

LISBON LINK special edition



November 2020

Walk-through Take-out Lunch

Thursday, Nov 19th 11:30

Call 860-376-2329 to sign up

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

**Turkey * Potatoes * Stuffing * Vegetable
Cranberry Sauce * Dessert * Drink**

\$5

2020 MEDICARE OPEN ENROLLMENT DATES

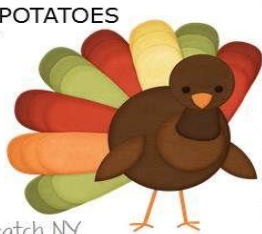


*You may be able to make additional changes after Open Enrollment if you qualify for a Special Enrollment Period. Ask CHOICES for more information if you need to make changes after Open Enrollment ends.

HAPPY THANKSGIVING!

APPLE PIE
BEANS
BREAD
CORN
CRANBERRY SAUCE
GRAVY
HAM
MASHED POTATOES
MILK
PUMPKIN PIE
ROLLS
SQUASH
STUFFING
SWEET POTATOES
TURKEY

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



Chicken Scratch NY

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

Nutrition Program.

We would love to hear how these programs have an impact on your life!

19 Ohio Avenue, Norwich, CT 06360; www.SeniorResourcesEC.org; Phone 860-887-3561 or 800-690-6998 Our Registered Dietitian, Alison, is at Extension 115.

Step It Up & Stay Active for So Many Reasons

According to the Physical Activity Guidelines Advisory Committee Summary Report:

Physically active individuals sleep better, feel better, and function better.

Physical activity improves cognition, including memory, processing speed, attention, and academic performance. Regular physical activity reduces depressive symptoms among people with and without clinical depression, reduces anxiety and increases perceived quality of life.

Physical activity improves physical function among individuals of all ages. This reduces risk of falls and fall-related injuries and increases the ability to maintain independence.

Some benefits happen immediately. Reduced blood pressure, improved insulin sensitivity, improved sleep, reduced anxiety symptoms, and improved cognition can be seen on the first day of physical activity and continue to improve with continued activity.

Physical activity reduces the risk of many diseases and conditions.

- Prevents or minimizes excessive weight gain in adults, maintenance within a healthy range, and prevents obesity.
- Reduces the risk of dementia and improves other aspects of cognitive function.
- Reduces the risk of falls and fall-related injuries.
- Reduces the risk of breast, colon, bladder, endometrium, esophagus, kidney, lung, and stomach cancers.
- Reduces the risk of developing a new chronic condition and progression of an existing chronic condition.

The benefits of physical activity can be achieved in a variety of ways. Every minute of activity counts and any increase in activity from you do currently is helpful. Pick several activities that you would enjoy: Walking, Gardening, Pickleball, Dancing, Cycling, Swimming or any form of moving are all excellent! If mobility is an issue, do chair-based activities, moving what you can through arm motions or leg marches. Find lots of tips and ideas through National Institute of Health's Go4Life program <https://www.nia.nih.gov/health/exercise-physical-activity> or join a LiveWell class near you or by phone through contacting Senior Resources!



Like us on Facebook for updates, programs and more helpful information: Senior Resources Area Agency on Aging · Eastern Connecticut

Staying Liquid for Healthy Aging

Our current times have required us all to find a new level of flexibility in keeping up with changing recommendations. Through all of this, our bodies fluid needs have probably stayed about the same and keeping them at the correct levels is always crucial for healthy aging. Our bodies are made up of about 80% water and maintaining the correct balance can be thrown off quickly with either too much or too little. Usually, we are prone to consuming too little liquid, especially as we age. There is generally a decreased thirst sensation so our brain does not send us the message to drink enough liquids when we need to. There are also concerns about urinary incontinence so people may self-limit intake. Many medications can increase our fluid needs or our bodies method of removing excess fluids. People with limited physical abilities may depend on others to provide liquids for them to drink. Our need for fluids varies with weather, temperature, body functions, exercise and much more.



Our bodies are designed to keep our fluids in balance as much as possible but sometimes the organs that do this aren't working as well. Kidney and heart failure make it harder for our bodies to filter fluids and move them around the body. So, we take medications and/or need to monitor how much liquid we take in. This is called fluid restriction and is usually a concern for people on dialysis or those with a low serum sodium level. Restriction is usually temporary and should still meet the very minimal requirements for health. For example, a 150 pound person on a strict fluid restriction should still consume at least 1.2 Liters (5 1/3 cups). Normal intake for this same person would be about 2 liters (8 cups) per day.

Not all the fluid we consume needs to be water. We get a lot of liquid from food sources such as fruits, vegetables, soups, gelatin and ice cream. Also, almost all liquids count (except alcohol). Lemonade, Coffee, Tea, Milk and even soda can count toward our intake. Older adults should watch out for too much caffeine but in moderation, this is fine. Unfortunately, alcohol has a double negative impact on hydration as it tricks the brain to release more fluid than normal resulting in our bodies being less hydrated than when we started. If consuming alcohol, consider drinking a glass of water for each equal amount of drink.

Signs that you may need to drink more liquids include dark colored urine, constipation, cracked lips or tongue, flaky skin, skin that does not go back to normal when pinched and frequent urinary tract infections. If your urine is very pale yellow or almost clear, you are probably ok – keep up the good work!

Live your life Well: Preventing and Managing Chronic Disease

According to the Centers for Disease Control, half of all Americans live with at least one chronic disease, like heart disease, cancer, stroke, or diabetes. Along with others such as obesity, arthritis, Alzheimer's, epilepsy and tooth decay, these are the leading causes of death and disability in America. Chronic diseases are conditions that require ongoing medical attention or limit activities of daily living or both. Most chronic diseases are caused by choices we make such as: [tobacco use](#) and exposure to secondhand smoke, [poor quality nutrition](#), [lack of physical activity](#) and [excessive alcohol use](#).

What we eat and how much we move, has a significant role in preventing and managing most chronic diseases. Eat MORE fruits and vegetables. Use "healthy" fats in moderation: such as nuts, avocados, olives and salmon and choose WHOLE grains in bread, cereal, brown rice, whole wheat pasta, oats, rye and barley. Decrease sugary beverages such as soda or juice. Senior Nutrition Programs such as Home Delivered is a great way to start eating better since they follow the Dietary Guidelines for Americans.

Count Your
Blessings



Lisbon's Longevity Link

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Lisbon Commission on Aging
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Lisbon, CT 06351

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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.