



NEWS FROM BEMIS HALL

Vol 10 Issue 3



March 2019

The Lincoln Council on Aging Monthly

Annual Town Meeting on March 23 and Election on March 25



All Lincoln residents are encouraged to attend Annual Town Meeting on **Saturday, March 23, beginning at 9:30 am at Brooks Auditorium**. The agenda will include the partnership between the deCordova Museum and the Trustees of Reservations, a new Property Tax Working Group, general and zoning by-laws on solar energy systems, the Historic District, use of leaf-blowers, and more. It will also include two citizen petitions: our 8th Grade Civics Group's proposed ban on the sale of e-cigarettes and a proposed resolution to support changes to the state flag. Annual Town Meeting,

the legislative session of the Town Meeting form of government, is among the most important ways to make your voice heard and participate in our town's governance. The Town Election will be held on **Monday, March 25, 7:30 am to 8:00 pm at the Smith School Gym**.

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, March 28 from 9:30 am to 11:00 am in the Assisted Living facility at The Commons in Lincoln**. The goal of the Café is to offer an opportunity for elders and their care partners to spend relaxing fun and social time together. The March Café will feature Jazz vocalist Wendee Glick. Steve Heck will accompany Wendee on the keyboard with songs from "The Great American Songbook." Their show is entitled "Laugh, Learn, & Love the Music." Steve Heck teaches music and has a room at the Berklee College of Music named after him!



Tour the Somerville Taza Chocolate Factory!



Join us for a private tour of the Taza Chocolate Factory in Somerville on **Thursday, March 14**. 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 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. The cost of lunch at S&S Deli is *not* included. To make your reservation, send a check payable 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. Any questions, call Ginny at 781-259-1291 or vobrien39@yahoo.com.

8th Grade Warrant Article to Ban the Sale of E-Cigarettes

The 8th grade Warrant Article Group (WAG) from the Lincoln Public Schools has gotten enough signatures to add their own citizens' petition to this year's Warrant which will be voted upon in Town Meeting in March. This year's citizens' petition is asking the town to ban the sale of e-cigarettes in Lincoln. It requires no money from the Town of Lincoln. They ask for your support on March 23 at Town Meeting and thank you.

Scam Calls from Social Security, Medicare, and Others Scammers claiming to be from Social Security, Medicare, etc. have been calling residents and asking for personal information. Never give personal information over the phone unless you make the call.





ENJOY A DAY OUT WITH THE COA!



Peabody Essex Museum: Nature's Nation—American Art and Environment



Join us for a trip to the Peabody Essex Museum to see *Nature's Nation: American Art and Environment* on **Thursday, April 18**. There may be an opportunity to visit the Chinese House or other parts of the museum. We will then go to Turner Seafood for lunch. The trip requires a good amount of walking and standing. The price is \$45, which includes lunch. We will leave Donelan's parking lot at 9:15 am in a comfortable air-ride bus and return about 3:30 pm. The cost is non-refundable. 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@ecacbed.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 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 not working for 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 information.

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.

Fuel Assistance Need help paying fuel bills? Call the COA to see if you qualify for Fuel Assistance, a Massachusetts program providing help to income-eligible residents to pay for fuel.

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 12 pm at Bemis Hall**. Call ahead to avoid waiting. Peter can also be reached by email at Lincolnveterans@lincolntown.org.

Transportation The COA offers rides to medical and other health-related appointments 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

March 4, 12:30 pm: Bijoy Misra — Nature and Spirituality

Is nature spiritual? Does nature thrive on struggle for existence or provide a room for all? Are all objects equal in their existence? If an object in nature is equal to another object, then why does one survive not the other? We examine these age-old questions from the perspectives of our own life and experiences. We examine traits in humans as to our own nature and our own built-in spirituality. We look through the philosophers and the scriptures for their insight into equality. We examine whether spirituality lives in our own perception of the other object.

March 11, 12:30 pm: Ruth Mendelson — The Well Wishes Project

Ruth Mendelson (award winning film composer/producer for Dr. Jane Goodall) returns to the series, this time to discuss her humanitarian work, The Well Wishes Project, in which the voices of children and youth have cut through some of the darkest war zones in the world and ultimately saved lives. Skeptics and global media called the initiative "impossible" when she first began in 2005. Regardless, this remarkable endeavor resulted in babies being airlifted out of Baghdad during the Iraq War, prevented murder in Kenya, and has established unprecedented lines of communication when connection was deemed impossible.

March 18, 12:30 pm: Tom Flint, Rick Wiggin, and Sara Mattes — Saving the Flint Homestead

For over three centuries, the Flint Homestead has been a witness to and a participant in the sweep of American history. Dating back to the original 1630s land grant, it is connected with the founding of the town, the outbreak of the American Revolution, and the evolution of farming throughout the 19th and 20th centuries. Ravages of time have put its future in serious doubt. Representatives of the Flint family and a committee of concerned citizens will discuss efforts to preserve and repurpose this historical treasure as a cultural and educational resource for the town and for the nation.

March 25, 12:30 pm: Gerhard Sauermann, Ph.D. — Radiation Exposure: Do We Have to Be Concerned About It?

Radiation surrounds us all the time and is part of many aspects of modern life, whether in the form of CT or PET scans, WiFi or cell towers, microwave ovens or airport security. Is all this radiation safe? Are some kinds safe and not others? Which ones can or should I protect myself from? Come get the answers to these and many other questions when physicist Gerhard Sauermann discusses everyday radiation and its effect on our lives.

Gen Silent: The Challenges of Aging as an LGBT Older Adult



Gen Silent is an award-winning film exploring the issues and challenges LGBT older adults may face trying to get the care and support they need in later life. It was filmed around our region, including at the offices of Minuteman Senior Services in Bedford. Come see the film and join in a conversation about the experience of being an LGBT older adult today when Julie Nowak of Bay-Path Elder Services comes to **Bemis Hall on Friday, March 22 at 1 pm**. LGBT older adults as well as family, friends, and those who would just like to learn more are invited. People from other towns are most welcome.

Fireside Chat: Happiness

What does it take to be happy? Is it a choice? Is happiness dependent on external forces or can we cultivate it in spite of or in parallel with these forces? If I do not get upset or stressed when bad things happen does that mean I don't care? Or can we live in harmony with the ups and downs of life? Join us from **10 to 11:30 am on Saturday March 16 in the Community Room at Lincoln Woods, 50 Wells Rd.**, for a friendly discussion facilitated by Sharon Antia. Remember to park in "unmarked" spaces.





Art, Music, Entertainment, Enjoyment!



Taking Care of Your Family Photos



Do you have boxes or albums of precious family photos you want to preserve for future generations, or just have to enjoy yourself? Join Kathleen Fahey for a talk on how to care for your collection of family photos on **Friday, March 29, at 10 am at Bemis Hall**. You'll learn how to care for, organize, identify, and display your precious memories. Bring your questions and any photos you may have questions about. Kathleen Fahey is the Executive Director of the Bedford Historical Society and has over 20 years of experience as a curator at local historical sites and historical societies.

Who's In Your Family Tree?

Tracing your family tree is like a treasure hunt of self-discovery. Enjoy sharing stories, tips, and resources with others on **Tuesday, March 26 at 2 pm at Bemis Hall** in a discussion group for genealogy enthusiasts!

Artists Coffee with the Lincoln Quilters

Join the Lincoln Quilters on **Tuesday, March 5 at 2:30** to celebrate their exhibit in the Bemis Hall Gallery in March and April. The Lincoln Quilters are nine Lincoln women including Anne Crosby, Nancy Constable, Tricia Deck, Linda MacNeil, Lucy Sachs, Kate Sacknoff, Jane Solar and Dilla Tingley. Drawn together by their shared interest in quilting and fiber arts, they began meeting monthly five years ago to inspire each other, share their creations, get suggestions from each other on personal projects, and develop new pieces as a group. They generally have a group project going that stimulates and challenges each member and her creativity. Besides donating quilts for fundraising events, they have made quilts for organizations in need such as Camp Sunshine. They recently had a show at the Lincoln Library Gallery where eight quilts were auctioned to benefit the charity of choice of the successful bidder. Many of the pieces in the show at Bemis will have Lincoln themes. Proceeds from the sale of these quilts will be donated to the Lincoln Food Pantry.



You'll Find Your (Traditional Jazz) Happiness Lies



... right under your eyes,
back in your own back yard.

You can go to the East, Go to the West
Someday you'll come, weary at heart
Back ... to Bemis!

No need to travel to New Orleans or New York when what you're looking for is to be found right here when the **Lincoln Traditional Jazz Band** is in the house on **Friday, March 1 from 12:30 – 1:30**. Don't miss it!

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. on **Thursday, March 7 at 3 pm at Bemis** and **Sunday March 31 at 1:30 pm at the Lincoln Library**. The series is co-sponsored by the Lincoln Library and the COA.

Music Together with Magic Garden's Infants and Toddlers



The Magic Garden Pre-School invites Lincoln seniors to volunteer in their new Music Together classes with infants and toddlers aged 2 months to almost 3 years old on Tuesday mornings from 9:30 to 10:30 am in the Stone Church. Volunteers will assist the children as they enjoy the music and activities. Let's create an intergenerational musical experience that is sure to delight everyone who participates. Please contact Lori at Magic Garden at 781-259-8161 for more information, or call the COA to volunteer.

AT THE MOVIES

Tuesday, March 26, 2:15 pm. Earth: One Amazing Day In this documentary, over the course of one single day, we track the sun from the highest mountains to the remotest islands to exotic jungles. 2017. G. 95 mins.

Thursday, March 28, 2:15 pm. Can You Ever Forgive Me? In this fact-based drama, celebrity bio author Lee Israel strikes gold in the 1970s and '80s but later turns to forgery to support herself. 2018. R. 136 mins.



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 am on Tuesday, March 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!

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 to Bemis Hall. This month the group will meet on **March 6th**.

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 **March 22 at 10 am at Bemis Hall**. Come share your thoughts, ideas, and life experiences! Older adults from other towns warmly welcomed.

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, March 25 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. Not March 4**. 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 Ken Ludwig's screwball comedy *Moon Over Buffalo* on **March 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 **March 6 and 20 at 1 pm**. Please come whether you are a native speaker, beginner, or in-between!

Conservation Breakfast **Thursday, March 14 at 8 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, March 21 at 8 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, March 14 at 3 pm 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 Enjoy speaking German on **the first, third, and fifth Fridays at 10 am at Bemis**.

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>MARCH</p> 	<p>LOCATIONS Brooks: Brooks Auditorium Commons: The Commons in Lincoln FP: First Parish House Lib: Library LLCT: 145 Lincoln Road LW: Lincoln Woods Mall: Parking Lot by Donelan's Smith: Smith School Gym St. Anne's: St. Anne's Church TBA: Location to be announced</p>			<p>1</p> <p>10:00 German Conversation 12:30 Trad Jazz 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 2:30 Artists Coffee with Quilters</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 10:00 Faces of Sadness Group 11:30 Stretch and Flex 12:30 Balance Screening 1:00 Active Aging Fitness 1:30 Computer Drop-In 3:00 Roaring 20s</p>	<p>8</p> <p>10:00 Home-Based After Death Care and Natural Burial 1:00 Open Bridge</p> <p>SATURDAY 9 9:00 Library Book Sale SUNDAY 10 3:00 Ranked Choice Voting</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)</p>	<p>12</p> <p>9:30 Knitting Drop-In 9:30 FCOA Meeting 10:00 Wellness Clinic (LW) 11:00 Playreading: Moon Over Buffalo 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:30 COA Board Meeting</p>	<p>13</p> <p>9:30 Living Your Legacy 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 Chocolate Factory Trip Leaves (Mall) 10:00 Faces of Sadness Group 11:30 Stretch and Flex</p>	<p>15</p> <p>10:00 German Conversation 1:00 Open Bridge</p>

			<p>1:00 Active Aging Fitness 1:30 Computer Drop-In 3:00 Ukulele Gathering 7:30 LLCT Movie Night (LLCT)</p>	<p>SATURDAY 16 10:00 Fireside Chat (LW) 1:00 Jazz Jam (lib)</p>
<p>18</p> <p>9:30 Piano Duets 11:00 Spanish Conversation 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p>19</p> <p>9:00 Wellness Clinic 9:30 Knitting Drop-In 11:00 Playreading: Moon Over Buffalo 11:30 Stretch and Flex 11:30 Senior Dining (St. Anne's) 1:00 Active Aging Fitness 1:00 CPR, Defibrillators and First Aid</p>	<p>20</p> <p>9:00 Podiatry 9:30 Living Your Legacy 10:00 Memoir Group 11:00 Line Dancing 1:00 Russian Conversation Group 1:00/2:15 Tai Chi</p>	<p>21</p> <p>8:00 Men's Coffee 9:00 Veterans Services Officer Office Hours 9:15/10:15 Tai Chi 10:00 Faces of Sadness Group 10:15 Benefit for Survivors of Veterans 11:30 Stretch and Flex 12:30 Balance Screening 1:00 Active Aging Fitness 1:30 Computer Drop-In</p>	<p>22</p> <p>9:00 Healing Motion 10:00 LGBT Tea and Conversation 1:00 Open Bridge 1:00 GenSilent Film and Discussion</p> <p>SATURDAY 23 9:30 Annual Town Meeting (Brooks)</p> <p>SUNDAY 24 3:00 Tempest (FP)</p>
<p>25</p> <p>7:30 Town Election (Smith) 9:30 French Conversation 9:30 Piano Duets 11:00 Smartphone Meetup 12:30 Lincoln Academy 2:15/3:15 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 2:00 Who's In Your Family Tree? 2:15 Movie: Earth: One Amazing Day</p>	<p>27</p> <p>9:30 Living Your Legacy 11:00 Line Dancing 1:00/2:15 Tai Chi</p>	<p>28</p> <p>9:00 Veterans Services Officer Office Hours 9:15/10:15 Tai Chi 9:30 Memory Café (Commons) 10:00 Faces of Sadness 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 2:15 Movie: Can You Ever Forgive Me?</p>	<p>29</p> <p>10:00 Taking Care of Your Family Photos 10:00 German Conv 1:00 Open Bridge</p> <p>SUNDAY 31 1:30 Roaring 20s (Lib) 4:00 White Sharks in the Northwest Atlantic</p>

Lincoln Cable TV

Selectmen, Schools, Town Meetings, COA Lectures, Bulletin Board and more!

Watch on TV - Comcast channels 8 and 99 • Verizon channels 33 & 24
Watch on your computer - "Streaming" or Video on Demand at

<http://lincolntv.viebit.com>



FOR YOUR WELL BEING



Balance Screenings to Help You Stay on Your Feet!



Staying safely on your feet is one of the most important ways you can stay healthy and active. Come to balance screenings on **Thursdays March 7 and 21 from 12:30 to 2 pm at Bemis Hall** given by a physical therapist from the rehabilitation wing of The Commons. The physical therapist will look at such things as your history of falls, medication, gait and mobility, vision, hypotension, and more to help you determine your risk of falling and what you can do to prevent falls. Please call the COA to sign up.

New Living Your Legacy Group

Everyone wants to leave their mark on the world, but how do you determine what it should be and how do you make it happen? Come to a new group by Alyson Lee, a social worker and Co-Active Life Coach, on **Wednesdays, March 13, 20, and 27 at 9:30 at Bemis Hall**. You will identify your strengths and values, envision your legacy, set your intentions, and design your plan! Let's do this!

The Many Faces of Sadness

As we age we may experience sadness in many forms. It may be due to the loss of loved ones, changes in our activity patterns, and for some, isolation which can increase our vulnerability to depression. Claire Gerstein, LICSW, will be facilitating a group that will give people the opportunity to talk about these issues in a supportive environment. The six week group will meet **Thursdays 10-11:30 starting March 7**.

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, March 22 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.



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 and 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 Sign up for April 1-June 14. **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. \$60 1 class/week ; \$80 2 classes/week; \$100 3 classes/week; \$120 4 classes/week. For info, contact Jane Moss at (781) 259-9822 or mindbodyjm@comcast.net.

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

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, 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, March 12 from 10 am to noon**. The second clinic will be on **Tuesday, March 19 from 9 to 11 am at Bemis Hall**. This clinic is sponsored by the Pierce House. Services for both clinics by Emerson Hospital Home Care.

Podiatry Clinics

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

💡 **WHAT YOU NEED TO KNOW** 💡

Home-Based After-Death Care and Natural Burial



For thousands of years families have taken care of their loved ones at home after death and buried them directly in the earth with simplicity and dignity. It is a choice that is still possible. Come to **Bemis Hall on Friday, March 8 at 10 am** to hear Kristen Fumanrola of Peaceful Passage at Home. She will give you the legal facts, the logistical details, and a description of the enormous personal benefits of caring for your loved one at home after death and having a Natural or Green burial with minimal environmental impact. There will be time for discussion and questions and answers.

Brush Up on CPR, Defibrillators, and First Aid to Save Family and Friends

Knowing CPR and how to use an automatic defibrillator (AED) can help you save a life. Come to **Bemis Hall on Tuesday, March 19 at 1:00 pm** for a brush-up or an introduction to CPR and use of a defibrillator given by the Fire Department. This free workshop will not lead to certification, but it will give you the basics of what to do if you are with someone who has a medical crisis for which CPR or a defibrillator are appropriate. Call the COA to sign up. All ages are welcome! (Maximum of 20).



Cash Benefit for Families of Some Deceased Veterans

Surviving spouses of Veterans who died from their service-connected disabilities may be eligible for the Dependency and Indemnity Compensation (DIC), a tax-free monetary benefit, and many other Commonwealth benefits. Come find out more at a presentation by Lincoln's Veterans Services Officer, Peter Harvell, on **Thursday, March 21 at 10:15 am at Bemis Hall**. Parents who were financially dependent on a Service member or Veteran who died from a service-related cause may also be eligible for the Parents DIC. Please come and bring your questions and interests!



Do You Need Lower Cost Hearing Aids?

The Audient Alliance, a nationwide non-profit alliance of hearing care professionals and providers, offers lower cost hearing aids to those with incomes below \$27,075 for a one-person household and \$36,425 for a two-person household. There is no age limit. If you qualify, the cost is between about \$495 and \$975 for one hearing aid or \$990 to \$1575 for two hearing aids. For more information, call the COA or Audient at 866-956-5400, ext. 5022.

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, March 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 many 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!** If you have a laptop or netbook, please bring it! Tutors are also available at other times.

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HOME SECURITY TEAM



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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.

Watch our video tour at CareDimensions.org or call 781-373-6616 to learn more about the new Care Dimensions Hospice House.



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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; Steinkovitz Real Estate Professionals; Agronovich & Gerin Legal, LLC and Gerle Grant.



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

Ranked Choice Voting Presentation Sunday, March 10, Bemis Hall, 3 pm. Hosted by the Lincoln Democratic Town Committee. Find out more about this way of making elections more fair and effective from Jim Henderson of the non-governmental organization Voter Choice Massachusetts (www.voterchoicema.org).

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

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

Movie Night at the LLCT on **Thurs., March 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. March movie is *Sky Hunter: The World of the Dragonfly*. Further info at lincolnconservation.org.

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

Live in Lincoln Center, "THE TEMPEST" by "Henry Purcell and Friends," **Sunday, March 24, 3 pm, the Parish House, 14 Bedford Road.** Led by Ian Watson, the Henry Purcell Society of Boston will re-create the work using music from the 1674 versions and adding music curated by historian James Winn and Artistic Director Jessica Cooper. *We are also proud to present original narration written for the music by Laurence Senelick, to be performed by actors Esme Allen and Benjamin Evett in collaboration with our friends at the Poets' Theatre!*



Awareness Inspires Conservation: White Sharks in the Northwest Atlantic on **Sunday, March 31 from 4-5:30 pm at Bemis Hall.** Learn about ongoing research projects and their impact on conservation and public safety efforts. Free. Donations accepted. Family-friendly. All are welcome. Further information at lincolnconservation.org.

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