

the lisbon link

December 2011/January 2012

Starting December 29th we are lucky to be able to offer you the services of a CHOICES Councilor once again. Mary Belisle, a trained Choices volunteer will be here the last Thursday of the month at 11:00 to 3:00 to help anyone needing assistance with their Medicare bills.

Call for an appointment and make sure you bring all of your paperwork, bills, ombs, etc

open enrollment ends december 7 -
MAKE SURE you have reviewed your Medicare Part D and Medicare Advantage Plans by then. Call today for an appointment if you need help evaluating and comparing plans.

GIVING TREE

This year the Senior Center is working with Lisbon School for holiday gifts for children. The school will give us cards with boy/girl, age, gift idea, clothes size and we will put them on the GIVING TREE. Anyone wanting to buy a gift will pick a card, buy the gift, wrap it, attach the card and bring it to the senior center for December 15. The school will get them to the student's home for Christmas.

Lisbon/Sprague Travel Committee meets January 9th.

Closed

December 23 and 26

January 16

Our holiday party is December 15. Dinner is served at 11:30 sharp. Followed by Bill Dougal doing your caricatures at a cost of \$2.00 each starting at 12:30. The students will lead us in a carol sing. Don't forget this is the last day for the Giving Tree Gifts to be brought in. The drawing for the December Pick a Prize is at 2:00.

Our Thanksgiving dinner at Hank's in Brooklyn was moved to December 1st. We leave at 11:30. The bus is \$3.00 and dinner is on your own.

SCHOOL SALE DAYS are Dec. 6, 13 & 16. We'll be selling our crafts items for the students holiday gift giving.

Note we are doing a coat drive and a food drive. They both end Jan. 11. This is the same day as our Shooting Star meeting. The speaker for this meeting is from Interim Healthcare and will be talking about sex.

Pickleball is back!!

Join us on Mondays at 2 at the school cafeteria for a fun, fun, fun new game everyone can play!!



Super Bowl Sunday is Feb.5th and the Lisbon/Preston Souper bowl is Feb. 8th. Join us for Broccoli soup in a bread bowl for \$3.50 followed by football trivia and assorted games. Sign up by Jan. 30th.

The second Thursday of each month Backus Home Healthcare is here to do a free blood pressure clinic. Stop in!

We need help on December 9th Decking our Halls. Please give us a little of your time to make the senior center festive. Thanks

Thanks to all who have donated yarn. As you might of seen in the Bulletin our ladies gave away over 80 Afghans to the are needy!! Way to go girls!!

2012 foot clinics are

January 20

April 27

July 27

Oct 26

Make an appointment for complete foot care. Most is covered by Medicare.

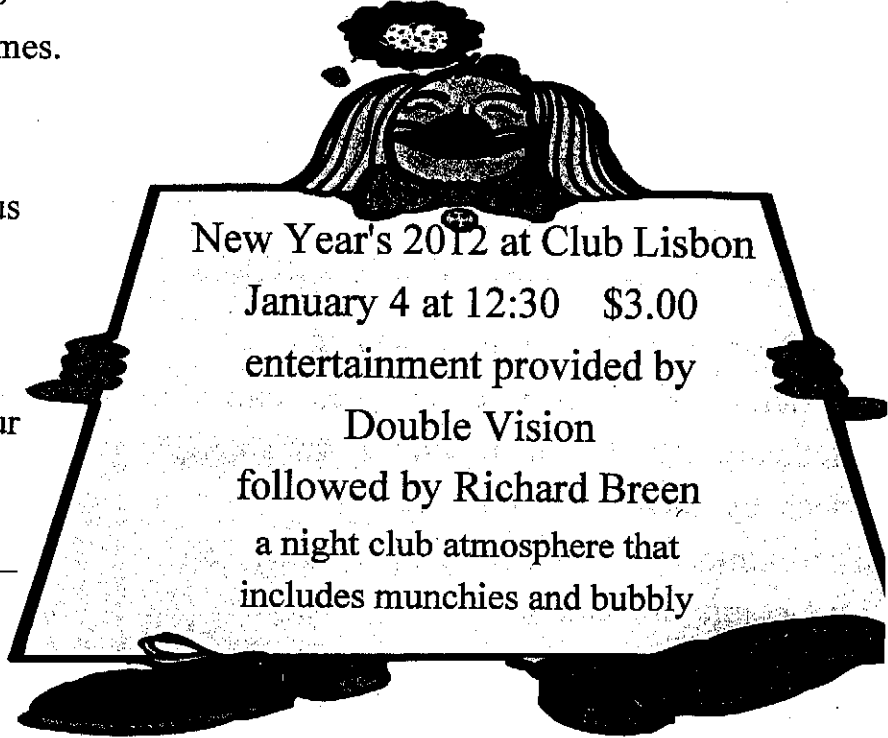
I think you know The Town of Lisbon has two new selectmen. Robert Browne, Sr and John Gwiazdowski were elected in November. We would like to thank Robert Grant and Raymond Stearns for their years of service.

What's going on...

Winter Breakfast

December 21 at 9:00 \$3.00

Make your own omelet
juice, coffee, tea and fruit



New Year's 2012 at Club Lisbon

January 4 at 12:30 \$3.00

entertainment provided by

Double Vision

followed by Richard Breen

a night club atmosphere that
includes munchies and bubbly

January 19 at 11:00 join us for

Make your own pizza

we supply the crust and you decide the
toppings \$3.00



January 31 at 12:30 a free afternoon of jazz
and ballads performed by Judy Hall
Come and beat those wintertime blues



and don't forget to try out Pickleball on a
Monday afternoon

December 2011

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

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January 2012

Nothing is a waste of time if you use the experience wisely. -Rodin

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Blowout Bingo

January 26, 2012

10:15

Games 1-10

11:30

Lunch

order a sandwich or
sign up for the hot meal

12:30

games 11-20

\$5.00 to play
the most cards you can play will be 6

Prizes

regular game

\$5.00

with a \$3.00 minimum

special game

\$10.00

with a \$5.00 minimum

game 20

\$20.00

to each winner



FREE

MACULAR DEGENERATION SEMINAR

If you are a patient with age-related macular degeneration (AMD) or have a family member with AMD, please join us for a free seminar.

We are developing new free tools for patients with macular degeneration as part of a research program with the

NATIONAL EYE INSTITUTE.



Macular degeneration can cause vision loss if not detected and treated quickly. If you, or someone you know, has this common eye disease, or you simply want to learn more, PLEASE JOIN US FOR A FREE SEMINAR.

Program:

At the Lisbon Senior Center-
Wednesday, December 14th at 12pm
(30 minute program plus Q&A's)

Any questions please contact:
Patricia Beaton - 860-531-8816 p.beaton@keepsight.com

Food Drive

some ideas

Peanut butter

Soup

Spam

Pasta

Cereal

Small canned ham

Canned vegetables and fruits

Jelly

mayo

Tuna

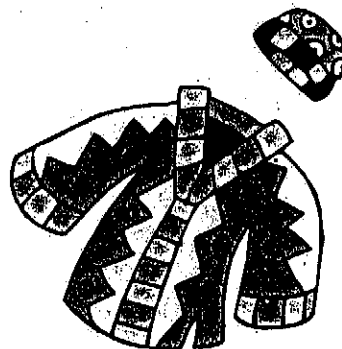
Rice

Raisins

Ends Jan. 11

help restore our local food bank

coat drive



BRING YOUR CLEAN, GENTLY USED

COAT AND JACKETS

WE WILL DONATE THEM TO GROUPS

HELPING THOSE IN NEED

DEADLINE JAN. 11

Don't forget the Senior Center offers van rides for Dr. appts, shopping, banking, hair dresser and barber, pharmacy and delivers Meals on Wheels each day plus to the Senior Center. Call for more information.

ENERGY ASSISTANCE

Home Heating Assistance and Weatherization

The state runs two programs that help low-income households of all ages offset their winter heating bills. The programs are funded mainly by federal block grants and administered by DSS and local community action agencies.

1. **The Connecticut Energy Assistance Program (CEAP)** is available to households with incomes up to 150% of the federal poverty level (FPL) (\$ 27,465 for a three-person household). In addition, households with incomes between 150% and 200% of the FPL (\$ 36,620 for a three-person household) can receive CEAP assistance, provided at least one household member is age 60 or older or has a disability. Liquid assets cannot exceed \$ 10,000 for homeowners and \$ 7,000 for renters, unless the excess assets, when added to the household's annual income, still leave the family within the income limits. CEAP-eligible homeowners may also qualify for funding to provide emergency repair or replacement of unsafe or inoperable heating systems.

According to DSS, for the 2010-2011 heating season, basic CEAP benefits ranged from \$ 605 to \$ 880 for homeowners and renters whose heat was not included in the rent; renters whose heat was included could receive up to \$ 410. Households using "deliverable fuels," including heating oil, kerosene, and propane, were eligible for a one-time \$ 400 crisis assistance benefit. And, depending on available funding, CEAP participants who used up their basic and crisis benefits were eligible for a "safety net" assistance benefit of up to \$ 400. The program is closed for the season; it will reopen on November 1, 2011. (For more information, visit <http://www.ct.gov/dss/cwp/view.asp?A=2353&O=305194>.)

2. **The Contingency Heating Assistance Program (CHAP)** has been available to households whose income is too high for CEAP but less than 60% of the state median income (SMI) (\$ 51,228 for a three-person household). Although this program is not restricted to the elderly, a household in which at least one member is age 60 or older may receive a higher benefit level. Currently, the basic benefit is \$ 580; households with incomes up to 60% of the SMI may also receive a one-time crisis assistance benefit of \$ 400.

For more information on this program, visit <http://www.ct.gov/dss/cwp/view.asp?a=2353&q=305188>.)

Weatherization

CEAP-eligible households may also qualify for the Weatherization Assistance program, also administered by the community action agencies. Priority may be given to low-income families with elderly or disabled individuals and those with children under age six.

In addition, the Weatherization Residential Assistance Partnership (WRAP) helps low-income utility customers with high energy bills reduce their costs through several weatherization measures. WRAP is administered by DSS in partnership with community action agencies and utility companies.

(For more information on the heating and weatherization programs, visit <http://www.ct.gov/dss/cwp/view.asp?a=2353&q=305194>.)

After Connecticut experiencing major power outages twice in two months we need to be thinking about and preparing for winter and possible future power outages. With the temperatures below freezing it will be impossible for folks to stay in their homes. Only you can prepare to leave your home for the night or for several days. Will you go to a friend's, a relative's, a hotel, a shelter... Please, start today. Don't wait until the last minute. You'll find information in this newsletter that should help you.

IMPORTANT PHONE NUMBERS & WEBSITES

IN AN EMERGENCY CALL 9-1-1

Connecticut Department of Emergency Services and Public Protection 1-860-685-8190

www.ct.gov/demhs

[www.twitter.com/ctdemhs](https://twitter.com/ctdemhs)

Connecticut Department of Public Health 1-860-509-8000

www.ct.gov/dph/prepare

[www.twitter.com/ctdph](https://twitter.com/ctdph)

Connecticut Poison Control Center 1-800-222-1222

United Way Information Line 2-1-1

Red Cross 1-877-CT-REDCROSS (1-877-287-3327)

www.redcross.org

Tip Lines

Report suspicious terrorist activities 1-866-HLS-TIPS (1-866-457-8477)

Connecticut radio and television stations are a timely source of information in an emergency.

HOW CAN I HELP?

Call the American Red Cross, Connecticut Blood Services Region at 1-800-GIVE LIFE (1-800-448-3543) to make an appointment to donate blood.

Contact the relief agencies/organizations in your area to see what they may need, such as clothing or food.

Take a Basic First-Aid or CPR class.

Consider joining a Community Emergency Response Team (CERT). Contact your local town or city for more information.

Consider volunteering for a public health response team. Contact your local health department/district for more information.

Form a neighborhood watch program to be better prepared for potential future events.



Connecticut Department
of Public Health



This Connecticut Preparedness Campaign is funded by grants from the federal Centers for Disease Control and Prevention.

Health tips

Helpful cold remedies

Being sick with a cold virus for a week or two doesn't mean you have to be miserable. These remedies may help:

■ *Fluids* — Drink plenty of liquids. Water, juice, clear broth, or warm water with lemon juice and honey can help loosen congestion.

■ *Saltwater gargle* — To relieve a sore or scratchy throat, gargle with 1/4 to 1/2 teaspoon salt dissolved in an 8-ounce glass of warm water.

■ *Saline nasal drops and sprays* — These nonprescription products combat stuffiness and congestion. Unlike nasal decongestants, saline drops and sprays used over the long term don't cause symptoms to get worse once use is discontinued (rebound effect).

■ *Nasal decongestants* — Limiting use of nasal decongestant products — such as Afrin and 4-Way — to no more than three consecutive days generally provides symptom relief without the rebound effect.

■ *Chicken soup* — The soothing qualities of a steaming bowl of soup may be due to its possible mucus-thinning and anti-inflammatory effects.

What doesn't work? Worth noting are antibiotics, which destroy bacteria, but are no help against cold viruses. As for zinc, a recent analysis had mixed results and stopped short of recommending it until more research is done. Zinc-containing nasal gels or sprays have been associated with permanent loss of smell. □

Disaster Preparedness Disaster Supply Kit

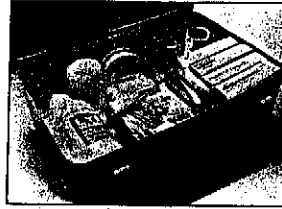
Keep these supplies on hand at all times.

- Blankets, pillows, etc.
- Clothing – seasonal/rain gear/study shoes
- First aid kit
- Medicines
- Special items – for babies and elders
- Flashlight
- Batteries
- Radio – battery operated and NOAA weather radio
- Cash
- Keys
- Water – at least 1 gallon daily per person for 3 days
- Food – at least enough for 3 to 5 days
- Non-perishable packaged or canned food/juices
- Foods for infants or elders
- Snack foods
- Non-electric can opener
- Cooking tools/fuel
- Paper /plastic utensils
- Books, games
- Important documents – in a waterproof container
- Insurance
- Medical records
- Bank account numbers
- Social Security card
- Immigration documentation
- Documentation of all valuables
- Tools
- Vehicle fuel tanks filled

Pet Disaster Supply Kit

Don't forget your pet's supplies. Keep them on hand.

- Proper identification including immunization records



Health tips

Posture perk up

If you feel tired when you're on your feet, take a moment to consider your posture. Standing in a stooped or slouched manner makes muscles and ligaments work harder to keep you balanced. That extra effort can lead to fatigue, back pain and other problems. Here are some simple head-to-foot adjustments to set your posture straight:

■ *Hold your chest high* —

As you do this, avoid rounding your shoulders forward by keeping them back and relaxed. Ideally, your head should be level — not tilted forward, backward or sideways. The top of your head should reach toward the ceiling. From a side view, these upper body adjustments position your ears so that they're aligned over your shoulders and your shoulders are in line over your hips.

■ *Engage your core muscles* — Do so by keeping your abdominal muscles tight and your buttocks tucked in. The core muscles of your trunk help stabilize the rest of your body and also help support your spine.

■ *Keep your knees straight and relaxed* — Knees that aren't locked or rigid allow your weight to be balanced over the middle of your feet. Keep your feet parallel and a little less than shoulder-width apart. □



PLANNING FOR PEOPLE WITH FUNCTIONAL NEEDS

If you or someone you know has a functional need, like trouble seeing, hearing, walking, or has medical problems, you might have to do more to be prepared for an emergency.

IF YOU HAVE CHILDREN:

SMALL CHILDREN may need: formula, diapers, bottles, medications, wipes, baby food, extra water, toys, books.

DAYCARE/SCHOOL-AGE CHILDREN: If there is an emergency while your child is in school or daycare, those places will have plans to protect your children. You should know what the plan is before an emergency happens.

IF YOU ARE ELDERLY:

- If you use a home health care agency, make sure they know your family's emergency plan.
- Tell other family members where to find emergency supplies and teach them how to use any special medical equipment.
- Put your name on special equipment like wheelchairs, canes or walkers.

IF YOU HAVE A DISABILITY:

- Get other family members and friends to help in case of an emergency.
- Tell other people where you keep your emergency supplies.
- Give one person you know a key to your home.
- Wear a medical alert tag/bracelet so people know what your disability is.
- Show other people how to use your special medical equipment.
- If you need dialysis, find out where there are dialysis treatment facilities nearby.

Your city or town might keep a list of people with disabilities so that they can be found quickly in an emergency. Call the local emergency management director or fire department in your city or town and ask them how they can help you if there is an emergency.

If you have to stay in a hotel or motel, make sure you tell the people at the front desk that you will need help if there is an emergency. Tell them what kind of help you might need.

Make an "Emergency Health Information Card" for yourself and write down the following information:

- Your name, address and phone number.
- What your disability is.
- The name, address and phone number of a doctor, friend or family member who knows you and your disability.

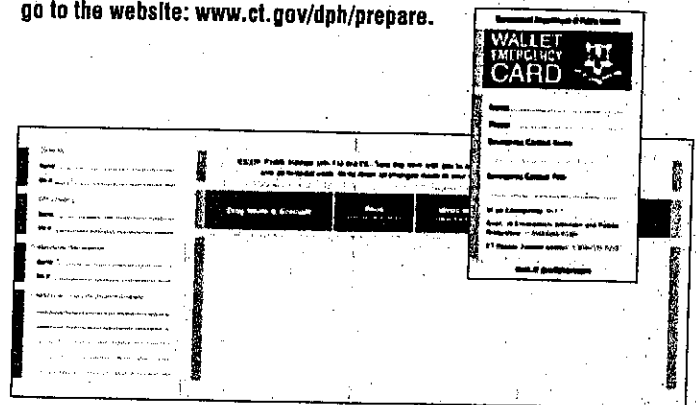
- What others need to know about you if they find you unconscious or unable to talk to them, or if they need to move you out of your home quickly.

• Medical needs:

- medicine or special equipment you need
- allergies or problems with medicines
- problems you have talking to people or understanding them
- type of treatment you need
- who you want to treat you
- language(s) you speak

Make many copies of this card and keep it in your emergency supply kit, in your car, in your wheelchair pack, at work, and in your wallet (behind your driver's license or identification card).

To download a blank card you can fill out, go to the website: www.ct.gov/dph/prepare.



HOW TO MAKE CHILDREN FEEL BETTER AFTER AN EMERGENCY

Ask your children to talk about anything that scares them. Let them ask questions and tell you how they're feeling. Talk together as a family about the emergency.

Give children plenty of love. Tell them they are safe. Hold and hug them a lot.

Tell children what is happening in simple language so they can understand.

Make sure they know that the emergency is not their fault

Tell children it's okay to go back to school and do other normal things like playing with friends. Tell them they can talk to their teachers about the emergency, too.

WHAT YOU AND YOUR FAMILY HAVE TO DO TO BE PREPARED

EDUCATE YOURSELF AND YOUR FAMILY

- Find out if there are any places near your home that could be dangerous or cause an emergency like:
 - a nuclear power plant
 - an area that can flood, like land near a river or ocean
 - buildings where chemicals are made or stored
- Have a safe place to go. If you are asked to evacuate (leave your home), you can go to:
 - the home of a family member
 - a friend's home
 - a motel, hotel or shelter
- Learn what to do in case of an emergency where you work and at your child's school or daycare.
- Sign up for the Connecticut Emergency Alerting and Notification Systems to get emergency messages emailed to you or sent by text message to your mobile phone. For more information and to register, go to www.ct.gov/ctalert.

MAKE A PLAN FOR YOURSELF AND YOUR FAMILY

- Pick safe places in your home where you can go to if there is an emergency. Tell everyone who lives there.
- Pick two different ways to get out of your home in case you have to leave it. Tell everyone who lives there.
- Pick a place that your family will meet in case you are separated during an emergency. Tell everyone in your family.
 - Pick one place that's in your neighborhood.
 - Pick one place that's outside of your neighborhood.
- Pick your family contacts – two people you and your family members can call in case you are separated during an emergency.
 - Pick one person who lives in the same state.
 - Pick one person who lives in a different state.
 - Write down the phone numbers and make sure everyone in your family has a copy of them.
- Make a plan for what you will do to keep your pets safe if there is an emergency.
- Know how to turn off the electricity, gas and water in your home in case you are asked to do it.
- Make sure everyone knows the plan.

MAKE AN EMERGENCY SUPPLY KIT

If there is an emergency in your area, you might not be able to get food, water or other things you need to survive. Also, the heat and water in your home might not work. That's why you have to make an emergency supply kit and keep it in your home. The kit should have enough supplies for you and your family for at least three days. In a pandemic, you may be asked to stay home for weeks to help stop the spread of the disease.

You would use this kit if you are told to stay at home during an emergency or if you are told to evacuate.

PACK A BAG OR A CONTAINER WITH THESE THINGS FOR YOUR EMERGENCY SUPPLY KIT:

- A supply of water in jugs or bottles. You should have at least one gallon of water for every person in your home for each day. You will need more water if there are children, if someone is nursing a baby or if the weather is hot.
- Food:
 - food in cans or sealed packages like soup and tuna fish
 - foods and juices that do not have to go in the refrigerator or be cooked
 - food for infants or the elderly
- A manual can opener, paper plates, plastic utensils and something to cook on like a small grill with fuel. Be sure to use charcoal and gas grills outside to prevent carbon monoxide build-up.
- Paper towels, toilet paper, soap.
- Battery-powered radio, flashlights, cell phone, with extra batteries.
- Blanket/sleeping bag, pillows for everyone in the family.
- Extra clothing for everyone in the family.
- Things babies and children need like diapers, games, toys and books.
- First-aid kit. Remember to include:
 - medicines (prescriptions, fever reducers, aspirin)
 - eye glasses and contact lens supplies
 - list of the doctors you go to
 - medical supplies (colostomy supplies, insulin syringes)
- Garbage bags and cleaning supplies.
- Things your pets need like food and water, a pet carrier or cage, medicines, muzzle, collar, leash, ID tags and their immunization records.
- Extra set of car keys, credit cards, cash and important information like social security numbers and birth certificates.
- Plastic and duct tape (see chemical emergencies).
- A copy of this guide.
- Pictures of your family members and pets in case you are separated and need help looking for them.

Check and refill your kit every few months to make sure no food or batteries have expired. A good time to do it is when you change your clocks in the fall and the spring. You can build your kit over time by buying one thing, like a can of food or batteries, at a time. Before you know it, you'll have your emergency supply kit stocked and ready to go.

Lisbon Senior Center

Monday - Friday

9:00am - 3:00pm

86-376-2329

Board of Selectmen

Thomas Sparkman

Robert Browne, Sr

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.

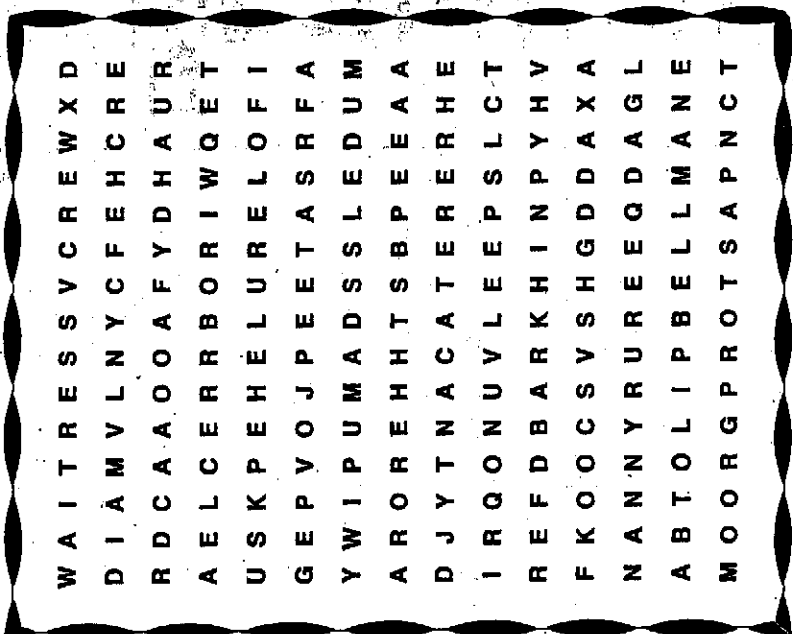
Transportation is available for Doctor, Dentist appointments, banking, the hairdresser or barber, shopping, etc. For a ride call the Senior Center at 860-376-2329 as soon as you have your appointment. For other rides call Monday of that week.

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.

Call 860-376-2329 for more information.

AIDES	CATERER	EMPLOYEE	LACKEY
ATTENDANT	CHAPERON	GROOM	MAID
BAKER	CHAUFFEUR	GUARD	MAITRE D'
BELLMAN	CHEF	HELP	MAN FRIDAY
BUSBOY	COOK	HERO	NANNY
BUTLER	CREW	HIRED HAND	NURSE
CADDIE	DONOR	JURY	ORDERLY
CARHOP	DRIVER	KEEPER	PAGE
			PASTOR
			PEON
			PILOT
			SEER
			SERF
			SERVANT
			SLAVE
			STEWARD
			TEAM
			USHER
			VALET
			VASSAL
			WAITRESS



Wickleball
 Mondays at 2:00
 at the School
 in the old gym



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 Lisbon Senior Center
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RETURN SERVICE REQUESTED

upcoming events

DECEMBER

- 1 Thanksgiving at Hanks
 - 4 Annie at Bradley Playhouse
 - 6, 13, 16 School Sale
 - 7 OPEN ENROLLMENT ENDS
 - 9 Deck the Halls
 - 14 Macular Degeneration seminar
 - Shooting Star meeting
 - 15 Holiday Party
 - 21 Winter Breakfast
 - 23 & 26 closed
 - 29 CHOICES HELP
- JANUARY
- 4 Club Lisbon NEW YEARS
 - 11 Food Drives ends
 - Coat Drive ends
 - Shooting Star meeting
 - 16 closed
 - 19 Make your own pizza
 - 20 FOOT CLINIC
 - 26 Blow out Bingo
 - CHOICES HELP
 - 31 Beat the BLUES
- FEBRUARY
- 8 souper Bowl

Call 860-576-2329 for more information.

