

2023

Hebron

Senior Center Newsletter



RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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

Sharon Garrard	x 203	Senior Services Director/Municipal Agent for the Elderly	sgarrard@hebronct.com
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Linda Zaccaro	x 200	Receptionist	
GENERAL QUESTIONS OR SIGN-UP FOR A PROGRAM			seniorcenter@hebronct.com

SENIOR CENTER CLOSED on Monday & Tuesday December 25th & 26th & Monday, January 1st
Very limited programing for Wednesday, December 27th—Friday, December 29th—see calendar

AARP Driver Course

Tuesday, December 5th we will be hosting the AARP Driver's Course. 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 Monday, December 4th 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. Please note, coffee will be available in the morning, but no food is served, so if you may need something to nosh on, please feel free to bring it with you.

Chatham Health Flu/Covid Vaccine Clinic

Wednesday, December 6th - 1:00-3:00pm. The regular flu vaccine, along with the reformulated version of the Covid vaccine and the high dose flu vaccine for 65+ will be available. You can get both shots on the same day. Consent form which needs to be completed by everyone available at the Senior Center or on-line at Chatham Health (Chathamhealth.org) Please bring your insurance card and ID. The following insurance is accepted; Aetna, Anthem BC/BS, Cigna, ConnectiCare, Medicare Part B. They are unable to accept United HealthCare. Pre-registration NOT required.

Movie Monday(s) - December 11th & 18th at 12:30PM

Come early and sign-up for lunch if you'd like (by Friday at 9:30am) lunch served at Noon (\$3—see menu on page 10). To sign-up for the movie OR lunch and the movie call 860-228-1700. **Monday, December 11th Miracle on 34th Street**, A department store Santa is out to prove he's the real Claus in this spirited 1947 holiday classic. **Monday, December 18th, It's a Wonderful Life**. An angel is sent from Heaven to help a desperately frustrated businessman by showing him what *life* would have been like if he had never existed.

Free Lunch & Learn Sponsored by Marlborough Health & Rehabilitation Center

Wednesday, December 13th Noon, here at the Russell Mercier Senior Center in Hebron Doors open at 11:45. The topic will be on Facing the Holiday Blues. Lunch is included and it is free. It's a very good bagged lunch of either turkey or tuna sandwich, chips, a big cookie, and water. You get full on lunch and full of knowledge. Deadline to register is Monday, December 11th by 10:00am.

RHAM Middle School Chorus Carol Sing-A-Long, Friday, December 15th 10:45am

Please join us as we welcome the RHAM Middle School Chorus for their yearly caroling performance. There will be light refreshments available and we do ask you to pre-register so we know how many to plan for. Please call 860-228-1700 to sign-up. Let's have a great turnout to celebrate the kids performing.

Holiday Party featuring the Sunshine Singers

Thursday, December 21st. Doors open at 10:45 and the Sunshine Singers will perform at 11:00am, lunch will be served at Noon. We are expecting a special guest visit, so come and enjoy the show and share lunch together to get into the holiday spirit. Lunch will be Appetizers, Swedish Meatballs, Garlic Smashed Potatoes, Peas & Diced Carrots, Wheat Bread, Frosted Carrot Cake, and Punch/coffee/tea. Cost is \$3 per person and you must pre-register by Tuesday, December 19th at Noon, 860-228-1700.

Deadline is approaching for Medicare Open Enrollment—December 7th

Detailed Info Page 6—Medicare's open enrollment period is now open through December 7. If interested in evaluating your options for Medicare health and drug coverage for 2024, please contact the Senior Center at 860-228-1700 to set up an appointment.

Energy Assistance Winter Heating Program Detailed info on page 7

The Senior Center is taking applications for the CT Energy Assistance Program (CEAP). The Connecticut Energy Assistance Program is designed to help offset the winter heating costs for a household's primary heating source. If the household's primary heating costs are included in rent, the household may also apply for assistance. To make an appointment, please call 860-228-1700.

HEBRON COMMISSION ON AGING

Chairperson: Tonya Maurer

Members: Cathy Litwin, Dianne Welch, Sandy Waldo, and Angela Corentin, Jo Souza

Alternates: (1 open spot on board and for an alternate) Board of Selectmen Liaison: Gail Richmond

The next scheduled Commission on Aging Meeting is scheduled for Wednesday, January 3, 2024 - 8:30am at the 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

Please visit us at 26 Pendleton Drive, Hebron.

Dedicated to serving the needs of Hebron and surrounding communities through our client choice food pantry.

Pantry hours are EVERY Tuesday and Thursday (9 am to 6 pm), and on Friday from 12 pm 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 welcome, no forms to fill out. Please bring your own bags.

To talk to us about any of our services please call 860-228-1681.



Bus transportation to mobile Food Truck and the Food Bank

Mobile Food Truck Transportation

Tuesday, December 5th and 19th — Pick-ups based on who is signed up (approximately 10:45) food truck arrives 11:15 at the Church of Hope/Red barn Corner of RT 85 & Rt 66. Everyone welcome, no forms to fill out. Please bring your own bags. Must sign-up by 10:00am Monday the day before, 860-228-1700.

Food Bank Transportation

As needed—please call to schedule a time—860-228-1700. Pantry hours are EVERY Tuesday and Thursday (9 am to 6 pm), and on Friday from 12 pm to 5 pm

Weekly Shopping Trips

Pre- registration is required by Thursday at 10am. Pick-ups will begin in the general time of 10:00am based on where pick-ups will be—December 1st Stop and Shop, Friday, December 8th Aldi's AND Walmart, **Thursday, December 14th Big Y**, Friday, December 22nd Stop and Shop, December 29th Big Y. Please call 860-228-1700.

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 10:00AM ON FRIDAYS FOR MONDAYS LUNCH. Reservations called in after 9:30am for the next day cannot be accepted. A donation of \$3 is requested per meal. Please see the MENU on page 11

Transportation

Through the Russell Mercier Senior Center, transportation is available for seniors (60 years and older) and adult disabled individuals via two handicapped accessible vans and a car for medical care, shopping, banking, or other needs. Hebron/Amston Residents. Dial-a-Ride operates on a first-come—first-served basis with a minimum of 24hr notice (48hrs for new riders). Making appointments sooner versus later increases likelihood of availability.

- Non-emergency medical/pharmaceutical appointments/transportation Senior Center's congregate nutritional lunch program
- Appointments related to financial/homecare/legal assistance programs
- Group clinics/health screenings (e.g., those scheduled at the Senior Center)
- Senior Center social events/outings, informational/educational sessions, etc.
- For personal care needs, trips limited to within Hebron or contiguous towns (Andover, Bolton, Colchester, Columbia, Glastonbury, Lebanon, Marlborough)
- Fares are charged for transportation. You can get the fee schedule by calling the senior center.

Thank you for the Donations Thank you for the various donations to the senior center that range from goods to monetary; Stella Stanesco and Alberta Pomproicz (if we missed your name please let us know and we will get it in the next newsletter)

Programs and Activities

Bus Lunch Trip—The Log Cabin in Lebanon—Tuesday, December 12th leave at Noon, Transportation \$3. Nestled in the woods of Lebanon, CT, Roberto's Log Cabin is The Cozy, Rustic Home of Comfort Food™. Family owned and operated, The Cabin as it is fondly known offers a diverse Menu of hearty fare. To sign-up 860-228-1700

Chatham Health Monthly Presentation

Chatham Health is presenting a free health related topic each month. It is a 30 minutes presentation on the 3rd Tuesday of the month. **Wednesday, December 20th at 2:00pm.** To register, call 860-228-1700.

RHAM Bingo—3rd Wednesday of the month

Join us for Bingo on the 3rd Wednesday of each month beginning **Wednesday, December 20th, 2:30-4:00pm.** The games will be run by the RHAM National Honor Society Students. The games are free and prizes are awarded.

Fun with Stitches Open Quilting Group AND Created To Create Open Arts Group

We are combining the groups (we have plenty of space) pooling the creative energy. **Friday 10:15am-12:15pm December 1st, 8th, and 22nd. (nothing on December 15th due to the RHAM Middles School Chorus performing)** This will be an open time to come work on your quilting projects and we're calling all arts enthusiasts, of any and all kinds, who would like to gather together to work on their projects. Please bring your supplies and we provide the space for creating and comradery. We do ask for you to pre-register, so we know how many people to prepare for, 860-228-1700.

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.

Hand & Foot Canasta Cards—Tuesday Afternoon

Tuesdays—12:45pm – 3:15pm. 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. Please call 860-228-1700 to register if it's your first time.

Knitting/Crocheting/Needle Group—Tuesdays

For those who would like to knit, crochet, or any kind of needle work come connect, share ideas, techniques, patterns, & maybe even teach others a new skill. The group meets 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 continuously 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.

Mindful Meditation—changing day and time

We are moving to Monday's after Yoga (2x/month) starting at 11:25. December dates are the 4th & 18th. In January it will be Monday, January 8th & 22nd. The class is free. 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.

YOGA

The present session runs through **December 20th.** Our new instructor, Laurie Pasteryak, has extensive teaching experience in yoga. Her classes will be suitable for both the experienced and beginner yogis who can do their practice on either the floor or in a chair. Laurie has tremendous energy and will bring that positivity to her classes. The next session will be **January 3rd – February 7th (Mon. & Wed.) 10 classes for a cost of \$30.** No class January 15th—we are closed. Drop-in fee is \$5 per class. To register, call 860-228-1700.

Massage Therapy

Every Monday & Thursday—massage therapist, **Beverly Williams** offering 25 minute or 50 minute chair/table or hot stone massages for \$25/\$50 accordingly, Mondays 9:00am—3:30pm (last appointment at 3:00pm if 25min appt.) and Thursdays 9:00-3:30pm (last appointment at 3:00pm if 25 min appt.) To make an appointment, please call 860-228-1700.

Programs and Activities

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.

Mahjongg Thursdays 12:45—3:15 The goal of mahjongg 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 mahjongg 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.

Sunshine Singers—Thursday Mornings

They meet Thursdays from 10:15am to 11:45am. The Sunshine Singers welcome any and all who enjoy singing and would love to share their talents with others. 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.

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). To reserve a time please call 860-228-1700.

PLANNING AHEAD—SAVE THE DATES

Bus Trip—Lunch—Cracker Barrel Tuesday, January 9th—Yes we did just go, BUT isn't it all about the shopping anyway? We're hoping there might be post holiday sales, so we figured let's go again. Leaving at 10:45am and returning approximately 2:45. Transportation cost is \$5. To sign-up, call 860-228-1700.

Chatham Health Monthly Presentation

Chatham Health is presenting a free health related topic each month. It is a 30 minutes presentation on the 3rd Tuesday of the month. **Wednesday, January 17th at 2:00pm**. The topic will be on emergency preparedness. To register, call 860-228-1700.

RHAM Bingo—3rd Wednesday of the month

Join us for Bingo on the 3rd Wednesday of each month beginning **Wednesday, January 17th 2:30-4:00pm**. The games will be run by the RHAM National Honor Society Students. The games are free and prizes are awarded.

What's Happening In Our Community

St. Peter's St. Nicholas Fair is Almost Here!!!

On December 2nd from 9:00 a.m., to 3:00 p.m., holiday shoppers will be treated to a country store with home-made jams, jellies, a bake table of breads, pies, baked goods, and other holiday treats. There will be a gift-giving table, an Attic Treasures & a Jewelry table, homemade craft items, needlework, RADA cutlery and mixes catalog for ordering, and the finest vendors. Greened centerpieces and cemetery boxes will be for sale.

Kids can have
their picture
taken with Santa.

Holiday
Centerpieces



Gifts &
decorations
galore

Soups &
sandwiches

Bagels & donuts will be available for breakfast or brunch. A luncheon will feature our homemade chowders, chicken salad, tuna salad, egg salad sandwiches, and hot dogs.

Hebron Holiday Celebration-Saturday Dec 2, 3-5pm

Join us for: Holiday Stories, Crafts, Music, Hot Chocolate, Visit from Santa, Caroling, Train Display at Old Town Hall. The return of the SnoFolk! Tree Lighting at 5:00 p.m. Fun for all ages. At the Old Town Hall and Douglas Library—22 Main St. Hebron

Hope Farm Animal Sanctuary In Coventry Craft Fair Fundraiser

Church address—
1171 Main St. Coventry
For more information
please call Lisa at
774-289-4361



VFW Post 5095 Annual Craft Fair

Saturday December 2nd

8 am - 3 pm

20 North Maple St. East Hampton, CT

Come Visit Local Vendors with Their

Handcrafted Items!



What's Happening In Our Community

A MESSAGE ABOUT THE HEBRON FD SANTA TOUR 2023

IN 2010, AS A PART OF THE HEBRON FIRE DEPARTMENT'S 75TH ANNIVERSARY CELEBRATION, A SMALL HANDFUL OF MEMBERS TOSSED A FEW STRANDS OF LIGHTS ONTO ENGINE-TANKER 210 AND TOURED THE TOWN WITH SANTA, MUCH TO THE SURPRISE OF ONLOOKERS. LITTLE DID WE KNOW 13 YEARS AGO THAT THIS WAS THE START OF A MOST CHERISHED TRADITION. SINCE THEN, WE HAVE GROWN THIS EVENT INTO FOUR NIGHTS OF HOLIDAY CELEBRATION, WITH A DECKED OUT FIRE ENGINE, SANTA'S SLEIGH, AND MILES UPON MILES OF ROUTES ACROSS TOWN. WHILE THE EVENT HAS GOTTEN BIGGER, SO HAS THE TIME COMMITMENT ASKED OF OUR VOLUNTEERS, THOUGH ROSTER HAS FEWER MEMBERS THAN WHEN WE STARTED OVER A DECADE AGO. THIS YEAR WE HAVE TO SCALE BACK IN ORDER TO MAINTAIN OUR COMMITMENT TO PROTECTING OUR COMMUNITY (OUR HIGHEST PRIORITY). IN AN EFFORT TO CONTINUE MAKING THIS EVENT AS FAR-REACHING ACROSS TOWN AS POSSIBLE, WE WILL ONLY BE VISITING DESIGNATED "SANTA STOPS" WHERE WE HOPE YOU MIGHT CONGREGATE WITH FAMILY, FRIENDS, AND NEIGHBORS SO THAT SANTA CAN MEET AS MANY CHILDREN AS POSSIBLE. WE CANNOT GUARANTEE THE TIMING, BUT WILL DO OUR BEST TO ANNOUNCE OUR ROUTE PROGRESS ON SOCIAL MEDIA, AS WE ALWAYS HAVE. WE ARE GRATEFUL FOR YOUR UNDERSTANDING, AND ARE HOPEFUL THAT FUTURE CITIZENS WILL JOIN OUR RANKS SO WE CAN RETURN TO A MORE EXPANDED EVENT IN THE FUTURE. WISHING ALL OF OUR FELLOW NEIGHBORS A HAPPY AND HEALTHY HOLIDAY SEASON.

HEBRON FIRE DEPARTMENT SANTA TOUR 2023



TOWN CENTER
FRIDAY - DECEMBER 1ST
5:30PM START

SANTA STOPS
INT CONGRESS & OLD DANIELS
SMITH FARM RD
INT BLACKMAN AND JENNIFER DR
INT CEDAR RIDGE & WILDFLOWER
VILLAGE LANE
KRISTEM LANE
FOX RIDGE

For 2023 Santa will only be stopping at the designated Santa Stops. We encourage gatherings at these stops so Santa can visit as many families as possible. Routes are subject to change. Follow Hebron FD's Facebook page for route updates. Estimate 2-3 stops per hour. Tour may be paused or suspended in the event of a 911 emergency (Santa is first responder trained, after all)

V1.0

HEBRON FIRE DEPARTMENT SANTA TOUR 2023



GILEAD
SATURDAY - DECEMBER 2ND
5:00PM START

SANTA STOPS
HEBRON TREE LIGHTING (LIBRARY 5PM)
INT SCARBORO RD & INDIAN FIELD
INT JAGGER LN & BISSEL RIDGE
INT GILEAD LANDING & WARNER POND
HEARTHSTONE
INT TANNERY HILL & WEST BRANCH
INT CHARLES LN & BRIAN DR
HEBRON FIRE DEPT CO 3 (NORTH ST)
INT CAROLYN & JAN DR (EAST CLOSER TO BRIGHTON)
INT BRIGHTON & YORKSHIRE
INT HICKORY AND WEBSTER

For 2023 Santa will only be stopping at the designated Santa Stops. We encourage gatherings at these stops so Santa can visit as many families as possible. Routes are subject to change. Follow Hebron FD's Facebook page for route updates. Estimate 2-3 stops per hour. Tour may be paused or suspended in the event of a 911 emergency (Santa is first responder trained, after all)

V1.0

Santa started his tour on Wednesday, November 29th and Thursday, November 30th, so if you don't see your street it was most likely one of those nights.



Hebron Lions Lights in Motion

CT's Newest Christmas Light Drive Thru featuring 1 Mile of 1 Million Synchronized LED Christmas Lights all to support Children's Charities. At the Hebron Fairgrounds. \$40 Per Vehicle includes all legally seated occupants. Purchase tickets at the gate or online www.lionslightsinmotion.org/

H O L I D A Y

Craft Fair
December 9th
9 - 3:30
\$2 Admission per adult
92 Church Street- Hebron CT
Hebron Elementary School
An event to benefit the HHHS Food Pantry

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOV 26 5 - 8 pm	NOV 27 Closed	NOV 28 Closed	NOV 29 Closed	NOV 30 5 - 8 pm Hanukkah Begins	NOV 23 Closed Thanksgiving	NOV 24 5 - 9 pm Opening Night
DEC 3 5 - 8 pm	DEC 4 Closed	DEC 5 Closed	DEC 6 Closed	DEC 7 5 - 8 pm	DEC 8 5 - 9 pm	DEC 9 5 - 9 pm
DEC 10 5 - 8 pm Military Night	DEC 11 Closed	DEC 12 Closed	DEC 13 Closed	DEC 14 5 - 8 pm	DEC 15 5 - 9 pm	DEC 16 5 - 9 pm Ugly Sweater Day
DEC 17 5 - 9 pm	DEC 18 Closed	DEC 19 5 - 8 pm	DEC 20 5 - 8 pm	DEC 21 5 - 9 pm	DEC 22 5 - 9 pm	DEC 23 5 - 9 pm
DEC 24 Closed Christmas Eve	DEC 25 5 - 8 pm Christmas	DEC 26 5 - 8 pm	DEC 27 5 - 8 pm	DEC 28 5 - 9 pm	DEC 29 5 - 9 pm	DEC 30 5 - 9 pm
DEC 31 5 - 8 pm New Years Eve	JAN 1 Closed New Years Day					



100% of Net Proceeds
To Children's Charities



DEADLINE APPROACHING *IMPORTANT NEWS Medicare Open Enrollment*****

Medicare Open Enrollment which occurs every year from October 15th through December 7th is the time to review your current health insurance coverage.

Even if you are satisfied with your current coverage, it is highly recommended that you look at other options that could better suit your individual needs, and potentially save you money, in the upcoming year.

Coverage and out of pocket costs vary widely among both Medicare Advantage (Part C) plans and Prescription Drug Plans (Part D). Plans can change from one year to the next, which could lead to unexpected and avoidable costs and disruptions in care for beneficiaries who do not review their options annually. For example, changes in provider networks could mean beneficiaries lose access to their preferred doctors, while changes in the list of covered drugs and cost-sharing requirements could result in higher out-of-pocket drug costs. Additionally, beneficiaries' health care needs can change from one year to the next, making it even more important to compare coverage options annually. Even without a change made by their plan or a change in health status, beneficiaries may be able to find a plan that better meets their individual needs or lowers their out-of-pocket costs. It is therefore highly recommended that beneficiaries review and compare their Medicare options each year.

During Medicare Open Enrollment you can –

- Join a new Prescription Drug Plan (Part D) or Medicare Advantage Plan (Part C)
- Switch from Original Medicare to Medicare Advantage or from Medicare Advantage to Original Medicare

Any change that you make during Medicare Open Enrollment will take effect January 1

**Appointments available through Thursday, December 7th
call 860-228-1700 to make an appointment.**



Free Confidential Short-term mental health counseling for individuals 18 and up in the Hebron area.

Individual Counseling Sessions with MSW Intern Michele Boutin.

After several sessions, if needed, a referral to continue mental health services will be given.

Please call Michele to schedule an initial session.

Phone: 860-228-1700 Ext. 204

Location: 12 Stonecroft Drive Hebron CT. 06248

Counseling Services being offered for the following:

Depression
Anxiety
Relationships
Trauma
Bereavement
Life Transitions
PTSD
Substance misuse

In-person and virtual appointments are available.

Supervision is provided by a Licensed Clinical Social worker.

2023-2024 CT Energy Assistance Program (CEAP) and the New Eversource Low-Income Discount Rate

Please note the eligibility criteria for the upcoming heating assistance program and the changes in award amounts. Please note information regarding the new Eversource Low-Income Discount Rate.

The Connecticut Energy Assistance Program (CEAP) is designed to help offset home energy costs for eligible residents.

Federal Poverty Guidelines/State Median Income 2023-2024

Level	1 Person	2 People	3 People	4 People	5 People	6 People	7 People	8 People
1	\$18,225	\$24,650	\$31,075	\$37,500	\$43,925	\$50,350	\$56,775	\$63,200
2	\$29,160	\$39,440	\$49,720	\$60,000	\$70,280	\$80,560	\$90,840	\$101,120
3	\$41,553	\$54,338	\$67,124	\$79,910	\$92,695	\$105,481	\$107,878	\$110,275

Basic Benefit

Level	Poverty Guideline	Vulnerable Household 60+, disabled, or under 6	Non-Vulnerable Household
1	At or below 125% Federal Poverty Level	\$530	\$480
2	126% - 200% Federal Poverty Level	\$380	\$330
3	201% Federal Poverty Level – 60% State Median Income	\$230	\$180

CRISIS ASSISTANCE BENEFITS address the heating needs of deliverable fuel heated households that have exhausted their Basic Benefits and are still at imminent risk of losing heat.

Eligible deliverable fuel heated households will be eligible to receive a Crisis Assistance Benefit of \$410. All deliverable fuel eligible households may receive a Crisis Assistance Benefits of \$410 each during the program year. Eligible households at level 1 and 2 may receive a second Crisis Assistance Benefit of \$410 during the program year. Utility heated households (e.g., electric and natural gas heated households) are not eligible for Crisis Assistance Benefits.

SAFETY NET ASSISTANCE BENEFITS will not be available during the 2023-2024 program year.

Rental Assistance Benefits are available to those households who do not make direct-to-vendor payments for their primary source of heat. Households that are determined eligible for Rental Assistance Benefits will receive a direct cash benefit to defray heating costs.

Level	Poverty Guidelines	Amount
1	Up to 125% of Federal Poverty Guidelines	\$125
2	126% -200% Federal Poverty Guidelines	\$100
3	201% Federal Poverty Guidelines - 60% State Median Income	\$75

NEW!!! – Eversource Low-Income Discount Rate

Starting no later than 1/1/2024, Eversource will begin offering a two-tiered Low-Income Discount Rate to eligible households. For those who heat with electricity, this discount rate will be applied to the first 1,200 kWh/month.

For those who do not heat with electricity, this discount rate will be applied to the first 800 kWh/month. Tier 1 households (households up to 60% State Median Income – see Level 3 income listed above) will be eligible for a 10% discount on the portion of their bill as noted above dependent upon heat source. Tier 2 households (households up to 160% Federal Poverty Guidelines – see chart below) will be eligible for a 50% discount on the portion of their bill as noted above dependent upon heat source.

160% Federal Poverty Guidelines

1 Person	2 People	3 People	4 People	5 People	6 People	7 People	8 People
\$23,328	\$31,552	\$39,776	\$48,000	\$56,224	\$64,448	\$72,672	\$80,896

Based on the new Low-Income Discount Rate, total monthly payments will be recalculated, and a new Monthly Payment schedule will be provided.

Please contact the Senior Center at 860-228-1700
to make an appointment to apply starting October 16



Coffee n' Chat

(or just chat if you don't like coffee)

January 10th at 11:30 am

HOSTED BY THE RUSSELL MERCIER SENIOR CENTER

12 STONECROFT DRIVE HEBRON CT.

FACILITATED BY MICHELE BOUTIN, SOCIAL WORKER

Monthly gatherings to openly discuss issues and challenges you may be

Experiencing and receive support from your peers.

Coffee and Tea will be provided.

FOR MORE INFORMATION CALL MICHELE BOUTIN AT 860-228-1700 EXT. 204

Registration is not required.



CAREGIVER SUPPORT GROUP

HOSTED BY THE RUSSELL MERCIER SENIOR CENTER

12 STONECROFT DRIVE HEBRON CT.

FACILITATED BY MICHELE BOUTIN, SOCIAL WORKER.

THE CAREGIVER SUPPORT GROUP OFFERS A SAFE PLACE TO DISCUSS THE STRESSES, CHALLENGES, AND REWARDS OF PROVIDING CARE FOR A LOVED ONE.

Coffee and tea will be provided

December 13th at 1:30 pm

FOR MORE INFORMATION CALL MICHELE BOUTIN AT

860-228-1700 EXT. 204

Registration is not required.

Eastern CT Veterans Community Center

47 Crescent Street

Willimantic, CT, 06226

860-423-6389

easternCTveteranscenter@gmail.com

WHO WE ARE.....

- Every Wednesday 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. Windham Regional Veterans Coffeehouse **EVERY WEDNESDAY, 9-11 AM NEW LOCATION 47 Crescent St. Willimantic CT**
- Variety of speakers, announcements, updates and camaraderie... plus coffee & donuts. Veterans of any age or branch of our Armed Forces are welcome to join us!
- 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.

FREE Medical Clinic at the Veterans Center

Thursday, December 14

10AM -2 PM

47 Crescent St. Willimantic CT

Hartford Health Care will host a Neighborhood Health Clinic.





No appointments are necessary and services are free.

You will be able to visit with a provider, get lab testing, prescription assistance, vaccinations, referrals and follow up care from injuries or illness. Additionally, our partners (Generations, TVCCA and Senior Resources) will provide access to energy assistance, SNAP, housing assistance, childcare referrals and senior resources. There is plenty of parking and the facility is accessible.

Hebron Senior Center Happenings.....December 2023

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
Senior Center Weather Closing Policy	If Schools are closed due to poor weather/ road conditions or a major power outage The Senior Center is closed and there will be NO Dial-A-Ride,	senior center activities, or Meals on Wheels. If schools have a <u>2 hour delay</u> , Center activities and transportation start @ 9:00AM.		December 1 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00 Shopping— S & S 10:15—12:15– Fun with Stiches Quilting Group AND Created to Create Art Space
4 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00-3:00—Massage 10:15-11:15 YOGA 11:25-11:55—New Date & Time—Meditation— 11:50—12:30—Lunch	5 9:00-1:00—AARP Driving Class 9:00—3:00 Exer. Rm 10:00—11:30—Knitting/ Crocheting/Needlework 11:00—11:45—Food Truck—must pre-register 11:50—12:30—Lunch 1:00—2:15 Stamping 1:00—3:15 Hand & Foot Canasta	6 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA 11:50—12:30—Lunch 1:00-3:00—Vaccination Clinic through Chatham Health—Flu & Covid	7 9:00—3:00 Exer. Rm 9:00-3:30—Massage 10:10—11:45—Sunshine Singers 11:50—12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg Hannukah Begins at Sunset 	8 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00 Shopping—Aldi's & Walmart 10:15—12:15– Fun with Stiches Quilting Group AND Created to Create Art Space
11 9:00—3:00 Exer. Rm 9:00-3:00—Massage 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA 11:50—12:30—Lunch 12:30 Movie –Miracle on 34th St. (1947 version)	12 9:00—3:00 Exer. Rm 10:00—11:30—Knitting/ Crocheting/Needlework 11:00 Food Bank—must pre-register 11:50—12:30—Lunch Noon—Bus Trip to Log Cabin in Lebanon 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 12:00—Lunch & Learn Free—Presented by Marlborough Health & Rehab -topic—Beating the Holiday Blues—pre-register by Dec 11th	14 9:00—3:00 Exer. Rm 10:00 Shopping—Big Y 10:10—11:45—Sunshine Singers 9:00-3:30—Massage 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 Doors open 10:45 Singing at 11:15—RHAM Middle School Chorus Holiday Concert—light refreshments—please sign-up
18 9:00—3:00 Exer. Rm 9:00—3:00 Massage 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA 11:25-11:55 New Date & Time—Meditation 11:50—12:30—Lunch 12:30—Movie—It's A Wonderful Life	19 9:00—3:00 Exer. Rm 10:00—11:30—Knitting/ Crocheting/Needlework 11:00 Food Truck - must pre-register 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 11:50—12:30—Lunch 2:00 Chatham Health Pres 2:30—RHAM Bingo	21 9:00—3:00 Exer. Rm 10:10—10:45—Sunshine Singers— 9:00-3:30—Massage 10:45—12:45 Holiday Party Sunshine Singers 11:00am Lunch at Noon 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 10:00 Shopping— S & S 10:15—12:15– Fun with Stiches Quilting Group AND Created to Create Art Space
25 CLOSED FOR CHRISTMAS 	26 CLOSED FOR CHRISTMAS 	27 9:00—Noon Exer. Rm (notice time change for this week) 9:00-10:00—Enh. Fitness via ZOOM with Paul No Lunch	28 9:00—Noon Exer. Rm 9:00—1:30—Massage No Sunshine Singers No Lunch No Bingo	29 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00—Noon Exer. Rm 10:00—Shopping—Big Y Reminder—we are closed Monday, January 1st

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
4	Orange Juice All-Beef Hot Dog / Bun Ketchup/ Must / Relish Baked Beans Coleslaw Fruited Yogurt Cup	5	Stuffed Cabbage w/ Tomato Sauce Rice Broccoli Florets Wheat Dinner Roll Fresh Fruit	6	Cracker Crumb Cod Tartar Sauce Mashed Potatoes Parslied Carrots 100 % Wh Wheat Brd Fresh Fruit	7	Grape Juice Grilled Chicken & Cheddar Hero (Grilled Chicken Breast / Cheddar Cheese / Green Leaf Lettuce / Tomato/ Honey Must on Hero) / Macaroni Salad / Jello Cup
11	100 % Fruit Punch Juice Veggie Quiche Lyonnaise Potatoes Vegetable Medley Garlic Knot Lemon Pudding w/ Topping	12	Chef Salad (Grilled Chicken Brst /Lettuce/ Grape Toms/ Ham/ Swiss Cheese / Hard Boiled Egg / Carrots/ Ranch Dr) / Bread Stk / Fresh Fruit	13	FREE Lunch & Learn – Beating the Holiday Blues presented by Marlborough Health & Rehab Center Turkey or Tuna deli sandwich, chips, cookie, water Must pre-register by December 11 th , 10:00am	14	Stuffed Pepper w/ Sauce Rice Prince Edward Vegetables 100 % Whole Wh Bread Fresh Fruit
18	Italian Sausage w/ Peppers on a Hoagie Roll Capri Blend Vegetables Potato Wedges Ketchup Fresh Fruit <i>Remember to sign-up for lunch for the week of Tuesday, January 2nd</i>	19	Orange Juice Chicken Marsala Mashed Potatoes Broccoli Normandy Wheat Bread Cookie <i>Remember to sign-up for lunch for the week of Tuesday, January 2nd</i>	20	Kielbasa / Mustard Carmelized Onions Paprika Seasoned Diced Pots/Prince Edward Veggies Dinner Roll Fresh Fruit <i>Remember to sign-up for lunch for the week of Tuesday, January 2nd</i>	21	<u>Holiday Party featuring the</u> <u>Sunshine Singers Doors open 10:45</u> <u>-singing 11am, lunch at Noon</u> Appetizers Punch/coffee/tea Swedish Meatballs / Garlic Smashed Potatoes /Peas & Diced Carrots / 100 % Wh Br Frosted Carrot Cake <i>Remember to sign-up for lunch for the week of Tuesday, January 2nd</i>
25	Senior Center Closed in Observance of the Holiday Happy Holidays !!	26	Senior Center Closed in Observance of the Holiday Happy Holidays !!	27	We are open, but very limited activities. No Lunch	28	We are open, but very limited activities. No Lunch

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 may 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 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.

Sudoku

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

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

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

Dessert Recipes

Candy Bar Pretzel Bites

Ingredients

- 120 pretzel snaps
- 60 mini candy bars
- 2 cups white chocolate chips or semi-sweet
- 1/4 cup assorted Christmas sprinkles

Directions

- Preheat the oven to 250 degrees Fahrenheit. Line a cookie sheet with parchment paper or a silicone liner.
- Lay out as many pretzel snaps as you want candy bar bites.
- Top each pretzel with your mini candy bars.
- Place the pan in the oven and bake it for 3 to 4 minutes until the chocolate is melted, but they still hold their shape.
- Remove the pan from the oven and top each candy bar with another pretzel. Let the pretzel bites cool completely till the chocolate is set.
- Melt your white chocolate chips in a microwave safe bowl in 30 second increments, at half power, stirring after each until you can stir them smooth.
- Dip the pretzels half way into the melted white chocolate and place them back on the baking sheet.
- After every 4 or 5 pretzels being dipped, top them with sprinkles evenly.
- Let the pretzel bites set until the white chocolate is set. Then enjoy.



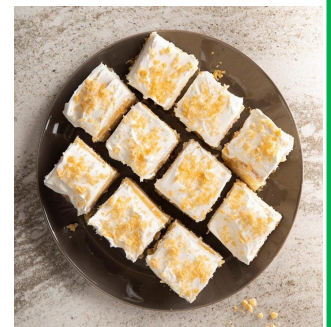
Oklahoma Coconut Poke Cake

Ingredients

- 1 package white cake mix (regular size)
- 1 can (15 ounces) cream of coconut
- 1 can (14 ounces) sweetened condensed milk
- 1 carton (16 ounces) frozen whipped topping, thawed (6-1/2 cups)
- 1 cup sweetened shredded coconut

Directions

- Preheat oven to 350°. Prepare and bake cake mix according to package directions, using a 13x9-in. baking pan.
- Meanwhile, in a small bowl, mix cream of coconut and milk. Remove cake from oven; place on a wire rack. Using a wooden skewer, pierce top of cake to within 1 inch of edge; twist skewer gently to make slightly larger holes. Spoon milk mixture evenly over cake, being careful to fill each hole. Cool completely.
- Spread whipped topping over cake; sprinkle with coconut. Refrigerate until serving.



Recipes

Four-Ingredient Slow-Cooker Pot Roast

Ingredients

- 1 (3- to 4-lb.) chuck roast, trimmed
- 1 tablespoon canola oil
- 1 (12-oz.) can beer
- 1 (0.7-oz.) envelope Italian dressing mix

Directions

- Brown roast in hot oil in a skillet over medium-high heat 3 to 5 minutes on each side; transfer to a 6-qt. slow cooker. Whisk together beer and dressing mix; pour over roast. Cover; cook on LOW 8 to 10 hours or until tender. Remove roast from slow cooker. Skim fat from sauce; serve with roast.



Green Beans with Parmesan-Garlic Breadcrumbs

Ingredients

- 1 pound green beans, trimmed
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 3 tablespoons butter
- 2 cloves garlic, minced
- ½ cup fresh whole-wheat breadcrumbs
- 3 tablespoons grated Parmesan cheese

Directions

- Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add green beans, cover and steam until tender-crisp, 5 to 7 minutes. Transfer to a large bowl and season with salt and pepper.
- Meanwhile, heat butter in a large skillet over medium heat. Cook, swirling often, until starting to brown, 3 to 4 minutes. Add garlic and cook, stirring, until the butter is nutty brown, about 30 seconds more. Stir in breadcrumbs and cook, stirring, until crispy, 3 to 4 minutes. Toss the breadcrumbs with the green beans. Top with cheese.



Jalapeño Popper Bites

Ingredients

- 1 can (8 oz) refrigerated Pillsbury™ Original Crescent Rolls (8 Count)
- 6-8 ounces cream cheese, softened
- 4 jalapeños, seeded and diced finely
- 8 pieces of bacon, cooked and crumbled

Directions

- Preheat oven to 350°F. Line a baking sheet with parchment paper or spray it with cooking spray.
- Open can of crescent rolls and separate each roll along the perforation. Cut each triangle in half.
- Place 1-2 teaspoons of cream cheese on each roll and top with a teaspoon of diced jalapeno and a teaspoon of crumbled bacon.
- Gather the edges of the dough up and pinch them together making sure all the filling is sealed inside. Place the ball of dough seam side down and bake for 11-14 minutes or until golden brown.



5-Ingredient Steakhouse Cheeseburger Meatballs

Ingredients

- 1 lb lean (at least 80%) ground beef
- 1/4 cup Progresso™ plain panko crispy bread crumbs
- 3 tablespoons steak sauce
- 1 egg
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 1 tablespoon water
- 5 slices (3/4 oz each) American cheese, each cut in 4 squares

Directions

1. In medium bowl, mix beef, bread crumbs, 1 tablespoon of the steak sauce, the egg, salt and pepper.

Directions

2. Using rounded tablespoon measure, shape 20 meatballs (about 1 1/2-inch diameter). Refrigerate 1 hour.
3. Heat 12-inch nonstick skillet over medium heat. Add meatballs; cook 12 to 14 minutes, turning frequently to brown on all sides, to internal temperature of 160°F. Remove from heat; add remaining 2 tablespoons steak sauce and the water, and gently stir to coat. Top each meatball with cheese square; cover 1 to 2 minutes or until cheese melts. Insert toothpick in each meatball, and serve. cheese melts. Insert toothpick in each meatball, and serve.



Holiday Gift Ideas

Find and circle all of the words that are hidden in the grid. The remaining 13 letters spell an additional holiday gift idea.

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

BAKING
BELT
BOOK
BRACELET
CANDLES
CANDY
CHOCOLATES
CLOTHES
COFFEE MAKER
COFFEE MUG
COLOGNE

COOKIES
DOLL
EARRINGS
ELECTRONICS
FLOWERS
GAME
GIFT BASKET
GIFT CARD
HERBAL TEAS
JEWELRY
MONEY

MOVIE
MUSIC
NECKLACE
NECKTIE
PANTS
PENDANT
PERFUME
PLANT
SCARF
SHIRT
SLIPPERS

SNEAKERS
SOCKS
STUFFED ANIMAL
SWEATER
TELEVISION
TOOL SET
TOY
TREE ORNAMENT
WATCH
WINE