

the lisbon link

August/September 2013

Join us on August 15th as we greet our new Senator, Cathy Osten. She will be here at noon for a meet and greet and will give us an update on what's going on in Hartford.

Be a part of "Celebrating Seniors" at Lisbon's Farmer's Market. See Joyce for more details.

I'll be out... As many of you know I had hand surgery on July 11th and will be out til late August and hope to have my other hand done in September if all goes well.

Joyce Kvist will be filling in for me with the help of Lee Szruba and Rita Bernier.

Did you make out your application and get it back to the Senior Center for the Municipal Medical Transportation Service??

You apply once then you are in the system for a ride to the doctor's, dialysis, physical therapy, etc. More details were in the last newsletter. Stop in for an application if you lost your's. Call if you have questions!

Wii Bowlers will be starting the fall/winter league on Sept 17th at 12:15. Join the group, get some exercise and have a few laughs... all for a dollar a week! All are welcomed. New bowlers, don't know hoe to bowl and experienced bowlers

Hey we got some trips...

August 11 leave at 11:15 for lunch on your own at "The Courthouse" and Bradley Playhouse for "Anything Goes" \$25.00 for the play and the bus.

October 17 leave at 10:00 for Wright's Chicken Farm and then Wright's Bakery. \$20.00 for lunch and bus.

November 20 leave at 11:30 for our Thanksgiving gathering at Hank's in Brooklyn.

December 8 leave at 11:15 for lunch on your own at "The Courthouse" and Bradley Playhouse for "White Christmas" \$25.00 for the play and the bus.

Remember payment is due when you sign up and we only have 22 seats for each trip. First come, first serve!

They're back..

starting in Sept on Fridays at 10:30 the "Tongue Waggers" will meet on the 1st and 3rd Fridays. Good readers will meet on the 2nd Friday and the "last Friday book club" will meet on the last Friday of every month.

Events

September 2 closed for Labor Day

6 Tongue Waggers

10 Wii Bowling Banquet

11 "Music Mix"

sit back, relax and be entertained by John Kuhner and Manny Lopes. They'll give you some big band, a little Dixieland and singalong with them!

13 Good Readers

18 Fuel Assistance applications

sign up to apply for "TVCCA Fuel Assistance" here from 9 to noon

cardiac telemonitoring speaker

Shooting Star meeting

20 Tongue Waggers

24 Fall Breakfast

ask Glenda what's on the menu!

25 lunch bunch

27 last Friday book club

Can you drop us a note?

Give us a call?

to let us know

What's new?

What you want?

What you need?

How we can adapt

change and become more...

notes to: Lisbon Senior Center,

11 Newent Road, Lisbon, CT

06351

calls to: 860-376-2329

Events

August 8 make your own pizza

14 Senator Cathy Osten

Here's a good chance to ask ?? and get answers

16 lunch bunch

21 ham and bean \$5.00

"summer time" with

Judy Hall

enjoy a hot afternoon sharing lunch and listening to Judy Hall sing some of your favorite summertime tunes!! All for \$5.00

30 last Friday book club

reading list for the

"last Friday book club"

August *"The Witness"*

by Nora Roberts

Sept "Sisterhood Everlasting"

by Ann Barshares

October "House Rules"

by Jodi Picoult

November "Killing Kennedy"

by Bill O'Reilly

December "The Lovely Bones"

by Alice Sebold

CLOTHES CARE WHILE TRAVELING

- When selecting clothes for your trip, stick to wrinkle-resistant fabrics such as knits, polyester blends, and soft wools. Spun silks and crepe wrinkle less than most sheer silk and rayon.

- To help prevent wrinkles, fold your clothes around white tissue paper before putting them in your suitcase.

- Once you reach your hotel, take clothes out of your suitcase as soon as possible. It's best not to hang sweaters like a shirt—they can stretch and may show hanger marks. Instead, fold them smoothly in half and hang over the crossbar of the hanger, or pack loosely in a drawer.



August 2013

If the world seems cold to you, kindle fires to warm it. -Lucy Larcom

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September 2013

The love we give away is the love we keep. -Elbert Hubbard

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ATTENTION

Need help with your heating bill?

ARE YOU ELIGIBLE FOR HEATING ASSISTANCE?? ?

Annual Income Limit Guidelines for 2013- 2014

Household of 1 person - \$ 32,190.08

Household of 2 people - \$ 42,094.72

Household of 3 people - \$ 51,999.36

Household of 4 people - \$ 61,904.00

Household of 5 people - \$ 71,808.64

**TVCCA will be taking Energy Assistance
applications starting August 1st**

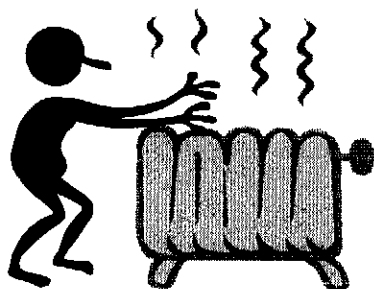
**For appointments please call 860.425.6681 or
860.444.0006**

**BRING THE FOLLOWING PAPERWORK FOR *ALL HOUSEHOLD MEMBERS*
TO APPLY FOR ENERGY ASSISTANCE.**

- 1. ALL OF YOUR MOST RECENT BANK
STATEMENTS SHOWING THE LAST 30
DAYS OF ACTIVITY.**
- 2. PROOF OF ALL INCOME FOR EVERY
HOUSEHOLD MEMBER.**
- 3. RENT RECEIPT, LEASE or MORTGAGE
STATEMENT.**
- 4. CURRENT UTILITY BILL.**

THAMES VALLEY COUNCIL FOR COMMUNITY ACTION

ALL REQUIRED DOCUMENTS FOR ENERGY ASSISTANCE APPOINTMENTS



Required information needed for your appointment:

- Social Security numbers for ALL household members.
- Birth dates of ALL household members.
- A current active utility bill. The bill must be in a listed household member's name that is age 18 or older.
- Current copy of lease, mortgage statement or rent receipt with all landlord information including; name, address and phone number. If you receive Section 8, bring your Section 8 letter.
- Current and complete statements of ALL liquid assets for every household member. (e.g., savings and checking accounts, bonds, stocks/shares, Certificates of Deposit, Annuities and Individual Retirement Accounts.

CURRENT INCOME DOCUMENTATION FOR EVERY HOUSEHOLD MEMBER

- The last four (4) consecutive week's pay stubs (1 pay stub if paid monthly, 2 pay stubs if paid bi-weekly or 4 pay stubs if paid weekly) and/or workman's compensation benefits for the four (4) weeks prior to your appointment date; showing gross income, tips, commissions and bonuses.
- Current MONTHLY Social Security, SSI and/or Veteran's benefit income.
- Pension or annuity check stubs, or a letter from the payer on their letterhead stating the gross amount.
- All bank interest and dividend payments for the past month (if more than \$10.00 per month).
- Unemployment Statement from the website www.ctdol.state.ct.us or unemployment History Printout (within 24 hours prior to appointment) showing the last four (4) consecutive weeks.
- Income from alimony and/or child support from Child Support Enforcement (letter or printout), a bank statement if payment goes directly into a bank account.
- Rental Income: Current Documentation verifying the amount of rent you collect from your tenant(s).
- Self-employment – Must fill out the Self-Employment Worksheet, have it notarized and bring your most recent tax return with all schedules attached.
- DSS Cash Assistance award letter – Showing current income for household.
- A signed statement indicating the amount and frequency of payments from friends and relatives who are contributing toward your household's support that includes the name, address and telephone number of the contributing person.

FAILURE TO BRING ALL DOCUMENTATION MAY RESULT IN DENIAL OF BENEFITS

Save Save Save Save Save Save Save Save

Differences between Depression, Dementia, and Delirium

Characteristic	Depression	Delirium	Dementia	Normal Aging
Onset	Variable	Usually sudden, caused by acute medical disorders	Variable; often gradual or unnoticed	No specific chronological pattern for symptoms
Duration	Weeks to years	Days to weeks	Months to many years	Some changes begin mid-30s
Progression	Variable	Symptoms suddenly severe in days	Varies with type of dementia	Small changes over long time periods
Memory	Person usually complains of memory problems	Person often denies having problems	Person often unaware; problems noted by others	People may complain of mild losses, forgetfulness
Attention	Often impaired	Impaired	Often intact	Normal
Judgment	Variable; person often believes it is impaired	Poor	Poor; person's behavior is frequently inappropriate	Normal
Insight	Cognitive distortion likely (self-doubt, negative thoughts, etc.)	Impairment likely, sometimes intermittent	Usually absent	Normal, consistent with personal history
Sleep	Early morning waking common, insomnia or excessive sleep	Typically disturbed	Often normal, day-night reversal possible	Increased likelihood of intermittent awakenings
Problems functioning	Mild to extensive	Mild to extensive	Mild to extensive	None or a few problems
Hallucinations and delusions	Unusual	Sometimes vivid	Sometimes present	Absent

Source: *A Mental Health Guide for Older Kansans and Their Families*, (Kansas Department of Social and Rehabilitation Services, and Kansas State University, 2000) p. 30.

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.

Lisbon's Longevity Link
published by:

Lisbon Commission on Aging
Lisbon Senior Center
11 Newent Road
Lisbon, CT 06351

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August/September 2013

RETURN SERVICE REQUESTED