



NEWS FROM BEMIS HALL

Vol 9 Issue 9



September 2018

The Lincoln Council on Aging Monthly

Lincoln School Project Update



Please join us at Bemis Hall on September 14th at 1 pm to hear the latest updates on the School Building Project. The School Building Committee (SBC) has continued to meet during the summer where many topics have been discussed including floor plans, site circulation, sustainable design features and more. It's been a busy summer so stop by Bemis on the 14th for an update, ask questions and participate in a Lincoln School Project conversation! All SBC meetings were videotaped over the summer. To view the meetings please click on the "watch meeting videos" link on the SBC home page, www.lincolnsbc.org. Hope to see you the 14th!

Meet Lincoln's New Town Nurse and Veterans Services Officer



You are cordially invited to meet Tricia McGean, RN, Lincoln's new Town Nurse, and Peter Harvell, our new Veterans Services Officer, on **Thursday, September 20 at 10:30 am at Bemis Hall!** Tricia, who has 22 years of experience as a community health nurse, will continue offering well being clinics at Lincoln Woods and Bemis Hall but will also provide community education and investigate cases of communicable diseases and tick/food borne illnesses.



Tricia has already set the date for the return of the flu clinic for seniors 60+ which will be October 19 from 10:00-12:00 at Bemis Hall. Peter Harvell will be assisting our town's veterans with their federal, state, and local veterans benefits and navigating federal and state veterans services, offering information and education on veterans benefits and related issues, raising awareness in the town of veterans issues, and more. Peter will have office hours at Bemis Hall each Thursday from 9 am till noon. He retired from the US Army after 23 years of service, and was the Veterans Services Officer in Sudbury and Framingham for 13 years.

The Supreme Court with Walter Bossert

Get a deeper understanding of the Court that has influenced almost every aspect of American life for over 200 years when Lincoln resident Walter Bossert presents "The Supreme Court." The program will be on **Saturday, October 6, from 2 to 4:15 pm at the Library.** First you'll watch a video by C-Span including interviews with 11 justices about the role, traditions, and history of the Court and see a tour of the Supreme Court building. Following the video, Mr. Bossert will discuss the Supreme Court case, Central Hudson v. PSC (1980), a seminal case on commercial freedom of speech. For that case, Mr. Bossert successfully organized and led a three man team for a favorable 8 to 1 decision, and was a co-author of the winning brief. Questions will be welcomed after the discussion. The program is co-sponsored by the COA and the Lincoln Public Library.

Voter Update with Interim Town Clerk

Join Interim Town Clerk Valerie Fox on **Friday, October 12, 2018 at 11:00 am here at Bemis Hall** to find what you need to know to make sure you can make your voice be heard by voting November 6. The deadline for registering to vote for the November 6 election is October 17. Find out how to get an absentee ballot and vote absentee, early voting, making sure you are registered, and more! Valerie will even check that you are on the voting rolls!

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Scholarships are available to seniors (aged 60+) who are Lincoln residents or regular COA attendees and who would like to participate in COA trips, classes, and activities but cannot afford all or part of the cost. For more information or an application, call Carolyn at (781) 259-8811.



ENJOY A DAY OUT WITH THE COA!



Tour of Trinity Church and Tea at the Boston Public Library



Join us on Thursday, **October 18th** for a guided tour of Trinity Church in Boston. Trinity Church is designated as “one of the ten most important buildings in America” by the American Institute of Architects. It was founded in 1734. We will then take a short walk to the Boston Public Library for High Tea in the Courtyard Restaurant. The High Tea features assorted savory tea sandwiches, scones, petit fours and tea. The caterer is incredible and you will not be disappointed. There will be time to view the Gallery and tour the architecture of its famed Central Library buildings as well as the art treasures within. The bus will leave Donelan’s parking lot at 10:00 a.m. and return at approximately 3:15 p.m. This trip is rated moderate with walking, standing and negotiating stairs. The cost of the trip is \$39.00. To reserve a space, send a check made out to FLCOA/Trips to Donna Rizzo, 22 Blackburnian Road, Lincoln, MA 01773. Be sure to include your phone number and email address. Your reservation is complete when your check is received. Questions? Contact Donna at 781-257-5050 or donna@ecached.com.

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.

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. Due to state law and other reasons, we are unable to provide names of agencies offering services that are not elder-related or of individuals instead of agencies.

Minuteman SHINE (Serving Health Information Needs of Everyone) Counselors give help regarding Medicare and Medicaid/MA Health, including plans and benefits, 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.

Would You Like a Free Home Safety Evaluation with a Physical Therapist? Call the COA. The Home Safe Project is funded by the Ogden Codman Trust.

Medical Equipment Loans of Walkers, canes, wheel chairs, tub benches, shower chairs, and commodes.

Veterans Services The Veterans’ Services Officer (VSO) is an advocate for Lincoln’s veterans and their dependents. The VSO can assist veterans with questions they have about their state and federal veteran benefits and services. The VSO can also help veterans apply for those benefits. Lincoln’s Veterans Services Officer, Peter Harvell, will have regular office hours each **Thursday from 9 am to Noon at Bemis Hall**. Peter can also be reached by email at Lincolnveterans@lincolntown.org

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 COA’s taxi rides are supported entirely by the Friends of the Lincoln COA. Donations are gratefully accepted.

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



THE LINCOLN ACADEMY

Lectures, Discussions, and More about Our World!



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

September 17—Judith Foster: How Our Bodies Use Food As A Fuel To Extract Energy And Maintain Weight. What Can Go Wrong?

One of the major health concerns in modern, industrialized nations is the alarming increase in both average body weights and obesity, especially among children. In order to understand how an increase in body weight relates to dietary intake and life style, this lecture will review the molecular basics of how energy is stored in food and how it is transformed in our bodies to sustain our basal metabolic rate, body temperature and physical activity. We will discuss the classes of molecules that comprise different food types and their unique effects on metabolic pathways despite having similar caloric amounts. Dr. Foster is an Emeritus Professor of Biochemistry at Boston University School of Medicine. She recently moved to The Commons In Lincoln from Brookline, MA.

September 24 — Lawrence Buell: Mary Shelley's *Frankenstein* at 200: The Novel, the Films, the Legends, the Influence

The amazing story of how a teenager's brainchild became a literary classic, a household word, and a prophetic fable for modern science.

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

Navigating the Emotional Terrain of "Aging with In Place" with Intent, Care and a Sense of Humor

Join Alyson Lee, a social worker and life coach who has led many Lincoln COA groups, in a new group to share insights into some of the emotional aspects of "aging in place" that are just as important as downsizing or getting your legal paperwork in order. The free group begins **September 12 and runs for six Wednesdays at 9:30 am**. This group will not only give valuable information, but will also provide an opportunity to discuss your own experiences and concerns. You may attend all sessions or just those you choose. This month's topics are:

September 12: Intent — Becoming the "Captain of Your Own Ship" So You Can Take Action

September 19: Care — How to Prepare Emotionally for the Challenges of Aging in Place

September 26: Sense of Humor: Strength-Based Aging!

Stay Up to Date on Human Services in Lincoln!



Human services in Lincoln are provided by a network of over 20 Town departments and private organizations who serve residents of all ages and life circumstances with a wide variety of life challenges. Find out more about these organizations and how to get in touch with them on their new website at <http://www.lincolntown.org/1035/Human-Services-in-Lincoln>.

Art, Music, Entertainment, Enjoyment!

Metamorphosis: Art Shows Featuring the South Sudanese



Come to two Art Shows September 1 through 30 featuring the South Sudanese. Do you ever wonder what happened to the three young men from South Sudan resettled in Lincoln in the early 2000's? Come to Bemis Hall's *Metamorphosis: From South Sudan to Lincoln* to find out what they went through, what changes they experienced and where they are now. The Library's visual and audio tour *Metamorphosis: From South Sudan to Massachusetts* tells what changes they have gone through since coming to America. On **Sept. 13**, a COA reception will be at **Bemis Hall from 2:30 pm to 4** while receptions hosted by the South Sudanese Enrichment for Families will be at Bemis Hall and the Library from 6 to 8 pm the same day with South Sudanese vendors selling cookies, tablecloths and cows! Questions? SusanWinship@comcast.net. Both shows curated by Jeff Brown, Ellen Morgan, William Maluil, and Susan Winship.

A Walk to Explore the Flora and Fauna of Our Town's Cemetery

Lincoln's cemeteries are a uniquely beautiful and rich ecological environment with abundant species of trees, flowers, insects, birds, and other wildlife. Come take a walk through Lincoln's Lexington Road Cemetery with Susan Harding of Lincoln's Cemetery Commission and Conservation Director Tom Gumbart on **Friday, September 28 at 10 am**. Meet by the map of the roadways at the end of the entrance road and park along Pine Way behind it. They will introduce you to the many forms of life that inhabit the cemeteries, discuss these amazing places, and answer your questions!



Wake Up Your World with World Hand Drumming!

We will once again offer six-week sessions to learn world hand drumming. Hand drumming is a relaxing, fun art form that is sweeping the nation! The class is held **Tuesday mornings from 9:30 to 10:30 at Bemis Hall**. The first session begins September 18 at a cost of \$84. The course is taught by Mike Connors of the Concord Conservatory of Music. Sign up now!

Express Love of Nature with Watercolors

Rediscover your joyful soul through art and nature in Jane Cooper's watercolor class. Jane will offer fun dabbling in watercolor painting of scenes of nature, landscapes or some favorite sky. One class of four sessions will be offered on Mondays, **October 1 and 15 and Fridays, October 5 and 12 from 9 to 11 am at Bemis Hall**. Cost is \$30, materials included. Sign up now!



Celebrate Fall with the Lincoln Traditional Jazz Band

Celebrate Fall at **Bemis Hall on Friday September 7 at 12:30 pm** when the Lincoln Traditional Jazz Band share their love of this lively music in a delightfully spontaneous rendering! Tap your feet or get up and dance as they belt out favorites such as "Sweet Georgia Brown", "Ain't She Sweet", "Carolina In The Morning" and others we all know and love. The group are all amateur musicians who give life to the hot jazz of the '20s, '30s and '40s.

AT THE MOVIES

Thursday, September 6, 2:15 pm. Isle of Dogs The visionary *Isle of Dogs* tells the story of a 12-year-old's search for his bodyguard dog after all dogs are exiled to Trash Island. Animated. 2018. PG-13. 201 mins.

Wednesday, September 12 at 1:00 pm. Madama Butterfly Puccini's masterpiece has captivated audiences for over a century with its sure-fire drama and soaring music. This Met Opera production features Patricia Racette and Marcello Giordani and flaunts a Japanese bunraku puppet as Butterfly's son. 2009. NR. 145 mins.

Tuesday, September 18, 2:15 pm. The Leisure Seeker Helen Mirren and Donald Sutherland are a runaway couple on an unforgettable journey in a faithful old RV from Boston to Key West. 2017. R. 112 mins.

Thursday, September 27, 2:15 pm. Quest Filmed with *vérité* intimacy for nearly a decade, *Quest* is the moving portrait of the Rainey family living in North Philadelphia who raise a family while nurturing a community of hip hop artists in their home music studio. 2017. NR. 105 mins.



SPEND TIME WITH OTHERS



Happy Birthday to You at Senior Dining!

Lincolniters 60 plus are invited to enjoy a gourmet meal at **11:30 on Tuesday, September 18, 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. 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, Newbury Court, St. Anne's, and the Lincoln Garden Club. **Let us know if it's your birthday month and lunch is free!**

The Challenges of Change and Loss



As we age we face many life changes including changes in physical or cognitive health in family, friends, or ourselves, the death of a loved one or the transition to retirement. We may be deciding whether to stay at home or move to a retirement community. Relationships with adult children may also change. Claire Gerstein, LICSW, a social worker with many years of experience helping people navigate the issues of later life, will be facilitating a group in which you can talk about these issues in a supportive environment. It will be held **Thursdays, 10-11:30 October 4, 11, 18, 26, November 1, and 8th at Bemis.** Sign up is helpful.

Join the Memoir Group

If you are interested in writing your memoir or just curious about what goes on in the memoir group, please come to our first meeting on **Wednesday, September 5 from 10 am to noon** and find out what we do. If you want to continue, the cost of the eight-session term is \$75. The dates are Sept. 5 and 19; Oct. 3, 17, and 31; Nov. 14 and 28; and Dec. 14. For more information, contact Connie Lewis at (781) 259-9415 or conlewis1000@gmail.com.

LGBT-Focused Group for Older Adults to Share Tea and Conversation

All are invited to enjoy tea and conversation at a new LGBT-focused group to be held **the second Friday of each month at 10 am at Bemis Hall.** Come share your thoughts, ideas, and life experiences! Dates for this fall are **September 14, October 12, and November 9.** Older adults from other towns most welcome. 

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.** \$10 per class.

Play Piano Duets with Evelyn Harris each **Monday at 9:30 am.** She brings books for all levels.

Spanish Conversation Enjoy Spanish conversation **first and third Mondays 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.

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 on **the first and third Wednesdays of the month at 10:30 am** to talk about why we clutter and learn strategies.

Conservation Breakfast Thursday, September 13 at 8:00 am at a location to be announced. Meet and gossip the second Thursday of every month about Town events, also touching on Conservation.

Lincoln Men's Coffee Thursday, September 20 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, September 13 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>COA CLOSED/ LABOR DAY</p> 	<p>4</p> <p>9:00 Podiatry 9:30 Knitting Drop-In 11:30 Stretch and Flex 1:00 Active Aging Fitness</p>	<p>5</p> <p>10:00 Memoir Group 10:30 Declutter Group 11:00 Line Dancing 2:00 Selectmen Listening Session</p>	<p>6</p> <p>9:00 Veterans Office Hours 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 2:15 Movie: Isle of Dogs</p>	<p>7</p> <p>10:00 German Conversation 12:30 Trad Jazz Band 1:00 Open Bridge</p>
<p>10</p> <p>9:30 French Conversation 9:30 Piano Duets 7:00 Acoustic Music (Lib)</p>	<p>11</p> <p>9:30 Knitting Drop-In 9:30 FCOA Meeting 10:00 Wellness Clinic (LW) 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:30 COA Board Meeting 7:00 Meditation (LW)</p>	<p>12</p> <p>9:30 Navigating Emotions of Aging in Place 11:00 Line Dancing 1:00 Opera Movie: Madama Butterfly 7:00 Jimmy Mazzy Jazz</p>	<p>13</p> <p>8:00 Conservation Bkfst (TBA) 9:00 Veterans Office Hours 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 2:30 Coffee with the Artist: South Sudanese 3:00 Ukulele Gathering</p>	<p>14</p> <p>10:00 LGBT Tea and Conversation 10:00 Hearing Screening 1:00 Open Bridge 1:00 School Building Update</p>
<p>17</p> <p>9:30 Piano Duets 11:00 Spanish Conversation 12:30 Lincoln Academy: How Our Bodies Use Food as Fuel 2:00 Legal Clinic 2:15/3:15 Tai Chi</p>	<p>18</p> <p>9:00 Wellness Clinic 9:30 Knitting Drop-In 9:30 World Hand Drumming 11:30 Stretch and Flex 11:30 Senior Dining (St. Anne's) 1:00 Active Aging Fitness 2:15 Movie: Leisure Seeker 7:00 Meditation (LW)</p>	<p>19</p> <p>9:00 Podiatry 9:30 Navigating Emotions of Aging in Place 10:00 Memoir Group 10:30 Declutter Group 11:00 Line Dancing 1:00/2:15 Tai Chi</p>	<p>20</p> <p>8:00 Men's Coffee 9:00 Veterans Office Hours 9:15/10:15 Tai Chi 10:30 Meet and Greet with Public Health Nurse and Veterans Services Officer 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In</p>	<p>21</p> <p>10:00 German Conversation 10:00 Cooking for One 1:00 Open Bridge 1:00 Health Care Proxy</p>
<p>SATURDAY 8 9:00 Library Book Sale 10:00 Codman Fair (CE)</p> <p>SUNDAY 9 1:00 Pollinators Walk (PPM)</p> <p>SATURDAY 15 1:00 Jazz Jam (Lib)</p>				

	<p>24</p> <p>9:30 French Conversation 9:30 Piano Duets 11:00 SmartPhone MeetUp 12:30 Lincoln Academy: Frankenstein at 200 2:15/3:15 Tai Chi</p>	<p>25</p> <p>9:00 Collating 9:30 Knitting Drop-In 9:30 World Hand Drumming 11:30 Stretch and Flex 1:00 Active Aging Fitness 7:00 Meditation (LW)</p> <p>26</p> <p>9:30 Navigating Emotions of Aging in Place 11:00 Line Dancing 1:00/2:15 Tai Chi</p> <p>27</p> <p>9:00 Veterans Office Hours 9:15/10:15 Tai Chi 10:00 Fern Walk (Stony Brook) 1:30 Computer Drop-In 2:15 Movie: The Quest</p> <p>28</p> <p>9:00 Healing Motion for Life 10:00 Cemetery Walk 1:00 Open Bridge 1:00 Social Security Update</p>	<p>SATURDAY 22 2:00 Jazz Concert</p>
	<p>25</p> <p>9:00 Collating 9:30 Knitting Drop-In 9:30 World Hand Drumming 11:30 Stretch and Flex 1:00 Active Aging Fitness 7:00 Meditation (LW)</p>	<p>LOCATIONS CE: Codman Estate Lib: Lincoln Library LW: Lincoln Woods PPM: People for Pollinators Meadow St. Anne's: St. Anne's Church Stony Brook: Stony Brook South TBA: Location to be an- nounced</p>	
	<p>24</p> <p>9:30 French Conversation 9:30 Piano Duets 11:00 SmartPhone MeetUp 12:30 Lincoln Academy: Frankenstein at 200 2:15/3:15 Tai Chi</p>	<p>25</p> <p>9:00 Collating 9:30 Knitting Drop-In 9:30 World Hand Drumming 11:30 Stretch and Flex 1:00 Active Aging Fitness 7:00 Meditation (LW)</p>	<p>SATURDAY 22 2:00 Jazz Concert</p>

SEPTEMBER



Lincoln Cable TV

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Watch on your computer - "Streaming" or Video on Demand at

<http://lincolntv.viebit.com>



FOR YOUR WELL BEING



How's Your Hearing? Free Screening with Mass Eye and Ear

Hearing well is essential for remaining engaged and independent. A wide range of devices can help those with hearing losses ranging from mild to profound. Come to a free hearing screening given by Mass Eye and Ear on **Friday, September 14 from 10 am to 1 pm at Bemis Hall**. You'll receive a private, 10-to-15-minute screening to determine if a comprehensive hearing test is needed. If you have hearing loss, you will receive information on scheduling a comprehensive hearing test and possible options for treatment. If you have a known hearing loss and/or wear hearing aids, a hearing screening is not going to provide the diagnostic information needed for your hearing loss. Contact information will be available for Mass Eye and Ear in Concord to book a comprehensive hearing test. Please call the COA at (781) 259-8811 to book a hearing screening if you are interested in this excellent free screening!

Healing Motion for Life: A Free Movement Workshop

Being in touch with the way our bodies move, and working to keep our movements unrestricted and fluid help bring health and clarity to every aspect of our lives. Join Susanne Liebich on **Friday, September 28 at 9 am at Bemis Hall** to experience a variety of sustainable exercises including expressive movement, breathing and relaxation in a program sponsored by Deaconess Abundant Life Services and Newbury Court. Susanne's movement practice helps you achieve body awareness, presence, physical strength, balance, focus, and serenity. Other sessions will be held in October and November.



OPPORTUNITIES FOR EXERCISE

Stretch and Flex Designed 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 September 27.

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 (AFAA certified group fitness instructor). No class September 27.

Tai Chi for Health, Rehabilitation and Wellness The fall Tai Chi session will begin September 17 and finish the week of December 13. **Beginners/Level I** may sign up now for Mondays, 2:15-3:15, Wednesdays, 1-2 pm, and Thursdays, 9:15-10:15. **Level 2:** Mon 3:15-4:15; Level 2 Practice: Thurs 10:15-11:15. **Level 3:** Wed 2:15-3:15. The cost is \$60 for 1 hr/wk, \$80 for 2 hrs/wk, \$100 for 3 hrs/wk and \$120 for 4 hrs/wk. Continuing students need not sign up. For info, contact Jane Moss (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!

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, September 11 from 10 am to noon**. The second clinic will be on **Tuesday, September 18 from 9 to 11 am at Bemis Hall**. This clinic is sponsored by the Pierce House. Services provided by Emerson Hospital Home Care.

Podiatry Clinics

Podiatry clinics will be held on **Tuesday, September 4** and **Wednesday, September 19 at 9 am at Bemis Hall** by appointment. \$10 donation. 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* 💡

Social Security Overview and Update



Whether you are getting Social Security soon or have been receiving it for years, come hear Sabrina Feliciano of the Social Security Administration at **Bemis Hall on Friday, September 28 at 1 pm**. Sabrina will give an overview of retirement benefits and Medicare as well as update you on some of the new features of Social Security and Medicare, like doing many transactions online. She will also answer questions and address your concerns!

Make a Health Care Proxy on the Spot



Your Health Care Proxy is one of the most important advance planning documents you have. It designates a person of your choice to make medical decisions and ensure that your wishes are followed if you are temporarily or permanently incapacitated. Come to a “Proxy Party” on **Friday, September 21, at 1 pm at Bemis Hall** when Lincoln resident and elder law attorney Sasha Golden and Tricia McGean, RN, Lincoln’s Public Health Nurse, will discuss the importance of health care proxies and what happens if you do not have an updated proxy in your records, help you complete your form on the spot, and discuss how to begin conversations with your proxy holder and family about your wishes for medical treatment. Please sign up!

Cooking for One: A New Way of Eating

Cooking for one can be both a challenge and an opportunity to try new foods and ways of cooking. Whether you have lived alone for a long time or it’s a new experience for you, come to **Bemis Hall on Friday, September 21 at 10 am** when Karen Halloran of CareOne in Concord will provide a demonstration of how to cook efficiently and deliciously for one and then give some tips on using healthy and alternative food choices. Please sign up.

Share Tips or Get Help at SmartPhone Meet Up!

Do you have a smart phone that you would like to learn more about or be able to use better? Or, can you give smart phone pointers? Come to a group that will be facilitated by Carol Peskin for smart phone users to share tips and get help on **Monday, September 24 at 11:00 am at Bemis Hall**. This isn’t a class, but rather a chance for people to teach each other. Whether you are new to smart phones or are a pro, this group is for you!

COME FOR FREE ONE-TO-ONE CONSULTATIONS!

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, September 17 from 2-3 pm**. There is no charge for the thirty-minute consultation, but please sign up by calling the COA.

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, September 5**.

Veterans Office Hours

The Veterans’ Services Officer (VSO) is an advocate for Lincoln’s veterans and their dependents. The VSO can assist veterans with questions they have about their state and federal veteran benefits and services. The VSO can also help veterans apply for those benefits. Benefits and services include emergency financial or medical assistance programs for veterans in need, Veterans Affairs Compensation and Pension claims, educational benefits, real estate tax abatement, employment and training opportunities, burial information, and innumerable other benefits. Lincoln’s Veterans Services Officer, Peter Harvell, will have regular office hours each **Thursday from 9 am to Noon at Bemis Hall**. Peter can also be reached by email at Lincolnveterans@lincolntown.org

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

P.O. Box 143 • Lincoln, MA 01773

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Art – Drama - Music

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HOME SECURITY TEAM



Introducing the Care Dimensions Hospice House

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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, September 8 from 9 am to Noon at Bemis Hall.**

36th Annual Codman Estate Fine Arts and Crafts Festival, Saturday, September 8, 10:00 a.m. - 4:00 p.m., Codman Estate, 34 Codman Road. More than 100 local artisans, entertainment, food court, and first-floor house tours. Free for Historic New England members and children under 12, \$5 for nonmembers. 617-994-5914.

LLCT Plants & Pollinators Walk on **Sunday, September 9 from 1-3 PM at the People for Pollinators meadow.** Tom Gumbart/Robin Wilkerson will lead. Further info at lincolnconservation.org

Open Mike Acoustic Night Enjoy live music at the free Open Mike Acoustic program **Monday, September 10 from 7 to 10 pm at the Library** featuring Rob Lytle. Email: loma3re@gmail.com.

Free Meditation Classes. Lynne LaSpina offers free meditation classes at **Lincoln Woods each Tuesday beginning September 11 from 7:00 to 7:30 pm.** Decrease stress and increase relaxation to find creative ways to solve stressful issues. Beginners to experts welcome! For more information, call (908) 892-2408.

Jimmy Mazzy and the Last Minute Men Old Time New Orleans Jazz classics played as they should be! **Wednesday, September 12, 7 pm, Bemis Hall.** Don't be late. Be there when the band starts playing.

Free Live Traditional CJALL Jazz Jams on **Saturday, September 15 from 1:00 pm – 5:00 pm at the Library.** Come hear local musicians belting out old favorites which will set your feet a-tappin. Free.

Jazz at Lincoln Center Saturday Sep 22, Bemis Hall, 2-5 pm. Classic Jazz and Lincoln Library sponsors JAZZ ULTIMATE: a tribute to Jack Teagarden & Bobby Hackett featuring Dan Gabel and Dave Whitney.

Domestic Violence Services Network Volunteer Advocate Training, Sept. 25-Oct 13, Tuesday/Thursday eves, Saturdays at Concord Police Dept. 40 hours. 978-318-3421 or email dvvap@concordma.org.

LLCT Fern Walk on **Thursday, September 27 from 10:00 AM to Noon at Stony Brook South.** Ellen&Jim Meadors will lead this 1-2 mile walk. Learn to identify 12 species of ferns. Further info at lincolnconservation.org.

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