

2025

Hebron Senior Center Newsletter

January

RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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

Sharon Garrard-Hoffman	x 203	Senior Services Dir/Municipal Agent for the Elderly	sgarrard@hebronct.com
Mandy Roczniaik	x 202	Program Director	aroczniaik@hebronct.com
Dennis Farrar	x 204	Adult & Senior Services Social Worker	dfarrar@hebronct.com
Tammy Scherp	x 201	Transportation Coordinator	Transportation phone # 860-228-5977
Linda Zaccaro	x 200	Receptionist	

Special Movie Monday—December 30th

The movies start at 12:30pm, with popcorn, to sign-up call 860-228-1700. Keep the Christmas spirit going as we play the wonderful classic **Irving Berlin's White Christmas**. Two talented song-and-dance men (Bing Crosby and Danny Kaye) team up after the war to become one of the hottest acts in show business.

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. **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. More details on page 5. Registration deadline January 6th, call 860-228-1700 for more information.

RHAM Bingo

Please join us on the **TUESDAY, January 28th 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. **February is Tuesday the 11th.**

Bus Trip—Lunch—Cracker Barrel

Please join us for lunch and some shopping in the Cracker Barrel Country Store, **Wednesday, January 8th—at 11:00am and returning approximately 3:00pm**. Space limited to 8 spots. Transportation cost is \$5. To sign-up, call 860-228-1700.

Crafts with Linda

Tuesday, January 7th at 10:30am, cost is \$5. Come and make your snowperson door hanging that can spruce up your front door for the winter season. Sample of the project at the senior center, please bring your glue gun if you have one. Registration deadline, Monday, January 6th, 860-228-1700.



Bus Trip – Lunch at Windham Tech's Uncommon Kitchen

Wednesday, January 22nd we will be having lunch at Windham Tech's Uncommon Kitchen featuring the food prepared by the culinary students. Exact menu not yet available, but will include warm rolls and butter, appetizer or soup and your choice of entrée, and dessert. The cost is \$17 which includes transportation, but not tip. Deadline to register is Wednesday, January 15th, no refunds after this date. Bus will leave at 10:15am and return by 1:00pm.

AARP Income Tax Preparation for the 2024 Year

Certified AARP Tax Preparation volunteers will be at the Hebron Senior Center to prepare basic Federal and State tax returns on Tuesdays from 9:00am-1:00pm on the following dates; February 4, February 11, February 18, February 25, March 4, March 11, March 18, March 25. **Sign-ups will begin starting MONDAY, January 6th, 2025, call 860-228-1700.**

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

If Schools are closed due to 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 31st, January 14th & 28th—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** —NO SHOPPING Friday, December 27th, Friday, January 3rd Walmart/Aldis, January 10th Big Y, January 17th Stop and Shop, January 24th Walmart/Aldis, January 31st Big Y. 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.

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, but please call for exact time for this date only.**

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 Tues, 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

Twice per month on specific Monday's (2x/month) starting at 11:25. The January dates are the 13th and 27th. 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 Roczniak who has been practicing mindful meditation for 17 years. To register call 860-228-1700.

Yoga

Mondays & Wednesdays 10:15am—11:15am. The new session will be January 6th—29th (no class January 20th—senior center closed) 7 sessions, \$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. **On Thursdays beginning January 16th appointments on Thursdays will be 12:30—6:30pm (last appointment at 5:30pm)**

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, January 13th—Fly Me to the Moon—** Scarlett Johansson and Channing Tatum, a sharp, stylish romantic comedy set against the high-stakes backdrop of NASA's historic Apollo 11 moon landing. Brought in to fix NASA's public image, sparks fly in all directions as marketing maven Kelly Jones (Johansson) wreaks havoc on launch director Cole Davis's (Tatum) already difficult task. When the White House deems the mission too important to fail, the countdown truly begins. **Monday, January 27th 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.

Programs and Activities

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 will start Thursday, January 9th February 27th (8 classes \$24) To register call us at 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, **January 17th—10:30-11:45am.** To register call 860-228-1700.

BINGO - Thursday Afternoons

Thursdays 1:00—3:00pm. Grab your good luck charm and come on in. The first card costs \$1 and entitles a player to play in all Bingo games. Each additional card is then 50 cents each. Prizes awarded each game. 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 **January 16th is micronutrients.** 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, **January 16th.**

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. 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.**

HOLIDAY HOURS

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)

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 January 6th to register.**

What's Happening In the Community

Food Bank Closures for the Holidays

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.

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 860-3689125.

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

Hebron transfer station 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.

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 - January 17th

From 11:00am—Noon

FOR MORE INFORMATION CALL DENNIS AT

860-228-1700 EXT. 204

Registration requested, but not required

Hebron Senior Center Happenings.....January 2025

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

Transportation call 860-228-5977

Mon	Tue	Wed	Thu	Fri
<p>30 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul NO YOGA 9:00-3:00—Massage 12:30—Movie - Irving Berlin’s White Christmas</p>	<p>31 9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 11:15—Food Truck 12:00—Lunch 1:00–2:15 NO CARD Making Hand & Foot Canasta will be playing, but please call for exact time for this date</p>	<p>January 1 2025 CLOSED FOR NEW YEAR’S DAY HAPPY NEW YEAR 2025</p>	<p>January 2 2025 9:00–3:00 Exer. Rm 9:00-3:30—Massage 10:10–11:45—Sunshine Singers NO TAI CHI—New Session begins January 9th 12:00—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>January 3 2025 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping—Walmart/Aldis</p>
<p>6 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—NEW SESSION</p>	<p>7 9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 10:30-11:45—Crafts w Linda (please bring glue gun if you have one) 12:00—Lunch 1:00–2:15 Card Making 12:45-3:15 Hand & Foot Canasta</p>	<p>8 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA 11:00-3:00—Bus Trip—Cracker Barrel</p>	<p>9 9:00–3:00 Exer. Rm 9:00-3:30—Massage 10:15-11:15 TAI CHI—New Session 10:10–11:45—Sunshine Singers 12:00—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>10 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping— Big Y</p>
<p>13 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 12:30 Movie—Fly Me to the Moon</p>	<p>14 9:00–3:00 Exer. Rm 10:00–11:30—Knitting 10-Noon—Resilient Living Program– 1st class 11:00 Food Truck 12:00—Lunch 1:00–2:15 Card Making 12:45–3:15 Hand & Foot Canasta</p>	<p>15 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA</p>	<p>16 9:00–3:00 Exer. Rm 10-Noon—Resilient Living 10:15-11:15 TAI CHI 10:15 Sunshine Singers 11:30-12:30 BP Screenings 12:00 Lunch 12:30-6:30 (NEW TIME)Massage 12:15—Chatham Health Presentation—Micronutrients 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>17 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping—Stop & Shop 11:00-Noon Caregiver Support Group</p>
<p>20 CLOSED FOR MLK BIRTHDAY</p>	<p>21 9:00–3:00 Exer. Rm 10:00–11:30—Knitting 10-Noon—Resilient Living 10:30-11:45 Ted Talk 12:00—Lunch 1:00–2:15 Card Making 12:45–3:15 Hand & Foot Canasta</p>	<p>22 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA Bus Trip 10:15-1 :00 Windham Tech Lunch</p>	<p>23 9:00–3:00 Exer. Rm 10-Noon—Resilient Living 10:15-11:15 TAI CHI 10:15 Sunshine Singers 12:00 Lunch 12:30-6:30 Massage 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>24 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping—Walmart/Aldis</p>
<p>27 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 12:30 Movie—Fisherman’s Friends</p>	<p>28 9:00–3:00 Exer. Rm 10:00–11:30—Knitting 10-Noon—Resilient Living 11:00 Food Truck 12:00—Lunch 1:00–2:15 Card Making 12:45–3:15 Hand & Foot Canasta 2:30-4—RHAM BINGO</p>	<p>29 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA</p>	<p>30 9:00–3:00 Exer. Rm 10-Noon—Resilient Living 10:15-11:15 TAI CHI 10:15 Sunshine Singers 12:00 Lunch 12:30-6:30 Massage 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>31 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping— Big Y</p>

16 tips for starting the New Year off on the right foot

1. If you're going to make resolutions, don't get carried away

Trying to do too much will pull away your focus from what really matters.

2. Think about your short, medium and long-term goals

Even better than making resolutions is setting concrete goals for yourself. Flesh out an action plan to follow throughout the year to get you closer to these goals.

3. Acknowledge all of your accomplishments from last year

Take some time to marinate in your "wins" from last year. **Think about your successes and the hard work that went into making those accomplishments happen.** It's always a good idea to take stock of what you've done to stay positive and motivated.

4. Celebrate these accomplishments

Once you've made either a mental or physical list of what you've gotten done this year, it's time to celebrate. That may be with a party or a day at the spa or treating yourself to a movie... whatever it is, **dedicate some time to feeling good about what you've done.**

5. Use your holiday to enjoy yourself

As you get revved up for the New Year, don't forget to relax. It's important to use your holiday vacation to recharge before another crazy year begins.

6. Reconnect with people in your network

The holidays are a great excuse to reach out to professional and personal contacts, give them an idea of what you're up to and see how everything is going for them.

7. Love

Take stock of the people you have in your life and spend some extra energy to make them feel how much you appreciate them.

8. Make some "me time"

Set aside a time for self-worship. The only criteria is that you're treating yourself and you're doing it alone so you can focus on yourself.

9. Spend some time on gratitudes

On a walk or while you have some time to yourself, take an hour or two to really think about all of the different things you're thankful for in your life. It can be anything at all that you appreciate.

10. Daydream about your future

Apart from your goals, aspirations and resolutions, take some time to dream. Let yourself fantasize about your life, your career, your travels... **It's important to have the time to dream big.** You never know what ideas, passions and new goals may awaken.

11. Remember 2024

Cherish the best moments of last year. Look through the pictures you've taken, make a list of your favorite moments, call up your friends to discuss the good, the bad and the ugly. Whatever it is, make sure you take in the last year before all of your energy goes into 2025.

12. Think about what you learned last year

Spend some time looking back and considering what you achieved and didn't achieve and why. **Think about how you'll incorporate that knowledge and insight into the year ahead of you.**

13. Focus on behavior, not results

As you gear up for your New Year, you probably have an idea of what you want to achieve by the end of 2017. As you pursue your goals, it's important to maintain focus on behaviors, what you're **doing**, not the results you're getting. The results will come if you stay focused and stay patient.

14. Start planning a trip somewhere

Travel adds new facets to your life. New places, new languages, new ways of life... **Traveling can open up a new world and help us remember what's really important.**

15. Get some new grooves into your life

Update your playlists to incorporate some new jams. It will bring you new energy for a new year.

16. Smile It's free. It makes you feel better. It makes other people feel better.

Tips for the New Year 2025

HOW LONG WILL IT TAKE TO CRACK YOUR PASSWORD

number of Characters	Numbers only	Upper or lower case letters	upper or lower case letters mixed	numbers, upper and lower case letters	numbers, upper and lower case letters, symbols
3	Instantly	Instantly	Instantly	Instantly	Instantly
4	Instantly	Instantly	Instantly	Instantly	Instantly
5	Instantly	Instantly	Instantly	3 secs	10 secs
6	Instantly	Instantly	8 secs	3 mins	13 mins
7	Instantly	Instantly	5 mins	3 hours	17 hours
8	Instantly	13 mins	3 hours	10 days	57 days
9	4 secs	6 hours	4 days	1 year	12 years
10	40 secs	6 days	169 days	106 years	928 years
11	6 mins	169 days	16 years	6k years	71k years
12	1 hour	12 years	600 years	108k years	5m years
13	11 hours	314 years	21k years	25m years	423m years
14	4 days	8k years	778k years	1bn years	5bn years
15	46 days	212k years	28m years	97bn years	2tn years
16	1 year	512m years	1bn years	6tn years	193tn years
17	12 years	143m years	36bn years	374tn years	14qd years
18	126 years	3bn years	1tn years	23qd years	1qt years

Happiness Chemicals and how to hack them



DOPAMINE

THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins



OXYTOCIN

THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment



SEROTONIN

THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling



ENDORPHIN

THE PAIN KILLER

- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising



Sudoku

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

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

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

Dessert Recipes

Double-Chocolate Toffee Icebox Cake

Ingredients

- 3 cups 2% milk
- 1 package (5.9 ounces) instant chocolate pudding mix
- 1-1/2 cups heavy whipping cream
- 2 packages (9 ounces each) chocolate wafers
- 2 Heath candy bars (1.4 ounces each), crushed

Directions

- In a large bowl, whisk milk and pudding mix 2 minutes. Let stand 2 minutes or until soft-set. In another large bowl, beat cream until stiff peaks form.
- Arrange 20 cookies on bottom of an 8-in. square baking dish. Spread a fourth of the chocolate pudding and a fourth of the whipped cream over cookies. Repeat layers 3 times. Sprinkle with crushed candy bars. Refrigerate overnight.



Caramelized Baked Custards

Ingredients

- 4 large eggs
- 2/3 cup sugar
- 1/2 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cinnamon
- 3 teaspoons vanilla extract
- 2-2/3 cups whole milk

Directions

- In a bowl, combine eggs, sugar, spices and vanilla. Blend in milk. Pour into a 1-1/2-qt. baking dish. Place baking dish in a cake pan in oven; add 1 in. water to pan.
- Bake at 325° for 1 hour or until a knife inserted near middle comes out clean.



Recipes

Easy Shrimp Alfredo

Ingredients

- 8 ounces uncooked fettuccine
- 1/4 cup butter, cubed
- 1-1/2 cups heavy whipping cream
- 1 pound cooked medium shrimp, peeled and deveined
- 3/4 cup grated Parmesan cheese
- 1 garlic clove, minced
- 1/4 teaspoon pepper
- 1 teaspoon minced fresh parsley
- Lemon wedges, optional

Directions

- Cook fettuccine according to package directions. Meanwhile, in a large saucepan or skillet, melt the butter over medium heat. Stir in cream. Bring to a gentle boil. Reduce heat; simmer, uncovered, for 3 minutes, stirring constantly.
- Add the shrimp, cheese, garlic and pepper; cook and stir until heated through. Drain fettuccine; toss with shrimp mixture. Sprinkle with parsley; if desired, top with additional Parmesan cheese and serve with lemon wedges.



Nutty Cheese Tortellini

Ingredients

- 1 package (9 ounces) refrigerated cheese tortellini
- 1/2 cup butter, cubed
- 1/2 cup minced fresh parsley
- 1/3 cup chopped walnuts, toasted
- 1/4 cup shredded Parmesan cheese
- Coarsely ground pepper to taste

Directions

- Cook tortellini according to package directions; drain and keep warm. In the same pan, melt butter. Stir in the tortellini, parsley and walnuts; toss to coat. Sprinkle with cheese and pepper.



Sausage and Sauerkraut

Ingredients

- 6 medium red potatoes, cubed
- 2 tablespoons canola oil
- 1 small onion, halved and sliced
- 1 pound smoked sausage, cut into 1/4-inch pieces
- 1 package (16 ounces) sauerkraut, rinsed and well drained
- 1/4 teaspoon pepper

Directions

- In a large skillet, saute the potatoes in oil until lightly browned, 5-6 minutes. Stir in onion; saute until tender, 3-4 minutes. Add the sausage, sauerkraut and pepper. Cook, uncovered, over medium heat until heated through, 4-5 minutes, stirring occasionally.



Across

1. Visibility lessener
5. Spinnaker support
9. Arnaz Sr. and Jr.
14. Stud fee
15. Humerus neighbor
16. "This is only ___"
17. It leads to a rose
18. Scholar of Islamic law
19. Philanthropist
20. Era that metal cutting-tools emerged
22. Bit of marginalia
23. Pungent bulb
24. Sales person, briefly
27. Opie, off the set
28. Midmorning
29. Sled alternative
33. Adventurousome
35. Flavor
36. Outfielder's yell
37. Gastronomic asset
41. Certain soluble salts
42. Skier's challenge
43. Places to find literary titles
44. "Gone With the Wind" estate
45. Some may have photos
48. Chance occurrence
49. Narc's boss
51. Arts category
53. Earth Day subj.
55. Gotti's sobriquet
59. Farm storage units
61. Water color?
62. Much of a waiter's income
63. All thumbs
64. Break in the action
65. Pennsylvania city
66. Objects of rhinoplasty
67. Reader's Digest co-founder

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20				21						22				
23								24	25	26		27		
28				29	30	31	32		33		34			
			35						36					
37	38	39						40						
41								42						
43								44				45	46	47
48				49		50			51	52				
53			54			55	56	57	58					
59				60		61					62			
63						64					65			
66						67					68			

DOWN

1. Navy's goat, e.g.
2. Cantillate
3. Intervene
4. Allegro or andante, e.g.
5. She hosted a ghost on TV
6. Diva Gluck
7. Fly in the ointment, e.g.
8. Whip wielder
9. The old man
10. Noted town in Buckinghamshire
11. Title with a tilde
12. Type of exercise
13. Military capability, e.g.
21. Caused by necessity
25. Perry White, for one
26. Port in American Samoa
30. Revolt
31. Halloween greeting
32. Artist Max
34. The Eternal City
35. Spider-Man creator Lee
37. Redeems, as poker chips
38. Best Actor of 1992
39. Snow bunny's support system
40. '70s radical org.
45. Rajiv's mother
46. Visit unannounced
47. Knew intuitively
50. In any way
52. Maze marking
54. Unhurried gait
56. Prefix for lateral or distant
57. Well-fed
58. Bits of a song refrain
60. Ave. crossers, often

Happy New Year

Find and circle all of the words that are hidden in the grid. The remaining letters spell the name of a popular location for celebrating New Years

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

APPETIZERS
 BABIES
 BALLOONS
 BANNERS
 BUFFET
 CELEBRATE
 CHAMPAGNE
 CONFETTI
 DANCE
 DAY ONE

DECORATIONS
 END OF DECEMBER
 EVENTS
 FAMILY
 FATHER TIME
 FEAST
 FESTIVITIES
 FIREWORKS
 FIRST OF JANUARY
 FRIENDS

HATS
 HOLIDAY
 HORNS
 KISS
 MIDNIGHT
 MUSIC
 NEW YEARS DAY
 NEW YEARS EVE
 NOISEMAKERS
 OCCASION

PARADES
 PARTY
 PUNCH
 RESOLUTIONS
 SINGING
 STREAMERS
 THIRTY FIRST
 TIARAS
 WINE
 YEAR IN REVIEW