



# NEWS FROM BEMIS HALL

Vol 11 Issue 9



September 2020



*The Lincoln Council on Aging Monthly*

## COA STAFF MISS ALL of YOU

All of us at the COA hope you are safe and healthy. Although Bemis Hall is closed to the public until further notice due to the Coronavirus pandemic, we are offering virtual programming, some small outdoor classes, and health clinics. We are also planning for a phased reopening in the future. It was a pleasure to hold the first Dash N Dine in August and see many of you in person for the first time since March. During the event we gave out over 100 lunch boxes created by Real Restaurant! We want to thank our generous sponsors at Deaconess Abundant Life Services and the Commons in Lincoln for making the event possible. We were pleased to see our Lincoln Seniors and honored that retired director, Carolyn Bottum, visited to greet residents alongside Town Administrator, Tim Higgins. We **thank you** for your participation, and especially Officer Peter Roach who provided traffic detail!



## Medical Equipment Loan Program

We are pleased to announce that our medical equipment loan program is up and running Monday to Thursday, 8:30 AM to 4:30 PM. We are accepting returned equipment and loaning sanitized equipment by appointment only. To make arrangements, please call us at 781-259-8811. Items currently available for loan include, but are not limited to: Automated pill dispensers, canes, crutches, wheelchairs, walkers, shower benches, bed rails, grab bars, commodes, and much, much more!

## Outdoor Podiatry Clinic September 22 and October 27!

All participants must preregister by calling 781-259-8811. Space is limited. Registration is on a first come, first serve basis. Suggested \$10 donation. Sponsored by the Friends of the Lincoln Council on Aging.



## Chat with Tricia McGean, Lincoln's Public Health Nurse

Do you have questions about COVID-19, its prevention, transmission, symptoms, or treatment? Are there other concerns you have about seasonal health issues? Do you have general health questions? Join Town Nurse, Tricia McGean on **Wednesday, September 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](mailto:gagnea@lincolntown.org). Advance registration required.



## COA to Begin Offering Very Limited Medical Transportation



The COA is offering limited medical transportation. Rides are for Lincoln residents aged 60 and older for **medical appointments 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 required to wear masks or other face coverings unless unable to do so for medical reasons. Capacity is extremely limited. Therefore, riders who have applied to MBTA's the RIDE and been found ineligible will be given priority. Please call us at (781) 259-8811 for assistance if you wish to apply for the RIDE. To request COA medical transportation, please email or call Marilyn Leviss, Transportation Coordinator, at [levissm@lincolntown.org](mailto:levissm@lincolntown.org) or (781) 259-8811 X103 to leave a message. Rides are partially funded by the Friends of the Lincoln Council on Aging, First Parish Church, 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

- Turning 65 and want Medicare information?
- 65 or over and losing employer group insurance?
- Disabled and under age 65 covered by Medicare with questions?
- Medicare beneficiary with concerns about prescriptions costs, medical billing or co-pays?
- Living on a fixed income and having difficulties keeping pace with healthcare costs?

If you answered yes to any of these questions, the "Serving the 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](mailto: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.

**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 (via Minuteman Senior Services)** Home-delivered meals.

**Are You in a Financial Crisis?** Call the COA for information and assistance.

**Medical Equipment** Loans of walkers, canes, wheel chairs, tub benches, shower chairs, etc.

**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 and help veterans apply for benefits. Lincoln VSO, Peter Harvell, can be re email at [Lincolnveterans@lincolntown.org](mailto:Lincolnveterans@lincolntown.org) or by calling the COA at (781) 259-8811.



## FOR YOUR WELL BEING



### Let's Help Our Lincoln Neighbors: Learn What Domestic Abuse May Look Like What are the resources? How can you help?

You are invited to join **Jacquelin Apsler, Executive Director**, at Domestic Violence Services Network who will present via **ZOOM on Tuesday, September 29th at 2 pm. Let's learn about resources** and begin to build a bridge of **hope and empowerment** to those who need support. COVID-19 has increased anxiety, helplessness and social isolation for many. Neighbors or family members may be enduring abuse, so let's educate ourselves and learn signs to look for and what we can do to help. Please sign up by email [GagneA@lincolntown.org](mailto:GagneA@lincolntown.org) or call Amy 781-259-8811.

### Mindfulness 101

What is mindfulness and does it really have the physical and mental health benefits you read about? Mindfulness is a way of living life aware of our thoughts and the present moment. To find out more, come to a special session with Catherine Collins **via ZOOM on Friday, September 11th at 10 am.** You'll come away with a better understanding as well with specific practices.

To obtain the Zoom meeting information, register by emailing [gagnea@lincolntown.org](mailto:gagnea@lincolntown.org).

### Sign Up for Fall Tai Chi Classes!

Tai Chi Fall Session begins Monday, September 21 and ends Thursday, December 10.

Classes are by Zoom.

Mondays: 2:15 — Tai Chi and Qigong Basics; 3:15 — Learning Tai Chi Form (Students urged to attend 2:15 class). Wednesdays: 1:00 — Tai Chi & Qigong Basics; 2:00 — Practicing Tai Chi Form (Students urged to attend 1:00 class). Thursdays: 9:15 — Tai Chi & Qigong Basics; 10:15 — Learning Tai Chi Form (Students urged to attend 9:15 class). Tuition payable by check to Jane B. Moss, 123 Weston Road, Lincoln, MA 01773; \$60 for 1 hour/week, \$80 for 2 hours/week, \$100 for 3-4 hours/week. Call the COA to sign up. For more info, contact Jane. Moss at (781) 259-9822 or [jbmoss123@comcast.net](mailto: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 [www.lincolntown.org/132/Council-on-Aging](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!





## Art, Music, Entertainment, Enjoyment!



### Watercolor Class en Plein Air at Bemis Hall

Join experienced Art Instructor, Jane Cooper, this September and begin outdoor watercolor classes. The focus is often on nature but students are allowed to explore individually too! This will be a 4 week session offered on Tuesdays and Thursdays beginning September 29th, from 9

### NEW! Virtual Art Show with local Artist Jack Foley

The Bemis Hall Art Show was cancelled last March, so we now invite you to join local artist, **Jack Foley**, while he digitally showcases his artwork via Zoom. Sip your coffee or tea **10 am on Friday, September 25** and enjoy the watercolors as this notable artist talks about his work.

This show includes Maine Landscapes, historical buildings, and Boston Public Library Lions.



### 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 in person social service counseling by appointment only on issues that cannot be addressed by phone. 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.

### !SAVE THE DATE!

### OCTOBER 21, 2020 Drive Thru Flu Clinic.

Please check the Town COA website for more information.

### Misplaced or Lost Stimulus Checks



Those who didn't get stimulus checks directly deposited into bank account, should have received "checks" by mail. Although the envelope had some government wording, it was easy to mistake as a credit card solicitation. Many unwittingly threw out the envelope without opening it, when in fact, it was a \$1,200 debit card.

To get a replacement Stimulus Debit Card: Call 1-800-240-8100. Click option 2 and you will be asked a series of questions, including your social security number. For more help, call the COA at 781-259-8811 and ask for Natalia.

## *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.**

**German Conversation** Brush up on your German speaking skills **the first and third Fridays of the month at 10 AM via Zoom.**

**Spanish Conversation** Brush up on your Spanish speaking skills **the second and fourth Monday of each month at Noon via Zoom.**

**Russian Conversation** 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.**

**Lincoln Men's Coffee** via Zoom **8:30 to 10 am, the first and third Thursday of the month.** A great chance to catch up and make new friends.

For more information or to sign up for any of these conversation groups,  
please email Amy at [gagnea@lincolntown.org](mailto:gagnea@lincolntown.org).

## **Join the Memoir Group**

The Memoir Group meets Wednesdays from 10 am to noon on the following dates: September 9 and 23, October 7 and 21, November 4 and 18, and December 2 and 16. This group will be offered via Zoom. If you are interested in joining the group or learning more about it, please contact Connie Lewis at 781-259-9415 or [conlewis1000@gmail.com](mailto:conlewis1000@gmail.com). 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.



## **Conversation with a Select (man) via Zoom**

Residents of all ages are invited to a "Conversation with a Select(man)" on **September 18th, 2-3 pm and October 18th 2-3 pm 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](mailto:selectmen@lincolntown.org).



Zoom Meeting ID: 97690522488 Passcode: 998413

## **Join Us at the Pierce House under the Tent**

### **\*New Classes and Sessions\***

**Line Dancing with Katrina Wednesdays at 11 am.**

**Meditation with Lynne Wednesdays at 10 am under the Pierce House tent and 3 pm class Lincoln Woods Patio area.**

**Stretch N Flex 11:30 Tuesdays and Thursdays**

**Active Aging 1pm Tuesdays and Thursdays**

Advanced registration required. Email/call Amy at [GagneA@Lincolntown.org](mailto:GagneA@Lincolntown.org)/781-259-8811.

# COA SEPT

MONDAY	TUESDAY	WEDNESDAY
	<p style="text-align: right;"><b>1</b></p> <p>11:30 Stretch and Flex PH 1:00 Active Aging Fitness PH</p>	<p>10:00 Meditation 11:00 Line Dancin 11:00 <b>Russian Zo</b> 3:00 Meditation</p>
<p style="text-align: right;"><b>7</b></p> <p>Labor Day</p>	<p style="text-align: right;"><b>8</b></p> <p>11:30 Stretch and Flex PH 1:00 Active Aging Fitness PH</p>	<p>10:00 Meditation 10:30 <b>Memoirs Z</b> 11:00 Line Dancin 11:00 <b>Russian Zo</b> 3:00 Meditation</p>
<p style="text-align: right;"><b>14</b></p> <p>9:30 <b>French Conversation Zoom</b> 12:00 <b>Spanish Conversation Zoom</b></p>	<p style="text-align: right;"><b>15</b></p> <p>11:30 Stretch and Flex PH 1:00 Active Aging Fitness PH</p>	<p>10:00 <b>Chat with T</b> 10:00 Meditation 11:00 Line Dancin 11:00 <b>Russian Zo</b> 3:00 Meditation</p>
<p style="text-align: right;"><b>21</b></p> <p>2:15 <b>Tai Chi 1 Zoom</b> 3:15 <b>Tai Chi 2 Zoom</b></p>	<p style="text-align: right;"><b>22</b></p> <p><b>Podiatry Clinic – Outside BH</b></p>	<p>10:00 Meditation F 10:30 <b>Memoirs Zo</b> 11:00 Line Dancin 11:00 <b>Russian Zo</b> 1:00 <b>Tai Chi 1 Zo</b> 2:15 <b>Tai Chi 3 Zo</b> 3:00 Meditation L</p>
<p style="text-align: right;"><b>28</b></p> <p>9:30 <b>French Zoom</b> 12:00 <b>Spanish Zoom</b> 2:15 <b>Tai Chi 1 Zoom</b> 3:15 <b>Tai Chi 2 Zoom</b></p>	<p style="text-align: right;"><b>29</b></p> <p><b>9:00 Watercolors Outside BH</b> 11:30 Stretch and Flex PH 1:00 Active Aging Fitness PH</p>	<p>10:00 Meditation F 11:00 Line Dancin 1:00 <b>Tai Chi 1 Zo</b> 2:15 <b>Tai Chi 3 Zo</b> 3:00 Meditation L</p>

# SEPTEMBER 2020

WEDNESDAY	THURSDAY	FRIDAY
<p>PH ing PH oom n LW</p> <p style="text-align: right;"><b>2</b></p>	<p style="text-align: right;"><b>3</b></p> <p>8:30 <b>Men's Coffee Zoom</b> 11:30 Stretch and Flex PH 1:00 Active Aging Fitness PH</p>	<p style="text-align: right;"><b>4</b></p> <p>10:00 <b>German Conversation Zoom</b></p>
<p>PH oom ing PH oom LW</p> <p style="text-align: right;"><b>9</b></p>	<p style="text-align: right;"><b>10</b></p> <p>11:30 Stretch and Flex PH 1:00 Active Aging Fitness PH</p>	<p style="text-align: right;"><b>11</b></p> <p>10:00 <b>Mindfulness 101 Zoom</b> 1:00 <b>Meditation Zoom</b></p>
<p><b>16</b> own Nurse Zoom PH g PH om LW</p>	<p style="text-align: right;"><b>17</b></p> <p>8:30 <b>Men's Coffee Zoom</b> 11:30 Stretch and Flex PH 1:00 Active Aging Fitness PH</p>	<p style="text-align: right;"><b>18</b></p> <p>10:00 <b>German Conversation Zoom</b> 2:00 <b>Select(man) J. Glass Zoom</b></p>
<p>PH om g PH om om om LW</p> <p style="text-align: right;"><b>23</b></p>	<p style="text-align: right;"><b>24</b></p> <p>9:15 <b>Tai Chi 1 Zoom</b> 10:15 <b>Tai Chi 2 Zoom</b> 11:30 Stretch and Flex PH 1:00 Active Aging Fitness PH</p>	<p style="text-align: right;"><b>25</b></p> <p>10:00 <b>J. Foley Art Showcase Zoom</b></p>
<p>PH g PH om om LW</p> <p style="text-align: right;"><b>30</b></p>		<p><b>LOCATIONS :</b> <b>PH=Pierce House</b> <b>LW: Lincoln Woods</b> <b>BH=Bemis Hall-Outside</b></p>

💡 **WHAT YOU NEED TO KNOW** 💡

## Do you need help learning Zoom?

Below are videos taught by an older instructor that are very user friendly and accessible for all ages. All are produced by **Creative Life Center**.

Click on the links to check them out:

**1) Joining a Zoom Call for the First Time:**

<https://www.youtube/watch?v=9isp3qPeQ0E&t=9s>

**2) Joining a Zoom Call via Phone for the first time:**

<https://www.youtube.com/watch?v=v=dQjODgTuQE>

**3) Using Zoom Breakout Rooms:**

<https://www.youtube/watch?v=WFVRxBH4ehU>



## Are you new to ZOOM?

How do you participate in one of our Zoom video or audio events? You will use your computer or smart phone to see and hear the presentation, or you can use your landline to hear presentation.

Men's Coffee

**Rules for Outdoor  
Fitness Classes**

1. You must wear a face covering at all times unless medically unable.
2. You must remain at 6 feet away from all other participants at all times.
3. You must bring everything you will need and you may not touch items brought by other participants.
4. No class may have more than 10 attendees, including the instructor.
5. All participants must pre-register with the COA or Parks and Rec and sign a waiver form.

**Anyone not complying with these rules will be required to immediately leave the class and may not attend future classes.**

## Schedule of Zoom Events

Date/Time	Event	Meeting Information
9/2/20 11:00	Russian Conversation	Call 781-259-8811 to register
9/4/20 10:00	German Conversation	Call 781-259-8811 to register
9/9/20 10:30	Memoirs	Contact Connie Lewis conlewis1000@gmail.com
9/11/20 10:00	Mindfulness 101– C. Collins	ID 9582084511
9/14/20 9:30	French Conversation	Call 781-259-8811 to register
12:00	Spanish Conversation	
9/16/20 10:00	Chat with Town Nurse	ID 99581903064 p: 795823
9/16/20 11:00	Russian Conversation	Call 781-259-8811 to register
9/18/20 10:00	German Conversation	ID 96050144893
9/18/20 2:00	Chat with Select(man) J. Glass	ID 97690522488 p:998413
9/23/20 10:30	Memoirs	Contact Connie Lewis conlewis1000@gmail.com
9/25/20 10:00	Art Showcase-Jack Foley	ID 94608998230
9/28/20 9:30	French Conversation	Call 781-259-8811 to register
9/28/20 12:00	Spanish Conversation	Call 781-259-8811 to register
9/29/20 2:00	Presentation to Help Our-Neighbor w/ J. Apsler-	Domestic Violence Information/Education/Resources Call COA to register 781-259-8811



**For the latest Council On Aging information:**

Go online [www.Lincolntown.org](http://www.Lincolntown.org), Click **Government**, Click **Departments**, Click **Council On Aging**. Calendar and detailed descriptions are online.

[Find us on Facebook!](#) Town of Lincoln Council On Aging

**If you need a free mask, call the Council On Aging  
at 781-259-8811**



**FRIENDS OF THE LINCOLN COUNCIL ON AGING  
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