

LISBON LINK



February 2021

Walk-through Take-out LUNCHEON

Thursday, Feb 18th 11:30

Call 860-376-2329 to sign up

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

SOUPER BOWL

Cream of Broccoli in a Bread Bowl

Dessert

\$5.00

ORDERS MUST BE PLACED NO LATER THAN

February 10TH

If you need help to sign up please contact Karen Washington at 860-376-2329



Connecticut Residents 75 and Older Can Register for COVID-19 Vaccine

The state's COVID-19 vaccination efforts have now expanded to phase 1b, and as a result, Connecticut residents who are 75 years or older now qualify to receive vaccines.

Due to limited supply of the vaccine, registering through an online or phone system will be necessary. The state's Vaccine Administration Management System is now open for registration submission. Those over the age of 75, or their loved ones, are asked to submit applications through the online web portal.

<https://dphsubmissions.ct.gov/OnlineVaccine>

When accepted into the registration portal, individuals will receive emails informing them of the next steps necessary in the scheduling process.

For those in the age group who lack computer access or knowledge, they can also call: **877.918.2224** Monday - Friday from 8 a.m. to 4:30 p.m.

There may be an initial delay in scheduling access, but as the state actively enrolls providers and staff, it is expected for that access to rapidly grow in coming weeks. All information submitted through VAMS will be kept private. The link to VAMS also contains an extensive list of frequently asked questions about the COVID-19 vaccine, helping to ease any concerns individuals may have. More than 100 health care providers statewide will offer the vaccine, including UConn Health and Hartford Healthcare, with more locations and a map of all locations to be made available in coming weeks.

In addition, if you have a MyChartPlus account through Hartford Healthcare, you may schedule a clinic appointment through Hartford Healthcare that is convenient for you. You may register at:

<https://mychartplus.org/mychart/accesscheck.asp>

If you would prefer to schedule your appointment by phone, call the Hartford HealthCare Access Center at **860.827.7690** or toll-free at **833.943.5721**.

All vaccinations are offered by appointment; people must first register through one of the systems listed above to secure an appointment. **Vaccine supply remains limited and patience is requested.**

Senior Medicare Patrol Fraud Alert Be alert to COVID-19 Vaccine fraud

The arrival of the COVID-19 vaccine has been announced and unfortunately scammers will use this as an opportunity to take advantage of people eager to get the vaccine. We don't know what the scam will look like but it's important people are aware that scammers are eager to knock on your door, call your phones, send you emails and pretty much contact you any way possible. The Senior Medicare Patrol (SMP) will release specific information on known scams as they happen, but in the meantime remember these tips to help you avoid vaccine scams.

You cannot pay to put your name on a list to get the vaccine.

You cannot pay to get early access to the vaccine.

No one from Medicare or the Health Department will contact you.

No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Social Security number, or your credit card or bank account information to sign you up to get the vaccine.

Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.

If you get a call, text, email — or even someone knocking on your door — claiming they can get you early access to the vaccine, STOP. That's a scam.

Be wary of where you get your information on the vaccine. Avoid unsolicited communication. For reliable information:

You can check out the [State of Connecticut COVID-19 Response Website](#) or

You can read the latest [Press Release from Governor Lamont on how the Vaccine will be released](#).

See attached Public Service Announcement from the FBI, Office of Inspector General and Center for Medicare and Medicaid Services.

We are very excited to announce our new Senior Center mini bus! We now have an 8 passenger with a wheelchair lift vehicle available for rides for all Lisbon residents over 55 or if you are disabled.

Our new bus is ready to bring you to your doctor appointments, pharmacy, shopping, bank, hair salon and more.

Call us at 860-376-2329 for the details on our hours for rides.





Live Well IN-HOME version!
The following topics will be covered
Chronic Pain * Diabetes * Active Living
All you need is a telephone!!

FREE Toolkit

New 6-week workshops starting EVERY month!

LEARN MORE ABOUT:

- Exercise & Healthy Eating
- Dealing with difficult emotions
- Decision-making and communication skills
- Working with healthcare providers
- And so much more!

- FREE Living a Healthy Life Book
- FREE Exercise and Relaxation CD



Want more information??

Contact Lori Rygielski, Regional Coordinator today!

lrygielski@seniorresourcesec.org

OR 860-887-3561 ext. 127



Sponsored by the Connecticut Department of Public Health, the Department of Aging & Disability Services, and Senior Resources Agency on Aging.

An evidence-based self-management program originally developed at Stanford University.

VALENTINE'S DAY WORD SEARCH



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

Valentine	Cupid	Be Mine	Pink
Candy	Cuddle	Hearts	Red
Chocolate	Hug	Card	Roses
February	Kiss	Love	I Love You
Flowers	Love	Arrow	Sweet
Friend			



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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

LUNCH

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

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 * Shower Seat

Call 860-376-2329 to inquire

Lisbon's Longevity Link

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

February 2021

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, Chairperson

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.