

The Lisbon link

Comedy Night...no not really—Aug 22—1:00

It's in the afternoon. But we're going to laugh and have fun anyways! Laughter is the best medicine!! Join Carolyn Martino as she shares her beautiful story telling, jokes and more. Then it's open mike!! The floor is yours for your stories and jokes. Invite a friend, enjoy snacks and laugh the afternoon away...

Pet Drive starts August 1 ends Sept 12. Bring in pet food, treats, toys, dishes, towels to be used as bedding, etc. They will be going to the Humane Society.

Sue's Granddaughter was born with short bowel syndrome. The baby is about a year old and her condition causes her to use a huge number of diapers and wipes. She needs to go to the hospital in Boston on a regular basis. And these things cost a great deal and are not covered by insurance. Sue drove the bus for day trips here about 10 years ago. Her son the babies father is a disabled vet from Iraq and the mother can't work because of the care the baby needs. We have a container in the reception area you can drop your change in and we help this family out !!

Fall Breakfast and Rummicub Tournament

Sept 12 9:00 make your own omelet and apple cheddar breakfast bread pudding \$3.00 followed by our first ever Rummicub Tournament. If you don't know how to play drop in on Tuesday and Thursday mornings to learn. It's great fun and prizes will be given !

The Yarn Club in September is starting a monthly project. In Sept they will be teaching you how to KNIT, in October they will teach you to crochet and starting October 29 into November you will learn to make a pot holder. They will be supplying the needle and yarn to get you started with.

Monday

Lunch...11:30

Drawing...12:30

Pickleball...6:30

Tuesday

Exercise...9:30

Quilting...9:30

Rummicub...10:30

Lunch...11:30

Wii bowling 12:15

Wednesday

Chair caning, carving, etc...9:30

Lunch...11:30

The Yarn Club...12:30

Pickleball...6:30

Thursday

Exercise...9:30

Rummicub...10:30

Lunch...11:30

Bingo...12:30

Friday

Crafting...9:30

Lunch...11:30

The Lisbon Link Event

August

1 pet drive begins

4 7:00pm COA

6 10:10 Shooting Star Ex Bd

7 Birthday Cake

11 and 25 10:30 Tongue Waggers

12 Closed for voting

13 12:00 Wellness speaker

12:30 Shooting Star meeting

14 leave 9:30 for Thimble Island

20 lunch bunch

21 leave at 11:30 for Main St Grill

22 COMEDY NIGHT

26 Enhanced Benefits Counseling

27 September's Ex Bd

Ham and Bean Dinner

29 10:30 Last Friday Book Club

September

1 Closed for Labor Day

3 12:30 Shooting Star meeting

EDITH PRAGUE to speak!!

5 11:30 leave for Olive Garden

8 7:00pm COA

8, 15, 22, 29 12:30 Chronic Disease Self-Management

10 noon Birthday cake

10, 17, 24 12:30 Learn to knit

12 Pet Drives ends

15, 22 10:30 Tongue Waggers

17 8:30 leave for the BIG E

Lunch Bunch

23 Enhanced Benefits Counseling

29 10:30 Last Friday Book Club

October

1 10:10 Shooting Star Ex Bd

1, 15, 22 12:30 learn to crochet

6 7:00pm COA

6, 20 12:30 Chronic Disease Self-Management

7, 14, 21, 28 10:00 Swedish Weaving

8 noon Shooting Star meeting

10 FOOT CLINIC

13 Closed for Columbus Day

14 & 28 Enhanced Benefits Counseling

17 AARP Driving Class

17, 24 9:30 Chronicle of your life in 4 paragraphs

20, 27 10:30 Tongue Waggers

21 Open Enrollment in Norwich

28 leave 9:45 for Aqua Turf

31 10:30 Last Friday Book Club

31 Halloween Party

Looking to escape...looking to get away...start saving as have I got a trip for you.!!

America's Music Cities. New Orleans, Memphis and Nashville. 8 days, 10 meals, airfare and motorcoach included. All for **under \$2,000** a person for double rooms. Mike from Collette will be here **Oct 21 at noon** for a trip presentation. \$250 deposit due when signing up.

RAFFLE WINNERS

Mike Brennen picture—Duane Smith	Candle trio—Hildie
Lowe's card— Jeannette Shaw	Santa gourd—Pauline S.
Target card—Eddie Moroles	Tea—Hildie
Silver tray—Pauline Shelly	Santa picture—Hildie
Candle lamp—Hildie	Casserole dish—Roger
Blue jar—Doris Raymond	Horse & buggy—Wanda
Chip & dip—Charlie	
Bird—Pearl	

They say that age is all in your mind. The trick is keeping it from creeping down into your body. —Katherine Hepburn

Your living well center

The Lisbon Senior Center is starting an evolution into becoming your wellness center! As we age our interests, our needs, our wants and much more change .

On August 13 at noon join Pam LaChapelle for our first wellness program.

Pamela is on a mission. Her education includes a Food Science degree from Johnson & Wales and has recently acquired her diploma as a Natural Health Consultant. She has been inspired to reach out to those seeking natural healing alternatives and assist in improving their physical and emotional wellness. All ages can improve their lifestyles with guidance and support.

She has a deep understanding of how foods are processed, and treated. Why it is so important to understand which foods are better for you and why. She also understands the many alternative ways to relieve pain, depression, stress and poor eating habits from your life.

By finding out where her client is with their lifestyle she educates, motivates and transforms lives to their highest capacity of wellness.

Are you tired of not feeling well? If you suffer from these issues there is hope! It simply takes guidance and support which is what Pamela's mission is all about.



Congratulations to Sandra Oldfield. Two of her paintings won ribbons at the Regional Art Show!!

Take
Control



FREE FREE

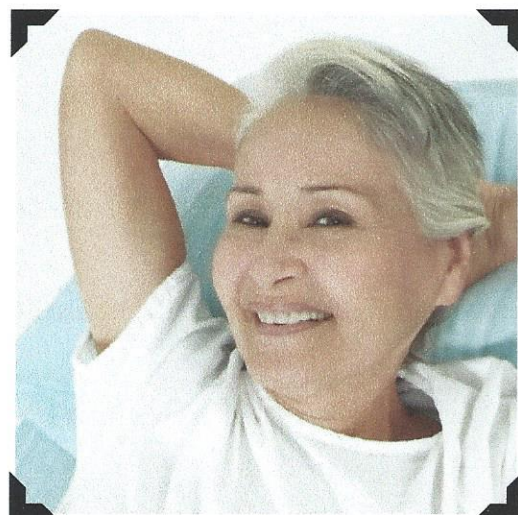
It's Your Life...Live it Well

"It's Your Life...Live it Well"

Feel
Better

I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. Live Well workshops put me back in charge.

Now I have the energy to do the things that matter. I've put life back in my life.



Energize

Join a FREE 6-week Live Well Workshop today. For people with ongoing health conditions like diabetes, depression, heart disease, arthritis, pain and anxiety or those caring for someone with an ongoing health condition

Live

DATES: Monday on: September 8, 15, 22, 29, and October 6, and 20

TIME: 12:30 to 3:00 pm

LOCATION: Lisbon Senior Center

11 Newent Rd., Lisbon

Call to Register: Lisbon Senior Center: 860-376-2329

Enjoy

Sponsored by Senior Resources Agency on Aging &
CT Dept. of Social Services Aging Services Division & CT. Dept. of Public Health.

Medicare Part A 2014 Premium, Deductibles & Co-pays			2014 Medicare Part B Premiums & Deductibles	
Part A Premium	(30-39 quarters) (< 30 quarters)	\$234 per month \$426 per month	PART B Standard Premium	\$104.90 per month
Hospital Deductible	(per benefit period deductible)	\$1,216	For those with annual incomes:	
Hospital Co-Pays	Days 61-90 Days 91-150	\$304 per day \$608 per day	\$85,001-\$107,000 (single) or \$170,001-\$214,000 (married)	\$146.90 per month
			\$107,001-\$160,000 (single) or \$214,001 - \$320,000 (married)	\$209.80 per month
			For those over these amounts...	Visit www.ssa.gov
Skilled Nursing facility Co-Pay	Days 21-100	\$ 152 per day	Part B Deductible	\$147 per year

Medicare Savings Program (MSP) (rev . 3/14)

Program	Status	Income Limit	Status	Income Limit	NO ASSET LIMITS FOR MSP No Estate Recovery after 1/1/10
QMB (Q01)	Single	\$2,053.03 / mo	Couple	\$2,766.21 / mo	
SLMB (Q03)	Single	\$2,247.63 / mo	Couple	\$3,028.41 / mo	
ALMB (Q04)	Single	\$2,393.58/mo	Couple	\$3,225.06 / mo	
Medicaid (figures include the standard disregard of \$325/person)	Single	\$958.49 (region A) \$848.38 (reg. B & C)	Couple	\$1455.09 (reg. A) \$1,346.41 (reg. B & C)	

If you qualify for MSP, you will automatically qualify for Extra Help and the lower co-pays for Part D

Medicare Part D Low Income Subsidy (LIS) for 2014

LIS CO-PAYS FOR MEDICATIONS:

\$2.55 - FORMULARY GENERIC DRUGS

\$6.35 - FORMULARY BRAND NAME DRUGS

Medicaid recipients: \$1.20/\$3.60 - Max \$15 per month

Medicaid Waiver – no co-pays

LIS Benchmark Premium - \$28.00

LIS Single	\$1,459 per month	Assets under \$13,440
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LIS Couples	\$1,966 per month	Assets under \$26,860
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CT residents should consider applying for LIS through MSP which has no asset restrictions and higher income limits.

Medicaid Expanded Benefits

Household size	MAGI Monthly Income
1 person	\$1342.00
Couple	\$1809.18

No asset restrictions
Age 18-64 without Medicare
No provision for spend down

Supplemental Nutrition Assistance Program (SNAP) (eff. July 2014)

Single person gross income limit -
\$1773/ mo (max benefit \$189)
Couple income limit –
\$2,393 / mo (max benefit \$347)

There is no asset limit EXCEPT for households whose gross income is more than **185%** of the Federal Poverty Level.

Contingency Heating Assistance.

Program (CHAP) 2014

Household size	Household's Annual Income
1 person	\$32,190
2 people	\$42,095
3 people	\$51,999
4 people	\$61,904
5 people	\$71,809

Liquid Asset Limit:

Homeowners \$10,000;
Renters \$7000

CT Health Insurance Exchange
Access Health CT
Benefits Center- 1-855-805-4325
www.accesshealthct.org
Next open enrollment Nov 15

CT Energy Assistance Program (CEAP) 2014

Household Size	Household Income	* Household Income w/60+	* Higher Income limits for:
1 person	\$17,235	\$22,980	Households with a member age 60+ or a household member with a disability.
2 people	\$23,265	\$31,020	Asset Limits apply : Homeowners - \$10,000 Renters – \$7,000
3 people	\$29,295	\$39,060	
4 people	\$35,325	\$47,100	Households with liquid assets that exceed these amounts may qualify if gross income, when added to excess liquid assets, is within guidelines
5 people	\$41,355	\$55,140	
6 people	\$47,385	\$63,180	

CT Home Care Program for Elders (CHCPE)	Functional Criteria	Income Guidelines	Asset Guidelines
State Funded - Level 1	One critical need	No income ceiling	Individual:\$35,172 Couple:\$46,896
State Funded - Level 2	3 or more critical needs	No income ceiling	Individual:\$35,172 Couple:\$46,896
Medicaid Waiver – Level 3	3 or more critical needs	\$2,163/month Only the individual's income is counted toward eligibility	Individual -\$1600 Couple - \$3200 (both receiving services) \$25,048.00 (one receiving services) A higher asset amount may be allowed if a spousal assessment is done
Medicaid – Level 5	1 or 2 critical needs	\$1437/month	Individual: \$1,600
Critical Needs are defined as requiring help or supervision in the following areas: Meal Preparation, Medication Administration, Bathing, Dressing, Toileting, Transferring, Eating or significant cognitive impairments. Call 1-800-445-5394 to make referrals or refer online https://www.ascendami.com/CTHomeCareForElders/default/			

APPLICATION FILING and ENROLLMENT PERIODS:

MEDICARE Parts A & B ENROLLMENT: 3 Types of Enrollment Periods

INITIAL ENROLLMENT- Initial Enrollment Period is 7 months long. Begins three months before the month you turn 65, the month you turn 65 and three months after.

SPECIAL ENROLLMENT PERIOD- Special enrollment periods apply for those who are still working at age 65 and covered by employer coverage or through their spouse's **active** employment. A SEP begins the month after the employee coverage ends or employment ends (whichever comes first) and lasts for eight months.

GENERAL ENROLLMENT PERIOD - First 3 months of every year (January 1 to March 31st) You must enroll during these three months but your Part B coverage won't begin till July 1st of that year. There will be a penalty for late enrollment. Individuals on MSP obtain Medicare Part B on the date the State starts paying for the Part B premium.

MEDICARE PART D & MEDICARE ADVANTAGE ANNUAL ELECTION PERIOD - October 15th through Dec 7th of every year. Coverage begins Jan. 1st of the following year. Late enrollment penalty applies if you did not enroll during your initial enrollment period and don't qualify for a SEP (MSP recipients are not subject to late enrollment fees).

MEDICARE ADVANTAGE PLAN DISENROLLMENT - January 1 and ends February 14, lasting for 45 days. The Annual Disenrollment period is designed to allow you to do one thing: **Cancel your Medicare Advantage Plan membership and return to original Medicare.** Once you cancel your Medicare Advantage Plan you have a couple of choices.

- Return to original Medicare and purchase a stand-alone Part D Plan.
- Purchase a Medigap policy and a stand-alone Part D Plan.

MEDICARE SAVINGS PROGRAMS - HAVE AN OPEN ENROLLMENT ALL YEAR LONG

MEDIGAP PLANS – CT is a continuous enrollment state. You can enroll in Medigap anytime during the year.

SNAP - Open Enrollment all year long **CT Energy Assistance Program (CEAP) -** October 15th - April 15th

RENTER'S REBATE PROGRAM - Apply April 1 – October 1. For renters aged 65+, 50+ of a surviving eligible spouse or 18+ yrs with a permanent disability. 1 year residency. No asset test.

HEALTHCARE MARKETPLACE – Open Enrollment starts November 15, 2014.

All trips leave from Lisbon Senior Center, 11 Newent Road, Lisbon, CT
06351

All checks are payable to "Lisbon Shooting Stars"

Payment is due when you sign up

Phone numbers must be on all sign up sheets

August 14 leave at 9:30 for

Thimble Island Boat Cruise and USS Chowder Pot for lunch
\$20.00 covers the boat and bus

August 21 leave at 11:30 for

lunch only at Main Street Grille \$5.00 includes bus

Sept 5 leave at 11:30 for

lunch only at Olive Garden \$5.00 includes bus

Sept 17 leave at 8:30 for

CT Day at the Big E. Leave the fairgrounds at 6:00 sharp.
\$25.00 covers the bus and fair ticket

Oct -??- leave at 10:30 for

Wright's Chicken Farm followed by a stop at the **Wright's Bakery** \$20.00 includes lunch and bus

Oct 28 Leave at 9:45 for

Aqua Turf. A day of food and fun!! Las Vegas and Atlantic City Impersonators Mark Verselli and Holly Faris. Ever changing cast of characters, comedy and singing, world class entertainers! Coffee and donuts on arrival followed by salad, pasta, chicken Français/ sliced roast beef, vegetables, potato and dessert. \$48.00 covers the day!

Nov 2 leave at 10:30 for

"Say Goodnight Gracie" at Ivoryton Playhouse. Lunch at **Lenny and Joe's Fish Tale** on your own. \$38.00 covers the bus and play

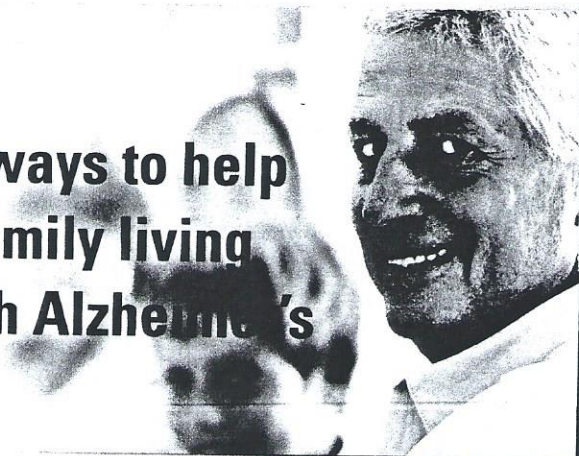
Nov 19 leave at 11:30 for

our Annual Thanksgiving Gathering at Hank's in Brooklyn
\$5.00 for the bus

Dec 7 leave at 11:15 for

"Christmas Carol" at Bradley Playhouse. Lunch at **The Courthouse** on your own. \$26.00 covers the bus and play

10 ways to help a family living with Alzheimer's



- 1 **Educate yourself about Alzheimer's disease.**
Learn about its effects and how to respond.
- 2 **Stay in touch.**
A card, a call or a visit means a lot and shows you care.
- 3 **Be patient.**
Adjusting to an Alzheimer's diagnosis is an ongoing process and each person reacts differently.
- 4 **Offer a shoulder to lean on.**
The disease can create stress for the entire family. Simply offering your support and friendship is helpful.
- 5 **Engage the person with dementia in conversation.**
It's important to involve the person in conversation even when his or her ability to participate becomes more limited.
- 6 **Offer assistance to help the family tackle its to-do list.**
Prepare a meal, run an errand or provide a ride.
- 7 **Engage family members in activities.**
Invite them to go on a walk or participate in other activities.
- 8 **Offer family members a reprieve.**
Spend time with the person with dementia so family members can go out alone or visit with friends.
- 9 **Be flexible.**
Don't get frustrated if your offer for support is not accepted immediately. The family may need time to assess its needs.
- 10 **Get involved.**
Show your support by becoming an advocate or participating in Walk to End Alzheimer's®.

alzheimer's  association®

10 warning signs of alzheimer's disease

- 1 **Memory loss that disrupts daily life**
- 2 **Challenges in planning or solving problems**
- 3 **Difficulty completing familiar tasks**
- 4 **Confusion with time or place**
- 5 **Trouble understanding visual images and spatial relationships**
- 6 **New problems with words in speaking or writing**
- 7 **Misplacing things and losing the ability to retrace steps**
- 8 **Decreased or poor judgment**
- 9 **Withdrawal from work or social activities**
- 10 **Changes in mood and personality**

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Q What's the difference between probiotics and prebiotics?

A Probiotics are foods or dietary supplements that contain either good bacteria or certain types of yeasts that provide health benefits. The live microorganisms in probiotics are often similar to those naturally found in different parts of your body, such as your intestines. In functional foods — such as yogurt and kefir — and dietary supplements, the most commonly used probiotic bacteria are strains belonging to bifidobacterium and lactobacillus. These two groups of bacteria are among the legions of microorganisms that reside in your gastrointestinal tract and are known collectively as gut microbiota.

Prebiotics are nondigestible substances that act as food for the gut microbiota. Essentially, prebiotics stimulate growth or activity of certain healthy bacteria that live in your body. Prebiotics are found in whole grains, bananas, onions, garlic, honey and artichokes.

When probiotics and prebiotics are combined, they form synbiotics. Live culture yogurt that hasn't been pasteurized is a synbiotic product. Fermented dairy products, such as yogurt and kefir, are considered synbiotics because they contain live bacteria and the fuel they need to thrive and proliferate.

The influence of probiotics and prebiotics on gut microbiota is under research. Scientists want to know if probiotics reduce harmful organisms in the colon or if they produce substances that destroy or interfere with the growth of microorganisms and influence the immune response. Evidence supports

the use of probiotics for certain bowel disorders, including irritable bowel syndrome, antibiotic-associated diarrhea and pouchitis. □

NEWS

RAIN

SEASON

SEEP

SIGN

STIR

SWIRL

THUNDER

TREE

WHIRL

WIND

APRIL

CLOUD

COAT

COOL

DRIZZLE

FISH

GUST

HEAVY

IDES

JACKET

MOIST

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

One-third of cat bites result in hospitalization

When it comes to animal bites, dogs are the most likely creatures to be involved. However, cat bites account for about 10 to 15 percent of animal bites, and they can be deceptively dangerous.

A Mayo Clinic study looked at 193 people who sought treatment for cat bites over three years. Of those, 30 percent developed an infection severe enough to require hospitalization. About 70 percent of the bites involved older women. Once hospitalized, treatments included intravenous antibiotic drugs. In many cases, surgery was needed to clean out and irrigate the wound. In some people, more than one round of surgery was required.

Cats have teeth that can deeply penetrate skin and other tissues. This introduces bacteria deep into the body through a narrow puncture wound that can close itself off, minimizing natural drainage and trapping the infection. Smoking and location of the bite over a joint or a tendon sheath were identified as risk factors for poor outcome and hospitalization. A high percentage of cat bites occur in the hand and wrist, where tendons and joints are near the surface. When bacteria are introduced to these areas, lack of blood flow restricts the delivery of the immune system's infection-fighting blood cells.

Mayo experts recommend paying close attention to any cat bite for signs of infection. If signs develop, seek urgent care as soon as possible, which usually means visiting an emergency department. □

Lisbon's Longevity Link

Published by:

Lisbon Commission on Aging

Lisbon Senior Center

11 Newent Road

Lisbon, CT 06351

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NORWICH, CT

PERMIT #86

Issue: **August/September 2014**

RETURN SERVICE REQUESTED

Lisbon Senior Center

Monday – Friday

9:00 am – 3:00 pm

860-376-2329

Board of Selectmen

Thomas Sparkman

Robert Browne

John Gwiazdowski

Commission on Aging

Lee Szruba, Chairman

Director

Judith M. Jencks

Van Driver

Vikki

Nutrition Site Server

Glenda

The **Lisbon Senior Center** is for young, vibrant folks, age 60+ to 90+ looking for a club-like setting that includes socialization, activities, trips, classes, information, etc.

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 Monday 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.