



NEWS FROM BEMIS HALL

Vol 11 Issue 2



February 2020



The Lincoln Council on Aging Monthly

Annual Town Meeting Preview

Annual Town Meeting is Saturday, March 28, but you can get a preview on **Friday, February 28 at 1 pm at Bemis Hall** with Town Administrator Tim Higgins. You will hear about the budget and other issues that are on the agenda for the Annual Town Meeting such as the recommendations of the Property Tax Study Committee, new zoning regulations related to South Lincoln, and more. You will have a chance to ask questions and give ideas. This is your opportunity to become informed about and discuss issues of importance to the Town in an informal setting. Bring your questions and concerns!

Museum of Fine Arts and Lunch in March

Join us on Thursday, **March 19th**, for a trip to the Museum of Fine Arts. We will have a one hour guided tour, "Highlights of the Art of the Americas," featuring masterpieces from the Art of the Americas collection. Then you are free to wander the museum and grab lunch (not included in the fee) in one of their four restaurants and visit the gift shop. We will leave Donelan's parking lot at 9:00 am and leave the MFA at 2:00 pm to return to Lincoln by 3:00 pm. This trip requires the ability to stand and walk for extended periods of time. The cost is \$30 and is non-refundable. To make a reservation send a check payable to FLCOA/Trips to Ginny O'Brien, 4 Linway Road, Lincoln, MA 01773. Include your telephone number and email. Your reservation is complete when your check has been received. Questions? Contact Ginny at (781) 259-1291 or vobrien39@yahoo.com. Lincoln seniors have first priority to sign up for trips. Younger residents and out-of-town seniors may sign up after Lincoln seniors have had an opportunity. Copies of the Trip Policy are available at Bemis Hall.



Oriole Landing Information Session

Join Christopher Fernandez of the Oriole Landing management team on **Thursday, February 13 at 10:00 am at Bemis Hall** for coffee, snacks and an informational session about Oriole Landing, the new housing development that will open in Lincoln this spring. Find out about the affordable housing units that are still available as well as the market rate apartments, what the community has to offer and other amenities, floor plans, and more! Bring your questions and concerns!



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, February 27 from 10:30 a.m. to noon in the main building of The Commons in Lincoln**. Enjoy delicious refreshments and the entertainment of "Ragtime" Jack Radcliffe, a fiddle, guitar, and piano performer, 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. Call Elizabeth Kaupp of Right at Home at (781) 275-1400 or the COA at (781) 259-8811 for more information.



Becoming a Permanent Absentee Voter

If you wish to become a Permanent Absentee Voter, at any time, you need only present the Town Clerk's Office with a document from your physician stating your inability, by reason of whatever your physical condition, to appear personally at the polls. Please call the Town Clerk at 781-259-2607 with any questions. Elections this year are: March 3, 2020 — Presidential Primary, March 30, 2020 — Annual Town Election, September 1, 2020 — State Primary and November 3, 2020 — Presidential Election. Annual Town Meeting is March 28, 2020.

Would You Like to Be on the COA's Email List?

Very occasionally the COA sends out emails when the COA is closed due to weather, with essential updates about activities, benefits or services, or with other information that people should know. We do not share the list with anyone and try not to send frequent emails so as not to clutter anyone's inbox. If you would like to be on the list, please email the COA at bottumc@lincolntown.org. You may ask to be removed from the list at any time.

Medicare Updates from SHINE

Lower Your Costs with Medicare Savings Programs. The income and asset limits for the Medicare Savings Programs have increased for 2020. The Medicare Savings Programs are also called "MassHealth Buy-In" and are administered by MassHealth. If you qualify, these programs will pay your Part B premium and in some cases your Part A and B deductibles, co-pays and Part A premium (if you have one). In addition, you will automatically receive Extra Help, a program that will lower your Medicare Part D premium and co-pays. To be eligible, an individual must have a monthly income no higher than \$1,738 and assets of no more than \$15,720. These increase to \$2,346 and \$23,600, respectively, for married couples. Prescription drug co-payments (30-day supply) with Extra Help are now \$3.60 for generic and \$8.95 for brand name drugs. To learn more and to request an application, contact MassHealth at: 1-800-841-2900 or TTY at: 1-800-497-4648. SHINE counselors and the COA have applications available. Applications are also available on-line at: <https://tinyurl.com/MassMSP>

2020 Medicare Part D Prescription Drug Plans. Information obtained by using the Medicare PlanFinder may have been inaccurate due to programming errors. Therefore a Special Enrollment Period is in effect for anyone experiencing unusually high prescription drug out-of-pocket prescription drug costs as of January 1st. You should call 1-800-Medicare and state you feel the information received by using the Medicare PlanFinder was inaccurate and request a Special Enrollment Period (SEP). If the Medicare call center you reach seems confused about this, ask to speak with a supervisor. Note: You can obtain this SEP only by calling 1-800-Medicare.

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, 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. 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

February 3: Ariane Liazos — Reforming the City: The Contested Origins of Urban Government, 1890–1930

Most American cities are now administered by appointed city managers and governed by councils chosen in non-partisan, at-large elections. In the early twentieth century, many urban reformers claimed these structures would make city government more responsive to the popular will. But on the whole, the effects of these reforms have been to make citizens less likely to vote in local elections and local governments less representative of their constituents. How and why did this happen? Lincoln resident and author Ariane Liazos will examine the urban reform movement that swept through the country in the early twentieth century and its unintended consequences.

February 10: Matt Burne—Exploring the Natural History of Walden Woods

Henry Thoreau famously walked the forests and fields of the historic Walden Woods for hours every day, collecting the grist for his important mill. Walden Woods, in Lincoln and Concord, today are largely protected and open to the public for recreation, connection, and inspiration. Discover what makes Walden Woods unique and distinct, and some of the natural treasures to be found here. Matt Burne is Conservation Director with the Walden Woods Project.

February 24: Judith Ann Foster, PhD — The Obesity Epidemic: Why We Must Get The Science Right

Currently, more than two-thirds of all adults and nearly one-third of all children and youth in the United States are overweight. More than a third of the country is now obese, making the U.S. one of the fattest countries in an increasingly fat world. Mounting research, including a 2016 study in the *Journal of the American Medical Association (JAMA)*, suggests that U.S. life expectancy may be starting to decline for the first time since 1993. Most now believe that the increase in obesity is due to 1. the increase in average caloric consumption; 2. the increased consumption of refined carbohydrates high in simple sugars (fructose); and, 3. a sedentary lifestyle with little exercise. Unfortunately, the U.S. Low-Fat Diet Recommendations of 1977 may have contributed to the increase in weight gain. Dr. Foster, is Emeritus Professor of Biochemistry, Boston University School of Medicine.

Meet Other Independent Scholars for Ideas and Feedback



Independent scholars who do research in history, the sciences, the social sciences and more, without being formally employed by an academic or research institution are publishing distinguished books and making important contributions to their fields. Sometimes only after you stop working fulltime can you pursue that passion you have been quietly studying for decades but never had the time to fully explore. Lincoln's own Ray Anthony Shepard is a nationally-known independent scholar, award-winning author, and historiographer. Independent scholars and those interested in learning more are invited to join us on **Friday, February 28 at 10:00 am** for the first meeting of the Independent Scholars Gathering. Ray will start us off by discussing his own work and process. If there is interest, we will meet monthly to share resources and ideas, give feedback, and be a scholarly conclave!



Art, Music, Entertainment, Enjoyment!



Valentines Sing Along with the Magic Garden



Join the young children of Lincoln's own Magic Garden for a sing-along on **Tuesday, February 18 at 10:30 am at their space in the Hartwell Building in the Hartwell Complex on Ballfield Road.** First each of the Magic Garden classes will sing a song or two, and then the audience will join for a couple of sing-along songs. Please call the COA at (781) 259-8811 to sign up so Magic Garden knows how many people to expect.

Art, Movement, and Fun for Holiday Relaxation

Come to Bemis Hall on **Friday, February 14 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. Winter weather doesn'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 at (781) 259-8811!



Valentine's Speed Dating



Speed Dating is the fun and efficient way to meet new people. The Lincoln COA is teaming up with the Belmont, Bedford, Sudbury, and Watertown COAs for this **FREE** event for seniors aged 65 and up to be held on **Wednesday, February 12 from 9:00 to 11:00 am at the Belmont Council on Aging, Beech Street Center, 266 Beech Street, Belmont, MA.** You'll meet up to twelve other local, single seniors through a series of six minute "pre-dates." We facilitate the whole thing so there's no awkwardness, pressure, embarrassment, or games...just great fun! **FREE** popcorn will be served. After the event, we'll contact you to let you know if you've made a match (more than two-thirds of speed daters match at least one person). Space is limited! Call 781-259-8811 to register. If you need transportation, please call to let us know. All orientations welcome.

Coffee with Sheila Beenhouwer: Russian Art and My Own Work

Join artist Sheila Beenhouwer at a Coffee with the Artist on **Tuesday, February 18 at 2:30 at Bemis Hall** as she shares with you "ART FROM MY TRAVELING LIFE IN RUSSIA, and a bit of my own work!" Sheila was "so very lucky to live in Moscow and travel to large and small art communities for two whole years. Much of the work I have purchased was collected from weekend visits in and out of LOTS of snow, at ISMILAVO PARK. This was a Metro ride from my home. Wonderful people and art both modern and traditional." The exhibit will be up in the Bemis Hall Gallery through the end of February.

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, February 7 starting at noon.**



BLACK HISTORY MONTH AT THE MOVIES

Thursday, February 6, 1:00 pm. Selma (2014). Commemorating the 50th anniversary of the 1965 civil rights march from Selma, Ala., to Montgomery, this stirring historical drama highlights the courage of the marchers as they withstand racist and violent attacks by the police. PG-13. 128 mins.

Tuesday, February 25, 1:00 pm. Harriet (2019). *Harriet* tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Tubman risks capture and death to guide hundreds to safety as one of the most prominent conductors of the Underground Railroad. PG-13 125 mins.



SPEND TIME WITH OTHERS



Enjoy a Gourmet Lunch with Timothy Higgins Lincoln's Town Administrator!



Lincolniters 60 and older are invited to enjoy a delicious gourmet lunch with friends new and old at **11:30 on Tuesday, February 18 at St. Anne's Church**. *Our special guests will be Lincoln's Town Administrator, Tim Higgins! Come meet him, ask him your questions and give your ideas!* Tricia McGean, Lincoln's Public Health Nurse, will offer free blood pressure readings. 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 Feb 3.**

Spanish Conversation Enjoy Spanish conversation the **first Monday 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, February 24 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 **February 11 and 18 at 11 am**. Sally will bring copies.

Russian Conversation Group Come brush up on your Russian by speaking it with others on Wednesdays **February 5 and 19 at 1 pm**. All are welcome whether you are a native speaker, beginner, or in-between!

Conservation Breakfast **Thursday, February 13 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, February 20 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.

Ukulele and Sing-Along Group meets on **Thursday, February 13 and 27 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 at 1 pm at Bemis Hall**. This month's meeting will be on **February 21**. Share your thoughts, ideas, and life experiences! Those from other towns welcome.

German Conversation Come enjoy speaking German on **the first, third, and fifth Fridays at 10:00 am**.

Play Open Bridge each **Friday at 1 pm at Bemis Hall**. Any bridge player who knows "Standard American" and understands week two bids, better minors, stayman and other similar terms is welcome to join Open Bridge.

MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">3</p> <p>10:00 Many Faces of Loss 11:00 Spanish Conversation 12:30 Lincoln Academy: Reforming the City 2:15 Tai Chi 1/3:15 Tai Chi 2</p>	<p style="text-align: right;">4</p> <p>9:30 Knitting Drop-In 11:30 Stretch and Flex 1:00 Active Aging Fitness</p>	<p>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</p>
<p style="text-align: right;">10</p> <p>9:30 Piano Duets 9:30 French Conversation 10:00 Many Faces of Loss 12:30 Lincoln Academy: Walden Woods 2:15 Tai Chi 1/3:15 Tai Chi 2 3:00 Legal Clinic</p>	<p style="text-align: right;">11</p> <p>9:00 Podiatry 9:30 Knitting Drop-In 10:00 Wellness Clinic (LW) 11:00 Playreading: Sweat 11:30 Stretch and Flex 12:00 Podiatry 1:00 Active Aging Fitness 2:30 COA Board Meeting</p>	<p>9:00 Speed Dating (Bellevue) 11:00 Line Dancing 1:00 Tai Chi 1/2:15 Tai Chi 2 1:00 Mah Jongg</p>
<p style="text-align: right;">17</p> <p style="text-align: center;">COA CLOSED/PRESIDENT'S DAY</p> 	<p style="text-align: right;">18</p> <p>9:00 Wellness Clinic 9:30 Knitting Drop-In 10:30 Intergen Sing Along at Magic Garden (MG) 11:00 Playreading: Sweat 11:30 Stretch and Flex 11:30 Senior Dining (St. Anne's) 1:00 Active Aging Fitness 2:30 Coffee with the Artist</p>	<p>9:00 Podiatry 10:00 Memoirs 10:00 Meditation with Lynn 11:00 Line Dancing 1:00 Tai Chi 1/2:15 Tai Chi 2 1:00 Russian Conversation 1:00 Mah Jongg</p>
<p style="text-align: right;">24</p> <p>9:30 Piano Duets 9:30 French Conversation 10:00 Many Faces of Loss 11:00 Smartphone meetup 12:30 Lincoln Academy: Obesity Epidemic 2:15 Tai Chi 1/3:15 Tai Chi 2</p>	<p style="text-align: right;">25</p> <p>9:00 Collating : 9:30 Knitting Drop-In 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:00 Movie: Harriet</p>	<p>11:00 Line Dancing 1:00 Tai Chi 1/2:15 Tai Chi 2 1:00 Mah Jongg</p>

COUNCIL ON AGING INFORMATION

The COA is located in Bemis Hall, 15 Bedford Road **E-mail:** bottumc@lincolntown.org
Send mail to: c/o Town Offices, 16 Lincoln Road **Internet:** www.lincolntown.org
Phone: (781) 259-8811 **Hours:** Monday through Friday, 8:30 — 4:30 pm

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.

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.

MAY 2020

DAY	THURSDAY	FRIDAY
5 Chi 3 on Group	6 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 1:00 Movie: Selma 1:30 Computer Drop-In	7 10:00 German Conversation 12:00 Trad Jazz Band 1:00 Open Bridge
12 mont) Chi 3	13 8:00 Conservation Bkfst (TBA) 9:00 Veterans Services Officer Office Hours 9:15 Tai Chi 1/10:15 Tai Chi 2 10:00 Oriole Landing Information Session 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 3:00 Ukulele Gathering	14 10:00 Aggregate Energy Update 1:00 Open Bridge 1:00 Art, Movement, and Relaxation
19 ne Chi 3 on Group	20 8:00 Men's Coffee 9:00 Veterans Services Officer Office Hours 9:15 Tai Chi 1/10:15 Tai Chi 2 10:15 Cash Benefits for Veterans 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In	21 8:30 Caregiving 101 10:00 German Conversation 12:00 Empowering You to Thrive at Home 1:00 LGBT Tea and Conversation 1:00 Open Bridge
26 Chi 3	27 9:00 Veterans Services Officer Office Hours 9:15 Tai Chi 1/10:15 Tai Chi 2 10:30 Memory Café (The Commons) 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 3:00 Ukulele Gathering	28 10:00 Independent Scholars Gathering 1:00 Open Bridge 1:00 Annual Town Meeting Preview
		LOCATIONS Belmont: Beech Community Center, Belmont Commons: Commons in Lincoln LW: Lincoln Woods MG: Magic Garden, Hartwell Building St. Anne's: St. Anne's Church TBA: Location to be announced

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FOR YOUR WELL BEING



Empowering You to Thrive at Home



You are invited to join Tori Taylor, PT, Executive Director of Deaconess Abundant Life Services, on **Friday, February 21 at noon** when she reviews safety and balance tips to keep you active and thriving in your homes. She will also discuss how home care may be brought in to help you remain independent, whether temporarily if you are not well, or for a more extended period of time.

The Many Faces of Loss: A New Group

As we age we confront loss in many forms. It may be the death of loved ones or physical or cognitive changes in loved ones, friends or in ourselves. It may include regrets about lost opportunities or the recognition of our own mortality. Claire Gerstein, LICSW, a social worker with many years of experience helping people navigate the losses of later life, will facilitate a group which will give people the opportunity to talk about these issues in a supportive environment. The six-week group will run on **Mondays from 10:00 to 11:00 beginning on February 3 at Bemis Hall**. Please call the COA to sign up!

Free Beginning Meditation

Come to a free Beginners Meditation session **Wednesday, February 19 at 10:00 a.m. for a half-hour at Bemis Hall**. Meditation opens the channels of our natural states of peace, joy, health, and aids in decreasing the negative effects of aging. Experienced meditation teacher Lynne LaSpina will begin the session with a few minutes of stretching muscles to relax, and breathing exercises to help focus before meditating for about 10 minutes. Lynne will offer walking meditation for those who find it difficult to sit quietly for 10 minutes. For information, contact Lynne at 908-892-2408 or llas902551@aol.com.



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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 A stretch and warm-up followed by muscle toning and strengthening using hand weights. Seated and standing exercises. No floor work. Class ends with an aerobic dance routine and cooldown. Weights provided or bring your own. **Tues & Thurs, 1 pm**; \$3 per class; no need to sign up. Taught by Terri Zaborowski.

Tai Chi for Health, Rehabilitation and Wellness Winter/spring classes are now closed. **Level 1 (Beginners)**: Mon 2:15 pm and Wed 1:00 pm, Thurs 9:15 am. **Level 2**: Mon 3:15 pm; Level 2 Practice: Thurs 10:15 am. **Level 3**: Wed 2:15-3:15. For info, contact Jane Moss at (781) 259-9822 or mindbodyjm@comcast.net.

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

Fitness classes subsidized by the MA Executive Office of Elder Affairs. Tai Chi also subsidized by the FLCOA.

Wellness Clinics for All Ages

Clinics for all ages for blood pressure readings; advice about nutrition and fitness, medication management, chronic conditions management, where to get health services, and more. **Tuesday, February 11 at 10:00 am to noon at Lincoln Woods' Community Building at 50 Wells Road; Tuesday, February 18 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., February 11 at 9 am and 12 pm and Wed., February 19 at 9 am at Bemis Hall by appointment. \$10 donation. Sponsored by the Pierce House and 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 or call 781-373-6616 to learn more about the new Care Dimensions Hospice House.



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💡 *WHAT YOU NEED TO KNOW* 💡

What You Need to Know: Municipal Energy Aggregation

Join C.J. Volpone and Paul Shorb of the Lincoln Green Energy Committee on **Friday, February 14 at 10:00 am at Bemis Hall** to learn more about their Municipal Energy Aggregation program before the Annual Town Meeting update. Also called community aggregation, municipal aggregation is an exclusive agreement with an electricity broker to provide energy to all residents. Our residential and commercial electricity supply is negotiated using our bulk purchasing power, which enables a community's residents to receive energy from local sustainable sources. Specifying these local green sources of electricity in turn increases aggregate demand for renewables in the electricity market. Bring your questions and concerns.

Breakfast with Carolyn: Caregiving 101



Are you new to caregiving and would like to be pointed in the right direction? Come have breakfast with Carolyn Bottum, the COA Director, on **Friday, February 21 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.

Free Income Tax Preparation Help from AARP TaxAide

Volunteers certified under the AARP TaxAide program will prepare your Federal and Massachusetts personal income tax returns or answer your tax questions. This free service can answer most of the tax issues faced by low and middle income taxpayers, with special attention to those over age 60. Appointments begin in February and will be held on Monday, Tuesday, and Thursday afternoons. Call the COA office at (781) 259-8811 to schedule a confidential appointment and get a list of documents to bring.

Cash Benefit for Families of Some Deceased Veterans

Surviving spouses of Veterans who died from their service-connected disabilities may be eligible for the Dependency and Indemnity Compensation (DIC), a tax-free monetary benefit, and many other Commonwealth benefits. Come find out more at a presentation by Lincoln's Veterans Services Officer, Peter Harvell, on **Thursday, February 20 at 10:15 am at Bemis Hall**. Parents who were financially dependent on a Service member or Veteran who died from a service-related cause may also be eligible for the Parents DIC. Please come and bring your questions and interests!



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, February 10, 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!

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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, February 8 from 9 am to Noon at Bemis Hall.**

Open Mike Acoustic Night Enjoy live music at the free Open Mike Acoustic program **Monday, February 10 from 7 to 10 pm at the Library** featuring Sadie Gustafson-Zook. Email: loma3re@gmail.com.

Jimmy Mazzy and the Last Minute Men Old Time New Orleans Jazz classics played as they should be! **Wednesday, February 12, 7 pm, Bemis Hall.** Don't be late. Be there when the band starts playing.

Free Live Traditional Jazz Jams on **Saturday, February 15 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.

Can You Dig It? 60 Years of Archaeology at Minute Man National Historical Park **Sunday, February 23, 2:00 – 3:30 pm, Bemis Hall.** Free. Join National Park Service Museum Specialist Nikki Walsh for a lecture about the history of excavation at the Minute Man National Historical Park. Sponsored by the Friends of Minute Man National Park and supported in part by a grant from the Lincoln Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

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.

Thank You for Donations for Holiday Gift Baskets!

A resounding "Thank you!" is due to everyone who generously provided items for the Holiday Gift Basket program this year. About 30 seniors were provided with basic necessities such as new socks, shampoo, kitchen sponges, and deodorant. The response was overwhelming and we are truly grateful to all those who gave. We are especially grateful to the Girl Scouts who led a tremendously successful drive at Donelan's and the Schools!

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