

the lisbon link

April - May 2012

Did you know that during the week of your birthday you can have a free lunch at the Senior Center? Stop by and make out your order slip. Try to do it by 11 and Lunch is at 11:30.

Need a cane? Stop in we have lots!!

We are looking for a few wheelchairs in good condition. Perhaps you have one you no longer use. Or do you know someone who has one they don't use. We lend them out to folks

Save a little...

Take the AARP Driving Class and save up to 10% on your auto insurance. May 18 9:30-2 with a break for lunch. \$12 for AARP members and \$14 for non-members. Sign up early.

Work Week for the Yard sale starts April 16 at 10:00. We'll be setting up, sorting and pricing each day until we are done or too tired to continue. Many hands make light work. Stop in for an hour, a day or what you can do. The money raised goes to pay for classes, entertainment, a worker to take care of the raised beds in front of the Senior Center and other extras not included in the Town Budget.

Ever wonder what Adult Day Care is? Want to know all the facts about it? Come on May 9th at noon and find out first hand. Get your questions answered by the expert.

The one - the only GROTON SILVERTONES will be here for your entertainment pleasure May 25. Enjoy a relaxing afternoon of music, singing and refreshments

Pickleball will be at the new tennis courts starting April 9th. Mondays at 2:00pm and Wednesday at 3:00pm. Come check it out!!

AARP Driver Safety Program

Let me tell you about this great course I took...

- > It's a driver safety course designed for drivers age 50 and older.
- > Learn defensive driving strategies.
- > You may even qualify for an auto insurance discount.

Call toll free 1-877-390-8806 for a course near you, or visit www.aarp.org/driving27.

AARP

C2511 (5/10)

Thank you to Wheelabrator Lisbon for the "new" copier. A special thanks to John Horgan, Plant Manager, for thinking of the Town of Lisbon when they got a new copier. The Senior Center copier was on its last legs and doesn't this newsletter look so much better.

We are closed April 6 for Good Friday and April 24 for voting.

GOT TOES

12:30

April 27

Crazy socks and
sensible shoes.

You wear 'em
Dr. will judge 'em
includes prizes, games
and refreshments



Are your plants a little pot
bound? alot pot bound?? We
have a young man who will
repot them for you on April
12 at 10am. Bring the plant
and your new bigger pot and
we will supply the potting
soil.



Shooting Stars is the social group that helps
with activities and does fundraising for the
Senior Center. This month they will be holding
thier annual YARD-BAKE-BOOK-
CRAFT SALE on April 21 from 9 to 2. They
make the crafts and sell them at the school for
holiday gift giving. They plan Travel. They
meet the second Wednesday of the month.
Most mnothe there is a speaker, the meeting
and refreshments. At the meeting the members
hear committee reports, Treasurers Reports,
Senior Center updates and act on any pending
business. If you are a Lisbon resident 60+ or
married to someone who is 60+ you are an
automatic member. There are no dues. The
Shooting Stars welcome you to attend and to
become a part of this group. Hope to see you
April 11 at 12:30.

Surprise Lunch Bunch

starting April 16 the
van will be taking folks to
lunch once a month on
Friday afternoons and the
destination will be a surprise.
Talk to Judy or Vikki to sign
up.

BINGO

We tried to mix it up
some with our weekly bingo
and found it didn't work out.
We are back to playing
Bingo the way we always did
with the caller deciding what
the specials will be.

***Sign up for the seafood
newburg today!!***

May 2 at 11:30

***Lunch is followed by
"Bells of Fire"***

***This bell ringing group is
outstanding!!! Sign up early
to be sure you have a seat!!***

TRAVEL 2012
Lisbon Senior Center
In partnership with Sprague Senior Center
11 Newent Road
Lisbon, CT 06351
860-376-2329

All seniors are invited to join us on our trips at the same price.

Spring

April	leave at	for Norwich Tech lunch at the Chef's Hat	\$5.00
April 17	leave at 10:30	for Gregg's in Warwick then Ann & Hope Plaza	\$8.00
April 23	leave at	for Barry Manilow Tribute at Aqua Turf	\$37.00
May 1	leave at 9:00	for IKEA	\$8.00
May 6	leave at 11:15	for lunch at the Courthouse followed by "The Sunshine Boys" at Bradley Play house	\$22.00
May 15	leave at 9:30	for Magic Wings – the butterfly place – then Yankee Candle	\$20.00 bus and Magic Wings – lunch on your own
May 24	leave at 10:00	for Wright's Chicken Farm then to Wright's Bakery	

Summer

June	leave for	Dodd Stadium	
June 14	leave at 11:30	for Lunch only at Abbott's	
June 5	leave at	for Suffolk Downs	

Trip Payment

All checks are payable to "Lisbon Shooting Stars"
drop off or mail to: Lisbon Senior Center
11 Newent Rd Lisbon, CT 06351

*All trips must be paid when you sign up

*For overnights a \$75.00 deposit is payable when you sign up
and the final payment is due 8 weeks before departure or you can
make monthly payments

Passengers need to be sure

trips are paid for on time

half day trips are \$5.00

all day trips are \$8.00

unless otherwise priced

phone numbers are next to their names

April 2012

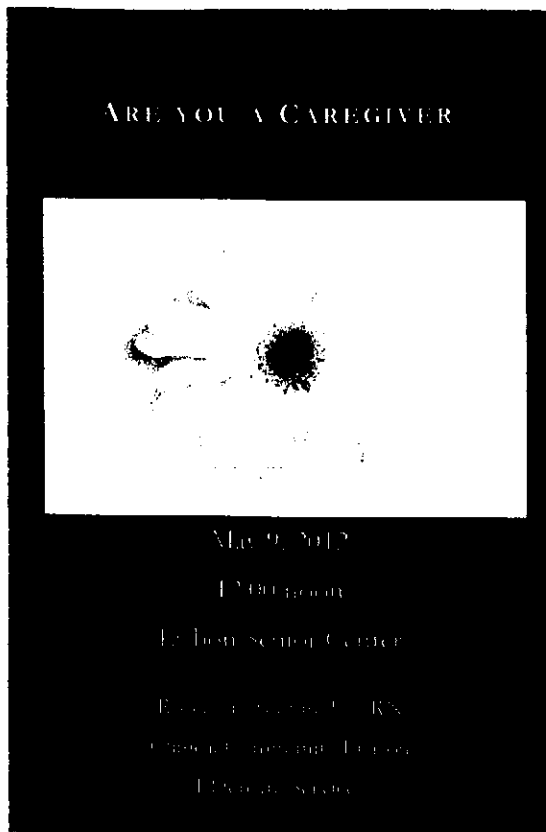
A sense of humor is a major defense against minor troubles. -M. McLaughlin

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May 2012

Kind words can be short and easy to speak, but their echoes are truly endless. -Mother Teresa

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Let's Talk About:

ELDERCARE & CAREGIVER SUPPORT

- The demands of caring for an aging loved one can be challenging.
- To be a successful caregiver support is often needed:
- Adult Day Services & Residential Care may be the answer
- Come with questions, leave with answers



VETERANS' AFFAIRS

Diseases Related to Agent Orange Exposure

The U.S. Department of Veterans Affairs (VA) assumes that certain diseases are related to qualifying military service. These are called "presumptive diseases." Specifically, VA has recognized certain cancers and other health problems as presumptive diseases related to exposure to Agent Orange or other herbicides during military service.

Also, VA presumes amyotrophic lateral sclerosis (ALS) diagnosed in all veterans with 90 days or more continuous active military service is related to their service.

Veterans' Diseases Related to Agent Orange Exposure

Veterans may be eligible for disability compensation and health care benefits for diseases that VA has recognized as related to exposure to Agent Orange or other herbicides.

Surviving spouses, dependent children, and dependent parents of veterans who were exposed to Agent Orange and died as the result of diseases related to Agent Orange exposure may be eligible for survivors' benefits.

Acute and Subacute Peripheral Neuropathy A nervous system condition that causes numbness, tingling, and motor weakness. Under VA's rating regulations, it must be at least 10 percent disabling within one year of exposure to herbicides and resolve within two years after the date it began.

AL Amyloidosis A rare disease caused when an abnormal protein, amyloid, enters tissues or organs.

Chloracne (or Similar Acneform Disease) A skin condition that occurs soon after exposure to chemicals and looks like common forms of acne seen in teenagers. Under VA's rating regulations, chloracne (or other acneform disease similar to chloracne) must be at least 10 percent disabling within one year of exposure to herbicides.

Chronic B-cell Leukemias A type of cancer which affects white blood cells.

Diabetes Mellitus (Type 2) A disease characterized by high blood sugar levels resulting from the body's inability to respond properly to the hormone insulin.

Hodgkin's Disease A malignant lymphoma (cancer) characterized by progressive enlargement of the lymph nodes, liver, and spleen, and by progressive anemia.

Ischemic Heart Disease A disease characterized by chest pain caused by a reduced supply of blood to the heart.

Multiple Myeloma A cancer of plasma cells, a type of white blood cell in bone marrow.

Non-Hodgkin's Lymphoma A group of cancers that affect the lymph glands and other lymphatic tissue.

Parkinson's Disease A progressive disorder of the nervous system that affects muscle movement.

Porphyria Cutanea Tarda A disorder characterized by liver dysfunction and by thinning and blistering of the skin in sun-exposed areas. Under VA's rating regulations, it must be at least 10 percent disabling within one year of exposure to herbicides.

Prostate Cancer Cancer of the prostate; one of the most common cancers among men.

Respiratory Cancers Cancers of the lung, larynx, trachea, and bronchus.

Soft Tissue Sarcoma (other than Osteosarcoma, Chondrosarcoma, Kaposi's sarcoma, or Mesothelioma) A group of different types of cancers in body tissues such as muscle, fat, blood and lymph vessels, and connective tissues.

For additional information or assistance in submitting a claim to the U.S. Department of Veterans Affairs, please contact the Benefits and Assistance

2012 COST-SHARING FOR MEDICARE BENEFICIARIES

Hospital Deductible: \$1,156 per spell of illness

Hospital Coinsurance:

- Days 0-60: \$0
- Days 61-90: \$289 / day
- Days 91-150: \$578 / day

Skilled Nursing Facility Coinsurance

- Days 0-20: \$0
- Days 21-100: \$144.50 / day

Part A Premium (For voluntary enrollees only)

- With 30-39 quarters of Social Security coverage: \$248 / month (no change)
- With 29 or fewer quarters of Social Security coverage: \$451 / month

Part B

- Deductible: \$140 / year
- Standard Premium: \$99.90 / month (See below for individuals with incomes > \$85,000 / year)

PARTS B AND D INCOME-RELATED PREMIUMS AND PREMIUM ADJUSTMENT

Beneficiaries Who File An Individual Tax Return With Income:	Beneficiaries Who File A Joint Tax Return With Income:	Beneficiaries Who Are Married, But File A Separate Tax Return With Income:	Part B Income-Related Monthly Adjustment	Total <u>Monthly Part B Premium</u> Amount	Part D Income-Related Monthly Adjustment
Less than or equal to \$85,000	Less than or equal to \$170,000	Less than or equal to \$85,000	\$0.00	\$99.90	\$0.00
Greater than \$85,000 and less than or equal to \$107,000	Greater than \$170,000 and less than or equal to \$214,000		\$40.00	\$139.90	\$11.60
Greater than \$107,000 and less than or equal to \$160,000	Greater than \$214,000 and less than or equal to \$320,000		\$99.90	\$199.80	\$29.90
Greater than \$160,000 and less than or equal to \$214,000	Greater than \$320,000 and less than or equal to \$428,000	Greater than \$85,000 and less than or equal to \$129,000	\$159.80	\$259.70	\$48.10
Greater than \$214,000	Greater than \$428,000	Greater than \$129,000	\$219.80	\$319.70	\$66.40

GREENING UP

"Green" combines with the terms in the list to make new words or phrases.

ALGAE	BOWLING	FLY	HOUSE
BACKS	BRIER	GAGE	LAND
BAY PACKERS	BUG	GRASS	LIGHT
BEANS	CARD	GROCER	MAIL
BELT	CORN	HEART	MOUNTAIN
BERET	FINCH	HORN	ONION
G R P E P P E R O O M N G L H			PEPPER
W L W U O J O P F N S M T O O			PUTTING
V A I S T N O I N O N R U C T			ROOM
C N B G K T N W X O A S Z L E			TEA
X D O M H C I O V E E A G L A			THUMB
Y L W S H T A N H A B U C S Y			TURTLE
C N L R H A Y B G W E N G K H			VEGETABLES
I Z I E R L W B F L R D K O L			WITH ENVY
O E N K F E E T T O E D R A C			
X V G C R L C R C H T L E J F			
Y N I A T N U O M I U K I M C			
W I M P G T I Z R U N M R A S			
W G S Y S S A R G G R Q B H M			
W W U A F X N R M A O S T S K			
S E L B A T E G E V H N V F S			

HOME SAFETY TIPS



Home safety covers many things. Here is a basic checklist from the Connecticut State Police to see—how safe is your home?

- Does your home have working smoke detectors in each room that are checked monthly and do you know how to use them?
- Does your home have at least two working fire extinguishers that are checked monthly and do you know how to use them?
- Does your home have a fire-escape ladder in each second story or higher bedroom?
- Does your home have a quality carbon-monoxide detector on each floor?
- Are your water heater, furnace, and heating devices in good working order?
- Does your home have emergency numbers near telephones and first-aid supplies?
- Are children aware of emergency numbers and who to contact in an emergency?
- Do you have batteries, flashlights and other emergency supplies available?

Remember, in an emergency dial 911.



Compliments of:
CONNECTICUT STATE POLICE
 Public Information Office
 1111 Country Club Road
 Middletown, CT 06457
 (860) 685-8290

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 2012

RETURN SERVICE REQUESTED

Upcoming Happenings...

- April 2 Lisbon Commission on Aging
- 4 Shooting Star Ex. Board
- 6 CLOSED
- 8 Easter
- 11 Shooting Star meeting
- 12 repotting plants
- 16 lunch bunch
- 21 yard sale
- 24 closed election day
- 26 CHOICES
- speaker on Hydration
- blowout bingo
- 27 GOT TOES
- foot clinic
- May 2 seafood newburg
- Bells of Fire
- 3 Shooting Star Ex. Board
- 7 lunch bunch
- Lisbon Commission on Aging
- 9 pot luck lunch
- Adult Day Care speaker
- Shooting Star meeting
- 18 AARP driving class
- Senior Expo - Crystal Mall
- 25 Groton Silvertones

Call 860-376-2329 for more information.