

2024

Hebron Senior Center Newsletter

December

RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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AARP Safe Driving Class

Tuesday, December 3rd from 9:00am—1:00pm. AARP members cost \$20, and non-members cost \$25 and payable to the instructor day of class. You must pre-register by Monday, December 2nd by 10:00am. 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.

Holiday Party

Wednesday, December 18th from 11:00-1:00pm. Doors open at 11:00am and the Sunshine Singers will perform starting at 11:15am. Lunch will be stuffed shells, meatballs, roll, dessert, coffee and tea. It will be served about 12:15pm. Cost is \$6 and you must sign-up and pay by Monday, December 16th at Noon. To sign-up, stop in or call 860-228-1700.

Ted Talk Discussions

TED Talks are short, (15-20min) recorded presentations that share knowledge and research from experts on a variety of topics, including science, business, education, and creativity. The goal of TED Talks is to educate and inspire global audiences in an accessible way. We will watch a Ted Talk on a selected topic and then discuss what we just watched. They will be on the 3rd Tuesday of the month, **December 17th—10:30-11:45am.** To register call 860-228-1700.

Watercolor or Acrylic Art Class with Audrey Carrol

Two sessions, **Friday, December 6th and 13th from 10:30am-12:30pm.** All levels class for watercolor or acrylic painting of seasonal bells. Cost of class is \$25. Please pay the instructor at class. Pre-registration by December 3rd, please call 860-228-1700.



RHAM Bingo

Please join us on the **TUESDAY, December 17th from 2:30pm-4:00pm** for FREE Bingo with prizes (4 card limit). Bingo is called by RHAM National Honor Society members. Come, have fun, interact with the kids, and maybe win a prize. In the event of school closing early on any of those dates due to weather, bingo would be cancelled. **January is Tues. the 28th, February is Tues. the 11th.**

Tai Chi

Thursdays, from 10:15am-11:15am for Beginner Tai Chi Class. This class consists of soft, fluid, circular movements that build into a flowing meditation. This motion will promote better balance, improve flexibility, and will be enjoyed for its beauty, artistry, and therapeutic qualities. Curriculum includes the Taste of Tai Chi 6 Step Yang Style Form taught at Boston University, the Compulsory 24 Step Yang Style Form and Nei Gong meditation. Instructor: Hilary Celentano. Hilary has been teaching and instructing for 23 years and has been blessed to study under the most qualified Sifu's and Grand Master's in the United States. She has competed in international martial arts competitions and holds gold medals for 24 Yang Style Form, Flying Rainbow Single Fan Form, and 32 Yang Style Straight Sword Form. **The next session. Thursdays, December 5th through December 19th (3 classes this session) Cost is \$9. In 2025, the session will start Thursday, January 9th February 27th (8 classes \$24) To register call us at 860-228-1700.**

*****Senior Center Weather Policy*****

If Schools are closed due to poor weather/road conditions, the senior center is closed and there will be NO Dial-A-Ride, senior center activities, or Meals on Wheels. If schools have a 2 hour delay, Center activities and transportation start @ 9:00AM.



HEBRON COMMISSION ON AGING

Members: Sandy Waldo, Cathy Litwin, Angela Corentin Jo Souza, Rebecca Tamsin, & Margaret Gibbs
1 regular seat open and 2 open seats for alternates

The next scheduled Commission on Aging Meeting is scheduled for Wednesday, January 8, 2025 - 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

December 3rd and 17th—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

Meals on Wheels—Home Delivered Meals

If you are 60+ years or older 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 the social worker.

Weekly Shopping Trips

Pre-registration is required by Thursday at 10am. **Pick-ups will begin in the general time of 9:00am** —Friday, December 6th Big Y, December 13th Walmart/Aldis, December 20th Stop & Shop, NO SHOPPING Friday, December 27th, Friday, January 3rd Walmart/Aldis. To sign-up please call 860-228-1700.

Transportation

New Dedicated Transportation phone # 860-228-5977. 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.

Programs and Activities

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. NO MEETING THURSDAY, DEC. 26th

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. **Friday, December 27th class available on-line only—no class at the Senior Center.**

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. **They WILL PLAY on Tuesday, December 31st.**

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. **They WILL meet on Tuesday, December 31st.**

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. **NO CLASS TUESDAY, DECEMBER 31ST**

Mindful Meditation—changing day and time

Twice per month on specific Monday's after Yoga (2x/month) starting at 11:25. The December dates are the 9th and 23rd. 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 will run until **Monday, December 16th (7 sessions for \$21).** Drop-in fee is \$5 per class. 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. **NO APPOINTMENTS, THURSDAY, DECEMBER 26TH. On Thursdays beginning January 16th appointments on Thursdays will be Noon—6:00pm (last appointment at 5:00pm)**

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. Please call 860-228-1700.

Movie Mondays

The movies start at 12:30pm, with popcorn, to sign-up call 860-228-1700. **Monday, December 2nd Fisherman's Friends—**A cynical London music executive attempts to convince a group of singing Cornish fishermen to sign a record deal. A feel-good movie from beginning to end. Really heart warming. A great cast with a bunch of hilarious characters that exude true friendship in a caring community against the snobbery of the manipulative music industry. **Monday, December 16th— Fisherman's Friends One & All** The sequel to the 2019 hit. Following the unexpected success of the band's debut album we re-join them almost a year later, struggling with the pressures, pitfalls and temptations of their newfound fame. The journey continues with the loveable 'buoy band', as they navigate the choppy waters of fame, second album syndrome, and performing on the pyramid stage at Glastonbury.

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. 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. **NO BINGO THURSDAY, DEC. 26TH**

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) Fridays 9:00-12:00 (last time slot at 11:00am). To reserve a time please call 860-228-1700. **NO APPOINTMENTS THURSDAY & FRIDAY DECEMBER 26TH & 27TH**

Chatham Health Monthly Educational Series

Please join us on the 3rd, Thursday of the month at 12:15pm for the very informative presentation by Chatham Health's Stephanie Reyes. The topic for **December 19th Healthy Aging**. Please call, 860-228-1700 to register.

Monthly Blood Pressure Screenings

Every 3rd Thursday of the month from 11:30am-12:30pm, Chatham Health will be offering free Blood Pressure screenings here at the senior center. No registration required. **December 19th.**

Congregate Lunch is Back—Tuesdays & Thursdays

We know how important socialization is in preventing isolation and loneliness, plus it can just be fun having lunch with new and longtime friends. Starting Thursday, November 14th we will be serving lunch at noon on Tuesdays & Thursdays. The cost will be \$4 per person and you **ABSOLUTELY MUST** pre-register and **PRE-PAY**. For a Tuesday meal you must sign-up and pay by the Friday before and for Thursday meals by the Tuesday before. In the event you cannot come on the date you signed up, you **MUST** cancel by 10:00am of that day and we will move your reservation to a different date. If you do not cancel before 10:00am the meal will be prepared, therefore no changes. Please sign-up & pay with Linda (or staff if Linda is unavailable). Again, payment **REQUIRED** upon signing up. Menu available at the Senior Center. **NO LUNCH THURSDAY, DECEMBER 26TH.**

Food Bank Closures for the Holidays

Closed Thursday & Friday, November 28th & 29th

Closed Tuesday & Thursday December 3rd & 5th (open Friday)

Closed the week of December 23rd—December 27th

ON TUESDAY, DECEMBER 31ST ONLY OPEN 9:00AM—2:00PM

Food Bank Normal Hours are; EVERY Tuesday and Thursday (9 am to 6 pm), and on Friday from 12 pm to 5 pm.

HOLIDAY HOURS

OPEN, MONDAY, DECEMBER 23RD (see calendar for programs)

CLOSED TUESDAY & WEDNESDAY DECEMBER 24TH & 25TH

OPEN THURSDAY & FRIDAY DECEMBER 26TH & 27TH BUT NO PROGRAMS—ONLY TRANSPORTATION & MEALS ON WHEELS

OPEN MONDAY & TUESDAY DECEMBER 30TH & 31ST NORMAL HOURS, BUT REFER TO CALENDAR FOR PROGRAM OFFERINGS

CLOSED, WEDNESDAY, JANUARY 1ST 2025—NEW YEAR'S DAY

OPEN, THURSDAY & FRIDAY JANUARY 2ND & 3RD ALL REGULAR PROGRAMMING RESUMES (EXCEPT TAI CHI, THAT RESUMES JAN. 9TH)

What's Happening In the Community

St. Peter's Church Monthly Dinners

30 Church St. (Rte. 85) - 4:00-6:00pm
Dinners/Drive Thru (while supplies last)
Cost \$17—Dinner proceeds donated to various groups
December 7th—St. Nicholas Fair** (Oak Hill/Hemlocks)
*** Denotes luncheon menu items possibly to be chicken salad, tuna salad, and egg salad sandwiches, hot dogs, and chowder (menu subject to change—refer to the Rivereast as the event nears)*

FREE COVID TEST KITS AVAILABLE AGAIN

Order Your 4 Free At-home COVID-19 Tests
Every U.S. household is eligible to order 4 free at-home tests. Your order of COVID tests is completely free – you won't even pay for shipping. We will start shipping tests the week of September 30.

Covidtests.gov

If you don't have a computer, you can come in to the senior center and we can help you order them OR Need help placing an order for your at-home tests? Call 1-800-232-0233

DECA Toy Drive

Each year, the DECA Chapter, a business oriented club at RHAM High School, runs a toy drive that supports Operation Elf. Because of Operation Elf 1,500 children around New England receive gifts during the holiday season. RHAM's DECA chapter has organized seven different locations where you can drop off new and unopened toys. Toys will be collected between Dec. 2 and Dec. 12th at the following locations: RHAM High School Main Office, RHAM Middle School Main Office, Village Green Pizza Restaurant, Hebron Pizza, Douglas Library, Marlborough Library, Andover Library and Andover Elementary School. The DECA Chapter is hopeful that with the community's help, it can reach its goal of 500 toys.

Bereavement Support Group

The loss of a loved one can be especially difficult during the holidays. Many individuals have benefited from some guidance through the process of grief. Bereavement Support Group meetings provide a safe place to share stories of our loved ones as well as learn about the process of grief with others. The Grief Journey: Bereavement Support Group will begin again on Wednesdays, from 7-8:30 p.m., beginning Nov. 6 in the Parish House next door to the Church of the Holy Family, 185 Church St. The group is facilitated by grief educators Michael Glazier and Stephanie Haines. All grieving adults are welcome, whether your loss is recent or long-past, and you may come to one session or as many as you would like. This support group is non-denominational and brought to you by a collaborative effort of the Hebron faith communities. Pre-registration is requested to ensure that we will have sufficient space available. Email your response, including contact information, to Michael.glazier1121@gmail.com. If email is not possible, text Michael at 860-5584183 with your contact information.

Transfer Station Hours Change

With the end of daylight saving time, the Hebron transfer station has switched to its winter hours.
Hours are: Sunday, 7:30 a.m.-2 p.m.; Tuesday, Thursday, Saturday, 7:30 a.m.-4 p.m. The transfer station is located at 550 Old Colchester Rd.

Model Railroad Club to Return

The Mohegan Pequot Model Railroad Club will be returning to Old Town Hall in conjunction with the Hebron Holiday Celebration. This family friendly train exhibit, in its 5th year, offers an opportunity to interact with engineers while trains travel through town landscapes. Take time to visit the Hebron Historical Society, 26 Main St., on **Dec. 7 from 2-5 p.m. or Dec. 8 from 10 a.m.-1 p.m. Admission is free, but donations will be appreciated.**

Pet Food Drive in Full Swing

Shake a Leg! in Amston is holding its third annual local Pet Food Drive through Jan. 1. The business is collecting dog and cat food, canned or dry; if bags of dry food have been opened, please seal them up and Shake a Leg! will still donate them). Shake a Leg! will accept: dry food for dogs and cats; canned food for dogs and cats; treats (food) for dogs and cats; and litter for cats. Please, no items such as bedding, blankets, toys or bowls. All donations will go to the Hebron Food Pantry, Marlborough Food Pantry and the Hebron Dog Pound. Drop off anytime in one of the totes on the small stone wall at the bottom of the driveway at 41 Reidy Hill Rd. in Amston. Pick-up can also be arranged if you live in Hebron, Amston or Marlborough. Text Suzanne with any questions, at 860-368-9125.

Understanding Medicare Open Enrollment and the Medicare Advantage Open Enrollment

As many of you know, each year, October 15 to December 7, the annual Open Enrollment Period. This is the time when you can

- Switch from Original Medicare plus a Medicare Prescription Drug Plan to another Medicare Prescription Drug Plan
- Change from Original Medicare plus a Medicare Prescription Drug Plan to a Medicare Advantage Plan
- Change from a Medicare Advantage Plan back to Original Medicare plus a Medicare Prescription Drug Plan
- Switch from one Medicare Advantage plan to another Medicare Advantage Plan

But....for those of you already enrolled in a Medicare Advantage Plan, you have another opportunity to make a change called the Medicare Advantage Open Enrollment Period which extends from January 1 to March 31 each year. This is the time when you can

- Switch from a Medicare Advantage Plan to another Medicare Advantage plan
- Drop your Medicare Advantage plan and return to Original Medicare plus a Medicare Prescription Drug Plan

You are not eligible to make any changes during the Medicare Advantage Plan Open Enrollment from January 1 to March 31 if, as of January 1, if you are enrolled in Original Medicare plus a Medicare Prescription Drug Plan. Again, the Medicare Advantage Open Enrollment period is only for those enrolled in a Medicare Advantage Plan. For those with Original Medicare plus a Prescription Drug Plan, your only opportunity to make a change is typically during the annual Open Enrollment Period which extends from October 15 to December 7

For more information, please contact the Senior Center at 860-228-1700

NEW!!! The Resilient Living Program

The Resilient Living Program is designed for people living with mild to moderate cognitive issues. The program will be offered in a group setting at the Russell Mercier Senior Center in collaboration with LiveWell. LiveWell has, for over 30 years, been a cutting-edge leader working to advance the wellbeing and inclusion of all people living with cognitive issues, to foster purpose, connection, growth, and belonging. The Resilient Living Program provides a variety of opportunities designed to build skills, habits, connections, and tools that empower you to take an active role in improving your health and wellbeing.

The Resilient Living Program at the Russell Mercier Senior Center **will meet on Tuesdays and Thursdays 10AM to 11:50AM from January 14 to May 29 (26 weeks)** with LiveWell leading both fitness and cognitive enhancement programs. Participation will be limited to 8 individuals who are currently living with mild to moderate cognitive issues and able to function independently. There will be no charge for qualifying participants in the program beyond some potential incidental expenses for supplies.

*******For more information and enrollment in the Resilient Living Program, please contact the Senior Center at 860-228-1700 by December 20 to register.**

MOW Drivers needed

Looking for one or two volunteers to deliver meals on wheels. Mondays are an open slot (but can be adjusted if necessary) and a substitute driver if a regular driver is unavailable. General time range 11:00am-12:30pm, please call 860-228-1700.

Connecticut Energy Assistance Program (CEAP)

- What is Connecticut Energy Assistance Program (CEAP)?

The Connecticut Energy Assistance Program helps income-qualifying households with their home energy bills. The Connecticut CEAP program is **available from November 1st through April 30th** each year and may be able to offer you assistance with weatherization and energy-related home repairs.

- Who is eligible for Connecticut Energy Assistance Program (CEAP)?

To be eligible for this benefit program, you must be a resident of Connecticut

A person who participates or has family members who participate in certain other benefit programs, such as SNAP, SSI, TANF, automatically meets the eligibility requirement.

In order to qualify, you must also have a gross annual household income that is below 60 percent of the State Median Income:

1 Person Household	2 Person Household	3 Person Household	4 Person Household	5 Person Household	6 Person Household
\$45,505	\$59,507	\$73,509	\$87,511	\$101,512	\$115,514

Award amounts toward your 2024-2025 winter heating costs are determined on a sliding scale.

You may also qualify for:

Eversource's Connecticut Electric Discount Rate

A bill discount is available for residential electric customers

There are two tiers of discount (10% or 50%) depending on your annual household income or receipt of a public assistance benefit. For customers who do not heat with electricity, the discount will be applied to the first 800 kWh each month. For customers who do heat with electricity, the discount will be applied to the first 1,200 kWh each month

Do I Qualify?

Eligible income for 10% Discount Rate

You may be eligible for the 10% discount on your monthly electric bill

To qualify, your household annual income for all adults over 18 must be at or below 60% of the state median income, or you can show receipt of a public assistance benefit for at least one household member – Medicare Savings Program (Specified Low Income Medicare Beneficiary or Additional Low Income Medicare Beneficiary, CT Energy Assistance Program Level 3, HUSKY B or CHIP (Children's Health Insurance Program). If you participate in Section 8 Housing, Rental Assistance Program (RAP), or the CT Energy Assistance Program Level 2, additional proof of income is needed to substantiate eligibility

1 Person Household	2 Person Household	3 Person Household	4 Person Household	5 Person Household	6 Person Household
\$45,505	\$59,507	\$73,509	\$87,511	\$101,512	\$115,514

Eligible income for the 50% Discount Rate

You may be eligible for the 50% discount on your monthly electric bill.

To qualify, your household annual income for all adults over 18 must be at or below 160% of the federal poverty guidelines, or you can show receipt of a public assistance benefit for at least one household member – Supplemental Nutrition Assistance Program (SNAP)/CT Free or Reduced Lunch, Temporary Assistance to Needy Families (TANF or TFA), State Administered General Assistance (SAGA), State Cash Assistance/State Supplement, Woman/Infant/Children (WIC), Supplemental Security Income, Medicaid or HUSKY A, C, or D, Medicare Savings Program (Qualified Medicare Beneficiary Program), Refugee Cash or Medicals Assistance, Head Start, CT Energy Assistance Program Level 1

1 Person Household	2 Person Household	3 Person Household	4 Person Household	5 Person Household	6 Person Household
\$24,096	\$32,704	\$41,312	\$49,920	\$58,528	\$67,136

Additionally, if you heat with electricity, you may qualify for

Eversource's Connecticut Matching Payment Program

The Matching Payment Program provides bill payment assistance for qualified Connecticut customers with electric heating service.

How it Works

To participate, you must be approved for and receive energy assistance from the CT Energy Assistance Program

For every dollar you pay toward your bill, Eversource will credit a dollar to your past-due amount down to a zero balance. So, you pay a portion, CEAP pays a portion, and Eversource pays a portion.

Eligibility requirements

- You must be a current Eversource residential customer and heat your home with electricity
- Your household income must be at or below 60 percent of the state median income

1 Person Household	2 Person Household	3 Person Household	4 Person Household	5 Person Household	6 Person Household
\$45,505	\$59,507	\$73,509	\$87,511	\$101,512	\$115,514

- You must have CEAP energy assistance funds applied directly to your Eversource account
- You must continue to pay your payment arrangement amount on time each month

If you do not heat with electricity, but have a back balance with Eversource, you may qualify for

Eversource's New Start Program

The New Start program can help eliminate your outstanding balance in as little as 12 months if you make on-time monthly payments.

How it Works

- Eversource will review your account billing history and set a monthly payment plan based on the average of your regular monthly bill.
- When you make your New Start monthly payment, a portion of your total balance at the time of enrollment will be eliminated, or "forgiven," reducing the amount you owe. The amount forgiven each month is calculated by taking your total enrolled balance and dividing it by 12.
- As long as you continue to make your New Start payment, your service will not be shut-off for non-payment.

For example, if your budget payment amount is set at \$150 per month and your past due balance is \$1,200, for every month you make your required \$150 budget payment towards your current bill, we will reduce your past-due balance by \$100.

To be eligible:

- You must be a current Eversource residential electric customer with a past due balance of \$100 or more that is 60 or more days past due; and
- Your income must fall at or below 60 percent of state median income;

1 Person Household	2 Person Household	3 Person Household	4 Person Household	5 Person Household	6 Person Household
\$45,505	\$59,507	\$73,509	\$87,511	\$101,512	\$115,514

or

- You have a medical certification for a household member; or
- You have applied for, and are eligible to receive CEAP funds, or are able to provide other proof of income

CT Energy Assistance Applications
Please call us 860-228-1700 to make an appointment—no walk-ins

Hebron Caregiver Support Group at the Russell Mercier Senior Center

The role of a caregiver can be very challenging. A caregiver can be a spouse, adult child, parent, other family members or friends. The responsibilities of caring for someone can vary significantly depending on many factors including the individual needs of the person being cared for. Family caregivers often make many sacrifices for their loved ones and sometimes neglect their own needs. Often family caregivers have no preparation for the role of caregiving and provide care with little to no support. In some cases, family members are providing care while experiencing poor health conditions themselves. Caregivers are at a higher risk for developing their own health and emotional problems. It is very important for caregivers to find time to take care of their own health and emotional needs even while they are caring for someone else.

Attending a caregiver support group can make a difference in helping caregivers to meet their own emotional needs. Some of the benefits of attending a caregiver support group include the following:

- Sharing thoughts and experiences without judgement and feeling heard and validated
- Learning ways to improve your coping skills
- Receiving practical advice
- Obtaining additional resources and useful information
- Giving and receiving emotional support
- Reducing social isolation
- Having a positive outlet to express your fears and frustrations
- Improving your quality of life
- Receiving help to regain an improved sense of control
- Gaining perspective

The Russell Mercier Senior Center, "Me Too" Caregiver Support Group, can help address your need for improved support and self-care while caring for your loved one. The support group meets at the Russell Mercier Senior Center on the third Friday of each month from 11am to 12pm. Registration is recommended. To register, please call Dennis: 860-228-1700 ext. 204 to register.

Dennis Farrar, MSW
Adult and Senior Center Social Worker



CAREGIVER SUPPORT GROUP

At the Hebron Senior Center

12 Stonecroft Dr. Hebron 06248

Led by Dennis Farrar, Adult & Senior Services Social Worker

THE CAREGIVER SUPPORT GROUP OFFERS A SAFE PLACE TO DISCUSS THE STRESSES, CHALLENGES, AND REWARDS OF PROVIDING CARE FOR A LOVED ONE AND LEARNING ABOUT RESOURCES AND IDEAS TO ASSIST YOU IN THROUGH THE PROCESS

The Support Group will meet the

3rd Friday of the month - December 20th

From 11:00am—Noon

FOR MORE INFORMATION CALL DENNIS AT

860-228-1700 EXT. 204

Registration requested, but not required

Hebron Senior Center Happenings.....December 2024

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

Transportation call 860-228-5977

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>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 12:30 Movie—Fisherman’s Friends</p>	<p>3 9:00–3:00 Exer. Rm 9:00-1:00—AARP Driving Class 9:30-Noon Chatham Health Live Well Workshop 10:00–11:30—Knitting 11:00 Food Truck—must pre-register 12:00—Lunch 1:00–2:15 Card Making 12:45–3:15 Hand & Foot Canasta</p>	<p>4</p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA</p>	<p>5</p> <p>9:00–3:00 Exer. Rm 9:00-3:00—Massage 10:15-11:15 TAI CHI 10:10–11:45—SS Singers 12:00—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>6</p> <p>9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping— Big Y</p> <p>10:30-12:30—Watercolor Class w Audrey</p>
<p>9</p> <p>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-Noon—Meditation</p>	<p>10</p> <p>9:00–3:00 Exer. Rm 9:30-Noon Chatham Health Live Well Workshop 10:00–11:30—Knitting/ Crocheting/Needlework 12:00—Lunch 1:00–2:15 Card Making 12:45-3:15 Hand & Foot Canasta</p>	<p>11</p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA</p>	<p>12</p> <p>9:00–3:00 Exer. Rm 9:00-3:30—Massage 10:15-11:15 TAI CHI 10:10–11:45—Sunshine Singers 12:00—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>13</p> <p>9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping— Walmart/Aldis</p> <p>10:30-12:30—Watercolor Class w Audrey</p>
<p>16</p> <p>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 12:30 Movie—Part 2 - Fisherman’s Friends—All for One</p>	<p>17 9:00–3:00 Exer. Rm 9:30-Noon Chatham Health Live Well Workshop—last class 10:00–11:30—Knitting 11:00 Food Truck 10:30-11:45 Ted Talk 12:00—Lunch 1:00–2:15 Card Making 12:45–3:15 Hand & Foot Canasta 2:30-4:00—RHAM Bingo</p>	<p>18</p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul NO YOGA</p> <p>11:00–1:00 Holiday Party with the Sunshine Singers</p>	<p>19 9:00–3:00 Exer. Rm 9:00-3:30—Massage 10:15-11:15 TAI CHI 10:15 Sunshine Singers 11:30-12:30 BP Screenings by Chatham Health 12:00 Lunch 12:15—Chatham Health Presentation— 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>20</p> <p>9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping—Stop & Shop</p> <p>11:00-Noon Caregiver Support Group</p>
<p>23</p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul NO YOGA 9:00-3:00—Massage 11:25-Noon—Meditation</p>	<p>24</p> <p>CLOSED FOR CHRISTMAS</p>	<p>25</p> <p>CLOSED FOR CHRISTMAS</p>	<p>26</p> <p>OPEN BUT NO PROGRAMS WILL RUN</p> <p>TRANSPORTATION & MEALS ON WHEELS ONLY</p>	<p>27</p> <p>OPEN BUT NO PROGRAMS WILL RUN NO SHOPPING</p> <p>TRANSPORTATION & MEALS ON WHEELS ONLY</p>
<p>30</p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul NO YOGA 9:00-3:00—Massage</p>	<p>31</p> <p>9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 12:00—Lunch 1:00–2:15 NOT MEETING Card Making 12:45–3:15 Hand & Foot Canasta will be playing NEW YEAR’S EVE</p>	<p>January 1 2025</p> <p>CLOSED FOR NEW YEAR’S DAY</p> <p>HAPPY NEW YEAR</p>	<p>January 2 2025</p> <p>9:00–3:00 Exer. Rm 9:00-3:30—Massage 10:15-11:15 TAI CHI 10:10–11:45—Sunshine Singers 12:00—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>January 3 2025</p> <p>9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping— Walmart/Aldis</p>

Sudoku

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

How to play

In classic sudoku, the objective is to fill a 9x9 grid with digits so that each column, each row, and each of the nine 3x3 sub-grids that compose the grid (also called "boxes", "blocks", or "regions") contain all of the digits from 1 to 9.

SOLUTION

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

Dessert Recipes

Vegan Mocha Mousse from Trader Joe's

Ingredients

- Water, for double boiler
- 1 box TJ's Oat Chocolate Bars, broken into smaller pieces, reserving 2 squares for garnish
- 2 cups TJ's Vegan Heavy Whipping Cream Alternative
- 2 tablespoons TJ's Organic Powdered Cane Sugar
- 2 teaspoons TJ's 100% Colombian Instant Coffee granules
- 2 teaspoons TJ's Organic Pure Bourbon Vanilla Extract

Directions

- To make a double boiler, fill a medium-sized saucepan with a couple inches of water and bring to a boil over medium-high heat. Reduce to a simmer, and carefully place a heat-proof bowl on top of the pot, so that it fits securely but does not touch the water. Add chocolate to the bowl and allow to melt, stirring occasionally, about 3-5 minutes. Carefully remove bowl from the pot and set aside.
- In the bowl of a stand mixer, add Vegan Heavy Whipping Cream Alternative, powdered sugar, instant coffee granules, and vanilla. Use the whisk attachment to whip the mixture on high until stiff peaks form, 2-3 minutes. Remove a half cup of whipped cream and reserve for garnish.
- Using a wooden spoon or silicone spatula, delicately fold melted chocolate into the remaining whipped cream until combined.
- Chop reserved squares of chocolate into thin shavings. Divide mousse among serving cups, add a dollop of reserved whipped cream, and top with shaved chocolate to serve.



M&M Magic Bars

Ingredients

- 1 stick (8 tablespoons) unsalted butter, melted,
- plus more for buttering the dish
- 14 chocolate graham crackers
- One 14-ounce can sweetened condensed milk
- One 10-ounce bag mint chocolate chips
- 1 cup cocktail peanuts, coarsely chopped
- 2 cups mini marshmallows
- 1/2 cup red and green candy-coated chocolates, such as M&M's
- 1/2 cup coarsely chopped candy canes
- 1/4 cup red and green sprinkles

Directions

- Position an oven rack in the center of the oven and preheat to 350 degrees F. Line a 9-by-13-inch baking dish with foil, leaving a 2-inch overhang on both sides. Butter the foil.
- Pulse the graham crackers into fine crumbs in a food processor. Add the melted butter and pulse to combine (the mixture should hold together when squeezed). Transfer the mixture to the prepared baking dish and press it into the bottom in an even layer, using the bottom of a measuring cup to help. (Directions continued on bottom of next page)



Recipes

Herby Compound Butter

Ingredients

- 1 stick Unsalted Butter, softened
- 1/3 package Fresh Rosemary, destemmed
- 1/3 package Fresh Thyme, destemmed
- 1/3 package Fresh Sage, destemmed
- Sea Salt
- Rainbow Peppercorns



Directions

- To the bowl of a small food processor, add destemmed herbs and pulse for about 30 seconds until evenly chopped. Add butter and a few cranks of salt and pepper, then pulse again for another 30 seconds until completely combined.
- Alternatively, use a knife to finely chop the destemmed herbs, then add them to a medium-sized bowl with the butter, salt and pepper. Use a spatula to fold the ingredients together until evenly combined.
- Add butter to the center of a sheet of parchment paper, placing it in a mound. Lift the bottom half of the parchment paper up and over the butter so the mound is now at the bottom of the parchment. Begin at the bottom of the parchment where the butter is, and roll the parchment upward to form it into a log. Twist the ends to the butter is completely enclosed.
- Refrigerate until firm.

Lemon Garlic Cauliflower Rice

Ingredients

- medium cauliflower head or ready-made cauliflower rice
- lemon
- minced garlic
- parsley (fresh or dried)
- olive oil



Directions

- Start by grating cauliflower if you are making it from florets. If you are using the store-bought kind, check directions to see if it needs to be thawed before using.
- Heat up olive oil in skillet. Add garlic and saute for 1 minute. Add cauliflower rice and saute for 3 to 4 minutes. Stir in lemon zest and parsley.
- Add a tablespoon of fresh lemon juice if desired.
- Serve rice immediately or cool completely and refrigerate for up to 4 days or freeze for up to 1 month.

Reuben-Style Pretzel Bites

Ingredients

- ½ bag Pretzel Slims
- 1 package Uncured Pastrami
- 1 package Shredded Swiss & Gruyere Cheese Blend (or something similar)
- 1 jar Sauerkraut
- Condiment of choice, for drizzling



Directions

- Preheat oven to 400°F.
- Lay pretzel slims on a baking sheet and top each with chopped pastrami and shredded cheese.
- Bake for 5 minutes, or until cheese is melted.
- Top each pretzel with a tablespoon of sauerkraut and drizzle with preferred condiment.

Continued from previous page directions for M & M Magic Bars

- Pour the sweetened condensed milk over the crumbs. Sprinkle the chocolate chips, peanuts, marshmallows, M&M's, candy canes and sprinkles over the condensed milk.
- Bake until the sides are golden brown and begin to pull away from the baking dish, 30 to 35 minutes. Let cool completely, about 1 hour. Using the foil liner as handles, lift the bars out of the baking dish; remove the foil. Cut into 24 bars.

Song Titles from the 1950's

Can you finish the song titles?

- The Tennessee _____
- Goodnight _____
- Wheel of _____
- I saw Mummy kissing _____
- The doggie in _____
- This ole _____
- The yellow rose _____
- Smoke gets in _____
- Memories are made _____
- Hound _____
- That'll be the _____
- Wake up _____
- Jailhouse _____
- Blue suede _____
- Mack the _____
- Good golly _____
- My baby just cares _____
- What a difference a _____
- Rock around _____
- Blueberry _____
- Heartbreak _____
- Love me _____
- All I have to do is _____

- All I have to do is ... dream
- Love me ... tender
- Heartbreak ... hotel
- Blueberry ... hill
- Rock around ... the clock
- What a difference a ... day makes
- My baby just cares... for me
- Good golly ... Miss Molly
- Mack the ... knife
- Blue suede ... shoes
- Jailhouse ... rock
- Wake up ... little Susie
- That'll be the ... day
- Hound ... dog
- Memories are made ... of this
- Smoke gets in ... your eyes
- The yellow rose ... of Texas
- This ole ... house
- The doggie in ... the window
- I saw Mummy kissing ... Santa Claus
- Wheel of ... fortune
- Goodnight ... Irene
- The Tennessee ... waltz

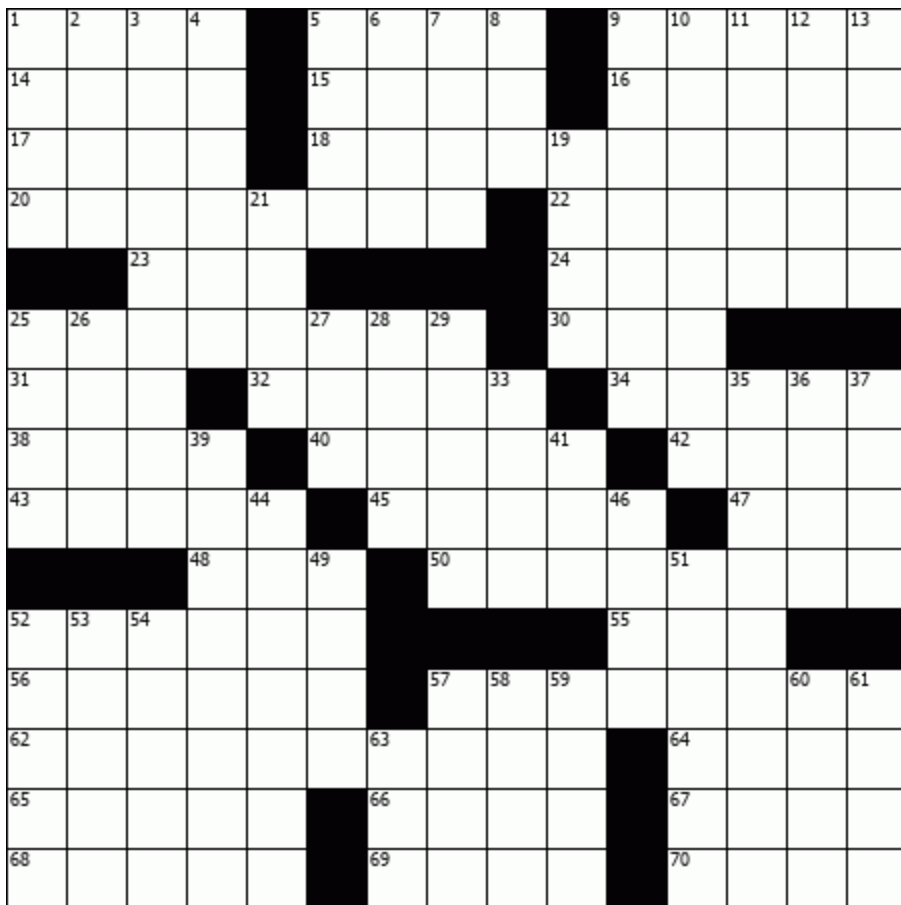
The Answers Song Titles from the 1950's

Across

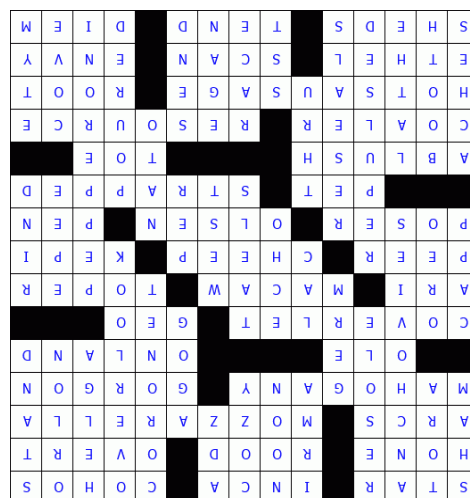
- 1. Walk of Fame attraction
- 5. Machu Picchu builder
- 9. Some salmon
- 14. Sharpen, as on a whetstone
- 15. Crucifix
- 16. Unconcealed
- 17. Bow shapes
- 18. Pizza topping
- 20. Furniture wood
- 22. Medusa was one
- 23. Flamenco exclamation
- 24. Back from flying
- 25. Decorative bedspread
- 30. Earth prefix
- 31. "Exodus" hero
- 32. Cockatiel kin
- 34. Fields persona
- 38. Take a gander
- 40. Chick's pronouncement
- 42. French military cap
- 43. Baffling question
- 45. Clark Kent's pal
- 47. Some people don't care if its tip is felt
- 48. Stroke
- 50. Penniless
- 52. Red-faced
- 55. Low digit
- 56. Certain fuel carrier
- 57. Money or property, e.g.
- 62. Pizza topping
- 64. Word with canal or beer
- 65. A Barrymore
- 66. Read quickly
- 67. One of the seven deadlies
- 68. Outbuildings
- 69. Shepherd
- 70. Per ___ (daily allowance)

Down

- 1. Subterfuge
- 2. One-third of the title of a movie about 12/7/41
- 3. Pizza toppings
- 4. Do a cobbler's job
- 5. "___ La Douce"
- 6. Time for a break, often
- 7. Teapot cover
- 8. Wood dresser
- 9. Small crown
- 10. Scenic viewpoint
- 11. Andrew Wyeth's model
- 12. Acrylic fabric
- 13. Rise



- 19. Highly excited
- 21. Microorganism
- 25. Abner's artist
- 26. Nabisco goodie
- 27. Varnish ingredient
- 28. Reverberation
- 29. Chinese weight units
- 33. Needle point?
- 35. Pizza topping
- 36. Rapier's cousin
- 37. Lemon component
- 39. Fought off
- 41. For each
- 44. Closes up again
- 46. Western defense assn.
- 49. Way header
- 51. Rained cats and dogs
- 52. Yearns painfully
- 53. Place for a phone
- 54. Bat maker's tool
- 57. Word with foot and rat
- 58. "Magnet and Steel" singer Walter
- 59. Transmit
- 60. Small inlet
- 61. Study of word origins (Abbr.)
- 63. Concorde, e.g.



Christmas Gift Ideas

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