



# NEWS FROM BEMIS HALL

Vol 10 Issue 10



October 2019



*The Lincoln Council on Aging Monthly*

## Medicare Open Enrollment Insurance Update!

Find out what changes could affect your Medicare coverage and how much you will pay in 2020 when Don Milan, Anne Meade, and Diana Chirita, Lincoln's counselors from the Minuteman Senior Services SHINE Program—health benefits counseling for Medicare enrollees, come to Bemis Hall on **Friday, October 25 at 10 am**. This is the time to understand the changes for 2020 and to be sure you are satisfied with your current health insurance benefits. **Medicare open enrollment period—October 15 to December 7, 2019—is your opportunity to make any changes to your Medicare coverage, effective Jan. 1st.** Representatives from major health insurance plans serving Lincoln and surrounding Towns will be present and have 2020 information of Medicare Supplement plans (Medigap) and Medicare Advantage plans. Also present will be Peter Harvell, Veterans Service Officer. **Note:** This program is designed to go over **2020 changes** in basic Medicare, Medicare Supplement and Medicare Advantage insurance plans. **On Wednesday, October 30 at 7:00 pm, SHINE will present an in-depth "Medicare 101" to go over the basics of Medicare and the different types of insurance plans (Medicare Supplement and Medicare Advantage) available to supplement coverage.** SHINE provides accurate, unbiased information regarding health insurance and prescription drug options through community education and free, confidential counseling for Medicare beneficiaries and their caregivers. Minuteman Senior Services provides a variety of services that help seniors and people with disabilities live in the setting of their choice. For information about SHINE, call toll-free 888-222-6171 or visit [www.minutemansenior.org](http://www.minutemansenior.org). For information on the Medicare Update event, call the COA at (781) 259-8811.

## Better Balance and Winter Preparedness Fair!



Find out how to improve your balance and be prepared for winter at a Fair to be held on **Friday, October 18 from 1 to 3 pm at Bemis Hall**. The fair is free and sponsored by the Lincoln Fire Department, the COA, and Parks and Recreation. Come take workshops in how Tai Chi or aerobics and strength training can help maintain balance, fall prevention, CPR, and winter preparedness. Be screened for blood pressure and balance and come with questions about your medications. Bring home brochures and other information and enjoy delicious refreshments!

## The Flu Shot Clinic Is Back

Lincoln residents 65 and over are invited to come to the Board of Health/COA flu clinic at **Bemis Hall on Tuesday, October 22 from 10 am to noon**. Please wear a short-sleeved shirt and bring your insurance cards but there is no out of pocket charge to you. We will have the quadrivalent form of the vaccine which makes up approximately 80% of available 2018-2019 vaccine and is indicated for a majority of the adult population. The High Dose vaccine will also be available to those 65 or older. Services provided by Emerson Hospital Home Care.

## Tell the COA and Parks and Rec What Programs You Would Like

The COA and the Parks and Recreation Department invite residents of all ages to fill out a survey to let us know what programs and services you would like now and in the future. The short survey asks you to check off those activities and services you would like to participate in and answer a few simple questions about yourself and your use of COA and Parks and Recreation offerings. You may take the survey by going online to <https://www.surveymonkey.com/r/HCSDTV> or picking up paper surveys at Parks and Recreation, Bemis Hall, Town Offices, and the Library. Please complete the survey by October 31. Thank you for your participation!

COA: 15 Bedford Rd, Lincoln, MA; (781) 259-8811; [www:lincolntown.org](http://www.lincolntown.org), Mon-Fri, 8:30 am to 4:30 pm.



## ENJOY A DAY OUT WITH THE COA!



### Edward M. Kennedy Institute of the Senate

Join us on **Wednesday, November 20<sup>th</sup>**, for a trip to the Edward M. Kennedy Institute of the Senate and lunch at the famous Doyle's in Jamaica Plain. We will take an air ride bus, leaving the Donelan's parking lot at 9:00 am, and returning at 4:00 pm. After a private tour of the Institute and time to explore, we will join high school students in the "Senate Chamber" to participate in the debate of the day. Then we will go to Doyle's, the famous Irish pub. This trip is rated moderate for physical ability, as there will be a walking tour and some stairs involved. The cost is \$28, including bus and admission to the Institute. Lunch is off the regular menu and is on your own. Space is limited. To reserve a space, send a non-refundable check made out to FLCOA/Trips to Virginia O'Brien, 4 Linway Rd., Lincoln, MA 01773 with your phone number and email address. Your reservation is complete when your check is received. Questions? call Ginny at (781) 259-0421, or email her at vobrien39@yahoo.com.

### Experience the Magic of Christmas at the Newport Mansions



Discover the elegance of three centuries of American History, architecture and the decorative arts with the COA on **Thursday, December 12**. We will visit the summer homes of the gilded age all decked out for the holidays. Our first stop will be at The Elms, followed by lunch at Johnny's at The Atlantic Resort. After lunch we will then proceed to the crown jewel, The Breakers. Be at Donelan's parking lot by 8:00 am and return by 5:30 pm. This trip requires the ability to stand and walk for extended periods of time. Cost, including lunch, is \$59 and is nonrefundable. To make a reservation please send a check payable to FLCOA/Trips to Ginny O'Brien, 4 Linway Road, Lincoln, MA 01773 including your telephone number and email address. Your reservation is complete when your check has been received. Questions? Contact Ginny at (781) 259-1291.

**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 the Fire Department?** Call Ben Juhola of the Fire Department at (781) 259-8113.

**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)

**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.

**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

### October 7—John Getsinger: Evolution of Science, Episode 2. Tom Swift and the Quantum Annihilator

1928—Budapest—Von Neuman publishes quantum math, matrix and wave.

1929—USA—Stock market crash triggers worldwide Great Depression.

1933—Princeton, N.J.—Einstein flees to America. Gödel meets Einstein there.

1936—Princeton N.J.—Turing visits von Neumann, Einstein, and Gödel and invents the digital computer simply to prove a mathematical point, but must return to England.

1937—USA—Whispers reach Tom Swift's ears of —automatic computing —artificial intelligence —atomic fission and —quantum annihilation.

Tom swiftly foresees —electronics technology —intelligent military robots —atomic bombs and —universal non-existence. *What can Tom Swift do to counter the existential threat to all humanity posed by the possibility of the Quantum Annihilator? Tune in for the thrilling sequel.*

### October 21—Ian Watson: What Is Early Music?

Early music encompasses many centuries of music and styles. Join Ian Watson, Music Director at First Parish in Lincoln as well as Associate Conductor of the Handel and Haydn Society, as he explores early music with musical examples and then draws some conclusions.

### October 28—Colm McGarry: Parish Partnership with Children in Caribbean and Central American Nations

Families and individual parishioners from St Julia's in Weston and Lincoln joined "Our Little Brothers and Sisters" (Nuestro Pequeños Hermanos) in the Dominican Republic in June to share their experience and partner with NPH to provide for children in need. 250 children stay on a ranch near San Pedro near the Southern Coast of The Dominican Republic. Since its 1954 founding, NPH has raised more than 18,000 children and is currently caring for more than 3,200 boys and girls in 11 countries. By sharing their lives for one week we grew in understanding of the outstanding work being done to create loving homes for the pequeños. Through pictures and our testimony we hope to convey the warmth and beauty of these young people and the staff who support them on the ranch.

### 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, October 24 from 10:30 a.m. to noon in the main building of The Commons in Lincoln.** Enjoy the music of vocalist Wendee Glick in a fun, informal, social atmosphere. The Memory Café is held each fourth Thursday of the month from 10:30 am to noon at The Commons in Lincoln (except in November and December when it will be the third Thursday due to holidays). Call Elizabeth Kaupp of Right at Home at (781) 275-1400 or the COA at (781) 259-8811 for more information.

### School Building Project Updates

The Lincoln School project has started! Stay updated - Visit [www.lincolnsbc.org](http://www.lincolnsbc.org) and click the "subscribe" button!





## Art, Music, Entertainment, Enjoyment!



### Are You a Lincoln History Buff?



Do you know about the great Waterworks Controversy? Or what happened on June 17, 1844 that made it important in Lincoln history? If so, come compete in the Lincoln History Trivia Extravaganza, Part II, on **Friday, October 11 at 1:00 p.m. at Bemis Hall**. The questions will be written by Jack MacLean, who will also judge using his book *A Rich Harvest: The History, Buildings, and People of Lincoln*. You can compete or simply sit and watch! Prizes will be awarded!

### 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 Fridays and Mondays beginning **Fridays, October 4 and 21 from 9:00 to 11:00 am**. The cost is \$30 for each class of four sessions, materials included. Call the COA to sign up!

### Relax at a Musical Jazz Lunch!

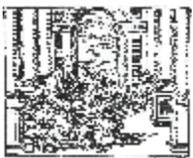


Celebrate the end of the week by grabbing a table at Bemis while the Lincoln Traditional Jazz Band serenades you with familiar good old tunes. Bring old friends. Make new ones. Bring a bag lunch and, if you like, food purchased already prepared at the store to share. We provide beverages and dessert. The band will play on Friday, **October 4 starting at noon**.

### Learn and Play Mah Jongg Monday Afternoons!

Have you always wanted to learn Mah Jongg? Are you a new or former player looking to improve your skills? Are you an experienced player looking for a friendly game? Come to Bemis Hall **each Monday from 1:00 to 4:00 pm** for Mah Jongg lessons for those who would like to learn as well as a drop-in game for those who know how to play. Mah Jongg is an exciting tile game which offers many of the same cognitive benefits as chess and bridge. Bring your own card or we will provide one for \$9. For information or to register for lessons or a game, contact Joan Ingersoll, [ingersollj@lincolntown.org](mailto:ingersollj@lincolntown.org) or (781) 259-8811.

### Perspective in Drawing and Painting



Beginners and experienced artists alike are invited to learn more about perspective in a special two-session class to be given by Lincoln artist Sarah Chester on **Wednesdays, November 6 and 13 from 10 am to 12 pm**. Sarah will discuss how our brains perceive distance in three dimensions and how artists convey that distance in two dimensions. You will produce a simple drawing or painting of a Lincoln scene using the principles of perspective. Materials will be provided. The cost is \$25 for both sessions. Call the COA to sign up.

### Save the Date! Toni Lynn Washington and Sax Gordon Beadle Blues Concert Sunday, November 3 at 2 pm at Bemis Hall!



All ages are invited to a free concert by renowned Boston-area blues vocalist Toni Lynn Washington and acclaimed saxophonist Sax Gordon Beadle on **Sunday, November 3 at 2 pm at Bemis Hall**.

### AT THE MOVIES

**Thursday, October 3, 2:15 pm. Hale County, This Morning, This Evening (2018).** This documentary follows a group of residents of Hale County, Alabama, going about their daily lives. NR 76 mins.

**Tuesday, October 15, 2:15 pm. Transit (2019).** As World War II fascism spreads, refugee Georg flees to Marseille and falls for a woman searching for her husband-the man whose identity he has stolen. NR. 101 mins.

**Tuesday, October 29, 2:15 pm. A Dog's Way Home (2019).** Bella, a devoted dog embarks on an epic 400-mile journey home after she is separated from her beloved human. PG. 96 mins.



## SPEND TIME WITH OTHERS



### Enjoy a Gourmet Lunch with Police Chief Kennedy



Lincolniters 60 and older are invited to enjoy a delicious gourmet lunch with friends new and old at **11:30 on Tuesday, October 15 at St. Anne's Church. Our special guest will be Police Chief Kevin Kennedy!** Come ask Chief Kennedy your questions and get to know him better! 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.** She brings books for all levels. Not 10/7.

**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, October 28 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 Harper Lee's classic *To Kill a Mockingbird* on **October 8 and 15 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 **October 2 at 10:30 am.**

**Russian Conversation Group** Come brush up on your Russian by speaking it with others on Wednesdays **October 2 and 16 at 1 pm.** All are welcome whether you are a native speaker, beginner, or in-between!

**Conservation Breakfast** **Thursday, October 10 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, October 17 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, October 10 at 10 am.** Come join others to play and share information, tips, and strategies.

**Ukulele and Sing-Along Group** meets on **Thursday, October 10 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 (October 18 at 11 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 weak two bids, better minors, stayman and other similar terms is welcome to join Open Bridge.

MONDAY	TUESDAY	WEDNESDAY
<p><b>OCTOBER</b></p> 	<p><b>1</b></p> <p>9:00 Podiatry            9:30 Knitting Drop-In            11:30 Stretch and Flex            12:00 Podiatry            1:00 Active Aging Fitness</p>	<p>10:00 Retirement's Freedom            10:30 Declutter Group            11:00 Line Dancing            1:00 Tai Chi 1/2:15 Tai Chi 2            1:00 Russian Conversation</p>
<p><b>7</b></p> <p>9:00 Watercolors            11:00 Spanish Conversation            12:30 Lincoln Academy            1:00 Mah Jongg            2:15 Tai Chi 1/3:15 Tai Chi 2</p>	<p><b>8</b></p> <p>9:30 Knitting Drop-In            11:00 Playreading: To Kill a Mockingbird            11:30 Stretch and Flex            1:00 Active Aging Fitness            2:30 COA Board Meeting</p>	<p>10:00 Retirement's Freedom            10:00 Memoirs            10:00 Wellness Clinic (LW)            11:00 Line Dancing            1:00 Tai Chi 1/2:15 Tai Chi 2</p>
<p><b>14</b></p> <p><b>COA CLOSED/COLUMBUS DAY</b></p>	<p><b>15</b></p> <p>9:00 Wellness Clinic            9:30 Knitting Drop-In            11:00 Playreading: To Kill a Mockingbird            11:30 Stretch and Flex            11:30 Senior Dining (St. Anne's)            1:00 Active Aging Fitness            2:15 Movie: Transit</p>	<p>9:00 Podiatry            10:00 Retirement's Freedom            11:00 Line Dancing            1:00 Tai Chi 1/2:15 Tai Chi 2            1:00 Russian Conversation</p>
<p><b>21</b></p> <p>9:00 Watercolors            9:30 Piano Duets            11:00 Spanish Conversation            12:30 Lincoln Academy            1:00 Mah Jongg            2:15 Tai Chi 1/3:15 Tai Chi 2</p> <p>3:00 Legal Clinic</p>	<p><b>22</b></p> <p>9:30 Knitting Drop-In            10:00 Flu Clinic            11:30 Stretch and Flex            1:00 Active Aging Fitness            2:15 How Is My Brain Health?</p>	<p>10:00 Retirement's Freedom            10:00 Memoirs            11:00 Line Dancing            1:00 Tai Chi 1/2:15 Tai Chi 2</p>
<p><b>28</b></p> <p>9:00 Watercolors            9:30 Piano Duets            9:30 French Conversation            11:00 Smartphone Meetup            12:30 Lincoln Academy            1:00 Mah Jongg</p> <p>2:15 Tai Chi 1            3:15 Tai Chi 2</p>	<p><b>29</b></p> <p>9:00 Collating            9:30 Knitting Drop-In            11:30 Stretch and Flex            1:00 Active Aging Fitness            2:15 Movie: A Dog's Way Home</p>	<p>10:00 Retirement's Freedom            11:00 Line Dancing            1:00 Tai Chi 1/2:15 Tai Chi 2            7:00 Medicare 101</p>

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# ER 2019

DAY	THURSDAY	FRIDAY
<p>om</p> <p>Chi 3</p> <p>on Group</p>	<p>2</p> <p>3</p> <p>9:00 Veterans Services Officer Office Hours 9:15 Tai Chi 1/10:15 Tai Chi 2 9:45 Crane's Trip (Mall) 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In / 2:15 Movie: Hale County</p>	<p>4</p> <p>9:00 Watercolors 10:00 German Conversation 12:00 Trad Jazz Band 1:00 Open Bridge</p>
<p>m</p> <p>V)</p> <p>Chi 3</p>	<p>9</p> <p>10</p> <p>8:00 Conservation Bkfst (TBA) 9:00 Veterans Services Officer Office Hours 9:15 Tai Chi 1/10:15 Tai Chi 2 10:00 Chess Club 10:30 Treasures and Challenges of Living Alone 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 3:00 Ukulele Gathering</p>	<p>11</p> <p>9:00 Watercolors 1:00 Open Bridge 1:00 Lincoln History Quiz</p>
<p>m</p> <p>Chi 3</p> <p>on Group</p>	<p>16</p> <p>17</p> <p>8:00 Men's Coffee 9:00 Veterans Services Officer Office Hours 9:15 Tai Chi 1/10:15 Tai Chi 2 10:15 Vets Comp or Pension and ID Cards 10:30 Treasures and Challenges of Living Alone 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In</p>	<p>18</p> <p>9:00 Watercolors 10:00 German Conversation 11:00 LGBT Tea and Conversation 1:00 Open Bridge 1:00 Balance and Winter Preparedness Fair</p>
<p>m</p> <p>Chi 3</p>	<p>23</p> <p>24</p> <p>9:00 Veterans Services Officer Office Hours 9:15 Tai Chi 1/10:15 Tai Chi 2 10:30 Memory Café (The Commons) 10:30 Treasures and Challenges of Living Alone 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In</p>	<p>25</p> <p>9:00 Watercolors 10:00 Medicare Update 1:00 Open Bridge 1:00 Disability Awareness with Joan</p>
<p>om</p> <p>Chi 3</p>	<p>30</p> <p>31</p> <p>9:00 Veterans Services Officer Office Hours 9:15 Tai Chi 1/10:15 Tai Chi 2 10:30 Treasure and Challenges of Living Alone 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In</p>	<p>31</p> <p><b>LOCATIONS</b> <b>Commons: Commons in Lincoln</b> <b>LW: Lincoln Woods</b> <b>Mall: Parking Lot by Donelan's</b> <b>St. Anne's: St. Anne's Church</b> <b>TBA: Location to be announced</b></p>

## Lincoln Cable TV

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# FOR YOUR WELL BEING



## How is My Brain Health?

How does our memory work and what can be done to improve brain functioning? Find out the answers to these and other questions when Claire Carrazco, DO, and Alina Carter, Speech Pathologist, of Emerson Hospital come to **Bemis Hall on Tuesday, October 22 at 2:15 pm**. They will update you on the latest research and give practical advice and strategies for improving and maintaining your brain health. Come with questions and concerns!



## Treasures and Challenges of Living Alone



Do you live alone? Would you like to talk with others about the joys and challenges of living alone and share insights and strategies for making social connections? Join Carol DiGianni, MED, in a four-part group on **Thursday mornings at 10:30 October 10, 17, 24, and 31 at Bemis**. You'll also learn practices to help you create the life you want to live.

## Fall Feast of Flavors!

"Field Trip!" You are invited to a special luncheon/ cooking demonstration at the Commons in Lincoln, a Benchmark community, on **Friday, November 8 at noon**. Sadie Daniels, The Commons Registered Dietitian will discuss Farro. What is this magical ancient grain? Why is it such a nutritious food to include in your diet? And how the heck do you cook it anyhow? Transportation is available. Or you can meet at 2 Harvest Circle. Please reserve your spot by calling The Commons at 781-272-3433.



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HOME SECURITY TEAM



**Wellness Clinics for All Ages**

Wellness clinics for all ages. Blood pressure, advice on nutrition/exercise, chronic diseases, medication and more. **Wednesday, October 9 at 10:00 am to noon at Lincoln Woods' Community Building at 50 Wells Road; Tuesday, October 15 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**

**Tues., Oct. 1 at 9 am and 12 pm and Wed., Oct. 16 at 9 am** by appointment. \$10 donation. Sponsored by the Pierce House and FLCOA.

**OPPORTUNITIES FOR EXERCISE**

**Stretch and Flex** Designed for all fitness levels. Start with a gentle warm-up and then progress to resistance training using Thera-bands or free weights (both provided by the COA). No floor work. **Tuesdays and Thursdays, 11:30 am;** \$3 per class. No need to sign up. Taught by Terri Zaborowski.

**Active Aging** Start with a stretch and warm-up followed by 30 minutes of muscle toning and strengthening using hand weights. Seated and standing exercises. No floor work. Last 15 minutes of class is an aerobic dance routine and cooldown. Weights are available at the Center or bring your own. **Tues & Thurs, 1 pm;** \$3 per class; no need to sign up. Taught by Terri Zaborowski (AFAA certified group fitness instructor).

**Tai Chi for Health, Rehabilitation and Wellness** The fall classes are now closed. **Level 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.*



**Introducing the Care Dimensions Hospice House**

Combining the comfort of home with the benefits of round-the-clock medical care

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](http://CareDimensions.org) or call 781-373-6616 to learn more about the new Care Dimensions Hospice House.



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💡 **WHAT YOU NEED TO KNOW** 💡

## Disability Awareness – Language Matters



Chances are you have a family member, friend, neighbor or acquaintance with a disability. Maybe you have questions or concerns about how best to be welcoming and inclusive of people with disabilities. As the disability rights movement has evolved, language and practices that were once acceptable may no longer be appropriate, and may even be perceived as hurtful or offensive. Come to **Bemis Hall on Friday, October 25 at 1 pm** for a presentation by Joan Ingersoll of the COA on what people with disabilities want us all to know about being a disability-friendly community.

## Medicare 101. What to Know. How to Choose.

Come find out the basics of Medicare on **Wednesday October 30, at 7:00 pm at Bemis Hall** with Minuteman Senior Services SHINE counselors Don Milan and Anne Meade. This introduction to Medicare is especially for those who will be signing up in 2020, but is also for those who just wish to learn more and understand their benefits better. Don and Anne will discuss traditional Medicare, Medicare Supplement plans, Medicare Advantage plans, and medication drug coverage (Medicare, Parts A, B, C, and D), how to go about choosing the plan or plans that are best for you, avoiding penalties when you sign up late, and more. Minuteman Senior Services provides a variety of services that help seniors and people with disabilities live in the setting of their choice. For info on SHINE, call 888-222-6171 or visit [www.minutemansenior.org](http://www.minutemansenior.org). For info re: 10/30 program, call the COA.



## 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, October 17 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!

**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, October 21, 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.

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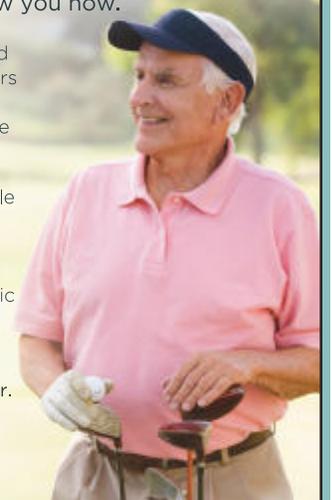
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## GOINGS ON IN AND AROUND LINCOLN

The Lincoln Historical Society presents **Revolutionary Reformers: Massachusetts in the Woman Suffrage Movement**, with author Barbara Berenson. **Sunday, October 6, 2019, 1:30 pm in Bemis Hall.** Barbara Berenson is author of *Boston in the Civil War* and Senior Attorney at the MA Supreme Judicial Court.

**Two Homes by Two Masters: Walter Gropius and Walter Bogner Sunday, Oct. 6,** tours every half hour from **1:30-4:00 p.m.** Meet at **Gropius House, 68 Baker Bridge Rd.** Advance tickets required, 781-259-8098.

**Jimmy Mazzy and the Last Minute Men** Old Time New Orleans Jazz classics played as they should be! **Wednesday, October 9 at 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, October 12 from 9 am to noon at Bemis Hall.**

**Free Live Traditional Jazz Jams** on **Saturday, October 19 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.

**Scarecrow Classic 5K, October 20, 2019 at 9:30 am.** A great community event and fun for all ages. Walkers and Runners welcome. Register online by October 6th to guarantee a shirt ([www.scarecrowclassic5k.com](http://www.scarecrowclassic5k.com)), or register day-of at 8AM at Lincoln Station. This is a fundraiser for the Lincoln Land Conservation Trust and the race directly supports our land conservation, stewardship, and education objectives.

**Open Mike Acoustic Night** Enjoy live music at the free Open Mike Acoustic program **Monday, October 21 from 7 to 10 pm at the Library** featuring Liv Greene. Email: [loma3re@gmail.com](mailto:loma3re@gmail.com).

**Rhapsody Piano Recital Sunday, October 27 at 3 pm at Bemis Hall** hear a free recital by amateur pianists who will perform selections by Chopin, Guastavino, Handel, Liszt, Mendelssohn & more.

**Live in Lincoln Center Sunday, October 27 at 7 pm at First Parish, 14 Bedford Road.** Solo Bach cello concertos performed by Guy Fishman.

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