



NEWS FROM BEMIS HALL

Volume 4 Issue 3

March 2013

The Lincoln Council on Aging Monthly

CREATE THE HOME YOU REALLY WANT!

Is it time for you to clean out, spruce up, and create your home environment to reflect who you are and how you want to live? Are you transitioning to a new home and want to arrange it to perfectly suit you? Then come to our special panel on **Friday, March 22 at 1 pm at Bemis Hall** featuring local experts who can help! Lyn Spaeth of Transformations will show you how to go through your rooms, decide what is essential, and redesign your home to best reflect the real you. Marie LeBlanc of Transitions Liquidation Services will discuss the options for donating or selling your unwanted items. Doug Stinson of Carl W. Stinson Auctions will let you know how to go about selling your finer furniture, art, and other objects at auction and what is currently popular in the antiques market. Finally, a representative of Household Goods Recycling of Massachusetts will discuss how you can donate items you choose not to sell and improve the lives of those in need in area communities.



LUNCH FOR VETERANS AND SPOUSES



If you are a Lincoln veteran of any age, you and your spouse are invited to a special luncheon on **Saturday, March 9, at 12:30 pm at Bemis Hall!** Enjoy a special meal prepared just for you! This will be a time when you can relax, meet other veterans, discuss common concerns, and give ideas for programs about veterans services and benefits. The lunch is free, but please sign up by Tuesday, March 5 by calling the COA at (781) 259-8811.

TREAT YOURSELF TO A MUSICAL “THOROUGHLY MODERN MILLIE”

Revive the roaring 1920’s jazz age at a matinee performance of the Broadway blockbuster “Thoroughly Modern Millie” at the Stoneham Theater on **Wednesday, May 1.** This musical comedy tells the story of a small-town girl who comes to New York determined to find a job and marry for money. She has “modern ideas” and big dreams, but instead finds – young love. Written by Richard Morris and Dick Scanlan, with new music by Jeanine Tesori, this play is sure to leave you happy. Complimentary refreshments will be served at Intermission. Meet the Doherty’s bus at Donelan’s parking lot at 1:00 pm. Tickets are limited and are partially supported by the Hurff Fund. Send a check for \$25.00 made out to FLCOA Trips to Virginia O’Brien, 4 Linway Road, Lincoln, by Saturday, April 13. Questions? Call Carolyn at the COA.

NEWS FROM THE TOWN CLERK

Voter Registration Deadline: If you are not yet a Registered Voter and wish to participate in the March 23 Annual Town Meeting or the March 25 Town Election, you must do so by or before **Friday, March 1, 2013**, at the Town Clerk’s Office (781) 259-2607.

Snowbirds and no birds: If you have not yet returned the **2013 Town Census** (delivered to all Lincoln households the last week of January) to the Town Clerk’s Office, please do so now. For questions, call (781) 259-2607.

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LINCOLN SHINE NEEDS YOUR HELP



The Lincoln COA and Minuteman Senior Services are looking for volunteers to be trained to provide health benefits counseling on Medicare, MassHealth, and more for residents of all incomes and ages. Volunteers would work with continuing SHINE counselor Don Milan who is finding he needs another counselor to assist due to increased counseling needs for Medicare, MassHealth, general health insurance and skilled home care programs. Volunteers receive extensive training and support. You can choose your own days and hours. This is a great volunteer opportunity for someone who enjoys helping others in need, has basic computer skills, and likes to work with data and problem-solve. Please call the COA for information regarding training and certification opportunities.

YOU MAY STILL APPLY FOR FUEL ASSISTANCE

If you need help paying your winter fuel bill, the Commonwealth's Fuel Assistance Program may be able to help. The Fuel Assistance Program provides a cash benefit, payable to an authorized fuel provider, for both home owners and renters whose incomes are eligible. To apply for Fuel Assistance, residents of all ages should call Pam of the COA at (781) 259-8811 to set up an appointment.

COUNCIL ON AGING SERVICES

INFORMATION AND REFERRAL/CARE MANAGEMENT Answers to questions about and assistance in evaluating in-home care needs and locating elder services, well being check-ins, crisis intervention, and more.

SHINE (Serving Health Information Needs of Elders) (MA Exec. Office of Elder Affairs and Minuteman Senior Services) Counselors are available to give help regarding health insurance, medical bills and long-term care needs.

MEALS-ON-WHEELS Home-delivered meals. Call Minuteman Senior Services at (781) 272-7177.

ARE YOU IN A FINANCIAL CRISIS? The Small Necessities Project and the Emergency Assistance Fund, funded by the Ogden Codman Trust, First Parish, and donations, may be able to help. Call the COA for more information.

WOULD YOU LIKE A HOME SAFETY EVALUATION? Would you like a free visit from a physical therapist to give suggestions on making your home safer? Call the COA. The Home Safe Project is funded by the Ogden Codman Trust.

MEDICAL EQUIPMENT LOAN The COA has a supply of used medical equipment. Walkers, canes, wheel chairs, tub benches, shower chairs, and commodes are available for loan.

TRANSPORTATION The COA offers rides, based on availability, to medical and other appointments, local shopping, COA activities and, occasionally depending on capacity, some other local rides through volunteer drivers (LINC) and taxis Monday through Friday from 9 am to 4 pm. Please call Lincoln Concord Coach at (781) 259-8722 at least three business days but not more than a month ahead to book a ride. There is no charge for either volunteer or taxi rides. *LINC transportation is intended for those who do not qualify for The Ride or have other means of transportation.* The Ride is the MBTA door to door transportation system for those who have a disability, and runs evenings and weekends. Call Pam for help applying for The Ride. The COA's taxi rides are supported entirely by the Friends of the Lincoln COA. Donations are gratefully accepted.

TO CONTACT US

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Lincoln Council on Aging

is located at Bemis Hall,
15 Bedford Road, Lincoln.

Please send mail to:

c/o Town Offices

16 Lincoln Road

Lincoln, MA 01773

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News from Bemis Hall

Free, published 11 times a year, and mailed to every address and POB in Lincoln.

THE LINCOLN ACADEMY

Come to Bemis Hall on Mondays at 12:30 to hear a fascinating speaker from or associated with Lincoln. Bring a bag lunch. We provide beverages and dessert. The lectures last about an hour, including a question and answer period. Participants are welcome to stay after the program to continue their discussion.

This Month's Speakers

March 4, 12:30 pm — Chris Bibbo: The Role of the DPW in Your Community

Find out about the many services provided by the DPW and how they keep our Town moving!

March 11, 12:30 pm — Aida Donald: Reflections on Harry Truman

Hear the author of the recently released biography, Citizen Soldier: A Life of Harry S. Truman, discuss her insights into the life and times of our 33rd President

March 18, 12:30 PM — Barbara Rhines: From Institution to Community

Learn about the history and progress of human rights for people with intellectual and developmental disabilities and the role families have played to affect change through The Arc of Massachusetts.

Guest poet: Scott Lentine, who writes about living with autism.

March 25, 12:30 pm — Megan Kate Nelson: Civil War Landscapes

The author of Ruin Nation: Destruction and the American Civil War will discuss Civil War landscapes

For DVDs of past programs, go to the Library, COA, or lincolncoa.org and click on "Lincoln Academy."

LINCOLN ACADEMY AT THE MOVIES —THE ART OF THE PIANO

Join Mariel Bossert on **Friday, March 8, at 10 am at Bemis Hall** for a special "Lincoln Academy at the Movies" when she shows *The Art of Piano: Great Pianists of the 20th Century* and leads a discussion afterwards. *The Art of the Piano* is a documentary including rare archival footage of performances by Gould, Horowitz, Paderewski, Rachmaninoff, Richter, Rubinstein, and many others followed by interviews with the pianists, conductors, and musicians.



ENJOY A DAY OUT WITH THE COA!



WALTHAM MUSEUMS OF INDUSTRY AND 20th CENTURY ART!



Don't miss an escape into WALTHAM. **Thursday, March 28.** Meet at Lincoln Station at 9:30 am for the bus to the Charles River Museum of Industry and Innovation. Then venture through upper Moody St. to enjoy lunch on your own. By 12:45 we will be on the bus for the jaunt over to Brandeis University's brilliant collection of Twentieth Century American art at The Rose Art Museum. There, a welcoming Brandeis student will guide us in a discussion of three works from the collection after which we can stroll the exhibit at our own pace until we depart for Lincoln, arriving back at 3:00 pm. Cost of the trip? \$12.00 Send checks payable to Friends/COA/Trips to Amy Ellsworth, 62 Wells Road, Lincoln, MA. Questions? Call Amy at (781) 259-8637.

WATERWORKS MUSEUM & LUNCH

Save the date, **Sunday, June 2**, for a visit to the new Waterworks Museum on the reservoir in Chestnut Hill, followed by lunch together at the nearby Cottage Restaurant. This museum offers a fascinating look at the scientific, architectural, cultural and health ideas that built the H. H. Richardson-style Chestnut Hill pumping station into the heart of our region's water supply system in the early 19th century. We'll have a guided tour of the building and the Great Engine Hall by architect and engineer Dennis De Witt, plus some time for many interactive displays. Meet the Doherty's bus at 10:15 am at Donelan's parking lot; return by 3:00 pm. Cost: \$12 plus your lunch, with checks made out to FLCOA Trips. Questions? Call Joanna Hopkins, (781) 259-0194.

*** JUST FOR FUN ***

HAVE COFFEE WITH THE OPEN STUDIO ARTISTS

Join members of the Recreation Department's Open Studio when they share their work with you at an exhibit in the Bemis Hall Lincoln Artists' Gallery in March and April. The Lincoln Open Studio is a group of local painters that come together, once a week, to create art and share skills and artistic interests. The friendly, stimulating environment and supportive critiques of each other's work do much to improve and expand their work. Once each semester they gain inspiration from a visiting artist. Further information is available from the Lincoln Recreation Department. Meet them at a "Coffee with the Artists" on **Thursday, March 7 at 2:15 pm!**

ARRANGING FLOWERS FOR ART

If you have ever gone to MFA's or Worcester Art Museum's Art in Bloom exhibits and wonder how flower arrangers come up with designs to complement the art, come to **Bemis Hall on Monday, March 18 at 10 am.** Seasoned flower show arranger, Lois Frampton (exhibiting in Worcester's Flora in Winter) will be demonstrating the process by doing arrangements for three pieces of art she will bring for Lincoln Garden Club members who are doing arrangements for their own Artists in Bloom in April. She will also talk about good floral design practice as she makes the arrangements. Please sign up by calling the COA by March 11 as space is limited. The program is co-sponsored with the Garden Club.

CELEBRATE SPRING WITH A EUROPEAN PARTY!



Spring officially arrives this month, so celebrate with a special European-themed party on **Thursday, March 21 at 2:15 pm at Bemis Hall!** We'll have European-themed fun and refreshments as well as time to chat and get to know your fellow Lincoln residents! Test your knowledge of European capitals! Share your stories of living or visiting in your favorite European countries!

SAGES AND SEEKERS: TELL YOUR STORY

Sages and Seekers is an eight-week program beginning in late March through which Concord Academy students are partnered with elders to write the elder's story. Past participants have raved about the program. Come find out more when Elly Katz comes to **Bemis Hall on Monday, March 4 at 9:30 am** or call (508) 444-8821.

NURSERY SING-ALONG

Sing along with the children from the Lincoln Nursery School on **Friday, March 22 at 10:15 am at Bemis Hall.** The kids will visit with their teachers to sing some of their favorite songs.

AT THE MOVIES

TUESDAY, MARCH 5, 2:15 PM. MEN IN BLACK 3. When Earth comes under the threat of an alien attack, Agent J travels back in time to join forces with a much-younger Agent K (and change the course of history). 2012. PG-13. 106 mins.

THURSDAY, MARCH 14, 2:15 PM. AFRICAN CATS. Samuel L. Jackson narrates this Disney-nature documentary set on the plains of the African savanna, where tight-knit animal families of lions and cheetahs reveal themselves to be a lot like the rest of us. 2011. G. 89 mins.

FRIDAY, MARCH 15, 1:00 PM. OPERA MOVIE: MACBETH. John Pritchard conducts the London Philharmonic Orchestra in this Glyndebourne production of Verdi's opera "Macbeth," featuring baritone Kostas Paskalis as the troubled soldier and soprano Josephine Barstow as his murderous wife. 2005. NR. 157 mins.

TUESDAY, MARCH 19, 2:15 PM. GOING FOR GOLD. Witness the powerful and uplifting story of how two men from very different backgrounds triumphed against the odds, capturing Olympic Gold and embodying the battling spirit of the 1948 London games. 2012. NR. 90 mins.

TUESDAY, MARCH 26, 2:15 PM. THE POOL. In this seriocomic study of class differences in India, a young hotel worker becomes obsessed with a swimming pool at an opulent mansion in Panjom, Goa. His life takes a wild turn when he meets the mysterious family that arrives at the house. Indian. 2007. NR. 98 mins.



~~~~~ SPEND TIME WITH OTHERS ~~~~~

### ENJOY "SENIOR DINING"



Lincoln seniors are invited to a gourmet meal at **11:30 on Tuesday, March 19 at St. Anne's Church**. Reserve by calling the COA at least a week ahead. The cost of each meal is \$5. Caregivers are welcome. Let us know if you need transportation or a seating partner. The lunch is co-sponsored by the COA, the Friends of the COA, Minuteman Senior Services, and St. Anne's.

### JOIN OUR NEW GERMAN CONVERSATION GROUP!

Would you like to practice your German in a German conversation group? Then come to **Bemis Hall on Friday, March 15 at 10 am**. If there is enough interest, we'll plan more meetings on a regular schedule.



## PAM'S GROUPS—NEW MEMBERS ALWAYS WELCOME!

**Change Your Thinking and Life, Mondays, 11:15 am** Discuss how to gain a valuable sense of well being as we get older by changing our thinking, taking action, connecting body/mind/spirit, and being open to life.

**Let's Connect, Mondays/Wednesdays, 2 pm** Chat and connect to caring people in person or by phone.

**Life After 60 Group, Tuesdays, 12:00 pm** Make new friends while discussing an array of topics.

**Declutter Your Home, 2nd and 4th Thursdays, 11:30 am-1 pm** Learn why we clutter and how to get organized by discussing strategies. **This month's theme is cleaning out and organizing your kitchen, food storage, pantry, and refrigerator/freezer.**

**Finding What's Next Group, Fridays, 11:00 am** Discover what is important to you and how you want to spend the next chapter of your life.

### SHARE YOUR INTERESTS, MEET FRIENDS, AND HAVE SOME FUN!

**PLAY-READING GROUP** Indulge your inner thespian while having lots of fun when Sally Kindleberger leads a group in reading "Blithe Spirit," by Noel Coward on **Monday, March 4, at 10 am and Monday, March 11, at 9 am at Bemis Hall**. Sally will bring copies of the script.

**FRENCH CONVERSATION** Brush up on your French speaking skills **the second and fourth Monday of each month at 10:00 am at Bemis Hall** at our French conversation group. Only French will be spoken.

**SPANISH CONVERSATION** Enjoy our conversational Spanish group that will meet **here at Bemis Hall on the second and fourth Mondays of the month at noon**. Only Spanish will be spoken.

**MAH JONGG** Play Mah Jongg each **Wednesday at 1:15 pm**.

**CONSERVATION BREAKFAST** **Thursday, March 14 at 8:00 am**. Meet and gossip about Town events, sometimes touching on Conservation issues. Call (781) 259-2612 for locale.

**LINCOLN MEN'S COFFEE** **Thursday, March 21 at 8:00 am**. Coffee, bagels and camaraderie—a great chance to catch up with your buddies and make new friends.

**HANDWORK CIRCLE** Chat while doing handwork the **second and fourth Thursdays of each month, 9:30 am**.

**EAT WELL, BE WELL GROUP** If you like to discuss nutrition and share tips and information, join the Eat Well, Be Well group that will meet monthly on the second and fourth Thursdays of the month at 1:15 at Bemis Hall. The group's next meetings will be on **March 14 and 28**.

**UKULELE AND SING-ALONG GROUP** meets on **Wednesday, March 6 at 3 pm here at Bemis Hall**. The group, led by Rob Todd, sings and plays simple songs together. Beginners welcome! Bring your ukulele or sing!

**BLISSFUL MEDITATION** These meditations, usually offered the **2nd and 4th Fridays of the month at 12:15 pm at Bemis Hall**, will deepen your sense of well-being and calm. *This month offered on March 22 and 29.*

**MEMOIRS** and **DESIGN YOUR DESTINY** are closed to new participants for the current sessions.

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**MARCH**



**LOCATIONS**

**BRF: Battle Road Farm Meetinghouse**  
**Groves: The Groves in Lincoln Lib: Lincoln Library**  
**St. Anne's: St. Anne's Church**  
**St. Joseph: St. Joseph's Church**

**4**  
 9:30 Sages and Seekers  
 10:00 Playreading: Blithe Spirit  
 11:15 Change Thinking Group  
 12:30 Lincoln Academy  
 2:00 Let's Connect Group  
 2:00/3:15 Tai Chi

**5**  
 9:00 Podiatry  
 11:30 You Can Do It Exercise  
 12:00 Life After 60 Group  
 1:00 Exercise: Aerobics and Weights  
 2:15 Movie: Men in Black 3

**6**  
 10:00 Dementia Caregiver Group (Groves)  
 11:00 Line Dancing  
 1:00/2:15 Tai Chi  
 1:15 Mah Jongg  
 2:00 Let's Connect Group  
 3:00 Ukulele Gathering

**7**  
 9:15/10:15 Tai Chi  
 11:30 You Can Do It Exercise  
 1:00 Exercise: Aerobics and Weights  
 1:30 Computer Drop-In  
 2:15 Coffee with Artists of the Open Studio

**8**  
 10:00 Lincoln Academy at the Movies: The Art of the Piano  
 11:00 Finding What's Next Group  
 12:15 Design Your Destiny

**11**  
 9:00 Playreading: Blithe Spirit  
 10:00 French Conversation  
 11:15 Change Thinking Group  
 12:00 Spanish Conversation  
 12:30 Lincoln Academy  
 2:00 Let's Connect Group  
 2:00/3:15 Tai Chi  
 7:00 Acoustic Music (Lib)

**12**  
 9:30 FLCOA Board  
 11:30 You Can Do It Exercise  
 12:00 Life After 60 Group  
 1:00 Exercise: Aerobics and Weights  
 2:30 COA Board

**13**  
 10:00 Memoirs  
 10:00 Veterans Services Officer Office Hours  
 11:00 Line Dancing  
 1:00/2:15 Tai Chi  
 1:15 Mah Jongg  
 2:00 Let's Connect Group  
 7:30 Classic Jazz (Lib)

**14**  
 8:00 Conservation Bkfst  
 9:15/10:15 Tai Chi  
 9:30 Handwork Circle  
 11:30 Declutter Group  
 11:30 You Can Do It Exercise  
 1:00 Exercise: Aerobics and Weights  
 1:15 Eat Well, Be Well Group  
 1:30 Computer Drop-In  
 2:15 Movie: African Cats

**15**  
 10:00 German Conversation  
 11:00 Finding What's Next Group  
 12:15 Design Your Destiny  
 1:00 Opera Movie: MacBeth by Verdi

**SATURDAY 9**  
 9:00 Library Book Sale  
 12:30 Veterans Lunch  
**SUNDAY 10**  
**Daylight Savings Time Begins**

**SATURDAY 16**  
 2:00 Jazz Jam (Lib)

|                                                                                                                                                                 |                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>18</b></p> <p>10:00 Flower-Arranging<br/> 11:15 Change Thinking Group<br/> 12:30 Lincoln Academy<br/> 2:00 Let's Connect Group<br/> 2:00/3:15 Tai Chi</p> | <p><b>19</b></p> <p>9:00 Blood Pressure/<br/> Wellness Clinic<br/> 11:30 Senior Dining (St.<br/> Anne's)<br/> 11:30 You Can Do It<br/> Exercise<br/> 12:00 Life After 60 Group<br/> 1:00 Exercise: Aerobics and<br/> Weights<br/> 2:15 Movie: Going for Gold</p> | <p><b>25</b></p> <p>10:00 French Conversation<br/> 11:15 Change Thinking Group<br/> 12:00 Spanish Conversation<br/> 12:30 Lincoln Academy<br/> 2:00 Let's Connect Group<br/> 2:00/3:15 Tai Chi</p>                                                                                                           |
|                                                                                                                                                                 | <p><b>20</b></p> <p>9:00 Podiatry<br/> 11:00 Line Dancing<br/> 1:00/2:15 Tai Chi<br/> 1:15 Mah Jongg<br/> 2:00 Let's Connect Group</p>                                                                                                                           | <p><b>27</b></p> <p>9:00 Collating<br/> 11:00 Walk-In Clinic (St.<br/> Joseph's)<br/> 11:00 Line Dancing<br/> 1:15 Mah Jongg<br/> 1:00/2:15 Tai Chi<br/> 2:00 Let's Connect Group</p>                                                                                                                        |
|                                                                                                                                                                 | <p><b>21</b></p> <p>8:00 Men's Coffee<br/> 9:15/10:15 Tai Chi<br/> 11:30 You Can Do It Exercise<br/> 1:00 Exercise: Aerobics<br/> and Weights<br/> 1:30 Computer Drop-In<br/> 2:15 European Party</p>                                                            | <p><b>28</b></p> <p>9:15/10:15 Tai Chi<br/> 9:30 Handwork Circle<br/> 9:30 Museum Trip Leaves<br/> 10:00 Smartphones and Tablets<br/> 11:30 Declutter Group<br/> 11:30 You Can Do It Exercise<br/> 1:00 Exercise: Aerobics<br/> and Weights<br/> 1:15 Eat Well, Be Well Group<br/> 1:30 Computer Drop-In</p> |
| <p><b>22</b></p> <p>10:15 Nursery Sing-along<br/> 11:00 Finding What's Next<br/> Group<br/> 12:15 Meditation<br/> 1:00 Create the Home You<br/> Really Want</p> |                                                                                                                                                                                                                                                                  | <p><b>29</b></p> <p>9:30 Successful Goal Setting<br/> 11:00 Finding What's Next<br/> Group<br/> 12:15 Meditation<br/> 1:00 Meditation Next Steps</p>                                                                                                                                                         |



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## ~~ FOR YOUR WELL BEING ~~

### WHAT IS "NORMAL" AGING?



What are "normal" aspects of aging? Are dementia/Alzheimer's and depression medical conditions to be treated or to be expected after a certain age? Find out the latest information about what is "normal aging" and what is not when Brianna DiBona, a Geriatric Care Manager Assistant with Overlook CARE and Overlook VNA, comes to the **Bemis Hall on Tuesday, March 26 at 10 am**. She will also discuss families and caregivers and give an overview of the long term care system and how to access services. We must have 10 signed up to hold the program, so call the COA to reserve your place!

### MEDITATION: NEXT STEPS FOR YOUR PRACTICE

This is your opportunity to bring your existing meditation practice to a higher level! Whether you are a beginner or more advanced, find out what you can do to make your practice even more beneficial. Join Suzanne Reitz, RN, MS, Complimentary Therapies RN of Parmenter Community Health Care, when she comes to **Bemis Hall on Friday, March 29, at 1 pm** and brings some variations to freshen up your practice.



### LINE DANCING FOR FUN AND FITNESS!

Beginners as well as those who have done line dancing before will enjoy our new line dancing classes with experienced instructor Katrina Rotondi. Classes will be offered at Bemis Hall on **Wednesdays from 11 am to noon for eight weeks beginning on March 6** at a cost of just \$3 per class payable to the instructor the day of the class. "I love line dancing! It's great exercise for the body and mind!" and "Line dancing is great fun and healthy!" say participants in the fall class. Partially subsidized by the Massachusetts Executive Office of Elder Affairs.

### OPPORTUNITIES FOR EXERCISE

**YOU CAN DO IT!** This 45-minute class offers gentle aerobic and weight-strengthening exercises that can be done in a chair or standing. It is perfect for those who need a less vigorous class or who have been hospitalized or are recovering. **Tuesdays and Thursdays, 11:30 am;** \$3 per class; no need to sign up. Taught by Marilyn Onorato.

**FITNESS AND STRENGTH TRAINING.** A moderately vigorous, one-hour class offering fun aerobics and weight strengthening. A great way to meet new people while getting fit! **Tuesdays and Thursdays, 1 pm;** \$3 per class; no need to sign up. Taught by Marilyn Onorato.

**TAI CHI FOR HEALTH, REHABILITATION, AND WELLNESS.** Tai Chi I: 9:15 am Thursdays. Tai Chi II: 10:15 am Thursdays, 2-3 pm Mondays and 1-2 pm Wednesdays. Tai Chi III: 3:15-4:15 pm Mondays and 2:15-3:15 pm Wednesdays. Classes are now closed for this session. For info, contact Jane Moss (781) 259-9822 or [mind-bodyjm@comcast.net](mailto:mind-bodyjm@comcast.net).

*You Can Do It, Fitness and Strength Training, and Tai Chi are subsidized by the MA Executive Office of Elder Affairs. Tai Chi is also subsidized by the FLCOA.*

### WELLNESS CLINIC

Come to our clinic for blood pressure, information and advice about nutrition and fitness, medication management, body mass index calculations, and answers to general questions about how to manage chronic conditions, where to get health services, and more. This month's clinic will be on **Tuesday, March 19 from 9 to 11 am at Bemis Hall**. Services are provided by Emerson Hospital Home Care.

### PODIATRY CLINICS

Podiatry clinics will be held on **Tuesday, March 5 and Wednesday, March 20, both at 9 am at Bemis Hall** by appointment. \$10 donation requested.

**DEMENTIA CAREGIVERS GROUP AT THE GROVES** All are welcome to a free group for caregivers of those with dementia on **March 6 at 10 am at The Groves**. For info, call (781) 430-6000.

**PLEASE DONATE TO THE ST. VINCENT DE PAUL FOOD SUPPLEMENT PROGRAM** by leaving non-perishable food not beyond its shelf life expiration date in the Bemis Hall vestibule.

## ●●●WHAT YOU NEED TO KNOW●●●

### MAKE YOUR LIFE BETTER WITH STRESS-FREE GOALS THAT WORK



Join Joanne Hadlock, Ph.D., a licensed psychologist and specialist in life/career transitions, on **Friday, March 29 at 9:30 am at Bemis Hall** to explore simple, satisfying, and highly effective ways to reach your life goals without stress!

Whether they are complex or simple, this workshop is for you. We'll look at the goals which create satisfaction and pleasure and avoid setting goals that are more likely to cause stress, anxiety and defeat. We'll generate solutions easy to engage that provide energy and purpose, immediately and into the future. Bring interesting ideas and experiences of goals past, present and future.

### THERE'S AN APP FOR THAT! SMARTPHONES AND TABLETS, PART II

Smartphones, tablets, and the applications (apps) that go with them turn a regular phone into a computer you can take with you in your purse or pocket. You can play music, do research, answer email or browse the web, shop, find a great restaurant or hotel nearby, find out the phases of the moon, and just about anything else you can imagine. Learn how to find, purchase (though many apps are free!), download, and use apps when Harold McAleer presents "Smartphones and Tablets, Part II" here at **Bemis Hall on Thursday, March 28 at 10 am**. This is a great presentation for those who have Smartphones and tablets and want to get more out of them as well as those who are thinking about getting one and want to know what it can do!

### VETERANS SERVICES OFFICER OFFICE HOURS

If you would like to meet with our Lincoln's Veterans Services Officer, come to **Bemis Hall on Wednesday, March 13 at 10 am (usually office hours are the first Wednesday, but have been moved for this month only)**. Ask questions about your or your spouse's benefits, get help, find out information! First come, first served. If you would like immediate assistance, call the COA to make an appointment. (See special notice on page 1.)

### NEW RESOURCE GUIDE AVAILABLE!

The Council on Aging has just issued an updated and expanded Elder Resource Guide. The guide lists providers of services and organizations that serve Lincoln under categories that include in-home services, housing options, information on a wide variety of topics, advocacy for consumers and those with disabilities, health services and health insurance counseling, elder abuse and neglect, benefits, hospice, safety, recreation and social events, support groups, transportation, and more! You may get a copy from the COA or download a copy by going to [www.lincolncoa.org](http://www.lincolncoa.org) and clicking on "Resource Guide" in the right-hand menu.

### FREE INCOME TAX PREPARATION HELP



Volunteers certified under the AARP Tax Aide program will prepare your Federal and Massachusetts personal income tax returns or answer your tax questions. This free service can answer most of the tax issues faced by low and middle income taxpayers, with special attention to those over age 60. Call the COA office to schedule a confidential appointment and get a list of documents you will need to bring.

## The Computer Corner...

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**ARE THERE COMPUTER TOPICS YOU WOULD LIKE TO LEARN ABOUT IN OUR EDUCATION PROGRAMS? CALL CAROLYN TO LET HER KNOW!**

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## GOINGS ON IN AND AROUND LINCOLN

**FRIENDS OF THE LIBRARY BOOK SALE** Come pick up a good read and help raise funds for the Library at the Friends of the Library Book Sale on **Saturday, March 9, from 9 am to noon at Bemis Hall.**

**OPEN MIKE ACOUSTIC NIGHT** Enjoy live music at the free Open Mike Acoustic program **Monday, March 11 from 7 to 10 pm at the Library** featuring Walter Crockett. Email [loma3re@gmail.com](mailto:loma3re@gmail.com) for info.

**CLASSIC JAZZ AT THE LIBRARY** Come watch and hear Deane Ellsworth on "Gershwin!" on **Wednesday, March 13 at 7:30 pm at the Library.**

**LIVE TRAD-JAZZ JAMBOREES!** Local musicians drop in and take turns in the group and the joint jumps! Attendance is free. **Saturday, March 16, 2 to 5 pm, Library.**

**WELLNESS CLINICS FOR ALL AGES!** Lincoln residents of all ages are invited to wellness clinics at the **Battle Road Farm Meetinghouse, 1 S. Commons Rd, on Friday, March 1, from 11 am to 1 pm** and at **St. Joseph's Church, 142 Lincoln Road on Wednesday, March 27 between 11 am and 1 pm** These clinics are funded by CHNA 15 and provided by Emerson Hospital Home Care. For info, call the COA at (781) 259-8811.

### THANKS TO THE CAMBRIDGE SPORTS UNION JUNIOR NORDIC TEAM FOR SNOW SHOVELING HELP!



The COA would like to extend an enthusiastic "thank you" to the young men and women of the Cambridge Sports Union Junior Nordic Team. This team, consisting of high school student athletes from the Greater Boston Metropolitan Area, has been providing snow shoveling to a number of Lincoln elders during the past winter. We and the seniors are grateful for both their hard work and cheerful, helpful manner. The Cambridge Sports Union Junior Nordic Team provides Nordic ski training and more for high school students in Lincoln and other towns.

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