



NEWS FROM BEMIS HALL

Vol 11 Issue 4



April 2020



The Lincoln Council on Aging Monthly

Welcome to Our Special Edition of News from Bemis Hall

Welcome to our Special Edition of *News from Bemis Hall*. We have prepared this edition to offer information and resources to residents of all ages during this challenging time. We hope you enjoy it and find it beneficial.

The COA is pleased to offer social services to residents of all ages by phone, especially to those affected by the Coronavirus/COVID-19. Please call us at (781) 259-8811 or email us at bottumc@lincolntown.org. We will do our best to help you or refer you to someone who can. For information on the status of COA programs and services, please visit www.lincolntown.org/132/Council-on-Aging.

For the latest Coronavirus/COVID-19 news from the Town, including updates on Town services, resources, and more, please visit www.lincolnpublihealthnews.com. The Town has set up a "News Flash" for the Coronavirus webpage. When an update is made to the page, a newsflash will be sent out to notify subscribers that there is new information available to view. *Residents can create a log in on www.lincolntown.org, go to the "How Do I?" section, then Sign up for Town notifications. On this page you will find the Coronavirus Update under News Flash.*

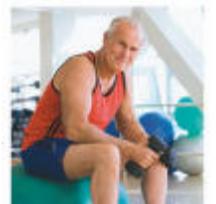
Greetings from Tricia McGean, Lincoln's Public Health Nurse



Hello everyone, I hope you are all safe at home and following the social distancing and hand hygiene guidelines as outlined by the CDC. It is no surprise that most of us are glued to the tv to hear about what is going on in our country and in other countries related to the coronavirus. Although it is difficult to situate yourself away from the constant stream of what seems like bad news after bad news stories, take the time to just be. Be a family member. Be a caring spouse. Be present. Be helpful to others. Yes, it is scary but there are many things we each can do to reduce our chances of contracting the virus and I know you know them. Wash your hands for 20 seconds with warm, soapy water. Sit away from your spouse on the opposite end of the couch. Keep your hands away from your face. Stay away from others who are sick. You will significantly reduce the chances of catching the virus if you remain at home and limit traffic in and out of your home. This is particularly true for the elderly and those with diabetes and pre-existing heart and lung disease. So, stay home as much as you can. Reach out to the COA if you need assistance. We will get through this and on the other side is a warm season full of promise. Last but not least, be well.

Missing Your COA and Parks and Rec Fitness Classes?

The COA and Parks and Rec are pleased to offer online versions of some of their fitness classes during this suspension of in-person classes! To access Parks and Rec's Ultimate Fitness and Mat Pilates classes, including some gentle modules, and the COA's Active Aging, Stretch and Flex, or Line Dancing classes, go to www.lincolntown.org, then "Government," then each of the departments' pages to find links. The classes are free to watch and you do not need to have taken the classes in-person to use the videos. However, we do hope that you will enjoy them so much you'll come to our in-person classes when they resume! Please note the legal disclaimer you'll need to read on those pages before viewing and using the videos.



How to Attend Virtual Meetings

By Jennifer Glass and Andy Payne

While we are living under a state of emergency, public meetings have been restricted to those boards (or their subcommittees) that have essential business: Board of Selectmen, School Committee, Board of Health, and Finance Committee. Open Meeting Law has been modified to allow all members of these boards to participate remotely, but the meetings must continue to be publicly posted 48 hours in advance and the public must be able to view the meetings in real time or be able to watch a recorded video of the meeting. Access is being provided in several ways:

Local Access TV: Many meetings will continue to be broadcast live on Comcast channel 8 and Verizon channel 33.

On the Web: The meetings that are broadcast live through the town's local access TV are also broadcast live on the town's video site: www.lincolntv.viebit.com. *This site also has many years of archived videos of Bemis lectures, COA events, town events, committee meetings, and more!*

Zoom: All public meetings are being hosted on the web platform, "Zoom" and the public is able to join the meetings directly. Following are basic instructions about how to use **ZOOM** (www.zoom.us)

- Zoom can be used on any kind of device: mobile phone, laptop or tablet. *If you do not have an electronic device, you can also join in using a regular land line (see below).*
- Once you log in, what you see on Zoom varies by type of device. All devices (except land lines) have the same Zoom functionality but the menus/buttons may be in different places.
- There are only a few functions you will need as a participant. There are all kinds of how-to videos on the Zoom.us website, which is extremely helpful: [Zoom Support](#)
- You **do not** need to pay for a Zoom account. You **do** need to download the application:

App downloads: <https://zoom.us/download>

OS download: <https://apps.apple.com/us/app/zoom-cloud-meetings/id546505307>

Plugin for the Chrome browser: <https://chrome.google.com/webstore/detail/zoom-hmbbjdpkobdjplfobhlijndfdipjhg?hl=en-US>

You will receive a confirmation email that allows you to activate your account.



- The notices for public meetings of Lincoln boards/committees will all have a direct web link you click to join that specific meeting. The notice will also contain a meeting ID and dial-in instructions for land lines. The information will look something like this:

<p>Topic: Board of Selectmen's Meeting, March 23, 2020 6:30 pm to 8:30 pm Time: Mar 23, 2020 06:30 PM Eastern Time (US and Canada)</p> <p>Join Zoom Meeting https://zoom.us/j/437201565</p> <p>Meeting ID: 437 201 565</p> <p>Dial by your location +1 646 876 9923 US (New York) +1 312 626 6799 US (Chicago)</p>
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How To Attend Virtual Meetings (Continued)

- Once you log into a meeting, allow Zoom to access your camera. You might need to update your settings for this to occur. If the camera and mic are enabled, you should be able to hear and see everyone.
- **FEATURES in Zoom:**

Gallery/Speaker View: In the top right-hand corner of your screen, you will see either “gallery” or “speaker” view. *Gallery* allows you to see all of the participants at the same time. *Speaker* shows the person speaking at the time. Try both to see which you prefer.

Once you are in the meeting, you will see this menu bar somewhere on your screen.



Invite: This is for the host.

Manage Participants:

On a laptop, when you click on this, you will see a list of all the participants. At the bottom of this list will be a button labeled “raise hand.” Use this if you have a question or comment.

You can mute/unmute yourself by clicking on the microphone. Most meetings will be set up so that participants are muted up entry. Generally, it is best to stay on mute to prevent background noise from interfering with the meeting.

Share Screen: This will be used by those who are sharing presentations and slide decks. Please note: *Do not “screen share” your computer unless you are intending to do so.* Anything that you broadcast will be captured in the recording.

Chat: Unless told otherwise, this function will be disabled during town-sponsored meetings.

Record: No need to use this – town-sponsored meetings are all already being recorded/streamed live and will be available on the town website for future viewing.

Reactions: When you click on this you will see a “thumbs up” or a “hands clapping” icon that you can use to give non-verbal feedback.

At the end of the meeting, you will click the “leave meeting” button which is red at the bottom right hand part of the screen.

- **Participating by Land-line:** Dial in with the telephone number provided in the meeting notice and enter the meeting number. Use *6 to mute and unmute your microphone.
- **Privacy Settings:** If you would like to limit the amount of information that Zoom is sharing, click on “Cookie Preferences” at the bottom of any page on the Zoom site (way at the bottom in very small print) and adjust the slider to “Required Cookies” or “Functional Cookies”

COA TRIP! Experience 1776 Before It Heads to Broadway!

Assuming that the COVID-19 emergency has sufficiently abated, on **Wednesday, June 10th**, we will be seeing a revival of the musical “1776” (about the Continental Congress and the signing of the Declaration of Independence) at the A.R.T. in Cambridge. This run is already sold out and after Cambridge, it’s on to Broadway! The revival is directed by Diane Paulus, the A.R.T. artistic director. Ms. Paulus won a Tony Award for her direction of “Pippin,” and is currently represented on Broadway with “Waitress.” She is also directing an Alanis Morissette jukebox musical, “Jagged Little Pill,” that is currently playing on Broadway. Tickets are limited. We will have lunch at Jasper White’s Summer Shack. Lunch will be on your own. The bus will leave Donelan’s parking lot at 10:45 a.m. and return to Lincoln at 6 p.m. Tickets are \$35 and includes theatre admission and transportation. Lunch is not included. Please send checks, including address, phone number and email to Donna Rizzo, 22 Blackburnian Rd., Lincoln, MA 01773. Questions call 781-257-5050 or email donna@ecached.com.

The COA’s Rockwell Museum Trip Scheduled for May Has Been Postponed



FOR YOUR WELL BEING



Breathing and Grounding in Difficult Times

By Catherine Collins, RN,MS



These are difficult times. In the midst of the daily updates and new information about both the coronavirus and the financial situation in the country, many of us are feeling a sense of panic, stress, and anxiety. Even if we do our best to “keep it together,” at times the sense of panic can feel overwhelming. The following grounding and breathing technique takes less than 5 minutes and helps us feel a sense of calm and relaxation. This allows us to focus on the next task at hand.

Unmitigated stress can adversely affect our immune system by increasing our cortisol levels and decreasing the “helper” T cells in our body that fight off infection. The simple technique below can interrupt the continuous production of cortisol and help us stay healthy in this crisis.

Find a comfortable chair or couch to sit on in a quiet space, if possible. Begin by placing your feet on the floor and closing your eyes.

Grounding

“Ground” yourself in your body by first focusing on your feet flat on the floor. Feel your soles, toes and heels making contact with the floor.

Focus on the back of your thighs making contact with the seat of the chair.

Notice the weight of your hands resting on your thighs

Just rest for a moment in the sensation of the awareness of your body

Breathing

Place the ring finger of one hand on your belly button

Next, move the same hand above the belly button and below your breast bone

Take a slow deep breath in through your nose and feel your hand rising as you breathe into your abdomen.

Count slowly to 4

Purse your lips and breathe out through your mouth to the count of 8. The extended exhalation allows your body and mind to relax

Repeat for 6-10 breaths

As you breathe into your abdomen, you allow the pent up energy many of us hold in our chest area during periods of anxiety or stress, to RELEASE. Your abdominal area softens.

Chest breathing is what gives us headaches, chest discomfort and shoulder tension.

Do this exercise at least once a day alone, and with a family member in the house or a friend, neighbor, or family member over the phone. This daily practice can help with sleep, high blood pressure, and increased heart rate. In addition to good nutrition and exercise, it goes a long way to keep us healthy!

From Catherine’s Resource Packet. For more info, contact Catherine at collinscatherine655@gmail.com.

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Coping with Stress and Anxiety

By Claire Gerstein, LICSW

In the face of the COVID virus pandemic it is normal that people are experiencing a heightened level of stress and anxiety. Here are the strategies that the CDC suggests:



- 1) Do what you can to take charge of your anxiety by breaking your concerns down into manageable chunks.
- 2) Change what you can, and work on strategies for accepting and coping with what you can't.
- 3) Limit your media exposure so you're not dwelling on the situation.
- 4) Stay connected, through whatever means are available, to the people who are important to you.
- 5) Try establishing some kind of structure or pattern to your day, especially if you are not used to working from home.
- 6) Above all, remember what stress management strategies work for you, and actually use them regularly to get through this challenging outbreak.

If you find you are having a difficult time managing your stress and anxiety please reach out to the Council on Aging by calling (781) 259-8811 and we will connect you to a group for support or to individual support.

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Beware of Scammers During the Coronavirus Emergency

The Lincoln Police Department and the Council on Aging would like to remind residents of all ages to be wary of scams that are already happening related to the Coronavirus public health emergency. These include offers of treatments or vaccines, work at home jobs, or in-demand products like medical and cleaning supplies that may come by phone, email, or on the internet. Remember:

- If it sounds too good to be true, it probably is.
- Never order something on the phone or online from a company or individual you do not know. Never click on website or emails links you don't know.
- Hang up on robocalls. Answering and talking to them or pressing a number will just get you more robocalls.
- Be wary of emails saying they are from the CDC, WHO, or other government agencies with information about the virus and do not click on anything in them. Instead, go to the CDC or WHO website for the most up-to-date information.
- Do not make donations, especially over the phone, unless you know the organization and you initiated the call.

Also, with the potential for checks coming from the US government, scammers will be calling and emailing, saying they are from the government and asking for personal information like Social Security numbers or credit card or bank numbers or claiming they can help you get your payment. The government will never call or email you for these purposes.

If you believe you have been the victim or a scam, please call the Lincoln Police Department at 781-259-8113. You may also contact the United States Attorney's Office at USAMA.victimassistance@usdoj.gov or call 1-888-221-6023 and leave a message or the FBI's Internet Crime Complaint Center (IC3) by visiting www.IC3.gov.

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Resources for Lincoln Residents

Information

Town of Lincoln, local government actions, local resources, messages from the Town Public Health Nurse and Board of Health, etc.: www.lincolnpublichealthnews.com

Lincoln Squirrel, Up-to-date local information on Town of Lincoln government actions, local resources, and more: for information on subscribing, contact Alice Waugh at lincolnsquirrelnews@gmail.com

Commonwealth of Massachusetts, information on the Coronavirus, including state actions, case counts statewide, etc.: www.mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19

CDC, information on the Coronavirus, cases nationwide, national resources: www.cdc.gov/coronavirus

General Assistance

Council on Aging, assistance for residents of all ages: (781) 259-8811, bottumc@lincolntown.org

Lincoln Helps, matches Lincoln residents in need with those who can help:

https://docs.google.com/forms/d/e/1FAIpQLSffdNZAOc88qkxfmUSfq_NUNFbVdBNLkvpB6NckjpEMCAxz0w/viewform?vc=0&c=0&w=1

The Lincoln Family Association, Community Service & Charity Fundraising Chair, Kim Jalet: outreach@lincfam.org

Assistance for Families with Students in Lincoln Public Schools: Contact your child's principal.

Assistance for Families with Students in Lincoln-Sudbury Regional High School, Lincoln-Sudbury Mutual Assistance Network, Email: lincolnsudburymutualaid@gmail.com;

Food Pantries

St. Vincent de Paul: contact Karen Boyce at karenboyce620@gmail.com or (781) 259- 9303

Open Table: <http://www.opentable.org/>

Grocery Delivery (availability may vary day to day)

Donelan's Delivery: (781) 259-0144, donelans.com

Peapod by Stop and Shop: (800) 573-2763, peapod.com/

Roche Bros.: (781) 694-5280, rochebros.com

Medication Delivery (availability may vary day to day)

Walgreens: (800) 925-4733, walgreens.com

West Concord Pharmacy: (978) 369-3100, westconcordpharmacy.com

CVS: (978) 371-0688; cvs.com

Emergency Financial Assistance

Lincoln Council on Aging/Emergency Assistance Fund (for residents of all ages), call (781) 259-8811 or email bottumc@lincolntown.org

St. Vincent de Paul: contact Tomasina Lucchese at tomasinal@mac.com or (617) 680- 4159

Managing Stress and Anxiety

Council on Aging, over-the-phone counseling, (781) 259-8811, bottumc@lincolntown.org

First Parish in Lincoln, emotional support to the community by phone, sarah.andrysiak@gmail.com

Compiled by the Lincoln Council on Aging and the Lincoln Family Association. For a more complete and up-to-date listing, please go to <http://www.lincolntown.org/DocumentCenter/View/58818/LincolnResources>