

# LISBON LINK special edition



June 2020



**DRIVE-THRU PICNIC**

**Tuesday, June 30<sup>th</sup>**

**11:30**

Hot dog, potato salad  
cole slaw & dessert  
\$5

Call 860-376-2329 to sign up

We realize that these are very difficult times for everyone. Please know that

**We are here for you....**

(...even though our building is closed)

**Please call us for assistance:**

**(860) 376-2329**

## **PERMANENT ABSENTEE BALLOT STATUS FOR THE PERMANENTLY DISABLED**

Public Act No. 12-57

### **OVERVIEW**

The Permanent Absentee Ballot Status enables the elector to *automatically* receive an absentee ballot for each primary/election in the municipality in which they are eligible to vote without having to resubmit separate absentee ballot applications for each primary/election.

### **ELIGIBILITY**

To be eligible for the Permanent Absentee Ballot Status, an elector must file with the Town Clerk an absentee ballot application together with a doctor's certificate stating that they have a permanent disability and are unable to appear in person at their polling place. The doctor's note should be on letterhead. There is no prescribed form – the doctor's note and the absentee ballot application would satisfy the requirement of the law. You can get an application from the Senior Center or from the Town Website @ [www.lisbonct.com](http://www.lisbonct.com).

In January of each year the Registrars of Voters will send written notice to each elector with permanent absentee ballot to determine if the elector wishes to continue with their permanent absentee ballot status for the next election year.

### **DISCLOSURE**

The Freedom of Information Commission has indicated that any doctor's note on file with the Town Clerk is NOT subject to disclosure. The original permanent absentee ballot application, however, would continue to be subject to disclosure just like any other application for absentee ballot.

### **QUESTIONS**

If you have any questions regarding the Permanent Absentee Ballot, please contact the Town Clerk's @ 860-376-2708.

**Do you need errands done? We have volunteers to help you. Call us at 860-376-2329 and we will set you up with a trusted volunteer.**

## **LUNCH**

While we are here for you for curbside sandwich pickup, we would like to suggest that you order takeout from your favorite local restaurants.

Giving them your support during these difficult times is important for all of us to come together and try to minimize the losses that they will incur.



If you are unable to leave your home you can start receiving Meals-on-Wheels.

Contact TVCCA at 860-934-1006 to get set up



The senior center has dozens of puzzles. Anywhere from 100 to 1,000 pieces.



And yarn too! Plus knitting and crochet needles! This is a perfect time to start a project.



Don't forget our lending library. We can pick out a book or 3 for you.

# Social security and protection from scams

June is World Elder Abuse Awareness Month. Throughout the month, government agencies, businesses, and organizations sponsor events to unite communities, seniors, caregivers, governments, and the private sector to prevent the mistreatment of and violence against older people.

Scammers often target older people. They use fear to pressure people into providing personal information or money. In times like the current pandemic when people are particularly vulnerable, scammers will pretend to be government employees, often from Social Security, to gain people's trust to steal their money and personal information. The most effective way to defeat scammers is by knowing how to identify scams then hanging up or ignoring the calls.

## What you can do

If you get a Social Security scam phone call, hang up, report it to our law enforcement office at [oig.ssa.gov](https://oig.ssa.gov), and tell your family and friends about it! We're telling as many people as we can that government agencies will never:

- Tell you that your Social Security number has been suspended.
- Tell you about crimes committed in your name, or offer to resolve identity theft or a benefit problem in exchange for payment.
- Request a specific means of debt repayment, like a retail gift card, prepaid debit card, wire transfer, internet currency, or cash.
- Insist on secrecy about a legal problem, or tell you to make up stories to tell family, friends, or store employees.

Scammers continue to develop new ways to mislead you. They might use the names of Social Security officials and tell you to look them up on our public websites (where they learned the names themselves). Or, they might email you official-looking documents with a letterhead that looks like it's from Social Security or Social Security's Office of the Inspector General (OIG). Don't believe them! Social Security will NEVER email you attachments that have your personal information in them.

If you ever owe money to Social Security, the agency will mail you a letter, explaining your payment options and your appeal rights. If you get a call about a Social Security problem, be very cautious. If you do not have ongoing business with the agency, or if the caller mentions suspending your Social Security number or makes other threats, the call is likely a scam. Ignore it, hang up, and report it to us at [oig.ssa.gov](https://oig.ssa.gov) or call the Senior Center at 860-376-2329 and we can submit it together. We are working to stop the scams and educate people to avoid becoming victims.

## Have you ever tried ZOOM? Just click or type these links and join a virtual class!!

Program	Dates	Instr	Mon	Tue	Wed	Thu	Fri	Sat	Class Link
Ageless Grace	Weekly	Tom Atwood		11:15 AM					<a href="https://us04web.zoom.us/j/386593280?pwd=RWg5VnhEdWVtWE9LREM2WWQ3VzZldz09">https://us04web.zoom.us/j/386593280?pwd=RWg5VnhEdWVtWE9LREM2WWQ3VzZldz09</a> Password: 016306
Balance & Strength	Weekly	Dianne Shobe				11:00 AM			<a href="https://us04web.zoom.us/j/71737722407?pwd=YzhORDBN53ZtZhaclZqVFZtOVcvd09">https://us04web.zoom.us/j/71737722407?pwd=YzhORDBN53ZtZhaclZqVFZtOVcvd09</a> Password: 085233
Balance & Strength	Weekly	Dianne Shobe		11:00 AM					<a href="https://us04web.zoom.us/j/78949591687?pwd=TmJNcndiWdN3dThOMGt5SkV1UHNNdz09">https://us04web.zoom.us/j/78949591687?pwd=TmJNcndiWdN3dThOMGt5SkV1UHNNdz09</a> Password: 2HJitW
Ballroom Dance	Weekly	Wendy Nielsen					1:00 PM		<a href="https://us04web.zoom.us/j/181832957">https://us04web.zoom.us/j/181832957</a>
Beginner Ballroom	Weekly	Wendy Nielsen	6:30 PM						<a href="https://us04web.zoom.us/j/491455751">https://us04web.zoom.us/j/491455751</a>
Chair Yoga	Weekly	Christine Bailey	3:00 PM		3:00 PM				<a href="https://us02web.zoom.us/j/87191088769?pwd=d1FqSWlwNEpRT054eG80WIE3Q3MvQT09">https://us02web.zoom.us/j/87191088769?pwd=d1FqSWlwNEpRT054eG80WIE3Q3MvQT09</a> Password: 644603
<b>New!</b> Healthy Brain Series	5/20-6/17	Hartford Health-care			10:00 AM				<a href="https://hartfordhealthcare.zoom.us/j/96044037799">https://hartfordhealthcare.zoom.us/j/96044037799</a>
Intermediate Ballroom	Weekly	Wendy Nielsen	7:30 PM						<a href="https://us04web.zoom.us/j/398629150?pwd=Y3lpeHhZMDVZWtZ0dZRIByZ3NoZ09">https://us04web.zoom.us/j/398629150?pwd=Y3lpeHhZMDVZWtZ0dZRIByZ3NoZ09</a> Password: 085465
Line Dance & Lively Minds	Weekly	Jim Gregory			11:00 AM				<a href="https://us04web.zoom.us/j/2545765262">https://us04web.zoom.us/j/2545765262</a> Password: BSCLine
Let's Try Zoom	by appointment	Lisa Hanse		10:30 AM					<a href="https://us02web.zoom.us/j/87658302378?pwd=cU14UzZeURVemtIVUHVtTitwMGZvQ09">https://us02web.zoom.us/j/87658302378?pwd=cU14UzZeURVemtIVUHVtTitwMGZvQ09</a> Password: 625469 Email: <a href="mailto:lisa.hanse@westhartfordct.gov">lisa.hanse@westhartfordct.gov</a>
Light Aerobics & Weights	Weekly	Joan Walden	7:30 AM		7:30 AM	9:00 AM	7:30 AM	9:00 AM	<a href="https://us02web.zoom.us/j/343218359?pwd=NHVabkpSbm5HdjJlBFjQ1gxUFpFUT09">https://us02web.zoom.us/j/343218359?pwd=NHVabkpSbm5HdjJlBFjQ1gxUFpFUT09</a> Password: 123456
Soul of America	June 2, July 7	Ric Hanse		1:00 PM					<a href="https://us02web.zoom.us/j/86840911179?pwd=UXVmSS9kMzAxdlZiN25ZUkd2Y1ByUT09">https://us02web.zoom.us/j/86840911179?pwd=UXVmSS9kMzAxdlZiN25ZUkd2Y1ByUT09</a> Password: 004259
Ted Talks	June 16	Martha O'Neal		1:00 PM					<a href="https://us04web.zoom.us/j/74969981628?pwd=c1BMc1A0eFdlZDY2TjBBUkpOeDZvQT09">https://us04web.zoom.us/j/74969981628?pwd=c1BMc1A0eFdlZDY2TjBBUkpOeDZvQT09</a> Password: 4wzq1D

Date	Time	Program	Contact info
Thu, May 28	1:00-2:00PM	Sing a Long w/Tom Stankus	Email <a href="mailto:senior@granby-ct.gov">senior@granby-ct.gov</a> for invitation
Wed, June 10	1:00-2:00PM	Stress-How to Break the Cycle	Email <a href="mailto:senior@granby-ct.gov">senior@granby-ct.gov</a> for invitation
Thu, June 11	1:00-2:00PM	Senior Financial Abuse	Email <a href="mailto:senior@granby-ct.gov">senior@granby-ct.gov</a> for invitation
Thu, June 18	1:00-2:00PM	Medicaid Asset Protection	Email <a href="mailto:senior@granby-ct.gov">senior@granby-ct.gov</a> for invitation
Tue, June 9- July 7th	10:00 AM	5 Week Poetry Writing Class	Email <a href="mailto:seniorcenter@oldlyme-ct.gov">seniorcenter@oldlyme-ct.gov</a> for invitation
Thu, May 28	1:00 PM	Women in Retirement webinar	<a href="https://yourfinancialfuture.lpages.co/usa-may-28-wir-webinar">https://yourfinancialfuture.lpages.co/usa-may-28-wir-webinar</a>
Wed, June 17	1:00 PM	Market Corrections, Recessions and Your Money	Email <a href="mailto:amy.miller@wethersfieldct.gov">amy.miller@wethersfieldct.gov</a> for invitation
Wed, June 17	6:30 PM	Market Corrections, Recessions and Your Money	Email <a href="mailto:amy.miller@wethersfieldct.gov">amy.miller@wethersfieldct.gov</a> for invitation
Tue, July 14	12:00pm-1:30pm	Data Bytes: Safely Use the Internet	Email <a href="mailto:amy.miller@wethersfieldct.gov">amy.miller@wethersfieldct.gov</a> for invitation
Tue, June 16	11:00 AM	Maintaining Lung Health During Pandemic	Email <a href="mailto:Jamesrusso@gaylord.org">Jamesrusso@gaylord.org</a> for invitation
Thurs, June 4, 11, 18, 25	1:00 PM	BINGO	Email <a href="mailto:jasonkrueger@bristolct.gov">jasonkrueger@bristolct.gov</a> for invitation
Tues., June 16	11:00 AM	Scattergories	Email <a href="mailto:migabriele@vernon-ct.gov">migabriele@vernon-ct.gov</a> for invitation
Fris, June	11:00 AM	Unwind and Relaxation	Email <a href="mailto:tdoyle@town.berlin.ct.us">tdoyle@town.berlin.ct.us</a> or <a href="mailto:jasevigny@town.berlin.ct.us">jasevigny@town.berlin.ct.us</a>
Wed, June 10	1:00-2:00 PM	Virtual Trivia	Email <a href="mailto:Lisa.hanse@westhartfordct.gov">Lisa.hanse@westhartfordct.gov</a> for invitation & Answer Sheet
Wed, June 24	1:30-2:30 PM	Sports Talk on Zoom	Email <a href="mailto:Deborah.Kennedy@westhartfordct.gov">Deborah.Kennedy@westhartfordct.gov</a> for invitation
Mon, June 29	6:00-7:00 PM	New to Medicare? Virtual Program	Email <a href="mailto:Deborah.Kennedy@westhartfordct.gov">Deborah.Kennedy@westhartfordct.gov</a> for invitation
Thu, July 2	2:00-3:00 PM	Great Painters: Artists, Rogues, Game Changers, and Rebels	Email <a href="mailto:Deborah.Kennedy@westhartfordct.gov">Deborah.Kennedy@westhartfordct.gov</a> for invitation
Mon June 8-June 29		Beginner Tai Chi	Email <a href="mailto:kcaramanica@easthartfordct.gov">kcaramanica@easthartfordct.gov</a> for invitation



# SUMMER



## WORD SEARCH

A R E F J E T R I S U M M E R M I S  
U S E S T O R Y W H P P O O I N O V  
P E T F U N O I W O S R K T B H S M  
S E A N I V M R U R N V I N A R E T  
R M T O L M I D O T T P A N U L D I  
C A M P I N G R O S P O S Y K R M Y  
P X O N E E U I L K T O H N U F N N  
L N G F S C R C I N P L V K D P S Z  
E J A S U D G U H B L H O T Q N K V  
I V W S E R Y M Z R K R J G S U M A  
L L X A E U O R E L K N I R P S F C  
F R U I T L G L N G T H A P O T D A  
S S M R D E X H V N O O I A P H J T  
S A D E O P R E H R B U E K S I O I  
P I T D F I O M W V T K L B I I S O  
D T K I O R T D E C L E F O C N G N  
G R A S S S O Y A L P I S S L S G N  
U V U T C N S L E M O N A D E N H I  
S F I U T P F O I L O N E O W Y A T  
R T R O A D T R I P I C N I C S R U

summer  
pool  
swimming  
camping

fun  
sun  
grass  
outside

hot  
sprinkler  
picnic  
road trip

shorts  
vacation  
watermelon  
play

fruit  
hiking  
popsicle  
lemonade





## **Lisbon's Longevity Link**

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Lisbon Commission on Aging  
Lisbon Senior Center  
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Lisbon, CT 06351

Special Issue June 2020

RETURN SERVICE REQUESTED

### **Lisbon Senior Center**

Monday – Friday  
9:00 am – 3:00 pm  
860-376-2329

#### **Board of Selectman**

Thomas Sparkman  
Robert Browne  
William Surfus

#### **Commission on Aging**

Lee Szruba, Chairman

#### **Senior Coordinator**

Karen Washington

#### **Van Driver**

Donna Gahrman

#### **Nutrition Site Server**

Glenda White

The **Lisbon Senior Center's** mission is to be a welcoming setting for socialization, activities, trips, classes and maintaining the health, independence and well-being of active agers.

**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.