ounces whole wheat dried pasta
- 2 ounces goat cheese
- 2 big handfuls fresh baby arugula
- 1/3 cup toasted pine nuts

#### Directions

- Heat oven to 425°F. Line a baking sheet with parchment paper (or mist it with cooking spray).
- In a large mixing bowl, combine the butternut squash and oil, and toss until the squash is evenly coated. Spread the squash out the prepared baking sheet in an even layer. Bake for 20-25 minutes, flipping the squash at the halfway point then returning them to the oven, until the squash are cooked through and soft on the inside. Remove and set aside.
- While the squash is cooking, bring a large stockpot of generously-salted water to a boil. Add the pasta and cook al dente, according to package instructions. Once it reaches al dente, scoop out about 1 cup of the pasta water and set it aside for later. Then drain the rest of the water and return the pasta to the stockpot. Immediately add in the goat cheese along with 1/4 cup of the reserved pasta water, and toss until the cheese is completely melted and is evenly coating the pasta. (If it seems too thick and you'd like a lighter "sauce", add in a few more tablespoons of the pasta water at a time until the cheese reaches your desired consistency.) Add in the arugula, pine nuts and roasted butternut squash, and toss until combined.
- Serve immediately, garnished with extra black pepper if desired.



### STOVETOP PORK CHOPS WITH APPLE CIDER GRAVY

#### Ingredients

- 4 thick-cut boneless pork chops (about 2 lbs. total)
- 2 teaspoons minced garlic
- ½ cup apple cider (or sub with apple juice)
- 1 tablespoon Dijon mustard
- ⅓ cup heavy cream, at room temperature

Optional garnish: fresh rosemary

#### Directions

- Season pork chops liberally with salt and pepper on both sides.
- Heat about 2 teaspoons of olive oil in a large skillet over medium-high heat for 1-2 minutes. Swirl to coat the pan. Add garlic and cook, stirring constantly, for about 1 minute.
- Add chops to the skillet and cook for 7-9 minutes per side, or until golden brown and cooked through. The chops are done when they reach an internal temperature of 145 degrees F. Remove chops to a plate and set aside.
- Reduce heat to low, and pour cider into the same pan. Let the cider simmer for about 1 minute, scraping the bits from the bottom of the pan as you stir. Add mustard and stir in cream.
- Cook sauce for about 3 more minutes, stirring frequently, until thickened slightly. Spoon over chops and garnish with fresh rosemary, if desired.
- Cooking just for two? Prepare two pork chops instead of 4. You can still make the same amount of gravy, so the rest of the ingredients do not need to change.
- You can use regular or wholegrain Dijon mustard for this recipe.
- Choose thick-cut high-quality pork chops for the best flavor and results.



## 1950's Songs

Find and circle all of the 1950's song titles that are hidden in the grid. The remaining letters spell the title of an additional 1950's

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

BLUEBERRY HILL  
 BO DIDDLEY  
 BYE BYE LOVE  
 CRAZY ARMS  
 DJANGO  
 DONNA  
 EVERYDAY  
 FEVER  
 HEARTBREAK HO-  
 TEL  
 HONKY TONK

HOUND DOG  
 JAILHOUSE ROCK  
 KANSAS CITY  
 LA BAMBA  
 LONELY TEARDROPS  
 LONG TALL SALLY  
 MACK THE KNIFE  
 MANNISH BOY  
 MAYBELLENE  
 MISTY

MONA LISA  
 MOVE IT  
 MYSTERY TRAIN  
 NIGHT TRAIN  
 ONLY YOU  
 PEGGY SUE  
 RAVE ON  
 RED HOT  
 RIP IT UP  
 RUMBLE

SEARCHIN'  
 SHOUT  
 SIXTEEN TONS  
 SPEEDO  
 SUZIE Q  
 TAKE FIVE  
 TEQUILA  
 TUTTI FRUTTI  
 YAKETY YAK  
 YOU SEND ME