

2025

# Hebron Senior Center Newsletter

April

## RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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

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

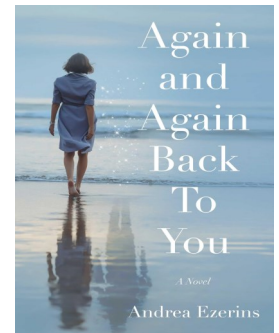
### **Bernice Barrasso Senior Luncheon provided by the Lions—April 12th**

The Hebron Lions are excited to invite seniors living in Hebron and Amston to a warm and welcoming free luncheon on Saturday, April 12<sup>th</sup> at noon. This event is offered annually in memory of Lion Bernice Barrasso. It's a perfect opportunity to enjoy delicious food, great company, and lively conversation. This year seniors may also win some prizes playing Musical Bingo. If you're over 65 and looking to meet new friends, reconnect with old ones, or simply enjoy a lovely meal, this luncheon is for you. The Luncheon will be held at the Hebron Lions' Clubhouse at the Fair Grounds on Gilead Street. Registration is required. Please **RSVP by April 2nd** to ensure we have enough seating and food for all. **RSVP by calling Lee Anderson at 860-942-2527 or email [lee.anderson@hebrontharvestfair.org](mailto:lee.anderson@hebrontharvestfair.org).**

### **Author Talk—AGAIN AND AGAIN BACK TO YOU by Andrea Ezerins**

Please join author Andrea Ezerins as she discusses her book, *Again and Again Back to You*.

**Tuesday, April 29th from 11:00am-Noon.** If you had the chance to revisit your past to change your present, what moment would you choose? That's the question debut author Andrea Ezerins poses in a vivid story about the proximity of the past, present, and future within the context of a life-defining young love. The book focuses on three characters' extraordinary shared journeys as they discover the ability and wonders of channeling into their pasts—and come to understand that sometimes one must lose something important to truly embrace who they are meant to be. The book is available at the Douglas Library. To register, please call 860-228-1700.



### **Yoga**

**Mondays & Wednesdays 10:15am—11:15am. The new session will be April 7th—April 30th— 8 sessions, \$24** 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.

### **Tai Chi**

**Thursdays, from 10:15am-11:15am.** 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. **The new session will be April 3rd—April 24th (4 sessions) \$12. To register call us at 860-228-1700.**

### **Movie Mondays**

The movies start at 12:30pm, with popcorn, to sign-up call 860-228-1700. **Monday, April 7th the movie is September 5,** During the 1972 Munich Olympics, an American sports broadcasting crew finds itself thrust into covering the hostage crisis involving Israeli athletes. **Monday, April 21st, A Complete Unknown.** In the early 1960s, 19-year-old Bob Dylan arrives in New York with his guitar and revolutionary talent, destined to change the course of American music. Forming his most intimate relationships during his rise to fame, he grows restless with the folk movement, making a controversial choice that reverberates worldwide.

## 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, April 2, 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

**April 8th & 22nd** —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** —April 4th Big Y, April 11th Stop & Shop, WEDNESDAY, April 16th Big Y (closed on Friday, April 18th), April 25th 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.

## **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.

## **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.

## **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.

## **Knitting/Crocheting/Needle Group—Tuesdays**

For those who would like to knit, crochet, or any kind of needle work come connect, share ideas, techniques, patterns, & maybe even teach others a new skill. The group meets on **Tuesdays from 10:00am—11:30am**. Class is free. Pre-registration is required if it's the first time attending class. Please call 860-228-1700.

## **Card Making Class—Tuesday Afternoon**

**Tuesdays 1:00PM—2:15PM. NO CLASS TUESDAY, APRIL 1ST**. Come join this fun class where you will learn the basics as well as advanced techniques of rubber stamping and card making! No previous experience is required - you'll be amazed at how simple it is to create beautiful cards that will bring joy to family and friends. Themes include birthday, holiday, seasonal, and more. The class runs continuously and the cost is \$35 for 4 consecutive weeks; includes instruction and all supplies. You can pay the instructor at your first class, but must pre-register for the class by calling 860-228-1700.

## **Mindful Meditation**

**Twice per month on Monday's (2x/month) starting at 11:25. The April dates are the 7th & 21st**. 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 new session will be April 7th—April 30th— 8 sessions, \$24** 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 and 50 minute chair/table or hot stone massages for \$25/\$50 accordingly, (if you would like a longer appointment, please discuss that with Bev) 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 12:30-6:30pm (last appointment at 5:30pm ) Gift certificates available. To make an appointment, please call 860-228-1700.

**Mahjongg Thursdays 12:45—3:15** The goal of mahjongg is similar to poker, in that the aim is to make matching sets and pairs. A set is three or four identical tiles or three consecutive tiles (also known as 'melds'), and a pair is two of the same tiles (often called 'eyes'). To win mahjongg a player must form four sets and one pair. This is free. Please call 860-228-1700.

## **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 new session will be April 3rd—April 24th (4 sessions) \$12. To register call us at 860-228-1700.**

## Programs and Activities

### **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, **April 15—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.

### **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.

### **Chatham Health Monthly Educational Series—Notice Date Change for this month**

Please join us on the 2nd, Thursday of the month at 12:15pm for the very informative presentation by Chatham Health's Stephanie Reyes. The topic for **April 10th is Heart Health. In May we will be back to the 3rd Thursday, May 15th will be Dental Health and June 19th is Outdoor Care.** Please call, 860-228-1700 to register.

### **Monthly Blood Pressure Screenings**

Every 3rd Thursday of the month **April 17** from **11:30-12:15**, Chatham Health will be offering free Blood Pressure screenings here at the senior center. No registration required,

### **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.

## Planning Ahead

### **AARP Safe Driving Class**

**Tuesday, May 13th 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 Tuesday, March 4th 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.

### **The 7 Essential Movements of Your Body**

These 7 essential movements of the body will keep your body balanced in mind, body and spirit. 7 moves to keep your healthy and happy. They are your lunge, squat, push, pull, gait, rotate, hinge! Sara will teach you these essential body moves through yoga asanas with ease and effectiveness. **Friday, June 6th from 10:30-12:30pm - Fee \$25.00**

### **Starting In May & Beyond—Speaker Series to Educate You on Future Planning**

The one thing no one wants to talk about is the end of life, but the dirty little secret is you can't stop it. But you can plan and prepare for it, so the decisions can be made while you are in control of making them. You can prepare to make it smoother when facing various life transitions and you get to set the direction of how you want things to go. We'll have a speaker series starting in May going throughout the summer until we've hit all the topics we feel will be helpful, informative, and hopefully help inspire you to take action so you get to decide what and how you want things to go. Topics will include; Estate planning, in-home care services, financial planning, alternative living arrangements/downsizing, funeral planning, understanding probate, hospice care, and more. Dates, times, and details in the Rivereast later in April and the May newsletter.

## What's Happening In the Community

### Historical Society Clothing Drive

The Hebron Historical Society will hold its annual Clothing Drive in April. The society will collect all size and style of clothing, as well as coats, shoes, handbags, backpacks, sports clothing, towels, sheets and blankets. All items must be in sellable condition: no stains, tears or rips, no broken zippers, no missing buttons, no rags or fabric scraps. Bring items in large kitchen trash bags or lawn and leaf bags to Old Town Hall, 26 Main St. (next to Douglas Library), on Friday, April 4, from 3-6 p.m., and Saturday, April 5, from 8-10 a.m. Email [mergonci65@comcast.net](mailto:mergonci65@comcast.net) for more information.

### Artists Wanted!

The Hebron Creative Collective is looking for artistic people who are interested in helping to develop the art scene in town. The collective will hold an "Art Together" evening Wednesday, March 26, starting at 4:30 p.m., at the Russell Mercier Senior Center, 15 Stonecroft Drive. The Creative Collective is a diverse group of artists working in many media – painting, jewelry-making, fusion glass, graphic arts, metal and wood working, sculpture, writing, weaving and more. Its mission is to bring more art to the public through shows, demonstrations and public installations to beautify the town. Collective member Paul Hanusch's work is currently on display at the library in the community room until the end of the month. Shannon McGrogan Ellis's will be on display in April and Chris O'Brien's in May. At next week's "Art Together" evening, there will be snacks and a demonstration on how to do felting. Simply drop in. The Creative Collective will hold a regular meeting Monday, April 7, from 6-8 p.m., at the Senior Center.

### St. Peter's Church Monthly Dinners / Activities

30 Church St. (Rte. 85) - 4:00-6:00pm  
Dinners/Drive Thru (while supplies last)  
Cost \$17— Dinner proceeds donated to various groups  
April 3 Seder meal (Thursday Eve.)  
**April 12 (this is a date change)** Italian Lasagna Dinner (No Freeze)  
May 3 Plant Sale (HIHS)  
May 17 Baked Stuffed Chicken Breast (Town Ctr Project)  
June 6 & 7 Tag Sale \*\*\* (CODE)  
June 21 Hebron Day . June 22 Juneteenth, Church & hall  
July 19 Chicken BBQ (Marlborough Food Bank) –  
August 16 Pulled Pork (Andover Food Bank)  
September 20 Turkey Dinner (Tara Farm Rescue in Coventry)  
October 3 & 4 Pumpkin Festival \*\*\* (Hebron Historical Society)  
October 18 Harvest Moon  
November 15 Pork Tenderloin Dinner (WAIM)  
December 6 St. Nicholas Fair \*\*\* (Oak Hill/Hemlock)  
\*\*Denotes luncheon with menu items consisting of chicken salad, tuna salad, and egg salad sandwiches, hot dogs, and chowders

### TTCP Seeks Volunteers

The Town Center Project is an all-volunteer driven 501c3 nonprofit organization that provides art installations and events in Hebron – and organizers are looking for volunteers to help produce a few events. Help is needed for: the Town-Wide Tag Sale on May 3 – mostly organizing on the back end some advertising; Market Day, a vintage-style market with vendors and food trucks, which will be held June 7; and Make Music Day, always June 21 – which this year is a Saturday! If interested in helping, email [tcp@thetowncenterproject.org](mailto:tcp@thetowncenterproject.org).

### Transfer Station Summer

**Hours** The town Transfer Station has returned to its summer hours. Hours are: Sundays, 8 a.m.-2 p.m.; Tuesdays and Thursdays, 8 a.m.-6 p.m.; and Saturdays, 8 a.m.- 4

### 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](mailto:Michael.glazier1121@gmail.com). If email is not possible, text Michael at 860-558-4183 with your contact information.

## Friendly Spirit Farm in Amston

Is happy to offer the following items for purchase. Orders will need to be placed and paid for by 11am on Fridays. Items will be dropped off at the Senior Center on Monday morning for pickup. Please reach out to Tina Grano at 860-324-6890 to place an order.

### Sourdough Breads available are:

Traditional Sourdough (plain) 1/2 \$5.00 - full \$10  
Cinnamon Sugar 1/2 loaf \$6.00 - full loaf \$12  
Cinnamon Raisin 1/2 loaf \$6.00 - full loaf \$12  
Rosemary Garlic 1/2 loaf \$6.00 - full loaf \$12  
Chocolate Chip 1/2 loaf \$6.00 - full loaf \$12  
Cheddar Jalapeño 1/2 loaf \$6.00 - full loaf \$12  
Italian Herbs 1/2 loaf \$6.00 - full loaf \$12  
Italian Herbs and Garlic 1/2 loaf \$6.00 - full loaf \$12

### Cookies

Stuffed \$2.75 each

### Fillings:

Snickers  
Peanut Butter Cup  
Oreo  
Salted Caramel  
S'mores  
Almond Joy  
(I can add your favorite chocolate bar)  
More flavors to come.

### Cookies:

(no filling)

\$2.50 each

Chocolate Chip  
Peanut Butter Chip  
Oatmeal raisin

## The Renters' Rebate Program

State law provided a property tax credit program for Connecticut homeowners who are age 65+ or totally disabled and whose incomes do not exceed certain limits. Likewise state law provides a reimbursement program for Connecticut 65+ and totally disabled renters. **The filing period for this program is April 1 through October 1.** Applications will be taken by appointment by calling the Senior Center at 860-228-1700.

Persons renting an apartment or room may be eligible for this program with rebates up to \$900 for couples and \$700 for single persons. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (including electricity, natural gas, home heating oil, propane, other home heating expenses, and water; excluding telephone, cable or pay TV, or garbage removal) made in the calendar year prior to the year of applications - for example, when applying in 2025, we would be looking at income and expenses for calendar year 2024.

To apply in 2025, applicants must have been age 65+ by the end of 2024. For couples, only one individual must be 65+. If an individual who was 65+ and previously qualified for the Renters' Rebate Program passes away, a surviving spouse who is age 50+ is eligible to apply

The maximum income limit for the Renters' Rebate Program is \$55,100 for couples and \$45,200 for single persons. "Income" is defined as taxable and non-taxable income from, but is not limited to –

- Net Social Security (Box 5; 1099R 2a, 1099—DIV 1a + 2A if filed 1040—Line 9 + Line 2a –Line 6b)
- Wages, bonuses, commissions, gratuities and fees, Self-employment Net Income, Unemployment Compensation, Severance pay, Workers Compensation
- Pensions, Veteran's pension
- Dividends, interest, and annuities
- IRA distributions
- Lottery winnings, payment for Jury Duty (excluding travel allowance)
- Net income from sale or rental property (however, do not include depreciation from 1040 Schedule E)
- Alimony
- Capital gains total from previous year only (a capital loss carryover from a previous year should be excluded from qualifying income calculations)
- Net proceeds from Legal Settlements, Cancellation of Debt
- If a Federal Income Tax Return was filed for 2024, a copy must be provided

Two or more people, who are sharing a rent and are not married or in a civil union, may each be eligible for a proportionate of a Renters' Rebate and must apply individually. For applicants who rent from family members, the State requires a copy of the landlord family member's IRS Form 1040, along with the corresponding Schedule E or Schedule C, whichever is applicable, showing the rental income received from the Renters' Rebate applicant.

To make an appointment, please call the senior center at 860-228-1700 and ask for Dennis extension 204 or Sharon extension 203

## 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**





# **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 this month on

**April 25th (closed on the 18th)**

**From 11:00am—Noon**

**FOR MORE INFORMATION CALL DENNIS AT**

**860-228-1700 EXT. 204**

**Registration requested, but not required**

## **TOWN OF HEBRON TAX RELIEF PROGRAMS**

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

Program information is listed below.

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

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

### **Elderly/Disabled Homeowner's Tax Relief Apply: February 3, 2025 - May 15, 2025**

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

- Has reached the age of 65 By December 31, 2024, or are Federal Social Security Disabled,
- Owns property as of October 1, 2024 OR is beneficiary of property held in trust for them at time of application
- Resides at the property for which they are applying for tax relief,
- Meets income qualifications as prescribed by the State of Connecticut

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

**2024 INCOME (maximum income)**  
**UNMARRIED \$45,200                  MARRIED \$55,100**

### **VETERANS INCOME-QUALIFYING ADDITIONAL EXEMPTIONS Apply : February 3, 2025—October 1, 2025**

Veterans who meet income qualifications may be eligible to receive additional exemptions. There is no age requirement to apply for additional exemptions. The application period is February 1- October 1 for the next following grand list year.

(example: applicants who apply and qualify in 2025 will receive additional exemptions for the 2025 Grand List, billing July 1, 2026). A federal tax return, if filed, must be presented along with all income documents at time of application. If no tax return is filed, documents showing all income must be presented at the time of application.

**2024 maximum Income Limits**  
**UNMARRIED \$45,200                  MARRIED \$55,100**  
**2024 maximum Income limits for 100% disabled veterans\***  
**\*(adjusted gross income only)**  
**UNMARRIED \$18,000                  MARRIED \$22,000**



## CT BAR ASSOCIATION VIRTUAL FREE LEGAL ADVICE CLINIC

Tuesday, April 22, 2025 -- 10:00 a.m. - 6:00 p.m.  
Wednesday, April 23, 2025 -- 10:00 a.m. - 6:00 p.m.

Receive free legal advice during a 30-minute meeting on Zoom  
about one of the civil law topics below:

- Personal Bankruptcy
- Family Law
- Fraudulent Business or Debt Collection
- Immigration Law
- Landlord/Tenant
- Pardons
- Unemployment or employee rights
- Other civil legal issue

Pre-registration is required. Sign up at  
[ctbar.org/FreeLegalAdviceClinic](https://ctbar.org/FreeLegalAdviceClinic) by **April 11, 2025**

Please note: No exceptions can be made to the pre-registration deadline.  
Pre-registration is required so that we can find and match you with an attorney  
with knowledge and experience related to your legal issue.

Volunteer lawyers will provide brief legal advice on the date of the clinic. They will *not* continue to represent you, file documents in court, or go to court with you.

Before the clinic, you will receive a call from one of our volunteers to learn more about your legal question. It is important you speak to the volunteer so that we can match you with an attorney.

We will do our best to schedule meetings for everyone that registers and accommodate schedule requests. We cannot guarantee that a volunteer attorney will be available or that your meeting will be at the time you prefer.

If you have any questions about the clinic or need help with how to use Zoom,  
email us at [FreeLegalAdviceClinic@ctbar.org](mailto:FreeLegalAdviceClinic@ctbar.org) or call (877) 410-7221  
(when leaving a message please refer to "Free Legal Advice Clinic")



# Hebron Senior Center Happenings.....April 2025

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

**Transportation call 860-228-5977**

Mon	Tue	Wed	Thu	Fri
<b>31</b> 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	<b>April 1</b> 9:00–3:00 Exer. Rm 10:00–11:30—Knitting 12:00—Lunch <b>1:00–2:15 NO CLASS            Card Making</b> 12:45–3:15 Hand & Foot Canasta	<b>April 2</b> <b>8:30 Comm. On Aging</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA—Last class of this session	<b>April 3</b> 9:00–3:00 Exer. Rm 10:15-11:15 TAI CHI 10:10–11:45—Sunshine Singers 12:00—Lunch 12:30-6:30 Massage 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	<b>April 4</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>9:00 Shopping—Big Y</b>
<b>7</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00-3:00—Massage <b>10:15-11:15 YOGA-New            session</b> <b>11:25-Noon—Meditation</b> <b>12:30 Movie—September 5</b>	<b>8</b> 9:00–3:00 Exer. Rm 10:00–11:30—Knitting 11:00 Food Truck 12:00—Lunch 1:00–2:15 Card Making 12:45–3:15 Hand & Foot Canasta	<b>9</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA	<b>10</b> 9:00–3:00 Exer. Rm 10:15-11:15 TAI CHI 10:15 Sunshine Singers 12:00 Lunch <b>***12:15—Chatham Health            Heart Health</b> 12:30-6:30 Massage 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	<b>11</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>9:00 Shopping—Stop and            Shop</b>  <p style="text-align: center;"><i>Passover</i>  <b>April 12th-April 20th</b></p>
<b>14</b> 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	<b>15</b> 9:00–3:00 Exer. Rm 10:00–11:30—Knitting <b>10:30-11:45 Ted Talk</b> 12:00—Lunch 1:00–2:15 Card Making 12:45–3:15 Hand & Foot Canasta	<b>16</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA <b>10:00—Shopping to Big Y</b>	<b>17</b> 9:00–3:00 Exer. Rm 10:15-11:15 TAI CHI 10:15 Sunshine Singers <b>12:15-1:00 BP Screenings</b> 12:00 Lunch 12:30-6:30 Massage 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	<b>18</b>  <p style="text-align: center;"><b>CLOSED FOR            GOOD            FRIDAY</b></p>
<b>21</b> 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 <b>11:25-Noon—Meditation</b> <b>12:30 Movie—A Complete            Unknown</b>	<b>22</b> 9:00–3:00 Exer. Rm 10:00–11:30—Knitting 11:00 Food Truck 12:00—Lunch 1:00–2:15 Card Making 12:45–3:15 Hand & Foot Canasta	<b>23</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA	<b>24</b> 9:00–3:00 Exer. Rm 10:15-11:15 TAI CHI 10:15 Sunshine Singers 12:00 Lunch <b>12:30-6:30 Massage</b> 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	<b>25</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>9:00 Shopping—            Walmart/Aldis</b>  <b>11:00-Noon Caregiver            Support Group</b>
<b>28</b> 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	<b>29</b> 9:00–3:00 Exer. Rm 10:00–11:30—Knitting <b>11:00-Noon—Author Talk</b> 12:00—Lunch 1:00–2:15 Card Making 12:45–3:15 Hand & Foot Canasta	<b>30</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA	<b>May 1</b> 9:00–3:00 Exer. Rm 10:15-11:15 TAI CHI 10:15 Sunshine Singers 12:00 Lunch <b>12:30-6:30 Massage</b> 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	<b>May 2</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>9:00 Shopping—Big Y</b>

# Sudoku

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

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

## Dessert Recipes

### Peeps Sunflower Cake

#### Ingredients

- 1 yellow cake mix (regular size)
- 2 cans (16 ounces each) chocolate frosting
- 19 to 20 yellow chick Peeps candies
- 1-1/2 cups semisweet chocolate chips (assorted sizes)

#### Directions

1. Prepare and bake cake mix according to package directions, using 2 parchment-lined and greased 9-in. round baking pans. Cool in pans 10 minutes before removing to wire racks; remove paper. Cool completely.
2. If cake layers have rounded tops, trim with a long serrated knife to make level. Spread frosting between layers and over top and side of cake.
3. For petals, arrange Peeps around edge of cake, curving slightly and being careful not to separate chicks. For sunflower seeds, arrange chocolate chips in center of cake



### Coconut Nests

#### Ingredients

- 6 ounces white candy coating, coarsely chopped
- 6 drops green food coloring
- 1 drop yellow food coloring
- 1 cup sweetened shredded coconut
- 36 jelly beans

#### Directions

1. In a microwave, melt candy coating; stir in food coloring until blended. Stir in coconut. Drop by tablespoonfuls onto waxed paper into 12 mounds. Make an indentation in the center of each with the end of a wooden spoon handle. Fill each with 3 jelly beans. Let stand until set.



## Recipes

### Egg Roll Noodle Bowl

#### Ingredients

- 1 tablespoon sesame oil
- 1/2 pound ground pork
- 1 tablespoon soy sauce
- 1 teaspoon ground ginger
- 1/2 teaspoon salt
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon pepper
- 6 cups shredded cabbage (about 1 small head)
- 2 large carrots, shredded (about 2 cups)
- 4 ounces rice noodles
- 3 green onions, thinly sliced
- Additional soy sauce, optional

#### Directions

1. In a large cast-iron or other heavy skillet, heat oil over medium-high heat; cook and crumble pork until browned, 4-6 minutes. Stir in soy sauce and seasonings. Add cabbage and carrots; cook until vegetables are tender, stirring occasionally, 4-6 minutes longer.
2. Cook rice noodles according to package directions; drain and immediately add to pork mixture, tossing to combine. Sprinkle with green onions. If desired, serve with additional soy sauce.



### Cuban Sliders

#### Ingredients

- 2 packages (12 ounces each) Hawaiian sweet rolls
- 1-1/4 pounds thinly sliced deli ham
- 9 slices Swiss cheese (about 6 ounces)
- 24 dill pickle slices
- TOPPING:
- 1/2 cup butter, cubed
- 2 tablespoons finely chopped onion
- 2 tablespoons Dijon mustard

#### Directions

1. Preheat oven to 350°. Without separating rolls, cut each package of rolls in half horizontally; arrange bottom halves in a greased 13x9-in. baking pan. Layer with ham, cheese and pickles; replace top halves of rolls.
2. In a microwave, melt butter; stir in onion and mustard. Drizzle over rolls. Bake, covered, 10 minutes. Uncover; bake until golden brown and heated through, 5-10 minutes longer



### Chili Cornbread Salad

#### Ingredients

- 1 package (8-1/2 ounces) cornbread/muffin mix
- 1 can (4 ounces) chopped green chiles, undrained
- 1/8 teaspoon ground cumin
- 1/8 teaspoon dried oregano
- Pinch rubbed sage
- 1 cup mayonnaise
- 1 cup sour cream
- 1 envelope ranch salad dressing mix
- 2 cans (15 ounces each) pinto beans, rinsed and drained
- 2 cans (15-1/4 ounces each) whole kernel corn, drained
- 3 medium tomatoes, chopped
- 1 cup chopped green pepper
- 1 cup chopped green onions
- 10 bacon strips, cooked and crumbled
- 2 cups shredded cheddar cheese

#### Directions

1. Prepare cornbread batter according to package directions. Stir in chiles, cumin, oregano and sage. Spread in a greased 8-in. square baking pan. Bake at 400° until a toothpick inserted in the center comes out clean, 20-25 minutes. Cool.
2. In a small bowl, combine mayonnaise, sour cream and dressing mix; set aside. Crumble half of the cornbread into a 13x9-in. dish. Layer with half of the beans, mayonnaise mixture, corn, tomatoes, green pepper, onions, bacon and cheese. Repeat layers (dish will be very full). Cover and refrigerate for 2 hours.



**Thank you to the following people for the various donations we received this past month; Stella Stanescu, Lynn Ristau, John & Jan Flood**

**Across**

- 1. Interest of Percival Lowell
- 6. Floating slammer
- 10. Planetarium sights
- 14. Remark to the audience
- 15. Type of part
- 16. He ran beside a Ford
- 17. Humdinger
- 19. School near Slough
- 20. General Arnold's nickname
- 21. It doesn't detonate
- 22. Sketches over
- 24. "Miss \_\_\_ Regrets" (Porter tune)
- 26. Ray on "Everybody Loves Raymond"
- 28. In addition
- 29. St. Peter's sculpture
- 31. Tit for \_\_\_
- 32. Use steel wool and elbow grease
- 34. Horror movie sound
- 36. Church bench
- 38. Scraps of food
- 39. Archie Bunker statement

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			
69					70				71			
72					73				74			

**Down**

- 1. Early fast-food employees
- 2. Continental flu?
- 3. More biting, in January
- 4. They may be classified or personal
- 5. Advance
- 6. Bombshell Brigitte
- 7. What some people are stuck in
- 8. Repeated
- 9. Lawyer turned bridge wiz
- 10. Frankfurt's river
- 11. Pitcher's cuff
- 12. Wingding
- 13. They detect heat or motion
- 18. Lord's Prayer opener
- 23. Uno + uno
- 25. Simmered slowly
- 27. Topographers
- 30. A patient response?
- 33. Beverage chest
- 35. Curly's brother
- 37. Charlotte had one

- 40. Pull ahead of
- 41. Water container?
- 42. Be successful
- 43. Big bash
- 44. Sounding like a mad cat
- 47. Dribbled
- 48. Saying 'ere or 'ead, e.g.
- 49. Publicity piece
- 51. Pollution agcy.
- 53. Full-bodied
- 57. First name in photography
- 58. Hide \_\_\_ hair
- 61. Ball balancers
- 63. One way to begin
- 67. Offensive of 1968
- 68. "Hail, Caesar!"

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

## Spring

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

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

ALLERGIES  
APRIL  
BASEBALL  
BEES  
CROCUSES  
CYCLAMENS  
DAFFODILS  
DANDELIONS  
EASTER  
EQUINOX  
FLOWERS

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

RAIN  
RENEWAL  
ROBINS  
SEASON  
SNOWMELT  
SOFTBALL  
SPRING BREAK  
SPRING CLEANING  
TULIPS  
WARMER  
WET