

the Lisbon Link

February / March 2014

February is "American Heart Month"–

Be sure to wear RED on February 1st to help raise awareness of Heart Disease!

CONSUMER WATCH

Do Not Call Registry
Mimicked in Scam

Scammers are making phone calls posing as representatives of the "National Do Not Call Registry". They may ask for personal information, such as your name, address and social security number, or they may try to charge you a fee to join. Giving personal information to a caller like this could put you at risk for identity theft! To add your name to the FREE Do Not Call Registry, simply call this number from the phone you wish register: 888-382-1222, or visit their website www.donotcall.gov.

SOUPer Bowl / Hangman / Auction February 4th

10:30 – Auction
11:00 – Hangman
11:30 – Lunch
12:15 Wii Bowl

Bring a wrapped gift for the Auction, play Hangman and enjoy delicious Cream of Broccoli Soup in a Bread Bowl! Then, play Wii Bowl with Preston! \$3.00

Tis the Season –

*FLU * COLDS* COUGHS*

Please DON'T Share!

A Few Tips to Sending Better Emails

Respect Recipient's Time: Minimize the time an email takes to process.

Give Some Leeway: It's OK if replies don't come back right away, or if the reply is short.

Be Clear: Start with a subject line that describes the topic and keep the email short.

Avoid Open Ended

Questions: Don't send a long email ending with "Thoughts?"

Slash Surplus cc's: For every cc you add, it multiplies the response time.

Leave Out Graphics: Don't use graphics as your signature and don't send text as an attachment unless necessary.

Cut Countless Responses: A response such as "Thanks for your note" does not need a reply back.

**As for Texting & Tweeting...
Senior Texting Code!**

ATD: At The Doctor

BFF: Best Friend Fainted

BTW: Bring The Wheelchair

CBM: Covered By Medicare

CGU: Can't Get Up

CUATSC: See You At The

Senior Center!

February 14, 2014 - 1 PM – 3 PM

Lisbon & Preston Co-Sponsored Program:

Entertainment by Lenny Z! Just \$3.00 per person!

Reserve your tickets at the Lisbon Senior Center.

**Did you know
Connecticut has
a new health
insurance
marketplace?**

access
health CT 

**FOR ASSISTANCE WITH ENROLLMENT
PLEASE CONTACT**

CONNIE CAPACCHIONE, M.S., M.P.H.
ACCESS HEALTH CT ASSISTER
Ph.: (860) 823-1189 X-122
EMAIL: c-capacchione@uncashd.org



Get Covered with Access Health CT.
Contact a Navigator, Assister or Broker for
help enrolling.
1-855-805-HEALTH
(4325)

Learn more by visiting our website
AccessHealthCT.com.

Sign up for email updates from
Access Health CT.
AccessHealthCT.com/contact-us

It's called Access Health CT. Starting on
October 1, 2013, Connecticut's Official Health
Insurance Marketplace will be open for
Connecticut residents and small business
owners. Coverage can begin as early as
January 1, 2014.

Access Health CT brings the benefits of Health
Care Reform directly to the people - making it
easier for individuals, families, and small
businesses to get health care coverage.

**You'll be required to have health
care coverage on January 1, 2014.**
If you don't, you may have to pay a penalty.

**You can no longer be denied if you
have a pre-existing health
condition.** Don't worry if you couldn't get
health care coverage before. You can now.

You may qualify for help. You may be
eligible for free or reduced price coverage
only through Access Health CT.

**Access Health CT offers only
high-quality health care coverage,**
including coverage from name-brand
companies. All coverage offers extensive,
free preventive care services and meets
State standards for benefits.

**Everyone needs health care
coverage.** Protect yourself and your family.

February 2014

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

						1					
2	Lunch 11:30 Drawing 12:30 Pickleball 2:30	3	Exercise 9:30 Auction 10:30 AM Hangman 11:00 Souperbowl 11:30 Wii Bowling 12:15	4	Chair Carving, Carving, etc. 9:30 EX BOARD 10:10 Lunch 11:30 Afghan Makers 12:30	5	Exercise 9:30 Lunch 11:30 Bingo 12:15 Pickleball 2:30	6	Crafting 9:30 Tongue Waggers 10:30 Lunch Special 11:30	7	8
9	Lunch 11:30 Drawing 12:30 Pickleball 2:30	10	Exercise 9:30 Quilting 9:30 Lunch Special 11:30 Wii Bowling 12:15 Enhance Benefits Counseling	11	Chair Carving, Carving, etc. 9:30 Lunch 11:30 Shooting Stars Meeting 12:30	12	Exercise 9:30 Lunch 11:30 Bingo 12:15 Pickleball 2:30	13	Valentine's Dessert Entertainment by Lenny-Z 1 pm -3 pm	14	15
16	Presidents Day Senior Center CLOSED	17	Exercise 9:30 Quilting 9:30 Lunch 11:30 Wii Bowling 12:15	18	Chair Carving, Carving, etc. 9:30 Lunch 11:30 Afghan Makers 12:30	19	Exercise 9:30 Lunch Special 11:30 Bingo 12:15 Pickleball 2:30	20	Crafting 9:30 Tongue Waggers 10:30 Lunch 11:30	21	22
23	Lunch 11:30 Drawing 12:30 Pickleball 2:30	24	Exercise 9:30 Quilting 9:30 Lunch 11:30 Wii Bowling 12:15 Enhance Benefits Counseling	25	Chair Carving, Carving, etc. 9:30 Lunch Special 11:30 Afghan Makers 12:30	26	Exercise 9:30 Lunch 11:30 Choices HELP 11:00 - 2:00 Bingo 12:15 Pickleball 2:30	27	Crafting 9:30 Last Friday Book Club 10:30 Lunch 11:30	28	



January 2014							March 2014						
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March 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	2 Lunch Special 11:30 Drawing 12:30 Pickleball 2:30	3 Exercise 9:30 Wii Bowling 12:15	4 Chair Caning, Carving, etc. 9:30 EX BOARD 10:10 Lunch 11:30 Afghan Makers 12:30	5 Exercise 9:30 Lunch 11:30 Bingo 12:15 Pickleball 2:30	6 Crafting 9:30 Tongue Waggers 10:30 Lunch 11:30	7
	9 Lunch 11:30 Drawing 12:30 Pickleball 2:30	10 Exercise 9:30 Quilting 9:30 Lunch 11:30 Wii Bowling 12:15 Enhance Benefits Counselling	11 Chair Caning, Carving, etc. 9:30 Lunch 11:30 Shooting Stars Meeting 12:30	12 Exercise 9:30 Lunch Special 11:30 Bingo 12:15 Pickleball 2:30	13 Crafting 9:30 Good Reading Group 10:30 Lunch 11:30	14
16 ST PATTY'S DAY!	17 Lunch 11:30 Drawing 12:30 Pickleball 2:30	Exercise 9:30 Quilting 9:30 Lunch 11:30 Wii Bowling 12:15	18 Chair Caning, Carving, etc. 9:30 Lunch - 11:30 Comed Beef & Cabbage Afghan Makers 12:30	19 Exercise 9:30 Lunch 11:30 Bingo 12:15 Pickleball 2:30	20 Crafting 9:30 Breakfast 9:30 Tongue Waggers 10:30 Lunch 11:30	21
23 Lunch 11:30 Drawing 12:30 Pickleball 2:30	24 Exercise 9:30 Quilting 9:30 Lunch 11:30 Wii Bowling 12:15	25 Chair Caning, Carving, etc. 9:30 Lunch 11:30 Afghan Makers 12:30	26 Exercise 9:30 Lunch 11:30 Bingo 12:15 Pickleball 2:30	27 Crafting 9:30 Last Friday Book Club 10:30 Lunch Special 11:30	28	29
30	31					

February 2014							April 2014						
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23	24	25	26	27	28		27	28	29	30			

We Name Names!

1 Artery Crust. Judging by the label, Marie Callender's (16.5 oz) Chicken Pot Pie has "only" 520 calories, 11 grams of saturated fat, and 800 mg of sodium. But look again. Those numbers are for only half a pie. Eat the entire pie, as most people probably do, and you're talking 1,040 calories, 22 grams of saturated fat (more than a day's worth), and 1,600 mg of sodium (an entire day's worth).



2 Transgression. "0mg Cholesterol" declares the box of Parkay Margarine sticks. Does that mean Parkay stick margarine is good for your heart? Nope. It may be cholesterol-free, but each tablespoon of the spread has 1½ grams of trans fat and 1½ grams of saturated fat. And beware of other trans-filled sticks by Blue Bonnet, Land O Lakes, Country Crock, and Fleischmann's. Shopping tip: Look for tub margarines instead – most have little or no trans fat.



3 Liquid Salt! An average cup of Campbell's regular Condensed Soup has 760 mg of sodium. But most people eat the whole can of soup, which contains 1,900 mg of sodium – more than most adults should consume in an entire day! Look for Campbell's Healthy Request, Progresso Reduced Sodium, and Healthy Choice soups with sodium in the 400s (still a lot if you eat the whole can). Better yet, choose reduced-sodium soups by Amy's, Imagine Foods, Pacific Natural Foods, and Tabatchnick.



4 Tortilla Terror. Interested in a Chipotle Chicken Burrito (tortilla, rice, pinto beans, cheese, chicken, sour cream, and salsa)? Think of its 970 calories, 18 grams of saturated fat, and 2,200 mg of sodium as three 6-inch Subway B.L.T. Subs! Skipping the cheese and sour cream cuts the saturated fat to 6 grams, but you still end up with 750 calories and more than a day's worth of sodium. Yikes!



5 Factory Reject. People don't expect low-calorie desserts at The Cheesecake Factory. But the Chocolate Tower Truffle Cake kicks things up a notch. If it weren't served on its side, this one would stand over six inches tall. And upright or not, the slab of cake still weighs in at three-quarters of a pound. What do you get for all that heft? Just 1,760 calories and 2½ days' worth of saturated fat (50 grams), mostly from chocolate, sugar, cream, white flour, and butter.



6 Burial Grands. No one thinks of biscuits as health food. But each Pillsbury Grands! Southern Style frozen biscuit has 170 calories and 1½ grams of saturated fat, plus 3½ grams of trans fat (more than a day's worth). Companies are dumping their partially hydrogenated oils left and right, yet Pillsbury still makes most of its rolls and biscuits with the stuff.



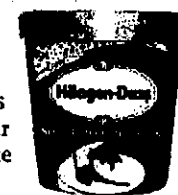
7 Triple Bypass. Can't decide what to pick from a restaurant menu? No worries. Now you can order not just one entrée, but two ... or three ... all at once. Olive Garden's Tour of Italy – Homemade Lasagna, Lightly Breaded Chicken Parmigiana, and Creamy Fettuccine Alfredo – comes with 1,450 calories, 33 grams of saturated fat, and 3,830 milligrams of sodium. Add a breadstick (150 calories and 400 mg of sodium) and a plate of Garden-Fresh Salad with dressing (290 calories and 1,530 mg of sodium) and you'll consume almost 2,000 calories (an entire day's worth) and 5,760 mg of sodium (4 days' worth) in a single meal!



8 Starbucks on Steroids. The Starbucks Venti (20 oz) White Chocolate Mocha with 2% milk and whipped cream is more than a mere cup of coffee. It's worse than a McDonald's Quarter Pounder with Cheese. Few people have room in their diets for the 580 calories, 14 grams of saturated fat, and 13 teaspoons of added sugar that this hefty beverage supplies. But you can lose 130 calories and more than half of the saturated fat if you order it with nonfat milk and no whipped cream.



9 Extreme Ice Cream. An average half-cup serving of Häagen-Dazs ice cream squeezes half-a-day's saturated fat and a third-of-a-day's cholesterol into your artery walls and makes a 300-calorie down-payment on your next set of fat cells – if you can stop at a petite half-cup!



10 Stone Cold. Cold Stone Creamery's Oh Fudge! shake (chocolate ice cream, milk, and fudge syrup) starts at 1,060 calories for the small "Like It" (16 oz) size. That's more than a large (22 oz) McDonald's McCafé Chocolate Shake. The medium "Love It" (20 oz) has 1,360 calories and the large "Gotta Have It" (24 oz) reaches 1,600 calories (almost an entire day's worth) and 62 grams of saturated fat (3½ days' worth). That's the saturated fat content of two 16-oz ribeye steaks plus a buttered baked potato, all blended into a handy 24 oz cup.



**Far better alternatives are available to you.
Turn the page for some healthier choices!**

Discover more food secrets!

10 Super Foods ... For Better Health!

At least one will surprise you ...

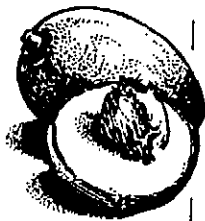
1 Sweet Potatoes.

A nutritional All-Star – one of the best vegetables you can eat. They're loaded with carotenoids, and are a decent source of vitamin C, potassium, and fiber. Cook and then mash in one or more of your favorite spices – sweet (cinnamon, cloves, nutmeg, allspice) or savory (cumin, coriander, paprika, chili).



2 Mangoes.

About a cup of mango supplies 100% of a day's vitamin C, one-third of a day's vitamin A, a decent dose of blood-pressure-lowering potassium, and 3 grams of fiber. Bonus: mango is one of the fruits least likely to have pesticide residues.



3 Unsweetened Greek yogurt.

Non-fat, plain Greek yogurt has a pleasant tartness that's a perfect foil for the natural sweetness of berries, bananas, or your favorite breakfast cereal. It's strained, so even the fat-free versions are thick and creamy. And the lost liquid means that the yogurt that's left has twice the protein of ordinary yogurt – about 18 grams in 6 ounces of plain Greek yogurt.



4 Broccoli.

It has lots of vitamin C, carotenoids, vitamin K, and folic acid. Steam it just enough so that it's still firm and add a sprinkle of red pepper flakes and a spritz of lemon juice.



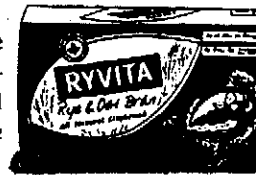
5 Wild Salmon.

The omega-3 fats in fatty fish like salmon may help reduce the risk of heart attacks. And wild-caught salmon has lower levels of PCB contaminants than farmed salmon.



6 Crispbreads.

Whole-grain rye crackers, like Wasa, RyKrisp, Kavli, and Ryvita – usually called crispbreads – are loaded with fiber and often fat-free. Drizzle with a little honey and sprinkle with cinnamon to satisfy your sweet tooth.



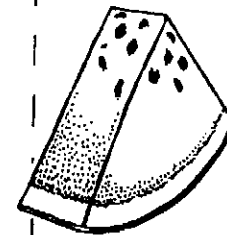
7 Garbanzo Beans.

All beans are good beans. They're rich in protein, fiber, iron, magnesium, potassium, and zinc. But garbanzos stand out because they're so versatile. Just drain, rinse, and toss a handful on your green salad; include them in vegetable stews, curries, and soups; mix them with brown rice, whole wheat couscous, bulgur, or other whole grains.



8 Watermelon.

Watermelon is a heavyweight in the nutrient department. A standard serving (about 2 cups) has one-third of a day's vitamins A and C, a nice shot of potassium, and a healthy dose of lycopene for only 85 fat-free, salt-free calories. And when they're in season, watermelons are often locally grown, which means they may have a smaller carbon footprint than some other fruits.



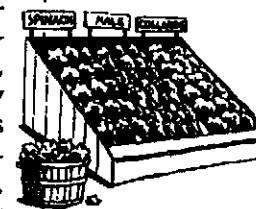
9 Butternut Squash.

Steam a sliced squash or buy peeled, diced butternut squash at the supermarket that's ready to go into the oven, a stir-fry, or a soup. It's an easy way to get lots of vitamins A and C and fiber.



10 Leafy Greens.

Don't miss out on powerhouse greens like kale, collards, spinach, turnip greens, mustard greens, and Swiss chard. These stand-out leafy greens are jam-packed with vitamins A, C, and K, folate, potassium, magnesium, calcium, iron, lutein, and fiber. Serve with a splash of lemon juice or red wine vinegar.



Nutrition Action Healthletter

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Special Report

Supplement to MAYO CLINIC HEALTH LETTER

OCTOBER 2013



Mindfulness

Learning to live in the moment

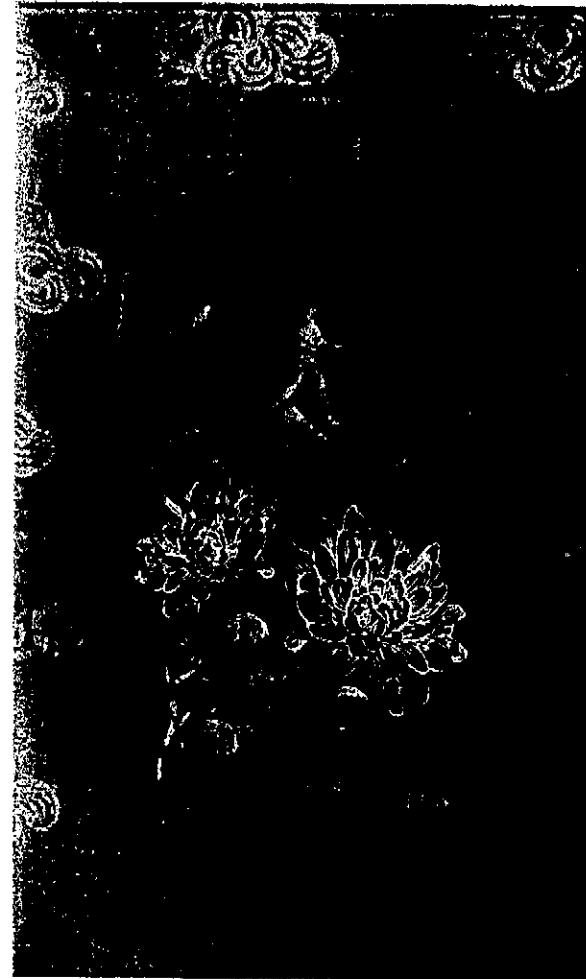
Have you ever performed a routine task without thinking and, when asked about it later, don't quite remember doing it? For example, you don't remember taking your mail from the mailbox and yet there it sits on your kitchen table and no one else is claiming to have done it. Or you don't remember brushing your teeth last night. You know you did it, but you don't remember all of the details. Many things in life are performed with such routine efficiency that you might say they're done in "autopilot" mode. This isn't necessarily a bad thing. It minimizes the amount of time and mental energy you need to expend to accomplish various tasks.

And yet this type of automatic functioning can sometimes exact a price. Say you're having lunch with your spouse, and you were so preoccupied with the rest of your afternoon that later in the evening you barely remember what the two of you talked about or what you ate. But your spouse has noticed and is upset that your mind seems elsewhere. While watching TV, you absent-mindedly eat a whole bag of chips. Finally, when you go to bed your mind is so busy remembering all the things that went wrong with your day that you can't sleep. Your world seems to be spinning out of control, and the stress and frustration of it all is starting to disrupt your life.

Or perhaps you're dealing with more than just everyday anxieties. Maybe you're coping with cancer or fighting off a relapse into depression. Perhaps your life has been turned upside down by the loss of a job or a family member, and you're struggling to keep your head above water.

What if there was a way that you could regain your sense of balance, reduce your anxiety and instill more purpose and happiness into your life, even while not changing much of anything? One way to do this is to redirect your attention away from everything in the past, in the future or "out there" and simply focus on what is happening in front of you right now, without judgment or evaluation.

Mindfulness — sometimes called a form of meditation or therapy — can be used to enrich your life, calm your mind and even improve your health.



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, CT 06351
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