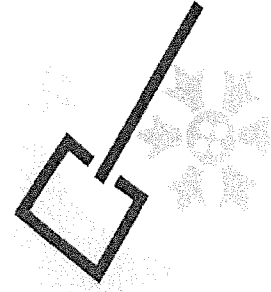


December-2014/January 2015

The Lisbon link



It's time.... for the school sale. The sales dates are December 4, 9 and 18 and we hope you can help us out by working at the school on one of those dates. Give us a call or stop in and sign up. We go up to the school at 10:45 and are done for 1:00. It's a lot of fun to help the kids shop for their families!

Winter is here and let's hope we don't get anything like New York just did!! But think about that and prepare... What do you need to have on hand? Where is your shovel?? The basement might be a better idea. Consider not staying at home if a big storm might come. Maybe go to your families, your friends or somewhere safer. Remember if we were to get a foot or more of snow how will they get to you. Make a plan now, don't wait til it's snowing!!

my Social Security is a free online account that allows people quick, secure access to their personal Social Security information.

Why create a *my Social Security* account?

- Individuals can use *my Social Security* to access their *Social Security Statement* to check their earnings and get estimates of future retirement, disability, and survivor benefits you and your family may receive.
- If you already receive Social Security benefits, you also can get your benefit verification letter, change your address and phone number and start or change direct deposit information.

To create an account, visit www.socialsecurity.gov/myaccount and select "**Create An Account.**" You will have to provide some personal information about yourself and give us answers to some questions only you are likely to know to verify your identity.

Next, you choose a "**username**" (8 to 20 letters and/or numbers) and an "**8-character password**" (at least one capital letter, one lowercase letter, at least one number and at least one symbol) to access your online account. This process protects you and keeps your personal Social Security information private.

We are revisiting the van schedule and will possibly be moving some things around. If you have questions and comments, please, see Judy and Vikki.



Hey I want all of you to know I am retiring! Here is a copy of my letter to the Board of Selectmen.

I want to thank all of you for allowing me to have such a great job!! I have loved getting to know you, helping you and sharing my time with you. Many of you have watched my children grow into adulthood, seen my grandchildren as babies and they are now starting to become teenagers.

I have learned a tremendous amount doing this job. I've worked hard to give you one of Connecticut's best small towns Senior Centers. I've also worked on a higher level to improve the services for all seniors. As I retire I plan to still work at that level.

So you might not see me but I'll be out there rooting for you. And be good to the new person. Remember change is good! Work with your new director and the Board of Selectmen to make your Senior Center the best it can be!!

-Judy

October 24, 2014

Town of Lisbon

1 Newent Road

Lisbon, CT 06351

Dear Board of Selectmen,

This letter is to serve as my official letter of retirement from my position of Senior Coordinator/Municipal Agent for the Town of Lisbon.

I have had the pleasure of serving Lisbon's seniors since 1986. It is with joy, pride and delight that I will hand over to you one of the best small town Senior Centers in Connecticut.

I hope you will take the next months to hire a replacement and provide time for a smooth transition. There is a lot to learn and a great number of people to meet.

I had the pleasure of serving on an interview panel for the City of Groton recently and have attached those worksheets as requested by the First Selectman.

My last date of employment will be March 6, 2015.

Sincerely,

Judith M. Jencks

Soup and Dessert Pot Luck

December 30 eat at 11:30

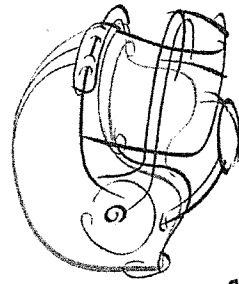
Join us with a dish to share and a wrapped gift.

The theme of the pot luck is soup and desserts.

You can bring one of those or something to go

with those. After lunch we will enjoy playing

trivia bingo, team crossword and then "I'm Sorry."



And more soup...

Feb. 4 is **Souper Bowl!** Sign up for cream of broccoli soup served in a bread bowl. \$5.00 and it comes with dessert! The NFL Super Bowl is on the 2nd but ours is better!!

Bank Account Setup

Have you wondered... do you need two names on your accounts? What happens if there is only one name. Feb. 11 at noon Come find out!

We don't stop laughing because we grow old.

We grow old because we stop laughing!!

	weekly events	time	room
Monday	lunch	11:30	lunchroom
	drawing	12:30	lunchroom
	pickleball		
Tuesday	exercise	9:30	main room
	quilting	9:30	main room
	rummicub	10:30	main room
	lunch	11:30	lunchroom
	Wii bowling	12:15	main room
Wednesday	chair caning, carving, etc	9:30	main room
	lunch	11:30	lunchroom
	The Yarn Club	12:30	lunchroom
Thursday	pickleball		
	exercise	9:30	main room
	Rummicub	10:30	main room
	lunch	11:30	lunchroom
Friday	bingo	12:30	main room
	crafting	9:30	lunchroom
	lunch	11:30	lunchroom
	Rummicub	1:00	main room

Don't forget

Dec 7 leave at 11:15 for Bradley Playhouse

Winter Happenings

Game Days on Fridays in January.

Looking for something different. Tired of staying home. Like to play games?? We have Skip bo, cribbage, Pokeno, Rummicub, Chinese Checkers, Scrabble and cards. Or bring a game. We'll be starting at 9:30 and again at 12:00 so stop by and play!!

Financial Fraud January 13 at 10:00.

Learn how to protect yourself!

Bucket List – the movie and the list!

On Jan. 23rd we'll watch the movie then talk about our bucket list and list those things we have done and what we still want to do!

December		2014			
1	COA		7pm	lunchroom	
1,8,15,22&29	Mini Golf		12:30	lounge	
3	Shooting Star Ex Board		10:15	boardroom	
4,9&18	School Sale Days				
3,10&31	The Yarn Club		12:30	main room	
7	leave for Bradley Playhouse		11:15	parking lot	
8&29	tongue wagers		10:30	boardroom	
9&23	Enhanced Benefits		9:00	boardroom	
	11 Holiday Party				
16	Preston/Lisbon Wii bowl		12:15	main room	
17	Shooting Star meeting		12:30	main room	
19	Winter Breakfast		9:00	lunchroom	
	Rummicub tournament		10:00	main room	
25&26	CLOSED				
30	Pot Luck		11:30	lunchroom	
	fun and games		10:30	main room	
	Wellness Workshop		1:00	boardroom	

Free coffee

All day—Every day

At Lisbon Senior Center

Birthday Party & Cake

DECEMBER 9, 2014
JANUARY 21, 2015
FEBRUARY 12, 2015
12:00

Free Lunch

DURING THE WEEK OF YOUR BIRTHDAY

I'M A SENIOR CITIZEN!!

Senior citizens are constantly being criticized for every conceivable deficiency of the modern world, real or imaginary...We know. We take responsibility for all we have done and do not blame others.

HOWEVER, upon reflection, we would like to point out that it was NOT the senior citizens who took:

- The melody out of music,
- The pride out of appearance,
- The courtesy out of driving,
- The romance out of love,
- The commitment out of marriage,
- The responsibility out of parenthood,
- The togetherness out of family,
- The learning out of education,
- The service out of patriotism,
- The Golden Rule from rulers,
- The nativity scene out of cities,
- The civility out of behavior,
- The refinement out of language,
- The dedication out of employment,
- The prudence out of spending,
- The ambition out of achievement or
- God out of government and school.

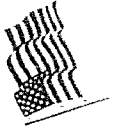
And we certainly are NOT the ones who eliminated patience and tolerance from personal relationships and interactions with others!! And, we do understand the meaning of patriotism, and remember those who have fought and died for our country. Just look at the Seniors with tears in their eyes and pride in their hearts as they stand at attention with their hand over their hearts!

YES I'M A SENIOR CITIZEN!

I'm the life of the party...even if it lasts until 8 p.m.
I'm very good at opening childproof caps...with a hammer.
I'm awake many hours before my body allows me to get up.
I'm smiling all the time because I can't hear a thing you're saying.
I'm sure everything I can't find is in a safe, secure place, somewhere.
I'm wrinkled, saggy, lumpy, and that's just my left leg.
I'm beginning to realize that aging is not for wimps.
Yes, I'm a SENIOR CITIZEN and I think I am having the time of my life!



Spread the laughter,
Share the cheer,
Let's be happy
While we're here.



January		2015	
1&19	CLOSED		
2,9,16,23,30	Game days	9:30 & 12	
7	Club Lisbon	12:30	
12&26	Tongue Waggers	10:30	
13	Enhanced Benefits	by appt	
	Financial Fraud	10:00	
14	Shooting Star meeting	12:30	
20	Wellness Workshop	1:00	
23	Bucket List - the movie and mor	10:00	
30	Last Friday Book Club	10:30	
February			
4	Shooting Star Ex Board	10:15	
	Souper Bowl	11:30	
9&23	Tongue Waggers	10:30	
10	Enhanced Benefits	by appt	
11	Bank Account set up	12:00	
	Shooting Star meeting	12:30	
16	Closed		
17	Wellness Workshop	1:00	
27	Last Friday Book Club	10:30	

Preventing Elder Financial Abuse

A recent study estimates that the financial loss by victims of elder financial crimes and exploitation is more than \$2.9 billion a year with approximately 2 million seniors being exploited. Awareness of elder financial abuse is growing rapidly and bankers are often relied upon as the front line of defense in the protection of their customers, and as a provider of prevention education and information for elderly customers and their adult children. At the Jan. 13, 2015 10:00am session, bankers from Putnam Bank will present a 30-minute video designed to educate you, your family and friends, and your community at large on how to look for signs of elder financial abuse and how to prevent it. A question & answer session will follow. Your comments and participation are encouraged.

TVCCA Home Heating Assistance Now Available

New Income Guidelines make qualifying easier than ever.

Household Size	1	2	3	4	5
Annual Income	\$32,515	\$42,519	\$52,524	\$62,528	\$72,532

Winter may be a distant memory, but rest assured, cold temperatures are only months away. The average cost to heat a home with oil in Connecticut is \$2,078.00, a challenge to any budget, but relief may be available.

The **Connecticut Energy Assistance Program** provides cash assistance toward a home's primary source of heat (oil, gas, electric, wood, pellets, propane, etc.).

Applications are now being taken in TVCCA's Uncas and Huntington Street Offices for the Connecticut Energy Assistance Program.

To schedule an appointment or for additional information, please call (860)425-6681.

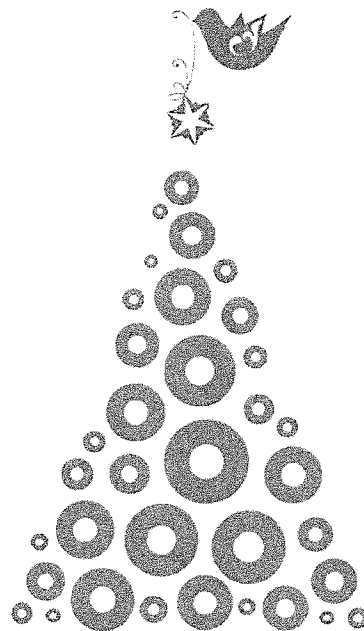
WORKING OUT IN THE GYM

Submitted by a Faithful Our Town Reader

An old guy (not in the best of shape) was working out in the gym when he spotted a sweet young thing.

He asked the trainer that was nearby, "What machine in here should I use to impress that sweet thing over there?"

The trainer looked him up and down and said, "I would try the ATM in the lobby."



Holiday Greetings

from all the staff and volunteers
May the new year be merry & bright!



Contact CHOICES at 1-800-994-9422

for help with Medicare questions

Medicare Part A 2015 Premium, Deductibles & Co-pays			2015 Medicare Part B Premiums & Deductibles	
Part A Premium	(30-39 quarters) (< 30 quarters)	\$224 per month \$407 per month	PART B Standard Premium	\$104.90 per month
Hospital Deductible	(per benefit period deductible)	\$1,260	<u>For those with annual incomes:</u> \$85,001-\$107,000 (single) or \$170,001-\$214,000 (married)	\$146.90 per month
Hospital Co-Pays	Days 61-90 Days 91-150	\$315 per day \$630 per day	\$107,001-\$160,000 (single) or \$214,001 - \$320,000 (married)	\$209.80 per month
Skilled Nursing facility Co-Pay	Days 21-100	\$ 157 per day	For those over these amounts... Part B Deductible	Visit www.ssa.gov \$147 per year

2015 Part D Standard Plan Cost Sharing for a Medicare Beneficiary

Part D Benefit Cost Periods	Costs & Who Pays	Beneficiary Pays (TrOOP)	Plan Pays	Total Amount Spent on Drugs on the plan's Formulary
Initial Deductible	Beneficiary-100%	Up to \$320	\$0	\$320 (deductible before the ICP begins)
Initial Coverage Period (ICP)	25% -beneficiary 75% - plan	Up to \$660	\$1,960	\$2,640
coverage Gap	Shared Beneficiary/Plan/Manufacturer Manufacturer: 50% on brand drugs	65% generic 45% brand drugs (+small pharmacy dispensing fee)	35% generic 5% brand drugs (plan payments do not count towards TrOOP)	Up to \$3,720 (cumulative costs: \$6,680)
Catastrophic Coverage	Whichever is greatest: 5% co-insurance OR \$2.65 per generic or \$6.60/brand			Continues catastrophic coverage through 12/31/14

Medicare Enrollment Periods

Period	Date	Medicare A	Medicare B	Medicare C	Medicare D	Explanation
Initial Enrollment (IEP)	3 months before age 65, month of 65 th birthday & 3 months after	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Annual Election Period (AEP) <i>Open Enrollment</i>	October 15 – December 7 Changes are effective Jan 1	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Beneficiaries can make changes in their Medicare benefits.
Special Enrollment (SEP)	Anytime while working & 8 months after employment ends or loss of employer health coverage (whichever is first)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	For people still working (or their spouses) who are covered by employer health coverage
General Enrollment	Jan 1 – March 31		<input checked="" type="checkbox"/>			For those who missed their IEP. Medicare Part B is effective July 1. Penalties may apply.
Disenrollment from Medicare Advantage Plan	Jan 1 – Feb 15				<input checked="" type="checkbox"/>	Can leave a Medicare Advantage plan & return to traditional Medicare + (Part D & Medigap)



What You Can Do Online

www.socialsecurity.gov

APPLY FOR BENEFITS

Apply for Social Security retirement/spouse's benefits	www.socialsecurity.gov/applyforbenefits
Apply for Social Security disability benefits	www.socialsecurity.gov/applyfordisability
Apply for Medicare	www.socialsecurity.gov/medicareonly
Apply for Extra Help with your Medicare prescription drug costs	www.socialsecurity.gov/i1020

ESTIMATE YOUR FUTURE BENEFITS

Create a my Social Security account to get your <i>Social Security Statement</i> : <ul style="list-style-type: none">• Check your earnings record; and• See estimates of your potential benefit amounts.	www.socialsecurity.gov/myaccount
Get your retirement benefit estimate	www.socialsecurity.gov/estimator
Use our benefit planners to calculate your retirement, disability, and survivors benefits	www.socialsecurity.gov/planners

IF YOU GET BENEFITS

Create a my Social Security account and: <ul style="list-style-type: none">• Get your benefit verification letter;• Check your benefit and payment information and your earnings record;• Change your address and phone number; and• Start or change direct deposit of your benefit payment.	www.socialsecurity.gov/myaccount
Get a form SSA-1099/1042 (<i>Social Security Benefit Statement</i>)	www.socialsecurity.gov/1099
Get a replacement Medicare card	www.socialsecurity.gov/medicarecard

Find answers to frequently asked questions at
www.socialsecurity.gov/faq



Social Security Administration
SSA Publication No. 05-10121
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Food Assistance

Supplemental Nutrition Assistance Program (SNAP)

What is the program?

SNAP helps you buy the food you need for good health. With SNAP, you get benefits on a special debit card (called an EBT Card). SNAP puts benefits on this card once a month. You can use the card to get food at certain grocery stores, senior centers, and some meal delivery services, such as Meals on Wheels. Also, SNAP has free programs to help you learn to eat healthy and stay active.

If you can get help from SNAP, the amount you receive will depend on your income (such as money from a job, Social Security, or interest), your housing, utility and medical expenses, where you live, and how many people live in your home.

Can I apply?

SNAP is for people with limited incomes and savings. Some of the things you own, such as your home and car, may not be counted when determining whether you meet the program guidelines.

To learn more:

Call 1-800-221-5689 or visit: www.fns.usda.gov/snap

"I have an elderly father-in-law who moved in with us and I am helping him find employment as well as resources like SNAP that he may be eligible for. I am also helping my 87-year-old dad locate adult housing and home care options. BenefitsCheckUp® was easy to navigate, and I found so many resources I did not know about."

—Mrs. I, Florida

Resources



Connecting You to Community Services

Eldercare Locator

What is the Eldercare Locator?

The Eldercare Locator, a public service of the U. S. Administration on Aging, is a nationwide service that connects you and your caregiver with information on senior services. This service is administered by the National Association of Area Agencies on Aging (n4a).

To learn more:

Call toll-free 1-800-677-1116 or visit www.eldercare.gov

BenefitsCheckUp®

BenefitsCheckUp®

What is BenefitsCheckUp®?

BenefitsCheckUp®, a service of the National Council on Aging (NCOA), is the nation's most comprehensive web-based service offering you information on benefits programs, specifically programs for people with Medicare and limited income and resources.

To learn more:

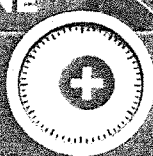
Visit www.benefitscheckup.org/campaign

**4 BUSLOADS
OF CHILDREN
PER DAY
VISIT THE
EMERGENCY ROOM**



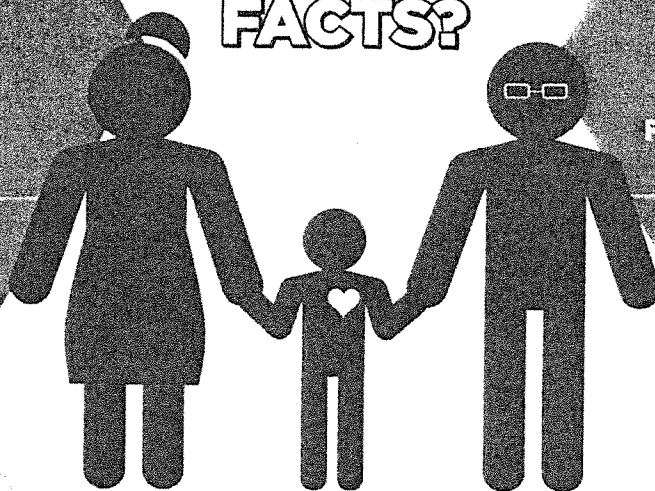
**FOR MEDICINE
POISONING**

**= 1 EVERY
8 MINUTES**



**YOU WOULD DO ANYTHING TO KEEP
YOUR GRANDCHILDREN SAFE.**

BUT DID YOU KNOW THESE STARTLING FACTS?



**IN 86%
OF ER VISITS,
THE CHILD
HAD EASY ACCESS
TO THE MEDICATION**

**CHILDREN
MOST COMMONLY
FIND MEDICATIONS
ON COUNTERS,
NIGHT STANDS
& DRESSERS; IN
PURSES & BAGS;
OR ON THE GROUND**



**HOW ARE
CHILDREN GETTING
THE MEDICINE?**



38%



GRANDPARENT

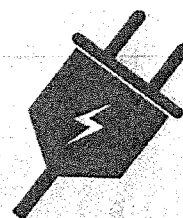
Put your medicines

up AND away
and out of sight



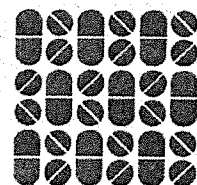
**EVERY MINUTE A POISON CONTROL
CENTER ANSWERS A CALL ABOUT A
YOUNG CHILD GETTING INTO MEDICINE**

**500,000 CALLS
PER YEAR**



#1

**36
MORE
LIKELY**



TIPS FOR GRANDPARENTS ON SAFE MEDICINE STORAGE

- Store all medicines and vitamins **Up and Away** and out of sight.
- Keep purses, bags, and coats that contain medicines or vitamins out of reach and sight.
- Always lock caps tightly and put away medicines after every use. Remember that weekly pill reminder kits often don't have child resistant closures.
- Never leave medicines or vitamins out on a table, countertop, or sink.
- Set a daily reminder to take your medicines and vitamins since they will be out of sight.
- Program the national Poison Help number, 1-800-222-1222 into your phone.

Infographic data source: Safe Kids Worldwide. 2014. Keeping Families Safe Around Medicine

**FOR MORE TOOLS AND INFORMATION, VISIT
UPANDAWAY.ORG**

**CHPA EDUCATIONAL
FOUNDATION**



**In partnership with the
Centers for Disease
Control and Prevention**

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: **December 2014-January 2015**

RETURN SERVICE REQUESTED

Lisbon Senior Center

Monday – Friday

9:00 am – 3:00 pm

860-376-2329

Board of Selectmen

Thomas Sparkman

Robert Browne

John Gwiazdowski

Commission on Aging

Lee Szruba, Chairman

Director

Judith M. Jencks

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 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.