

LISBON LINK

May 2021



Walk-through Take-out **LUNCHEON**

Thursday, May 20th 11:30

ORDERS MUST BE PLACED NO LATER THAN May 12TH

Call 860-376-2329 to sign up

Chicken Casserole/Biscuit/Dessert

\$5

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



Connecticut's State Health Insurance Assistance Program - **CHOICES** – provides free, unbiased one-on-one benefits counseling on all parts of Medicare, including enrollment assistance and plan comparisons for Medicare Advantage Plans and Medicare Prescription Drug Plans. CHOICES Counselors are not insurance agents/brokers and do not charge for services. Contact Senior Resources Agency on Aging today at **(860) 887-3561** to speak with a Certified CHOICES Counselor to discuss your Medicare questions.

RESOURCES FOR COVID19 VACCINATIONS

- COVID-19 vaccination has opened to all individuals 16 years of age and older who live, work, or attend school in Connecticut. Please remain patient when trying to schedule an appointment

<https://covidvaccinefinder.ct.gov/>

<https://hartfordhealthcare.org/health-wellness/covid-vaccine/schedule-your-vaccine>

<https://covidvaccine.ynhh.org/>

<https://www.ucfs.org/covid-19/>

<https://www.walgreens.com/findcare/vaccination/covid-19>

<https://www.cvs.com/immunizations/covid-19-vaccine>

<https://www.nutmegpharmacy.com/covid19-vaccine>

COVID-19 Vaccine Appointment Assistant Line 1-877-918-2224

Uncas Health District 860-823-1189

Call the Senior Center with questions or for a ride

860-376-2329

WHAT YOU CAN DO ONCE YOU HAVE BEEN FULLY VACCINATED

Activity

Visit inside a home or private setting without a mask with other fully vaccinated people of any age



Visit inside a home or private setting without a mask with one household of unvaccinated people who are not at risk for severe illness



Travel domestically without a pre- or post-travel test



Travel domestically without quarantining after travel



Travel internationally without a pre-travel test depending on destination



Travel internationally without quarantining after travel



Visit indoors, without a mask, with people at [increased risk for severe illness from COVID-19](#)



Attend medium or large gatherings



cdc.gov/coronavirus

CS323698-A 04/02/2021

Top Scams Targeting Older Americans in 2021

Here's how to recognize and protect yourself from these costly cons

Frauds aimed at older adults are becoming more creative. Scammers stay on top of whatever is new, such as the popularity of Zoom, COVID-19 vaccines and online shopping, and then move fast to create ploys that best fit the moment.

COVID-19 vaccination card scams

Many who got a COVID vaccine posted selfies on social media showing off their vaccination card. Scammers immediately pounced.

The scheme: With your full name, birth date and information about where you received your shot, scammers have valuable data for identity theft, breaking into your bank accounts, getting credit cards in your name and more.

How to avoid: If you want to inform friends and family that you got your shots, a selfie with a generic vaccine sticker will suffice. "Or use a Got My Vaccine profile picture frame on social media," Florida Attorney General Ashley Moody suggests. And review your social media security settings to choose who can see your posts.

Phony online shopping websites

Phony retail websites aren't new, but they look more real today than ever before. Fake sites are using photos from real online retailers and mimicking their look and feel.

The scheme: You click on an ad online or on social media, see stuff you like at a great price, enter your credit card info ... and never receive a product. Or you receive a lower-quality item shipped directly from an overseas seller.

How to avoid: Never click on an ad to go to a retailer's website. Instead, bookmark the URLs of trusted shopping websites you visit frequently and use those, suggests Tyler Moore, professor of cybersecurity at the University of Tulsa. Don't bother with trying to figure out whether the web address is real. Attackers adapt and change them frequently.

If you're considering buying from a new site, first check online reviews as well as the company's track record via the Better Business Bureau's online directory ([bbb.org](https://www.bbb.org)).

Medicare card scams

Scammers are emailing, calling and even knocking on doors, claiming to be from Medicare and offering all sorts of pandemic-related services if you "verify" your [Medicare ID number](#).

The scheme: The offers include new cards they claim contain microchips. Some posers are asking for payment to move beneficiaries up in line for the COVID-19 vaccine.

How to avoid: Hang up the phone, shut the door, and delete the email. According to the Centers for Medicare & Medicaid Services, Medicare will never contact you without permission for your Medicare number or other personal information. And it will never call to sell you anything. Guard your Medicare number and never pay for a COVID vaccine. It's free.

Social Security scam calls

Scammers are using "spoofed" phone numbers that look like they're coming from Washington, D.C., to appear credible.

The scheme: You get a scary phone call saying your Social Security number was used in a crime — and you'll be arrested soon if you don't send money to fix it. They may say your number was used to rent a car where drugs were found and that the Drug Enforcement Agency is on their way to your house. The caller may refer you to a local law-enforcement website where you can see the person's picture. You think you've checked it out, call them back and send money.

How to avoid: Don't pick up the phone unless you absolutely know who's calling. If it's important, they'll leave a voicemail.

Account takeover scam texts

Scammers are sending fake text messages alleging there's big trouble with your internet account, a credit card, and bank account or shopping order on Amazon. They want you to click on links and provide personal info.

The scheme The urgent-sounding text message may have a real-looking logo. People don't expect scammers to use text messages, so they're more likely to click.

How to avoid: Remember, don't click on links in emails and texts that you haven't asked for. Call your bank or credit card company to check for a problem. Installing security software on your computer and keeping it updated is also crucial, says cybersecurity expert Brian Payne, of Old Dominion University in Norfolk, Virginia.

[AARP's Fraud Watch Network](#) can help you spot and avoid scams. Sign up for free [Watchdog Alerts](#), review our [scam-tracking map](#), or call our toll-free [fraud helpline](#) at 877-908-3360 if you or a loved one suspect you've been a victim

**CORONAVIRUS
PANDEMIC HAS
CHANGED A LOT OF
THINGS....**

ONE THING IS UNCHANGED...

Falling is NOT a normal part of growing older. If you have fallen or find that you are losing your balance more often, DON'T lose your independence, let us help you to remain in your home!

**THERE IS A SOLUTION TO PREVENT
FALLS.**



**Falling is NOT an inevitable
part of growing older!**



FALLS TALK PERSONALIZED FALLS PREVENTION

A HEALTH PROMOTION PROGRAM FOR ADULTS 60+

**No
Cost**

**STAY INDEPENDENT
AND ACTIVE**

Contact us TODAY!

**Connie Capacchione,
Program Coordinator
Uncas Health District**

(860) 823-1189 Ext. 122

c-capacchione@uncashd.org

VISIT US ON THE WEB:

www.uncashd.org

What is Falls Talk?

It is a one-on-one program conducted in a **no contact COVID-19 safe way** to help you become aware of best practices and practical interventions to prevent falls. This program meets the Administration for Community Living's highest level criteria for evidence-based health promotion programs.

A personalized approach that helps you discover your own "fall threats". This increased awareness translates into successful fall prevention in real life situations and MOST IMPORTANTLY has successfully prevented falls!

This program is supported by the Senior Resources—Agency on Aging with Title III funds made available under the Older Americans Act.

Are You Ready to Quit Smoking?

- Want to become tobacco-free but don't know where to start?
- Have you tried to quit in the past but had difficulty?
- Are you looking for support and want to learn new skills in a judgment-free setting?

**Good news: You don't have to do it alone!
If you are ready, there is help available.**

The American Lung Association's Freedom From Smoking® program is designed to give you the support you need in a comfortable, confidential group setting. Our Tobacco Treatment Specialist has worked with hundreds of people on their journey to becoming tobacco-free.

This program is FREE and includes FREE nicotine replacement therapy.



This program was supported by the Preventive Health & Health Services Block Grant funded by the Centers for Disease Control and Prevention.

**Join Tobacco-Free LLHD
A 7-Week program to help
you become tobacco-free!**

**2021 Group Programs
via Zoom**

**Program 2:
May 5, 12, 19, 26 (Quit Day),
28*,
June 2, 9, 16
7pm
(*48 hour follow up to Quit Day)**

Registration is required.
Individual sessions are available upon request.

**For more information or to register,
Contact Carolyn Wilson
860-446-3062
cwilson@llhd.org**

Ledge Light Health District
216 Broad Street, New London
www.llhd.org



TobaccoFreeLLHD



@SmokeFreeLLHD

Memorial Day Word Search

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



AMERICA
 BLUE
 CEMETERY
 FALLEN
 FLAG
 FREEDOM
 HEROES

HOLIDAY
 HONOR
 MAY
 MEMORIAL
 MILITARY
 MONDAY
 PARADE
 RED

REMEMBRANCE
 RESPECT
 SACRIFICE
 SALUTE
 SERVICE
 SOLDIERS
 WHITE



CRAYONSANDCRAVINGS.COM



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 Seats

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

May 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.