



NEWS FROM BEMIS HALL

Vol 10 Issue 12



December 2019



The Lincoln Council on Aging Monthly

Revel at the Top of the Town Winter Gala!

The Friends of the Lincoln COA (FLCOA) are pleased to announce that the **2020 Top of the Town Winter Gala** will again be held at the deCordova Museum! The date is set for **Saturday January 25, 5-8 pm (snow date: January 26)**. Mark your calendars and look for your invitation in the mail in late December. Be sure to return your reservation form promptly — space is limited to 200 people. Don't procrastinate! The event is free but the FLCOA, as always, is extremely grateful for any donations to support this event and all the FLCOA's activities.



Explore the Poetry of Robert Frost

Join Stephen Collins for a free four session interactive seminar on the poetry of Robert Frost **on Saturdays, January 4, 11, 18, and 25 at 2 pm**. The program will be at the **Lincoln Library on January 4, 11, and 25 and at Bemis Hall on January 18**. It is sponsored by the Council on Aging and the Public Library. According to Collins, "Robert Frost, in my opinion, is an underread and often misunderstood poet. He doesn't fit easily into any preconceived category, however, that is precisely what some people have tried to do with him. We will work with some of his better known poems as well as some that never seem to get much attention." Stephen Collins, a native of Cambridge, performs one-man shows and teaches courses on historical figures like Melville, Walt Whitman, Robert Frost, James MacNeill Whistler, and Shakespeare.



Welcome to Joan Ingersoll and Natalia Dedkov, New Faces at the COA!

Please welcome Joan Ingersoll and Natalia Dedkov to the Council on Aging! Joan Ingersoll has joined us as Assistant Director, working with Abby Butt. Abby will be at the COA Mondays, Tuesdays, and Wednesdays, and Joan will be at the COA on Wednesday afternoons, Thursdays, and Fridays. Joan brings to the COA an extensive background in leading non-profit organizations focusing on those with mental illness and disabilities. Natalia Dedkov is our new Town Social Worker, funded by the Ogden Codman Trust. Natalia is at the COA on Wednesdays and Fridays.



Joan

Natalia

Natalia comes to the COA with many years of experience serving people of all ages with disabilities and other challenges. Abby and Joan provide case management, information and referral, help with benefits, crisis intervention and more to those 60 and over and Natalia offers the same to residents under 60. Please call them at (781) 259-8811 if you would like make an appointment!

Holiday Visits and Gift Baskets



*During the holidays Council on Aging staff visit homebound, frail, and needy seniors to deliver baskets full of basic necessities. We are collecting NEW, UNOPENED, UNSCENTED, FULL-SIZED items to fill the baskets: shampoo, conditioner, body wash, toothbrushes, toothpaste, mouthwash, tissues, paper towels, toilet paper, lip balm, deodorant, disposable razors, shaving cream, kitchen sponges, trash bags, laundry soap, socks, coffee and tea, postage stamps, pharmacy gift cards. Questions? Call Abigail at (781) 259-8811. Please bring your donations to the Council on Aging. Collection ends **December 6**. Thank you for your generosity!*



ENJOY A DAY OUT WITH THE COA!



Experience the Magic of Christmas at the Newport Mansions



Are you signed up to experience the elegance of Newport Mansions at the holidays on **Thursday, December 12**? Please remember to be at Donelan's parking lot by 8:00 am and that we will return by 5:30 pm. If you are not signed up, but are interested in coming, contact Ginny at (781) 259-1291 or vobrien39@yahoo.com to get on the wait list. You'll start out with a tour of the delightful Elms, then on to lunch at Johnny's at the Atlantic Resort, and then you'll experience the Crown Jewel, the Breakers. This trip requires the ability to stand and walk for extended periods of time. Cost, including lunch, is \$59 and is nonrefundable.

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.

Would You Like a Well-Being Call During Storms and Other Emergencies?

The COA and Public Safety are pleased to offer well-being telephone calls during storms and other emergencies. We will call you when storms cause extensive power outages, and in extended spells of extreme cold and other similar situations. If we can't reach you by phone, Public Safety will do a well-being check at your home to make sure you are all right. To sign up for this service please call the COA at (781) 259-8811 and give us your name, address, and any phone numbers you would like us to call (a cell phone or family member, for example), as well as any other pertinent information you would like to share with us, such as special medical needs. You may ask to be taken off the list at any time.

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

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. Participants are welcome to stay after the program to continue their discussion.

This Month's Speakers

December 2: Craig Donaldson — A Holiday Story: Massachusetts and the 1917 Halifax Explosion

On December 6, 1917 the Norwegian vessel SS Imo and French cargo ship SS Mont-Blanc, which was full of high explosives, collided close to Halifax Harbor. The resulting explosion, the largest man-made explosion at the time, destroyed much of the city of Halifax, killing 2000 people and injuring 9000 others. Boston, which had a relationship with Halifax dating back to its earliest days in 1749 as a shipping and fishing settlement, immediately sent people and supplies to help. Learn the story of Boston's Herculean rescue efforts and the holiday gift given by Halifax in gratitude that we still enjoy today.

December 9: Ron McAdow—Our Winter Birds

"Our Winter Birds" is a slide lecture about birds that spend the winter in our neighborhood or that visit when conditions permit. Ron will show photos of songbirds, hawks, owls, and woodpeckers, and will discuss their adaptations for winter survival. Data from the long-running Concord Christmas Bird Count will illustrate changes in our winter bird population over the decades. This presentation is an opportunity to learn more about the birds seen at or near our backyard feeders as well as the birds that are more of a challenge to observe.

December 16: Mo Movassaghi — Chemical Synthesis and Study of Bioactive Natural Products

Join MIT Professor Mo Movassaghi as he brings us along on his Group's exploration of secondary metabolites, representative complex molecules and natural products, the science of chemical synthesis of complex molecules which is his group's research focus, along with evaluation of the biological activity of complex natural products, and the exciting intersection of chemistry and biology in broad terms. Visit <http://web.mit.edu/movassag/www/index.htm> for more information on Dr. Movassaghi's Group at MIT.

Memory Café for Elders with Dementia and Caregivers

The Commons in Lincoln, Right-at-Home In Home Care and Assistance, and the Lincoln COA invite those with dementia and their family, friends, and caregivers to the free Lincoln Memory Café on **Thursday, December 19 from 10:30 a.m. to noon in the main building of The Commons in Lincoln**. Enjoy delicious refreshments and entertainment! The Memory Café is held each fourth Thursday from 10:30 am to noon at The Commons. Call Elizabeth Kaupp of Right at Home at (781) 275-1400 or the COA at (781) 259-8811 for more information.

Girl Scouts Collect for Holiday Gift Baskets, Create Winter Preparedness Kits and Offer Sand Buckets

Members of Lincoln's Girl Scout troops are working with the COA to help Lincoln residents enjoy the holiday season and be more aware, prepared, and safe during snowstorms through three important projects. The Girl Scouts will once again be collecting items for the Holiday Gift Baskets to be given to elders in need of basic items. Other Scouts are collecting items for winter preparedness kits that will then be distributed to elders in need to ensure they are ready for storms in a project in collaboration with the Fire Department and Parks and Recreation. Keep an eye out for collection points around town for both these projects! Additionally, if you would like a sand bucket to help with slippery spots on your driveway or walkway, contact the COA by phone or come on down to Bemis Hall to sign up and the Girl Scouts will arrange to deliver one to you.



Art, Music, Entertainment, Enjoyment!



Healthy Holiday Treat Tasting at the Commons!



What would the holidays be without special treats to remind you of yesteryear and celebrate today! Enjoy a Healthy Holiday tasting menu of tasty treats and sparkly drinks on **Monday, December 9 at 2:00 pm at The Commons in Lincoln**, 1 Harvest Circle. The treats are designed and prepared by our team of Chefs and Dietitians. Transportation can be provided. Please call 781-262-3433, Monday- Friday 8 am-4 pm to reserve a spot. Please specify how many people and if you need transportation.

Art, Movement, and Fun for Holiday Relaxation

Come to Bemis Hall on **Friday, December 20 at 1 pm** when Catherine Collins, RN, MS, QTTT (Qualified Therapeutic Touch Teacher), leads a fun afternoon of using art, movement, and other playful techniques to de-stress, loosen up, and get ready to truly savor all the joys of the season. The holidays don't have to make you crazy! Whether you feel stressed or not, you'll have a great time and learn some techniques you can use any time of the year. Please sign up by calling the COA!



Noticing Walks in Nature



Join us for a gently paced walk through nature with John Calabria on **December 3 from 1:00 to 2:30 pm 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 10:00 am the morning of the walk for an update. Co-sponsored by the COA and Lincoln Land Conservation Trust.

Celebrate the Holidays at a Musical Jazz Lunch!

Celebrate the holidays 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, December 6 starting at noon**.



Join the Memoir Group

If you are interested in writing your memoirs or just curious about what goes on in the memoir group, please come to the first spring meeting of the group at Bemis on Wednesday, January 8 from 10 am to noon and find out what we do. If you like what you hear and want to continue, the cost of the 10-week term is \$75. The dates for the term are Jan. 8 and 22; Feb. 5 and 19; Mar. 4 and 18; Apr. 1, 15, and 29; and May 13. If you want more information, call Connie Lewis (781) 259-9415 or email her at conlewis1000@gmail.com.

AT THE MOVIES

Thursday, December 5, 2:15 pm. The Farewell (2019). After learning that her family's beloved matriarch has been given mere weeks to live, Chinese-born, U.S.-raised Billi returns to Changchun to rediscover the country she left as a child, and is forever changed by her grandmother's wondrous spirit. PG. 98 mins.

Tuesday, December 17, 2:15 pm. Official Secrets (2019). In 2003, British intelligence specialist Katharine Gun received a memo about blackmailing UN council members to force the vote for the invasion of Iraq. Gun decides to leak the memo to the press, igniting an international firestorm. R. 112 mins.

First Day at Pierce House



Come to historic Pierce House to celebrate the new year together at the town's 20th annual First Day gathering featuring live music, food, as well as beer and wine. For the children, we will be serving hot apple cider, snacks, and fun activities for children and adults of all ages! Complimentary admission for Lincoln residents, but donations are gratefully accepted for the upkeep of this special town resource. The event is **January 1, 1:00 to 5:00 pm at the Pierce House**. We hope to see you there!



SPEND TIME WITH OTHERS



Enjoy a Gourmet Lunch and Chat with Tim Higgins, Town Administrator!!

Lincolniters 60 and older are invited to enjoy a delicious gourmet lunch with friends new and old at **11:30 on Tuesday, December 17 at St. Anne's Church. Tim Higgins, our Town Administrator, will be the special guest. Come by to meet and get to know him and chat! 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. 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.

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

SmartPhone Meet Up! Come share Smartphone tips and get help on **Monday, December 23 at 11:00 am at Bemis Hall.** This is not a class, but rather a chance for people to teach each other.

Play Mah Jongg! Come to Bemis Hall **each Wednesday from 1:00 to 4:00 pm** for a Mah Jongg drop-in game. Bring your own card. For more information, contact Joan Ingersoll, ingersollj@lincolntown.org or (781) 259-8811.

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 *Sweat* by Lynn Nottage, a nuanced yet powerful drama that reminds audiences of the stacked deck facing workers searching for the American Dream on **December 10 and 17 at 11 am.** Sally will bring copies.

Russian Conversation Group Come brush up on your Russian by speaking it with others on Wednesdays **December 4 and 18 at 1 pm.** All are welcome whether you are a native speaker, beginner, or in-between!

Sewing Club Sit, chat and sew with others **December 11 from 3:00 to 4:00 pm.** Bring projects and get ideas!

Conservation Breakfast **Thursday, December 12 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, December 19 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, December 12 at 10 am.** Come join others to play and share information, tips, and strategies.

Ukulele and Sing-Along Group meets on **Thursday, December 12 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 **December 20 at 1 pm at Bemis Hall.** Share your thoughts, ideas, and life experiences!

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
2	3	
9:30 Piano Duets 11:00 Spanish Conversation 12:30 Lincoln Academy 2:15 Tai Chi 1/3:15 Tai Chi 2	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)	10:00 Memoirs 11:00 Line Dancing 1:00 Tai Chi 1/2:15 Tai Chi 2 1:00 Russian Conversation 1:00 Mah Jongg
9	10	
9:30 Piano Duets 9:30 French Conversation 12:30 Lincoln Academy 2:00 Holiday Treat Tasting (Commons) 2:15 Tai Chi 1/3:15 Tai Chi 2 3:00 Legal Clinic	9:30 Knitting Drop-In 10:00 Wellness Clinic (LW) 11:00 Playreading: Sweat 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:30 COA Board Meeting	10:00 Police Open Forum 11:00 Line Dancing 1:00 Tai Chi 1/2:15 Tai Chi 2 1:00 Mah Jongg 3:00 Sewing Club
16	17	
9:30 Piano Duets 11:00 Spanish Conversation 12:30 Lincoln Academy	9:00 Wellness Clinic 9:30 Knitting Drop-In 11:00 Playreading: Sweat 11:30 Stretch and Flex 11:30 Senior Dining (St. Anne's) 1:00 Active Aging Fitness 2:15 Movie: Official Secrets	9:00 Podiatry 10:00 Memoirs 11:00 Line Dancing 1:00 Russian Conversation 1:00 Mah Jongg 7:00 Technology to Help
23	24	COA CLOSED/CH
9:30 Piano Duets 9:30 French Conversation 11:00 Smartphone Meetup	9:00 Collating 9:30 Knitting Drop-In	
30	31	
9:30 Piano Duets	9:30 Knitting Drop-In	

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

Winter Weather Policy



If the Lincoln schools are closed due to weather, activities at the COA are cancelled. ***If your power is out, however, call to see if Bemis Hall will be open as a place to warm-up, recharge computers and cell phones, and more.*** Even if the schools are not closed, but the weather is bad, call before coming to see if your event is cancelled.

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.

BER 2019

DAY	THURSDAY	FRIDAY
<p>4</p> <p>Tai Chi 3 n Group</p>	<p>5</p> <p>9:00 Veterans Services Officer Office Hours 9:15 Tai Chi 1/10:15 Tai Chi 2 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 2:15 Movie: The Farewell</p>	<p>6</p> <p>10:00 German Conversation 12:00 Trad Jazz Band 1:00 Open Bridge</p>
<p>11</p> <p>Tai Chi 3</p>	<p>12</p> <p>8:00 Newport Trip Leaves (Mall) 9:00 Veterans Services Officer Office Hours 9:15 Tai Chi 1/10:15 Tai Chi 2 10:00 Chess Club 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 2:15 What You Need to Know About Heat Pumps 3:00 Ukulele Gathering</p>	<p>13</p> <p>8:30 Breakfast with Carolyn: Caregiving 101 12:00 Medical Advocacy over Lunch 1:00 Open Bridge</p>
<p>18</p> <p>n Group Elders Be Safer</p>	<p>19</p> <p>8:00 Men's Coffee 9:00 Veterans Services Officer Office Hours 10:15 VA Benefits Overview 10:30 Memory Café (The Commons) 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In</p>	<p>20</p> <p>10:00 German Conversation 1:00 LGBT Tea and Conversation 1:00 Open Bridge 1:00 An Afternoon of Fun and Relaxation</p>
<p>25</p> <p>CHRISTMAS</p> 	<p>26</p> <p>9:00 Veterans Services Officer Office Hours 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In</p>	<p>27</p> <p>1:00 Open Bridge</p>
	<p>LOCATIONS Commons: Commons in Lincoln LW: Lincoln Woods Mall: Parking Lot by Donelan's</p>	<p>St. Anne's: St. Anne's Church TBA: To Be Announced</p>



FOR YOUR WELL BEING



Successful Transitions of Care: Support Throughout the Continuum



Going from home to hospital to a skilled nursing facility or a short term rehab and back home is much less stressful if you are aware of available resources and how to advocate for yourself. Come to Bemis Hall on **Friday, December 13 at noon** when Emily Tamlilio of Deaconess Abundant Life Communities will discuss how to successfully transition through care while you enjoy a delicious luncheon. Ms. Tamlilio will highlight how seniors may advocate for themselves in different care settings and how they may take inventory of their care and their care options. You will come to understand how to identify your care partners and how to access valuable resources. You will also find out how to be alert to warning signs, communicate your needs effectively and become an active participant in your care. Please call the COA to secure your spot for this program.

For Caregivers: Technology to Help Elders Be Safer at Home

Every day new technology comes out that can assist elders to be safer in their homes, whether it monitors well being and sends information to caregivers or others, provides virtual assistants, or offers support for those with hearing or visual impairments. Learn more about what is available, as well as their advantages and possible challenges, when Margaret McLaughlin comes to **Bemis Hall on Wednesday, December 18 at 7 pm** to reprise her November talk during an evening to accommodate working caregivers.

Ms. McLaughlin is Professor of Communication at the Annenberg School for Communication and Journalism at the University of Southern California, and is currently Distinguished Visiting Research Scholar in the College of Communication at Boston University.



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. No class 12/24 and 12/31.

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. No class 12/24 and 12/31.

Tai Chi for Health, Rehabilitation and Wellness Beginners may sign up now for January 6 —March 23. **Level I (Beginners)**: Mon 2:15 pm, Wed 1:00 pm, and Thurs 9:15 am. \$60 for 1 hr/wk, \$80 for 2 hrs/wk, \$100 for 3 hrs/wk and \$120 for 4 hrs/wk. For info, contact Jane Moss (781) 259-9822 or mindbodyjm@comcast.net.

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

Clinics for all ages for blood pressure readings and advice about nutrition and fitness, medication management, chronic conditions management, where to get health services, and more. **Tuesday, December 10, 10:00 am to noon, at Lincoln Woods' Community Building, 50 Wells Road; Tuesday, December 17 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., December 3 at 9 am and 12 pm and Wed., December 18 at 9 am at Bemis Hall by appointment. \$10 donation. Sponsored by the Pierce House and FLCOA.

💡 *WHAT YOU NEED TO KNOW* 💡



Share Your Ideas and Ask Your Questions at a Police Open Forum

Do you have questions about traffic issues, how to avoid becoming a victim of scammers, what to do in an emergency, a concern about crime, or other question for the police? Come on down to **Bemis Hall on Wednesday, December 11 at 10:00 am** when Chief Kevin Kennedy will be here for an open forum. This is an opportunity for you to get to know Chief Kennedy and both get and give information in an open, informal session.



Heat Pumps: What You Need to Know

You may have heard about heat pumps as a way to heat and cool your home. They are more energy efficient and less environmentally harmful than oil and propane heat and can be used to heat and cool all kinds of spaces. Come to **Bemis Hall on Thursday, December 12 at 2:15** when Belinda Gingrich and Sue Klem of the Green Energy Committee discuss heat pumps: what they are, how they work, how much they cost, how you can get rebates when you buy them, and more!

Breakfast with Carolyn: Caregiving 101

Are you new to caregiving and would like to be pointed in the right direction? Or would you just like to learn about what resources are available to you and the person you are caring for? Come have breakfast with Carolyn Bottum, the COA Director, on **Friday, December 13 at 8:30 am at Bemis Hall**. You'll learn what services can be provided in your home or in the community, who can help you evaluate and monitor services, and tips and strategies for reducing your stress while being a caregiver. All are welcome!

VA Health System Benefits Overview

Join Lincoln's Veterans Services Officer Peter Harvell on **Thursday, December 19 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, December 9, 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.

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.

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.

GOINGS ON IN AND AROUND LINCOLN

Come one, come all to **The Touch of Christmas Fair** at the **First Parish in Lincoln** on **Saturday, December 7th from 10:00 am - 1:00 pm**. Free and open to the public, lunch will be served. Baked-goods table, decorated wreaths, handmade crafts, second-hand treasures, a visit from Santa, and more!

Gift Local Market The Old Town Hall Exchange is excited to announce the 8th annual Gift Local Market! This event will host a variety of talented local artists and crafters so stop by and get some of your holiday shopping out of the way while supporting some terrific local businesses. **Saturday, December 7, 10 am to 4 pm and Sunday, December 8, 11 am to 4 pm at Bemis Hall.**

Open Mike Acoustic Night Enjoy live music at the free Open Mike Acoustic program **Monday, December 9 from 7 to 10 pm at the Library** featuring Chuck Hall. Email: loma3re@gmail.com.

Jimmy Mazzy and the Last Minute Men Old Time New Orleans Jazz classics played as they should be! **Wednesday, December 11, 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, December 14 from 9 am to noon at Bemis Hall.**

Holiday Handbell Concert. The First Parish Lincoln Ringers will present their tenth annual Candlelight Concert of Christmas Carols and Holiday Favorites in the **Parish House (Stone Church) on Tuesday, December 17th at 7:00.**

Free Live Traditional Jazz Jams on **Saturday, December 21 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.

Live in Lincoln Center Concert The First Parish in Lincoln presents Handel's MESSIAH featuring players and singers from the Handel and Haydn Society on **Saturday, December 23, 2019 at 7 pm in the Parish House,** 14 Bedford Road across from Bemis Hall in Lincoln, MA. Doors open ½ hour before performance time. Suggested donation \$40.

FRIENDS OF THE LINCOLN COUNCIL ON AGING
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Lincoln, MA 01773

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