

the lisbon link

December 2012 - January 2013

Last last mention of OPEN ENROLLMENT. The deadline for change is December 7th. Check your insurance and be sure that's what you want to have for 2013. If you have questions call today!!

Make an appointment with the CHOICES volunteer, the Enhanced Benefits Councilor or Judy. Call 860-376-2329



We'll be going up to the school on Dec. 5, 11 and 17 to sell our crafts to the students & teachers for thier holiday gift giving. A small group works all year making items to sell and we need workers to do the selling. If you have time please, please help us out one day or all three. See Judy about the times and days. Thanks for helping as this is one of our major fundraisers for the year!

The Travel Committee has met to start planing a few trips for 2013. The next meeting is January 4 at 10:00. Watch for the new list to be released in March.

Pickleball has moved indoors for the winter. They are playing at the school on Monday at 2:00 and Wednesday at 2:30. It's huge fun and they welcome new players!!

Judy is still walking on Tuesday and Thursday at 3:00 on the "new" track behind the Senior Center. Join any day!!

We are having fun and success with the two new reading groups and the Tongue Waggers.

The "Good Readers" meet on the second Friday of the month at 10:30. Each person brings in a book or books that they have read and share with the group what they liked and/or didn't like about the book. A short discussion might follow. Books are exchanged and new friendships are started.

The "Last Friday Book Club" meets on the last Friday of the month at 10:30. The members will each recommend a book for next year. They just read "War Brides" Call to find out the next title, read the book and join us January 25.

The "Tongue Waggers" are really enjoying themselves. They have discussed the election, the right to bear arms, the economy, the weather plus the weather and traffic girls on TV. All opinions are shared, talked about and respected. If you are at all interested in being a part of this - come on in Friday afternoon at 1:00.

2013 arrives at Club Lisbon

January 9, 2013 at 12:30

come centerstage

with Laura and Irv. A dynamic duo with vocalist Irv and keyboardist/guitarist Laura. Enjoy a little bubbly and snacks. Spread some good cheer!



Winter Breakfast

December 28 at 9:00 - make your own omelet - we supply the "stuff", you pick what you want and we cook it. \$3.00

Bingo prices have increased so we can continue to play. The cost is \$3.00 to play and 10 cents a card. so 3 cards is \$3.30 and 10 cards is \$4.00. Winners are paid \$2.00 a regular game and \$5.00 each special. Multiple winners split.

BLOWOUT Bingo is January 24th, is still \$5.00 to play and starts at 10:15. Winners can win up to \$20.00.

MAKE YOUR OWN PIZZA

January 18 at 11:30 \$3.00

You pick the toppings

We cook



Lisbon Senior Center

Holiday Party

December 13, 2012

11:30 lunch

12:30 Carol Sing

menu: prime rib or baked stuffed shrimp, cream of broccoli soup, baked potato, veggie, roll and dessert \$15.00

gift giving: there will be a tree at the senior center with gift request tags on it. The gifts will be for those less fortunate in our community. Please bring the gifts with you or drop them off by the 18th.

Super Bowl Sunday is February 3rd. Who'll make the playoffs? Who will win?? **Our Souper Bowl** is Feb. 6. We'll have cream of Broccoli soup in bread bowls. \$5.00 In the morning we will play "hangman" at 10:30. Lunch at 11:30 and "Auction by Judy" at 12:30. Judy will auction off wrapped items. You get whatever is in the package. You, also, get to bring wrapped items. If you have "stuff" at home that is new or very gently used, wrap it in newspaper, a bag, pretty wrapping paper and bring it in. Judy will get money for it and we'll all laugh at her antics. A Great way to spend a winter day!!

December 2012

Horse sense is stable thinking coupled with the ability to say "nay."

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January 2013

Don't count the days - make the days count!

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By Natalie Ain, Survivor
pictured with her husband Ted

My glass is half full.

Drink up!

We do not know what tomorrow brings.

How many tomorrows will there be?

**Things happen in a minute.
It changes your life completely.**

Brain attack! Stroke!

Mine happened 13 years ago.

Here's to life!

"L'Chaim!" "Cheers!" "Skoll!"

"That is a beautiful cane."

Oh yes, I will be using it for the rest of my life.

"You look wonderful."

Thank you. (Little do you know?)

Here's to life!

Smile, be happy.

I'm still here.

You are still here.

Enjoy the day.

Here's to life!

Raise your glass. Drink up!

Here's to life!

What You Eat Matters

Eating low-fat dairy foods may reduce your risk of stroke

Eating low-fat dairy foods was associated with a reduced risk of stroke in adult men and women compared to those who ate full-fat dairy foods. In a Swedish study published in the American Heart Association's journal *Stroke*, people who drank low-fat milk and ate low-fat yogurt and cheese had a lower risk of stroke compared to those who consumed full-fat dairy foods.

Among 74,961 adults 45 to 83 years old, those who ate low-fat dairy foods had a 12 percent lower risk of stroke and a 13 percent lower risk of ischemic stroke than those who ate high-fat dairy foods.


During the 10-year study, 4,089 strokes occurred (1,680 in women and 2,409 in men): 3,159 ischemic, 583 hemorrhagic and 347 unspecified strokes.

"This is the largest study to date to examine the association between consumption of total, low-fat, full-fat and specific dairy foods and the risk of stroke in adult men and women," said Susanna Larsson, Ph.D., the study's first author and associate professor of epidemiology in the Division of Nutritional Epidemiology, National Institute of Environmental Medicine, at the Karolinska Institute in Stockholm, Sweden.

The benefits of low-fat dairy foods are likely due to the vitamins and minerals they contain: calcium, potassium, magnesium and vitamin D.

"It is possible that vitamin D in low-fat dairy foods may explain, in part, the observed lowered risk of stroke in this study because of its potential effect on blood pressure," Larsson said.

Low-fat dairy food is one part of the Dietary Approaches to Stop Hypertension (DASH) Diet, which reduces blood pressure. High blood pressure is a major risk factor for stroke.

Northern Europeans and North Americans traditionally consume much more dairy foods than other global populations. So switching to low-fat dairy products could impact stroke risk for millions of people, Larsson said. 

EZINE BONUS: Click icon for video >



Unsolicited Mail, Telemarketing and Email: Where to Go To "Just Say No"

Credit Bureaus

The credit bureaus offer a toll-free number that enables you to "opt-out" of having pre-approved credit offers sent to you for two years. Call 1-888-5-OPTOUT (567-8688) for more information.

In addition, you can notify the three major credit bureaus that you do not want personal information about you shared for promotional purposes-an important step toward eliminating unsolicited mail. Write your own letter or use the sample letter on the back on this Alert to limit the amount of information the credit bureaus will share about you. Send your letter to each of the three major credit bureaus:

Equifax, Inc.
Options
PO Box 740123
Atlanta, GA 30374-0123

Experian
Consumer Opt-Out
701 Experian Parkway
Allen, TX 75013

Trans Union
Marketing List Opt Out
PO Box 97328
Jackson, MS 39288-7328

Direct Marketers

The Direct Marketing Association offers the Mail and Telephone Preference Services, which allow you to reduce the amount of direct mail marketing and telemarketing you receive from many national companies for five years.

When you register with these services, your name will be put on a "delete" file that is updated four times a year-in January, April, July and October-and made available to direct-mail and telephone marketers. Two to three months after your name is entered into the quarterly file, you should notice a decrease in the number of solicitations you receive. However, your registration will not stop mailings or calls from organizations not registered with the DMA's Mail and Telephone Preference Services.

To have your name deleted from many direct mail or telemarketing lists, write your own letter or use the sample letter on the other side of this Alert and mail it to the following addresses:

For direct mail marketing: Direct Marketing Association; Mail Preference Service; PO Box 9008; Farmingdale, NY 11735-9008 **OR** Preference Service Manager; Direct Marketing Association; 1120 Avenue of the Americas; New York, NY 10036-6700.

For telemarketing: Direct Marketing Association; Telephone Preference Service; PO Box 9014; Farmingdale, NY 11735-9014 **OR** Preference Service Manager; Direct Marketing Association; 1120 Avenue of the Americas; New York, NY 10036-6700.

Or send via fax to: 212-790-1427

* TVCCA Energy Assistance *

TVCCA is now accepting applications for Energy Assistance. Call TVCCA at 860-425-6681 for an Appointment

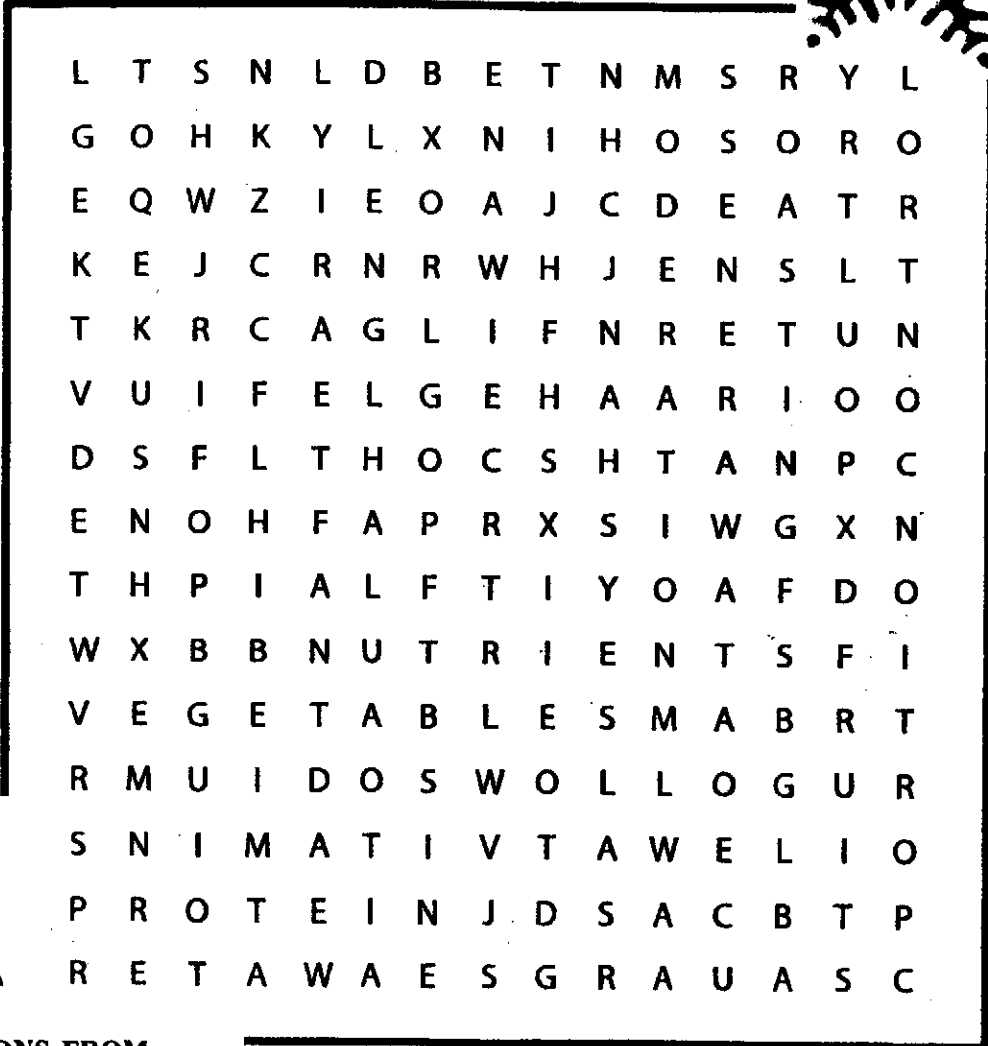
** INCOME LIMITS APPLY **



Being mindful of your dining choices will give you something to celebrate when you step on the scale in January!



- AWARENESS
- EXERCISE
- FAT FREE
- FRUITS
- HIGH FIBER
- LOW CALORIE
- LOW FAT
- LOW SODIUM
- MODERATION
- NUTRIENTS
- PORTION CONTROL
- POULTRY
- PROTEIN
- ROASTING
- SALADS
- SKINLESS
- VEGETABLES
- VITAMINS
- WATER
- WHOLE GRAIN



CHRISTMAS TRADITIONS FROM THE EYES OF CHILDREN

Source Unknown



- ☺ Christmas trees gives me joy feels all over.
- ☺ Mistletoe means watch out for slobry girls.
- ☺ Pine trees give us Christmas and turpentine.
- ☺ Santa Claus lives just north of the imagination.
- ☺ The most dangerous thing about Christmas is standing underneath the kissletoe.
- ☺ Astar is for living in heaven when it is not for wearing in a Christmas tree's hair.



Happy Holidays

Lisbon Senior Center

Monday - Friday

9:00am - 3:00pm

86-376-2329

Board of Selectmen

Thomas Sparkman

Robert Grant

Raymond Stearns

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.

RETURN SERVICE REQUESTED

December 2012/January 2013 issue

Lisbon, CT 06351

11 Newent Road

Lisbon Senior Center

Lisbon Commission on Aging

published by:

Lisbon's Longevity Link Newsletter

Permit #86

Norwich, CT

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