

NEWS FROM BEMIS HALL

Volume 5 Issue 6

June 2014

The Lincoln Council on Aging Monthly

JUNE IS STRAWBERRY ICE CREAM SOCIAL TIME!



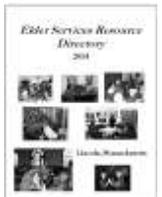
Celebrate this special time of year at the annual Strawberry Ice Cream Social which will be held at Bemis Hall on Thursday, June 19 at noon. The Social is sponsored by the COA and the Friends of the Lincoln COA. Bring a bag lunch at noon or just join us for dessert! Make your own ice cream sundae with luscious ice cream topped with strawberries, chocolate, and more! This is a great way to spend a relaxing afternoon, chat with friends, and meet new people! Please RSVP to the COA. Tell us when you call if you will need a ride.

JIM MEADORS AND FRIENDS: A CONCERT OF BEETHOVEN SONGS

Lincoln resident and guitarist Jim Meadors, along with soprano Katharine DeBoer and tenor Albert Lee, will present a concert of songs by Ludwig van Beethoven for guitar and voice on Monday, June 2, at 12:30 pm. Although best-known for his large and powerful works for orchestra, string quartet, and piano, Beethoven loved poetry and throughout his lifetime wrote songs for piano and voice to poems by Goethe and other poets of his time. Over the last two years Mr. Meadors has arranged the piano parts of more than 30 of these songs for the guitar. In this Lincoln Academy concert he will accompany Dr. DeBoer and Dr. Lee in a subset of these songs. James Meadors earned his doctorate in musicology at Harvard University and has played lute and guitar with many groups in the Boston area. He co-chairs the Conservation Commission. Dr. Lee and Dr. DeBoer are professors of music at the University of Nevada, Reno. Dr. Lee is also Artistic Director of Nevada Chamber Opera.

GET YOUR FREE GUIDE FOR FINDING RESOURCES!

Do you need to find in-home services, health and well being programs, legal and benefits help, housing, home adaptation providers, employment opportunities, help with finances, food and nutrition programs, home safety services, social and recreational programs, and more? Call or come down to the COA to get your free 2014 edition of the Elder Services Resource Directory! You may also download a copy from the COA's page at the Town website. This 29-page directory includes information about local, state, and federal agencies, non-profit organizations and businesses offering services to help you have the full life you would like. We are also happy to answer your questions about resources by phone or in person.



VOLUNTEERS OF THE YEAR



This year our "Volunteer of the Year" award went to a group of individuals who we have dubbed our "EMTs" or "Emergency Management Team" led by "Special Woman of the Year," Susan Isbell. These volunteers have consistently stepped in to offer their time, talents, and energy when unforeseen circumstances have occurred and tasks needed to be done, especially during the past year. Because of them, the COA's programs and services never miss a beat no matter what surprises we have encountered. We are most grateful for their dedication, creativity, and "can-do" attitude both every day and when special needs arise.

Inside This Issue:

COA Services	2
Lincoln Academy/Trips	3
Just For Fun	4
Spend Time with Others	5
Calendar	6 & 7
For Your Well Being	8
What You Need to Know	9
What's Up in Lincoln	12

MAKE YOUR HOME SAFER AND PREVENT FALLS

Did you know that one out of three people 65 and older will fall this year and that falls are the leading cause of injury to elders? One important way to prevent falls is to make easy adaptations to your home or the home of your relative. While it is especially important to look at potential hazards in your home after a change in health, any-time is good to make sure that tripping hazards are out of the way, you can reach what you need easily, and more. The Home Safe Project can help you check out your home and even assist in making some changes. Through this Project, funded by the Ogden Codman Trust, a physical therapist will come into your home and go through whichever rooms you like to see what you might want to change. For more information, call the COA at (781) 259-8811. And it's all free!

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.

MINUTEMAN SHINE (Serving Health Information Needs of **Everyone**) Counselors give help regarding health insurance, medical bills and long-term care needs.

MEALS-ON-WHEELS (Minuteman Senior Services) Home-delivered meals.

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 info.

FILE OF LIFE. Call or stop by the COA for your free File of Life, an envelope for your fridge or a folder for your wallet holding essential information for emergency medical personnel should you have an emergency

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.

VETERANS BENEFITS For assistance with veterans' benefits and other related issues, contact Priscilla Leach at (781) 259-4472 or lincolnvetservices@gmail.com.

TRANSPORTATION The COA offers rides 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. *COA transportation is intended for those who have no other means of transportation such as The Ride, family, friends, or caregivers and who cannot afford taxi service without it creating a hardship.* The Ride is the MBTA door to door transportation system for those who have a disability, and runs evenings and weekends. Call the COA 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

The Lincoln Council on Aging is located in Bemis Hall, 15 Bedford Road, Lincoln.

Please send mail to: c/o Town Offices, 16 Lincoln Road, Lincoln, MA 01773

Phone: (781) 259-8811; **Fax:** (781) 259-7990

E-mail: Carolyn Bottum, Director:
bottumc@lincolntown.org
Pam Alberts, Assistant Director:
albertsp@lincolntown.org

Internet: www.lincolntown.org, then click on "Council on Aging" under "Community Services"

Disclaimer: The COA does not specifically endorse any service or product advertised herein. We encourage our readers to investigate any service or product they may consider using in order to make an informed decision.

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

June 2, 12:30 pm—Jim Meadors and Friends: A Live Concert of Beethoven Songs

June 9, 12:30 pm—Larry Holden, Mediator: A Look at Labor Arbitration from the NHL and MLB to the 2004 Democratic National Convention in Boston

For DVDs of past programs, go to the Library or COA, or view them online at <http://ma-lincoln.civicplus.com/index.aspx?NID=309>

SHARE THE JOY OF JAZZ WITH THE TRAD JAZZ JAMMERS!



Share the joy of jazz at **Bemis Hall on Tuesday, June 24 at 2:30 pm** when The Lincoln Traditional Jazz Jammers will share with you their love of this music. The group are all retirees, amateur musicians who give expression to their love of the jazz of the '20s, '30s and '40s by participating in the Trad Jazz Jam at the Lincoln Library or Bemis Hall on the third Saturdays of each month (see back page), and at the Colonial Inn on Wednesday nights. You'll hear Manson Solomon on piano, Jack Martin on trombone, Gid Loring on cornet, Dave Rich on sax, and Rob Saunders on bass belting out beloved good ole tunes that will have you tapping your toes and clapping your hands!



ENJOY A DAY OUT WITH THE COA!



TOUR OF FENWAY PARK

Come join us on **Thursday, June 5th** for a tour of "America's Most Beloved Ballpark," home of the 2013 World Series champion Boston Red Sox. We will depart the Lincoln Mall by Doherty school bus at 9:00 am to arrive in plenty of time for a 10:30 walking tour which lasts about an hour, is handicapped-accessible, and cameras and video cameras allowed. After the tour we will have lunch together at your own cost at a restaurant in Kenmore Square and return at approximately 2:30 pm. The trip will run rain or shine at the non-refundable cost of \$18.00 per person which covers the cost of the tour and the bus. Reservations must be made by Monday June 2nd. Send checks, payable to FLCOA/Trips, to Rob Todd, 126 Old Concord Rd, Lincoln, MA 01773. Please enclose your phone number and email address. Any questions contact Rob Todd at (781) 259-8820 or hmbt@comcast.net.

CRUISE THE CONCORD RIVER

What better way to spend a relaxing summer afternoon than winding down the Concord River on a luncheon cruise? Join the COA on **Monday, August 11** for a Concord River Cruise lasting an hour and 15 minutes, complete with lunch, sunshine, and glorious memories! You'll leave the Lincoln Mall at 10:30 am and venture by Doherty's bus to the South Bridge boathouse where you will board a boat and begin your cruise. You will enjoy a lunch of chicken salad, tuna salad, sliced turkey, ham and cheese, or vegetarian salad sandwich, fruit, dessert, and lemonade or iced tea while you cruise. The bus will arrive back at the Mall at about 1 pm. The cost is \$28 per person, payable by a check made out to FLCOA/Trips and sent to Donna Rizzo, 22 Blackburnian Road, Lincoln MA 01773. Please enclose your phone number and email address and indicate your choice of sandwich when you send your check. Sign up now as there is a limit of 20! Reservations must be made by August 4 and are non-refundable. Questions? Call Donna at (781) 257-5050.

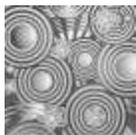
*** JUST FOR FUN ***

COFFEE WITH ARTIST ELLEN MILAN



Indulge your senses in the grace and liveliness of paintings on silk, prints, pastels, and scratch board engravings by Ellen Milan in the Bemis Hall Artists Gallery this month. You are also invited to meet Ellen at the "Coffee with the Artist" on **June 5 at 2:30 pm**. Ellen's work has been included in public and private collections and shows in Wisconsin, Massachusetts, New York, Israel and Europe. Locally, her work has been part of group shows at the Danforth Museum, Concord Art Association and elsewhere. Last year she had exhibitions at the Lincoln Library and the Harvey Wheeler Community Center. You can see the full scope of her work in various media, including wearable art, at www.ellenmilan.com.

HAVE FUN WITH THE ART AND SOUL OF SACRED GEOMETRY



Over the centuries, geometry has been a sacred art form, with the colors, numbers, and shapes signifying various elements of life and the beauty of the finished artwork inspiring awe and joy. Have fun with this ancient skill in a hands-on class offered at **Bemis Hall on Wednesday, June 18, at 9:30 am** by experienced teacher Laura Coulter. Create beautiful art in a short period of time and learn where sacred geometry originated, why it was used, and how you can use it today to relieve stress. Please bring a ruler, colored markers, pencils, or crayons, and, if you have one, a compass. Please sign up in advance.

MAKING HAPPINESS HAPPEN, III

Being happy doesn't just happen. Research studies have shown that people who feel happy engage in certain activities and respond to life and people in ways that change how our brains make us feel. These happiness triggers can be learned at any age. Find out more and learn some additional strategies proven to make people feel happier when Marilyn Buckler comes to **Bemis Hall on Thursday, June 26, 10 to 11 am**. We'll be discussing gratitude, courage, generosity, and other good stuff. Bring your own tips and strategies to share! Marilyn is a licensed educational psychologist with over 30 years of experience in helping individuals and families cope with life's challenges and therefore enjoy life more! Please sign up by calling the COA!

EXPRESS YOUR LOVE OF NATURE IN WATERCOLORS

Rediscover your joyful inner soul through art and nature in Jane Cooper's watercolor class. Jane will offer fun dabbling in watercolor painting of plants, birds, and other natural elements for four classes, Monday and Friday mornings at 9 am beginning **June 2**. \$15 for all four classes. Call the COA to see if space is still available.

AT THE MOVIES

TUESDAY, JUNE 3, 2:15 PM. ABOUT TIME. A young man who comes from a family of time-travelers changes history for the better in this romantic comedy from director Richard Curtis. During one of his trips to the past, he falls for a woman played by Rachel McAdams. 2013. R. 123 mins.

THURSDAY, JUNE 12, 2:15 PM. GREAT EXPECTATIONS. Fate -- with a little help from a mysterious unnamed benefactor -- whisks young orphan Pip from poverty to a life of unexpected wealth. 19th-century London comes to life as never before in this adaptation of Dickens's classic. 2012. PG-13. 127 mins.

MONDAY, JUNE 16, 1:00 PM. ROSSINI'S THE BARBER OF SEVILLE. The one where Figaro's here, Figaro's there, and Figaro's helping Count Almaviva to abduct Rosina from her nasty old guardian Doctor Bartolo. Joyce DiDonato and Juan Diego Florez star in this brilliant London Royal Opera House Covent Garden production. Look for a unique dramatic twist involving the lead soprano. 2009. NR. 176 mins.

TUESDAY, JUNE 17, 2:15 PM. THESE BIRDS WALK. This inspiring documentary profiles both legendary humanitarian Abdul Sattar Edhi and a young boy named Omar, who has fled his abusive family. Living at one of Edhi's orphanages in Karachi, Pakistan, Omar attempts to find safety and peace. Pakistan. 2013. NR. 77 mins.

THURSDAY, JUNE 26, 2:15 PM. THE BOOK THIEF. Young Liesel steals books to teach herself to read, giving her refuge from the horrors of Nazi Germany and her cold foster parents. When not reading, she forms a bond with the Jewish man her adoptive family is hiding in their home. 2013. PG-13. 131 mins.

SPEND TIME WITH OTHERS

CHAT, MAKE NEW FRIENDS AND CONNECT BY PHONE OR IN PERSON

Let's Connect is a fun, informal group that gets together twice a week to talk about family, what's going on in your neighborhood or the world, books and movies you have enjoyed, your feelings, and anything else you would like to discuss. The best part is that you don't have to leave your home! Some people come into the COA and chat in person while others call in and participate by phone. You don't need any special equipment or do anything other than just talk on the phone to participate. If you would like to be part of the group, just show up at the COA on **Mondays or Wednesdays at 2 pm** or, if you would like to join by phone, just give us a call at (781) 259-8811.



PAM'S GROUPS—NEW MEMBERS ALWAYS WELCOME!

LET'S CONNECT Mondays/Wednesdays 2 pm Chat and connect to caring people in person or by phone.

LIFE AFTER 60 GROUP Tuesdays 12:15 pm Make new friends while discussing an array of topics.

DECLUTTER-LITE GROUP 2nd Thursdays, 12 -1 pm Learn how to get organized by discussing strategies.

FINDING WHAT'S NEXT Fridays, 11 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. Sally Kindleberger leads a group in reading *The Cherry Orchard* by Anton Chekhov on **Mondays, June 2 and 9 at 10 am at Bemis Hall.** Sally will bring copies.

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 each month at 11:30 am.** Only Spanish will be spoken.

FIRESIDE CHAT Join other residents in a respectful "Fireside Chat" discussion of a current news topic using questions and answers each second Wednesday at 10 am. This month's discussion, to be held on **June 11**, will focus on Personal Boundaries/Letting Go.

CONSERVATION BREAKFAST Thursday, June 12 at 8:00 am. Meet and gossip the second Thursday of every month about Town events, sometimes touching on Conservation. Call (781) 259-2612 for this month's venue.

LINCOLN MEN'S COFFEE Thursday, June 19 at 8:00 am. Bagels and lox, coffee and camaraderie—a great chance to catch up with buddies and make new friends.

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

PLAY PIANO DUETS with Evelyn Harris each **Thursday at 11:30 am.** She brings books for all levels.

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 Tuesday of the month at 1:00 at Bemis Hall.**

UKULELE AND SING-ALONG GROUP meets on **Thursday, June 12 at 3:00 here at Bemis Hall.** The group, led by Rob Todd, sings and plays simple songs together. Beginners welcome! Bring your ukulele or sing!

GERMAN CONVERSATION Speak German with others on the **1st and 3rd Fridays of each month at 10 am.**

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

PLAY INTERMEDIATE BRIDGE each **Friday at 1 pm at Bemis Hall.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 Watercolors with Jane 10:00 Playreading: Cherry Orchard 10:00 Walking Club 12:30 Lincoln Academy: Beethoven Songs 2:00 Let's Connect Group 2:00/3:15 Tai Chi</p>	<p>3</p> <p>9:00 Podiatry 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Exercise: Aerobics and Weights 2:15 Movie: About Time</p>	<p>4</p> <p>10:00 Role of Spirituality 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group</p>	<p>5</p> <p>9:00 Fenway Tour (Mall) 9:15/10:15 Tai Chi 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:30 Coffee with the Artist</p>	<p>6</p> <p>9:00 Watercolors with Jane 10:00 German Conversation 11:00 Finding What's Next Group 1:00 Intermediate Bridge 3:00 Prepare for Surgery</p>
<p>9</p> <p>9:00 Watercolors with Jane 10:00 Playreading: Cherry Orchard 10:00 French Conversation 10:00 Walking Club 11:30 Spanish Conversation 12:30 Lincoln Academy: Arbitration 2:00 Let's Connect Group 2:00/3:15 Tai Chi 7:00 Acoustic Music</p>	<p>10</p> <p>9:30 FCOA Meeting 11:30 You Can Do It Exercise 12:00 Joint FCOA/COA Meeting 12:15 Life After 60 Group 1:00 Eat Well, Be Well 1:00 Exercise: Aerobics and Weights 1:30 COA Board</p>	<p>11</p> <p>10:00 Fireside Chat 11:00 Line Dancing 1:00/2:15 Tai Chi 2:00 Let's Connect Group</p>	<p>12</p> <p>8:00 Conservation Bkfst 9:15/10:15 Tai Chi 9:30 Handwork Circle 11:30 Piano Duets 12:00 Declutter Group 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: Great Expectations 3:00 Ukelele Gathering</p>	<p>13</p> <p>9:00 Watercolors with Jane 10:00 Social Security 10:00 Wellness Clinic (LW) 11:00 Finding What's Next 12:15 Meditation 1:00 Intermediate Bridge 1:00 Housing Law for Renters</p>
<p>16</p> <p>10:00 Walking Club 1:00 Opera Movie: Barber of Seville 2:00 Let's Connect 2:00/3:15 Tai Chi</p>	<p>17</p> <p>9:00 Blood Pressure/Wellness Clinic 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Exercise: Aerobics and Weights 2:15 Movie: These Birds Walk</p>	<p>18</p> <p>9:00 Podiatry 9:30 Sacred Geometry 11:00 Line Dancing 1:00/2:15 Tai Chi 1:00 Congresswoman Clark Aide Office Hours 2:00 Let's Connect Group</p>	<p>19</p> <p>8:00 Men's Coffee 9:15/10:15 Tai Chi 11:30 Piano Duets 12:00 Ice Cream Social</p>	<p>20</p> <p>10:00 German Conversation 11:00 Finding What's Next 1:00 Intermediate Bridge 1:00 Affordable Housing</p>
<p>SATURDAY 14</p> <p>9:00 Library Book Sale 3:00 Snakes (Schools)</p>				

<p>SATURDAY 21 1:00 Jazz Jam</p>	<p>27 10:00 Honoring Choices 11:00 Finding What's Next 12:15 Meditation 1:00 Intermediate Bridge</p>	<p>JUNE</p> 
	<p>26 9:15/10:15 Tai Chi 9:30 Handwork Circle 10:00 Happiness 11:30 Piano Duets 1:00 Exercise: Aerobics and Weights 1:30 Computer Drop-In 2:15 Movie: The Book Thief</p>	<p>LOCATIONS LW: Lincoln Woods Mall: Lincoln Mall Schools: Hartwell, Pod B</p>
	<p>25 1:00/2:15 Tai Chi 2:00 Let's Connect Group</p>	
	<p>24 9:00 Collating 11:30 You Can Do It Exercise 12:15 Life After 60 Group 1:00 Exercise: Aerobics and Weights 2:30 Trad Jazz Jam</p>	
<p>23 10:00 French Conversation 10:00 Walking Club 11:30 Spanish Conversation 2:00 Let's Connect 2:00/3:15 Tai Chi</p>		<p>30 10:00 Walking Club 2:00 Let's Connect</p>

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~~ FOR YOUR WELL BEING ~~

STRATEGIES TO PREPARE FOR SURGERY AND HEAL FASTER



Peggy Huddleston's five-step mind-body program for preparing for surgery has been shown to reduce anxiety, lessen the need for pain medication, and promote faster healing. Her relaxation and visualization techniques can help you not only prepare for surgery, but get through cancer and other treatments more easily and successfully. Find out more about Huddleston's program, and try out some of her methods, when Lincoln resident Marie Hanafin Pierson, RN, comes to **Bemis Hall on Friday, June 6th at 3 pm**. Ms. Pierson has used Prepare for Surgery, Heal Faster both personally and professionally and is trained to teach the techniques to others.

FINDING MEANING IN LIFE: THE ROLE OF SPIRITUALITY TODAY

Having a purpose to our existence and a sense of being part of something beyond our everyday experience is, for many people, essential to their well being. How do we find meaning in life? What is the role of spirituality in our daily lives as well as our overall understanding of the story of our whole lifetime? How do we use spirituality to meet challenges as well as find joy? Explore these and other questions when Rona Tyndall, Coordinator of Spiritual Care for Care Dimensions, comes to **Bemis Hall on Wednesday, June 4, at 10 am**. Ms. Tyndall will both give information as well as lead a discussion about the role of spirituality in our lives. Care Dimensions provides advanced illness care in more than 90 communities in Eastern Massachusetts.

TAI CHI IN THE PARK!

You may sign up now for Tai Chi in the Park, which will begin on **Thursday July 10 at 10 am** and continue for four to six weeks (depending on weather) at a cost of \$5 per class. The class will meet at Pierce Park. Bring a lawn chair and a hat! In inclement weather, we will meet under the tent. The Pierce House restroom will be open to us. For info, contact Jane Moss (781) 259-9822 or mindbodyjm@comcast.net. The class is for continuing students only.



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. **Tuesdays, 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. **NO CLASS JUNE 19.**

TAI CHI FOR HEALTH, REHABILITATION, AND WELLNESS Spring session now closed. Monday — Tai Chi Qi Gong (TCQG): 2 – 3; Tai Chi Short Form (TCSF): 3:15 – 4:15; Wednesday — TCQG: 1 – 2; TCSF: 2:15 – 3:15; Thursday — Beginners: 9:15 – 10:15; TCSF: 10:15 – 11:15. For info, contact Jane Moss at (781) 259-9822 or mindbodyjm@comcast.net.

LINE DANCING Come enjoy the fun and fitness of line dancing on **Wednesdays at 11 am** with Katrina Rotondi. \$3 payable the day of the class. No sign up needed! **LAST SESSION IS JUNE 18.**

WALKING CLUB Walk for fun and fitness each **Monday at 10 am**. Meet at Bemis Hall.

All fitness classes 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, June 17 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, June 3** and **Wednesday, June 18, both at 9 am at Bemis Hall** by appointment. \$10 donation requested. Services provided by Dr. Glenn Ruhl.

•••WHAT YOU NEED TO KNOW•••

SOCIAL SECURITY UPDATES AND ANSWERS



Come to **Bemis Hall on Friday, June 13 at 10 am** to hear Francine Kollias of the Social Security Administration update you on what's new with Social Security and answer your questions. Whether you will be signing up soon or have been receiving benefits for years, this presentation will give you valuable information about the many ways Social Security is updating, including offering many services online and what changes to benefits you can expect in the future. She will also answer your questions about Social Security retirement and disability benefits and SSI. This program is appropriate for and open to all, including those younger residents who may be eligible for benefits.

MAKING AND HONORING OUR HEALTH CARE CHOICES

We all want to make sure that our health care wishes are followed. In order to do this, we need to make sure that we have thought through our preferences, completed the necessary documents, and put together our health care team to carry these wishes out. Honoring Choices is a non-profit organization that has partnered with Overlook CARE in our area to educate and empower people to make smart, informed choices and create a plan to implement a satisfactory health care plan. Find out more about Honoring Choices and how you can make a health care plan for free when Jean Greiff, Care Manager for Overlook CARE, comes to **Bemis Hall on Friday, June 27 at 10 am**. Bring your questions and concerns! If there is enough interest, Overlook CARE will present a series with an opportunity to learn more about creating your own personal plan.

SPECIAL FOCUS ON RENTAL HOUSING ISSUES

KNOW YOUR TENANT RIGHTS



If you rent your apartment or house, you need to know your rights. Come find out what you need to know about your right to a safe and comfortable home, the eviction process and what to do if you receive a "notice to quit," and more when attorney Betsey Crimmins of Greater Boston Legal Services comes to **Bemis Hall on Friday, June 13 at 1 pm**. She

will also let you know about Greater Boston Legal Services and how they may be of assistance to you. Come with your questions!

AFFORDABLE HOUSING IN LINCOLN

Lincoln has a variety of housing for low - and moderate-income residents. Come find out about the eligibility guidelines for rental or ownership units and learn how to apply for affordable housing when Connie Lewis of the Housing Commission comes to **Bemis Hall on Friday, June 20 at 1 pm**.

MEET WITH AN AIDE TO CONGRESSWOMAN CLARK

You are invited to **Bemis Hall on Wednesday, June 18 at 1 pm** to meet with Natalie Kaufman, Constituent Service Representative for Congresswoman Katherine Clark. She will assist residents with Social Security, Medicare, and MassHealth/Medicaid. You are also welcome to discuss other matters with her that she may be able to help with. Ms. Kaufman will hold office hours at the COA each third Wednesday of the month at 1 pm.

The Computer Corner...

COMPUTER AND DIGITAL CAMERA TUTORING!

Come to our drop-in computer and digital photography tutoring on **Thursday afternoons from 1:30 to 3:30 pm!** If you need Mac help, call before you come to see if a Mac tutor will be available. If you have a laptop or netbook, please bring it! Tutors are also available at other times and will come to your home. (781) 259-8811 for info. **NO DROP-IN ON JUNE 19.**



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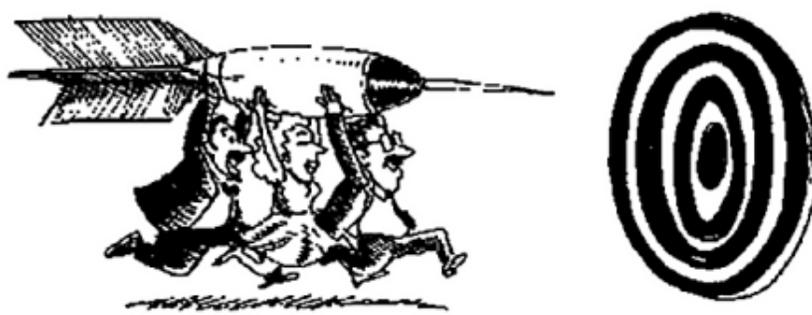
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OPEN MIKE ACOUSTIC NIGHT Enjoy live music at the free Open Mike Acoustic program **Monday, June 9 from 7 to 10 pm at Bemis Hall** featuring the Creek River String Band. Email: loma3re@gmail.com.

FRIENDS OF THE LIBRARY BOOK SALE Come pick up a good summer read and help raise funds for the Library at the Friends of the Library Book Sale on **Saturday, June 14, from 9 am to Noon at Bemis Hall.**

SNAKES OF NEW ENGLAND AND BEYOND **Saturday, June 14, 3:00 pm, Lincoln Schools, Hartwell Pod B.** Rick Roth, snake expert and director of the Cape Ann Vernal Pond Team will talk about the lives and habits of his favorite snakes from New England and around the world. This show and tell will allow the audience to see these creatures up close...or at a safe distance. Co-sponsored by the Lincoln Land Conservation Trust and Lincoln Recreation Department. Suggested donation of \$5 or \$15 for a family of 3 or more.

LIVE TRAD-JAZZ JAMS! Local musicians drop in and take turns in the group and the joint jams! Attendance is free. **Saturday, June 21, 1:00 pm, Bemis Hall.**

WELLNESS CLINICS FOR ALL AGES! All Lincoln residents are invited to meet with a nurse through a free Town service. Stop by **Lincoln Woods' Community Building at 50 Wells Road on Friday, June 13 from 10 am to Noon** to get your blood pressure checked, ask questions about fitness and nutrition, talk over a concern, get information and resources about managing chronic illness, and more. These clinics are funded by the Ogden Codman Trust and provided by Emerson Hospital Home Care. For info, call the COA at (781) 259-8811.

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