

LISBON LINK special edition



December 2020



ANNUAL HOLIDAY LUNCHEON

Walk-through Take-out

Thursday, Dec 17th 11:30

MASKS & 6' SOCIAL DISTANCE REQUIRED
ENTER THROUGH FRONT DOOR
AND EXIT THROUGH
BACK LIBRARY DOOR

Choice of Prime Rib or Baked Stuffed Shrimp
Baked Potato * Vegetable * Roll * Dessert
\$15.00

ORDERS MUST BE PLACED NO LATER THAN
DECEMBER 9TH



REMINDER: Medicare Open Enrollment ends December 7th

This is the time when you can:

- Switch Medicare Advantage plans
- Switch from Medicare Advantage back to Original Medicare or vice versa
- Join a Medicare Part D prescription drug plan
- Switch from one Part D plan to another

Christmas Word Search



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

candy cane

carolers

christmas tree

decorations

eggnog

elves

garland

gift giving

holly

jingle bells

jolly

mistletoe

poinsettia

reindeer

santa claus

scrooge

snowflakes

stocking stuffers

tinsel

turkey

wassail

wrapping paper

wreath

yuletide

LUNCH

We are here for you for
curbside sandwich pickup,
Please call in your order **no**
later than **11:00** for **11:30**
pickup

860-376-2329



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

10 Ways to Have a Healthy Holiday Season

Brighten the holidays by making your health and safety a priority. Take steps to keep you and your loved ones safe and healthy—and ready to enjoy the holidays.

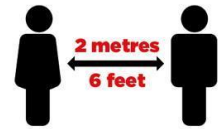
1. **Wash hands often to help prevent the spread of germs.** It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.
2. **Bundle up to stay dry and warm.** Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.
3. **Manage stress.** Give yourself a break if you feel stressed out, overwhelmed, and out of control. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.
4. **Don't drink and drive or let others drink and drive.** Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same.
5. **Fasten seat belts while driving or riding in a motor vehicle.** Always buckle your children in the car using a child safety seat, booster seat, or seat belt according to their height, weight, and age. Buckle up every time, no matter how short the trip and encourage passengers to do the same.
6. **Get exams and screenings.** Ask your health care provider what exams you need and when to get them. Update your personal and family history.
7. **Get your vaccinations.** Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get a flu vaccine each year.
8. **Practice fire safety.** Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly.

Are you or someone you know in need of medical equipment? We have many donated items available – free of charge. First come first served:

Walkers * Canes * Crutches * Raised Toilet Seats * Bedrails * Shower Seat

Call 860-376-2329 to inquire

COVID-19 (CORONAVIRUS)



STAY ACTIVE @ HOME!



Now more than ever we need to be active at home to look after both our physical and mental health.



Go outside to walk, jog and run
(following current government guidelines)



Strength and balance exercises



Break up sitting time
(stand during advert breaks, stand when talking on the phone)



Walk more around the house



Gardening



Use the stairs



Housework
(hoovering/ironing/dusting)



#StayActiveAtHome

Every movement counts!



Lisbon's Longevity Link

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Lisbon Senior Center
11 Newent Road
Lisbon, CT 06351

Special Issue December 2020

RETURN SERVICE REQUESTED

Lisbon Senior Center

Mon – Fri

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

Charles Martin

Nutrition Site Server

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 Mon 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.