



# NEWS FROM BEMIS HALL

Vol 11 Issue 10

October 2020



*The Lincoln Council on Aging Monthly*

## 2021 Medicare Open Enrollment Insurance Update!

**Lincoln's Medicare Update will be Friday, October 23rd at 10:00am via Zoom. Medicare Open Enrollment runs from October 15th through December 7th.**

Now is your opportunity to make changes to the various types of Medicare coverage including hospital, medical and prescription drug coverage effective January 1, 2021.

**Don Milan**, Lincoln counselor from the **Minuteman Senior Services SHINE Program**, will review Medicare basics, then present the 2021 Medigap and Medicare Advantage insurance plans available to supplement basic Medicare coverage as well as discuss changes for 2021. To register for this informative Zoom email GagneA@Lincolntown.org or call 781-259-8811 x102. Please note that a "Medicare 101" will be held in the near future, which will go over basic Medicare in great detail. People will have the opportunity to learn the basics of Medicare and ask specific questions related to Medicare at that time. Details and instructions will be forthcoming.

## Drive Thru Flu Shot Clinic on October 21st

Lincoln residents aged 65+ are invited to come to the high dose flu clinic on **Wednesday, October 21st from 10 am to noon**, located at **Lincoln North Office Park, 55 Old Bedford Road**.



Please call the COA at 781-259-8811 to sign up. Forms are available on our website ([www.lincolntown.org/123/Council-on-Aging](http://www.lincolntown.org/123/Council-on-Aging)), or we can mail. Participants are asked to bring a photocopy of insurance card to clinic. Services will be provided **free of charge** by Emerson Hospital Home Care. This clinic is a joint collaboration between the COA, Fire Department, and Lincoln Public Health Nurse.

## Drive Thru Shredding Event October 14th

**Please bring your documents to shred**

Place your items for shredding in your car and drive over to First Parish Church, 14 Bedford Road parking lot (across from Bemis Hall), from **1 to 4 pm**. We will place the items on a cart and Highland Shredding will shred these documents on site **free of charge**. You don't even need to worry about removing the staples!

If your last name begins with the letter:

**A thru G** arrive between **1-2 pm**.

**H thru R** arrive time **2-3 pm**

**S thru Z** arrive time **3-4 pm**.



We are looking to stagger arrival times, so please do your best to come at assigned hours.

Participants must wear a mask and stay in the car.

This event generously sponsored by Friends of Lincoln COA.



## MAKE YOUR VOTE COUNT!



### November 3, 2020 Presidential Election:

For health and safety reasons, we encourage you to vote by mail.

If you have not already submitted an application, the form is available at:

<https://www.sec.state.ma.us/ele/elepdf/2020-Vote-by-Mail-Application.pdf>.

**Saturday, October 24:** Last day to register to vote in the Presidential Election.

**Wednesday, October 28:** Deadline for submitting a vote by mail application.

**Tuesday, November 3:** Presidential Election - **In person voting** 7am-8pm, Smith Gym.

You can register online <https://www.sec.state.ma.us/ovr/> or in person at Town Hall.

Please check the website for details.

### **Early Voting in person at Town Offices: Saturday, October 17<sup>th</sup> - October 30<sup>th</sup>**

- October 17 and 18 - 9:00am to 1:00pm
- October 19, 20, 21, and 23 - 8:30am to 4:30pm
- October 22 - 8:30am to 7:00 pm
- October 24 and 25 – 9am to 1:00pm
- October 26, 27, 28, and 30 – 8:30am-4:30pm
- October 29 – 8:30am to 7:00pm

For questions, please contact the Town Clerk's office: Call 781-259-2607.

*The above information kindly provided by Valerie Fox, Lincoln Town Clerk*

## 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.

**Medical Equipment Loan Program** Please call 781-259-8811 to pick up or drop off medical equipment. This includes walkers, canes, wheel chairs, tub benches, shower chairs, and more at Bemis Hall.

**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](mailto:Lincolnveterans@lincolntown.org).

**Transportation** The COA offers limited rides to medical appointments at this time. Please email Marilyn Leviss, COA Transportation Coordinator, at [LevissM@Lincolntown.org](mailto:LevissM@Lincolntown.org) to request a ride. These appointments need to be set up in advance and **Wednesdays** are the best day to schedule (due to schools re-opening).



# October Zoom Schedule



Date/Time	Event	Meeting Information
10/5	4:00 pm Connection Program with Joanna Schwartz	All are Invited. Call 781-259-8811 x102 to register
10/7	10:00 am Chat with Town Nurse	Call 781-259-8811 x102 to register
10/7	10:30 am Memoir Group	Contact Connie Lewis email: conlewis1000@gmail.com
10/16	2:00 pm Chat with Select(man) Jennifer Glass	Meeting ID 97690522488
10/19	2-4 pm Legal Clinic with Attorney Sasha Golden	Call 781-259-8811 x102 to register for 30 minute max appt
10/21	10:30 am Memoir Group	Contact Connie Lewis email: conlewis1000@gmail.com
10/23	10:00 am Medicare Open Enrollment Update with D. Milan	Call 781-259-8811 x102 or email GagneA@lincolntown.org
10/23	2:00 pm Living Well: Making Every Minute Count	Call 781-259-8811 x102 or email GagneA@lincolntown.org
10/28	10:00 am Estate Planning 101 with Attorney S. Golden	Call 781-259-8811 x102 or email GagneA@lincolntown.org

Ongoing Groups meeting via Zoom:  
Men's Coffee, Spanish, German, Russian and French  
Conversation. Call 781-259-8811 x102 for more information.

We encourage everyone to try Zoom via computer or cell phone. Please call COA at 781-259-8811 if you need help with Zoom or do not have a computer that is Zoom capable.

For latest Council On Aging Updates go to town web page:  
[www.Lincolntown.org](http://www.Lincolntown.org), click Government, Departments, Council On Aging



## Art, Music, Entertainment and Health!



### Celebrate Nature in a Watercolor Class with Jane Cooper!

Jane Cooper will teach and celebrate nature with watercolor class outside Bemis Hall. This session will last 4 weeks, on Tuesdays and Thursdays beginning September 29th from 9-11 am. Individual tables will be set for each participant. This class is full at this time. Please call to be added to a waitlist and future interest list.

### Join Us at the Pierce House under the Tent & at Lincoln Woods Outdoor Classes are continuing until October 22nd

**Line Dancing with Katrina Wednesdays at 11 am**, Pierce House

**Stretch N Flex Tuesdays and Thursdays at Noon**, Pierce House

**Active Aging 1pm Tuesdays and Thursdays**, Pierce House

To exercise at home with your favorite instructors go to the COA website to watch videos  
[www.Lincolntown.org/123/Council-on-Aging](http://www.Lincolntown.org/123/Council-on-Aging)

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

### Tai Chi via Zoom

**There is still room in the Thursday class!**

Call Amy at the COA, 781-259-8811, if you would like to sign up.  
**Thursday class is held at 9:15 (Tai Chi 1) and 10:15 (Tai Chi 2).**

### 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, October 7 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).



### Outdoor Podiatry Clinic October 27 & November 24!

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 and Pierce House.



## SPEND TIME WITH OTHERS



### SHARE YOUR INTERESTS, MEET FRIENDS, AND HAVE SOME FUN!

**Lincoln Men's Coffee** A great chance to catch up and make new friends. Held on **the second and fourth Thursday of the month 8:30 to 10:00 am via Zoom.**

**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, third and fifth Fridays of the month at 10:00 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 11:00 am via Zoom.**

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

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

Residents of all ages are invited to a "Conversation with a Select(man)" on **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



### Estate Planning 101 via Zoom with Attorney Sasha Golden Wednesday, October 28 at 10 am

Elder Law Attorney , Sasha Golden, will share important information and encourage everyone to have important documents up to date. Email [GagneA@Lincolntown.org](mailto:GagneA@Lincolntown.org) to register.

### Living Well : Making Every Moment Count

Zoom October 23rd at 2:00 pm

Host: Mary Crowe, LICSW, ACHP-SW, C.D.S. from Care Dimensions

Mary is an experienced educator and will share ways to make every moment count.

To register please visit:

[https://zoom.us/meeting/register/tJEpfu2upz0vGtD0CWHvWwbLDj\\_mg90M-QYG](https://zoom.us/meeting/register/tJEpfu2upz0vGtD0CWHvWwbLDj_mg90M-QYG)

You will receive a confirmation email after you register.

# COA OCTO

MONDAY	TUESDAY	WEDNESDAY
<p><b>LOCATIONS :</b>  <b>PH=Pierce House</b>  <b>LW: Lincoln Woods</b>  <b>BH=Bemis Hall-Outside</b></p>		
<p>2:15 <b>Tai Chi 1 Zoom</b>            3:15 <b>Tai Chi 2 Zoom</b>            4:00 <b>Connections Program Zoom with Joanna Schwartz</b>            details pg 8</p> <p style="text-align: right;"><b>5</b></p>	<p>9:00 <b>Watercolors Outside BH</b>            12:00 <b>Stretch and Flex PH</b>            1:00 <b>Active Aging Fitness PH</b>            2:15 <b>Mental Health Clinic LW</b></p> <p style="text-align: right;"><b>6</b></p>	<p>10:00 <b>Town Nurse</b>            10:30 <b>Memoir Zoom</b>            11:00 <b>Line Dancing</b>            11:00 <b>Russian Zoom</b>            1:15 <b>Tai Chi 1 Zoom</b>            2:15 <b>Tai Chi 3 Zoom</b></p>
<p><b>Columbus Day</b> <b>12</b>            BEMIS HALL NOT OPEN</p> <p>9:30 <b>French Conversation Zoom</b>            12:00 <b>Spanish Conversation Zoom</b>            2:15 <b>Tai Chi 1 Zoom</b>            3:15 <b>Tai Chi 2 Zoom</b></p>	<p>9:00 <b>Watercolors Outside BH</b>            12:00 <b>Stretch and Flex PH</b>            1:00 <b>Active Aging Fitness PH</b></p> <p style="text-align: right;"><b>13</b></p>	<p>11:00 <b>Line Dancing</b>            11:00 <b>Russian Zoom</b>            1:00 <b>DRIVE THRU EVENT</b>            9:15 <b>Tai Chi 1 Zoom</b>            10:15 <b>Tai Chi 2 Zoom</b></p>
<p>2:00 <b>Legal Clinic Zoom with Attorney Golden</b>            Details pg 10</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>19</b></p>	<p>9:00 <b>Watercolors Outside BH</b>            12:00 <b>Stretch and Flex PH</b>            1:00 <b>Active Aging Fitness PH</b>            2:15 <b>Mental Health Clinic LW</b></p> <p style="text-align: right;"><b>20</b></p>	<p>10:00 <b>DRIVE THRU</b>            10:30 <b>Memoir Zoom</b>            11:00 <b>Line Dancing</b>            11:00 <b>Russian Zoom</b>            1:00 <b>Tai Chi 1 Zoom</b>            2:15 <b>Tai Chi 3 Zoom</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>26</b></p>	<p><b>Podiatry Clinic – Outside BH</b></p> <p style="text-align: right;"><b>27</b></p>	<p>2:00 <b>Estate Planning with Attorney</b>            11:00 <b>Line Dancing</b>            1:00 <b>Tai Chi 1 Zoom</b>            2:15 <b>Tai Chi 3 Zoom</b></p>

# OBER 2020

DAY	THURSDAY	FRIDAY
	<p><b>1</b></p> <p><b>9:00 Watercolors Outside BH</b>            9:15 Tai Chi 1 Zoom            10:15 Tai Chi 2 Zoom  <b>12:00 Stretch and Flex PH</b>  <b>1:00 Active Aging Fitness PH</b></p>	<p><b>2</b></p> <p>10:00 <b>German Conversation Zoom</b></p>
<p><b>7</b></p> <p>Chat Zoom m g PH m om om</p>	<p><b>8</b></p> <p>8:30 <b>Men's Coffee Zoom</b>  <b>9:00 Watercolors Outside BH</b>            9:15 Tai Chi 1 Zoom            10:15 Tai Chi 2 Zoom  <b>12:00 Stretch and Flex PH</b>  <b>1:00 Active Aging Fitness PH</b></p>	<p><b>9</b></p>
<p><b>14</b></p> <p>g PH m <b>SHREDDING</b> details pg 1 om om</p>	<p><b>15</b></p> <p>8:30 <b>Men's Coffee Zoom</b>  <b>9:00 Watercolors Outside BH</b>            9:15 Tai Chi 1 Zoom            10:15 Tai Chi 2 Zoom  <b>12:00 Stretch and Flex PH</b>  <b>1:00 Active Aging Fitness PH</b></p>	<p><b>16</b></p> <p>10:00 <b>German Conversation Zoom</b>            2:00 <b>Select(man) J. Glass Zoom</b></p>
<p><b>21</b></p> <p><b>FLU CLINIC</b> details pg 1 n <b>PH</b> n m m</p>	<p><b>22</b></p> <p><b>9:00 Watercolors Outside BH</b>            9:15 Tai Chi 1 Zoom            10:15 Tai Chi 2 Zoom  <b>12:00 Stretch and Flex PH</b>  <b>1:00 Active Aging Fitness PH</b></p>	<p><b>23</b></p> <p>10:00 <b>Medicare Updates Zoom with Don Milan</b>            details pg 1            2:00 <b>Living Well Zoom Presented by Mary Crowe</b>            details pg 5</p>
<p><b>28</b></p> <p>ng 101 Zoom Golden <b>PH</b> m m</p>	<p><b>29</b></p>	<p><b>30</b></p> <p>10:00 <b>German Conversation Zoom</b></p>



## FOR YOUR WELL BEING



### New “Connections Program” starting in October!

Join us **via Zoom** on **October 5th at 4 pm** where Lincoln high school senior, **Joanna** Schwartz, will tell us about a new volunteer program she has created. All are welcome to attend this Zoom meeting and learn about the new **Connections Program** designed to connect local high school students and increase social engagement between the generations. You will hear about what gave Joanna the idea to start this project, which came from calling and brightening her own grandparent’s day!



Lincoln seniors can sign up to be matched with an eager Lincoln-Sudbury student and choose a method of communication: weekly phone call, Zoom call, or hand written letter. The first 4 week session will begin the week of **Oct 19th**.

If interested, contact Amy, [gagnea@lincolntown.org](mailto:gagnea@lincolntown.org) or call 781-259-8811 x102 to register for the Zoom informational meeting on 10/5 or to sign up for the program.

We look forward to collaborating with Joanna and her fellow Lincoln-Sudbury students!

**EXERCISE CLASSES AVAILABLE- OUTDOOR & ZOOM**

**Stretch and Flex** Designed for all fitness levels. Start with a gentle warm-up and then progress to resistance training using Thera-bands (both provided by the COA). No floor work and chairs provided. **Tuesdays & Thursdays, 12:00 pm**; \$3 per class. Register by calling 781-259-8811 x102 or email GagneA@Lincolntown.org. Taught by Terri Zaborowski at Pierce House tent.

**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. Please bring your own hand weights. Chairs provided. **Tuesdays & Thursdays, 1 pm**; \$3 per class; You must sign up to participate. Register by calling 781-259-8811 x102 or email GagneA@Lincolntown.org. Taught by Terri Zaborowski at Pierce House tent.

**Line Dancing** Enjoy the fun and fitness of line dancing **Wednesdays at 11 am** with Katrina Rondi. \$3 payable the day of the class. You must sign up to participate by calling 781-259-8811 x102 or email GagneA@Lincolntown.org. This class is held outside under Pierce House tent.

**Tai Chi for Health, Rehabilitation and Wellness** Fall classes are almost full, openings remain for Thursday classes. **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. These classes are held via Zoom.

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💡 **WHAT YOU NEED TO KNOW** 💡

## DO YOU HAVE A "MY MEDICARE" ACCOUNT?

**SHINE strongly urges people on Medicare to establish an on-line "My Medicare" account.**

Many people already have done so, but for those who haven't, it is a very useful tool to have available. Among other things, it allows storage of Prescription Rx information, which is necessary for Prescription Drug Plan analysis on the Medicare PlanFinder tool. It also allows a person to view past history of visits to medical providers and Medicare-related charges.

**To create an account: Go to [www.medicare.gov](http://www.medicare.gov)**

At lower left of page click: *Login/Create Account*

Next find "No account?" and click: *Create an account now*

You will need your: Medicare Number (on your Medicare Card) Name, Email address, Date of Birth, ZIP code and Start State of Medicare Part A or B (on your Medicare Card)

Create a password **\*\*Save/Keep a record of the Password you create\*\***

**THAT'S IT! It takes about 6 minutes and you have a very useful tool for future reference.**

## COME FOR FREE ONE-TO-ONE CONSULTATIONS!

The **Lincoln Mental Health Clinic** will be starting back up this October at Lincoln Woods. **This service is open to residents of all ages.** A licensed counselor from the Eliot Center will provide assistance on the **first** and **third Tuesday** of each month. Appointments are in person, via zoom, or phone call. Start date is **October 20**. Appointments are offered between **2:15 - 4:30 pm**.

Please call Abigail for more information or to schedule an appointment at 781-259-8811.

### Free Elder Law Clinic

Have 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, October 19th, from 2-4 pm via Zoom**. There is no charge for the thirty-minute maximum consultation, but please sign up by calling the COA, 781-259-8811.

### 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 on **Thursdays from 9 am to Noon at Bemis Hall**. You can reach Peter by email [Lincolnveterans@lincolntown.org](mailto:Lincolnveterans@lincolntown.org).





**IN AND AROUND LINCOLN****DIVERSITY, EQUITY, INCLUSION AND ANTI-RACISM SERIES**

The Board of Selectmen is hosting a series of roundtables via Zoom focused on diversity, equity, inclusion, & anti-racism. We hope you will join us!

**Save the Dates:**

**Forum #2: Oct. 2, What is the Role of Town Government**

**Forum #3: Oct. 16, What is the Role of Community Groups**

**REGISTER NOW: <https://www.lincolntown.org/1221/Equity-Diversity-Anti-Racism>**

*What are your questions about this topic? What are you hoping to learn from this roundtable?*

**SEND QUESTIONS & IDEAS TO: [selectmen@lincolntown.org](mailto:selectmen@lincolntown.org)**

- Please send advance questions and ideas one week prior.
- During the webinar, participants will be able to submit questions they want answered publicly via the Q&A function.
- During the webinar, if participants have a question or issue they want addressed privately, they will be able use the private Chat function (only the host will see the question).

**FRIENDS OF THE LINCOLN COUNCIL ON AGING  
P.O. BOX 143  
Lincoln, MA 01773**

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