

# the lisbon link

June/July 2013

Can you believe half of the year has gone by!!

Look to do new things, try something different. And yes this newsletter looks different. I practice what I preach. Change is good.

Look for us at the Farmer's Market this summer. We plan to be there some weeks. Then on August 22 will be Senior Day at the Market.

## Mental Health & Substance Abuse

- One in four older adults experiences some mental disorder including depression, anxiety disorders, and dementia. This number is expected to double to 15 million by 2030.
- Depression affects seven million older Americans, and many do not receive treatment.
- The number of older adults with substance abuse problems is expected to double to five million by 2020.
- Two-thirds of older adults with mental health problems do not receive the treatment they need. Current preventative services for this population are extremely limited.
- Untreated substance abuse and mental health problems among older adults are associated with poor health outcomes, higher health care utilization, increased complexity of the course and prognosis of many illnesses, increased disability and impairment, compromised quality of life, increased caregiver stress, increased mortality, and higher risk of suicide.
- People aged 85+ have the highest suicide rate of any age group. Older white men have a suicide rate almost six times that of the general population.

on summer break... "The Good Readers" and "The Tongue Waggers" The Tongue Waggers are looking at meeting every other week starting in Sept. They are also considering a different day. What works for you?? Let us know.

## Even happier feet

In addition to strengthening and stretching exercises, try these tips for healthy, happy feet:

- Protect your feet with comfortable, well-fitting shoes that have a stable sole and adequate arch support.
- Make sure there's adequate padding in your shoes, as your body's protective, cushioning fat pads on the bottom of your feet can diminish with age.
- Consider wearing socks with a light amount of elastic compression to help prevent blood from pooling in the feet and lower legs. Wear socks that don't have an extremely tight band at the top. Being active and doing foot exercises also can help get the blood pumping.
- Try an occasional warm foot soak to ease aches and pains such as those from arthritis.

BAND	IMAGE
BLACKBOARD	LOCKERS
BOOK BAG	LUNCH MONEY
BUSES	PEP RALLY
CLASSROOMS	SEMESTER
CLIQUEs	SPORTS
DESKS	TEACHERS
DETENTION	TEENAGERS
HALLWAYS	
HIGH SCHOOL	
HONORS	

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



## DRUGS TO BE AVOIDED IN THE ELDERLY

as specified by NCQA's HEDIS® measure: Use of High-Risk Medications in the Elderly

Therapeutic Class/ Application	Drugs	
Antianxiety	Meprobamate (Equagesic, Equanil, Miltown)	
Antiemetic	Trimethobenzamide (Tigan)	
Analgesic	Ketorolac (Toral)	
Antihistamine	<ul style="list-style-type: none"> <li>• Cyproheptadine (Periactin)</li> <li>• Dexchlorpheniramine (Polaramine)</li> <li>• Diphenhydramine (Benadryl)</li> <li>• Ephedrine</li> </ul>	<ul style="list-style-type: none"> <li>• Hydroxyzine (Vistaril, Atarax)</li> <li>• Promethazine (Phenergan)</li> <li>• Theophylline</li> <li>• Tripeleminamine</li> </ul>
Antipsychotic, typical	• Thioridazine (Mellaril)	
Amphetamine	<ul style="list-style-type: none"> <li>• Amphetamine Mixtures (Adderall)</li> <li>• Benzphetamine (Didrex)</li> <li>• Dextroamphetamine (Dexedrine)</li> <li>• Dexmethylphenidate</li> <li>• Diethylpropion (Tenuate)</li> </ul>	<ul style="list-style-type: none"> <li>• Methamphetamine (Desoxyn)</li> <li>• Methylphenidate (e.g., Ritalin, Methylin)</li> <li>• Phendimetrazine (Prelu-2)</li> <li>• Phenteramine (Ionamin, Adipex)</li> </ul>
Barbiturate	<ul style="list-style-type: none"> <li>• Amobarbital-Secobarbital (Tuinal)</li> <li>• Amytal</li> <li>• Aprobarbital (Alurate)</li> <li>• Butabarbital (Butisol)</li> <li>• Butalbital</li> </ul>	<ul style="list-style-type: none"> <li>• Butalbital combinations</li> <li>• Mephobarbital (Mebaral)</li> <li>• Pentobarbital (Nembutal)</li> <li>• Phenobarbital</li> <li>• Secobarbital (Seconal)</li> </ul>
Long-acting benzodiazepine	<ul style="list-style-type: none"> <li>• Chlordiazepoxide (Librium)</li> <li>• Chlordiazepoxide-Amitriptyline (Limbitrol)</li> </ul>	<ul style="list-style-type: none"> <li>• Diazepam (Valium)</li> <li>• Flurazepam (Dalmane)</li> </ul>
Other long-acting benzodiazepine	• Clidinium-Chlordiazepoxide (Librax)	• Chlordiazepoxide-Methscopolamine
Calcium channel blocker	• Nifedipine (Procardia, Adalat)—short acting only	
Gastrointestinal antispasmodic	• Dicyclomine (Bentyl)	• Propantheline (Pro-Banthine)
Belladonna alkaloids (includes combination drugs)	<ul style="list-style-type: none"> <li>• Atropine sulfate</li> <li>• Belladonna</li> <li>• Hyoscyamine (Anaspaz, Cystospaz, Levsin, Levsinex)</li> </ul>	<ul style="list-style-type: none"> <li>• In combination (Barbidonna, Bellergal-S, Butibel, Donnatal)</li> <li>• Scopolamine (Scopace, Transderm-Scope)</li> </ul>
Skeletal muscle relaxant	<ul style="list-style-type: none"> <li>• Carisoprodol (Soma)</li> <li>• Chlorzoxazone (Paraflex)</li> <li>• Cyclobenzaprine (Flexeril)</li> </ul>	<ul style="list-style-type: none"> <li>• Metaxalone (Skelaxin)</li> <li>• Methocarbamol (Robaxin)</li> <li>• Orphenadrine (Norflex)</li> </ul>
Oral estrogen	<ul style="list-style-type: none"> <li>• Estinyl</li> <li>• Estrace</li> <li>• Estradiol</li> </ul>	<ul style="list-style-type: none"> <li>• Estratab</li> <li>• Estropiate</li> <li>• Ethinyl estradiol</li> <li>• Gynodiol</li> <li>• Premarin</li> <li>• Ogen</li> <li>• Menest</li> </ul>
Oral hypoglycemic	• Chlorpropamide (Diabinese)	
Narcotic	<ul style="list-style-type: none"> <li>• Meperidine</li> <li>• Pentazocine (Talacen, Talwin, Talwin Cpd, Talwin NX)</li> </ul>	<ul style="list-style-type: none"> <li>• Propoxyphene combinations (Darvon CPD, Darvon N, Darvocet-N)</li> <li>• Propoxyphene (Darvon)</li> </ul>
Vasodilator	<ul style="list-style-type: none"> <li>• Dipyridamole (Persantine) short acting only</li> <li>• Ergot mesylates (Hydergine)</li> </ul>	• Isoxsuprine (Vasodilan)



# Dial-a-Ride Transportation for Individuals who are Seniors or who have Disabilities

## DIAL-A-RIDE MEDICAL TRANSPORTATION FOR SENIOR/DISABLED INDIVIDUALS

Dial-A-Ride transportation and Caregiver Mileage reimbursement for seniors 60+ and persons with disabilities is funded through a state grant and is available to the residents of East Lyme, Griswold, Groton, Ledyard, Lisbon, New London, Stonington, and Waterford.

Transportation is provided for medical trips within New London County, as well as Westerly, and Old Saybrook. Services are contingent upon availability of grant funds.

The Dial-a-Ride Medical Transportation is provided by Eastern Connecticut Transportation Consortium, Inc. ECTC is a private non-profit agency incorporated in 1992 to promote the coordination and consolidation of transit services for persons of low income, seniors, and persons with disabilities.

For more information on transportation, other services available, or if you would like to make a donation, please call your Town Representative:

East Lyme Senior Center	860-739-5859
→ Griswold Senior Center	860-376-2604
Groton Senior Center	860-441-6785
Ledyard Senior Center	860-464-0478
→ Lisbon Senior Center	860-376-2329
New London Senior Center	860-447-5232
Waterford Senior Services	860-444-5839

## HOW THE SERVICE WORKS

ECTC will arrange alternative medical transportation for seniors (60 years and older) and individuals with disabilities residing in the participating towns who either are unable to drive, utilize public transportation, or when the service hours of town funded senior transportation are unable to meet their needs.

Each trip request will be reviewed to determine if it can be met by existing transportation services. If so, we will refer them to the appropriate services.

Registered participants who cannot have their needs met by existing services will be provided up to 30 one way trips annually by ECTC.

Transportation may be available 24 hours a day 7 days per week.

No fare is charged. No money is to be exchanged between the driver and rider.

### Visit ECTC's website

**Reservations**  
**PHONE: 860-859-5794**  
**FAX: 860-859-5796**



[www.ectcinc.com](http://www.ectcinc.com)

## HOW TO ACCESS THIS SERVICE

- Call the Town Representative for the Eligibility Form.
- Complete form and return to the appropriate Town Department.
- When calling to request a ride, be ready to provide the complete address of your destination and your return trip pick up time.
- Reservations requests will be taken from 8:30am to 4:00pm Monday – Friday.
- Requests must be made at least 48 hours in advance. Requests for Monday rides must be made on the preceding Friday by 2 pm. Requests left on the answering machine on weekends & holidays for service for the next business day cannot be accommodated.
- Reservations can be made up to 2 weeks in advance.
- Riders must be ready at their scheduled pick up time.
- Drivers are not required to assist the riders.

**Cancellations** must be made 2 hours prior to the scheduled pickup time by calling Monday – Friday between 8:30 am and 4 pm. Improper notification will result in a charge of a one way trip and may result in suspension of service.



## CAREGIVER MILEAGE REIMBURSEMENT

Driver and rider must complete the **Caregiver Mileage Request Form**.

Mileage will be calculated by ECTC based on the shortest distance.

Form must include date, start address, destination address, and must be signed and dated by client and driver.

Participants should submit their forms to their local town representative by the end of the month for processing.

The Town Representative should review and sign form to be sure it is completed correctly. The Town Representatives should verify the correct mailing address of Caregiver at the time the form is submitted.

The Town Representative will fax form to ECTC at (860) 859-5796 or mail it to:

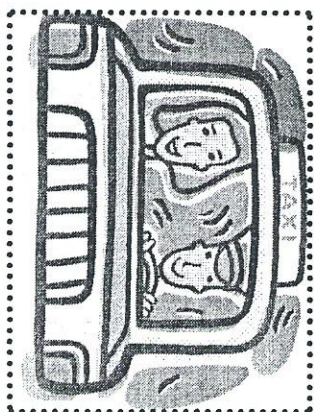
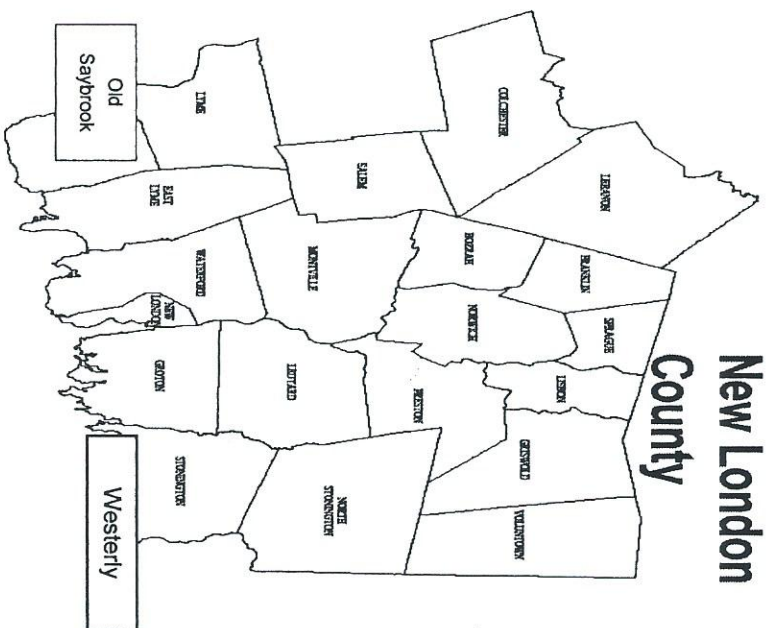
113 Salem Tpke-Suite 200  
Norwich, CT 06360

ECTC will issue a check to the caregiver for authorized trips performed.

### ECTC's Payment Process

Checks will be issued on the last Monday of each month for Caregiver Mileage Request Forms received the previous month. The reimbursement amount must be for a minimum of \$10. Reimbursements due in an amount less than \$10 will be carried over to the next month or until the \$10 limit is reached.

Checks will be made payable to the Caregiver and mailed directly to them unless otherwise requested.



Dial-A-Ride  
Medical  
Transportation  
and  
Caregiver Mileage  
Reimbursement

For Individuals in  
East Lyme, Griswold,  
Groton, Ledyard, Lisbon,  
New London, Stonington,  
and Waterford who are  
60 years of age and older  
and/or with disabilities.

# July 2013

Exploring alternate routes can lead to a flourish of fresh ideas.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
	<b>1</b> 11:30 AM lunch 12:30 PM drawing 3:00 PM pickleball 7:00 PM COA	<b>2</b> 9:30 AM Exercise for all 9:30 AM quilting 11:30 AM lunch 12:15 PM Wii bowling 3:00 PM walking - Lisbon track	<b>3</b> 9:30 AM chair caning, craving, etc 10:10 AM EX. BOARD 11:30 AM lunch 12:30 PM afghan makers	<b>4</b> HAPPY BIRTHDAY AMERICA	<b>5</b> 10:00 AM Crafting 11:30 AM lunch	<b>6</b>																																																																																											
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# June 2013

With flexibility comes a greater choice of options.

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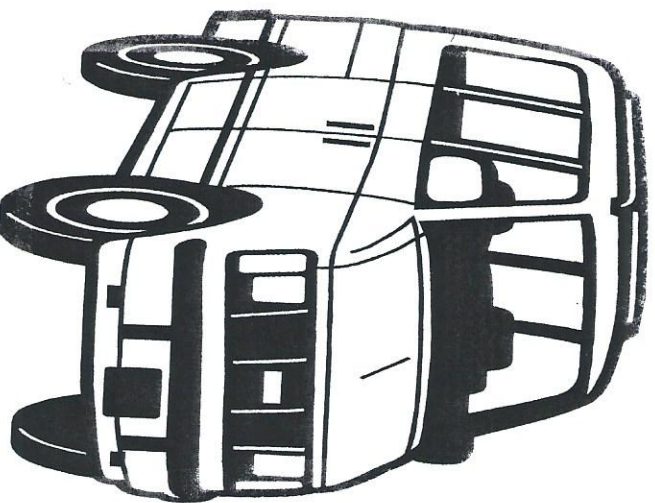
## VAN Rides

Transportation is provided five days a week by the Town of Lisbon to seniors 60 and over who live in Lisbon.

The operation of the van is roughly from 10:00 am until 3:00 pm each day.

Rides should be requested as soon as appointments are scheduled. Weekly rides for shopping, senior center, hair appointments need to be made each week. It's always first come first serve.

See the chart below for the best time and days for appointments to be made.



Monday	Tuesday	Wednesday	Thursday	Friday
10:30 - 10:45 Doctor appointments	shopping - banking	10:30 - 10:45 Doctor APPOINT- MENTS	to and from Senior Center	10:30 - 10:45 Doctor APPOINT- MENTS
deliver MEALS ON WHEELS	deliver MEALS ON WHEELS	deliver MEALS ON WHEELS	deliver MEALS ON WHEELS	deliver MEALS ON WHEELS
1:00-1:45 APPOINT- MENTS at the "old Ames Plaza"	pharmacy Senior Center	1:00-1:45 APPOINT- MENTS at the "old Ames Plaza"	1:00 - 2:00 Doctor appointments	1:00 - 2:00 Doctor appointments



### Monthly Medicare Supplement rates for Standardized Plans

NOTE: The rates shown may vary by mode of payment. Check with the company for more information.

Company/Individual Plans	A (1)	B (1)	C (1)	D	F	F (2) High Deductible	G	K	L	M	N	Date (3) Approved
American Progressive Life & Health Ins. Company	\$305.44	\$395.39	\$476.28	\$432.56	\$452.28	\$75.58	\$397.04				\$165.75	10/10/2012
Anthem Blue Cross & Blue Shield	\$229.18				\$229.02	\$33.21	\$199.55				\$168.78	10/18/2012
Colonial Penn Life Insurance Company	\$558.48	\$646.17			\$444.61	\$60.68	\$388.43	\$129.57	\$248.65	\$368.54	\$262.73	11/26/2012
Equitable Life & Casualty Insurance Company	\$183.17				\$270.83						\$195.08	01/17/2013
Globe Life & Accident Insurance Company	\$159.50				\$250.50	\$50.00					\$180.00	03/04/2013
Gov't Personnel Mutual Life Insurance Company	\$274.05		\$368.83		\$283.35		\$221.28				\$196.40	07/03/2012
Humana Insurance Company (5)	\$218.96				\$247.63	\$88.48	\$236.54	\$121.04	\$174.97		\$197.92	07/27/2012
Omaha Insurance Company	\$352.80				\$252.00		\$226.80					04/22/2013
State Farm Mutual Automobile Insurance Company	\$339.58		\$471.16		\$365.33							03/22/2012
United American Insurance Company	\$189.00	\$287.00	\$333.00	\$329.00	\$327.00	\$58.00	\$322.00	\$135.00	\$189.00		\$196.00	11/01/2012
USAA Life Insurance Company	\$349.18				\$243.27						\$164.90	01/16/2013
<b>Group Plans (4)</b>												
United HealthCare Insurance Company/AARP	\$122.75	\$178.75	\$253.00		\$214.50			\$70.75	\$112.25		\$145.00	10/05/2012

- (1) Plans for Disabled - All companies must offer Plans A. If a company also offers Plan(s) B and/or C, then it must also offer the plan(s) to disabled Medicare beneficiaries.
- (2) High Deductible Plan - This plan provides the same benefits as Plan F after one has paid a calendar year deductible of **\$2,110 for 2013**. Out of pocket expenses for this deductible are expenses that would ordinarily be paid by the plan. These expenses include the Medicare A and B deductibles, but not the foreign travel emergency deductibles.
- (3) The date a company's rate was approved is not necessarily the date the rate change will take effect. Check with the company for the effective date.
- (4) These are group plans that are available to group members enrolled in Medicare. Payment of a group membership fee is required.
- (5) Company also offers Plans A, F, HDF, K and N with dental and vision benefits for an additional monthly cost of \$11.98.





*Shooting Star meeting*  
*June 12*  
*noon*  
*followed by "Legal Day"*

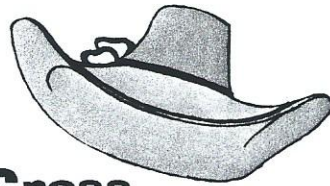


*Shooting Star meeting*  
*July 10*  
*12:30*  
*followed by*  
*ice cream social*

*Summer Breakfast*  
*June 20*  
*9:00*  
*\$3.00*



**BLOWOUT BINGO**  
**JULY 25**  
**10:15**  
**UP TO 6 CARDS \$5.00**

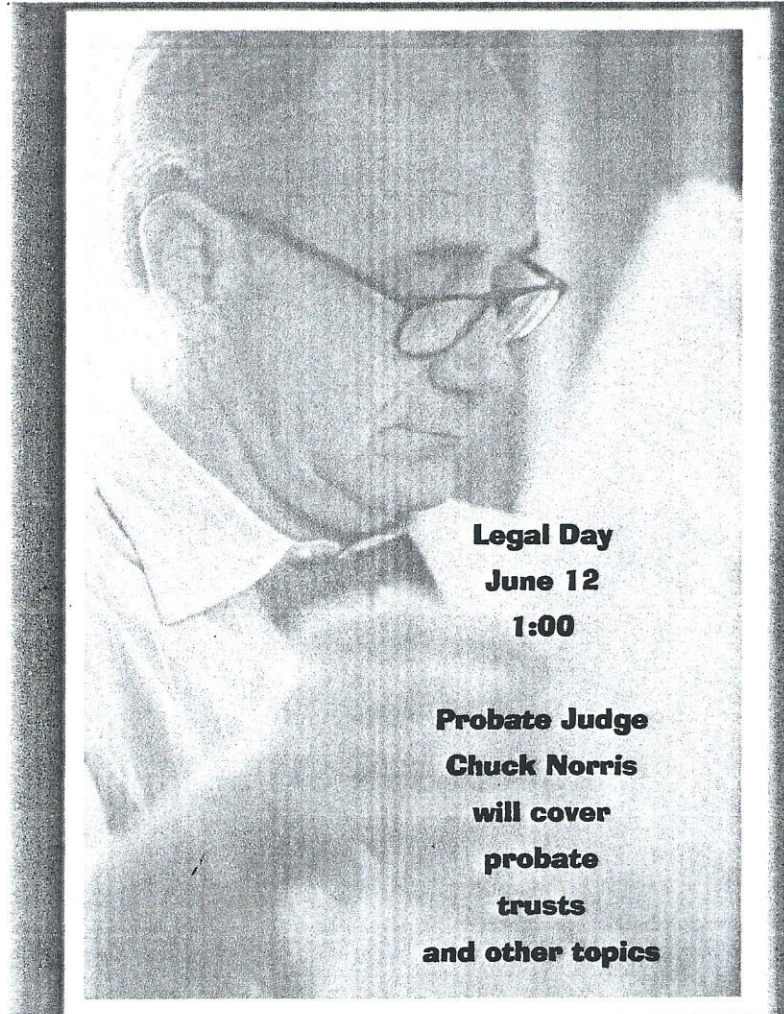


**Blue Grass**  
**with PHIL**

**June 19**  
**12:30**

**wear your boots, jeans,**  
**hats and other western**  
**wear**

*The most duded up gets a prize!!*



**Legal Day**  
**June 12**  
**1:00**

**Probate Judge**  
**Chuck Norris**  
**will cover**  
**probate**  
**trusts**  
**and other topics**





**Mary's here!!  
June 27  
and July 25**

**make an  
appointment and  
she will help find  
programs to help  
make your life  
easier**

### **EVENT LIST**

- June 3** Lisbon Comm on Aging  
**12** 12:00 S Star meeting  
1:00 LEGAL DAY  
**19** Blue Grass with PHIL  
**20** summer breakfast  
**28** last fri book club  
**July 1** Lisbon Comm on Aging  
**10** 12:30 S Star meeting  
followed by an ice cream social  
**26** last fri book club  
**26** FOOT CLINIC

# **Foot Clinic**

**July 26**

**make an  
appointment**



**check to see if  
you qualify for  
assistance  
see Loretta  
June 11 or 25  
July 9 or 23**



# Programs on NeedyMeds.org help people of all ages, with and without insurance.

## Resources on NeedyMeds

### Patient Assistance Programs

(PAPs) Programs which provide medicine at no cost or at a discount to people who qualify.

### Free/Low Cost Clinics

This is a database of clinics that offer healthcare at no cost, for a small fee, or on a sliding scale.

### Diagnosis-Based Assistance

Programs that help with the costs of specific diagnoses and conditions, including some insurance co-pays and premiums.

### State Programs

Programs offering various types of assistance with healthcare costs for residents of specific states.

### The Free NeedyMeds Drug Discount Card

Save up to 80% on prescriptions

- No fees or registration
- No financial, age, or residency restrictions
- Cannot be used with insurance
- Go to [www.needymeds.org](http://www.needymeds.org)
- Download, print, clip and save

Plastic cards are available. Check the website for details.



## How to find no-cost/low-cost medicine on the website:

1. Look for Patient Assistance Programs by looking up the name of your medicine.
2. Click on Brand Name Drugs in the menu, on the left side of the page, and follow the directions.
3. If you can't find your medicine on this list, click on the Generic Name Drugs on the left and repeat the process.
4. If your medicine is not on either list, assistance is not currently available through a program.



## Tips for applying to Patient Assistance Programs:

- Always call the program if you have questions.
- Look for programs for all your medications.
- Programs change – check back regularly.
- Don't leave blank spaces on the application – write N/A if the question doesn't apply to you.

## Look for other types of assistance on NeedyMeds:

- Click on Diagnosis-Based Assistance, also in the menu on the left, and follow the directions.
- Repeat the same process with Free/Low Cost Clinics or State Programs.

Talk to your doctor if you cannot afford your medicine. There may be a less expensive medication or a different one, available on a program, that will work for you.

Find help with the cost of medicine at Needy Meds!

[www.NeedyMeds.org](http://www.NeedyMeds.org)



**Lisbon Senior Center**

Monday – Friday

9:00am – 3:00pm

860-376-2329

**Board of Selectmen**

Thomas Sparkman

Robert Browne

John Gwiazdowski

Lee Szruba, Chair

**Lisbon Commission on Aging**

Judith M. Jencks

**Director**

Vikki

**Van Driver**

Glenda

**Nutrition Site Server**

The Lisbon Senior Center is for the young, vibrant 60+ through folks in their 90's looking for a club like setting that includes socialization, activities, trips, classes, information, etc.

The Lisbon Senior Center is open to all Lisbon residents 60+ and their spouses. We welcome others to stop in and visit. Lunches are served daily at 11:30. Reservations for the TVCCA meal need to be made in advance and the suggested donation is \$2.50. Or place an order for our fresh made sandwiches and cold salad plates which are available for a fixed price.

Transportation is available for Doctor, Dentist appointments, banking, the hairdresser or barber, shopping, etc. For a ride call the Senior Center at 860-376-2329 as soon as you have your appointment. For other rides call Monday of that week.

Help is available for paperwork, applications and insurance decisions. Information is available on aging and the programs designed to make life easier. Services are available for maintaining health, independence and the well-being of seniors.

Our Sunshine Committee sends cards to those who are enduring a loss or who are ill. Call Carolyn at 860-376-9770 with the name and address of who needs a card.

**Call 860-376-2329 for more information.**

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published by:

Lisbon Commission on Aging

Lisbon Senior Center

11 Newent Road

Lisbon, CT 06351

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