



NEWS FROM BEMIS HALL

Vol 8 Issue 12



December 2017

The Lincoln Council on Aging Monthly

REVEL AT THE TOP OF THE TOWN WINTER GALA!



The Friends of the Lincoln COA (FLCOA) are pleased to announce that the annual **Top of the Town Winter Gala** will again be held at the deCordova Museum! The date is set for **Saturday January 20, 5-8 pm**. Mark your calendars and look for your invitation in the mail in late December. Be sure to return your reservation form promptly — space is limited to 200 people. Don't procrastinate! The event is free but the FLCOA, as always, is extremely grateful for any donations to support this event and all its activities.

LUNCH AND TIPS FOR EATING THROUGH THE HOLIDAYS

You may be tempted to overeat or eat foods you shouldn't at the holidays, but you can eat healthfully and have a delicious holiday season, too! Come to **Bemis Hall on Friday, December 8, at 11:30 am** to have a yummy lunch prepared by the chef from the Commons and hear some tips for eating well through the holidays without feeling deprived from Sadie Daniels, RD, dietician at the Commons. You'll feel better, look better, and enjoy the holidays knowing you are being good to yourself! On the menu will be a formal gourmet luncheon! Please sign up by December 4 as space is limited. The Commons in Lincoln recently earned a Five-Star Quality Rating from the Centers for Medicare and Medicaid Services (CMS) for overall quality and staffing in its skilled nursing center.



WOULD YOU LIKE A WELL-BEING CALL DURING EMERGENCIES?

The COA and Public Safety are pleased to offer residents of all ages well-being telephone calls during storms and other emergencies. We will call you when storms cause extensive power outages, and in extended spells of extreme cold and other similar situations. If we can't reach you by phone, Public Safety will do a well-being check at your home to make sure you are all right. You may also specify when you would like to be called. To sign up for this service please call the COA at (781) 259-8811 and give us your name, address, and any phone numbers you would like us to call (a cell phone or family member, for example), as well as any other pertinent information you would like to share with us, such as special medical needs. You may ask to be taken off the list at any time.

HOLIDAY VISITS & GIFT BASKETS

During the holidays Council on Aging staff visit homebound, frail, and needy seniors to deliver baskets full of basic necessities. We are collecting **NEW, UNOPENED, UNSCENTED, FULL-SIZED items to fill the baskets:** shampoo, conditioner, body wash, toothpaste, mouthwash, tissues, paper towels, toilet paper, lip balm, deodorant, disposable razors, shaving cream, kitchen sponges, trash bags, laundry soap, men's and women's socks, coffee and tea, postage stamps, pharmacy gift cards. Please place items in the marked box in the lobby of Bemis Hall.

SNOWBIRD ALERT FROM THE TOWN CLERK



The Annual Town Census is mailed to all Lincoln households in January of each year. It serves, among other things, to verify your continuing residency in Town, upon which your status as a bona fide Registered Voter rests. It is, in other words, a **Very Important Document!** If you will be out of town for an extended period this winter, but wish to maintain your status as an Active Voter, please consult with the Town Clerk's Office at (781) 259-2607 before your departure.

Inside This Issue:

COA Services/Trips	2
Lincoln Academy	3
Art, Music, Entertainment	4
Spend Time with Others	5
For Your Well Being	8
What You Need to Know	9



ENJOY A DAY OUT WITH THE COA!



ARE YOU SIGNED UP FOR THE HOLIDAY BOSTON POPS?



If you are signed up to see conductor Keith Lockhart and the **Boston Pops on Friday, December 8**, don't forget that the air-conditioned air-ride bus will leave **Donelan's parking lot at 2:15 pm**, returning at approximately 7:30 pm. You will be treated to a performance filled with holiday music favorites, the traditional sing-along and a visit from Santa Claus himself! Are you wishing you had signed up? The trip is nearly or completely full, but space may still be available or there may be cancellations, so you may still have a chance! **The price for the trip is \$67 per person.** The cost is non-refundable and does not include the price of snacks and drinks served at the concert. Funded by the Hurff Fund, this trip is open to Lincoln seniors only. Call Donna at 781-257-5050 to see if space is available or to be put on the wait list.

Lincoln seniors have first priority to sign up for trips. Younger Lincoln residents and out-of-town seniors may sign up after Lincoln seniors have had an opportunity to sign up.

NOTES FROM SOCIAL SERVICES

WHAT IS "ASSISTIVE TECHNOLOGY"?

Assistive Technology (AT) is any device that enhances your ability to live independently such as walkers, hearing aids, memory enhancement aids, print magnifiers, wheelchairs, home/vehicle modifications, and more. AT can be expensive, but there are resources available to help defray its cost.

Lincoln Council on Aging (free)

Though not extensive, the COA has a collection of AT that includes items such as, walkers, canes, shower seats, wheelchairs, and commodes. For more information please visit or call 781-259-8811.

GetATstuff.org (free)



By visiting the website GetATstuff.org, you can look for or list AT devices for sale or for free. The goal of this program is to put AT equipment that is not currently being used into the hands of someone who can benefit from it. The exchange is a free "classified ad" type resource designed to help people find, buy, sell or give away used AT equipment.

Massachusetts Assistive Technology Loan Program



This program offers better interest rates than a traditional bank loan, and repayment lengths are based on the expected useful life of the device purchased. For more information call: 800-244-2756 ext. 428 or 431 or visit: www.massatloan.org.

MassMATCH & Assistive Technology Regional Centers



MassMATCH has two Assistive Technology Regional Centers (ATRCs) where anyone can learn about AT, try out the latest equipment, and borrow needed AT devices. You can search their inventory online by visiting www.massmatch.org or in person by visiting the ATRC for Eastern Massachusetts, which is located in Boston. For



more information call: 800-244-2756.

WINTER WEATHER POLICY

If the Lincoln schools are closed due to weather, activities at the COA are cancelled. *If your power is out, however, call to see if Bemis Hall will be open as a place to warm-up, recharge computers and cell phones, and more.* Even if the schools are not closed, but the weather is bad, call before coming to see if your event is cancelled.



THE LINCOLN ACADEMY

Lectures, Discussions, and More about Our World to
Educate, Enlighten, and Enliven!



THE LINCOLN ACADEMY LECTURE SERIES

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

December 4—Kathy Mierzwa: What's So Cool about Iceland?

Why is Iceland such a popular travel destination these days? Do tourists go for the ice, the geothermal pools, the volcanoes or the Northern Lights? Come see some stunning photos from Katherine Mierzwa's recent trip to Southern Iceland.

December 11—Mark Hopkins: Making a Difference in Rural Honduras

In this presentation, Mark Hopkins documents how a small, volunteer-run NGO (non-government organization) has spent the last 25 years helping the residents of a remote mountain village raise themselves out of poverty. His talk describes the many challenges involved — lack of education, poor health, polluted water sources, and an uncaring government — and follows the organization's progress as it brings in teams of doctors, teachers, and engineers who volunteer their time to solve those problems.

*For DVDs of past programs, go to the Library or COA, or view them online at
<https://lincolntv.viebit.com/#coa>*

THE COA SCIENCE GROUP: 4000 FEET OF CLIMATE CHANGE, PART III

Join physicist Stanley Solomon on **Thursday, December 21 at 10:15 am in Bemis Hall** for the third in a three-part series exploring the physicists' view of climate change using articles from three issues of *Physics Today*, a professional journal published by the American Physics Society and read by physicists worldwide. In this session, Stan's presentation will examine how the collected data leads to an inescapable conclusion. He plans to distribute copies of the articles before the sessions, so if you would like copies, please call the COA to leave your name and email address.



THE FIRESIDE CHAT: THE FIRST AMENDMENT



Many of us take the First Amendment for granted and proudly stand up for it, at least our own interpretation. What does 'freedom of speech', 'free exercise of religion' et al really mean? Come join the discussion as we wrestle with this important topic on **Wednesday, December 27 at 10 am at our new location in the Community Room at Lincoln Woods, 50 Wells Rd.** The Fireside Chat meets monthly on the fourth Wednesday at 10 am and is facilitated by Sharon Antia.

TELL YOUR STORY WITH THE MEMOIR GROUP

In the spring, there will room in the group for a couple of new (or returning) members. If you are interested in writing your memoirs or just curious about what goes on in the group, please come to the first meeting of the group at Bemis Hall on Wednesday, January 10 from 10 am to noon and find out what we do. If you like what you hear and you want to continue, the cost of the eight-session term is \$75. The dates for the term are Jan. 10 and 24; Feb. 7 and 21; Mar. 7 and 21; Apr. 4 and 18; and May 2 and 16. If you want more information, call Connie Lewis (781) 259-9415 or email her at conlewis1000@gmail.com.



Art, Music, Entertainment



HAVE COFFEE WITH THE LIBRARY'S PHOTOSHARE!



Come join the members of the group "Photoshare at the Lincoln Library" on **Thursday, December 7 at 2:15 at Bemis Hall** to celebrate their exhibit in the Bemis Gallery in December. In the more than 10 years the club has been around, they have been a haven for people to come together to share and grow their photography. They accept all, both in terms of experience and in subject matter — portraiture, nature, wildlife, travel... They're fine with whatever you want to show! This collection shows the wide diversity that they show every month! Come see them on the first Wednesday of the month at 7pm in the Tarbell Room of the Lincoln Library.

COLOR YOUR LIFE WITH PASTELS WITH JULIET



Express your most vibrant self with the brilliant colors of pastels in a class with Juliet Rago! She will begin with a short introduction to drawing for those who feel they need it. The class will meet from **10 am to noon on January 8, 12, 19, 22, and 26**. No experience is necessary. All materials will be furnished. Please sign up by calling the COA at (781) 259-8811. Limit of six people. The fee is \$40.

WORLD HAND DRUMMING FOR FUN AND WELL BEING

Hand drumming is a fun and unique way to express yourself and enhance well being that is sweeping the country! It's a great way to spend enjoyable time with others, improve overall musical skills, and de-stress, relax, and feel more positive. Come learn the joy of drumming with acclaimed drummer Mike Connors from the Concord Conservatory of Music on six Tuesdays **at 9:30 am beginning January 16 at a cost of \$78. Please sign up as space is limited.** No need to bring a drum!



YOU ARE INVITED TO THE BIRCHES MUSICAL: THE OCEAN SHOW

The Birches kindergarten through third graders invite you to their fall musical, The Ocean Show, on **Friday, December 8, at 8:15 am at Bemis Hall**. Follow the journey of Ashley and Maya, two businesswomen bent on destroying tidal pools to build luxury apartments, as they visit the wonders of the ocean and encounter fish and plankton, sea mammals and bioluminescent creatures. This fun and educational journey shows that oceans are a series of interconnected systems, and destroying any one part will have unintended consequences elsewhere.

JAZZ OLDIES CONCERT AT BEMIS

The Lincoln Traditional Jazz Band will present a concert of beloved songs from the early days of jazz at **Bemis Hall at 12:30 on Friday December 1**. Channel your inner Al Jolson, Ella Fitzgerald, Louis Armstrong, Frank Sinatra, or Fats Waller by singing along with the band. Or, if you prefer to get up and move around to the music, feel free to do your best Fred Astaire and Ginger Rogers. Everyone welcome!

AT THE MOVIES

THURSDAY, DECEMBER 13, 1:00 PM. HANSEL AND GRETEL This is the one where Hansel and Gretel nearly get eaten by a gingerbread witch but turn the tables and cook her in her own oven. Toss in 14 angels, together with a sandman and dew fairy, and we have a perennial favorite that has delighted the young-in-heart of all ages for over 120 years, especially at holiday time. Brigitte Fassbaender and Edita Gruberova head up a stellar cast as the delightful and mischievous sister and brother. NR. 1981. 107 min.

TUESDAY, DECEMBER 19, 2:15 PM. THE MIDWIFE With the clinic where she works about to shut down, dedicated midwife Claire is undecided about her future when her purposeful life is upended by the sudden reappearance of her dead father's former mistress, Béatrice -- who's seeking closure. 2017. NR. 117 mins.

THURSDAY, DECEMBER 21, 2:15 PM. KEDI Experience daily life in the eyes of a cat in Istanbul, where hundreds of thousands of felines roam the streets freely. Many citizens of the Turkish metropolis regard themselves as guardians of these cats, which exist between the tame and the wild. 2017. NR. 80 mins.



SPEND TIME WITH OTHERS



GOURMET LUNCHEON WITH FRIENDS OLD AND NEW!

Lincolniters 60 and older are invited to enjoy a delicious gourmet meal with new friends and old at **11:30 on Tuesday, December 19 at St. Anne's Church**. We welcome new diners often — give us a try! Please reserve by calling the COA at least a week ahead even if you have previously attended. The cost of each meal is \$5. Caregivers are welcome to come with those for whom they are caring. 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, Newbury Court, St. Anne's, and the Lincoln Garden Club.



GROUPS TO ENCOURAGE, SUPPORT, AND ENRICH YOU!

STAYING IN TOUCH This informal group focuses their weekly discussion on social, cultural, and technological issues of the day. Please join them the **second Tuesday of the month at 2:00 pm**. All are welcome and encouraged to bring topics that interest them.

DECLUTTER AND GET ORGANIZED Decluttering and getting organized can seem overwhelming, but you can do it with some help. Come to a new decluttering group facilitated by Pam Mizrahi on the **first, third, and fifth Wednesdays of the month from 2 to 3 pm** to talk about why we clutter and learn strategies.

POSITIVE PSYCHOLOGY PRACTICES Come to a new group to support each other in Positive Psychology practices like gratitude, mindfulness, resilience, coping, and more! The group will be facilitated by Alyson Lee, who is certified to teach Positive Psychology. The group will meet at **9:30 on Wednesday, December 13**. Funded by the Friends of the Lincoln COA.

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

FRENCH CONVERSATION Brush up on your French speaking skills **the second and fourth Monday of each month at 9:30 am at Bemis Hall**.

PLAY PIANO DUETS with Evelyn Harris each **Monday at 9:30 am**. She brings books for all levels.

SPANISH CONVERSATION Enjoy Spanish conversation with others each **first and third Monday at 11 am** here at Bemis Hall.

KNITTERS DROP-IN All knitters are welcome to come **Tuesdays from 9:30 to 11 am**. Come get help, give help, share projects, get new ideas or just enjoy the conversation. The group is always changing.

PLAY-READING Sally Kindleberger leads a group in reading the comedy *Vanya and Sonia and Masha and Spike* by Christopher Durang on **December 5 and 12 at 11 am**. Sally will bring copies. The play revolves around the relationships between three older sisters.

FIRESIDE CHAT Join other residents in a respectful "Fireside Chat" discussion using questions and answers on **Wednesday, December 27 at 10 am**. The topic this month is the First Amendment.

CONSERVATION BREAKFAST **Thursday, December 14 at 8:00 am**. Call 781-259-2612 for location. Meet and gossip the second Thursday of every month about Town events, also touching on Conservation.

LINCOLN MEN'S COFFEE **Thursday, December 21 at 8:00 am**. Bagels, cream cheese, and lox, doughnuts, coffee and camaraderie—a great chance to catch up with buddies and make new friends.

UKULELE AND SING-ALONG GROUP meets on **Thursday, December 14 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 Come enjoy speaking German on **the first, third, and fifth Fridays at 10:00 am**.

PLAY OPEN BRIDGE each **Friday at 1 pm at Bemis Hall**. Any bridge player who knows "Standard American" and understands week two bids, better minors, stayman and other similar terms is welcome to join Open Bridge. No Open Bridge on December 22 or December 29.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>DECEMBER</p> 		<p>LOCATIONS FP: First Parish House Lib: Library LW: Lincoln Woods Mall: Parking Lot by Donelan's St. Anne's: St. Anne's Church TBA: Location to be announced</p>		<p>1</p> <p>10:00 German Conversation 12:30 Trad Jazz Concert 1:00 Open Bridge</p> <p>SATURDAY 2 10:00 Gift Local</p> <p>SUNDAY 3 12:00 Gift Local</p>
<p>4</p> <p>9:30 Piano Duets 11:00 Spanish Conversation 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p>5</p> <p>9:00 Podiatry 9:30 Knitting Drop-In 9:30 Hand Drumming 11:00 Playreading: Vanya and Sonia 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:15 Demystifying Probate</p>	<p>6</p> <p>11:00 Line Dancing 1:00 Office Hours with Aide to Katherine Clark 1:00/2:15 Tai Chi 2:00 Declutter Group 2:00 Selectmen Listening Session</p>	<p>7</p> <p>9:15/10:15 Tai Chi 10:00 Coffee with Abby 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 2:15 Coffee with Members of Photoshare</p>	<p>8</p> <p>8:15 Birches Musical 11:30 Lunch with the Commons 1:00 Open Bridge 2:15 Boston Pops Trip (Mall)</p> <p>SATURDAY 9 9:00 Library Book Sale</p>
<p>11</p> <p>9:30 French Conversation 9:30 Piano Duets 12:30 Lincoln Academy 2:15/3:15 Tai Chi 3:00 Legal Clinic 7:00 Acoustic Night (Lib)</p>	<p>12</p> <p>9:30 FCOA Meeting 9:30 Knitting Drop-In 10:00 Wellness Clinic (LW) 11:00 Playreading: Vanya and Sonia 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:00 Staying in Touch Group 2:30 COA Board</p>	<p>13</p> <p>9:30 Positive Psychology 10:00 Memoirs 11:00 Line Dancing 1:00/2:15 Tai Chi 1:00 Opera Movie: Hansel and Gretel 2:00 Celebrating the Holidays in a New Way 7:30 Classic Jazz at the Library</p>	<p>14</p> <p>8:00 Conservation Bkfst (TBA) 9:15/10:15 Tai Chi 10:00 Holiday Relaxation 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 3:00 Ukulele Gathering</p>	<p>15</p> <p>10:00 German Conversation 11:00 Fall Prevention with Lunch 1:00 Open Bridge</p>

<p>9:30 Piano Duets 11:00 Spanish Conversation</p>	<p>18</p>	<p>25</p> <p>COA CLOSED/ CHRISTMAS</p> 
	<p>19</p> <p>9:00 Collating 9:00 Wellness Clinic 9:30 Knitting Drop-In 11:30 Senior Dining (St. Anne's) 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:15 Movie: The Midwife 7:00 Handbell Concert (FP)</p>	<p>26</p> <p>9:30 Knitting Drop-In</p>
	<p>20</p> <p>9:00 Podiatry 11:00 Line Dancing 2:00 Declutter Group</p>	<p>27</p> <p>10:00 Fireside Chat (LW) 2:00 Celebrating the Holidays in a New Way</p>
	<p>21</p> <p>8:00 Men's Coffee 10:15 Science Club 1:30 Computer Drop-In 2:15 Movie: Kedi</p>	<p>28</p> <p>1:30 Computer Drop-In</p>
<p>SATURDAY 16 1:00 Jazz Jam</p>	<p>22</p>	<p>SATURDAY 23 3:00 Messiah (FP)</p>
		<p>29</p> <p>10:00 German Conversation</p>

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FOR YOUR WELL BEING



BREATHE, RELAX, AND DE-STRESS FOR THE HOLIDAYS!



Whether you perceive the holidays to be stressful or not, this is a perfect time to give yourself the gift of a little relaxation. Ahhhhh! Learn some practical, easy-to-remember techniques and strategies for reducing your stress, relaxing your body and mind, and enhancing your well being when Catherine Collins comes to **Bemis Hall on Thursday, December 14, at 10 am**. She'll show you a variety of ways to both begin a relaxation practice that you can do every day as well as calm yourself down when you find yourself getting overly upset. Catherine Collins, RN, MS, QTPP, QTTT, CR is a registered nurse and a master's level nurse practitioner with 30 years experience in health care.

CELEBRATE THE HOLIDAYS IN A NEW WAY

Most of us are used to celebrating the holidays through certain activities and traditions we have done for decades. But often there comes a time in our lives when those ways no longer serve us. Come join Pam Mizrahi on **Wednesdays, December 13 and 27 at 2 pm at Bemis Hall** for a comfortable and informal yet upbeat discussion about how we can rethink and reinvent our holiday traditions to fit who we are and our lives now. We will then spend low-key yet festive time with others in the group. No need to sign up!



OPPORTUNITIES FOR EXERCISE

STRETCH AND FLEX For all fitness levels. Start with a gentle warm-up and then progress to resistance training using Thera-bands or free-weights (both provided by the COA). No floor work. **Tuesdays and Thursdays, 11:30 am**; \$3 per class; no need to sign up. Taught by Terri Zaborowski. **No class 12/21, 12/26, and 12/28.**

ACTIVE AGING Start with a stretch and warm-up followed by 30 minutes of muscle toning and strengthening using hand weights. Seated and standing exercises. No floor work. Last 15 minutes of class is an aerobic dance routine and cooldown. Weights are available at the Center or bring your own. **Tues & Thurs, 1 pm**; \$3 per class; no need to sign up. Taught by Terri Zaborowski. **No class 12/21, 12/26, and 12/28.**

TAI CHI FOR HEALTH, REHABILITATION, AND WELLNESS Winter classes begin January 5 and continue till March 28. Those who have never taken with Jane may sign up now. Continuing students do not need to sign up. **Level I (Beginners):** Mon 2:15– 3:15 pm and Wed 1– 2 pm (Jane Moss), Thurs 9:15—10:15 (Ellie Horwitz and Cynthia Rosenberger). **Level 2:** Mon 3:15-4:15 (Jane Moss). Level 2 Practice: Thurs 10:15-11:15 (Ellie Horwitz and Cynthia Rosenberger). **Level 3:** Wed 2:15-3:15 (Jane Moss). Cost: \$60 - 1 hr/wk, \$80 - 2 hrs/wk, \$100 - 4 hrs/wk. for more information, contact Jane Moss at (781) 259-9822 or mindbodyjm@comcast.net.

LINE DANCING Enjoy the fun and fitness of line dancing **Wednesdays at 11 am** with Katrina Rotondi. \$3 payable the day of the class. No sign up needed! **No line dancing 12/27.**

All fitness classes subsidized by the MA Executive Office of Elder Affairs. Tai Chi also subsidized by the FLCOA.

WELLNESS CLINICS FOR ALL AGES

Come to two clinics for residents of all ages for blood pressure, information and advice about nutrition and fitness, medication management, and answers about how to manage chronic conditions, where to get health services, and more. Our first clinic will be at **Lincoln Woods' Community Building at 50 Wells Road on Tuesday, December 12 from 10 am to noon**. This clinic is funded by the Ogden Codman Trust. The second clinic will be on **Tuesday, December 19 from 9 to 11 am at Bemis Hall**. This clinic is sponsored by the Pierce House. Services for both clinics are provided by Emerson Hospital Home Care.

PODIATRY CLINICS

Podiatry clinics will be held on **Tuesday, December 5** and **Wednesday, December 20 at 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA.

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.



WHAT YOU NEED TO KNOW



DEMYSTIFYING PROBATE WHEN EXECUTOR OF AN ESTATE



Does the word “probate” make you nervous? Has a loved one recently died and left you to manage his affairs? Are you unsure whether and when you might need to file Probate Court paperwork and tax returns after someone’s death? Please join Lincoln resident and estate planning attorney Sasha Golden on **December 5, 2018 at 2:15 pm** to demystify probate and talk about what you need to do if you are appointed as the executor of an estate.

PREVENT FALLS AND TRIPS TO THE ER WITH THE FIRE DEPT!



Falls are the Number One reason why people end up in the Emergency Room, yet they are almost entirely preventable. Join Ben Juhola of the Fire Department on **Fri-**

day, December 15 at 11:00 here at Bemis Hall to learn how you can make your home safer with easy-to-take actions, staying on your feet in winter weather, using assistive devices, health conditions that may contribute to falls, and more. The Fire Department will be serving a sandwich lunch, so please sign up!

COFFEE AND CONVERSATION WITH ABBY

Come share coffee and conversation with the COA’s new Assistant Director, Abby Butt, on **Thursday, December 7 at 10:00 am**. Abby provides assistance in evaluating in-home needs and finding services, as well as crisis intervention,



and general support to Lincoln seniors, families, and caregivers, individually or in groups. She brings many years of experience working in other COAs as well as conducting community needs assessments, program and policy development, and more. Come and ask her a question about what the COA can offer, concerns you might have or ideas you would like to share!

NUTRITION COUNSELING FOR PEOPLE WITH DEMENTIA AND CAREGIVERS

Minuteman Senior Services has received grant funding from CHNA 15 to offer FREE nutrition counseling to people with dementia and their caregivers. A specially trained Registered Dietitian will come to your home to perform a thorough assessment of dietary needs, develop a personalized nutrition plan, and provide caregiver coaching. Our goal is to improve nutrition and reduce stress around eating and mealtimes. Call 888-222-6171 today to see if personalized nutrition counseling is right for you and your loved-one with dementia.

COME FOR FREE ONE-TO-ONE CONSULTATIONS!

MEET WITH AN AIDE TO CONGRESSWOMAN KATHERINE CLARK

A constituent representative for Congresswoman Katherine Clark will hold Office Hours at **Bemis Hall on Wednesday, December 6 from 1 to 2 pm** on federal benefits and other concerns. No need to sign up!

YOU’VE BEEN SELECTED!...

To drop by and visit with a member of the Board of Selectmen. Bring your ideas, feedback, questions, or favorite Lincoln anecdote. Whether you stop by for a minute or stay for the hour, we hope to see you between **2:00 - 3:00 pm on Wednesday, December 6**.

FREE ELDER LAW CLINIC!

Got a question about issues such as estate planning, MassHealth, protecting assets for a loved one with a serious disability, guardianship, conservatorship or probate? The COA is pleased to provide a monthly legal clinic with elder law attorney and Lincoln resident Sasha Golden on **Monday, December 11 from 3-4 pm**. There is no charge for the thirty-minute consultation, but please sign up by calling the COA.

FREE COMPUTER AND DIGITAL CAMERA TUTORING!

Come to our drop-in PC computer and digital photography tutoring on **Thursday afternoons from 1:30 to 3:30 pm!** If you have a laptop or netbook, please bring it! Tutors are also available at other times.



Friends of the Lincoln Council on Aging

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Lincoln Council on Aging, Lincoln, MA 06-5118

GOINGS ON IN AND AROUND LINCOLN

GIFT LOCAL The Old Town Hall Exchange's Gift Local Artisan and Craft Show hosts a variety of talented local jewelers, painters, photographers, and more **Sat., December 2, 10:00 am –4:00 pm and Sun., December 3, 12:00-4:00 pm, Bemis Hall.**

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, December 9 from 9 am to Noon at Bemis Hall.**

OPEN MIKE ACOUSTIC NIGHT Enjoy live music at the free Open Mike Acoustic program **Monday, December 11 from 7 to 10 pm at the Library** featuring Greg Klyma. Email: loma3re@gmail.com.

CLASSIC JAZZ AT LINCOLN LIBRARY Vern Welch presents a video on local jazz artists on **Wednesday, December 13, 7:30 pm at the Library.** This group meets the second Wednesday of every month.

FREE LIVE TRADITIONAL CJALL JAZZ JAMS on **Saturday, December 16 from 1:00 pm – 5:00 pm at Bemis.** Come hear local musicians belting out old favorites which will set your feet a-tappin.' Free.

HOLIDAY HANDBELL CONCERT The Lincoln Ringers will present their Eighth Annual Candlelight Concert of Christmas carols and holiday favorites at **First Parish in Lincoln on Tuesday, December 19th at 7:00.**

LIVE IN LINCOLN CENTER First Parish Lincoln presents Handel's Messiah on **Saturday, December 23 at 3 pm.** Ian Watson directs a professional orchestra and chorus. Parish House, 14 Bedford Rd. \$40 per person donation suggested.

COUNCIL ON AGING INFORMATION

The COA is located in Bemis Hall, 15 Bedford Road
Send mail to: c/o Town Offices, 16 Lincoln Road
Phone: (781) 259-8811

E-mail: bottumc@lincolntown.org

Internet: www.lincolntown.org

Hours: Monday through Friday, 8:30 am to 4:30 pm

FRIENDS OF THE LINCOLN COUNCIL ON AGING

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