

2024

Hebron Senior Center Newsletter

April

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
Mandy Roczniaik	x 202	Program Director	aroczniaik@hebronct.com
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Linda Zaccaro	x 200	Receptionist	
GENERAL QUESTIONS OR SIGN-UP FOR A PROGRAM			seniorcenter@hebronct.com

**** **UPDATED VERSION—MARCH 27** ****

Bernice Barrasso Senior Luncheon provided by the Lions—April 27th

Saturday, April 27th at Noon. The Hebron Lions will be hosting a free luncheon for Hebron and Amston Seniors. The lunch will consist of chicken, potato, a vegetable, and dessert. It'll be held at the Lions Fair Ground in the club house in the main building. **Deadline to register is Wednesday, April 17th,** call 860-228-1700. Go in through Gate A, then Gate 2 by the pond to get to the main building. This is a free luncheon.

Movie Monday

Movies start at 12:30pm. To sign-up for the movie OR lunch and the movie call 860-228-1700. Monday, **April 1st Nyad** Sixty-four-year-old marathon swimmer Diana Nyad attempts to become the first person ever to swim from Cuba to Florida, starring Annette Bening & Jodie Foster. **April 15th Wonka**, Armed with nothing but a hatful of dreams, young chocolatier Willy Wonka manages to change the world, one delectable bite at a time. **April 29th The Boys in the Boat**, during the height of the Great Depression, members of the rowing team at the University of Washington get thrust into the spotlight as they compete for gold at the 1936 Olympics in Berlin. Popcorn provided.

Bus Trip – Lunch at Windham Tech’s Uncommon Kitchen

Thursday, April 11th we will be having lunch at Windham Tech’s Uncommon Kitchen featuring the food prepared by the culinary students. Each lunch will include warm rolls and butter, roasted chicken & penne soup, choice of entrée (Yankee Pot Roast, mashed potatoes, & vegetable or ginger maple salmon, rice pilaf, & sauteed vegetables, or chicken Ceaser Salad), and choice of dessert (raspberry bomb or chocolate bavario. The cost is \$16 which includes lunch, transportation and tip. Deadline to register is Wednesday, April 3, no refunds after this date. Bus will leave at 10:15am and return by 1:00pm.

Watercolor Art Class Taught by Audrey Carroll

Let the water do your painting! Experience how easy watercolor painting can be with the wet on wet technique. **Session 2, April 5th and April 12th.** It is a 2 week class where we will paint landscapes and beach scenes. Both classes are from 10:30 to 12:30. Cost is \$25. Supply list will be available and some supplies are provided. To sign-up call 860-228-1700. Registration deadline is April 3rd.

Fitness Evaluation/Fitness Planning for the Exercise Room

Is your workout getting boring? Are you not getting what you want from your workout? You want to start a fitness program, but have no idea what to do, etc. We can provide some help. **On Tuesdays, from 10:00am-11:00am,** through early May, Certified Athletic Trainer, Samantha Freeman, will be here to evaluate your current fitness workout, give tips, help create a plan if you’re just getting started, etc. To set-up an appointment, please call 860-228-1700.

Live Your Best Life Now - sponsored by Middlesex Health

Thursday, April 18th at 10:00am. Join us for a discussion on healthy aging, sharing tips to empower your healthcare choices and answer your questions. How to maintain independence, How to make the most of your doctor visits, How to determine goals of care, Learn about the health resources in your community. To sign-up please call 860-228-1700.

Hebron Historical Society Mill Site Tour APRIL 20th, 2024

Tours will be offered Apr. 20th at 10:00 and 1:30 in the Hope Valley/Reidy Hill neighborhood of Hebron. Sites are located on private property, covering uneven ground, attendance is limited. Register for the tour time of your choice and number of attendees by contacting Mary-Ellen - mergonci65@comcast.net or call 860-228-9315. Suggested donation of \$10 per adult will be collected at the Hope Valley Church, 21 Reidy Hill Rd., where the tour begins. *Final registration date is April 18th. No dogs please! - Rain Date April 21st - More information on page 6*

HEBRON COMMISSION ON AGING

Chairperson: Tonya Maurer

Members: Cathy Litwin, Dianne Welch, Sandy Waldo, and Jo Souza, Rebecca Tamsin, & Margaret Gibbs
(2 open spots for alternates) Board of Selectmen Liaison: vacant

The next scheduled Commission on Aging Meeting is scheduled for Wednesday, April 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, April 9th and 23rd — 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 go back to spring/summer time and begin in the general time of 9:00am based on where pick-ups will be**—Friday, April 5th Stop & Shop, April 12th Walmart & Aldi's, April 19th Big Y, April 26th Stop & Shop. To sign-up please call 860-228-1700.

Community Café

The Elderly Nutrition Program offers onsite meals in our Community Café beginning April 8th due to severely decreased funds CRT has been forced to make the difficult decision of reducing lunches to only 2 days/week – Hebron will be Tues/Thurs 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 9:30AM THE DAY BEFORE. 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 10

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)

Thank you for the Donations Thank you for the various donations to the senior center that range from goods to monetary; **Ileana Savy** (if we missed your name please let us know and we will get it in the next newsletter) Donation Items we need; napkins, dishwasher detergent, paper towels, decaf coffee

Programs and Activities

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. **Fridays 10:15am-12:15pm.** 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.

Card Making 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

Twice per month on specific Monday's after Yoga (2x/month) starting at 11:25. The April dates are the 8th and 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 17 years. To register call 860-228-1700.

Yoga

Mondays & Wednesdays 10:15am—11:15am. The present session runs through **April 3rd.** The next session will be April 8th—April 24th (6 sessions for \$18). Drop-in fee is \$5 per class. 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. 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, please understand there is pre & post massage prep time needed for all appointments. That's why a 50minute appointment is blocked out for an hour. **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.) Gift certificates available. To make an appointment, please 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 Wednesday of the month. **Wednesday, April 17th at 2:00pm.** The topic Respiratory Health: Allergies and Asthma! 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, April 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.

WANTED: PEOPLE WHO ENJOY SINGING 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.

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.

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

Chatham Health Monthly Presentation

Chatham Health is presenting a free health related topic each month. It is a 30 minute presentation on the 3rd Wednesday of the month. **Wednesday, May 15th at 2:00pm.** To register, call 860-228-1700.

Last one for the school year—RHAM Bingo—3rd Wednesday of the month

Join us for Bingo on the 3rd Wednesday of each month beginning **Wednesday, May 15th, 2:30-4:00pm.** The games will be run by the RHAM National Honor Society Students. The games are free and prizes are awarded.

Info Session on Navigating Streaming Services & Cutting the Cable Cord

Wednesday, May 8th at 10:30am, we'll have an info session on how to navigate streaming services and how to cut the cable cord, if you choose. To register, please call 860-228-1700.

AARP Driving Class

Tuesday, May 28th from 9:00am—1:00pm. AARP members cost \$20, and non-members cost \$25 and payable to the instructor day of class. More info in May newsletter. **You must pre-register by Friday, May 24th by noon.** To register call 860-228-1700.

What's Happening In the Community

St. Peter's Church Monthly Dinners/Activities

30 Church St. (Rte. 85) - 4:00-6:00pm
Dinners/Drive Thru (while supplies last)
Cost \$15—Dinner proceeds donated to various groups
April 20—Polish Dinner (No Freeze Group)
May 11—Plant Sale (HIHS)
June 7 & 8—Tag Sale (Columbia Food Bank) Luncheon menu-chicken, tuna, & egg salad sandwiched, hot dogs, & chowders
June 15—Hebron Day/Juneteenth
June 22—Lasagna Dinner (Flying Free)
July 20—Chicken BBQ (Marlborough Food Bank)

Empty Bowls Dinner Event

Students and staff are prepping for their third Empty Bowls dinner event to be held Thursday, April 4, from 6-8 p.m., in the RHAM High School cafeteria. At the dinner, guests are invited to choose a handmade ceramic bowl to use for a simple meal of soup and bread and to take home as a reminder that there are always empty bowls in the world. In addition, there will be student ensemble and solo performances from RHAM's select choir, for diners' entertainment. Dinner tickets are \$15 for adults, \$10 for students and children and can be ordered at www.schoolpay.com/pay/for/Empty-Bowls-Dinner/ MeSL. All proceeds will benefit the Hebron Interfaith Human Services Food Bank, Marlborough Food Bank and Andover Congregational Church Food Pantry.

Earth Day Clean-Up Walk

AHM Youth & Family Services, in partnership with the Hebron Green Committee, will be at the Earth Day Clean-Up on Saturday, April 20, from 10 a.m.-1 p.m. Members of the Hebron Community, parents and RHAM High school and Middle School students are encouraged to sign up to volunteer to participate in the clean-up walk by registering at tinyurl.com/bdz8twp8. AHM invites you to test your knowledge on what kind of litter will be found on the sides of town roads and in town parks, and also how much you know about the harm this litter can do to the environment. Take a 10-question quiz at tinyurl.com/bc6w6z8f. Everyone who completes the quiz by Friday, April 19, at 2 p.m. has a chance to win a gift card to a local restaurant. Direct questions about the clean-up walk survey to AHM Prevention Coordinator Ashlee Parks at ashleep@ahmyouth.org.

What's Happening In the Community

Clothing/Textile Collection



The Hebron Historical Society

Friday April 5th 3pm to 6pm

Saturday April 6th 8am to 10am

Donations for 2024 will be accepted at *Old Town Hall, 26 Main St.* (adjacent to Douglas Library). Acceptable items are linens, clothing, shoes, boots, purses, towels or any textile item. Condition of items is not important, they must be delivered to OTH in a closed/tied trash bag. Please do not include toys, electronics, moldy items.

The clothing collection in past years has been well received/supported by Hebron and surrounding communities, there have been many requests to hold the event again. The Historical Society will use proceeds gained to help cover annual maintenance expenses and program costs.

To learn more about the Hebron Historical Society and videos of past projects visit hebronthistoricalsociety.org. For info or to volunteer on collection days email mergonci65@comcast.net

What's Happening In the Community

HEBRON HISTORICAL SOCIETY MILL SITE TOUR APRIL 20th, 2024

The earliest settlers in the Hebron area were looking for fertile ground, an abundant water supply and rich game forests. They found all three in Hebron and thrived, in part, from their ingenuity and motivation. Remnants of their cotton, grist and saw mills still exist as testimony to their efforts.

A dedicated team of researchers has located 32 mill sites along numerous streams and rivers in Hebron. Several members of that team are members of the Hebron Historical Society and they are prepared to share the mill sites with you. **Tours will be offered Apr. 20th at 10:00 and 1:30 in the Hope Valley/Reidy Hill neighborhood of Hebron.** Sites are located on private property, covering uneven ground, attendance is limited.

Register for the tour time of your choice and number of attendees by contacting Mary-Ellen - mergonci65@comcast.net or call 860-228-9315. Suggested donation of \$10 per adult will be collected at the Hope Valley Church, 21 Reidy Hill Rd., where the tour begins. *Final registration date is April 18th. No dogs please! - Rain Date April 21st*

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 2024, we would be looking at income and expenses for calendar year 2023.

To apply in 2024, applicants must have been age 65+ by the end of 2023. 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 \$53,400 for couples and \$43,800 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 2023, 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.

To make an appointment, please call the senior center at 860-228-1700 and ask for Michele extension 204



Confidential Short-term Mental Health Counseling for individuals 18 and up in the Hebron area.

Individual Counseling Sessions with MSW Intern Michele Boutin.

Please call Michele to schedule an initial session. There is no cost for this service.

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.



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

WEDNESDAY APRIL 24th at 1:30 pm

FOR MORE INFORMATION CALL MICHELE BOUTIN AT

860-228-1700 EXT. 204

Registration IS requested, but not required

TAX RELIEF PROGRAMS

TOWN OF HEBRON

The Hebron Assessor's office manages tax relief programs for Homeowners and veterans.

Program information is listed below.

Assessor's Office hours: M-W 8am-4pm Thurs 8am-6pm F 8-1

Phone 860-228-5971 email: assessor@hebronct.com

Elderly/Disabled Homeowner's Tax Relief

Application period: until May 15, 2024

The State of Connecticut offers Tax Relief to Homeowners who meet the following qualifications:

Has reached the age of 65 By December 31, 2023 or are Federal Social Security Disabled

Owns property as of October 1st OR is beneficiary of property held in trust for them at time of application

Resides at the property for which they are applying for tax relief

Meets income qualifications as prescribed by the State of Connecticut

Proof of income must be presented at the time of application. A federal tax return, if filed, must be presented accompanied by all proofs of income. Non-taxable income is also required to be submitted. If no tax return is filed, income information (taxable and non-taxable) must be presented. Social Security disabled applicants must provide proof of disability (BPQY/TPQY) dated within three years of application. **2024 INCOME maximum income**

UNMARRIED \$49,600

MARRIED \$54,300

VETERANS INCOME-QUALIFYING ADDITIONAL EXEMPTIONS

Veterans who meet income qualifications may be eligible to receive additional exemptions. There is no age requirement to apply for additional exemptions. The application period is February 1-September 30th for the next following grand list year. (example: applicants who apply and qualify in 2024 will receive additional exemptions for the 2024 grand list, billing July 1,2025). A federal tax return, if filed, must be presented along with supporting documents at time of application. If no tax return is filed, documents showing all income must be presented at the time of application.

2024 maximum Income Limits

UNMARRIED

\$49,600

MARRIED \$54,300

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 Coffeeshouse 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 to volunteer, please contact us at 860-423-6389. You can text us or leave a voice message.

Hebron Senior Center Happenings.....April 2024

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

Transportation call 860-228-1700 ext. 201

****UPDATED MARCH 27**

Mon	Tue	Wed	Thu	Fri
<p>April 1 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—NYAD</p>	<p>2 3 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 Card Making 1:00–3:15 Hand & Foot Canasta</p>	<p>3 8:30 Commission on Aging 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</p>	<p>4 9:00—Noon Exer. Rm 9:00–3:30—Massage 10:10–10:45—Sunshine Singers 11:50–12:30— Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>5 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping—S & S 10:15–12:15– Fun with Stiches Quilting Group AND Created to Create Art Space 10:30–12:30– Water Color Class—2wk sess.</p>
<p>8 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—NEW SESSION 11:25-Noon—Meditation No Lunch Served Starting April 8th lunch served only Tues/Thurs</p>	<p>9 9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 11:50–12:30—Lunch 1:00–2:15 Card Making 1:00–3:15 Hand & Foot Canasta</p>	<p>10 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA No Lunch Served Starting April 8th lunch served only Tues/Thurs</p>	<p>11 9:00–3:00 Exer. Rm 9:00-3:30—Massage 10:10–11:45—Sunshine Singers 10:15–1 Bus Trip – Windham Tech 11:50–12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>12 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping Walmart / Aldis 10:15–12:15– Fun with Stiches AND Created to Create Art Space 10:30–12:30– Water Color Class—2wk sess.</p>
<p>15 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 No Lunch Served Starting April 8th lunch served only Tues/Thurs 12:30—Movie—Wonka</p>	<p>16 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 Card Making 1:00–3:15 Hand & Foot Canasta</p>	<p>17 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA No Lunch Served Starting April 8th lunch served only Tues/Thurs 2:00 Chatham Health Pres 2:30 RHAM Bingo</p>	<p>18 9:00–3:00 Exer. Rm 9:00-3:30—Massage 10:10–10:50—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>19 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping—Big Y 10:15–12:15– Fun with Stiches Quilting Group AND Created to Create Art Space</p>
<p>22 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-Noon—Meditation No Lunch Served Starting April 8th lunch served only Tues/Thurs</p>	<p>23 9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 11:50–12:30—Lunch 1:00–2:15 Card Making 1:00–3:15 Hand & Foot Canasta</p>	<p>24 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA No Lunch Served Starting April 8th lunch served only Tues/Thurs 1:30-Caregiver Support Group</p>	<p>25 9:00–3:00 Exer. Rm 9:00-3:30—Massage 10:10–10:45—Sunshine Singers 11:50–12:30— Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>26 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping—S & S 10:15–12:15– Fun with Stiches Quilting Group AND Created to Create Art Space</p>
<p>29 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 No Lunch Served Starting April 8th lunch served only Tues/Thurs 12:30—Movie—Boys in the Boat</p>	<p>30 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 Card Making 1:00–3:15 Hand & Foot Canasta</p>	<p>May 1 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA No Lunch Served Starting April 8th lunch served only Tues/Thurs</p>	<p>May 2 9:00–3:00 Exer. Rm 9:00-3:30—Massage 10:10–10:45—Sunshine Singers 11:50–12:30— Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>May 3 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping—Walmart/Aldis 10:15–12:15– Fun with Stiches Quilting Group AND Created to Create Art Space</p>

HEBRON COMMUNITY RENEWAL TEAM APRIL 2024 CONGREGATE MENU Menu is subject to change 3/6/24

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
1	All-Beef Hot Dog / Hot Dog Bun / Must / Relish/ Ketchup/ Baked Beans / Potato Salad / Yogurt Cup	2	Potato Crumb Fish / Tartar Sce Potato Wedges / Ketchup / Mixed Vegetables / 100 % Whole Wheat Bread Fresh Fruit	3	Grape Juice Italian Sausage w/ Marinara Sce & Red & Green Peppers on Hoagie Roll / Potato Puffs Ketchup / Chuckwagon Veggies Wholegrain Fruit Bar	4	<u>Nat'l Make Lunch Count Day</u> Orange Juice Chicken Scampi Garlic Smashed Potatoes French Cut Gr Beans / Dinner Roll/Brownie
8	<i>Beginning April 8th Due to severely decreased funds CRT has been forced to make the difficult decision of reducing lunches to only 2 days/week – Hebron will be Tues/Thurs</i>	9	Orange Juice Asian-Style Chicken Fried Rice Asian Blend Veggies Wheat Dinner Roll Cinnamon Roll	10	<i>Beginning April 8th Due to severely decreased funds CRT has been forced to make the difficult decision of reducing lunches to only 2 days/week – Hebron will be Tues/Thurs</i>	11	Baked Fish w/ Tartar Sce Rice Broccoli Normandy Wheat Bread Fresh Fruit
15	<i>Beginning April 8th Due to severely decreased funds CRT has been forced to make the difficult decision of reducing lunches to only 2 days/week – Hebron will be Tues/Thurs</i>	16	(Mild) Beef & Bean Chili Shred Cheese / Sour Cr Baked Potato Capri Blend Veggies Cornbread Loaf Yogurt Cup	17	<i>Beginning April 8th Due to severely decreased funds CRT has been forced to make the difficult decision of reducing lunches to only 2 days/week – Hebron will be Tues/Thurs</i>	18	Salisbury Steak w/ Gravy Mashed Potatoes Five Way Veg BI Wheat Bread Fresh Fruit
22	<i>Beginning April 8th Due to severely decreased funds CRT has been forced to make the difficult decision of reducing lunches to only 2 days/week – Hebron will be Tues/Thurs</i>	23	Seafarer's Crabcake w/ Tartar Sce /Wheat Hamburger Bun / Sweet Potato Wedges Ketchup/ Coleslaw Fresh Fruit	24	<i>Beginning April 8th Due to severely decreased funds CRT has been forced to make the difficult decision of reducing lunches to only 2 days/week – Hebron will be Tues/Thurs</i>	25	Vegetable Soup Grilled Chicken Breast w/ Lettuce / Grape Toms / Ham/ Swiss Cheese / Carrots / Hard Cooked Egg/ Ranch Dr / Saltines/ Cookie
29	Try and make half of your grains "whole" they have more nutrients & fiber than refined white grains. Look for labels that say "100 % whole wheat " or "100 % whole grain " !	30	100 % Fruit Punch Jce Stuff Pepper w/ Ital Sce Confetti Rice Italian Mix Veggies Bread Stick Pudding		Please be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, sesame, or fish. Please advise staff of		any food allergies prior to your meal consumption!

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. Menu is subject to change.



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.

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

Sudoku

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

How to play

In classic sudoku, the objective is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 sub-grids that compose the grid (also called "boxes", "blocks", or "regions") contain all of the digits from 1 to 9.

SOLUTION

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

Dessert Recipes

5-Ingredient Monster Cookie Bars

Ingredients

- 1 roll (16.5 oz) refrigerated Pillsbury™ Peanut Butter Cookie Dough
- 3/4cup semisweet chocolate chips
- 3/4cup M&M's™ milk chocolate candies
- 1/2cup old-fashioned oats
- 1/4cup chopped cocktail peanuts

Directions

- Heat oven to 350°F. Line 9-inch square pan with foil, allowing some to hang over sides of pan.
- In large bowl, break cookie dough into small chunks. Stir in 1/2 cup of the chocolate chips and the remaining ingredients until well mixed. Press mixture in pan.
- Bake 19 to 24 minutes or until top is golden brown and toothpick inserted 2 inches from side of pan comes out almost clean. Cool 30 minutes.
- In small microwavable bowl, microwave remaining 1/4 cup chocolate chips uncovered on High 30 to 60 seconds, stirring until melted. Transfer melted chocolate to small resealable food-storage plastic bag; cut small corner off one end of bag, and drizzle on top of bars. Cool completely, about 3 hours, or until chocolate is set. Remove bars from pan; cut into 4 rows by 4 rows.



Salted Matzo Toffee

Ingredients

- 6 salted matzos
- 1 cup (226 grams) salted butter (or unsalted butter plus 1/2 teaspoon kosher salt)
- 1 cup (213 grams) dark brown sugar
- 1 1/3 cups (226 grams) bittersweet chocolate chips or chopped (the darker, the better)
- Flaky salt, and your choice of any topping—optional

Directions Heat the oven to 375°F. Line two rimmed sheet pans with parchment. Evenly divide the matzo between the sheet pans, breaking up the pieces as needed to fit.

- Combine the butter and brown sugar in a saucepan over medium heat. Once the butter is melted, boil for about 2 minutes until the mixture is homogeneous and slightly thickened, like caramel sauce.
- Evenly pour the toffee on top of the matzo, spreading with an offset or silicone spatula to cover. Bake for 10 to 15 minutes, until bubbly all over. Remove from the oven.
- Immediately sprinkle the chocolate on top of the toffee. Let sit for a few minutes, until the chocolate effortlessly melts with the swoosh of an offset spatula. Spread the chocolate to evenly cover. If you're opting for toppings, sprinkle them on top now.
- Let cool until no longer hot, then transfer to the fridge to cool completely. Break or chop into pieces. In an airtight container or tightly wrapped, this keeps well in the freezer for up to 1 month.



Recipes

Mediterranean Salmon in Foil Packets

Ingredients

- 4 salmon fillets about 6 ounces each
- 1/2 cup prepared pesto
- 1 onion chopped
- 1 pint grape tomatoes halved
- 1/2 cup crumbled feta cheese

Directions

- Heat oven to 350F (180C). Spray 4 large pieces of aluminum foil with cooking spray.
- Place each salmon fillet on top of a piece of aluminum foil. Top each fillet with about 2 tablespoons pesto, 1/4 cup of onion, 1/4 of the tomatoes, and approximately 2 tablespoons of feta cheese. There's no need to measure the ingredients -- just use as much or as little as you like!
- Seal the aluminum foil packets by folding them over the fish and pinching tightly to close. Place the foil packets on a large baking sheet and bake for approximately 25 minutes. Fish is done when it flakes easily with a fork.

Cooking Just for Two? Cut the ingredients in half, using only 2 salmon fillets. The cooking instructions remain the same.



Artichoke Chicken Pesto Pizza

Ingredients

- 1 prebaked 12-inch pizza crust
- 1/2 cup prepared pesto
- 2 cups cubed cooked chicken breast
- 2 jars (6-1/2 ounces each) marinated artichoke hearts, drained
- 2 cups shredded part-skim mozzarella cheese
- Optional: Grated Parmesan cheese and minced fresh basil

Directions

- Preheat oven to 425°. Place crust on an ungreased 12-in. pizza pan. Spread with pesto. Arrange chicken and artichokes over top; sprinkle with cheese. Bake until golden brown, 10-12 minutes. If desired, top with Parmesan cheese and minced fresh basil.



Shepherd's Breakfast

Ingredients

- 3/4 pound bacon strips, finely chopped
- 1 medium onion, chopped
- 1 package (30 ounces) frozen shredded hash brown potatoes, thawed
- 8 large eggs
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup shredded cheddar cheese

Directions

- In a large skillet, cook bacon and onion over medium heat until bacon is crisp. Drain, reserving 1/4 cup drippings in pan.
- Stir in hash browns. Cook, uncovered, over medium heat until bottom is golden brown, about 10 minutes. Turn potatoes. With the back of a spoon, make 8 evenly spaced wells in potato mixture. Break 1 egg into each well. Sprinkle with salt and pepper.
- Cook, covered, on low until eggs are set and potatoes are tender, about 10 minutes. Sprinkle with cheddar cheese; let stand until cheese is melted.

Variations you can make with this recipe?

- Feel free to use country pork sausage instead of bacon or make it vegetarian by eliminating the meat and replacing the 1/4 cup reserved bacon drippings with oil or butter.
- Can I make this with more or less eggs? Yes, you can make this recipe with more or less eggs! Make as many wells in the potato mixture for as many eggs as you need. If you've got eggs left over, use them up in any of these egg recipes.



Spring

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

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

ALLERGIES
APRIL
BASEBALL
BEES
CROCUSES
CYCLAMENS
DAFFODILS
DANDELIONS
EASTER
EQUINOX
FLOWERS

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

RAIN
RENEWAL
ROBINS
SEASON
SNOWMELT
SOFTBALL
SPRING
BREAK
SPRING
CLEANING
TULIPS