

The Lisbon Link

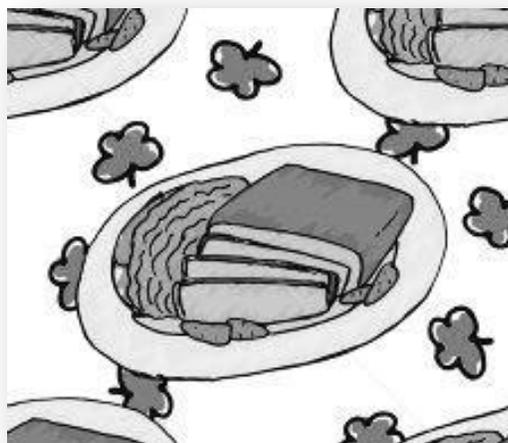
February/March 2016

Corned Beef Luncheon

THURSDAY, MARCH 17TH

11:30

\$10



Don't forget **BINGO!**
Every **Thursday at 12:15**



"like" us on
facebook



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

AT A GLANCE

Friday, February 5th

- 12:30 CPR/AED Class

Wednesday, February 10th

- 11:30 Souper Bowl

Friday, February 12th

- 12:00 Joy of Painting w/ Carrie

Monday, February 15th

- CLOSED for President's Day

Tuesday, February 16th

- Make your own Pizza

Friday, February 19th

- 10:30 Book Club
- Lunch at Main Street Grill

Tuesday, February 23rd

- 12:00 Birthday Cake

Wednesday, March 9th

- 9:00 Foot Clinic

Thursday, March 17th

- 11:30 Corned Beef Lunch

Friday, March 18th

- 10:30 Book Club
- 12:00 Joy of Painting w/ Carrie

Wednesday, March 23rd

- 12:00 Birthday Cake

Friday, March 25th

- CLOSED for Good Friday

Wednesday, January 13th

- 12:15 Shooting Stars

Tuesday, March 29th

- 9:00 Spring Breakfast

UPCOMING EVENTS

April 15 – AARP Driving Class

April 23 – Annual Yard Sale

April 28 – Blowout Bingo

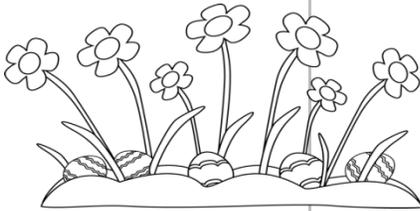
February 2016



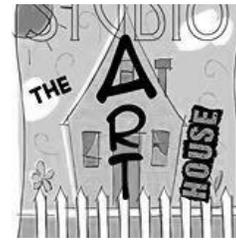
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 11:30 Lunch 12:30 Drawing 2:00 Pickelball (school)	2 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	3 9:30 Chair caning/ carving 10:15 Shooting Stars EX 11:30 Lunch 12:30 Yarn club	4 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	5 9:30 Crafting 11:30 Lunch 12:30 CPR/AED Training 1:00 Rummikub	6
7	8 11:30 Lunch 12:30 Drawing 2:00 Pickelball (school)	9 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	10 9:30 Chair caning/ carving 11:30 Lunch 11:00 Souper Bowl 12:15 Shooting Stars 12:30 Yarn club	11 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	12 9:30 Crafting 11:30 Lunch 12:00 Joy of Painting w/ Carrie 1:00 Rummikub	13
14 	15 PRESIDENT'S DAY 	16 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Wii bowling w/ Preston 11:30 Pizza Making 11:30 Lunch 12:00 Birthday Cake	17 9:30 Chair caning/ carving 11:30 Lunch 12:30 Yarn club	18 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	19 9:30 Crafting 10:30 Book Club 11:30 Lunch 1:00 Rummikub	20
21	22 11:30 Lunch 12:30 Drawing 2:00 Pickelball (school)	23 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:00 Birthday Cake 12:15 Wii bowling	24 9:30 Chair caning/ carving 11:30 Lunch 12:30 Yarn club 1:00 Safety in the Home	25 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	26 9:30 Crafting 10:30 Book Club 11:30 Lunch 1:00 Rummikub	27
28	29 11:30 Lunch 12:30 Drawing 2:00 Pickelball (school)					

March 2016

SUN MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SAT

	<p style="text-align: center;">1</p> <p>9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling</p>	<p style="text-align: center;">2</p> <p>9:30 Chair caning/ carving 10:15 Shooting Stars EX 11:30 Lunch 12:30 Yarn club</p>	<p style="text-align: center;">3</p> <p>9:30 Exercise 10:30 Rummikub 11:30 Lunch</p>	<p style="text-align: center;">4</p> <p>9:30 Crafting 10:30 Book Club 11:30 Lunch 1:00 Rummikub</p>	<p style="text-align: center;">5</p>
<p style="text-align: center;">6</p>	<p style="text-align: center;">7</p> <p>11:30 Lunch 12:30 Drawing 2:00 Pickelball (school)</p>	<p style="text-align: center;">8</p> <p>9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling</p>	<p style="text-align: center;">9</p> <p>9-11:30 Foot Clinic 9:30 Chair caning/ carving 11:30 Lunch 12:15 Shooting Stars 12:30 Yarn club</p>	<p style="text-align: center;">10</p> <p>9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo</p>	<p style="text-align: center;">11</p> <p>9:30 Crafting 10:30 Book Club 11:30 Lunch 1:00 Rummikub</p>
	<p style="text-align: center;">14</p> <p>11:30 Lunch 12:30 Drawing 2:00 Pickelball (school)</p>	<p style="text-align: center;">15</p> <p>9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling</p>	<p style="text-align: center;">16</p> <p>9:30 Chair caning/ carving 11:30 Lunch 12:30 Yarn club</p>	<p style="text-align: center;">17</p> <p>9:30 Exercise 10:30 Rummikub 11:30 Corned Beef Luncheon 11:30 Lunch 12:15 Bingo</p>	<p style="text-align: center;">18</p> <p>9:30 Crafting 10:30 Book Club 11:30 Lunch 1:00 Rummikub 12:00 Joy of Painting w/ Carrie subject TBD</p>
<p style="text-align: center;">20</p>	<p style="text-align: center;">21</p> <p>11:30 Lunch 12:30 Drawing 2:00 Pickelball (school)</p>	<p style="text-align: center;">22</p> <p>9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling</p>	<p style="text-align: center;">23</p> <p>9:30 Chair caning/ carving 11:30 Lunch 12:00 Birthday Cake 12:30 Yarn club</p>	<p style="text-align: center;">24</p> <p>9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo</p>	<p style="text-align: center;">25</p> <p>GOOD FRIDAY</p> 
<p style="text-align: center;">27</p> <p>EASTER</p>	<p style="text-align: center;">28</p> <p>11:30 Lunch 12:30 Drawing 2:00 Pickelball (school)</p>	<p style="text-align: center;">29</p> <p>9:00 Spring Breakfast 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling</p>	<p style="text-align: center;">30</p> <p>9:30 Chair caning/ carving 11:30 Lunch 12:30 Yarn club</p>	<p style="text-align: center;">31</p> <p>9:30 Exercise 10:30 Rummikub 11:30 Lunch 10:00 Blowout Bingo</p>	

The Joy of Painting w/Carrie of



Friday, February 12, 12:00
Beautiful Angel

Angel with vibrant, multi-colored background

March 18th 12:00

Subject to be determined

TAKE HOME YOUR OWN UNIQUE FINISHED PIECE

Sign up today! Class limited to 12

\$12.00

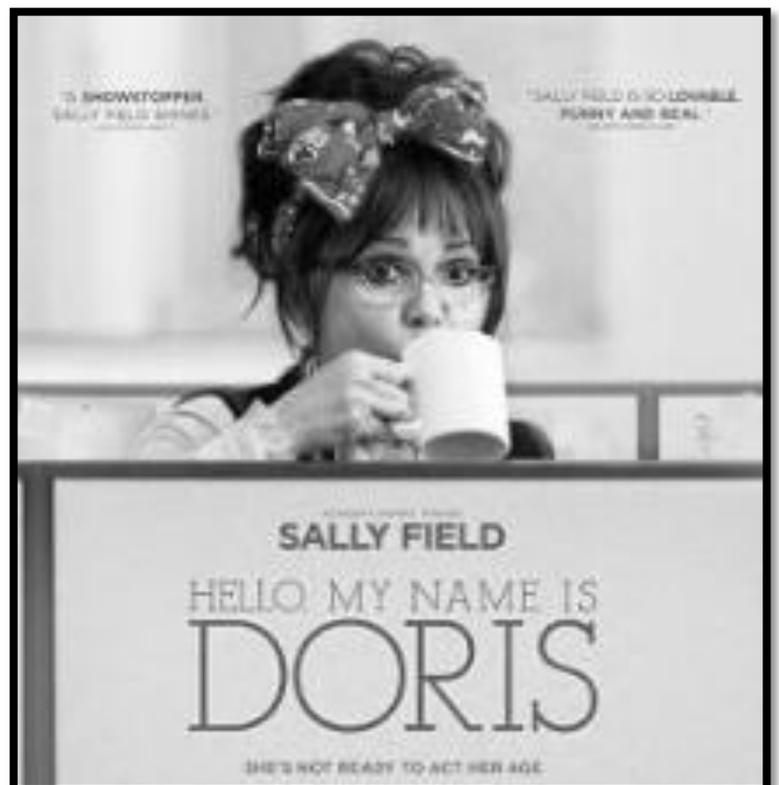
(all supplies included)

~ LUNCH and a MOVIE ~

Carmike Cinemas
Lisbon Landing

\$5.00 for bus

look for the information and
sign up at the reception desk



WINTER SAFETY TIPS

Avoid Slipping on Ice

Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.

Dress for Warmth

Don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.

Fight Wintertime Depression

Stay in touch with family. Arrange a check-in system with neighbors and friends, where each person looks in on one or two others daily.

Check the Car

Get your car serviced before wintertime hits. Checking things like the oil, tires, battery and wipers can make a big difference on winter roads. Also make sure your AAA membership is up-to-date in case of emergencies.

Prepare for Power Outages

Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Keep a supply of non-perishable foods. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature.



Friday, February 5th 12:30

Learn how to respond to cardiac and breathing emergencies in adults, including the use of automated external defibrillators (AED).

NO CHARGE

Friday, February 19th



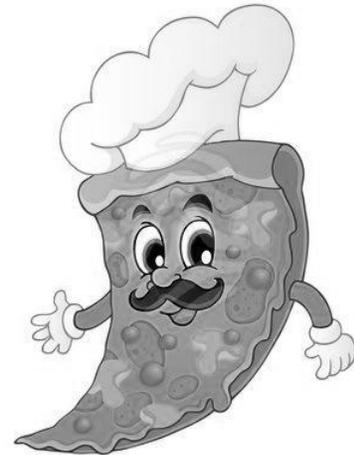
Niantic, CT

Leaving at 11:30

Bus \$5

Lunch on your own

MAKE YOUR OWN PIZZA



Tuesday, February 16th
11:15

\$3

FOOT HEALTH CENTER

Dr. Thomas H. Walter, D.P.M

Wednesday, March 9, 2016

9:00-12:00

*****Must call for appointment*****

Bring insurance. cards & photo ID. Most insurances accepted (no Title 19 or Husky).
Co-pays & deductibles apply. House calls available for housebound patients. If non
covered: cost is \$45 for initial visit and \$35 for follow up visits.

Shingles

- More common with age

If you've ever had chickenpox, the virus that caused it — the varicella-zoster virus — is probably lying inactive in nerve tissue somewhere in your body. Factors such as illness, immune-suppressing medications or stress can permit the virus to reactivate, especially in adults older than 50.

When the virus reactivates, it spreads along a nerve pathway and causes what's often a painful, blistering skin rash known as shingles (herpes zoster).

There's no way to know when the virus may reactivate, or if it ever will. In this sense, shingles — as well as the complications it can sometimes cause — is a fairly unpredictable disease.

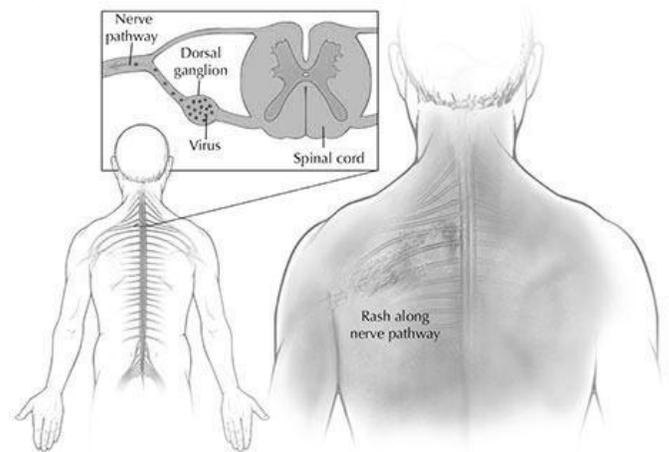
Prevention is best

The shingles vaccine (Zostavax) is recommended by the Centers for Disease Control (CDC) for most adults 60 or older. The vaccine is even recommended if you've had an episode of shingles in the past, as shingles can recur.

The vaccine boosts your immunity to the varicella-zoster virus, with the goal of keeping the dormant virus in check. It reduces the risk of developing shingles by 50 percent. In those who develop shingles despite vaccination, the duration and severity of the shingles outbreak is less than

in those who don't receive the vaccine.

In addition, if you do get shingles, the vaccine reduces the risk of developing chronic postherpetic neuralgia by 67 percent. Keep in mind, you'll need to be proactive and get the vaccine when you're healthy. The vaccine is a live virus vaccine and can't be given to those with weakened immune systems.



When the varicella-zoster virus reactivates, it spreads along a nerve pathway that usually extends to your skin, causing what's often a painful, blistering skin rash known as shingles (herpes zoster).

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Unfortunately, only about 24 percent of adults 60 and older have had the shingles vaccine. This represents a major missed opportunity for many older adults to avoid unnecessary pain and discomfort, in addition to avoiding other less common but serious problems.

The shingles vaccine reduces the risk of developing shingles by 50 percent. If you do get shingles, it reduces the risk of developing chronic postherpetic neuralgia by 67 percent. Still, it's estimated that only 24 percent of adults 60 or older have received the vaccine.

Are you concerned about paying your utility bills
or keeping your utilities on?



Call for information about help for utility bills:

- Gas,
- Electricity, and
- Delivered fuel (oil, kerosene, coal, propane, pellets, and wood)

Where do I call?

Dial 2-1-1 for help and information. This toll-free number throughout Connecticut is available all day – every day of the year. Call even if you don't think your income is low enough. Different places offer help, including: state programs, utility companies, social service agencies, veteran's programs, and others.

YOU don't have to figure out if you qualify for help...just call 2-1-1.

Do you need help with you income taxes?

**Contact the Norwich Senior Center at (860) 889-5960 or
the Griswold Senior Center at 860) 376-2604 to make an appointment to get help.**



SAVE THE DATE
**ANNUAL YARD SALE
AND BAKE SALE**

APRIL 23RD!

**DONATIONS WILL BE
ACCEPTED BEGINNING**

MARCH 15TH

Charter Oak Pass (Life Use)



The Charter Oak Pass provides access to the State Parks and Forests and is available free to Connecticut residents, 65 years of age or older.



with Judy

The pass is accepted at all day use areas where a parking fee applies. Presenting it allows free access for the entering vehicle and passengers. The pass holder does not have to be the vehicle driver.

Free admittance is also provided for the Charter Oak pass holder when visiting Gillette Castle, Dinosaur or Fort Trumbull State Parks. All other visitors, however, will be required to pay the appropriate fee.

Please note that each pass is issued to a specific person and can only be used when presented by that individual. The passes are non-transferable. They are not valid for camping or special events having separate admission charges and may not be used for commercial purposes.

A Charter Oak Pass may be obtained in person at the following locations: (Proof of age and residency required)

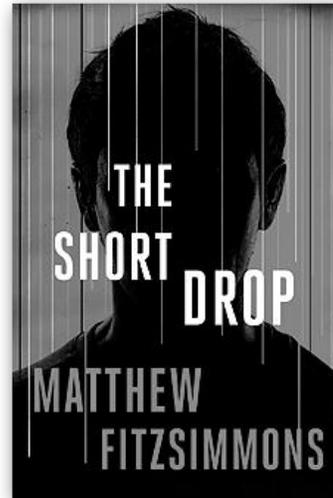
Contact:

DEEP Eastern District H.Q.

209 Hebron Road, Marlborough

Monday - Friday / 9:00 am - 3:00 pm

(860) 295-9523



Friday

February 26

10:30 AM

Important 2016

Civic Dates to remember:

Lisbon Annual Town Meeting (at the school)
Monday, May 2'

The Town Referendum is in May within 14 days of Annual Town Meeting.

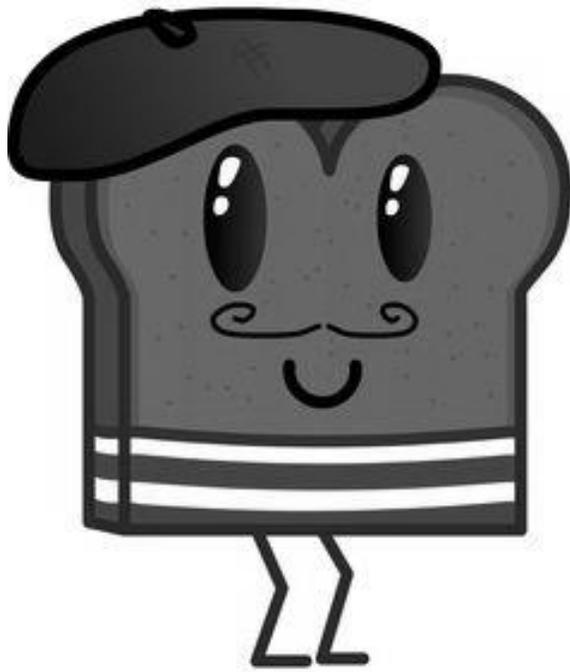
Presidential Preference Primary April 26

Tentative Primary (State Offices) August 9

November Presidential Election November 8

IF you have a permanent disability that prevents you from being able to physically go to the polls, you can apply for a permanent absentee ballot.

Contact the Town Clerk for details at 860-376-2708



SPRING Breakfast
**PERFECT FRENCH TOAST
CASSEROLE
w/Overnight Fruit Cup**
\$5

**Tuesday, March 29th
9:00**

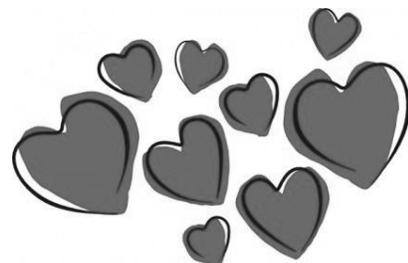
HAPPY
VALENTINE'S DAY
RECIPE

STRAWBERRY SHORTCAKE PANCAKES

- 1/2 cup chopped strawberries
- 1/3 cup flour
- 2 tbsp rolled oats
- 2/3 tsp baking powder
- 1/8 tsp salt
- 1/2 tsp pure vanilla extract
- 1 tbsp sugar or 1 packet stevia
- 1/3 cup milk of choice
- 1 tbsp unrefined coconut oil (Omit only if you like the taste of fat-free pancakes)



Combine dry ingredients in a bowl, then add wet. Mix, but don't overmix. Cook on an oiled (or sprayed) pan, on low-medium, flipping each pancake once. You can boil some more strawberries (with a bit of sugar if you wish) and smash them to make a compote.





St. Patrick's Day Word Search Puzzle

Word List

SAINT
PATRICK
IRISH
BLARNEY
BLESSING
EMERALD
LEPRECHAUN
GOLD
GREEN
IRELAND
LIMERICK
MAGIC
PARADE
RAINBOW
SHAMROCK
LUCKY
WISH
FAIRY
MARCH
PARTY
CLOVER
POT
SNAKES

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

Search the puzzle for the words shown in the word list. Circle each word that you find until you find all of the words in the whole puzzle!



Lisbon's Longevity Link

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

Issue February/March 2016

RETURN SERVICE REQUESTED

PRST STD

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

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.