

# **LISBON LINK special edition**

April 2020



We realize that these are very difficult times for everyone. Please know that

**We are here....**

(...even though our building is closed.)

**Please call us for assistance:**

**(860) 376-2329**



LISBON  
CONNECTICUT

Visit: <https://www.lisbonct.com/> For updates

## COVID-19 Resources

*This page is for informational purposes only.*

### CDC Resources

- Centers for Disease Control (CDC) Prevention Website  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Coronavirus - Frequently Asked Questions  
<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>
- CDC Coronavirus Fact Sheet  
<https://www.lisbonct.com/sites/lisbonct/files/uploads/2019-ncov-factsheet.pdf>
- CDC "Stop the Spread of Germs" Fact Sheet  
<https://www.lisbonct.com/sites/lisbonct/files/uploads/stop-the-spread-of-germs.pdf>
- CDC "What to Do If You Are Sick" Fact Sheet  
<https://www.lisbonct.com/sites/lisbonct/files/uploads/sick-with-2019-ncov-fact-sheet.pdf>
- CDC Handwashing Poster  
<https://www.lisbonct.com/sites/lisbonct/files/uploads/wash-your-hands-poster-english-508.pdf>

### State and Local Resources

- State of Connecticut Coronavirus Information Page  
<https://portal.ct.gov/Coronavirus>
- Uncas Health District  
<https://uncashd.org/>
- Yale New Haven Health Coronavirus Information / Hotline Page  
<https://www.ynhhs.org/patient-care/urgent-care/flu-or-coronavirus>

### Other Resources

#### World Health Organization - COVID-19 Symptoms

<https://www.lisbonct.com/sites/lisbonct/files/uploads/covid19symptoms.pdf>

#### CT Department of Public Health - Pandemic Preparedness

<https://www.lisbonct.com/sites/lisbonct/files/uploads/preparecovid19.pdf>

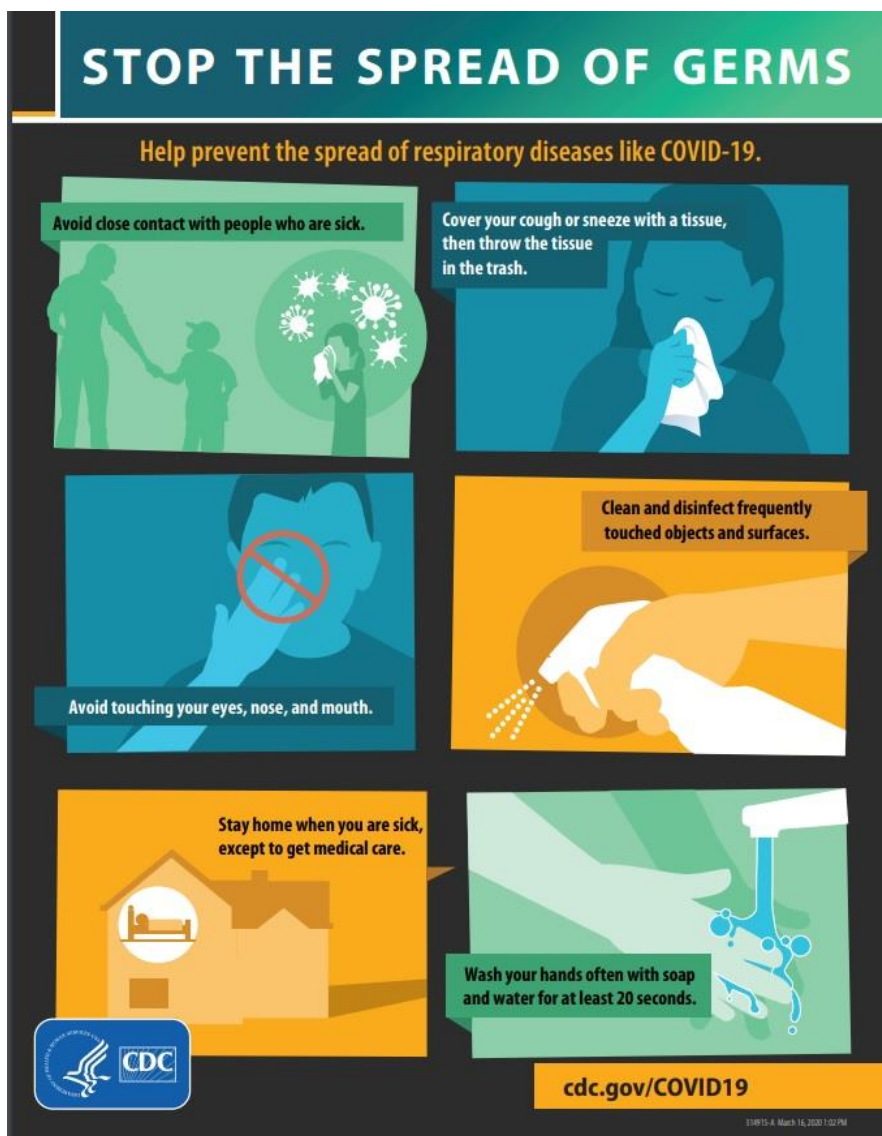
**Hartford Healthcare** – COVID-19 Clinical Command Center 24-hour Hotline – **860-372-8100** or toll free **833-621-0600**

**Yale New Haven Health** – Covid-19 Call Center Hotline Monday – Friday, 7am – 7pm. – **203-688-1700** or toll free **833-484-1200**

**State of Connecticut** is launching an information hotline for questions from the public about the spread of Coronavirus (COVID-19). People who have questions can call **2-1-1** or txt **"CTCOVID"** to **898211**.

Things you can do to support yourself:

- **Take breaks from watching, reading, or listening to news stories and social media.** Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.** Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.**
- **If you, or someone you care about, are feeling overwhelmed** with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call 911



#### Homeowner's Tax Relief

Homeowners must be over 65 or totally disabled and live in the home to qualify. This program is income qualifying and proof of income is required by the State every two years to have benefits continue. Applications are available Feb. 1st through May 15<sup>th</sup> annually at the Assessor's Office. Please contact the Assessor's office for current qualifying income limits and documentation needed to file. The application is available on-line or in the tax assessor's office.

Contact our Tax Assessor at 860-376-5115

#### Renter's Rebate

Renters who are over 65 or totally disabled and meet income guidelines may qualify for rent relief. The program opens on May 15<sup>th</sup> and closes on Sept. 15<sup>th</sup> annually. This program is income qualifying and proof of income and certain expenses are required by the State annually. Please contact the Assessor's office for current qualifying income limits and documentation needed to file. The application is available on-line or in the tax assessor's office

## LUNCH

While we are here for you for curbside sandwich pickup, we would like to suggest that you order takeout from your favorite local restaurants.

Giving them your support during these difficult times is important for all of us to come together and try to minimize the losses that they will incur.



Here are names and numbers of the restaurants that are serving take-out orders:

Green Onion Pizza	860-376-3817
Just Breakfast & Things.....	860-376-4040
Manny's.....	860-886-4212
Tulli's.....	860-886-6666
Poppy & Rye.....	860-383-2026
Vocaturas.....	860-887-2220
Brody's Seafood Market.....	860-213-5648
Occum Pizza.....	860-822-8025



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

### Ways to stay Happy and Healthy at Home!!!

- Watch a movie/Netflix/video
  - Do something crafty-knit, crochet, make a collage, scrapbook
  - Write a memoir
  - Write a poem
  - Write a letter
  - Write a song
  - Give your brain a workout and play online games.
  - Crossword puzzles-free printable ([http://gets.com/crossword\\_puzzles.htm](http://gets.com/crossword_puzzles.htm))
  - Jig-saw-puzzles-we are fortunate we have a few hundred – GIVE US A CALL
  - Meditate - Try lying down with your eyes closed, palms up and while focusing on your breath. Or spend 20 minutes sitting cross-legged and repeat a soothing word to yourself in your head. (The latter is more like transcendental meditation.)
  - Call a friend/skype
  - Pamper yourself. Have a Cup of Tea, Listen to music
  - TED Talks <https://www.ted.com/talks>
  - Find a project at home-clean your windows, dust your house.
  - Fix broken items
  - Go through old photographs and write on them(who, what)/organize them
  - Go through your old clothes and get rid of the ones you don't want any more or fix the ones that are missing buttons etc.
- 
- Stretch
  - Go outside/plant a garden/relax
  - Gaze at the stars
  - Redecorate your space
  - Read
  - Make a bucket list of things you want to do when this is all over!

**Do you need errands done? We have volunteers to help you. Call us at 860-376-2329 and we will set you up with a trusted volunteer.**

## Positive Words

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

welcome	value	understand	thankful
stability	remarkable	quality	pleasure
outstanding	nice	magnificent	loyal
knowledge	joy	insight	helpfulness
gratitude	flexibility	empathize	delighted
cooperation	benefit	appreciative	

## Easter Word Search

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

Basket

Bonnet

Bunny

Candy

Chicks

Chocolate

Daffodil

Decorate

Ducks

Dye

Easter

Egg Hunt

Eggs

Family

Flowers

Grass

Happy

Jellybeans

Lily

Parade

Peeps

Rabbit

Spring

Sunday

Tradition

Tulips



## Healthy Foods & Snacks

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

BEETS

TOMATOES

APPLESAUCE

TURKEY

SPINACH

KIWI

PRIME RIB

POPCORN

CELERY

CUCUMBERS

CARROTS

RICE

PEARS

PINEAPPLE

WATER

APRICOT

YOGURT

CASHEWS

PEAS

CHICKEN

BEANS

EGGS

MILK

GRANOLAS

SALMON

CHEESE

BROCCOLI

BANANA

ORANGES

WHOLE WHEAT PASTA



## Cinco de Mayo

### Word Search



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



BATTLE  
BURRITOS  
CELEBRATION  
CINCO  
CULTURE  
DANCING

FIESTA  
FRANCE  
MAYO  
MARACAS  
MEXICO  
PARADE

PINATA  
PUEBLA  
SALSA  
SOMBRERO  
TACOS  
VICTORY



# BETTY WHITE ☺

If we ever needed living proof of everything that's great with getting older, we don't have to look any further than Betty White. The 98-year-old actress is living proof that you're only as old as you feel, and all you have to do is keep doing exactly what you love to do. Betty White is the kind of person who not only marches to the beat of her drummer, but helps others do it, too, by reinventing herself periodically while still maintaining her true self. Here are some of the best lessons we've learned from her.

## You Still Remember Your Best Love, No Matter How Many Years go By

In 1961, White met a man by the name of Allen Ludden, who was the host of a popular game show called *Password*. Immediately smitten, she dated him for two years...but rejected his first two proposals. She finally accepted in 1963 and was married to him until his death in 1981 of stomach cancer. Ludden made such a strong impression on her that she never remarried, telling Larry King "'Once you've had the best, who needs the rest? I made two mistakes before Allen, but the love of your life doesn't come along in every life, so I am very grateful that I found him."

## Communication is Always Possible

Whether you're an intellectual biped or furry gorilla, you both have the ability to tell others what you want and need *and* pick up on that from others. White's favorite animal is Koko, the signing gorilla. She regularly goes into Koko's enclosure to have a conversation, saying, "she signs — makes me aware of what she's saying as well as talking to her... It's just mind-boggling to look into those eyes and to be talking to her and realize how aware she is of everything you're saying. I think my most exciting privilege of all my animal contacts."

## There Doesn't Have to be Such a Thing as Retirement

White has no plans to hang up the hat — ever. She really enjoys what she does and finds a lot of fulfillment out of it, and is loathe to give up that part of her identity. In fact, she plans on working until she keels over from it: "'Retire? I'm not sure the meaning of that word, I hear it once in a while, out there somebody did it. But no. I'm going to die in the saddle."

## There's Beauty in Every Age

You may not have the body you did in your 20s, but that's a good thing. Your mind has grown to appreciate what's really important in life, and it's definitely not how you look in a bikini. What *is* important, though, is the respect and love you have for yourself, and always knowing you have something to offer the world. Or, in White's words, "I may be a senior, but so what? I'm still hot."

## Seniors and Young People Have a Special Relationship

The two-generation gap is the perfect one because there's just enough separation that neither tells the other what to do, and there are enough years between them to make for really valuable conversations. Young people can pick up on the wise life lessons of seniors, while seniors get the inside scoop on what's hot in the future from their younger counterparts. In response to the newer generation of fans White's picked up, she says: "They kind of think, 'Well, she's always here, so we might as well watch her.' And it's fun. You meet friends of all ages on the street."

**Next time you ponder what it means to become older, think back to Betty White and how gracefully she's grown into it. It can be one of the best times of your life if you just let it, and go along for the ride.**

## **Lisbon's Longevity Link**

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

Special Issue April 2020

RETURN SERVICE REQUESTED

### **Lisbon Senior Center**

Monday – Friday  
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**

Donna Gahrman

#### **Nutrition Site Server**

Glenda White

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 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.