

# the Lisbon Link

April / May 2014



The only difference between a **Tax Man** and a **Taxidermist** is that the Taxidermist leaves the skin.  
– Mark Twain

Reminder:

**April 15<sup>th</sup> TAXES DUE!**

## EVENTS AT A GLANCE

Some of our Specials!

4/11 – Nita's Restaurant

4/16 – Easter Dinner w/  
Lenny-Z Entertainment

4/17 – Pre-Planning  
Seminar

4/18 – Good Friday  
LSC CLOSED

4/22 – Earth Day

4/23 – Lunch Bunch

5/9 – Mother's Day

Potluck w/ Surprise

5/14 – Lunch Bunch

5/15 – Wright's Chicken  
Farm Bus Trip

5/16 – 55 Alive Drivers Ed

5/16 – Wii Bowl – Preston

5/17 – TAG SALE

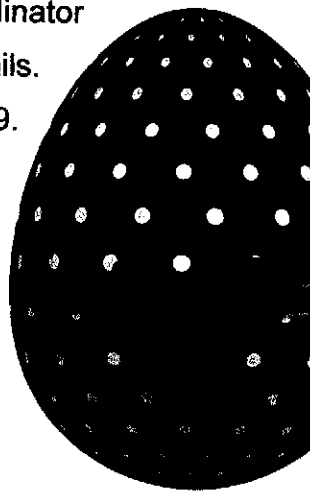
5/21 – Memorial Day

LSC CLOSED

## CALLING ALL ARTISTS!

The Lisbon Senior Center invites all area "senior" artists to exhibit their work in our "Summer Fling" fine art exhibition. Works in oil, acrylic, watercolor, pencil, color pencil, pastel, and mixed media are welcome. All work must be framed and ready for hanging. The show will run from June 6-13. Prizes will be awarded.

Call Lisbon Senior Center Coordinator for more details.  
860-376-2329.



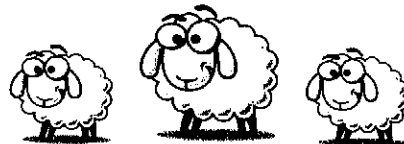
## COUNTING SHEEP...

Science & medicine are discovering an increasingly large number of things about the value and importance of sleep, especially the stages of deep sleep.

Without sleep, people would literally go insane. But even insufficient amounts increase the risk of heart disease and cancer.

Certain enzyme systems that aren't active during the day turn on during deep sleep stages. Researches are finding that there are shifts in cellular metabolism that facilitate the clearance of toxic metabolites and substances in the brain such as beta amyloid, which may be associated with Alzheimer's.

Knowing that sleep is restorative – not only to the way you feel but also to your brain and body – can help you to make the commitment to get the sleep you need to live a longer and healthier life.



Excerpt From: 2/2014 Mayo Clinic Health Letter

April 23 & May 21

Lunch Bunch with Vikki!

Take a van ride to a surprise location and enjoy a good meal and **GREAT** company!  
Limited seating – see Vikki to sign up.

**MAY 17<sup>th</sup>**

## **Annual Shooting Stars Yard Sale, Bake Sale & Book Sale**

When you do your spring cleaning, remember the Senior Center and donate your items (in good condition) to our annual yard sale/fundraiser! Please bring your items in by **May 9<sup>th</sup>**.

Volunteers are needed the week of May 12 – 16 to help us organize, tag, and set up items for the yard sale. We also need volunteers to man the sale, and to bake goodies to sell, too!

Call the Lisbon Senior Center to volunteer! **860-376-2329**. A sign-up sheet is at the front desk.



Did you know the names "Hay fever" and "Rose Fever" are two terms for the same symptoms? Allergy symptoms are caused by pollens that abound at different times of the year – trees in early spring, grass in summer and weeds in the fall. "Hay Fever" originated because their affliction was commonly associated with harvesting hay, and "Rose Fever" came about because those symptoms showed up around the same time as roses started to bloom. Whatever you want to call that sneezy, itchy, tickly time of the year, those terms are a lot more poetic than their generic, medical term – "seasonal allergic rhinitis"!

### **Try this! *Herbed Skillet Chicken***

**Pan sear:** 1 lb. mushrooms; 1 small red onion, cut into 8 wedges; 2 Tbs. olive oil; and 1 tsp. fresh thyme leaves OR basil in a skillet. Add sliced chicken breast; sprinkle with 1 tsp. salt, ½ tsp. pepper and a clove of garlic sliced thin and **cook at 450 degrees F** until chicken is **cooked through** and no longer pink in the center - @ 20 minutes (165 degrees F). Serve with a light Caesar salad for a delicious meal!

## **PICKLEBALL**



Play Pickleball every  
**MON AND WED,**  
2:00 – 3:00 P.M.

### **LCS GROUPS**

Lisbon Senior Center has some great groups that meet here on a weekly basis, and they are all welcoming new members! Come by and see what they each have to offer!

**Afghan Makers** –  
Wednesdays 12:30  
**Chair Caning & Wood Carving** –  
Wednesdays 9:30  
**Crafters** – Fridays 9:30  
**Quilters** – Tuesdays  
9:30

## *Easter Dinner with Lenny-Z*

**Wednesday, April 16**

**11:30:** Ham dinner with potato salad, green beans, rolls & coconut cake.

Followed by entertainer

**Lenny-Z 12:30 – 2:30!**

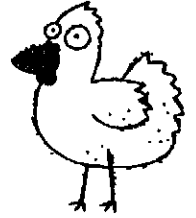
Reserve your tickets at the Lisbon Senior Center front desk \$12.00 EA

## **Wright's Chicken Farm**

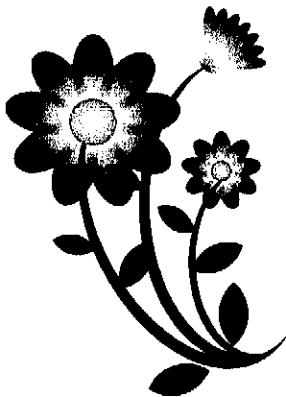
**Thursday, May 15**

Bus Trip to the famous restaurant, gift shop and bakery! Sign up at the LSC front desk by **May 7<sup>th</sup>**.

(Will be a nice "mini-break" before the tag sale!)



**LUNCH at NITA'S - April 11 BUS TRIP** to Nita's Polish Restaurant in Willimantic. There will be a nominal bus fee, but you will pay for your own lunch when you are there. This restaurant is FAMOUS for its authentic Polish cuisine! Friday's specialty is pierogi, but they serve the best Reubens, Burgers and Salads, too! Sign up at the front desk.



## **Friday May 9<sup>th</sup>**

Sign up with your favorite "dish" for our

### **Mother's Day Pot-Luck Lunch!**

A special surprise awaits all you deserving gals

(that means ALL of you!) who **sign up by May 6<sup>th</sup>**

and joins us on the 9th.

### **April / May Senior Center Survey**

We want to keep you happy! Is there anything **NEW** you would like to see offered at the Lisbon Senior Center? Please fill out this survey and return it to the front desk at your earliest convenience.

Activities \_\_\_\_\_

Classes \_\_\_\_\_

Games \_\_\_\_\_

Events \_\_\_\_\_

Clinics \_\_\_\_\_

What activities already in place do you enjoy participating in the most?

\_\_\_\_\_

\_\_\_\_\_

## MOBIL FOOD PANTRY

The United Way Mobil Food Pantry provides fresh produce, proteins and other foods to individuals and families in need **FREE of charge!!** The Mobil Food Pantry is at the following locations on the days listed:

### **Wequonnoc Family Resource Center**

115 Providence ST, Taftville

Every first Thursday, 5 – 6 PM

### **Saint Mary's Church**

54 N. Main ST, Jewett City

Every third Wednesday, 3:30 – 5:00 PM

### **Sprague Community Center**

18 West Main ST, Baltic

Every second Friday, 2 – 3 PM

### **Norwich Free Academy**

305 Broadway AVE, Norwich

Every third Thursday, 5 – 6 PM



For updated cancellations or time changes to any of the Mobil Pantry sites, call 211 or visit their website at [www.uwsect.org/mobile-pantry-distributions](http://www.uwsect.org/mobile-pantry-distributions).

### **THURSDAY, APRIL 17, 10:30 AM** **"Your Life, Your Legacy" Seminar**

An Advance Planning Counselor from Church & Allen Funeral Home will be here on Thursday, April 17 to help guide us in planning for the inevitable. This half hour seminar revolves around the following steps:

1. Reflect: How you would like to be remembered.
2. Record: Documenting your wishes.
3. Support: Selecting funding options best suited for you.
4. Share: Letting your loved ones know where important documents are located.


Coffee and light refreshments will be served. Please sign up at the front desk, or call the Lisbon Senior Center Coordinator so we know how many are coming! 860-376-2329.

### **GOLF, ANYONE?**


Did you know – we now have a **MINI-GOLF SET?! YAY!** Grab a friend and come down to the Senior Center and play a round! Be sure to thank your friends from the Commission on Aging for adding this new game to the list of fun things we do here!



# April 2014

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**DEPARTMENT OF SOCIAL SERVICES**  
**CONNECTICUT HOME CARE PROGRAM & 1915(i) State Plan Option - FEE FOR SERVICE USE ONLY**  
**Effective 1/1/2014**

rev:12/13

<u>Category Type</u>	<u>Description</u>	<u>Functional Need</u>	<u>Financial Eligibility</u>	<u>Care Plan Limits</u>	<u>Funding Source</u>	<u>Intake Status</u>
<b>Category 1 CHCPE</b>	Limited home care for moderately frail elders	At risk of hospitalization or short term nursing home placement ( 1 or 2 critical needs)	<b>Individual Income= No Limit*</b> <b>Assets:</b> <b>Individual = \$35,172.00</b> <b>Couple= \$46,896.00</b>	<25% NH Cost <b>(\$1450.00 Monthly)</b>	STATE	<b>OPEN</b>
<b>Category 2 CHCPE</b>	Intermediate home care for very frail elders with some assets above the Medicaid limits	In need of short or long term nursing home care ( 3 critical needs)	<b>Individual Income= No Limit*</b> <b>Assets:</b> <b>Individual = \$35,172.00</b> <b>Couple= \$46,896.00</b>	<50% NH cost <b>(\$2900.00 Monthly)</b>	STATE	<b>OPEN</b>
<b>Category 3 CHCPE</b>	Extensive home care for very frail elders who would otherwise be in a nursing home on Medicaid.	In need of long term nursing home care ( 3 critical needs)	<b>Individual Income=\$2163.00/Mth</b> <b>Assets:</b> <b>Individual = \$1,600.00</b> <b>Couple:</b> <b>both as clients = \$1800.00 each</b> <b>one as client = \$25,048.00</b> <b>(\$1600.00 + \$23,448.00 CSPA)**</b>	100% NH Cost <b>(\$5800.00 Monthly)</b> <b>Social Services Cap=\$4,156.00</b>	MEDICAID WAIVER	<b>OPEN</b>
<b>Category 4 CHCPD</b>	Intermediate home care for individuals under age 65 with a degenerative neurological condition ineligible for Medicaid	In need of short or long term nursing home care ( 3 critical needs)	<b>Individual Income= No Limit*</b> <b>Assets:</b> <b>Individual = \$35,172.00</b> <b>Couple= \$46,896.00</b>	<50% NH cost <b>(\$2900.00 Monthly)</b>	STATE	<b>CLOSED</b> limited to 50 slots
<b>Category 5 1915(i)</b>	<b>Same as category 1. Also active on categorically needy Medicaid S01, S02, S03, S04 Must be age 65 or older</b>	At risk of hospitalization or short term nursing home placement ( 1 or 2 critical needs)	<b>Individual Income - \$1,437</b> <b>Assets:</b> <b>Individual = \$1,800.00</b>	50% Federal Reimbursement		<b>OPEN</b>

- Notes:**
1. Clients in the higher income range are required to contribute to the cost of their care. Applied income starts at \$1,916.00.
  2. There is no income limit for the State Funded portion. The Medicaid Waiver income limit remains at 300% of SSI which is \$2,163.00.
  3. CHCPE Services available in all categories include the full range of home health and community based services.  
\*1915(i) State Plan Option has limited PCA services to 14 hours weekly and homemaking services are limited to 6 hours weekly.
  4. Care plan limits in all categories are based on the total cost of all state-administered services.
  5. 1915(i) State Plan option covers individuals on Medicaid but who qualify for category 1 services.  
CT will claim 50% reimbursement from the federal government for home and community based services not reimbursable under Medicaid.
  6. Some individuals under category 2 may become financially eligible for the Medicaid Waiver.  
In these cases, the client must apply for Medicaid and cooperate with the application process.
  7. Married couples who are over this asset limit for category 3 may be eligible based on the special spousal asset protection rule.
  8. Functional need is a clinical determination by the Department about the applicant's critical need for assistance in the following areas:  
Bathing, Dressing, Toileting, Transferring, Eating/Feeding, Meal Preparation and Medication Administration.
  9. Care Plan limits are for CHCP fee for service only
  10. For contracted Access Agencies use only.

**Lisbon's Longevity Link**

Published by:

Lisbon Commission on Aging

Lisbon Senior Center

11 Newent Road

Lisbon, CT 06351

Issue: April / May 2014

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 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.