

The Lisbon Link

April/May 2015

Let's all say goodbye to the winter. I think we have all had enough of this!



Time to get going on the

SPRING YARD SALE

Saturday, April 25th 9am-2pm

Please start bringing in items anytime. There will be a sign up sheet for volunteers needed for set up, bakers, day of, and clean up.

INTEREST FREE HOME IMPROVEMENT LOAN PROGRAM

All Lisbon resident homeowners can apply for an interest free home improvement loan for needed repairs. More information for qualifying and the application are on pages 6 and 7. There are more copies in the Senior Center, or visit www.lisbonct.com.

The deadline to submit your 'Letter of Interest' is **March 30th**. You are under no obligation to obtain the loan but you must send in your information to get qualified.

Hello!



If you haven't met me yet, I'm Karen Washington, your new Sr. Coordinator. I am excited for this opportunity and want to thank those involved in selecting me for this position. I have been a resident of Lisbon for 20 years. My 7 years at Backus Hospital as the volunteer coordinator showed me how much I love working with senior citizens. I'm also a Notary Public, Justice of the Peace and a seamstress.

I live with my 2 children, Paul (25) who works at Backus in IT, is also a mechanic, team trivia buddy and my all around fix it guy! My daughter Nicole (19) is an accomplished figure skater and budding artist studying fine arts at Three Rivers and plans to continue with her Bachelor's degree at Lyme Academy College of Fine Arts

I have some big shoes to fill! Thanks Judy for sharing your giant sea of knowledge with me! And thank you to everyone for wearing a name badge to help me remember who you are. I look forward to many years of fun and helping all of you with whatever your needs may be. My door will always be open!!


APRIL 2015

Sun **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

5 	6 11:30 Lunch 12:30 Drawing Pickleball 7:00 COA	7 9:30 Exercise 9:30 Quilting 10:30 Rummicub 11:30 Lunch 12:15 Wii bowling	8 9:30 Chair caning, carving 9:30 Reverse Mortgages 11:30 Lunch 12:30 Shooting Stars Pickleball	9 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:30 Bingo	10 9:30 Crafting 11:30 Lunch 1:00 Rummicub	11
12	13 10:30 Lisbon TALK 11:30 Lunch 12:30 Drawing Pickleball	14 9:00 Enhanced Benefits 9:30 Exercise 9:30 Quilting 10:30 Rummicub 11:30 Lunch 12:15 Wii bowling	15 9:30 Chair caning, carving 11:30 Lunch 12:00 Birthday Cake 12:30 Shooting Stars 12:30 The yarn club Pickleball	16 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:30 Bingo	17 9:30 Crafting 11:30 Lunch 1:00 Rummicub	18+
19 YARD SALE SETUP All week	20 11:30 Lunch 12:30 Drawing Pickleball	21 9:30 Exercise 9:30 Quilting 10:30 Rummicub 11:30 Lunch 12:15 Wii bowling	22 9:30 Chair caning, carving 11:30 Lunch 12:30 The yarn club Pickleball	23 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:30 Bingo	24 9:30 Crafting 11:30 Lunch 1:00 Rummicub	25  9am—2 pm
26	27 10:30 Lisbon TALK 11:30 Lunch 12:30 Drawing Pickleball	28 9:30 Exercise 9:30 Quilting 10:30 Rummicub 11:30 Lunch 12:15 Wii bowling	29 9:30 Chair caning, carving 11:30 Lunch 12:30 The yarn club Pickleball	30 9:30 Exercise 10:00 Blowout Bingo 10:30 Rummicub 11:30 Lunch		

May 2015

Sun Mon Tue Wed Thu Fri Sat

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10	11	12	13	14	15	16
	10:30 Lisbon TALK 11:30 Lunch 12:30 Drawing Pickleball	9:00 Enhanced Benefits 9:30 Exercise 9:30 Quilting 10:30 Rummicub 11:30 Lunch 12:15 Wii bowling	9:30 Chair caning, carving 11:30 Potluck 12:30 The yarn club 12:30 Shooting Stars Pickleball	9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:30 Bingo	9:30 Crafting 11:30 Lunch 1:00 Rummicub	
17	18	19	20	21	22	23
	11:30 Lunch 12:30 Drawing Pickleball	9:30 Exercise 9:30 Quilting 10:30 Rummicub 11:30 Lunch 12:15 Wii bowling	9:30 Chair caning, carving 11:30 Lunch 12:30 The yarn club Pickleball	9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:00 Birthday cake 12:30 Bingo	9:30 Crafting 11:30 Lunch 1:00 Rummicub	
24	25	26	27	28	29	30
	CLOSED Memorial Day 	9:30 Exercise 9:30 Quilting 10:30 Rummicub 11:30 Lunch 12:15 Wii bowling	9:30 Chair caning, carving 11:30 Pizza 12:30 The yarn club Pickleball	9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:30 Bingo		
31						

Elderly patients who receive anesthesia are no more likely to develop long-term dementia or Alzheimer's disease than other seniors, according to new Mayo Clinic research. The study analyzed thousands of patients using the Rochester Epidemiology Project — which allows researchers access to medical records of nearly all residents of Olmsted County, Minn. — and found that receiving general anesthesia for procedures after age 45 is not a risk factor for developing dementia. The findings were published Wednesday, May 1, online in Mayo Clinic Proceedings. Researchers know that some elderly patients have problems with cognitive function for weeks, sometimes months, following surgical procedures, says senior author David Warner, M.D., a pediatric anesthesiologist at the Mayo Clinic Children's Center.

There has been concern that exposure to anesthesia may be associated with long-term cognitive changes including dementia, he says. The concern stems in part from a series of studies in which animals were exposed to anesthesia and lesions similar to those observed in Alzheimer's disease appeared in the brain — including accumulation of amyloid, a protein associated with Alzheimer's disease.

"It's reassuring we're adding to the body of knowledge that there is not an association of anesthesia and surgery with Alzheimer's," Dr. Warner says. "There are a lot of things to worry about when an elderly person has surgery, but it seems that developing Alzheimer's isn't one of them."

Researchers studied about 900 patients older than 45 who had dementia and lived in Olmsted County from 1985 to 1994. They compared that group to people of similar ages in Olmsted County who did not develop dementia during that time. Researchers found that about 70 percent of the patients in both groups needed surgery requiring general anesthesia — meaning those who had dementia and underwent surgery that included general anesthesia did not get worse, and those who did not have dementia and had surgery did not develop dementia as a result.

MULTIMEDIA ALERT: For audio and video of Dr. Warner talking about the study, visit the [Mayo Clinic News Network](#).



AARP Drive Safety Class

Friday, May 8th

9:30—2:30 with a break for lunch

Please sign up at the reception desk

WATCHING YOUR BACK DURING TAX TIME

Fake IRS agents target more than 366,000 in huge tax scandal

What to watch for:

- The IRS will never call you on the phone to demand immediate payment.
- The IRS will never call about taxes owed without first mailing you a notice.
- The IRS will never demand that you pay taxes without giving you the opportunity to question or appeal the amount the agency says you owe.
- The IRS will never require you to use a specific payment method for your taxes, such as a prepaid debit card.
- The IRS will never ask for credit card or debit card numbers over the phone.
- The IRS will never threaten to have you arrested for not paying.

Actions to take:

If you get a phone call from someone claiming to be from the IRS and asking for money, here's what the IRS says you should do:

- If you think you might owe back taxes, hang up and call the IRS at /-800-829-1040.
- If you know you don't owe taxes, report the incident to the Treasury inspector general for tax administration, at 1-800-366-4484, or online at www.tigta.gov

PRESS RELEASE
INTEREST FREE HOME IMPROVEMENT LOAN PROGRAM

March 9, 2015 - Lisbon, CT

First Selectman Thomas Sparkman has announced that the Town of Lisbon is applying for a \$400,000 Community Development Block Grant (CDBG) under the housing rehabilitation category for town-wide housing rehabilitation. As part of the award, the Town of Lisbon is seeking interested parties to develop a waiting list of property owners interested in participating in the program. The grant usually serves approximately ten households on a first come first serve basis.

The purpose of this grant is to provide funds for low and moderate income homeowners to make needed repairs to their homes. To be eligible, an applicant must meet three requirements:

(1) home owners must have an annual income that does not exceed \$44,750 for a single household or \$51,150 for a household of two. For households of 3 persons or more, please refer to the 2014 HUD Income Limits. (2) Have 10% equity in the home (3) up to date municipal taxes.

One of the benefits of this grant is that the money goes out as loans – at 0% interest and is not due and payable until the house changes title. For homeowners who cannot obtain funds through bank loans, this program is a wonderful option that requires no out of pocket costs. The grant also allows the Town to establish a revolving loan fund in perpetuity to provide assistance to additional residents who need home repairs.

Some possible uses that have been identified include replacing failed furnaces, roofs, windows, and septic system repairs. These funds can provide for ADA modifications to homes as well, such as entrance ramps and bathroom modifications.

To be eligible for this grant, the town must demonstrate that there is a demand and need for this program, that residents would welcome this assistance and would take advantage of the program to rehabilitate their homes.

Please visit the town's website: www.lisbonct.com and fill out a "letter of interest" that can be submitted electronically. Visit the "Housing Rehab Program" link on the homepage.

Also, anyone considering taking advantage of this program may contact Marlene LePine, Administrative Assistant to the First Selectman at (860) 376-3400 or call Small Cities Consultants Lisa Low & Associates at 203-888-5624. The deadline for submitting a letter of interest is March 30th, so time is of the essence. Please share this information with any friends or neighbors who may be interested.

Lisbon
\$400,000 Housing Rehabilitation Grant Loan Program
Letter of Interest

To Whom It May Concern:

I have read the information regarding the Housing Rehabilitation Loan program for the Town of Lisbon under the HUD program. I believe I may be eligible according to the program guidelines listed below and would be interested in applying for and take advantage of the Community Development Block Grant in the Town of Lisbon, CT. (Note: The Letter of Interest does not commit you to participate in the program, only to place your name on a waiting list.)

- 10 percent equity in my home (Estimate your current mortgage \$_____)
- Up to date municipal taxes
- HUD FY 2014 Income Limits (Persons in Household/Low Income)

(1) \$44,750 (2) \$51,150 (3) \$57,550 (4) \$63,900 (5) \$69,050 (6) \$74,150 (7) \$79,250 (8) \$84,350

Name: _____

Address: _____

City/State/Zip: _____

of Household Members: _____ Household Income: \$ _____
(Combined income for everyone over 18 living in the household)

Optional Information:

Female Head of Household Yes _____ No _____ Racial Classification _____

Telephone Number: _____

Email: _____

Signed: _____









Note: A typed name will substitute for a handwritten signature

Date: _____

Briefly describe the work needing to be done: _____

Please e-mail, fax or mail it to: Lisa Low & Associates, 293 Riggs Street, Oxford, CT 06478
(203) 888-5624 Phone (203) 888-8800 Fax

Due Date: 3-30-15 or sooner info@lisalowassociates.com

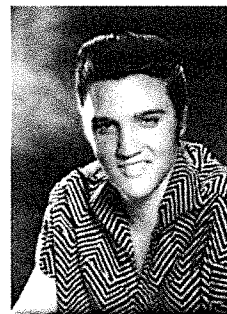
 Direct Energy	7.85 c/kWh	38% Savings	6 months
 conEdison Solutions	8.45 ¢ / kWh	33% Savings	8 Months
 Constellation.	9.29 ¢ / kWh	26.5% Savings	12 Months
 conEdison Solutions	9.45 ¢ / kWh	25% Savings	21 Months
 Constellation.	9.69 ¢ / kWh	23.3% Savings	36 Months
 Constellation.	9.69 ¢ / kWh	23.3% Savings	24 Months
 Direct Energy	10.15 ¢ / kWh	20% Savings	12 Months
 verde energyusa	10.49 ¢ / kWh 100% Green	\$75 Cash Back	6 Months

 Direct Energy	10.59 ¢ / kWh		24 Months
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 Direct Energy	10.69 ¢ / kWh		35 Months
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Wild West Word Search

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



June 17th 12:30
Elvis Remembered



June 21st
Calendar Girls at Ivoryton

bronco
cowboy
herd
howdy
range
wrangler
chaps
cowgirl

horse
lasso
rodeo
country
cowpoke
horseShoe
rancher
saddle



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
PERMIT#86**

Issue April/May 2015

RETURN SERVICE REQUESTED

Lisbon Senior Center

Monday – Friday
9:00 am – 3:00 pm
860-376-2329

Board of Selectman

Thomas Sparkman
Robert Browne
John Gwiazdowski

Commission on Aging

Lee Szruba, Chairman

Senior Coordinator

Karen Washington

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 serviced 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.