

October/November-2014

The Lisbon link

Join us as we move into a new direction! We are building programs to create **"your living well center"**. As we age we want to be as young as we can be for as long as we can! To do that requires work and learning. To aide you in that you'll see new classes and workshops. Pick a few, experience new things, make new friends and move in a new direction!

For information on where CT residents can go to recycle used electronic devices, visit

<http://www.ct.gov/dep/ewastedropoff> or

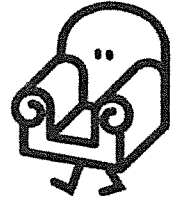
Call 1-888-424-4193

It's almost time....

To start preparing for the school sale. The Friday craft group has been hard at work making items to sell to the kids at Lisbon School for their holiday gift giving. If you have also been making things at home please bring them in by Nov. 12 so we can price them. The sales dates will be in the next newsletter and we hope you can help us out by working at the school on one of those dates.

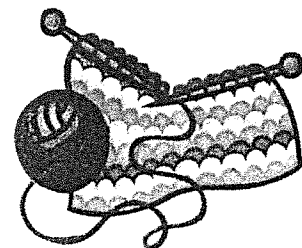
Learn to cane a chair, **basket weave and/or carve wood**. We have a great group on Wednesday mornings who will teach you any of these. You just pay for the materials.

Come on in and find out more.



Tuesday and Thursday morning join the **armchair aerobics** group for a workout you can do!

The Yarn Club in September in October will teach you to crochet and starting October 29 into November you will learn to make a pot holder. They will be supplying the needle and yarn



Open Enrollment

Is here again!! Be sure to sit down at your computer or make an appointment with someone to review your prescription and supplemental insurance for 2015. The window to change your insurance coverage is Oct 15 to Dec. 7. DO NOT WAIT UNTIL THE LAST MINUTE!!

Senior Resources and the area senior centers are trying something new this year. There will be 3 events to assist with Part D. If you want to attend call Judy and make an appointment for October 21. When you arrive with your medications the information will be entered and you will then have an hour appointment. We will be going to the Rose City Senior Center. Vikki will be giving rides if you need one. CALL TODAY!!

For those of you who were familiar with the MEDICARE bus we had here for a few years, this will be very much like that. It's a great way to get your coverage updated and or changed.

	weekly events	time	room
Monday	lunch	11:30	lunchroom
	drawing	12:30	lunchroom
	pickleball		
Tuesday	exercise	9:30	main room
	quilting	9:30	main room
	rummicub	10:30	main room
	lunch	11:30	lunchroom
Wednesday	Wii bowling	12:15	main room
	chair caning, carving, etc	9:30	main room
	lunch	11:30	lunchroom
Thursday	The Yarn Club	12:30	lunchroom
	pickleball		
	exercise	9:30	main room
	Rummicub	10:30	main room
Friday	lunch	11:30	lunchroom
	bingo	12:30	main room
	crafting	9:30	lunchroom
	lunch	11:30	lunchroom
	Rummicub	1:00	main room

October			
	1 Shooting Star Ex Board	10:15	boardroom
	6 COA	7pm	lunchroom
1,15,22&29	The Yarn Club	12:30	main room
6&20	Live Well-CDSM	12:30	boardroom
7,14,21&28	swedish weaving	10:00	lunchroom
	8 Shooting Star meeting	12:00	main room
	9 leave for Wright's	10:30	parking lot
	10 foot clinic	12:30	library
	13 CLOSED		
14&28	Enhanced Benefits	9:00	boardroom
14 or 21	bowling banquet	11:30	
	17 AARP driving class	9:30	main room
17&24	Chronicle of your life	12:30	boardroom
20&27	tongue wagers	10:30	boardroom
	21 OPEN ENROLLMENT	CALL	
	22 lunch bunch	12:15	
	23 TVCCA taste test	11:00	main room
	25 learn to turn event	9:00-2:00	
	28 leave for Aqua Turf	9:45	parking lot
	30 FLU SHOTS	10 to 12	main room
	Wellness Workshop	1:00	boardroom
	31 Last Friday Book Club	10:30	boardroom
	HALLOWEEN	NOON	main room

FOOT CLINIC – October 10. Be sure to make your appointment early!

Wii bowling – It's banquet time and they haven't decided if it's the 14th or 21st. Check with the office. Then it's a new season for the bowling league. If you want to learn and/or want to bowl sign up and they'll be starting October 28 at 12:15.

Learn to turn event – come see our Wednesday morning group and make a pen October 25 9-2:00. There will also be a quilt show, a carving demo, a gallery of turned and carved projects with items for sale.

HALLOWEEN-costumes/outfits/hat whatever or not!! Come to Lizzie Borden's Trial. Starts at high noon with facts and figures. Help answer the question – Was Lizzie Borden guilty? Did she kill her father and her step mother? The trial will be followed by Halloween refreshments and games.

November		
2	leave for Ivoryton Playhouse	10:30 parking lot
3,10,17&24	mini golf league	12:30 lounge
3	COA	7pm lunchroom
4,11,27&28	CLOSED	
5	Shooting Star Ex Board	10:15 boardroom
5,19&26	The Yarn Club	12:30 main room
6	Living Will/Power of Attorney Workshop	10:00 main room
7	Good Readers book exchange	10:30 boardroom
10&24	tongue wagers	10:30 boardroom
12	turkey pot luck	11:30 lunchroom
	Shooting Star meeting	10:00 main room
18	Wellness Workshop	1:00 boardroom
19	leave for Hank's	11:30 parking lot
21	Last Friday Book Club	10:30 boardroom
25	Enhanced Benefits	9:00 boardroom

AARP FOUNDATION TAX-AIDE

aarp.org/taxaide

Millions of low- to moderate-income people, especially those 60 and older, need help preparing their taxes.

Volunteer for AARP Foundation Tax-Aide. Help them get all the deductions and credits they deserve.

Good with numbers?
Be a Tax Preparation Volunteer.

Skilled in all things digital?
Be a Technology Coordinator.

Have a knack for running things?

Be a Leadership or Administrative Volunteer.

Love working with people?
Be a Greeter.

Good at getting the word out?
Be a Communications Coordinator.

Speak a second language?
You're urgently needed.

Mini Golf – Mondays at 12:30 in the lounge. We got a portable indoor/outdoor setup that is for everyone! Everyone can putt! Golfer and beginners! Sets up in minutes and can be different each time. Bring your putter or use ours! See you on November 3rd!

Living Will and Power of Attorney workshop – November 6th at 10:00. Learn what these 2 documents are and how they apply to you. You will have an opportunity to fill out your living will at this time.

Turkey Trot – November 12

10:00 Shooting Star monthly meeting
11:30 Bring a dish to share for the pot luck. We'll cook the turkey. Most dishes center around the Thanksgiving meal but don't have to.

12:30 Auction by Judy – might be the last one ever?! Bring a wrapped item that's new or in like new condition. Then let the fun begin!!

2:00 play HANGMAN

December		
1	COA	7pm lunchroom
1,8,15,22&29	Mini Golf	12:30 lounge
3	Shooting Star Ex Board	10:15 boardroom
3,10&31	The Yarn Club	12:30 main room
7	leave for Bradley Playhouse	11:15 parking lot
8&29	tongue wagers	10:30 boardroom
9&23	Enhanced Benefits	9:00 boardroom
11	Holiday Party	
16	Preston/Lisbon Wii bowl	12:15 main room
17	Shooting Star meeting	12:30 main room
19	Winter Breakfast	9:00 lunchroom
	Rummicub tournament	10:00 main room
25&26	CLOSED	
30	Pot Luck	11:30 lunchroom
	fun and games	10:30 main room
	Wellness Workshop	1:00 boardroom

Book Clubs – Friday 10:30

On the first Friday of the month bring in any books you recently read, share what you liked or didn't like about it and we can then exchange books if you want.

The last Friday Book Club we all read to same book and meet to talk about it. For October it's "The Road" by Cormac McCarthy. For November it's "The Forgotten Garden" by Kate Morton.

The Tongue Wagers continue to discuss topics of interest on 2 Mondays a month – Oct 20 and 27 then November 10 and 24. Bring a topic or 2, share your thoughts and hear what others think.

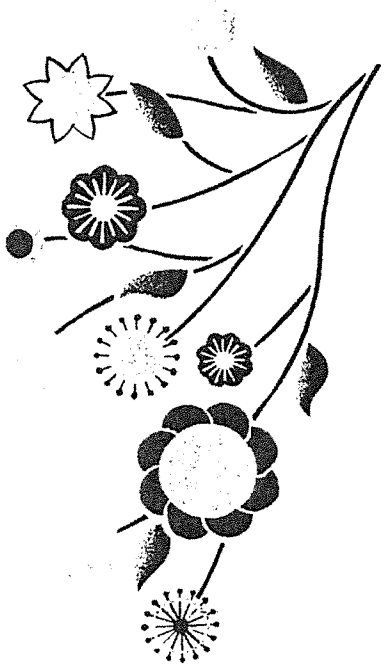
It's not too late to join either the Wii Bowlers or the Mini-Golf.

Holiday party – December 11. We eat at 11:30 sharp! \$15.00 menu: prime rib or baked stuffed shrimp, baked potato, cream of broccoli soup, veggie, roll and dessert. **Tempo Tantrum**, lady barber shoppers, will entertain us. Then **Carol Pratt** of the Groton Senior Center will lead our sing along. Sign up and PAY by Dec. 1

Another great afternoon of **Wii Bowling with the Preston group** on December 16 12:15. Be a bowler or a cheerleader!

December 19 at 9:00 **Winter Breakfast** \$3.00 followed by the 2nd **Rummicub Tournament**. Good food, good friends and great laughs to be had by all.

Then on the 30th "sort of but sort of not end of year gathering". Bring a dish to share our "soup and dessert" pot luck then we'll play trivia bingo, team crossword and bring a wrapped item for "I'm sorry"



LUNCH BUNCH
OCTOBER 22, 2014
LEAVE AT 12:15

Chronicle of life in 4 paragraphs

October 17 and 24

12:30-2:00

Join this small group to write your life story in four paragraphs. Yes it's about your obituary! Who better to write it than you. You can portray yourself as you want to be known rather than as someone else sees you.

FLU SHOTS

OCTOBER 30

10-NOON



Swedish Weaving class

**Limited openings available
Call today!!**

**Students must supply 2
skeins of 4 ply yarn. Their
choice of variegated color.**

**October 7, 14, 21 and 28
10:00am**

Creative Card Techniques

With Heidi



Thursday, October 23, 10 AM

~

Thursday, October 30, 10 AM

**You will be creating 3 unique cards at each session,
while learning different, creative techniques.**

deadline to sign up and pay is October 9th

\$3 per session, advance sign up and payment required

All supplies included



Coming Tuesday's
In October!

Hours: 9:30-11

Haircuts-\$10

Haircut/Style-\$15

It's easy-either come in or sign-
up!!

"BOLSTERING YOUR IMMUNE SYSTEM"

We all hear about how important it is to have a healthy immune system but what is a healthy immune system? Is it more than just eating right and exactly what foods should I be eating? Can our attitude on life have something to do with it? Can exercise help improve my immune system?

Find out how the immune system works and what it takes to improve it. It will amaze you to see just how well designed your body is and if taught to maintain a healthier immune system you can improve your health. Age has nothing to do with a healthier life. Anyone can start fresh and be healthier. Isn't it time to take control so that you can enjoy your life? You can't afford not to be healthy!

I look forward to teaching you some basic information so that you can start seeing results. It just takes a simple plan. You deserve to feel better and my goal is to help you get there! I look forward to having you join us at the "Bolstering the Immune System" presentation.

As a natural health consultant I teach clients principles of a good diet, set up a plan to guide you on maintaining a healthy lifestyle. By creating goals and new habits that are easy to duplicate your life improves. My goal is to help you become a healthier person one step at a time by educating, motivating and transforming your life in a natural, healthy way.

Pamela LaChapelle

Natural Health Consultant

(860) 884-7146

Wellness Workshops

October 30	1:00	Bolstering the Immune System
November 18	1:00	"SAD" Seasonal Affective Disorder
		<i>Do you have it?</i>
December 30	1:00	Managing Your Weight.
		<i>Why is it so important?</i>
January 20	1:00	Stress and its consequences
February 17	1:00	Cholesterol-
		<i>Can't live with it, can't live without it!</i>
March 24	1:00	Aromatherapy-what is it all about?



TVCCA Senior Nutrition Meals on Wheels Program

Serving Lisbon Seniors since 1973

Celebrating 43 years
of nutritional
services to seniors in
39 towns with in
New London,
Windham and parts
of Tolland Counties.

You are *INVITED* to join us for a *Menu Sampling*

Date: Thursday, October 23, 2014

Time: 11:00 am

Place: Lisbon Senior Center, 11 Newent Rd, Lisbon, CT

Come taste our NEW freshly prepared menu selections from our Meals on Wheels menu, and meet Program Director, Tim Grills, who will be going over our new approach to home-delivered meals, along with available meal plans, and gate-keeping services.

Please RSVP by calling: Judy Jencks at 860-376-2329 by: Oct 16th



Do you or someone you know need of a nutritious meal and daily check?

Home-delivered Program Qualifications

- Individuals sixty years of age or older who is homebound because of illness or incapacitating disability, or who is otherwise isolated.
- The spouse of the eligible home delivered meals recipient, regardless of age, if it is in the best interest of the older person.
- A non-elderly disabled person who is a member of the household of an elderly home delivered recipient.



For more information call TVCCA Meals on Wheels: 860-885-2745

IT PAYS TO KEEP YOUR DRIVING SKILLS SHARP.

Introducing the **NEW AARP Smart Driver™ Course** – a valuable AARP membership benefit.

You drive around with some very precious cargo. Our enhanced driving refresher course can help you stay safe and confident behind the wheel. **Plus, when you take the course, you may be eligible for a multi-year discount on your car insurance.***



Classroom Course**

\$15 for AARP members

\$20 for non-members

Online Course**

\$17.95 for AARP members

\$21.95 for non-members

To sign up today:

Oct. 17

9:30-2:30

**AS AN AARP MEMBER,
you can take the course for
a discounted rate!**

NEW "QUICK SCREEN" FOR OBSERVATION STATUS

What is Observation Status?

Observation Status is a designation used by hospitals to bill Medicare. Unfortunately, it can hurt hospital patients who rely on Medicare for their health care coverage.

People who receive care in hospitals, even overnight and for several days, may learn they have not actually been admitted as inpatients. Instead, the hospital has classified them as Observation Status, which is an "outpatient" category. This designation can happen even for people who are extremely sick and spend many days in the hospital. For example, we have heard from people with recent hip and pelvic fractures who were designated as Observation Status.

The "outpatient" classification is often a surprise to patients; many do not realize their status until the patient is getting ready to leave the hospital. Most of the time hospital patients are not told or given a written notice when they are designated as outpatients on Observation Status.

Why Does this Matter?

When hospital patients are classified as outpatients on Observation Status, they may be charged for services that Medicare would have paid if they were properly admitted as inpatients. For example, patients may be charged for their medications. (Thus, people may want to bring their medications from home if they have to go to the hospital.)

Most significantly, patients will not be able to obtain any Medicare coverage if they need nursing home care after their hospital stay. Medicare only covers nursing home care for patients who have a 3-day inpatient hospital stay – Observation Status doesn't count towards the 3-day stay.

Outpatient Observation Status is paid by Medicare Part B, while inpatient hospital admissions are paid by Part A. Thus, Medicare beneficiaries who are enrolled in Part A, but not Part B, will be responsible for their entire hospital bill if they are classified as Observation Status.

What Can Patients Do if a Hospital Puts Them on Observation Status?

- If the patient is still in the hospital:
 - Seek the doctor's help to "admit the patient as an inpatient."
 - If the hospital insists on Observation Status, ask for a written notice stating this fact and;
 - Tell the hospital the patient wants to appeal the Observation Status – because the care is "medically necessary" and an "inpatient hospital level of care."
- If the patient is no longer in the hospital:
 - The patient might be able to appeal. Unfortunately, winning Medicare coverage in Observation cases is difficult. Try to get the patient's physician to assist. See our website for more detailed instructions on how to appeal:
<http://www.medicareadvocacy.org/self-help-packet-for-medicare-observation-status/>
- Remember: If the patient needs nursing home care after the hospitalization, it is particularly important that the hospitalization is considered an "inpatient admission." (Medicare will only cover nursing home care after a 3-day inpatient hospital stay.)

For more information visit the Center for Medicare Advocacy's website, www.MedicareAdvocacy.org.

Home Heating Assistance Appointments now Available

Winter may be a distant memory but rest assured, cold temperatures are only months away. The average cost to heat a home with oil in Connecticut is \$2,078.00, a challenge to any budget, but relief may be available.

To schedule an appointment they (860)425-6681.

The Connecticut Energy Assistance Program provides cash assistance toward a home's primary source of heat (oil, gas, electric, wood, pellets, propane, etc). Households with income falling below 60% of state median income are eligible for benefits:

Household Size	Monthly Income	Yearly Income
1	\$2,709	\$32,514
2	\$3,543	\$42,519
3	\$4,376	\$52,523
4	\$5,210	\$62,528
5	\$6,044	\$72,532
6	\$6,878	\$82,536

All trips leave from Lisbon Senior Center, 11 Newent Road, Lisbon, CT
06351

All checks are payable to "Lisbon Shooting Stars"

Payment is due when you sign up

Phone numbers must be on all sign up sheets

Oct - 9 - leave at 10:30 for

Wright's Chicken Farm followed by a stop at the Wright's Bakery \$20.00 includes lunch and bus

Oct 28 Leave at 9:45 for

Aqua Turf. A day of food and fun!! Las Vegas and Atlantic City Impersonators Mark Verselli and Holly Faris. Ever changing cast of characters, comedy and singing, world class entertainers! Coffee and donuts on arrival followed by salad, pasta, chicken Français/ sliced roast beef, vegetables, potato and dessert. \$48.00 covers the day!

Nov 2 leave at 10:30 for

"Say Goodnight Gracie" at Ivoryton Playhouse. Lunch at Lenny and Joe's Fish Tale on your own. \$38.00 covers the bus and play

Nov 19 leave at 11:30 for

our Annual Thanksgiving Gathering at Hank's in Brooklyn \$5.00 for the bus

Dec 7 leave at 11:15 for

"Christmas Carol" at Bradley Playhouse. Lunch at The Courthouse on your own. \$26.00 covers the bus and play

Discover Eldercare Services at UCFS

ADULT DAY SERVICES

Provide support when:

- An individual could improve their health and well being through activities, socialization and professional, caring supervision.
- Respite for the caregiving family is needed.
- The caregiver must go to work and a safe, enriching environment is necessary.
- A person could benefit from socialization to prevent loneliness or depression.
- Supervision during the day is needed.
- A person may need assistance with activities of daily living.
- Assistance is needed with meals.

Services include:

- Professional nursing services
- Care management
- Medication management and administration
- Personal care and bathing
- Therapeutic Recreation
- Nutritious meals and special diets (light breakfast, lunch and afternoon snack)
- Wheelchair transport
- Caregiver Support and Education
- Ongoing health monitoring
- Outdoor secured courtyard
- Sensory room for individuals with dementia



Hours: Monday - Friday
7:30 a.m. - 5:00 p.m.

This program is supported by Senior Resources Agency on Aging with Title-III funds made available under the Older Americans Act and the United Way of Southeastern Connecticut.

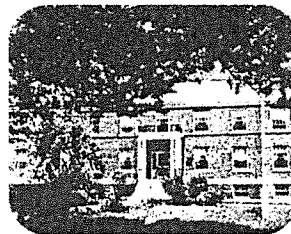
SHELTERING ARMS

RESIDENTAL CARE

Sheltering Arms is a home for men and women age 60 years and older. It allows residents to maintain independence, surrounded by friends and caring staff, in a home-like atmosphere.

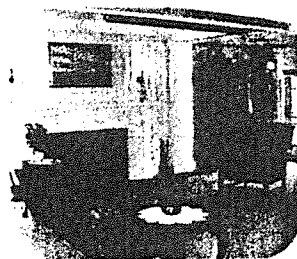
Benefits include:

- Private rooms
- On-site Nurse and 24 hour Resident Attendants
- Laundry and housekeeping services
- Formal living room for entertaining with family and friends
- Sun porches
- Community TV's
- Recreation and social activities
- Intergenerational programs
- Transportation to and from off-site activities
- Medication administration



Available Options:

- Private telephone
- In-room satellite television
- Podiatry and hairdressing care
- Outdoor courtyard



Respite Available:

- Upon room availability
- 1 week minimum



ROSS ADULT DAY CENTER

165 McKinley Avenue
Norwich, CT 06360
T (860) 889-1252
F (860) 892-2340

TOURS AVAILABLE



United Community & Family Services
ucfs.org

SHELTERING ARMS

165 McKinley Avenue
Norwich, CT 06360
T (860) 887-5005
F (860) 892-2340

Lisbon's Longevity Link

Published by:

Lisbon Commission on Aging

Lisbon Senior Center

11 Newent Road

Lisbon, CT 06351

PRST STD

U.S. POSTAGE PAID

NORWICH, CT

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Issue: October/November 2014

RETURN SERVICE REQUESTED

Lisbon Senior Center

Monday – Friday

9:00 am – 3:00 pm

860-376-2329

Board of Selectmen

Thomas Sparkman

Robert Browne

John Gwiazdowski

Commission on Aging

Lee Szruba, Chairman

Director

Judith M. Jencks

Van Driver

Vikki

Nutrition Site Server

Glenda

The **Lisbon Senior Center** is for young, vibrant folks, age 60+ to 90+ looking for a club-like setting that includes socialization, activities, trips, classes, information, etc.

Transportation is available for Lisbon residents for the following: doctor and dentist appointments; banking; hairdresser or barber; shopping and pharmacy; to the Senior Center, etc. For a ride, call the Senior Center 860-376-2329 as soon as you have your appointment. For all other rides, call Monday of that week to set up a time with our van driver.

Restaurant style, made-to-order lunches are served daily at 11:30 am.

Help is available for paperwork, applications and insurance decisions.

Services are available for maintaining the health, independence and well-being of our town's treasured seniors.

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