



NEWS FROM BEMIS HALL

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The Lincoln Council on Aging Monthly

Town Meeting, Town Election, and “Talk with the Selects”

By Jennifer Glass, Chairperson, Board of Selectmen

The Board of Selectmen are working closely with the Town Moderator (who is responsible for calling Town Meeting) to take the necessary administrative steps to postpone Town Meeting and town elections until it is prudent and safe to hold them. Updates on when Town Meeting and town elections will be held are posted on the Town’s website, www.lincolntown.org, Lincoln Squirrel, LincolnTalk and elsewhere.

Public health and safety will be the determining factor in deciding when to hold Town Meeting and town elections. The Moderator and the Selectmen will continue to consult with our Board of Health and town nurse, and we will not bring people together before the state has lifted the state of emergency and large gatherings are allowed. As the law currently stands, we will be required to hold Town Meeting within 30 days of the lifting of the state of emergency.

The Board and our administrative team are also making plans for a streamlined Town Meeting, knowing that even when we are given the “all clear” it will be awhile before spending 8-10 hours in a crowd seems like a good idea. We will also carefully consider our voting protocols.

Residents of all ages are invited to a “Talk with the Selects” on May 15 at 2 pm via Zoom! Get the latest updates, ask your questions, and give your ideas! Information about participating will be posted on the Town’s website, www.lincolntown.org, Lincoln Squirrel, and LincolnTalk or you may email bottumc@lincolntown.org.

Thank you for your patience as we work through this ever-evolving process! Stay safe, stay well,
— the Board of Selectmen

For the latest Coronavirus/COVID-19 news from the Town, please visit
www.lincolnpublihealthnews.com.

A Message from Tricia McGean, Lincoln’s Public Health Nurse



If you haven't already done so, NOW is the time to take COVID-19 seriously. We have indeed seen the expected surge in the number of cases in Lincoln and elsewhere in our area. Many of those cases could have been prevented if people had taken proper precautions. **The best way to protect yourself is by staying home. Period. Especially if you are a senior.**

If possible, have medication and food delivered to you. If you absolutely must go to the pharmacy or supermarket, use the drive through or curbside option, if available, and make sure to wash your hands frequently, keep hand sanitizer in your car, wear gloves, and do not touch your face till you are home, have put away your items and have properly washed your hands.

Do not invite guests over to your home, even if they have no symptoms. People without symptoms can still infect you.

Hunker down, read some books, work on a puzzle or go outside for a walk (but wear a face mask if you do!) Those are all safe activities and will help us stay mentally and physically well through this difficult time.

Please, above all else, **call the Lincoln Council on Aging** at (781) 259-8811. They can assist with food and medication delivery as well as other needs you may have.

Wondering Where to Find Resources for Food Delivery, Financial Crises, Online Classes and Enrichment and More?

This crisis has made it difficult for all of us to conduct basic activities of daily life, such as shopping for groceries and medication, meeting financial obligations, or enjoying activities. There are Town departments and organizations anxious to help! To find an up-to-date list of resources that can help you, go to <http://www.lincolntown.org/DocumentCenter/View/58818/LincolnResources>. Call us at (781) 259-8811 if you'd like us to mail you a copy.

The COA is happy to help you navigate these resources. In addition we are offering our usual social services by phone, including: information and referral, care management, well being check-ins, SHINE health benefits counseling from Minuteman Senior Services, assistance with Veterans Services benefits and more. Please call us at (781) 259-8811.

Greetings from the St. Vincent de Paul Food Pantry

By Karen Boyce



Right now, more and more people, through absolutely no fault of their own, are finding themselves challenged to buy good food. This is an issue that even when the horrific fright of the COVID-19 virus is controlled, and hopefully drastically diminished, will remain a crucial problem for many people for the unforeseeable future, if not indefinitely. In March the food pantry bought 7000 lbs of food. This was up by 2000 lbs! For more information on receiving help or making donations, please contact Karen Boyce at karenboyce620@gmail.com or (781) 259-9303.

Parks and Recreation “Virtual Carnival” of Online Programs and Activities from many Town Departments and Organizations

During this challenging time, many different Town departments and organizations have begun providing programs and activities online. The Parks and Recreation Department has created a “Virtual Carnival!” Modeled after their Winter Carnival, the *Virtual Carnival* is a webpage listing recorded classes, live streamed programs, great websites, virtual museum tours, socially distant activities, and much more! To see all that Lincoln offers online during this time, please go to www.lincolnvirtualcarnival.org. And, if you think of a COA activity you would like to see go online that is not already, please email bottumc@lincolntown.org.



Stephen Collins as Walt Whitman — Virtually!



The Council on Aging and the Lincoln Public Library had hoped to present a six-week series this spring on Walt Whitman by performer Stephen Collins. Stephen had mesmerized Lincoln residents this past winter with his class on Robert Frost and those who attended asked for more! Since we will need to postpone the Whitman course, we are hoping to whet your appetite for the class by offering an hour-long performance about Walt Whitman by Stephen on video! Purchase of the video is thanks to the Friends of the Lincoln Library and Friends of the COA. To watch the video, go to <https://lincolntv.viebit.com/player.php?hash=jhtZOV0vpQ9j>. The performance opens with the elderly

Whitman on the evening of his seventieth birthday as he reminisces. He then transforms into the young, vibrant Whitman and we begin to trace back along with him the experiences that led to the creation of *Leaves Of Grass*, his lifetime work. In the second part of the performance, Whitman's life is changed forever by the occurrence of the Civil War. It is here that he finds “... the most important work of my life...” nursing the wounded soldiers in the hospitals. Through poetry and readings of actual letters, we experience Whitman's movement from selfishness to selflessness and his growth into a mature artist who is at peace about “himself, God and death.” Enjoy the show and plan to join us in the fall for the course!

The COA's Rockwell Museum trip scheduled for May 6 and the trip to see 1776 scheduled for June 10 have been postponed. Check future COA “News from Bemis Hall” Newsletters to see when they might be rescheduled.

Lincoln History Trivia Quiz

By Jack MacLean

How much do you REALLY know about Lincoln history? Find out with this history quiz compiled by Jack MacLean! You can make it a family activity while sheltering in place by taking it together and awarding a prize to whoever gets the most questions right!

Questions

1. What happened in Lincoln on June 17, 1844?
2. Lincoln became a town in 1754 from parts of what other towns?
3. Name two man-made ponds in Lincoln.
4. Where is Lee's Bridge?
5. Where is the bridge for which Baker Bridge Road is named?
6. For what was Lewis Street named?
7. Pickles were also produced in another Lincoln factory by Boston's Wm. Underwood & Co.; for what other product is that Lincoln-related company still widely remembered today?
8. From 1705 to 1708, a former Essex County minister lived in the Lincoln section of Concord, where he taught and farmed; who was this well-known minister?
9. Which President of the United States descended from a colonial Lincoln family that lived along Weston Road?
10. In 1850 Lincoln's Amos Baker stated, "I verily believe that I felt better that day, take it all the day through, than if I had staid at home." What day was he referring to?
11. On April 19, 1775, three American provincials were killed in Lincoln at the Battle Road's "Bloody Angle"—Capt. Jonathan Wilson, Nathaniel Wyman, and Daniel Thompson. What three towns did they come from?



11. Bedford (Wilson), Billerica (Wyman), and Woburn (Thompson).

fight.)

10. April 19, 1775 (Baker served in the Lincoln Militia Company at Concord's Old North Bridge and in the Battle Road fighting later in the day. Baker was considered to be the last American survivor of the Concord Bridge

9. James A. Garfield (there were three Garfield houses along Weston Road in Lincoln; President Garfield was planning to visit his ancestral Lincoln home during the trip he was taking when he was assassinated)

8. Rev. Samuel Parris, at whose home the Salem Witchcraft Hysteria began in 1692

7. Underwood's Deviled Ham

6. Lewis Pickle Factory, operated by Boston's W. K. Lewis & Bros. beginning in 1870—the building still stands

5. Baker Bridge is actually the bridge on Concord Road over the railroad tracks

recently rebuilt in 2008

4. Lee's Bridge is the historical name for the bridge on South Great Road that went over the Sudbury River, most

3. Farrar Pond and Valley Pond (Cambridge Reservoir is also man-made)

2. Concord, Weston, and Lexington

1. The first passenger trains to serve Lincoln ran on that day. (They began with four passenger trains a day running between Concord and Charlestown, where you could transfer onto a horse-drawn omnibus to Boston.)

Answers



FOR YOUR WELL BEING



Practicing Self Care

By Claire Gerstein, LICSW

With thanks to the Riverside Trauma Center for the Information

We have all been going through, and continue to go through a very stressful time in response to the COVID-19 virus. It can be helpful to know the many spheres of our life that can be impacted.



When we go through a traumatic time, our assumptions about the world are shattered, and so anything we can do that gives our life meaning or gives us a plan of action will help speed our recovery.

These include:

- Emotional: shock, fear, numbness
- Cognitive: difficulty concentrating, short term memory problems
- Behavioral: irritability, difficulty sleeping, lack of pleasure in usual activities
- Physical: exhaustion, headaches, stomachaches
- Relational: withdrawal, fighting, fear of being alone
- Spiritual: why would God do this, nothing matters

So what is the best way of managing this potential array of emotions? The key is self-care. The key components of this include:

- Maintain social connections: reach out by phone, or video connections if possible
- Engage in health promoting behaviors: healthy eating, exercise, stay hydrated
- Maintain good sleep hygiene: maintain regular sleep routines, and avoid electronics an hour before bed
- Find balance — People sometimes report excessive behaviors: eating, sleeping, or working too much. Be sure to build in time for self care.

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WHAT YOU NEED TO KNOW

Are You a Veteran Or Dependent Who Is Unemployed During the Pandemic? You May Be Eligible for a Monthly Cash Benefit

Veterans and some dependents who find themselves unemployed due to the coronavirus pandemic may be eligible for the state’s Chapter 115 benefit that pays a monthly cash benefit during the time you are unemployed. You must apply through Lincoln’s Veterans Services Officer, Peter Harvell. For more information, please contact Mr. Harvell at lincolnveterans@lincolntown.org, or visit <https://www.facebook.com/pages/category/Government-Organization/Town-of-Lincoln-Veteran-Services-192038091495868/>.

Help the Fire Dept. Enter Your Home in an Emergency; Assistance for Those With Special Needs in Power Outages



The Lincoln Fire Department participates in the Knox Box program. Through this program, you may purchase a locked box in which you place a key to your home. You tell the company that you live in Lincoln and they deliver a box that can be opened by the Fire Department in an emergency. To purchase a box, go to www.knoxbox.com/Products/Residential-KnoxBoxes. If you only need one for a short time, contact the Fire Department at (781) 259-8113 about possibly renting one. Also, if you are on an oxygen or other medical machine that would create a risk during a power outage, you may let Fire and Police know by calling (781) 259-8113. They can then check on you when the power goes out or let you know of a scheduled outage.

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Hosting Virtual Family Get-Togethers

By Andy Payne

During this pandemic, we're all searching for ways to stay connected and keep spirits up, while practicing social distancing. Many of us have participated in virtual meetings, but what about hosting a small meeting like a family get-together? Here is some information to get started.



If everyone is using a relatively recent Apple device (iPad, iPhone, Mac), it's hard to beat FaceTime. It's free, easy-to-use, and pre-installed. It will support a group of up to 32 people. Go to the FaceTime app, tap the (+) button and enter the list of people you want to call. During a call, you can also add people via the (+) button.

If your users have a mix of Apple (iPhone, iPad or Mac), Windows/PC, and Android devices, Skype from Microsoft is popular and free for groups of up to fifty people. Download the free app from skype.com.

Finally, you can also use Zoom to host small meetings. A free account can host meetings up to 100 people, each up to 40 minutes long. You can host an unlimited number of meetings, but it gets tedious to keep restarting your meeting. For \$15/month, you can upgrade to "Zoom Pro", which will let you host long meetings (24hrs!) with up to 100 people. (If you have a very, very large family, plans are available to host thousands of participants!) Also, there are discounts and online coupons available if you pre-buy a year in advance.

Happy video conferencing!

Do You Need Help Connecting to Others with Your Computer?



If you need help with Zoom, Facetime, email, online videos, or any of the other ways people are connecting right now, the COA has computer tutors who can help you over the phone. Give us a call at (781) 259-8811!

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News from the Town of Lincoln Conservation Department

By Emma Coates, Land Steward, and Stacy Carter, Land Manager



Though the world seems to be at a standstill, spring is still arriving with all its usual joy! As the weather warms and the landscape continues to wake up, we'd like residents to keep in mind the temporary trail regulations that are in place while COVID-19 remains a threat.

- Please maintain at least a **6ft social distance** from other trail-users.
- **Keep dogs on leash on all trails** - the virus can be carried on dog fur and then transferred to those who come in contact with the dog.
- As usual, **carry out all dog waste and trash.**
- **Consider hiking on less popular routes for more effective social distancing** - Mt. Misery and Stony Brook are reportedly inundated with walkers, while places like Pine Hill, Bergen-Culver, Tanners Brook and others remain fairly quiet. Trail maps can be found on the Lincoln Land Conservation Trust website - <https://lincolnconservation.org>.

This is an excellent time for residents to manage invasive species on their own properties. Watch out for the infamous Garlic mustard with its kidney-shaped rosette of leaves and delicate white flowers - the plant can be pulled up and left on a hard surface to dry out. Invasive shrubs to watch out for include bush honeysuckle, glossy buckthorn and multiflora rose, all of which are happy to form dense, impenetrable stands on a property if given the opportunity. Small shrubs can be dug out by their roots and left on site, while larger specimens might require chemical or mechanical intervention. Stop the powerful climbing Asiatic bittersweet vine before it chokes the host tree by clipping it at ground level and head height - smaller vines can also be pulled out of the ground. Perhaps most of all, be on the lookout for Japanese knotweed, a fast-growing perennial whose stalks resemble bamboo. Knotweed spreads via an underground root network, and large colonies are nearly impossible to control without chemical intervention. Pictures and best management practices for invasives in our area can be found on the CISMA SuAsCo website - <https://cisma-suasco.org/>. **Residents can send pictures of unknown plants to Conservation Land Steward Emma Coates - coatese@lincolntown.org for identification and management tips!**



Invasive plants aren't the only green things out there! The Lincoln landscape is waking up from a fairly mild winter, and there are plenty of natives popping up on the trails. Residents may see the alien-looking skunk cabbage as it flowers, *then* spreads its large leaves in swampy areas before almost any other plant. Canada mayflower will be carpeting the ground nearly everywhere, though it prefers dry woodlands - watch for its stacking leaves and small sprigs of white flowers. Spring ephemerals like Jack-in-the-Pulpit, trilliums, bloodroot and trout lily are some of our most beautiful and unique blooms - catch sight of them before their seeds set! Native azaleas will be blooming in Mt. Misery, Pigeon Hill and other properties, and pink lady slippers will be seen nearly everywhere. Check out the Native Plant Trust's GoBotany website, an easy-to-use identification guide for our native plants, or send pictures to Land Steward Emma Coates - coatese@lincolntown.org - if you're having trouble with one! One of the best parts of our job as Conservation staff is getting to see the land transform day by day. If you're stuck at home, or walk certain trails daily, take some time to watch Lincoln unfurl. We hope everyone stays safe and healthy!