



NEWS FROM BEMIS HALL

Vol 11 Issue 6



July/August 2020



The Lincoln Council on Aging Monthly

Meet the New COA Team!

The new COA Team invites you to get to know them better at a “Chat with the New COA Team” on **Wednesday, July 8, at 10 am via Zoom!** Please register by emailing gagnea@lincolntown.org.

Abby Butt will be the new COA Director. Abby has been the Assistant Director of the Lincoln COA for the past three years where she has been instrumental in developing our townwide human services network, including establishing the Town Social Worker position, the Rental Assistance Program and other housing initiatives, and mental health clinics; creating closer relationships with other departments and organizations, and more. She has a Ph.D. in gerontology from the University of Massachusetts, Boston, and has many years of service to elders at the Beverly and Marshfield Councils on Aging, Friendship Works, the City of Somerville, Beth Israel Deaconness Medical Center, and Brigham and Women’s Hospital.



Amy Gagne, the COA Assistant Director, worked for 12 years in her previous position as Community Relations Manager at the Right at Home agency, including joining up with Carolyn Bottum, Abby Butt, Tricia McGean, the Town’s Public Health Nurse, and the Commons to initiate the successful Lincoln New Connections Café. Amy has also presented many successful programs at the Lincoln COA and other COAs in our area. Her superb social service skills have been very much in evidence when the COA team has worked with her to serve some of Lincoln’s most vulnerable residents over the years. Amy most recently was Community Outreach Director at the Rivercourt Residences in Groton.



Natalia Dedkov will be providing individual social services to residents of all ages. She has been Lincoln’s excellent Town Social Worker for almost a year, serving residents under 60. She will now use her many years of experience at the Springwell and Ethos elder service agencies to also provide support to Lincoln residents 60 and over. In her time here, Natalia has formed close relationships with the many Lincoln residents to whom she has offered caring and expert help with benefits, case management, information and referral and more. She has a special expertise in serving those with disabilities and those for whom English is not their first language.



Hello from Abby Butt, the New COA Director!

It is with great pleasure that I step into the new role of Director of the Lincoln Council on Aging. I have become very fond of the Town and its residents after nearly three years of service as your Assistant Director. I am hoping to make the COA what YOU want it to be, offering the activities, programs, and services that you would like. So, please, I am just a phone call (781) 259-8811 or email (butta@lincolntown.org) away until we can again welcome everyone back to Bemis Hall, and then my door is always open. Let me know your ideas, your concerns, and your questions! This is a difficult time for all of us and we want to make sure you have what you need right now while we look forward to a bright future. I very much look forward to serving the residents of the Town of Lincoln in this new capacity! — Abby

Words of Thanks from Carolyn

Now that I have retired, I just wanted to offer some words of thanks to all those who have made it such a joy to be your COA Director for more than a decade. Thank you to our COA staff, present and past; to all the members of the COA and Friends of the COA boards; to our 200+ volunteers; to Tim Higgins and all the Selectmen who have served during my tenure; to all of my colleagues in many departments and private organizations who have been true partners in our mission of serving Lincoln’s residents of all ages; and, of course, to all the seniors and younger people who have not only attended our activities and used our services, but been part of our family. You have my deepest, heartfelt gratitude. — Carolyn



Update on The Council on Aging's Programs and Services



Like much of the rest of the world, the Lincoln COA is slowly trying to open up and resume more normal functioning. Bemis Hall is now open for counseling on issues that cannot be addressed by phone by appointment only. If you would like to speak with one of the COA's social service staff, or Peter Harvell, our Veterans Services Officer, on the phone or in person, please call us at (781) 259-8811. We are happy to provide you with medical equipment loans via contactless pick-up. If you have items that you have borrowed and wish to return, please call us and we'll set up a time for you. Through the summer, our activities will be offered virtually via Zoom or other platforms. But, as you'll be able to see in these pages, we have a wide variety of offerings that we hope you will participate in and enjoy!

COA to Begin Offering Very Limited Medical Transportation

The COA anticipates being able to offer limited medical transportation sometime this summer. Rides are for Lincoln residents 60 and older for **medical rides only**. Transportation will be provided by a 12-seat school bus or mini-van driven by professional drivers. In order to maintain social distancing, only one rider will be in the bus or van at a time. The drivers will follow all CDC guidelines regarding disinfecting their vehicles and wearing protective equipment. Riders are asked to wear masks or other face coverings unless unable to do so for medical reasons. Our capacity is extremely limited. Therefore, riders who have applied to the RIDE and been found ineligible will have priority for rides. Please call us at (781) 259-8811 for assistance in applying for the RIDE. To request a ride, please call the COA at (781) 259-8811 and speak to or leave a message for Marilyn Levis or email her at levism@lincolntown.org. Rides will be partially funded by the Friends of the Lincoln Council on Aging and a grant from CHNA 15 which was made possible by Determination of Need funds received from Lahey Hospital & Medical Center. Riders will also be asked to donate to offset the cost of the rides.

SHINE: Serving Health Information Needs of Everyone

- Are you turning 65 and want Medicare information? 65 or over and losing employer group insurance?
- Are you disabled and under age 65 covered by Medicare with questions?
- Are you a Medicare beneficiary and concerned about prescriptions costs, medical billing and co-payments?
- Are you living on a fixed income and having difficulties keeping pace with healthcare costs?

If you answered yes to any of these questions, the Serving Health Information Needs of Everyone (SHINE) program is here to help! For no-cost, confidential counseling call Minuteman Senior Services SHINE line at (781) 221-7029 or email: SHINE@minutemansenior.org — most questions can be answered over the phone, information can be emailed or mailed to your home and, when necessary, remote counseling can be arranged.

COUNCIL ON AGING SERVICES

*Whenever possible, the COA's social services will be offered by phone.
Otherwise, please call (781) 259-8811 to make an appointment.*

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.

Medical Equipment Loans of walkers, canes, wheel chairs, tub benches, shower chairs, and more.

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, can be reached by email at Lincolnveterans@lincolntown.org or by calling the COA at (781) 259-8811.



FOR YOUR WELL BEING



Living Well: Making Every Moment Count



Join Mary Crowe and Joan Sullivan of Care Dimensions for a special webinar on “Living Well: Making Every Moment Count” on **Thursday, August 20 at 10:00 am via Zoom**. Learn more about what it means to live well, the barriers we face, and how we can begin to do so. Please register at: <https://attendee.gotowebinar.com/register/5460733702676772111>. After registering, you will receive a confirmation email containing information about joining the webinar. For more information, contact Amy Gagne at the COA at (781) 259-8811 or gagnea@lincolntown.org.

Mindfulness 101



What is mindfulness and does it really have all the physical and mental health benefits you read about? Mindfulness is both a way of living life aware of our thoughts and the present moment and specific practices like meditation. To find out more, come to a special session with Catherine Collins **via Zoom on Tuesday, July 7 at 10 am**. You'll come away with a better understanding as well as specific practices. To get the Zoom address, register by emailing gagnea@lincolntown.org.

Chat with the Fire Department: The Pandemic, CPR, and More!

Is it safe to go in an ambulance or to the hospital during the pandemic? What precautions are the EMTs taking? If I have COVID-19, will the Fire Dept come in my house for a fire or medical emergency? What should I know as a refresher for CPR? What should I take with me to the Emergency Room? Join Ben Juhola of the Lincoln Fire Department **via Zoom on Tuesday, August 18 at 10 am** for the answers to these and other questions you may have! Please pre-register by emailing gagnea@lincolntown.org.

Chat with Tricia McGean, Lincoln's Public Health Nurse



Do you have questions about COVID-19, whether about its prevention, transmission, symptoms, or treatment? Are there other concerns you have about seasonal health issues such as ticks and Lyme disease or EEE? Do you have general health questions? Join Tricia on **Wednesday, July 15 at 10 am via Zoom!** Tricia will answer your questions and provide you with accurate and science-based information. To attend, email gagnea@lincolntown.org. Advance registration required.

Sign Up for Fall Tai Chi Classes!



The COA Tai Chi Fall Session will begin Monday, September 21 and end Thursday, December 10. Classes may be in person or via Zoom, or a combination. Mondays: 2:15 — Tai Chi and Qigong Basics; 3:15 — Learning the Tai Chi Form (Students strongly urged to attend 2:15 class). Wednesdays: 1:00 — Tai Chi & Qigong Basics; 2:00 — Practicing the Tai Chi Form (Students strongly urged to attend 1:00 class). Thursdays: 9:15 — Tai Chi & Qigong Basics; 10:15 — Learning the Tai Chi Form (Students strongly urged to attend 9:15 class). Tuition payable by check to Jane B Moss, 123 Weston Road, Lincoln, MA 01773; \$60 for one hour/week, \$80 for two hours/week, \$100 for three - four hours/week. To sign up, call the COA, (781) 259-8811. For more information, contact Jane Moss at (781) 259-9822 or jbmoss123@comcast.net.

COA Fitness Classes Online!

The COA is pleased to offer our fitness classes online! To use videos of the COA's Stretch and Flex, Active Aging, and Line Dancing classes, go to <http://www.lincolntown.org/132/Council-on-Aging>. You do not need to have taken the classes before the pandemic and they are free! And we hope you'll join us in person when we are able to have classes again at Bemis Hall!



Would You Like to "Zoom" But Need a Computer or Don't Know How to Get Started?



So much of life is on Zoom these days; you can easily feel left out if you don't have a computer or know how to use Zoom. Did you know you can call into Zoom meetings on your regular phone? If you need help obtaining a computer with a microphone and camera, or in using Zoom to participate in meetings and other programs, contact Amy Gagne at (781) 259-8811 or gagnea@lincolntown.org!


Art, Music, Entertainment, Enjoyment!


Make a Delicious In-Season Summer Dish with Real—Virtually!



Join Real restaurant owners Ruth-Anne Adams and Tom Fosnot on **Wednesday, August 5 at 1 pm via Zoom** to learn to make a delicious in-season summer dish, and then answer your questions! Pre-registration required. To pre-register, email gagnea@lincolntown.org.

Virtual Bingo! Minute Man National Park! Lincoln Land Conservation Trust! Lincoln Minute Men! Classical Music!

Bingo is a great way to have some fun, and you can play it online via Zoom! We will be hosting four Bingo games this summer with Lincoln-focused organizations and people! The winner of each game will get a prize and each time you play you can accumulate points on a Summer Passport towards a Grand Prize!



Thursday, July 9 at 10 am, learn about the history of **Minute Man National Park** with the **Friends of Minute Man National Park!**

Thursday, July 30 at 10 am, join the **Lincoln Land Conservation Trust** to learn about wildflowers in our area.

Thursday, August 13 at 10 am. Thursday, August 13 at 10 am. Find out more about the history of the Lincoln Minute Men with the **Lincoln Minute Men!**

Thursday, August 27 at 10 am. Get the facts about classical music! Information provided by **Wanda Paik!**

Preregistration required. To register, contact gagnea@lincolntown.org.

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SPEND TIME WITH OTHERS



French Conversation Brush up on your French speaking skills **the second and fourth Monday of each month at 9:30 am via Zoom!** For more information or to sign up, email gagnea@lincolntown.org

Russian Conversation Group Come brush up on your Russian by speaking it with others on the **first and third Wednesdays from 11 to 12:30 pm via Zoom.** To join the group, please contact gagnea@lincolntown.org.

Lincoln Men's Coffee via Zoom **8:30 to 10 am, every second and Fourth Thursday of the month.** A great chance to catch up with buddies and make new friends. To sign up, please email gagnea@lincolntown.org.

German Conversation Come enjoy speaking German **virtually (Zoom or teleconference) on the first, third, and fifth Fridays at 10:00 am.** If interested, contact gagnea@lincolntown.org.

Join the Memoir Group



The Memoir Group will meet on Wednesdays from 10 a.m. to noon on the following dates: September 9 and 23, October 7 and 21, November 4 and 18, and December 2 and 16. Whether we will be able to meet in person in the fall or will meet on Zoom is still unknown. If you are interesting in joining the group or learning more about it, please contact Connie Lewis at 781-259-9415 or conlewis1000@gmail.com during the summer. Please send her your email address, so that she can let you know before September 9 details for the fall term. The cost for the term is \$75.

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💡 **WHAT YOU NEED TO KNOW** 💡

Conversation with a Select(man)



Residents of all ages are invited to a “Conversation with a Select(man)” on **July 10th, 2-3 pm and August 14th 2-3pm via Zoom!** Join Selectman Jennifer Glass to get the latest updates, ask your questions, and give your ideas! For information on how to join in, contact Jennifer prior to the meeting at selectmen@lincolntown.org.

Q&A with Police Chief Kevin Kennedy



Wondering about some change to traffic patterns in town? Have a question about scams or a concern about something you may have seen or heard? Have a great idea to share? This is your chance to talk it over with Police Chief Kevin Kennedy in a Question and Answer session **via Zoom on Tuesday, July 28 at 10 am!** All are welcome! To get the address to join the Zoom meeting, contact gagnea@lincolntown.org.

Planning the Funeral or Memorial Service You Want for Yourself



Funeral and memorial services are important for the psychological and spiritual well being of our friends and family, and planning our own, even decades in advance, can help us know that who we are and what we would like to communicate to our loved ones will be expressed. Come to a discussion with retired minister Rosemary Lloyd on **Tuesday, August 11 at 10 am via Zoom** to learn more about the value of making a plan in advance, options about where and how to conduct a funeral/memorial service, what goes into planning a service, rules for burial in Lincoln, and how local funeral homes are handling arrangements during the pandemic. To attend, please send an email to gagnea@lincolntown.org to pre-register.

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Lincoln History Quiz, Part III

By Jack MacLean

1. Julian de Cordova died in 1945, having earlier deeded his property to the Town of Lincoln for a museum and for recreation, having retained a life tenancy. Who would be the museum's first Director? Bonus: in what year did the museum open?



2. Who was the first woman to serve as Town Clerk in Lincoln? Bonus: In what decade?

3. Who was the first woman to serve on Lincoln's Board of Selectmen? Bonus: What year?

4. What Lincoln organization published a number of "Know Your Town"-style handbooks on the town and its governance between 1954 and 1998?

5. In 1754, who served as Lincoln's first Town Clerk, first Treasurer, and one of the first Selectmen?

6. The name "Flint's Pond" appears in records as early as 1646, but during the decade immediately after immigrant Thomas Flint died in 1654, by what other name did it become known?

6. "Mrs. Flint's Pond" (the name "Sandy Pond" was in use by the family by the end of the 17th century)

5. Ruth (Wheeler) Flint's husband, Ephraim Flint

4. The League of Women Voters

3. Beth Ries (then Beth Sutherland), 1977

2. Elizabeth Snelling, 1970s (1975)

1. Fred Walkey, 1950

Answers

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