



NEWS FROM BEMIS HALL

Vol 10 Issue 2



February 2019

The Lincoln Council on Aging Monthly

Abigail Adams: Her Life and Times



The Friends of the Lincoln Council on Aging and the Lincoln Historical Society proudly present Sheryl Faye's engaging portrayal of Abigail Adams, wife of second President John Adams and sister of Lincoln Minute Men Captain William Smith, on **Sunday, February 24th at 2 pm at Bemis Hall**. The free performance is a tribute to Harriet Todd, who was President of the Friends of the Lincoln COA, among many, many other contributions. Sheryl will portray Abigail as an adult and a child as she navigates life in colonial New England and stands up for the rights of women in the midst of the turbulence and privations of the War for Independence. This program will delight those of all ages. Sheryl Faye appears throughout our area bringing to life historical women.

Ogden Codman Trust Funds Social Worker for Those Under 60

The Lincoln Council on Aging and the Ogden Codman Trust are excited to welcome Emily Cade Morrison, Lincoln's new part-time Town Social Worker. Ms. Morrison will assist residents 60 and under, including adults, families and children. She will provide information and referral to federal, state, and local programs and benefits addressing financial concerns, mental health, substance abuse, domestic violence, and other challenges. She will also help solve family and other problems, and offer crisis management. Support for Ms. Morrison's position has been generously granted by the Ogden Codman Trust for two years. Ms. Morrison will hold office hours and offer appointments in a variety of town locations, including Lincoln Woods and Bemis Hall. She will work closely with the Council on Aging, the Town Public Health Nurse, Public Safety, the Schools, and many other Town departments and private organizations to make sure that Lincoln's younger residents receive the help they need to live safely, independently and with dignity in our community. Residents wishing to meet with the Town Social Worker may call the Lincoln Council on Aging at (781) 259-8811. Residents and organizations may also make contributions to the Town Social Worker Fund to provide for extra hours as needed and to extend the Town Social Worker's service beyond the grant period. Contributions may be sent to: Town Social Worker Fund, c/o The Lincoln Council on Aging, 16 Lincoln Road, Lincoln, MA 01773. For more information, call the Council on Aging at (781) 259-8811.



Memory Café Opens for Elders with Dementia and Caregivers

The Commons in Lincoln, Right-at-Home In Home Care and Assistance, and the Lincoln Council on Aging invite those with dementia and their family, friends, and caregivers to the free Lincoln Memory Café on **Thursday, February 28 from 9:30 am to 11:00 am at 1 Harvest Circle at the Commons**. The goal of the Café is to offer an opportunity for elders and their care partners to spend relaxed, fun, social time together. The February Café will feature CC King who will provide a fun morning of poetry, musical lyrics and drama exercises. Future Cafés will be held on the fourth Thursday of each month from 9:30 am to 11:00 am at the Commons. It is helpful, but not required, to sign up by calling the Council on Aging at (781) 259-8811. For information, contact Amy Gagne of Right at Home In Home Care and Assistance at (781) 275-1400 or amy@rightathomecare.com.

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.





ENJOY A DAY OUT WITH THE COA!



Taza Chocolate Factory Tour!



Join us for a private tour of the Taza Chocolate Factory in Somerville on **Thursday, March 14th**. The tour covers the entire process, from bean to bar! Explore the growth and harvesting of cacao, where and how they source their beans, as well as how it is turned into stone ground chocolate. There are, of course, delicious samples along the way and a special treat! Then we will stop for lunch at the popular S&S Deli in Inman Square before returning to Lincoln. We will meet in Donelan's parking lot at 10:00 a.m. and plan to be back in Lincoln by 2:30 p.m. The cost of the trip is \$20 and is non-refundable. Lunch will be on your own. To make your reservation, send a check made out to FLCOA/Trips to Ginny 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, call Ginny at 781-259-1291 or vobrien39@yahoo.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. Copies of the COA's 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**. To avoid waiting, call ahead. 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

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



THE LINCOLN ACADEMY

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

February 4 — Alex MacLean: Imagining Sea Level Rise from Above

Alex MacLean will speak about his most recent work documenting with aerial images the impacts and vulnerabilities caused by sea level rise. Sea level rise is a definite indicator of global warming and climate change that is undeniable. It is also universal, permanent, irreversible and its rate of rising is accelerating. These photographs are intended to motivate us to act without delay in cutting our carbon emissions personally and collectively towards zero.

February 11 — Patricia Sollner: The Pleasures and Perils of Translating Russian Poetry

Using different translations of poems, Patricia will look at the choices made and how those choices reflect the translator's understanding of the poem. She will also discuss the translations themselves and how they work on their own in English. Finally, she will talk about some theories of translation, beginning with Nabokov's.

February 25 — Caroline Jacobs: Ultimate Africa

Caroline recently went on safari with fourteen other travelers in Zimbabwe, Zambia and Botswana. Come and share her stories and photos of the "trip of a lifetime."

Fireside Chat: Awe-Inspiring Encounters



What has been your most awe-inspiring encounter in nature, in Lincoln, in work, school or life in general and how did it transform you/change your way of thinking about yourself and the world? Join us from **10 - 11:30 AM on Saturday February 23 in the Community Room at Lincoln Woods, 50 Wells Rd** for a friendly discussion facilitated by Sharon Antia. And please remember to park in 'unmarked' spaces.

The Roaring Twenties — Ford, Flappers, and Fitzgerald!

In the 1920's, the sound of radios and phonographs filled the air. Prosperity was everywhere. Women "bobbed" their hair, danced the Charleston and voted for the first time. Join us for a fascinating lecture series as we take a detailed look at this exciting period in time with Gary Hylander, Ph.D. at the **Lincoln Library on Sundays February 10 and 17, and March 31 at 1:30 (please note changed dates!) and Thursday, March 7 at 3 at Bemis.** The series is co-sponsored by the Lincoln Library and the Council on Aging.

Girl Scouts Connect Neighbors and Offer Sand Buckets

Do you think about your neighbors during snowstorms? Would you like a neighbor to check in on you or provide assistance during a storm? As part of their Bronze Award project, members of Lincoln's 5th grade Girl Scout troop are working to help Lincoln residents be more aware, prepared, and safe during snowstorms. They would like to encourage residents to check in on their neighbors during snowstorms to make sure they are safe. If you would like a "neighborhood buddy" to check in on you, please contact the Council on Aging. Additionally, if you would like a sand bucket to help with slippery spots on your driveway or walkway, contact taramitchell365@gmail.com and the Girl Scouts will arrange to deliver one to you. Stay tuned for more messages from Troop 66276 with helpful tips and snowstorm safety initiatives.

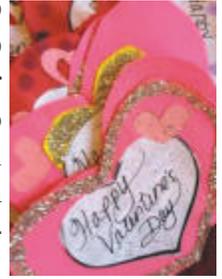


Art, Music, Entertainment, Enjoyment!



!NEW! Valentine's Day Speed Dating

Speed Dating is the fun and efficient way to meet new people. The Lincoln COA is teaming up with the Bedford, Concord, and Sudbury COAs for this FREE event for seniors aged 65 and up to be held on **Wednesday, February 13 at 10:30 at Bemis Hall**. You'll meet up to twelve other local, single seniors through a series of six minute "pre-dates." We facilitate the whole thing so there's no awkwardness, pressure, embarrassment, or games...just great fun! FREE popcorn will be served. After the event, we'll contact you to let you know if you've made a match (more than two-thirds of speed daters match at least one person). Space is limited! Call 781-259-8811 to register. If you need transportation, please call to let us know. All orientations welcome.



Have a Sweet and Spicy Love Life at Any Age!



Whether you have been married for a very long time, find yourself suddenly single, or just never found the right one, you can still savor the joys of romance no matter what your age. Later life brings with it some special challenges, but also life experiences that can ease some of the road bumps and worries. Find out more about making the best of this time of life with someone special when Lincoln resident and marriage and family therapist Carol DiGianni comes to **Bemis Hall on Friday, February 8 at 1 pm** to lead a conversation. She will give information as well as answer your questions and concerns!

Celebrate Valentine's Day with the Lincoln Trad Jazz Band!

Don't miss the free COA Valentine's Day concert of traditional jazz music of the 1920s, 30s, and 40s on **Friday, February 1st at 12:30 at Bemis Hall**. The band will play music by such greats as Fats Waller, Irving Berlin, George Gershwin and more, and you'll get a chance to sing along on tunes made great by Frank Sinatra, Ella Fitzgerald or Louis Armstrong, like "I Can't Give You Anything But Love", "All Of Me", "Careless Love", Cheek To Cheek", "I Only Have Eyes For You", "I'm Confessin' That I Love You", "I'm In The Mood For Love", and "The Nearness Of You." What better way to celebrate Valentine's Day?



Do You Like to Play Games But Have Impaired Vision?



Thanks to the Perkins Library, the COA is proud to offer a Games Afternoon featuring games specially created for those with vision impairments. Come on down to Bemis Hall to play Scrabble (2x Braille), Sudoku (1x Braille), Cribbage (1x Braille), checkers (2x Braille), and Monopoly (1x Braille and large print) on **Wednesday, February 27 at 1 pm**. If you have some games at home you would like to bring in, that's fine, too!

AT THE MOVIES

Thursday, February 7, 2:15 pm. Tea with the Dames Acclaimed actresses Maggie Smith, Judi Dench, Joan Plowright and Eileen Atkins -- all Dames of the British Empire -- gather for a captivating conversation that includes reminiscences, gossip and untold tales about their stage and film careers. 2018. NR. 81 mins.

Tuesday, February 19, 2:15 pm. The Bookshop In 1950s England, cultural growth has largely bypassed the quiet seaside village of Hardborough, but that changes when a middle-aged widow opens the town's first bookshop. Unfortunately, she soon finds herself at odds with a local arts patron. 2018. PG. 113 mins.

Thursday, February 26, 2:15 pm. The Last Word Not about to cede control of any facet of her life -- or death -- retired businesswoman Harriet Lawler hires a young writer to pen an obituary worthy of her. When the results fall short of Harriet's expectations, she sets out to reshape her legacy. 2017. R. 108 mins.



SPEND TIME WITH OTHERS



Enjoy a Gourmet Lunch and Have Your Blood Pressure Taken!



Lincolniters 60 and older are invited to enjoy a delicious gourmet meal with new friends and old at **11:30 on Tuesday, February 19 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!

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 share tips and get help on **Monday, February 25 at 11:00 am at Bemis Hall.** This isn't a class, but rather a chance for people to teach each other.

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. In February, the group will meet on **February 6.**

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, February 14 at Bemis.** Test your skills! Free lessons! Beginners and experts alike— ALL ARE WELCOME!

LGBT-Focused Group 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 (February 15 at 10 am) at Bemis Hall.** Share your thoughts, ideas, and life experiences! Those from other towns 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. **Not Feb. 4.**

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 the eccentric domestic comedy *The Clean House* by Sarah Ruhl on **February 12 and 19 at 11 am.** Sally will bring copies.

Russian Conversation Group Come brush up on your Russian by speaking it with others on **February 6 and 20 at 1 pm.** Please come whether you are a native speaker, beginner, or in-between!

Conservation Breakfast **Thursday, February 14 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, February 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, February 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FEBRUARY</p> 	<p><u>LOCATIONS</u> Commons: Commons in Lincoln Lib: Library LLCT: 145 Lincoln Road LW: Lincoln Woods St. Anne's: St. Anne's Church TBA: Location to be announced</p>			<p>1</p> <p>10:00 German Conversation 11:00 Prescription Update 12:30 Trad Jazz Band 1:00 Open Bridge</p>
<p>4</p> <p>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 11:30 Stretch and Flex 1:00 Active Aging Fitness</p>	<p>6</p> <p>10:00 Memoir Group 10:30 Declutter Group 11:00 Line Dancing 1:00/2:15 Tai Chi 1:00 Russian Conversation Group</p>	<p>7</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 2:15 Movie: Tea with the Dames</p>	<p>8</p> <p>10:00 What You Need to Know about Using Medical Marijuana 1:00 Open Bridge 1:00 Romance in Later Life</p>
<p>11</p> <p>9:30 Piano Duets 9:30 French Conversation 12:30 Lincoln Academy 2:15/3:15 Tai Chi 3:00 Legal Clinic 7:00 Acoustic Music (Lib) 7:30 LLCT Movie (LLCT)</p>	<p>12</p> <p>9:30 Knitting Drop-In 9:30 FCOA Meeting 10:00 Wellness Clinic (LW) 11:00 Playreading: The Clean House 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:30 COA Board Meeting</p>	<p>13</p> <p>10:30 Speed Dating 11:00 Line Dancing 1:00/2:15 Tai Chi 7:00 Jimmy Mazzy Jazz</p>	<p>14</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 3:00 Ukulele Gathering</p>	<p>SATURDAY 9 9:00 Library Book Sale</p> <p>SUNDAY 10 1:30 Roaring 20s (Lib)</p> <p>15</p> <p>10:00 German Conversation 10:00 LGBT Tea and Conversation 1:00 Open Bridge 1:00 Oral Health Update and Screening</p>

<p>18</p> <p>COA CLOSED/ PRESIDENT'S DAY</p> 	<p>19</p> <p>9:00 Wellness Clinic 9:30 Knitting Drop-In 11:00 Playreading: The Clean House 11:30 Stretch and Flex 11:30 Senior Dining (St. Anne's) 1:00 Active Aging Fitness 2:15 Movie: The Bookshop</p>	<p>25</p> <p>9:30 French Conversation 9:30 Piano Duets 11:00 Smartphone Meetup 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>
	<p>20</p> <p>9:00 Podiatry 9:30 Coping with Worry 10:00 Memoir Group 11:00 Line Dancing 1:00 Russian Conversation Group 1:00/2:15 Tai Chi</p>	<p>26</p> <p>9:00 Collating 9:30 Knitting Drop-In 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:15 Movie: Last Word</p>
	<p>21</p> <p>8:00 Men's Coffee 9:00 Veterans Services Officer Office Hours 9:15/10:15 Tai Chi 10:15 Aid and Attendance Veterans Benefits 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In</p>	<p>27</p> <p>9:30 Coping with Worry 11:00 Line Dancing 1:00/2:15 Tai Chi 1:00 Games Afternoon for Those with Visual Impairments</p>
<p>SATURDAY 16 1:00 Jazz Jam SUNDAY 17 1:30 Roaring 20s (Lib)</p>	<p>22</p> <p>1:00 Open Bridge</p>	<p>28</p> <p>9:00 Veterans Services Officer Office Hours 9:15/10:15 Tai Chi 9:30 Memory Café (Commons) 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In</p>
<p>SATURDAY 16 1:00 Jazz Jam SUNDAY 17 1:30 Roaring 20s (Lib)</p>	<p>SATURDAY 23 10:00 Fireside Chat (LW) SUNDAY 24 2:00 Abigail Adams</p>	

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<http://lincolntv.viebit.com>



FOR YOUR WELL BEING



Maintain Your Oral Health for Overall Wellness



Maintaining the health of your teeth and gums is not only essential to good nutrition, but can also contribute to optimal heart health, reduce infection in other parts of your body, and even improve your memory! Find out the latest information about oral health for older adults and then receive a free oral cancer screening when Lincoln resident Dr. Alison Seliger-Schamberg comes to **Bemis Hall on Friday, February 15 at 1 pm**. She will use the Velscope Screening device for the oral cancer screening.

Medical Marijuana: What You Need to Know

More and more these days doctors are prescribing medical marijuana for a host of health issues including anxiety, pain from many causes such as headaches, cancer, or nerve pain, nausea, seizure disorders, Crohn's disease, and many others. But is it safe? Will you become addicted? How do you obtain and take it? What are the side effects? Find out the answers to these and other questions you may have on **Friday, February 8 at 10 am** when Tricia McGean, Lincoln's Public Health Nurse comes to **Bemis Hall**. Bring questions and concerns!

Worry Is a Part of Life, But You Can Take Control

Sometimes worry is just a normal part of life. We may have uncertainty about our or a loved one's health or well being, money issues, maintaining our ability to stay in our home, the state of the world, or many other things. Join Alyson Lee, a licensed clinical social worker and life coach on Wednesday mornings **February 20 and 27 at 9:30 am** when she will discuss how we can acknowledge and cope with our concerns without letting them take over our lives and, as importantly, when we need to seek help.



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 spring classes are now closed. **Level I (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.

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, February 12 from 10 am to noon**. The second clinic will be on **Tuesday, February 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, February 5** and **Wednesday, February 20 at 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA.

💡 **WHAT YOU NEED TO KNOW** 💡

Could You Pay Less for Prescriptions? Here's How!



If you have costly prescriptions, you might be able to pay less through company programs, foundations that help with co-payments, discount cards, generic medications, and more. Find out about these options when Colleen Massey of the Massachusetts College of Pharmacy and Health Sciences (MCPHS) comes to **Bemis Hall on Friday, February 1 at 11 am**. She will also let you know about the many programs and services of MCPHS that can help you manage your medications.

Aid and Attendance Veterans Benefit for In-Home Care

If you are a veteran or spouse who needs in-home care or you know someone who is, please come to **Bemis Hall on Thursday, February 21 at 10:15 am** when Lincoln's Veterans Services Officer, Peter Harvell, will explain the Aid and Attendance Veterans Benefit. These benefits will pay for in-home care, such as that provided by visiting nurses, so that veterans and spouses can age in place. Bring your questions and concerns!



Free Income Tax Preparation Help



Volunteers certified under the AARP TaxAide program will prepare your Federal and Massachusetts personal income tax returns or answer your tax questions. This free service can answer most of the tax issues faced by low and middle income taxpayers, with special attention to those over age 60. Appointments begin in February and will be held on Wednesday and Thursday afternoons. Call the COA office to schedule a confidential appointment and get a list of documents to bring.

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.

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, February 11, from 3-4 pm**. There is no charge for the thirty-minute consultation, but please sign up by calling the COA.

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**. To avoid waiting, call ahead. Reach Peter 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!** A team of senior volunteers will help you with basic questions about working your computer, setting up and using email, organizing your photos and documents, watching videos online, finding information on the internet and more! 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

Proud to Support the Lincoln Council on Aging!
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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

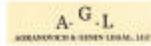
As real estate, legal and moving professionals dedicated to helping people transition from one home to another, we understand how stressful and overwhelming this process can be. We want to make it easier. Through the Maria Project, we are giving selected seniors and people with disabilities a package 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 & Genin 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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Lincoln Council on Aging, Lincoln, MA 06-5118

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

Open Mike Acoustic Night Enjoy live music at the free Open Mike Acoustic program **Monday, February 11 from 7 to 10 pm at the Library** featuring The Green Sisters. Email: loma3re@gmail.com.

Movie Nights at the LLCT on **Feb. 11 and Mar. 14 at 7:30 PM at the Land Trust office at 145 Lincoln Rd.** (above the Post Office). Popcorn and apple cider served. Free. All are welcome. February movie is *Wild Amazon: Cradle of Life*. Further info at lincolnconservation.org.

Jimmy Mazzy and the Last Minute Men Old Time New Orleans Jazz classics played as they should be! **Wednesday, February 13, 7 pm, Bemis Hall.** Don't be late. Be there when the band starts playing.

Free Live Traditional Jazz Jams on **Saturday, February 16 from 1:00 pm – 5:00 pm at Bemis Hall.** Come hear local musicians belting out old favorites which will set your feet a-tappin.' Free.

Thank You for Donations for Holiday Gift Baskets!



A resounding, "Thank you!" is due to everyone who generously provided items for the Holiday Gift Basket program this year. About 30 seniors were provided with basic necessities such as new socks, shampoo, kitchen sponges, and deodorant. The response was overwhelming and we are truly grateful to all those who gave. We are especially grateful to the Girl Scouts who led an tremendously successful drive at Donelan's and the Schools!

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