



NEWS FROM BEMIS HALL

Vol 9 Issue 11



November 2018

The Lincoln Council on Aging Monthly

Campus Projects — Part I — Lincoln School Project!

**December 1, 2018, Special Town Meeting, Lincoln School Auditorium;
December 3, 2018, Ballot Vote, Smith Gym**

For the past several years Lincoln has concentrated on planning the development of Ballfield Road as a community campus with facilities that meet the needs of all our residents: The Lincoln School for our preK - grade 8 students, and a Community Center to house our Parks & Recreation Department and Council on Aging. After almost 2 decades of planning, our town will come together to vote on the first part of this community vision - a bond vote to fund the comprehensive renovation of the Lincoln School. Funding capital projects is a 2-step process: 1) a Town Meeting vote; and 2) a ballot vote. Please save the dates! *Residents must be registered to vote in Lincoln, and must be present in order to vote at the Special Town Meeting. Absentee ballots are available for the December 3rd vote.*

Back to School! Learn about the Lincoln School Project!

What does this big renovation project accomplish? What does it cost? How does it impact future development of the campus? Learn more and bring your questions **November 9 at 1 pm at Bemis Hall!** This is a great opportunity to dive into the details before we come together as a community at the Dec. 1st Special Town Meeting.

Toni Lynn Washington and Sax Gordon Beadle Play the Blues!



All ages are invited to a free concert by renowned Boston-area blues vocalist Toni Lynn Washington and acclaimed saxophonist Sax Gordon Beadle on **Sunday, November 4 at 2 pm at Bemis Hall.** The performance is the Second Annual Ronna Cooper Memorial Concert and is sponsored by the Friends of the Lincoln COA. It is a gift from Margo Cooper in celebration of her mother's life. Ms. Washington has delighted and awed audiences in Boston and around the country and the globe for decades as both a singer and songwriter. She has received the Boston Blues Festival Lifetime Achievement Award, had seven Blues Music Award nominations, and released five CDs. Sax Gordon, known for his "hard-blowing, exciting, gutsy" signature style, has performed around the world, won numerous awards, and recorded six CDs. Marty Ballou on bass, Bryan Claunch on keyboard and Tom Avery on drums will back up Toni Lynn and Sax Gordon for this fabulous afternoon of music.

Holiday Pops—Boston Symphony Orchestra!

Back by popular demand, we are going again this year to the **Holiday Pops.** Join conductor Keith Lockhart and the **Boston Pops on Friday, December 7** in a performance filled with holiday music favorites, the traditional sing-along and a visit from Santa Claus himself! We will be attending the 4:00 pm matinee performance. Our seats are excellent, floor table seats, front orchestra, side section. We have just 30 seats, so don't delay in signing up, **(Please see Page 2)**



Need Help Paying Fuel and Other Bills?

If you need help paying your fuel bill, the Fuel Assistance Program may be able to help. The Program provides a cash benefit for both home owners and renters with eligible incomes. Recipients may also be eligible for other benefits. To apply, residents of all ages should call the COA at (781) 259-8811 to set up an appointment. Those who are experiencing extreme financial emergencies may also call the COA to learn more about other programs such as the Emergency Assistance Fund, funded by the Ogden Codman Trust, First Parish, and donations.



ENJOY A DAY OUT WITH THE COA!



Go Bowling in Acton!



Let's go **Bowling at the Acton Bowladrome Thursday, Nov. 8th**. Most of us haven't bowled in years, but don't worry we will be using small balls (called candlepin bowling). We will have four bowlers to a lane and maybe get a little competition going. Afterwards, we will head for an early dinner to Not Your Average Joes to discuss our bowling skills or lack thereof. We will leave Donelan's parking lot at 2:00 pm and plan to be back in Lincoln by 6:00 pm. Traveling in a Doherty's School Bus, the cost of the trip is \$15 which includes lane and shoe rental and dinner will be on your own. To make your reservation, send your check to Donna Rizzo, 22 Blackburnian Road, Lincoln, MA, 01773. Questions call Donna at 781-257-5050 or email donna@ecached.com.

Holiday Pops! (See Page 1)



as this show will sell out. Our air-conditioned air-ride bus will leave **Donelan's parking lot at 2:15 pm**, returning at approximately 7:30 pm. This trip is rated easy for physical ability, and entails only a moderate amount of walking. **The price for the trip is \$69 per person**. The cost is non-refundable and does not include the price of snacks and drinks served at the concert. To reserve a space, send a check made out to FLOCA/Trips to Virginia O'Brien, 4 Linway 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 Virginia at 781-259-1291 or vobrien39@yahoo.com.

Lincoln seniors have first priority to sign up for trips. Younger residents and out-of-town seniors may sign up after Lincoln seniors have had an opportunity. Copies of the Trip Policy are available at Bemis Hall.

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. 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. 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

November 5—Chris Hamilton and Barbara Sampson: A Glimpse of Iran

In 2014, with the Iran nuclear deal nearing closure and the Obama White House on a clear path toward improving diplomatic relationships, Chris, Barbara and four others took a self-designed 3-week trip through Iran, accompanied by an Iranian tour guide they selected. They'll speak of the "why and how" of travel in Iran, and a slide presentation will illustrate aspects of Iran's history, geography, culture, and people.

November 26 — Mark Meehl: The American Chestnut Tree — Past, Present, & Future

The American Chestnut tree was known as a "cradle to grave" tree in the past. Largely wiped out in the first half of the 19th Century by a foreign fungus, today it survives throughout its former range as an "understory tree" that only very rarely produces chestnuts. Every town in American has a "Chestnut Street" but where are the chestnut trees to be found? Thanks to The American Chestnut Foundation (TACF) we will eventually reforest the Eastern United States with blight resistant locally adapted chestnuts. The project is large in scope but the benefits are many for animals & man alike and general forest health. Much volunteer work has already been done in Lincoln at the Umbrello Conservation Land Trust which will also be discussed.

Green Energy Committee Update: The School Building Project, Residential Green Energy, and More!

Join the Green Energy Committee on **Wednesday, November 14 at 1 pm at Bemis Hall** for an update on the work of the Green Energy Committee. They will discuss the various initiatives and projects that they are involved in, including the School Building Project, residential green energy and more! This is your chance to give your ideas as well as find out more about the Green Energy related topics that interest you. Bring your questions and concerns!



The Fireside Chat: Safe and Welcoming Community

Now that we as a town have voted in favor of this initiative what does it mean? How are we currently honoring this charge and how can we improve? Please, anyone who has been made to feel Safe and Welcome and anyone who has not, join us for this our first FireSide Chat of the season. Please note the new day and time, **Saturday, November 17 at 10 – 11:30 AM at Lincoln Woods**. The group is facilitated by Sharon Antia.

Holiday Visits and 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, toothbrushes, toothpaste, mouthwash, tissues, paper towels, toilet paper, lip balm, deodorant, disposable razors, shaving cream, kitchen sponges, trash bags, laundry soap, socks, coffee and tea, postage stamps, pharmacy gift cards. Questions? Call Abigail at 781-259-8811. Please bring your donations to the Council on Aging. Collection ends December 7th. Thank you for your generosity!



Art, Music, Entertainment, Enjoyment!



Let a Creative Collage Bring Out Your Fun-Loving, Artistic Self!

Calling all Collage Enthusiasts: time to do something with that pile of scraps, magazines and papers! Join Lincoln artist, Mary Stechschulte, in this collage workshop: **November 16, 2 - 4 p.m.** \$10 fee, materials provided, but please, bring any paper(s) you would like to use and a pair of scissors. Sign up by calling the COA by Nov. 9.



New Chess Club!

If you love chess, you are welcome to come to our new Chess Club which will meet the second Thursday of each month at 10 am. This month the Club will meet on **Thursday, November 8**. Test your skills! Free lessons! Beginners and experts alike— **ALL ARE WELCOME!** The Club will be facilitated by the COA's Social Work Intern, John C. Dorr.

Lunchtime Jazz! Don't Miss It!

At lunchtime on **Friday November 2** the Lincoln Traditional Jazz Band will be upstairs at Bemis with a menu of delicious oldies but goodies for your enjoyment. Give yourself a break, join your fellow seniors. Relax, take the weight off, sit back and enjoy the music. Trombone, cornet, clarinet, piano, drums, will be in the house from **12:30 – 1:30. Don't miss it!**



Enjoy Works by Lincoln Artist Ellen Milan at Bemis Gallery

Come enjoy artworks by Lincoln artist Ellen Milan in the Bemis Gallery from mid-November through December. Ellen Milan is a Lincoln artist whose exploration in multiple media reflects her experience exhibiting and teaching internationally. After graduating from the University of Wisconsin, she began teaching art to both adults and children. Ellen has taught in Wisconsin, Israel, and in the Boston area. During a ten year stay in Israel, she established regional art programs and a group studio/gallery in the Old City of Jerusalem. Her work has appeared in juried competitions through the United States, Europe and Israel. This show at Bemis Hall, includes pastels, paintings on silk, and watercolors. Many of the pieces were inspired by the gardens and landscape in Lincoln at Farrar Pond Village.



AT THE MOVIES

Tuesday, November 6, 2:15 pm. Wonderstruck Based on the novel of the same name, this period drama unspools two tales that play out 50 years apart. In 1927, a girl runs away to New York City to meet the actress she idolizes, while in 1977, a boy travels to the Big Apple to find his long-lost dad. 2017. PG. 117 mins.

Tuesday, November 20, 2:15 pm. Three Identical Strangers This riveting documentary charts the twisty story of identical triplets separated at birth, who reconnect by chance at age 19. But what starts as a happy reunion soon sets off a series of events that lead to shocking and sinister secrets. 2018. PG-13. 96 mins.

Thursday, November 29, 2:15 pm. Mamma Mia! Here We Go Again In this sun-soaked sequel, a pregnant Sophie (Donna's daughter) is now running the family villa on Kalokairi and worried about facing motherhood minus her mom's guidance. But Donna's best friends reassure Sophie with tales about Donna's experiences. 2018. PG-13. 114 mins.

Thanksgiving Dinner at Lincoln-Sudbury Regional High School

Lincoln Sudbury Regional High School invites Lincoln seniors to a Thanksgiving Dinner at the school, 390 Lincoln Road in Sudbury, on **Wednesday, November 21 at noon**. Enjoy live music! Please call the COA to sign up.





SPEND TIME WITH OTHERS



Enjoy a Gourmet Lunch and Have Your Blood Pressure Taken!



Lincolnites 60 and older are invited to enjoy a delicious gourmet meal with new friends and old at **11:30 on Tuesday, November 20 at St. Anne's Church. Tricia McGean, Lincoln's Public Health Nurse, will offer free blood pressure readings!** 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!

SIMPLIFY & Declutter Simplify and organize your life with some help from a decluttering group. Learn current strategies to get started and find encouragement to stay on track. Come on the first Wednesday of the month at **10:30 am in Bemis Hall**. This month the group will meet on **November 7th**.

A New 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 third Friday of each month (November 16) at 10 am at Bemis Hall**. Share your thoughts, ideas, and life experiences! Out-of-town older adults welcome.

SmartPhone Meet Up! Do you have a smart phone that you would like to be able to use better? Or, can you give smart phone pointers? Come to a group facilitated by Carol Peskin for smart phone users to share tips and get help on **Monday, November 26 at 11:00 am at Bemis Hall**. This isn't a class, but rather a chance for people to teach each other.

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.

Play-Reading Sally Kindleberger leads a group in reading *Tribes*, a play by Nina Raine about families and the extended family of the deaf community, on **November 13 and 20 at 11 am**. Sally will bring copies.

Russian Conversation Group Come brush up on your Russian by speaking it with others on **November 7 at 1 pm**. Please come whether you are a native speaker, beginner, or in-between!

Conservation Breakfast **Thursday, November 8 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, November 15 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, November 8 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.

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NOVEMBER</p> 	<p><u>LOCATIONS</u> Lib: Library L-SRHS: Lincoln-Sudbury Regional High School 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>9:00 Veterans Services Officer Office Hours 9:15/10:15 Tai Chi 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In</p>	<p>2</p> <p>10:00 German Conversation 12:30 Trad Jazz Band 1:00 Open Bridge</p> <p>SUNDAY 4 2:00 Washington Blues Concert</p>
<p>5</p> <p>9:30 Piano Duets 11:00 Spanish Conversation 12:30 Lincoln Academy 2:15/3:15 Tai Chi 7:00 Medicare 101</p>	<p>6</p> <p>9:00 Podiatry 9:30 Knitting Drop-In 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:00 Noticing Walk (TBA) 2:15 Movie: Wonderstruck</p>	<p>7</p> <p>9:30 Aging in Place for the Holidays 10:30 Declutter Group 11:00 Line Dancing 1:00/2:15 Tai Chi 1:00 Russian Conversation Group 2:00 Selectmen Listening Session</p>	<p>8</p> <p>8:00 Conservation Bkfst (TBA) 9:00 Veterans Services Officer Office Hours 9:15/10:15 Tai Chi 10:00 Chess Club 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 2:00 Bowling Trip leaves (Mall) 3:00 Ukulele Gathering</p>	<p>9</p> <p>10:00 Flu Facts 1:00 Open Bridge 1:00 School Building Project Update</p> <p>SATURDAY 10 9:00 Library Book Sale SUNDAY 11 2:00 LHS World War I</p>
<p>12</p> <p>COA CLOSED/ VETERANS DAY</p> 	<p>13</p> <p>9:30 Knitting Drop-In 9:30 FCOA Meeting 10:00 Wellness Clinic (LW) 11:00 Playreading: Tribes 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:30 COA Board Meeting</p>	<p>14</p> <p>9:00 Podiatry 10:00 Memoir Group 11:00 Line Dancing 1:00/2:15 Tai Chi 1:00 Green Energy Committee 7:00 Jimmy Mazzy Jazz 7:30 LSB Players (L-SRHS)</p>	<p>15</p> <p>8:00 Men's Coffee 9:00 Veterans Services Officer Office Hours 9:15/10:15 Tai Chi 10:30 Caregiving Toolbox 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In</p>	<p>16</p> <p>10:00 German Conversation 10:00 LGBT Tea and Conversation 1:00 Open Bridge 2:00 Collage Workshop</p>

				<p>SATURDAY 17 10:00 Fireside Chat (LW) 1:00 Jazz Jam (lib)</p>
<p>19 9:30 Piano Duets 11:00 Spanish Conversation 2:15/3:15 Tai Chi 7:00 Acoustic Music (Lib)</p>	<p>20 9:00 Wellness Clinic 9:30 Knitting Drop-In 11:00 Playreading: Tribes 11:30 Stretch and Flex 11:30 Senior Dining (St. Anne's) 1:00 Active Aging Fitness 2:15 Movie: Three Identical Strangers</p>	<p>21 12:00 Thanksgiving Dinner (L-SRHS)</p>	<p>22 COA CLOSED/ THANKSGIVING</p> 	<p>23 COA CLOSED/DAY AFTER THANKSGIVING</p> 
<p>26 9:30 French Conversation 9:30 Piano Duets 11:00 Smartphone Meetup 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p>27 9:30 Knitting Drop-In 11:30 Stretch and Flex 1:00 Active Aging Fitness</p>	<p>28 10:00 Memoir Group 11:00 Line Dancing 1:00/2:15 Tai Chi</p>	<p>29 9:00 Veterans Services Officer Office Hours 9:15/10:15 Tai Chi 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 2:15 Movie: Mamma Mia! Here We Go Again</p>	<p>30 9:00 Healing Motion for Life 10:00 German Conversation 1:00 Open Bridge</p>

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Watch on your computer - "Streaming" or Video on Demand at
<http://lincolntv.viebit.com>



FOR YOUR WELL BEING



Flu Facts, Figures, and How to Beat It



The flu is more than just a bad cold. It can land you in the hospital with pneumonia or worse. But you can take steps to make sure you don't get it, and if you do, reduce your risk of life-threatening complications. Come hear Tricia McGean, Lincoln's Public Health Nurse from Emerson Hospital Home Care, on **Friday, November 9 at 10 am when she comes to Bemis Hall** to give you the facts about flu, along with some figures to show just how widespread and dangerous it can be, and the information you need to beat it. Please bring your questions and concerns!

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, November 30 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.



Noticing Walks with John Calabria



Join us for a gently paced walk through nature guided by John Calabria on **November 6 from 1:00 to 2:30 at a location posted at lincolnconservation.org**. Bring walking sticks or walking poles if you like. Another walk will be held December 4. If the weather is bad, call 781-259-9251 after 10AM the morning of the walk for an update. Co-sponsored by the COA and Lincoln Land Conservation Trust.

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.

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).

Tai Chi for Health, Rehabilitation and Wellness The fall classes are now closed. **Level 1 (Beginners)**: Mon 2:15– 3:15 pm and Wed 1– 2 pm, Thurs 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. For info, contact Jane Moss at (781) 259-9822 or mind-bodyjm@comcast.net. **No class Wednesday, November 21.**

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 class Wednesday, November 21.**

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, November 13 from 10 am to noon**. The second clinic will be on **Tuesday, November 20 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, November 6** and **Wednesday, November 14 at 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA.

WHAT YOU NEED TO KNOW

Medicare 101. What to Know. How to Choose.

Come find out the basics of Medicare on **Monday, November 5, at 7:00 pm at Bemis Hall** with Minuteman Senior Services SHINE counselors Don Milan and Anne Meade. This introduction to Medicare is especially for those who will be signing up in the next year, but is also for those who just wish to learn more and understand their benefits better. Don and Anne will discuss traditional Medicare, Medicare Supplement plans, Medicare Advantage plans, and medication drug coverage (Medicare, Parts A, B, C, and D), how to go about choosing the plan or plans that are best for you, avoiding penalties when you sign up late, and more. Minuteman Senior Services provides a variety of services that help seniors and people with disabilities live in the setting of their choice. For info on SHINE, call 888-222-6171 or visit www.minutemansenior.org. For info re: 11/5 program, call the COA.

Your Caregiving Toolbox

Life as a caregiver to a spouse, parent, or other family member can be challenging, but many resources exist that can help. You are not alone! Come to **Bemis Hall on Thursday, November 15, at 10:30 am**. Abigail Butt, one of the Council on Aging's Assistant Directors, will help guide you through the process of determining what your family member needs, locating and paying for services, and making decisions about independence, safety, and moving to an assisted living or a nursing home. She will discuss the array of services available, how to engage family members and friends as helpers, and strategies for caregiving that will help you stay healthy while making sure the needs of your loved one are met.

Navigating Aging in Place During the Holidays

The holidays can be especially challenging for those "aging in place." Old family traditions may seem daunting or may even no longer be possible. Family gatherings may be challenging with new and different personalities — or even fraught with conflict or regret. Perhaps we see holidays as not as joyful now as we remember them to have been. Yet the holidays can also be a chance to reimagine holiday traditions, connect with friends, and relax rather than host. Discuss all this and more when Alyson Lee, a licensed social worker and life coach, comes to **Bemis on Wednesday, November 7 at 9:30**.

Technology Workshop Hosted by Local Boy Scout Troop

Jacob Anthony, a member of Concord Boy Scout Troop 132 and Lincoln resident, will lead a technology workshop on **December 2 from 2:00-4:00 pm in Bemis Hall**. The workshop will consist of a presentation on internet safety followed by a chance for seniors to work with scouts to troubleshoot issues with portable electronic devices. The class will conclude with refreshments and a chance to chat. Seniors may bring their personal electronic devices (smartphones, tablets, laptops) that they would like help with to the workshop. Call the COA to sign up.

COME FOR FREE ONE-TO-ONE CONSULTATIONS!

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, November 7**.

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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When hospice patients require specialized care for acute pain and symptom management, our new 18-bed Care Dimensions Hospice House in Lincoln on the Waltham line, offers hospital-level care in a warm, home-like environment. Our interdisciplinary team provides patients and their families with individualized medical, emotional, and spiritual support to make a difficult time a little easier.

With 40 years of compassionate expertise in caring for people with advanced illness, Care Dimensions is Massachusetts' premier non-profit provider of hospice, palliative care, and grief support, and is nationally recognized for quality and innovation. Let our experience improve yours – ask for Care Dimensions by name.

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GIVING BACK TO THE SENIOR COMMUNITY

Free Services to Help Seniors Prepare Their Homes for the Market, Sell and Transition to the Next Stage of Life

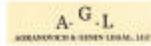
As real estate, legal and moving professionals dedicated to helping people transition from one home to another, we understand how stressful and overwhelming this process can be. We want to make it easier. Through the Maria Project, we are giving selected seniors and people with disabilities a package of free services that will include everything needed for a smoother transition.

The package includes:

- Organizing personal possessions
- House repair and clean-up
- Packing and moving
- Real Estate representation
- Legal Services

The Maria Project was inspired by Leon Gelfand in honor of his grandmother, Maria.

Maria Project organizers include Home Ready Solutions, Stebnetz Real Estate Professionals, Agnewitch & Green Legal, LLC and Gentle Giant.



We will be there at every step of the process.

To apply or nominate someone, visit mariaproject.org

or call **617-331-7848**.

We will meet with candidates at their homes at their convenience.

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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, November 10 from 9 am to Noon at Bemis Hall.**

Lincoln Historical Society World War I Centennial Event Sunday, November 11, 2 pm, Bemis Hall featuring a presentation on the contributions of Lincoln women on the homefront, a concert of songs sung at a Lincoln celebration at the end of the war, and discussions of World War I veterans from Lincoln, including Lincoln's two Gold Star World War I veterans.

LSB Players: Once Upon a Mattress The LSB Players of Lincoln-Sudbury Regional High School present *Once Upon a Mattress*, a goofy take on the classic fairy tale Nov, 14, 15, 16, and 17th at 7:30 pm at the high school. Limited free tickets for seniors are available at the COA starting November 9th for the **Nov. 14 performance.** For tickets to other performances, go to <http://www.lsrhs.net/sites/lsbplayers/tickets>.

Jimmy Mazzy and the Last Minute Men Old Time New Orleans Jazz classics played as they should be! **Wednesday, November 14, 7 pm, Bemis Hall.** Don't be late. Be there when the band starts playing.

Free Live Traditional Jazz Jams on **Saturday, November 17 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.

Open Mike Acoustic Night Enjoy live music at the free Open Mike Acoustic program **Monday, November 19 from 7 to 10 pm at the Library** featuring Kate Chadbourne. Email: loma3re@gmail.com.

Volunteers Needed! The Friends of the Lincoln Library hosts a monthly book sale at Bemis Hall to support programming at the library. We are looking for volunteers to **sort and shelve books and work at the book sale.** We are a great group of 10-15 people who work on this project. Book sorting is on Tuesdays from 1-3 and the sale is on the second Saturday of the month from 9-12. If you are interested, let us know. We would love to have your help! Contact: Belinda Gingrich 781-577-7004 belinda.gingrich@verizon.net.

Become an Election Worker! Play an essential role in the democratic process! Open to registered voters. Training provided by the Lincoln Town Clerk's Office. Contact Valerie Fox, at (781) 259-2607 or foxv@lincolntown.org.

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