

The Lisbon Link

April/May 2016

ANNUAL YARD SALE

and

Bake Sale

April 23rd

9am – 2 pm

Don't forget **BINGO!**

Every **Thursday at 12:15**

seniorcenterct.org



“like” us on
facebook



Email: kwashington@lisbonct.com to
receive your newsletters by email

AT A GLANCE

Tuesday, April 12th

- By appointment - Enhanced Benefits
- 12:00 Birthday Cake

Wednesday, April 13th

- 12:15 Shooting Stars
- 1:30 St. Joseph Bingo

Friday, April 15th

- 9:30 AARP Driving Class

Monday, April 18th

- 11:30 Texas Roadhouse Lunch

Wednesday, April 20th

- 11:00 Mystery Lunch Bunch

Friday, April 22nd

- 12:00 Joy of Painting w/ Carrie

Saturday, April 23rd

- 9:00 Yard Sale

Tuesday, April 26th

- CLOSED for Voting

Friday, April 28th

- 10:00 Blowout Bingo

Wednesday, May 4th

- 4:00 Virtual Dementia Tour

Thursday, May 5th

- 12:00 Birthday Cake

Tuesday, May 10th

- By appointment - Enhanced Benefits

Wednesday, May 11th

- 12:15 Shooting Stars

Friday, May 13th

- 12:00 Card Making Class

Wednesday, May 18th

- 11:00 Pot Luck with Clayton Allen

Friday, May 20th

- 12:00 Joy of Painting w/ Carrie

Tuesday, May 24th

- 10:45 Make your own Pizza

Wednesday, May 25th

- 11:00 Mystery Lunch Bunch




Friday, May 27th

- 11:30 Main Street Grille




Monday, May 30th

- CLOSED for Memorial Day

April 2016

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
					1 9:30 Crafting 11:30 Lunch 1:00 Rummikub	2
	3 4 11:30 Lunch 12:30 Drawing 2:00 Pickelball	5 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	6 9:30 Chair caning/ carving 10:15 Shooting Stars EX 11:30 Lunch 12:30 Yarn club	7 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	8 9:30 Crafting 11:30 Lunch 1:00 Rummikub	9
10	11 11:30 Lunch 12:30 Drawing 2:00 Pickelball	12 Enhanced Benefits 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Wii bowling w/ Preston 11:30 Lunch 12:00 Birthday Cake	13 9:30 Chair caning/ carving 11:30 Lunch 12:30 Shooting Stars 12:30 Yarn club 1:30 St. Joseph's Living Bingo	14 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	15 9:30 Crafting 9:30 AARP Driving Class 10:30 Book Club 11:30 Lunch 1:00 Rummikub	16
17	18 11:30 Texas Roadhouse 11:30 Lunch 12:30 Drawing 2:00 Pickelball	19 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:00 Birthday Cake 12:15 Wii bowling	20 9:30 Chair caning/ carving 11:00 Lunch Bunch 11:30 Lunch 12:30 Yarn club	21 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	22 9:30 Crafting 10:30 Book Club 11:30 Lunch 12:00 Joy of Painting w/ Carrie 1:00 Rummikub	23 
24	25 11:30 Lunch 12:30 Drawing 2:00 Pickelball	26  CLOSED For Voting	27 9:30 Chair caning/ carving 11:30 Lunch 12:30 Yarn club	28 9:30 Exercise 10:00 Blowout Bingo 10:30 Rummikub 11:30 Lunch	29 9:30 Crafting 10:30 Book Club 11:30 Lunch 1:00 Rummikub	30

May 2016

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1 	2 11:30 Lunch 12:30 Drawing 2:00 Pickelball	3 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	4 9:30 Chair caning/ carving 10:15 Shooting Stars EX 11:30 Lunch 12:30 Yarn club 4:00 Virtual Dementia	5 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Birthday Cake 12:15 Bingo	6 9:30 Crafting 10:30 Book Club 11:30 Lunch 1:00 Rummikub	7
8	9 11:30 Lunch 12:30 Drawing 2:00 Pickelball	10 Enhanced Benefits 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	11 9:30 Chair caning/ carving 11:30 Lunch 12:30 Shooting Stars 12:30 Yarn club	12 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	13 9:30 Crafting 10:30 Book Club 11:30 Lunch 12:00 Card Making Class 1:00 Rummikub	14
15	16 11:30 Lunch 12:30 Drawing 2:00 Pickelball	17 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	18 9:30 Chair caning/ carving 11:00 Potluck Lunch 11:30 Lunch 12:30 Yarn club	19 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	20 9:30 Crafting 10:30 Book Club 11:30 Lunch 1:00 Rummikub 12:00 Joy of Painting w/ Carrie subject TBD	21
22	23 11:30 Lunch 12:30 Drawing 2:00 Pickelball	24 9:30 Exercise 9:30 Quilting 10:30 Rummikub 10:45 Make your pizza 11:30 Lunch	25 9:30 Chair caning/ carving 11:00 Lunch Bunch 11:30 Lunch 12:30 Yarn club	26 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	27 9:30 Crafting 10:30 Book Club 11:30 Lunch 11:30 Main Street Grille 1:00 Rummikub	28
29	30 	31 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling				

The Joy of Painting w/Carrie of



**Friday, April 22,
12:00**
"Flowers on Wood"
In honor of Earth Day

TAKE HOME YOUR OWN UNIQUE FINISHED PIECE

Sign up today! Class limited to 12
\$12.00
(all supplies included)

Friday, May 20, 12:00 Subject to be determined



**MONDAY,
APRIL 18**

11:30

\$5 FOR BUS



CALL 860-376-2329 OR STOP IN TO SIGN UP

Blowout BINGO!!

Thursday
April 28th
10 AM

B I N G O				
7	25	44	57	62
15	22	40	50	70
11	30	FREE SPACE	46	74
2	28	37	55	68
10	27	39	59	75

Turkey grinders for \$5 or salad for \$3 will be available.

Wednesday, May 18th at 11:30



Bring a dish to share.

Followed by entertainment with **Clayton Allen**. Step back in time when he performs, delivering each song with tender authenticity and freshness. In addition to his wonderful voice be entertained by his harmonica, yodeling and whistling.



presents

The Virtual Dementia Tour® @ The Lisbon Senior Center

Wednesday, May 4th from 4pm to 7pm
20 minute tour
must call to register 860-376-2329

The **Virtual Dementia Tour**® is an individual experience through simulated dementia created for families, organizations and companies seeking to better understand the physical and mental challenges of those with dementia.

After experiencing this sensory training, you will have a greater understanding of the realities of what living with dementia is like. This unique, interactive program has been shown to improve communication and care. Learning to create a positive environment for those with dementia can only come from attempting to walk in their shoes.

Appropriate participants include:

- Caregivers
- Family members
- EMS providers
- Police officers
- Firemen
-

There is debriefing following the tour to discuss your experience and answer any questions that you may have.



Friday, April 15th 9:30
\$15 for members/\$20 for non-members

By taking a driver safety course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment.

You'll learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time.

You may be eligible to receive an insurance discount upon completing the course, so consult your insurance agent for details.

Call 860-376-2329 to register.



Join the LUNCH
BUNCH
with Vikki and the
Senior Van
She will take you to
a mystery
restaurant – always
a pleaser!

April 20th and May 25th
Van leaves at 11:30
Call 860-376-2329 to join
Seats are limited!



Q: “My stand-alone Part D prescription drug plan used to cover the medication I take, but it changed its coverage for 2016. My medication is no longer on the plan’s list of covered drugs. Is there a way I can get the medication I need?”

A: From the Medicare Rights Center: “You are entitled to a [transition refill](#), or transition fill, which is a one-time, 30-day supply of a drug that Medicare drug plans must cover. Transition fills are for new plan members or for existing plan members whose drugs are

no longer covered or are subject to new restrictions. Transition fills only apply to a drug you were taking before the plan stopped covering it or changed the way that it is covered.

In your case, you are eligible for a transition fill because your plan took the drug off its formulary, or list of covered drugs, for 2016. You will have up to 90 days from January 1, 2016, to request a transition fill. This timeframe also applies to beneficiaries whose plans added new restrictions to the drugs they take, such as [prior authorization](#), [quantity limit](#), or [step therapy](#). Similarly, if you join a new plan and need a transition fill, you have up to 90 days after the first day you joined the plan to request and receive the transition fill. To access your transition fill, your pharmacist may need to call your Part D plan. The pharmacist should say that they are requesting a transition fill and ask the plan to cover the drug without restrictions. The plan may give the pharmacist information about how to bill the plan correctly.

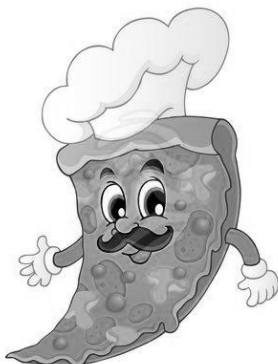
Once you get your transition fill, you should speak with your doctor about switching to a drug that is on your plan’s formulary without restrictions. If there is no other drug that will work for you, you and your doctor can [request an exception](#) to your Part D plan’s formulary. Requesting an exception means that you are formally asking the plan to cover your drug. If you request an exception and a determination is not made by the end of your transition fill period, your plan must provide more temporary refills until the exception request is addressed.

It is your right to access a transition fill as well as to file an exception request to try to get your prescription drug covered. Your doctor can be an important resource for helping you access the medications you need....”

For more information on transition refills:

<http://www.medicareinteractive.org/get-answers/medicare-prescription-drug-coverage-part-d/part-d-coverage-overview/transition-drug-refills>

~~~~~ **MAKE YOUR OWN PIZZA** ~~~~~



Tuesday, May 24<sup>th</sup>  
10:45

\$3



## **ANNUAL YARD SALE AND BAKE SALE**

# **APRIL 23<sup>RD</sup>!**

**9AM - 2PM**

Volunteers needed  
for set up, bakers,  
day of, and clean  
up. Call to sign up.

## **TOWN OF LISBON RENTERS' REBATE**

opens on April 1<sup>st</sup> and

## **HOMEOWNERS' TAX RELIEF PROGRAM ends on May 15th**

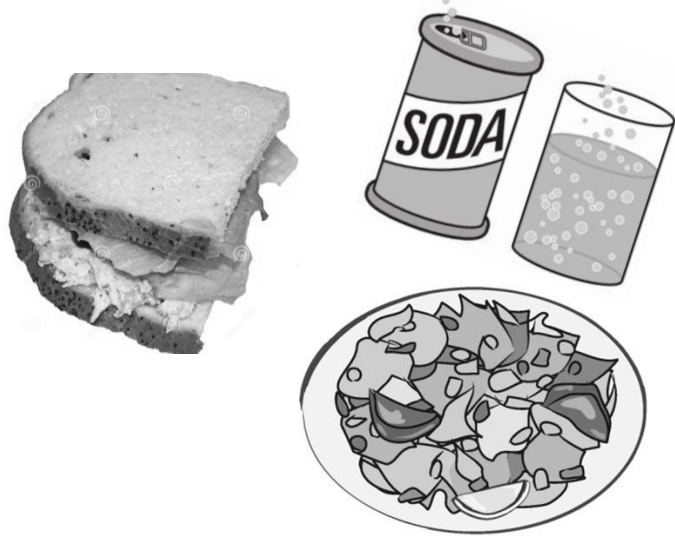
Renters/Homeowners who are over 65 or  
totally disabled and meet income guidelines  
may qualify for relief. Please contact the

Assessor's office at 860-376-5115 for current qualifying income limits and  
paperwork needed to file.





*Lunch is served every day at 11:30. Please come in by 11:15 to place your order. All freshly made at great prices!*



**SANDWICH** (scoop & lettuce) \$3.00

**1/2 Sandwich** \$1.50

BREAD: \_\_wheat \_\_white

**COLD SALAD PLATE**

(scoop, lettuce, tomato, cuke, egg) \$3.00

Scoop only \$1.00

**SCOOP CHOICE**

Tuna Salad , Chicken Salad, Egg Salad,  
Ham Salad, Hot dog

**Toasted Cheese** \$3.00

**1/2 Toasted Cheese** \$1.50

BREAD: \_\_wheat \_\_white

**Hot dog w/bun** \$2.00

**SOUP** \$1.50

**Hard-boiled egg** \$0.50

**Cucumber slices** \$0.50

**Tomato slices** \$0.50

**Chips** \$0.50

**Pudding** \_\_reg/ \_\_diet \$0.50

**Jello** \_\_reg/ \_\_diet \$0.25

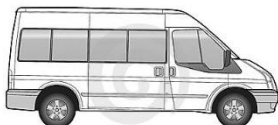
**Soda** \_\_reg/ \_\_diet \$0.50

Friday, May 27<sup>th</sup>



**Niantic, CT**

Leaving at 11:30



**Bus \$5**

**Save the Date**

**June 9<sup>th</sup>!**





One on One with Senior Resources to discuss all of the following:

Medicare Premiums  
Prescriptions  
Food  
Housing  
Energy Bills  
Property Tax Assistance  
Veteran Benefits  
And other services

April 12<sup>th</sup> & May 10<sup>th</sup>  
MUST CALL 860-376-2329 TO MAKE  
APPOINTMENT at 9, 10 or 11 AM

COME PLAY BINGO WITH LYNN  
BELLWARE FROM  
ST. JOSEPH LIVING CENTER!

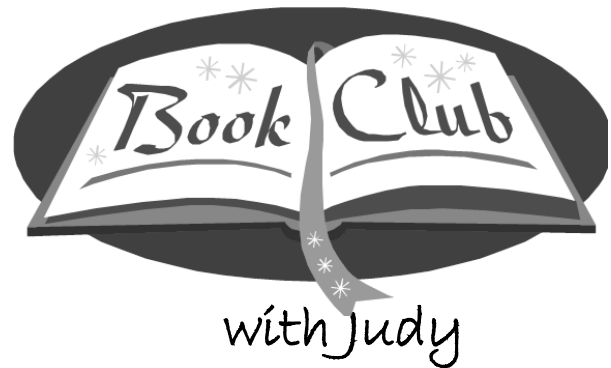


**WEDNESDAY  
APRIL 13  
1:30 PM**

OUR PRIZES  
INCLUDE USEFUL  
ITEMS SUCH AS  
LAUNDRY

DETERGENT, TOOTHPASTE, DEODORANT,  
KITCHEN TOWELS, FABRIC SOFTENER,  
PENS, PADS, ENVELOPES, KITCHEN POT  
HOLDERS, HOLIDAY DECORATIONS  
ETC.....EACH PRIZE BAG HAS THREE TO  
FOUR USEFUL ITEMS FOR YOUR HOME. I  
EVEN BRING A SNACK.

**ALL OF THIS IS FREE!!!!**



**Friday, April 29**  
See Me – Nicholas Sparks

**Friday, May 27**  
The Secrets of the Notebook – Eva Haas

**10:30 AM**

**Card Making**

**with Eloise & Justine**  
**Friday, May 13<sup>th</sup> at 12:00**



**\$3**

**You will be  
creating a  
variety of  
cards**

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

# Search for Spring

BY CHRISTINE  
SORENSEN

Is spring on its way?  
Search for it by finding  
the words listed below.  
They may be forward,  
backward, up, down, or  
diagonal.



A E  
 T A  
 O O  
 N K  
 E M  
 M E  
 E G  
 N U  
 T Y  
 O L  
 L X  
 F Y

Atonement  
 birds  
 blossoms  
 breeze  
 bugs  
 butterfly  
 Christ  
 Easter  
 eggs  
 flowers  
 fun  
 garden  
 general conference

grass  
 joy  
 kite  
 puddle  
 rain  
 Resurrection  
 seeds  
 spring  
 sprouts  
 sunshine  
 tree  
 umbrella



## **Lisbon's Longevity Link**

**PRST STD**

Published by  
Lisbon Commission on Aging  
Lisbon Senior Center  
1 Newent Road  
Lisbon, CT 06351

**U.S. POSTAGE PAID  
NORWICH, CT  
PERMIT#86**

Issue April/May 2016

RETURN SERVICE REQUESTED

### **Lisbon Senior Center**

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

#### **Board of Selectman**

Thomas Sparkman  
Robert Browne

#### **Commission on Aging**

Lee Szruba, Chairman

#### **Senior Coordinator**

Karen Washington

#### **Van Driver**

Vikki

#### **Nutrition Site Server**

Glenda

The **Lisbon Senior Center** is for vibrant folks, 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.