



NEWS FROM BEMIS HALL

Vol 10 Issue 6



June 2019



The Lincoln Council on Aging Monthly

A Public Safety Cookout! Learn about Current Frauds and Scams, Home Safety, and Public Safety Services



Join Public Safety on **Friday, June 14 at 11 a.m. for a cookout at the Pierce House!** You'll start off by finding out more about current trends in frauds and scams and how to avoid being a victim, home safety from both police and fire perspectives, and services offered by Public Safety. At noon, Public Safety will be cooking up hamburgers, hot dogs, and veggie burgers with all the fixin's. Because the event will be under the tent, the cookout will go on rain or shine. Please sign up by June 8 by calling the COA at (781) 259-8811.

An Afternoon of Piano Music Performance by Abla Shocair and Her Grandchildren

All ages are invited to a piano concert with Abla Shocair and her grandchildren, Nooreddeen and Zaineddeen Kawaf, at **Bemis Hall on Friday, June 7 at 3:00 p.m.** Abla will play works by Beethoven, Bartok, Chopin and the boys will play pieces by Mozart. All ages are welcome. This year's concert is dedicated to the memory of Abla's beloved sweetheart, companion and husband, Fawaz Kawaf, who passed away the first of March this year and who had attended all her concerts since they met. He was a very bright civil engineer and outstanding project manager with exceptional math skills and was always kind and honest in his relationships with everybody. Abla started her piano lessons at the age of four and is a civil/structural engineer. Born in Amman, she has given many concerts in different venues.



A Lincoln Tradition! Celebrate Summer's Arrival at Our Strawberry/Ice Cream Social



Celebrate this special time of year at the annual Strawberry Ice Cream Social which will be held at **Bemis Hall on Thursday, June 13 at noon.** The Social is sponsored by the COA and the Friends of the COA. Bring a bag lunch at noon or just join us for dessert. Make your own ice cream sundae with luscious ice cream topped with strawberries, chocolate, and more! Then share conversation with friends old and new! Please RSVP to the COA. Tell us when you call if you will need a ride.

Volunteers of the Year: Beth Ries and Patrick Lawler



We are delighted to announce our Volunteers of the Year: Beth Ries and Patrick (Packy) Lawler. Besides her many volunteer roles for the Town of Lincoln, including Chair of the Board of Selectmen, Beth served as President of the Friends of the Lincoln Council on Aging and was one of our busiest LINC transportation drivers for many years. Packy wears many hats at the COA and with the Friends of the COA. He is treasurer of the Friends of the COA, one of our AARP/IRS Tax Aide Counselors, a Men's Coffee host, and a LINC transportation driver. Congratulations to both our Volunteers of the Year, and thank you



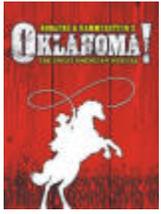
for all you have done for the COA and the Friends of the COA for so many years!



ENJOY A DAY OUT WITH THE COA!



OKLAHOMA! North Shore Music Theatre



We have a real treat for you! 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," "I Cain't Say No!" and the rousing title tune 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 a.m.** We will return at approximately 6:00 p.m. Before the show we will have lunch at the Danvers Yacht Club. You'll have your choice of three entrees, salad and dessert. We have just 27 Inner Circle tickets, so don't delay as this show will sell out. The trip is rated easy for physical ability and entails only a moderate amount of walking. There are no steps. The price is **\$59 including lunch**, and is non-refundable. 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.

A Summer Cruise to the Isles of Shoals

Come sail away with us on **July 25** aboard the Victorian style M/V Thomas Lighton to experience the fascinating sagas of the legendary New Hampshire & Maine seacoast. The Isles of Shoals, located nine miles off of the coast, are an intriguing archipelago of nine islands steeped with history. On our three-hour cruise, accompanied by a local historian, we will see up close the workings of Portsmouth Harbor, a unique working port with tugboats, tankers, the nation's oldest active naval yard, the closed castle-like prison known as "the Alcatraz of the East," the quaint Olde Port waterfront, a famous grand resort hotel, historic forts, and lighthouses. On the way up to Portsmouth we will stop for lunch at Warren's Lobster House in Kittery, Maine. Lunch is included in the price of the tour. As the tour is mainly by ship, walking is minimal and steady sea legs are all that is required. 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.

Get to Know Your Neighbors This Summer!

Summer, when you are out and about in the garden or just enjoying the sun, is a perfect time to get to know your neighbors! The COA, Police Department, and Fire Department encourage you to make connections with the people on your street or in your building not only so you can have a good time, but also because neighbors are tremendously important during a power outage, severe storm, or other emergency. If your street or building becomes isolated due to flooding or snow, or a power outage makes communication impossible, you may need to help others or call on your neighbors for assistance. While it is especially important for seniors who may be frail, anyone of any age and ability level could need assistance from neighbors. All you need to do is introduce yourself to your neighbors and exchange contact information as well as get permission to check on one another during an emergency. Then, during a storm or other serious event, give a call or, if the phone is out, walk over and make sure your neighbor is well, has enough food, heat, and medication, and does not need help if regular in-home services are not able to go to your neighbor's home. If you would like to be checked on, this is a great time to let your neighbors know that you would like a phone call or visit. If you would like to let the COA know by phone or email that you have established a connection with a neighbor, then we know whom to call if we are concerned and cannot reach you. Thank you!

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.



ESPECIALLY FOR CAREGIVERS



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 family, friends, and caregivers to the free Lincoln Memory Café on **Thursday, June 27 from 9:30 a.m. to 11:00 a.m. in the main building of The Commons in Lincoln.** This month, the Café presents

guitarist and singer Rick Maida. Future Cafés will be held on the fourth Thursday of each month from 9:30 a.m. to 11:00 a.m. at the Commons. Contact Amy Gagne of Right at Home In Home Care and Assistance, (781) 275-1400 or amy@rightathomecare.com or the Council on Aging at (781) 259-8811 for more information.

Improving Communication Between You and Your Parents as They Get Older

As your parents age it can be hard to navigate the issues that arise. There can be tension between wanting to respect their autonomy in decision-making but also wanting to voice your concerns for their safety and well-being. Additionally, it can be difficult to know how to raise concerns and discuss sensitive planning issues. If you would like to learn some tips and strategies as well as have a chance to discuss your situation and concerns, come to **Bemis Hall on Wednesday, June 5 at 7 pm** when Claire Gerstein, LICSW, will present information and then lead a discussion. Claire has many years of experience helping caregivers and elders work together to create the best experience for each. Caregiving is a journey and good communication can only make it better.



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 associated with agencies.

Minuteman SHINE (Serving Health Information Needs of Everyone) Counselors give help regarding Medicare, 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

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 9:00 a.m. to 4:00 p.m. 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.

Looking for the Fireside Chat? Check out page 5!



Art, Music, Entertainment, Enjoyment!



Taking Care of Your Family Treasures



Join Kathleen Fahey for a presentation on how to care for your family treasures on **Wednesday, June 19 at 1 p.m. at Bemis Hall**. You will learn how to clean, polish, store, and display your treasured heirlooms including books, furniture, ceramics, paintings, silver, and textiles. Bring your questions and any items you want to learn more about (or a photo of larger items). Kathleen is the Executive Director of the Bedford Historical Society and has over 20 years of experience as a curator at local historical sites.

End Your Week with Friends at a Musical Trad Jazz Lunch at Bemis!



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 at the store to share. We provide beverages and dessert. **Friday June 7, 12:00 p.m.**, for an hour or until everyone has had enough.

Enjoy a Relaxing Noticing Walk with John Calabria

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



BBQ Dinner Al Fresco Before the Concerts at the Codman Pool to Benefit Cops for Kids with Cancer



Parks and Recreation and the Police Department invite you to join them in the second year of a new tradition of having BBQ dinners offered for sale by the Police to benefit Cops for Kids with Cancer before each of the Parks and Rec summer concerts! The dinners begin at 5 and the concerts begin at 6. There is no admission charge to come for the dinner or the concert, and you may use the pool for the usual fee. The concert line-up for this year is: **Local Boys DADDA on June 26, The 'Nays on July 10, Knock on Wood on July 17, and Southbound Train on July 24.**

Sip and Paint by the Numbers!

Come "sip and paint" with some non-alcoholic wine while you "paint by the numbers"! The first of four sessions will be on **Wednesday, July 3 at 10 a.m. at Bemis Hall**. We'll provide the paint-by-number kits. Please call the COA to sign up as the number of kits is limited! Those who did this last summer had a blast!

AT THE MOVIES

Thursday, June 6, 2:15 p.m. If Beale Street Could Talk (2018) From James Baldwin's acclaimed novel comes this timeless love story set in early 1970s Harlem. The plans of newly engaged Tish and her fiance Fonny are derailed when Fonny is arrested for a crime he did not commit. Now the pair and their families must fight for justice in the name of love. R. 129 mins.

Tuesday, June 25 2:15 p.m. On the Basis of Sex (2018) Inspired by the powerful true story of a young Ruth Bader Ginsburg, *On the Basis of Sex* depicts a then-struggling attorney and new mother facing adversity in her fight for equal rights. PG-13. 120 mins.

Thursday, June 27, 2:15 p.m. Mary Poppins (2018) The magic continues in Disney's classic as Mary Poppins helps the Banks family remember the joy of being a child. Together with her friend Jack the lamplighter, fun is brought back to the streets of London in a celebration that everything is possible. PG. 130 mins.



SPEND TIME WITH OTHERS



The Fireside Chat: What Are the Biggest Changes You've Seen in the Past 5, 10 or 50 Years?

The world is much different from the one many of us grew up in, or is it? What are some of the biggest changes you've seen in the past decades, whether social, economic, political, cultural, spiritual, or other? Have they made life better or worse? Or are the basics of life – love of family, the need for community, human nature – still much the same? Join us from **10 to 11:30 a.m. on Saturday, June 15 in the Community Room at Lincoln Woods, 50 Wells Rd.**, for a friendly discussion facilitated by Sharon Antia. Remember to park in “unmarked” spaces.

Celebrate LGBT Pride Month!



June is LGBT Pride Month and you are invited to celebrate! Join us on **Friday, June 21 at 11:00 a.m.** for delicious refreshments and great conversation! Come share your thoughts, ideas, life experiences! All are 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 a.m. at Bemis Hall.** \$10 per class.

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

Spanish Conversation Enjoy Spanish conversation **first and third Mondays at 11 a.m. here at Bemis Hall.**

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, June 24 at 11:00 a.m. at Bemis Hall.** This isn't 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 a.m.** Come get help, give help, share projects, get new ideas or just enjoy the conversation. The group is always changing.

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 a.m. in Bemis Hall. This month the group will meet on **June 5.**

Russian Conversation Group Come brush up on your Russian by speaking it with others on **June 5 and 19 at 1 p.m.** Please come whether you are a native speaker, beginner, or in-between!

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

Chess Club! If you love chess, you are welcome to come to our new Chess Club which will meet **Thursday, June 13 at 10 a.m.** Come join others to play and share information, tips, and strategies.

Lincoln Men's Coffee Thursday, June 20 at 8:00 a.m. 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, June 13 at 3:00 p.m. 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 a.m.**

Play Open Bridge each **Friday at 1 p.m. 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.

Would You Be Interested in Joining a Sewing Group?

Would you be interested in joining a group for people who like to sew, either by hand or with a machine? If you would like to be part of a group that gets together once every week or two weeks to share sewing tips and conversation, please sign up. Once we know who would like to be in the group we will schedule the first meeting.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:00 Watercolors 9:30 Piano Duets 11:00 Spanish Conversation 2:15 Tai Chi 3:15 Tai Chi</p>	<p>4</p> <p>9:00 Podiatry 9:30 Knitting Drop-In 10:00 Wellness Clinic (LW) 11:30 Stretch and Flex 12:00 Podiatry 1:00 Active Aging Fitness 1:00 Noticing Walk (TBA)</p>	<p>5</p> <p>10:30 Declutter Group 11:00 Line Dancing 1:00 Tai Chi 1:00 Russian Conversation Group 2:15 Tai Chi 7:00 Improving Communication with Parents as They Get Older</p>	<p>6</p> <p>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 1:30 Computer Drop-In 2:15 Movie: Beale Street</p>	<p>7</p> <p>10:00 German Conversation 12:00 Trad Jazz Band 1:00 Open Bridge 3:00 An Afternoon of Music with Abba Shocair</p> <p>SATURDAY 8 9:00 Library Book Sale</p>
<p>10</p> <p>9:30 Piano Duets 9:30 French Conversation 10:00 Landlord and Tenants Rights 2:15 Tai Chi 3:00 Legal Clinic 3:15 Tai Chi 7:00 Acoustic Music (Lib)</p>	<p>11</p> <p>9:30 Knitting Drop-In 11:30 Stretch and Flex 1:00 Active Aging Fitness</p>	<p>12</p> <p>10:30 Oklahoma Trip Leaves (Mall) 11:00 Line Dancing 1:00 Tai Chi 2:15 Tai Chi</p>	<p>13</p> <p>8:00 Conservation Bkfst (TBA) 9:00 Veterans Services Officer Office Hours 9:15 Tai Chi 10:15 Tai Chi 10:00 Chess Club 11:30 Stretch and Flex 12:00 Strawberry Social 1:00 Active Aging Fitness 1:30 Computer Drop-In 3:00 Ukulele Gathering</p>	<p>14</p> <p>11:00 Public Safety Cookout 1:00 Open Bridge</p> <p>SATURDAY 15 10:00 Fireside Chat (LW) 1:00 Jazz Jam (lib)</p>
<p>17</p> <p>9:30 Piano Duets 11:00 Spanish Conversation 1:00 Communicating with Your Adult Children</p>	<p>18</p> <p>9:00 Wellness Clinic 9:30 Knitting Drop-In 11:00 FCOA Meeting 11:30 Stretch and Flex 12:00 Joint COA/FCOA Board Meeting 1:00 Active Aging Fitness 1:30 COA Board Meeting</p>	<p>19</p> <p>9:00 Podiatry 11:00 Line Dancing 1:00 Taking Care of Your Family Treasures 1:00 Russian Conversation Group</p>	<p>20</p> <p>8:00 Men's Coffee 9:00 Veterans Services Officer Office Hours 10:15 VA Health System Overview 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 2:00 Urinary Health 7:00 Jimmy Mazzy Jazz</p>	<p>21</p> <p>10:00 German Conversation 11:00 Pride Party: LGBT Tea and Conversation 1:00 Open Bridge 1:00 MBTA Senior CharlieCard Event</p>

<p>9:30 French Conversation 9:30 Piano Duets 11:00 Smartphone Meetup</p>	<p>24</p>	<p>25</p> <p>9:00 Collating 9:30 Knitting Drop-In 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:15 Movie: On the Basis of Sex</p>	<p>26</p> <p>11:00 Line Dancing 5:00 BBQ Dinner for Cops for Kids with Cancer (Codman) 6:00 Parks and Rec Concert: DADDA (Codman)</p>	<p>27</p> <p>9:00 Veterans Services Officer Office Hours 9:30 Memory Café (Commons) 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 2:15 Movie: Mary Poppins</p>	<p>28</p> <p>1:00 Open Bridge</p>	<p>LOCATIONS Codman: Codman Pool Commons: The Commons in Lincoln Lib: Library LW: Lincoln Woods Mall: Parking Lot by Donelan's TBA: Location to be announced</p>
<p>JUNE</p> 						

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FOR YOUR WELL BEING



Improve Your Urinary Health for Overall Wellness



Problems with your urinary tract, such as a urinary tract infection or incontinence, can create major problems with your overall wellness and quality of life. You can take steps to prevent problems or manage those that you already have. Come find out more when Trish McGean comes to **Bemis Hall on Thursday, June 20 at 2 p.m.** She will let you know some of the basics of urinary health as well as updates on how you can make sure your urinary tract is as healthy as it can be.

All in the Family: Communication With Your Adult Children

Communicating with your adult children in later life brings unique challenges as it may feel at times like they want to take control of decision making and planning. It can be hard to bring up certain issues that are of concern for you, and also to listen to their worries for you. This will be an opportunity to think about the conflicts that may arise in even the most loving and well-intentioned relationships. Come to **Bemis Hall on Monday, June 17 at 1 p.m.** when Claire Gerstein, LICSW, gives tips and strategies for keeping the relationship positive and communication open and offers you an opportunity to share stories and ideas.

Tai Chi in the Park and Sign Up for Next Fall's Tai Chi Classes

Sign up now for Tai Chi in the Park, which will meet Tuesday mornings at **9:30 a.m. with Tai Chi Form practice at 10:30 a.m. at Pierce Park from July 9 to August 6** at a cost of \$5 per day. Bring a water bottle, lawn chair and a hat! In bad weather, we will meet under the tent. We may use the Pierce House restroom. The class is for continuing students only. New students may also sign up for fall beginning classes, to be held for 13 weeks starting September 16; Mon 2:15– 3:15 pm, Wed 1– 2 pm, Thurs 9:15—10:15 \$60 1 class/week ; \$80 2 classes/week; \$100 3 classes/week. For info, contact Jane Moss at (781) 259-9822 or mindbodyjm@comcast.net.

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 a.m.;** \$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 p.m.;** \$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 and Wed 1– 2, 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 mindbodyjm@comcast.net.

Line Dancing Enjoy the fun and fitness of line dancing **Wednesdays at 11 a.m.** 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, June 4 (NOTE NEW DAY THIS MONTH ONLY) from 10 a.m. to noon.** The second clinic will be on **Tuesday, June 18 from 9 to 11 a.m. 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, June 4 at 9 am and 12 noon** and **Wednesday, June 19 at 9 a.m. at Bemis Hall** by appointment. \$10 donation requested. Clinics sponsored by the Pierce House and FLCOA.

💡 *WHAT YOU NEED TO KNOW* 💡

What Are Your Rights as a Tenant or Landlord?



Whether you are a tenant in rented housing or a landlord renting housing, knowing your rights and responsibilities can help make sure everything goes well. Come to **Bemis Hall on Monday, June 10, at 10:00 a.m.** when Tim Depin, Program Manager in the Office of Attorney General Maura Healey, will explain tenancy based on a lease versus tenancy at will, obligations of both landlord and tenant, what information must be in the rental agreement, payments at the start of the tenancy, security deposit laws, the sanitary code, the eviction process, housing discrimination, and what to do if you have a problem. Bring your questions and concerns!

You Can Get Your MBTA Senior CharlieCard at the COA!



If you are 65 or older and need to get a Senior CharlieCard for the first time, come to our Senior CharlieCard event on **June 21 from 1:00 to 3:00 p.m. at Bemis Hall.** You will need to bring your driver's license or ID or your passport. We will take your photo, have you fill out an application, copy your license, ID, or passport and you're done! The MBTA will mail your Senior CharlieCard in 4 to 6 weeks. No need to sign up. If you need to replace your card, call the MBTA at (617) 222-3200 as we cannot provide this service.

VA Health System Benefits Overview

Join Lincoln's Veterans Services Officer Peter Harvell on **Thursday, June 20 at 10:15 a.m.** for an overview of the VA's Health Benefits system.



Get an overview of the system and how it works and what benefits it offers and find out if you or a family member might be eligible. Whether you are interested for yourself or a family member, come on down!

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, June 10, from 3-4 p.m. 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 innumerable other benefits. Lincoln's Veterans Services Officer, Peter Harvell, will have regular office hours each **Thursday from 9 a.m. 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, iPhone, iPad, and iWatch and digital photography tutoring on **Thursday afternoons from 1:30 to 3:30 p.m. at Bemis Hall!** If you have a laptop or netbook, please bring it!

Free Home Delivery of Lincoln Public Library Materials

The Friends of the Lincoln Public Library offer a delivery service for people who are unable to come to the library in person. People who are temporarily immobilized as well as those with chronic physical limitations may use the service. To order your items (including those from other Minuteman libraries), call the Library at (781) 259-8465 to tell them what you want and ask to have it delivered. Items to be returned will be picked at your request on a Tuesday or Wednesday.



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HOME SECURITY TEAM



Introducing the Care Dimensions Hospice House

Combining the comfort of home
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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.

Watch our video tour at CareDimensions.org
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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, June 8 from 9:00 a.m. to noon at Bemis Hall.**

Open Mike Acoustic Night Enjoy live music at the free Open Mike Acoustic program **Monday, June 10 from 7:00 to 10:00 p.m. at the Library** featuring Ted DeMille. Email: loma3re@gmail.com.

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

Jimmy Mazzy and the Last Minute Men Old Time New Orleans Jazz classics played as they should be! **Thursday, June 20, 7:00 p.m., Bemis Hall.** Don't be late. Be there when the band starts playing.

Parks and Recreation Summer Concerts



Concerts begin at 6:00 p.m. at the Codman Pool on Ballfield Road. Concerts may be rescheduled due to rain. Check event status at www.LincolnRec.com. Concerts are free while pool admission during the show is \$5/person. See **Local Boys DADDA on June 26, The 'Nays on July 10, Knock on Wood on July 17, and Southbound Train on July 24.**

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

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