

# the lisbon link

December 2013/January 2014

FREE reflexology January 14 10:30-11:30 then on the 21 and 28 at a cost of \$10 for 15 minutes. Reflexology is the application of pressure to specific points on the feet and hands that correspond to all glands, organs and body parts. It promotes a feeling of well being and balance.

**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.

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## GIVING TREE

Again 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 12. The school will get them to the student's home for Christmas.

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Closed

December 25 and 26  
January 1 and 20

Our holiday party is December 12. Dinner is served at 11:30 sharp. Bill Dougal will be doing your caricatures at a cost of \$2.00 each from 10-2:00. 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.

SCHOOL SALE DAYS are Dec. 3,16 & 19. We'll be selling our crafts items for the students holiday gift giving. Let us know if you can help out.

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Note we are doing a food drive. Bring in a canned good with you for the holiday party and more as time passes. It will end Feb. 4 with the "Souper Bowl".

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Pickleball is back!!

Join us on Mondays and Thursdays at 2:30 at the school cafeteria for a fun, fun, fun racket game everyone can play!!

FREE reflexology January 14 10:30-11:30 then on the 21 and 28 at a cost of \$10 for 15 minutes

# Holiday Party

December 12 11:30 \$15.00

choice of prime rib or  
baked stuffed shrimp  
cream of broccoli soup,  
baked potato, veggie, roll and dessert  
followed by a carol sing

signup and pay by Dec. 1, 2013

# Happy Holiday Bingo

**DECEMBER 19, 2013**

## Prizes

regular game	\$5.00
special game	\$10.00
game 20	\$20.00

prize money to be split among winners

join us for  
winter breakfast  
at 9:00 \$3.00 each

# Blowout Bingo

**JANUARY 23, 2014**

10:15	Games 1-10
11:30	Lunch

order a sandwich or  
sign up for the hot meal

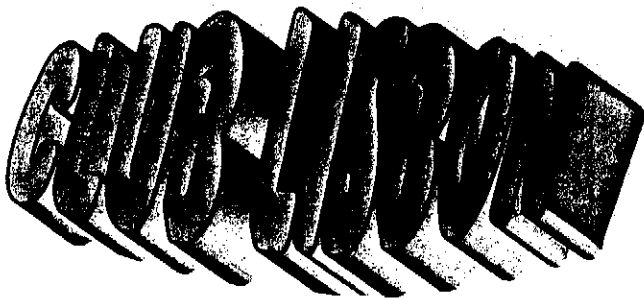
12:30	games 11-20
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\$5.00 to play  
the most cards you can play will be 6

## 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

Ring in the new year  
at



with T-bone singing  
the oldies and Elvis  
Presley!!

tickets are \$3.00

# January 2014

Wishing you beautiful winter moments and a new year of peace.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																														
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# December 2013

'tis the season to be jolly

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The Official U.S. Government Site for Medicare

[Home](#) / [Your Medicare costs](#) / Medicare 2013 & 2014 costs at a glance

## Medicare 2013 & 2014 costs at a glance

2013 & 2014 Costs at a Glance	
Part B premium	Most people pay \$104.90 each month. (This amount won't change in 2014.)
Part B deductible	\$147 per year (This amount won't change in 2014.)
Part A premium	Most people don't pay a monthly premium for Part A. If you buy Part A, you'll pay up to \$441 each month. (\$426 in 2014)
Part A hospital inpatient deductible	<p>You pay:</p> <ul style="list-style-type: none"> <li>\$1,184 deductible for each benefit period (\$1,216 in 2014)</li> <li>Days 1-60: \$0 coinsurance for each benefit period (\$0 in 2014)</li> <li>Days 61-90: \$296 coinsurance per day of each benefit period (\$304 in 2014)</li> <li>Days 91 and beyond: \$592 coinsurance per each "lifetime reserve day" after day 90 for each benefit period (up to 60 days over your lifetime) (\$608 in 2014)</li> <li>Beyond lifetime reserve days: all costs</li> </ul>

### Detailed Medicare cost information for 2013 & 2014

#### Medicare Part A (Hospital Insurance)

**Monthly premium** (for people who pay a premium): If you buy Part A, you'll pay up to \$441 each month in 2013 (\$426 in 2014). Most people get premium-free Part A.

**Late enrollment penalty:** If you don't buy it when you're first eligible, your monthly premium may go up 10%. (You'll have to pay the higher premium for twice the number of years you could have had Part A, but didn't sign up.) [Learn more about the Part A late enrollment penalty.](#)

## WHEN YOUR PARENT STARTS TO NEED SUPPORT...

*Assess her needs and compare costs*

**D**oes your parent need a full-time nurse, or just help with shopping and housekeeping? There are a few different levels of in-home care, as well as adult daycare and assisted living. The chart below gives you a sense of

what's out there and what it costs. There's no one right course of action—most people base their decisions on what care their parents need, what the family can afford, and what tasks family members can take on themselves.



### Eldercare at a glance

TYPE	WHAT IT IS	WHO IT'S FOR	NATIONWIDE AVERAGE COST
<i>Nonmedical in-home help</i>	Assistance with tasks such as shopping, cooking, cleaning or driving to appointments	Someone without major health issues who has slowed down	\$20/hour
<i>Home health aide</i>	Help with hands-on tasks such as bathing or getting dressed; gives reminders about medications	A person who needs help with self-care but probably doesn't need round-the-clock attention	\$21/hour
<i>Adult day services</i>	A day program that includes meals, activities and some nursing oversight	Someone who needs company and could benefit from having a trained nurse nearby	\$70/day
<i>Assisted living</i>	A live-in community providing meal prep, assistance with daily activities and supervision from a 24-hour staff	A person who needs more assistance than a day service provides, but who isn't completely reliant on constant care	\$3,550/month
<i>Nursing home</i>	Round-the-clock meals, activities and medical care	Someone who needs a medical staff available and can't attend to all of her needs	\$222/day (\$239 for a private room)

### SHOULD YOU HIRE A GCM?

A **geriatric care manager (GCM)** is a professional specializing in issues of aging, disability and long-term care who can help you figure out what's best for your parent. While having a GCM handle her care indefinitely is expensive, an initial evaluation (\$300 to \$1,000, depending on where you live and how complicated her case is) might be well worth it. The GCM can give you an overview of what level of care your parent needs, what local programs are available to help, and how you can access other services.

"Usually the goal is to keep Mom or Dad at home," says Linda Fodrini-Johnson, a GCM in the San Francisco area. "So I might say, 'In your area, home care costs about \$25 an hour, and I think your mom needs at least 12 hours a day.'" Then the GCM might compare that with the cost of assisted living, to give you a sense of what your options are. You can take over from there or pay the GCM an hourly fee to do tasks like track insurance and Medicare reimbursements, organize therapies, supervise your parent's care or troubleshoot.

# February 2014

## DRAFT

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	<p>11:30 AM lunch</p> <p>12:30 PM drawing</p> <p>2:30 PM pickleball</p>	<p>9:30 AM Exercise for all</p> <p>9:30 AM quilting</p> <p>11:50 AM lunch</p> <p>12:15 PM Wii bowling</p>	<p>9:30 AM chair caning, craving, etc</p> <p>11:50 AM lunch</p> <p>11:30 AM lunch special</p> <p>12:30 PM afghan makers</p>	<p>9:30 AM Exercise for all</p> <p>11:00 AM - 2:00 PM Choicee HELP</p> <p>11:30 AM lunch</p> <p>12:15 PM bingo</p> <p>2:30 PM pickleball</p>	<p>9:30 AM Crafting</p> <p>10:30 AM Last Friday Book Club</p> <p>11:50 AM lunch</p>																																																																																																										

**Lisbon Senior Center**

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

**Board of Selectmen**

Thomas Sparkman  
Robert Browne  
John Gwiazdowski

Lee Szruba, Chair

**Lisbon Commission on**

**Aging**

Judith M. Jencks

**Director**

• Vikki

**Van Driver**

Glenda

**Nutrition Site Server**

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

Transportation is available for Lisbon residents to Doctor, Dentist appointments, banking, the hairdresser or barber, shopping, to the senior center, 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.

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

Help is available for paperwork, applications and insurance decisions. Information is available on aging and related programs. Services are available for maintaining the health, independence and 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 those who need a card.

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Lisbon Senior Center  
11 Newent Road  
Lisbon, CT 06351

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