



# NEWS FROM BEMIS HALL

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## The Lincoln Council on Aging Monthly

### 55+ and Ready to Move!



Are you ready to start thinking about your next housing move and don't know where to begin? To be successful you need to start by coming up with a plan and a budget and know where to look for housing options. All are welcome to learn more about these and other issues older people face when moving when Evelyn Redshaw of the non-profit MetroWest Collaborative Development comes to **Bemis Hall on Tuesday, May 21 at 2:15 pm**. You will also learn how to determine your eligibility for all kinds of housing, including but not limited to affordable housing, and see what units are available now. The mission of Metro West CD is to organize residents, resources and good ideas to resolve community problems and improve the quality of life for all members of Metro West neighborhoods. Thank you!

### Free Antiques Appraisal with Douglas W. Stinson



On **Friday May 17th 1:00 to 4:00 pm** Lincoln resident and Fine Art Auctioneer & Appraiser Douglas Stinson will be at Bemis Hall to review up to three items per person. Would you like to know the present value of items that you had appraised in the past? Do you wonder whether or not your holdings have increased or decreased in value? The Fine Art & Auction market has seen some dramatic shifts in the last 10 to 15 years. Gain some perspective on the present state of the market as it relates to your tangible personal possessions. Appropriate items include paintings, etchings, lithographs, bronze and marble sculptures, Chinese objects including jade, ceramics, silver, and textiles, sterling silver including flatware sets, tea-sets & larger silver pieces, toys, Folk Art, Americana, Modernism and much more...Questions: call Mr. Stinson at (781) 259-3200 or email [dstinsonantiques@comcast.net](mailto:dstinsonantiques@comcast.net). Call the COA to sign up.

### It's Time for a Legal Check-Up

What is an estate plan and why does everyone need one? Estate planning is not just for the elderly, the wealthy or those concerned about estate taxes. Come to **Bemis Hall on Friday, May 24 at 10 am** when Denise Yurkofsky, an estate planning and elder law attorney from Wayland, will explain the importance of each of the documents in a simple estate plan—a will, durable power of attorney, health care proxy, living will, homestead declaration and, in some cases, a trust—and how they can be helpful to most people in the event of incapacity and at death. She will also discuss the importance of making sure that the titling on your assets and beneficiary designations are consistent with your plan, as well as the probate process, and recent changes in the law relating to estate taxes.

### Prudential Center and Lunch at Eataly



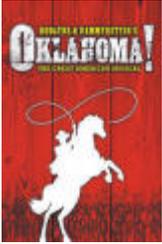
Join us on **Wednesday, May 15<sup>th</sup>** for a trip atop the Prudential Center at the Skywalk. The Skywalk offers a spectacular 360-degree view of Boston and beyond, with an audio-tour that provides the history of the city below. We will have lunch at the Italian food emporium, **Eataly**, La Pizza & La Pasta. Then, we will walk a **half-mile** to the Christian Science Center Plaza. Guides will take us through the 1894 Romanesque style Original Church. We will also visit the 1906 Byzantine-Renaissance style Church Extension with its soaring dome, and one of the world's largest Aeolian-Skinner pipe organs. We will learn about the life of Mary Baker Eddy, founder of Christian Science. We will visit the Mapparium, a world-famous, three-story, stained-glass globe. We will depart Donelan's parking lot at 8:45 am and return about 4 pm. The cost is \$25 (lunch not included) and is non-refundable. Questions, contact Sara Mattes at (781) 259-0421 or [smattes@gmail.com](mailto:smattes@gmail.com). To reserve a space send a check made out to FLCOA/Trips to Donna Rizzo, 22 Blackburnian Road, Lincoln, MA 01773. This trip requires standing and walking for a good portion. The Skywalk has no seating.



## ENJOY A DAY OUT WITH THE COA!



### OKLAHOMA! North Shore Music Theatre



On **Wednesday, June 12**, we are going to the North Shore Music Theatre for the matinee performance of Rodgers And Hammerstein's **OKLAHOMA**. The legendary score, including "Oh, What a Beautiful Morning," "The Surry With the Fringe on Top," and "I Cain't Say No!" will put a smile on your face! Our air-conditioned air-ride bus will be in the Donelan's parking lot at 10:15 am. **Departure is 10:30 am.** We will return at approximately 6:00 pm. Before the show we will have lunch at the Danvers Yacht Club. You will have your choice of three entrees, salad and dessert. We have just 27 Inner Circle tickets, so don't delay! The final count must be given by May 12. The trip is rated easy for physical ability and entails only a moderate amount of walking. There are no steps. The non-refundable price is **\$59 including lunch**. To reserve a space, send a check made out to FLCOA/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.

### Save the Date: Isles of Shoals

Come sail away with us on **July 25** aboard the Victorian style M/V Thomas Loughton to experience the fascinating legends of the legendary New Hampshire & Maine Seacoast. The Isles of Shoals, located 9 miles off of the coast, are an intriguing archipelago of nine islands steeped with history. We'll stop for lunch at Warren's Lobster House in Kittery, Maine. We will depart Donelan's parking lot at 9:45 a.m. and return about 6:30 p.m. The cost of the trip is \$59 and is non-refundable. Questions? Contact Donna at (781) 257-5050. To reserve a space please make check payable to FLCOA/Trips and mail to: Donna Rizzo, 22 Blackburnian Rd., Lincoln, MA 01773. Deadline to reserve is July 5.



**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?** Call the COA for information about some programs that may be able to help.

**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 more at Bemis.

**Veterans Services** The Veterans' Services Officer (VSO) is an advocate for Lincoln's veterans and their dependents. The VSO can assist veterans with questions 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, please call ahead. Peter can also be reached by email at [Lincolnveterans@lincolntown.org](mailto: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 one 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.



## 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

#### May 6: Timothy Johnson — The Future of Medicine

Dr. Johnson will review current problems with American Health Care and propose possible solutions for each. He will also predict what will happen in the next ten years. Tim Johnson was the Chief Medical Correspondent for ABC News, giving medical information to millions of Americans in a way that was accurate yet accessible.

#### May 13: Clark and Susan Bernard — A Journey to Egypt and Sudan

Egypt and Sudan...two destinations connected for millennia by the Nile. Clark and Susana Bernard will share the highlights of their recent travel experience. They spent the month of January traveling through these two countries, participating in two different tours. The objective of each was to learn more about ancient history and admire the remarkable archeological treasures. Egypt was very accessible and they enjoyed the many famous highlights. Sudan was a very different situation...not very accessible, but even more exciting!

#### May 20: 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 but not the other? We examine these age-old questions from the perspective of our own life and experiences. We examine traits in our own nature and our own built-in spirituality. We look to the philosophers and the scriptures for their insight into equality. We examine whether spirituality lives in our own perception of the "other" object.

#### The Age of Napoleon with John Gardella

Napoleon is one of the most fascinating characters in history. Rising to power on the wave of the French Revolution, he would go on to reform France and have a lasting impact on all of Europe. Learn more about Napoleon and the Napoleonic Age he ushered in when John Gardella continues his series about French history on **Wednesday, May 15 at 7:00 pm in the Library**. Mr. Gardella is a retired history teacher. The series is co-sponsored by the Lincoln Public Library and the Council on Aging.



#### LGBTQ & A: Answers to Your Questions about LGBTQ Issues



Has a family member or friend just come out? Wonder what "nonbinary" or "folx" means? Will being LGBTQ affect whether my child or grandchild can marry or have children? How do I let my LGBTQ friend or family member know that I love them just the way they are? What kinds of discrimination might my family member or friend face and how can I help? Come to **Bemis Hall on Friday, May 10 at 1:00 pm** to get your questions about LGBTQ issues answered by Julie Nowak of BayPath Elder Services. You may submit written questions anonymously if you like. For information, call Abby Butt at the COA.

#### The Fireside Chat: The Story of Our Lives

Everyone has a back story. Join us on **Saturday, May 18 at 10:00 am in the Community Room at Lincoln Woods, 50 Wells Rd.** as we reflect on our experiences and share one or more stories from our own lives. Funny, challenging, bizarre — some piece of the puzzle that makes you you. This is a friendly discussion facilitated by Sharon Antia. Remember to park in "unmarked" spaces.





## Art, Music, Entertainment, Enjoyment!



### Flora: Artist Coffee with Juliet Rago

The COA invites you to celebrate Juliet Rago's exhibit, *Flora*, at the Bemis Hall Gallery in May and June. An artist's coffee will be held on **Tuesday, May 7, at 2:15 pm**. The exhibit features 27 watercolors of flowers, leaves, and trees. Rago says, "I have lately been inspired by the pure colors of common flowers at this time of the year. After having looked over the work that I have done in the last few years, I've found certain elements, patterns, which have developed, such as flowers, trees, leaves and mostly forms from nature. I thought it would be interesting to combine them together in this exhibit." Ms. Rago studied at the School of the Art Institute in Chicago and in Florence, Italy, and has taught and been featured in many exhibits in the U.S. and Italy.

### Memory Café 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 families, friends, and caregivers to the free Lincoln Memory Café on **Thursday, May 23 from 9:30 am to 11:00 am in the main building of The Commons in Lincoln**. This month, the Café presents Steve Gintz, Musical Therapist, with a love of song and music. Future Cafés will be held on the fourth Thursday of each month from 9:30 am to 11:00 am at the Commons. For information, contact Amy Gagne of Right at Home In Home Care and Assistance at (781) 275-1400 or amy@rightathomecare.com or the Council on Aging at (781) 259-8811.

## Noticing Walks with John Calabria



Join us for a gently paced walk through nature guided by John Calabria on **May 7 from 1:00 to 2:30 pm at a location posted at [lincolnconservation.org](http://lincolnconservation.org)**. Bring walking sticks or walking poles if you like. Another walk will be held June 4. If the weather is bad, call (781) 259-9251 after 10:00 am the morning of the walk for an update. Co-sponsored by the COA and Lincoln Land Conservation Trust.

### Celebrate Nature in a Watercolor Class with Jane!



Rediscover your joyful soul through art and nature in Jane Cooper's watercolor class. Enjoy painting scenes of nature, landscapes or some favorite sky. Two classes of four sessions each will be offered on Mondays and Fridays beginning **Mondays, May 6 and 20**. The cost is \$30 for each class of four sessions, materials included. Call the COA to sign up!

### Relax! End Your Week with Friends at a Musical Jazz Lunch!

Celebrate the end of the week by grabbing a table at Bemis while the Lincoln Traditional Jazz Band serenades you with familiar good old tunes. Bring old friends. Make new ones. Bring a bag lunch and, if you like, food purchased already prepared to share. We provide beverages and dessert. **Friday May 3, 12:30 pm**, for an hour or until everyone has had enough.

## AT THE MOVIES

**Thursday, May 23, 2:15 pm. Old Man and the Gun (2018)** Based on the true-life exploits of bank robber Forrest Tucker. This serio-comic tale recounts his daring escape from prison at age 70 and the series of heists that preceded his final arrest at age 78. PG-13. 93 min.

**Tuesday, May 28, 2:15 pm. Little Women (2018)** From girls playing in the attic to women living with purpose, the March sisters are committed to always supporting each other. This *Little Women*, set in the present, brings the same sisters to a new generation to celebrate dreams, family and unconditional love. PG-13. 112 mins.

**Thursday, May 30, 1:00 pm. First Man (2018)** The riveting story behind the first manned mission to the moon, focusing on Neil Armstrong and the decade leading to the historic Apollo 11 flight. PG-13. 141 mins.

**Would You Like to Participate in a COA activity but cannot afford the cost?** Call the COA and ask to speak with Carolyn to find out more about our scholarship program.



## 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 lunch with friends new and old at **11:30 on Tuesday, May 21 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 lunch is \$5 per person. 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.

### 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 May 6th.** She brings books for all levels.

**Spanish Conversation** Enjoy Spanish conversation the **first and third Mondays at 11 am at Bemis Hall.**

**SmartPhone Meet Up!** Do you have a smart phone that you would like to be more proficient using? Or, can you give smart phone pointers? Come share tips and get help on **Monday, May 20 at 11:00 am at Bemis Hall.** This is not a class, but rather a chance for people to teach each other.

**Knitters Drop-In** All knitters are welcome to come **Tuesdays from 9:30 to 11 am.** Come to 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 Howard Richardson and William Berney's *The Dark of the Moon* based on the folk ballad "Barbara Allen," on **May 14 and 21 at 11 am.** Sally will bring copies.

**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 **May 1 at 10:30 am.**

**Russian Conversation Group** Come brush up on your Russian by speaking it with others on Wednesdays **May 1 and 15 at 1 pm.** All are welcome whether you are a native speaker, beginner, or in-between!

**Conservation Breakfast** **Thursday, May 9 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, May 16 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.

**Chess Club!** If you love chess, you are welcome to come to our new Chess Club which will meet **Thursday, May 9 at 10 am.** Come join others to play and share information, tips, and strategies.

**Ukulele and Sing-Along Group** meets on **Thursday, May 9 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!

**LGBT Group to Share Tea and Conversation** All are invited to enjoy tea and conversation at a new LGBT group to be held **the third Friday of each month (May 17 at 10 am) at Bemis Hall.** Share your thoughts, ideas, and life experiences! Those from other towns welcome.

**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.

**Celebrations/Diversity Table** Come share the following celebrations and opportunities to honor diversity at our table of books and information in the lobby. This month we will celebrate May Day, Holocaust Remembrance Day, Cinco de Mayo, Ramadan, Mother's Day, and Memorial Day.

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>MAY</b></p> 	<p><b>LOCATIONS</b>  <b>Commons: Commons in Lincoln</b>  <b>Food: Food Project</b>  <b>Lib: Library</b>  <b>LW: Lincoln Woods</b>  <b>Mall: Parking Lot by Donelan's</b>  <b>MG: Magic Garden, 14 Bedford Road</b>  <b>St. Anne's: St. Anne's Church</b>  <b>TBA: Location to be announced</b></p>	<p><b>1</b></p> <p>10:00 Memoir Group  10:30 Declutter Group  11:00 Line Dancing  1:00 Tai Chi 1  1:00 Russian Conversation Group  2:15 Tai Chi 3</p>	<p><b>2</b></p> <p>9:00 Veterans Services  Officer Office Hours  9:15 Tai Chi 1  10:00 Faces of Sadness Group  10:15 Tai Chi 2  11:30 Stretch and Flex  1:00 Active Aging Fitness  1:30 Computer Drop-In</p>	<p><b>3</b></p> <p>10:00 German Conversation  12:30 Trad Jazz Band  1:00 Open Bridge  3:00 Women Rowing North Group</p> <p><b>SATURDAY 4</b>  3:00 Adams Woods (Food)</p>
<p><b>6</b></p> <p>9:00 Watercolors  11:00 Spanish Conversation  12:30 Lincoln Academy  2:15 Tai Chi 1  3:15 Tai Chi 2</p>	<p><b>7</b></p> <p>9:00 Podiatry  9:30 Knitting Drop-In  11:30 Stretch and Flex  12:00 Podiatry  1:00 Active Aging Fitness  1:00 Noticing Walk (TBA)  2:15 Artists Coffee with Juliet Rago</p>	<p><b>8</b></p> <p>11:00 Line Dancing  1:00 Tai Chi 1  2:15 Tai Chi 3  7:00 Jimmy Mazzy Jazz</p>	<p><b>9</b></p> <p>8:00 Conservation Bkfst (TBA)  9:00 Veterans Services  Officer Office Hours  9:15 Tai Chi 1  10:00 Chess Club  10:00 Faces of Sadness Group  10:15 Tai Chi 2  11:30 Stretch and Flex  1:00 Active Aging Fitness  1:30 Computer Drop-In  2:00 Caregiver Conversation  3:00 Ukulele Gathering</p>	<p><b>10</b></p> <p>9:00 Healing Motion  9:00 Watercolors  1:00 Open Bridge  1:00 LGBTQ&amp;A</p> <p><b>SATURDAY 11</b>  9:00 Library Book Sale</p>
<p><b>13</b></p> <p>9:00 Watercolors  9:30 Piano Duets  9:30 French Conversation  12:30 Lincoln Academy  2:15 Tai Chi 1  3:00 Legal Clinic  3:15 Tai Chi 2  7:00 Acoustic Music (Lib)</p>	<p><b>14</b></p> <p>9:30 Knitting Drop-In  10:00 Wellness Clinic (LW)  11:00 Playreading: Dark of the Moon  11:30 Stretch and Flex  1:00 Active Aging Fitness  7:00 LLCT Annual Meeting (St. Anne's)</p>	<p><b>15</b></p> <p>8:45 Trip to Prudential Leaves (Mall)  9:00 Podiatry  10:00 Memoir Group  11:00 Line Dancing  1:00 Tai Chi 1  1:00 Russian Conversation Group  2:15 Tai Chi 3  7:00 Age of Napoleon (Lib)</p>	<p><b>16</b></p> <p>8:00 Men's Coffee  9:00 Veterans Services  Officer Office Hours  9:15 Tai Chi 1  10:00 Faces of Sadness Group  10:15 Filing a Veterans Claim/Getting a Veterans ID  10:15 Tai Chi 2  11:20 Stretches and Flex</p>	<p><b>17</b></p> <p>9:00 Watercolors  10:00 German Conversation  10:00 LGBT Tea and Conversation  1:00 Open Bridge  1:00 Antiques Appraisals  3:00 Women Rowing North</p>

			<p>11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In</p>	<p><b>SATURDAY 18</b> 8:00 Magic Garden Open House (MG) 10:00 Fireside Chat (LW) 1:00 Jazz Jam</p>
<p><b>20</b> 9:00 Watercolors 9:30 Piano Duets 11:00 Spanish Conversation 11:00 Smartphone Meetup 12:30 Lincoln Academy 2:15 Tai Chi 1 3:15 Tai Chi 2</p>	<p><b>21</b> 9:00 Wellness Clinic 9:30 Knitting Drop-In 11:00 Playreading: Dark of the Moon 11:30 Stretch and Flex 11:30 Senior Dining (St. Anne's) 1:00 Active Aging Fitness 2:15 55 and Ready to Move 2:30 COA Board Meeting</p>	<p><b>22</b> 11:00 Line Dancing 1:00 Tai Chi 1 2:15 Tai Chi 3</p>	<p><b>23</b> 9:00 Veterans Services Officer Office Hours 9:15 Tai Chi 1 9:30 Memory Café (Commons) 10:00 Faces of Sadness Group 10:15 Tai Chi 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 2:15 Movie: Old Man and the Gun</p>	<p><b>24</b> 9:00 Watercolors 10:00 Legal Check-Up 1:00 Open Bridge 3:00 Women Rowing North</p>
<p><b>27</b> <b>COA CLOSED/ MEMORIAL DAY</b></p> 	<p><b>28</b> 9:00 Collating 9:30 Knitting Drop-In 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:15 Movie: Little Women</p>	<p><b>29</b> 10:00 Techno Teach-In 10:00 Preventing Suicide 11:00 Line Dancing 1:00 Tai Chi 1 2:15 Tai Chi 3</p>	<p><b>30</b> 9:00 Veterans Services Officer Office Hours 9:15 Tai Chi 10:15 Tai Chi 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:00 Movie: First Man 1:30 Computer Drop-In</p>	<p><b>31</b> 9:00 Watercolors 10:00 German Conversation 1:00 Open Bridge 1:00 Bone Health</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



### Keeping Your Bones Strong to Maintain Independence



Keeping your bones strong to prevent fractures is one of the most important ways to ensure that you are able to take care of yourself and do all the things you look forward to. All are invited to come to **Bemis Hall on Friday, May 31 at 1 pm** when Meenakshi Garg, MD will discuss why bone health is important and what can be done to keep bones strong and prevent fractures. She will also explain what osteoporosis is, how we can diagnose it and what treatment options are available. Dr. Garg is an internist at Lincoln Physicians specializing in preventive medicine and chronic disease management. She is affiliated with Emerson Hospital. Bring your questions!



### Taking Care of Yourself So You Can Care for Others

To take care of others, you must first care for yourself. Caregiving, especially for someone who is frail and may have cognitive issues, can be very stressful, but there are ways you can reduce the stress and improve your life and caregiving. Come join a conversation with Tricia McGean, RN, Lincoln's Town Nurse, on **Thursday, May 9 at 2:00 pm** to talk about your situation with others who understand and to share tips and ideas for keeping your stress down and increase your ability to cope. Tricia will share strategies, but this is mostly a chance for caregivers to talk with one another.

### Healing Motion for Life: Free Movement Class

Being in touch with the way our bodies move and working to keep our movements unrestricted and fluid helps bring health and clarity to every aspect of our lives. Come to **Bemis Hall on Friday, May 10 at 9:00 am** to experience free-flowing, expressive movement guided by movement educator and wellness program facilitator Susanne Liebich. 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 & 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 pm and Wed 1:00 pm, Thurs 9:15 am. **Level 2:** Mon 3:15 pm; Level 2 Practice: Thurs 10:15 am. **Level 3:** Wed 2:15-3:15. 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 all ages for blood pressure readings, 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, May 14 from 10 am to noon**. The second clinic will be on **Tuesday, May 21 from 9 to 11 am at Bemis Hall**. This clinic is sponsored by the Pierce House. Services are provided by Emerson Hospital Home Care.

### Podiatry Clinics

Podiatry clinics will be held on **Tues., May 7 at 9 am and 12 pm and Wed., May 15 at 9 am at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA.

## 💡 *WHAT YOU NEED TO KNOW* 💡

### Everyone Can Help Prevent Suicide

Family, friends, neighbors, and others in the community have an important role to play in preventing suicides. After all, anyone contemplating suicide is likely to have frequent contact with those they come across in daily life. Find out more about suicide, how to spot warning signs, and what to do if you are concerned about someone when the Community Education and Outreach Team at Samaritans, Inc., come to **Bemis Hall on Wednesday, May 29 at 10 am**. You will leave the workshop with the skills and knowledge to better understand the specific challenges facing people at risk for suicide and how best to support someone who may be struggling. All are welcome. For more information about Samaritans, Inc., visit [www.samaritanshope.org](http://www.samaritanshope.org).



### Filing a Claim for Veterans Compensation or Pension and Getting a Veterans ID Card



If you are a veteran or a spouse or survivor of a veteran, come find out how to file a claim for Veterans Compensation or a Pension and get a veterans ID card when Peter Harvell, Lincoln's Veterans Services Officer, gives a presentation at **Bemis Hall on Thursday, May 16 at 10:15 am**. He will go through these processes step-by-step and be available afterwards to provide one-to-one help. Don't miss out!

### Techno-Teach-In with L-S High School Teens

The Lincoln-Sudbury Regional High School Senior Class is having a Give Back to the Community Service Day, and they invite you to join them at **Bemis Hall on Wednesday, May 29 from 10 am to 1 pm**. Whether you want some tips on texting to keep up with grandchildren, or need help learning to store and play your favorite music and films on your computer, or anything else tech-related, call for an appointment today!

## 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, May 13, from 3-4 pm at Bemis Hall**. 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. You can reach Peter by email at [Lincolnveterans@lincolntown.org](mailto:Lincolnveterans@lincolntown.org).

### Free Computer and Digital Camera Tutoring

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

**Care Dimensions Seeks Volunteers** Care Dimensions is looking for volunteers to make a difference in the lives of those affected by life-limiting illness or death and loss in long-term care facilities and in hospitals. They offer training, flexibility and ongoing support in a compassionate environment. To learn more, contact Margaret Su-Leland, Volunteer Coordinator at 978-578-6509. Please visit them at <https://www.caredimensions.org>.

*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.*



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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; Agrasvich & Gerin Legal, LLC and Gentle Giant.



We will be there at every step of the process.

To apply or nominate someone, visit [mariaproject.org](http://mariaproject.org)

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## GOINGS ON IN AND AROUND LINCOLN

**Past to Present: Exploring the History and Nature of Adams Woods May 4th at 3 pm.** A history and natural history walk co-sponsored by LLCT and the Historical Society. Led by Rob Todd and Gwyn Loud. Meet at the Food Project lot on Rte. 126. The group will walk together to Adams Woods. Free. All are welcome.

**Jimmy Mazzy and the Last Minute Men** Old Time New Orleans Jazz classics played as they should be! **Wednesday, May 8, 7 pm, Bemis Hall.** Don't be late. Be there when the band starts playing.

**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, May 11 from 9 am to Noon at Bemis Hall.**

**Open Mike Acoustic Night** Enjoy live music at the free Open Mike Acoustic program **Monday, May 13 from 7 to 10 pm at the Library** featuring Diane Taraz. Email: loma3re@gmail.com.

**LLCT Annual Meeting at St. Anne's-in-the-Fields. May 14th at 7 pm.** Free. All are welcome. Reception at 7pm, Business Meeting and Keynote at 7:30 pm. Keynote by Matt Burne, Conservation Director for the Walden Woods Project and vernal pool expert. Matt Burne will discuss vernal pool ecology, wildlife, and importance in Lincoln.

**Magic Garden Infant and Toddler Center Open House Saturday, May 18, 8 to 11 am, 14 Bedford Rd.**

**Free Live Traditional Jazz Jams** on **Saturday, May 18 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.

## 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— 4:30 pm

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