

MINUTES  
REGULAR MEETING  
COMMISSION ON AGING  
LISBON SENIOR CENTER  
MONDAY, SEPTEMBER 12, 2011  
7:00 P.M.

The regular meeting of the Commission on Aging originally scheduled to be held at 7:00 p.m. in the Senior Center on Monday, September 12, 2011 was canceled..

  
Margene LePine, clerk

APPROVED: \_\_\_\_\_  
Leonora Szruba, Chairman

RECEIVED FOR RECORD AT LISBON.  
CT ON 9-16-2011 AT 11:45 AM  
ATTEST. BETSY M. BARRETT, TOWN CLERK

10/11/11

Commission on Aging Newsletter

# the lisbon link

October - November 2011

## Open Enrollment

Yes I know you are seeing this alot. BUT you need to act between  
Oct. 15 and Dec. 7th                      You snooze - you lose!

AARP Driving Class was moved to Nov. 1st because Veteran's and thier spouses are free for the month of November. Save up to 10% on your auto insurance.

Joint Travel Committee will are working with Sprague to create a partnership. We'll share trips. more to follow

Fall/Winter Wii Bowling League starts Oct. 4 at 1:15. Joint and have a great time each week!!

October 14 Lunch Bunch to Eli's

Sign up to go to Hank's in Brooklyn for a Thanksgiving Luncheon. We'll be there November 16 for lunch on your own

BLOWOUT BINGO is November 17  
\$5.00 buys you 6 cards. Starts at 10:15

MARK your calendar for December 15!!  
That's our Holiday Party. Join us for the great meal Mike does. Prime Rib or Stuffed Shrimp, your choice. Sign up by Dec. 5th

Sr Cr regional event at Wright's this year.  
It's 5 o'clock somewhere is the theme. \$25

Nov. 2 11:30 Cream of Broccoli Soup in a bread bowl \$3.50 followed by a Halloween Auction and costumer contest. 5 best costumes will win a free lunch ticket. Sign up by Oct. 24

**ELECTION DAY - Nov. 8**  
**DON'T FORGET TO VOTE**

Nov. 9 11:30 We'll cook turkey and you'll bring a dish to share and we'll call it a Thanksgiving Pot Luck! FREE followed by the Shooting Star meeting.

Felted Christmas Ornament Class - Oct. 14 at 9:30  
Learn how to make this beautiful craft. Linda Tomkins will teach. She is the lady who did the spinning experience. \$10.00 & sign up by Oct. 7

Oct. 28 11:00 Make your own PIZZA \$3.50  
yummy, yummy you pick the topping, then you eat your creation! FOOT CLINIC to follow. Sign up for your foot care.

Closed for Columbus Day Oct. 10  
Veteran's Day November 11  
Thanksgiving November 24 and 25

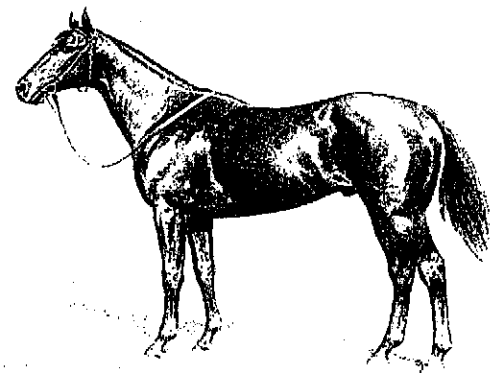
## Make the most of Medicare

You can change your Medicare coverage during the Annual Enrollment Period. This is the time frame in which you can choose to stay where you are, switch plans or join a Part D plan. This year you must act between October 15 and Dec. 7<sup>th</sup>.

- Review, Review, Review. Plans change and so do you. Use this time to review. Start with your current plan. Make sure it fits your needs. Decide if you want to change.
- Get free help so you can make an informed decision. Be an informed Consumer. Consider all of your options
- Beat the rush!!! Review your coverage early; get answers to your questions early. Make your appointment for help early. Lots and lots of folks will be making appointments right along with you.
- Know your rights. Read and hold onto all the mailings you get about insurance plans. Whenever you have questions, are not sure about what you're entitled to reach out for help. Call the Senior Center 860-376-2329, Choices 860-887-3561 or 1-800-MEDICARE

CT's **MSP** offers BIG savings for those of you with a monthly income below \$2260.92 or \$3052.74 for a couple. If your income matches these figures you could qualify to have your Medicare Part B premium paid monthly. In addition, some will be covered for Medicare deductibles and co-insurance.

See Judy for an application.



### VETERANS

A new law requires the DMV commissioner to include a person's veteran status on his or her state driver's license or identity card if the veteran requests it and the veterans' affairs department verifies it. This allows veterans to easily prove their veteran status for various discounts and state and federal benefits. It also extends a free lifetime pass to state parks, forests, and recreational facilities to disabled wartime veterans who live in Connecticut.

(**SB 371**, effective January 1, 2013, except for the provision regarding free passes for wartime veterans which takes effect upon passage)

### Grandkids update.

You know they're still growing like weeds. Right now they are Brandon-11, Jakob-10, Dylan-9, Hanna-8 and Tristan-7. They're back in school. They all like their teachers and seem to be doing well. Brandon is now in 6<sup>th</sup> grade! Can you believe Junior High. Jakob and Hanna are playing soccer. Tristan is doing karate. We saw him do his test to move up a belt. We did summer camp with them this year. They came on Sunday and went home on Wed. We went to Mystic Seaport, Nautilus Museum, a horse farm, did crafts and we even gave them time to play. They had a good time and asked about next summer and could it be longer.

# October 2011

Courage is not the lack of fear. It is acting in spite of it.

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# November 2011

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# flu and pneumonia

## Things to Remember about the flu:

- It can be dangerous, even fatal, for those 65 and older, particularly those who have heart failure or diabetes or another chronic condition.
- It can be prevented with a flu shot EACH year taken in September, October or early November – it takes two weeks to be fully effective.
- Medicare pays for the flu shot, as do most private insurance companies.
- The flu shot is safe.
- If you get the flu, check with your doctor when you first notice the symptoms. 4 drugs are approved to treat the flu –antivirals: Symmetrel, Relenza, Flumadine, Tamiflu – you must start taking the prescription within 48 hrs of when the flu begins in order to feel better more quickly. Antibiotics do NOT help you get over the flu.
- To help prevent getting the flu wash your hands frequently-especially before you touch your mouth or nose. Remember the virus remains alive on doorknobs, phones, etc. for hours.

## Call your doctor if you have had the flu and you:

- Have a fever that goes away and then comes back,
- Start having breathing or heart problems,
- Feel sick and don't seem to be getting better, or
- Have a cough that begins to make thick mucous.

## Things to Remember about Pneumonia

- Get the pneumococcal pneumonia vaccine if aged 65 and older.
- The shot is safe and can be taken the same time as you get the flu shot.
- Most people need it only once in their lifetime after age 65-if 5 years have passed since you had the pneumococcal vaccination, ask your doctor if you need a second shot.
- Prevent all types of pneumonia by frequent hand washing, not smoking and wearing a mask when cleaning dusty or moldy areas.

**Flu shots  
HERE  
Oct. 19  
9 to noon**

## Alzheimer's Disease

### Definition of Alzheimer's

- Alzheimer's disease is a progressive, degenerative disorder that attacks the brain's nerve cells, or neurons, resulting in loss of memory, thinking and language skills, and behavioral changes.
- These neurons, which produce the brain chemical, or neurotransmitter, acetylcholine, break connections with other nerve cells and ultimately die. For example, short-term memory fails when Alzheimer's disease first destroys nerve cells in the hippocampus, and language skills and judgment decline when neurons die in the cerebral cortex.
- Two types of abnormal lesions clog the brains of individuals with Alzheimer's disease: Beta-amyloid plaques—sticky clumps of protein fragments and cellular material that form outside and around neurons; and neurofibrillary tangles—insoluble twisted fibers composed largely of the protein tau that build up inside nerve cells. Although these structures are hallmarks of the disease, scientists are unclear whether they cause it or a byproduct of it.
- Alzheimer's disease is the most common cause of dementia, or loss of intellectual function, among people aged 65 and older.
- Alzheimer's disease is not a normal part of aging.
- Origin of the term Alzheimer's disease dates back to 1906 when Dr. Alois Alzheimer, a German physician, presented a case history before a medical meeting of a 51-year-old woman who suffered from a rare brain disorder. A brain autopsy identified the plaques and tangles that today characterize Alzheimer's disease.

### Curious? Forecast Your Brain Fitness

For seniors who enjoy the insights offered by technology, proactive brain fitness experts from NeoCORTA (<http://www.neocorta.com>) offer a fun, informative online assessment tool.

Using the data you provide in the company's online assessment, NeoCORTA's experts carefully analyze your profile and **forecast the future state of your brain fitness**. Advanced predictive modeling techniques and data from more than 200 major scientific studies are used to generate this personal forecast.

Then, experts combine your check-up results and personal forecast to generate your **Personal Brain Fitness Report**. This 12-page document summarizes your current status and future outlook. It also provides a carefully tailored list of the critical few actions that are most likely to help you achieve your brain fitness goals.

**Check these sites and see if you can save on your cell  
phone bill:**

**SAFELINK WIRELESS:**

**WWW.SAFELINKWIRELESS.COM/SAFELINK**

**PHONE: 1-800-977-3768**

**assurance wireless:**

**WWW.ASSURANCEWIRELESS.COM**

**PHONE: 1-800-395-2171**

## **Ten Warning Signs: Your Older Family Member May Need Help**

For many Americans, the Holiday season is one of the few times during the year that adults and their older loved ones spend quality time together. The Holidays may be a time when families face and discuss the difficult decisions about finding care for their older relative. The Eldercare Locator has produced a guide of "10 warning signs" to help families and older Americans determine if help is needed. Any one of the behaviors listed may or may not indicate that an action should be taken and your family member's physician should be kept informed of physical or psychological behavior changes.

**Has your family member:**

- Changed eating habits within the last year resulting in weight loss, having no appetite, or missed meals?
- Neglected personal hygiene resulting in wearing dirty clothes, body odor, bad breath, neglected nails and teeth, sores on the skin?
- Neglected their home so it is not as clean or sanitary as you remember growing up?
- Exhibited inappropriate behavior by being unusually loud or quiet, paranoid, agitated, making phone calls at all hours?
- Changed relationship patterns such that friends and neighbors have expressed concerns?
- Had physical problems such as burns or injury marks resulting from general weakness, forgetfulness, or possible misuse of alcohol or prescribed medications?
- Decreased or stopped participating in activities that were previously important to them such as bridge or a book club, dining with friends, or attending religious services?
- Exhibited forgetfulness resulting in unopened mail, piling newspapers, not filling their prescriptions, or missed appointments?
- Mishandled finances such as not paying bills, losing money, paying bills twice or more, or hiding money?
- Made unusual purchases such as buying more than one magazine subscription of the same magazine, entered an unusual amount of contests, increased usage of purchasing from television advertisements?

## **Memory Starts Declining Before Age 30**

**M**any of us worry that our memories will decline as we grow older. However, new research suggests that age-related mental decline in healthy, educated adults begins not in the senior years but in the late 20s. Over a seven-year period, researchers at the University of Virginia studied 2,000 healthy participants ages 18 to 60. They were asked to solve puzzles, to remember words and details from stories, and to identify patterns in an array of letters and symbols.

Study results show that tasks like making rapid comparisons or recalling unrelated information peak around age 22, with a slow decline in abstract reasoning, brain speed, and puzzle-solving starting around age 27. However, the good news is that skills such as use of vocabulary and general knowledge increase until around age 60. ■

A man asked his wife, "What would you most like for your birthday?"

She said, "I'd love to be 10 again."

On the morning of her birthday, he got her up bright and early and they went to a theme park. He put her on every ride in the park — the Death Slide, the Screaming Loop, the Wall of Fear. She had a go on every ride there was.

She staggered out of the theme park five hours later, her head reeling and her stomach turning.

Then off to a movie theater, popcorn, cola and sweets.

At last she staggered home with her husband and collapsed into bed.

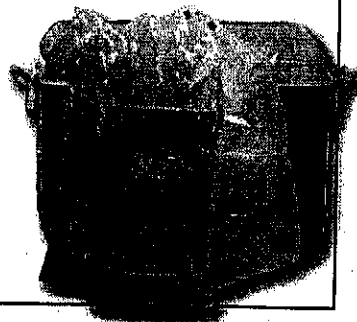
Her husband leaned over and asked, "Well, dear, what was it like being 10 again?"

One eye opened and she groaned, "Actually, honey. I meant dress size."



## Be Prepared for Emergencies

1. Make sure you have **appliance thermometers** in your **refrigerator and freezer**.
  - Check to ensure that the freezer temperature is at or below **0 °F**, and the refrigerator is at or below **40 °F**.
  - In case of a **power outage**, the appliance thermometers will indicate the temperatures in the refrigerator and freezer to help you determine if the food is safe.
2. **Freeze containers of water** for ice to help keep food cold in the freezer, refrigerator, or coolers in case the power goes out. If your normal water supply is contaminated or unavailable, the melting ice will also supply drinking water.
3. **Freeze refrigerated items** such as leftovers, milk, and fresh meat and poultry that you may not need immediately. This helps keep them at a safe temperature longer.
4. **Group food together** in the freezer. This helps the food stay cold longer.
5. **Have coolers on hand** to keep refrigerated food cold if the power will be out for more than 4 hours.
6. Purchase or make **ice cubes in advance** and store in the freezer for use in the refrigerator or in a cooler. Freeze **gel packs** ahead of time for use in coolers.
7. Check out local sources to know where **dry ice and block ice** can be purchased, just in case.
8. **Store food on shelves** that will be safely out of the way of contaminated water in case of flooding.
9. Make sure to have a **supply of bottled water** stored where it will be as safe as possible from flooding.



## Power Outages: During and After

### When the Power Goes Out . . .

Here are basic tips for keeping food safe:

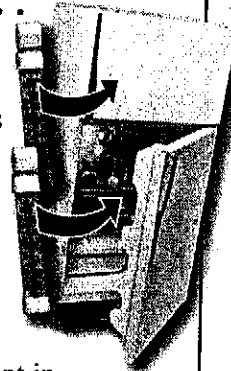
- Keep the **refrigerator and freezer doors closed** as much as possible to maintain the cold temperature.
  - The **refrigerator** will keep food cold for **about 4 hours** if it is unopened.
  - A **full freezer** will keep the temperature for approximately **48 hours** (24 hours if it is half full) if the door remains closed.
  - Buy **dry or block ice** to keep the refrigerator as cold as possible if the power is going to be out for a prolonged period of time. Fifty pounds of dry ice should hold an 18 cubic foot, fully-stocked freezer cold for two days.
- If you plan to eat refrigerated or frozen meat, poultry, fish or eggs while it is still at safe temperatures, it's important that each item is **thoroughly cooked to its proper temperature** to assure that any foodborne bacteria that may be present are destroyed. However, if at any point the food was above 40 °F for 2 hours or more — discard it.
- **Wash fruits and vegetables** with water from a safe source before eating.
- For infants, try to use prepared, canned baby formula that requires no added water. When using concentrated or powdered formulas, prepare with bottled water if the local water source is potentially contaminated.



### Once Power Is Restored . . .

You'll need to determine the safety of your food. Here's how:

- If an appliance thermometer was kept in the freezer, **check the temperature** when the power comes back on. If the freezer thermometer reads 40 °F or below, the food is safe and may be refrozen.
- If a thermometer has not been kept in the freezer, **check each package** of food to determine its safety. You can't rely on appearance or odor. If the food **still contains ice crystals** or is 40 °F or below, it is safe to refreeze or cook.
- Refrigerated food should be safe as long as the power was out for **no more than 4 hours** and the refrigerator door was kept shut. Discard any perishable food (such as meat, poultry, fish, eggs or leftovers) that has been above 40 °F for two hours or more.



Keep in mind that perishable food such as meat, poultry, seafood, milk, and eggs that are **not kept adequately refrigerated or frozen** may cause illness if consumed, even when they are thoroughly cooked.

# Hello Out There, I'm Still Here

Please do not cross me  
off your list because I  
have had a stroke.

Try to understand that I  
am the same person  
I was before.

I think and feel the  
same way,

but with more understanding as to what life  
can suddenly hit you with.

Slam, bang and dunk!

You are on the bottom of the barrel that is  
filled with water.

And you can't swim.

Will you make it to the top?

Day by day, you work — one step forward,  
two steps back!

Will I reach the end of the rainbow?

Hello out there!

I am trying so very hard.

I walk, I talk and try to smile every day.

I am so grateful for all I have accomplished.

Reach out your hand, as I reach mine to you,  
with love and compassion.

I am a wife, mother, grandmother and friend.

I am an artist. Recognize me as such.

I am still here.

**Natalie Ain, Survivor**  
Boynton Beach, Florida



Get fit,  
have fun,  
make  
friends

with SilverSneakers  
at Curves!

What can regular exercise do  
for the older adult?

- reduce risk of heart disease  
by up to 50 percent
- double muscle strength in  
three to four months
- reduce risk of diabetes by as  
much as 75 percent in those  
60 or older

What does SilverSneakers  
give members?

- a free basic membership at a  
nearby Curves location
- access to all equipment
- friendly, helpful staff to  
guide you along the way!



Healthways  
**SilverSneakers**  
Fitness Program

To identify Medicare health plans that offer  
the program, visit [www.silversneakers.com](http://www.silversneakers.com),  
call 1-888-423-4632, or call the number on  
your health plan ID card.

(If they don't yet offer SilverSneakers, ask when  
they'll be adding this valuable benefit!)

Knowledge is knowing a tomato is a fruit; Wisdom is  
not putting it in a fruit salad.

Do not argue with an idiot. He will drag you down to  
his level and beat you with experience.

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.

## "TIME" TRAVELERS

All of these words can go with "time." We hope you have the time of your life finding each and every one.

BATH	CHRISTMAS	FREE	LIFE
BED	DAY	FULL	LUNCH
BLOSSOM	DINNER	GAME	MEAN
BREAK	DOUBLE	HALF	MOUNTAIN
CAPSULE	EASTERN	HARVEST	NIGHT
CENTRAL	FEEDING	LEISURE	NOON
T X L F J R Q X L G T M G V S	S M F R E E O R E T N I W R	O T O M O V D M A D I N N E R	C H A S Q O O X M R D S Z T T
E G G A S U U Y P U L T U P W	R I H M N O B S E E S Q R R L	B N J T U D L V H A A D Q A E	T L A S A E E B H A S C R S P
G I R I L B I C P T L T E H Z	N F D R A D N A T S N F E O B	I E G H G U C M B E E A S R E	D A Y C L I J Y C V W M F T N
E L N L F Z S J B R E A K M Y	E K U I A X B F C A P S U L E	F F C E U N O O N H K C X Q D	

# Connecticut Trivia

Here are some new bits of Connecticut trivia. Let us know what you think and feel free to forward us any trivia facts you would like to see in the coming issues.

The Wadsworth Atheneum in Hartford opened in 1842 as the first public art museum in the nation.

The nation's first patent for a medicinal pill was granted in 1796 to Samuel Lee Jr. of Windham.

The first successfully cloned farm animal in the United States was born at the University of Connecticut in 1999.

Walter Camp of New Haven introduced the line of scrimmage and the downs system to the sport of football.

Most of the gunpowder that Union troops used during the Civil War was made in Enfield in a part of town known as Powder Hollow.

Jonathan Trumbull Jr. of Lebanon became the first comptroller of the U.S. Treasury in 1778.



## Foods to Improve Brain Function:

- nuts and seeds
- eggs
- avocados
- berries
- pomegranate
- coffee
- green tea
- brown rice
- chocolate
- garlic
- green leafy vegetables
- tomatoes
- broccoli
- wild salmon and tuna
- olive oil

## 50 Snacks with 100 CALORIES or Less

Many smart choices are available when you want to satisfy a snack attack but not overindulge. These 50 low-calorie treats are arranged in order of calories, from least to most!

Abbreviation Key:  
oz=ounce(s) T=tablespoon(s) tsp=teaspoon

SNACK	CAL
Red bell pepper strips (1/2 pepper)	18
Grape tomatoes (12)	25
Air-popped popcorn (1 cup)	31
Raspberries (1/2 cup)	32
Grapes (10)	34
Baby carrots (10)	35
Quaker® rice cake (1)	35
Celery (1 medium stalk) w/peanut butter (1 tsp)	37
Goldfish® crackers (15)	41
Grapefruit (1/2 medium)	41
Blueberries (1/2 cup)	42
Watermelon (1 cup)	46
Strawberries (1 cup)	46
Cucumber (1 cup, sliced) w/plain skim yogurt (2 oz)	46

SNACK	CAL
Cheerios® (1/2 cup)	50
Apricots (3 small)	51
Unsweetened applesauce (1/2 cup)	52
Low-fat vanilla wafers (4 small)	53
Cantaloupe (1 cup)	54
Pineapple chunks (1/2 cup, canned, drained)	55
Rold Gold® cheddar pretzels (10 twists)	55
Peaches (1 cup, canned in water)	59
Low-sodium, nonfat saltines (3)	59
Dates (3)	60
Nonfat Fudgsicle® (1)	60
Graham crackers (2 squares)	60
Dark Hershey's Kisses® (3)	60
Whole-wheat pita (1/2 small) w/hummus (1 T)	60
Frigo® light mozzarella cheese stick (1)	60
Nectarine (1 medium)	62
Raisins (1/8 cup)	65
Orange (1)	69
Sun Chips® (1/2 oz)	70
Raisin bread (1 slice)	71
Baked tortilla chips (10) w/salsa (1 T)	78
Hard-boiled egg (1 large)	78
Low-fat blueberry muffin (1/2)	81
Unsalted sunflower seeds (1/2 oz)	82
Unsalted mixed nuts (1/2 oz)	84
Unsalted almonds (11)	85
Pear (1 small)	86
Cherries (1 cup)	87
Whole-wheat English muffin (1/2) w/honey (1 tsp)	88
Nature Valley® Oats 'N Honey granola bar (1)	90
Banana (1 small)	90
Apple (1 medium)	95
Low-fat vanilla yogurt (4 oz)	96
Cottage cheese, 2% (4 oz)	97
Craisins® (1/4 cup)	97
Instant oatmeal (1 packet)	100

## Sleep cheat sheet

Set the stage for sleep:

- Go to bed and get up at the same time each day.
- Aim for daily exercise before evening hours.
- Avoid caffeine, nicotine and alcohol.
- Relax before bed with a warm bath or by reading.
- Keep your bedroom quiet, dark and at a comfortable sleeping temperature.
- Use your bedroom only for sleep or intimacy.

As a general rule, if you can't sleep, don't lie in bed. Leave your bedroom and do a quiet activity — such as read, watch TV or listen to music — until you feel tired.



## CONNECTICUT TAX-AIDE

**FOR IMMEDIATE RELEASE**

### **VOLUNTEER OPPORTUNITIES WITH AARP TAX-AIDE**

Volunteer for the nation's largest **FREE** tax preparation and assistance service.

There are many kinds of volunteer opportunities – from Tax-Aide Counselors to Greeters as well as Communications and Technology Coordinators. One opportunity might be right for you!

#### **Like working with numbers?**

AARP Tax-Aide volunteer Counselors interact with clients by preparing tax returns on a one to one basis. Even if you don't have accounting or tax preparation experience, becoming a Counselor may be right for you. AARP provides training in tax law procedures, the preparation of tax forms, and the use of tax preparation software.

#### **Like working with people better than working with numbers?**

An AARP Tax-Aide Greeter is the first person clients meet when they enter a tax counseling facility. Greeters make sure the taxpayer has all the necessary paperwork before meeting with a volunteer Counselor, and they manage the flow of clients being served.

#### **Have a knack for computers and technology?**

Technology Coordinators manage computer equipment, work to ensure taxpayer data security, and provide technical assistance to volunteers at multiple sites on technology issues.

#### **Good at managing people and programs?**

Leadership Positions manage volunteers, synchronize plans with other volunteer leaders, and assure smooth program operation.

**FOR ADDITIONAL INFORMATION: Visit [www.aarp.org/taxaide](http://www.aarp.org/taxaide).**

AARP Tax-Aide is a program of the AARP Foundation, offered in conjunction with the IRS.

R 2010 A – MEDIA RELEASE

# Medicare's Annual

## Enrollment Period is

# Moving Up!

For help in evaluating & comparing plans call

**MARK YOUR CALENDARS !**

**December 7, 2011 !**

**Starting this year, the New Annual  
Enrollment Period for Medicare Part D  
and Medicare Advantage Plans begins  
October 15, 2011 and ends on**

RETURN SERVICE REQUESTED

*October/November 2011 issue*

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Lisbon Senior Center

Lisbon Commission on Aging

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