

the lisbon link

APRIL - MAY 2012

YARD-BAKE-BOOK-CRAFT SALE

APRIL 20 9:00-2:00

you name it - we'll try to sell it!!

accepting donations of clean - sellable items

looking for workers to set up the week of April 14-19 starting at 10:00

BAKED GOODS accepted Friday and early Saturday

This MAJOR fundraiser helps buy things for the senior center and supports a number of activities

You Mean the World to Us!
Thanks!

The expression "We couldn't do it without you!" is so true here at the senior center. So many of the activities are volunteer run. So much is given to the center. So many hours are donated doing the little things most don't notice!

See Judy for your ticket for a free lunch the week of April 22-26 as we thank you for volunteering!

Bring a dish to share for POT LUCK on May 8 at 11:230

senior expo

may 23 9:30-12:30

backus tech center

Norwich industrial center

Wii bowlers challenged by Colchester

April 5th the Lisbon bowlers will host Colchester in a bowloff. There will be hooting and hollering - cheering and booing! Be here to enjoy a really fun day as a bowlers or as a cheerleader!!

Have you wondered what "Assisted Living" is?

You've heard about it but are not sure what it is.

We have a speaker on April 10th at 12:00.

Followed the Shooting Star meeting. Find out the latest about "the money".

BLOWOUT BINGO

APRIL 11 STARTING AT 10:15

\$5.00 for UP TO 6 cards

MAKE YOUR APPOINTMENT FOR THE FOOT CLINIC ON MAY 3RD



lunch bunch

During the fair weather months the van takes riders out to lunch. The restaurant is a surprise. You pick from the menu and pay for your own lunch. It's a great afternoon. Talk to Vikki or Judy to sign up! Here's the

dates:

April 24

May 17

June 26

July 19


August 21

September 25

October 18



spring EXERCISE
PICKLEBALL is back at the tennis court on 769 Monday and Wednesdays at 3:00. We'd love to have you join us!! Stop in and check it out.

Is there an interest in 3 on 3 
BASKETBALL? Stop by April 9th at 2:30 in the senior center. We'll figure it out, pick teams, etc. then out to the basketball court behind the track on Tuesdays at 3:00 to play!!

Don't forget **WALKING!**

Read the flyer, fill out your registration form, bring it with you and start walking!



On rainy days use the stair stepper, treadmill or bike in the senior center.

Come listen and share with the **"Tongue Waggers"** on Mandays at 1:00. This small group shares opinions on most anything. Recently some topics were -the new pope - blame (have we become a society where someone is to blame for everything), candidates (both attracting and attacking them). Bring a topic you would like to talk about!

DONT FORGET THE BOOK CLUBS

good readers April 12 and May 10 at 10:30

last friday book club APRIL 26
"THE SOLOIST" BY STEVE LOPEZ
AND May 31 at 10:00 "SILVER GIRL" BY ELIN HILDERBRAND



SAVE up to 70% off your auto insurance by taking the **AARP DRIVING CLASS**

May 24 starting at 9:30.

They break for lunch at 11:30. You can bring your own or order at the senior center.

Register by May 17 and pay the day of.

\$10.00 for AARP members. \$12.00 nonmembers.


April 2013

A smile is a wave that helps to set things straight!

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May 2013

Keep smiling! Everyone will wonder what you have been up to!

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INFORMATIONAL MEETING

APRIL 15 AT 10:30

ELLEN WILL HAND OUT AND MEASURE STRIDES
FOR PEDOMETERS

Lisbon Seniors



100 mile club

WALK 100 MILES IN 26 WEEKS

\$20.00 TO JOIN

STARTS APRIL 15TH

ENDS OCT. 15

THAT AVERAGES JUST UNDER 4 MILES A WEEK

RULES

1. MILES WALKED MUST BE RECORDED IN THE SENIOR CENTER WEEKLY
2. REGISTRATION FORMS MUST BE HANDED IN BY APRIL 15
3. MILES WALKED MUST BE MEASURED NO GUESSING!!

BE SURE TO CHECK WITH YOUR DOCTOR FIRST!!

THE PAY OFF

BECOME MORE FIT

POSSIBLE WEIGHT LOSS

MAKE NEW FRIENDS

VEST FOR THOSE WHO WALK 100 MILES

REGISTRATION FORM

NAME _____

PHONE# _____

ADDRESS: _____

VEST SIZE: _____

LAST DAY TO REGISTER APRIL 23RD

BE SURE TO CHECK WITH YOUR DOCTOR FIRST!!

MEASURABLE MILES ARE YOUR OUT OF THE ORDINARY WALKING: LAPS ON A TRACK ON ROAD - AT A FAIR - THE MALL - TREADMILL

NOT: AROUND THE HOUSE - GARDENING - GOLF - ETC

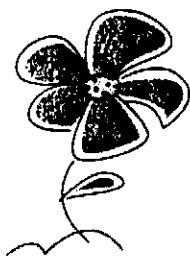
WHEN AND WHERE AS A GROUP: TUESDAY AND THURSDAY AT 3:00 AT THE LISBON TRACK BEHIND THE SENIOR CENTER OR AT THE OCCUM PARK IF THE LISBON TRACK IS BEING USED FOR A TRACK MEET OR PRACTICE

LISBON TRACK - 8 LAPS EQUALS A MILE

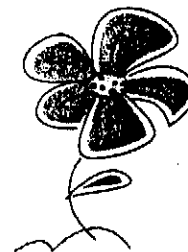
OCCUM TRACK - 4 LAPS EQUALS A MILE

1. THE CHART IS INSIDE THE FRONT DOORS OF THE SENIOR CENTER
2. YOUR NAME WILL BE ADDED WHEN YOU REGISTER
3. YOU FILL IN THE SQUARES FOR MILES WALKED
4. EACH SQUARE EQUALS 4 MILES

The Senior Center Directors of Southeastern Connecticut
Invite you to join us for a



Spring Fling Luncheon



with music by
The Shiny Lapel Trio

***Wear your
Craziest Hat!***

Friday, April 26th

11:30am

Port-n-Starboard

\$20 per person

Meal Choices:

Pork Loin, Stuffed Filet of Sole, or Rosemary Chicken
served with salad, rolls, rice pilaf, vegetable, dessert and coffee

*** Limited transportation available ***

Sign up and pay at Reception Desk

Meal Choice due at sign up

Last day to sign up and pay is April 15th

Please make checks payable to:

Senior Resources

Health tips

Finding balance in Alzheimer's caregiving

Caring for a loved one with Alzheimer's disease or another form of dementia can be rewarding, but also frustrating and exhausting. Sustainable caregiving often depends on finding balance between taking care of your loved one and taking care of yourself. Finding the balance may involve:

■ *Acknowledging your emotions* — Caregiving can seem difficult and lonely, and you may feel anger, frustration, sadness and guilt. Accept whatever your feelings are, and seek healthy outlets for them. This might include talking with an understanding friend, meeting with a support group, journaling, meditation or going for a walk.

■ *Setting limits* — Try to come to terms with the fact that you simply can't do everything — no caregiver can. Set reasonable limits for what you can comfortably achieve in a day. If you can accept imperfection and lighten your expectations, you'll be better able to cope.

■ *Taking regular breaks* — Short breaks throughout the day are good, but arrange for a couple of longer breaks each week. During those times, do something you enjoy that's unrelated to caregiving. Visiting with friends can help you avoid isolation.

■ *Getting help* — Come up with a list of tasks that friends or loved ones can help with. Having specific requests makes it easier for others to help. In addition, visit www.communityresourcefinder.org — or call the Alzheimer's Association at 800-272-3900 — to learn about resources in your community. □

YOU HAVE CHOICES

What is CHOICES?

CHOICES helps Connecticut's older adults and other people with Medicare understand their Medicare coverage and healthcare options. CHOICES offers a number of free programs, as well as community outreach, and information and referral services on a wide variety of topics.



Call CHOICES
at your Area Agency on Aging
Toll Free 1-800-994-9422

To make informed health insurance decisions.

State Health Insurance Assistance Program (SHIP)

To prevent, detect and report healthcare fraud and abuse.

Senior Medicare Patrol (SMP)

To manage your quality of life.

Information and Referral Counseling

To receive the benefits you are entitled to.

Eligibility Screening

CHOICES staff and volunteer counselors have extensive training and experience

To ER or not to ER: That is the (costly) question

The Backus Health Care Centers are an alternative to the emergency department for non-emergency care. Walk-in care is available, as well as scheduled primary care visits, lab tests, diagnostic imaging, physicals and immunizations. Co-pays are higher in the emergency room, and can be much less at a walk-in care center. According to the National Center for Health Statistics, an average emergency room visit costs \$1,049, while an average physician's office visit cost around \$153. Emergency room treatment for non-emergency medical conditions is a major contributor to the rising cost of health care.

There also are costs that you don't see directly, contributing to the overall cost of health care in the nation. A 2010 study by the Rand Corporation found at least 17 percent of emergency room visits could have been treated at urgent care centers. The cost of this type of treatment nationwide totals approximately \$4.4 billion.

Here are some urgent care examples that health centers can treat:

- Minor broken bones
- Strains and sprains
- Mild asthma attacks
- Infections
- Cuts
- Minor burns and rashes
- Sore throats and flu-like symptoms

True emergencies include:

- Abdominal pain
- Allergic reactions
- Drug overdose
- Chest pain
- Heavy bleeding
- Severe trouble breathing
- Serious burns
- Head injuries
- Spinal injuries
- Loss of consciousness
- Severe wounds

travel 2013 continues to be a challenge. unfortunately our driver is not able to work at this time. we have a backup who will take the day off from work if we have enough riders. SO sign up early and pay when you sign up!!

March 27 leave at 11:30 for the polish deli Nita's in Willimantic lunch only \$5.00

April 18 leave at 10:15 for Wright's Chicken Farm and Wright's Bakery \$23.00 meal and bus

April 26 leave at 10:30 for "Spring Fling" \$25.00 event and bus

April 30 leave at 11:30 for Longhorn lunch only \$5.00

May 16 leave at 10:00 Warwick and Christmas Tree Shop lunch at Smoky Bones bus \$8.00

SERVICE STATION

CANDY	FUEL UP	REST
CARS	GALLONS	SANDWICHES
CHARGE	GASOLINE	SNACKS
CHECK OIL	ISLAND	SODA
CHIPS	LOTTERY	VANS
DIESEL	PUMPS	WINDSHIELD
DRINKS		

Lisbon Senior Center

Monday - Friday

9:00am - 3:00pm

86-376-2329

Board of Selectmen

Thomas Sparkman

Robert Browne

John Gwiazdowski

Lee Szruba, Chair

Lisbon Commission on Aging

Judith M. Jencks

Director

Vikki

Van Driver

Glenda

Nutrition Site Server

The Lisbon Senior Center is for the young, vibrant 60+ through folks in their 90's looking for a club like setting that includes socialization, activities, trips, classes, information, etc.

The Lisbon Senior Center is open to all Lisbon residents 60+ and their spouses. We welcome others to stop in and visit. Lunches are served daily at 11:30. Reservations for the TVCCA meal need to be made in advance and the suggested donation is \$2.50. Or place an order for our fresh made sandwiches and cold salad plates which are available for a fixed price.

Transportation is available for Doctor, Dentist appointments, banking, the hairdresser or barber, shopping, etc. For a ride call the Senior Center at 860-376-2329 as soon as you have your appointment. For other rides call Monday of that week.

Help is available for paperwork, applications and insurance decisions. Information is available on aging and the programs designed to make life easier. Services are available for maintaining health, independence and the well-being of seniors.

Our Sunshine Committee sends cards to those who are enduring a loss or who are ill. Call Carolyn at 860-376-9770 with the name and address of who needs a card.

A	S	N	S	V	X	H	R	D	K	P	C
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T	B	C	A	R	S	C	L	V	V	C	D

PRST STD
U.S. Postage Paid
Norwich, CT
Permit #86

Lisbon's Longevity Link Newsletter
published by:
Lisbon Commission on Aging
Lisbon Senior Center
11 Newent Road
Lisbon, CT 06351

April-May issue 2013

RETURN SERVICE REQUESTED

Call 860-576-2329 for more information.

CELEBRATE VOLUNTEERS!

APRIL

- 1 3:00 PICKLEBALL IS BACK OUTSIDE
- 5 11:00 W/1 BOWLING WITH COLCHESTER
- 10 NOON SPEAKER ON ASSISTED LIVING
- 11 10:15 BLOWOUT BINGO
- 14-19 10:00 SALE SETUP
- 20 9:00 -2:00 YARD - BAKE - BOOK - CRAFT

SALE

- 22-26 VOLUNTEER WEEK one free lunch to each senior center volunteer
- 26 SPRING FLING at Port n' Starboard
- 26 LAST FRIDAY BOOK CLUB

KENTUCKY DERBY

MAY

- 3 FOOT CLINIC
- 8 POT LUCK LUNCH
- 23 SENIOR EXPO
- 24 9:30 AARP DRIVING CLASS
- 31 LAST FRIDAY BOOK CLUB

