



NEWS FROM BEMIS HALL

Vol 12 Issue 4



April 2021



The Lincoln Council on Aging Monthly

A Message to Residents from the Lincoln Police

**Ever feel like you have a target on your back? Scammers are taking aim!
Lincoln Police are helping residents in town deal with scammers.**

“Don’t underestimate how unbelievable these scammers can be.” warns Chief Kevin Kennedy of the Lincoln Police. Scams can be seasonal and current scams include fraud related to unemployment, the “Diamond Scam,” Social Security, and Grandparent Scam. If you find yourself in what may seem like a scam, it’s always good to hang up the phone and notify the Lincoln Police at 781-259-8112.

- **Unemployment fraud** is someone pretending to be you to get unemployment benefits.
- The **Diamond Scam** has victims paying what appears to be “great prices” for the stones from overseas and getting nothing.
- The **Social Security** scam often begin with the targeted senior receiving a call from someone posing as Internal Revenue Service representative. The scammers ask for your Social Security number and to pay or “there will be a warrant for your arrest,” which can be very frightening. Be warned: The IRS does not call people; it communicates by mail.
- The scammers of the **Grandparent scam** call with a story about your loved one who is in trouble and needs money immediately. These made up stories seem real, and often include personal information gathered from social media. Be sure to hang up and call your loved one directly!

Photos from Town of Lincoln March 11 Covid Vaccine Clinic

Jack Mohr and Public Safety



Tom & Jackie Wang



Diane & Lawrence Climo



Thank you to the Lincoln Family Association for creating the inspiring banner for our 2nd dose clinics.

A Message to Residents aged 65+ about COVID Vaccine Availability

We are updating the COA website (www.lincolntown.org/132/Council-on-aging) regularly with the latest public health info received. If you do not have access to the internet, please do not hesitate to call the COA (781-259-8811) and ask for Abigail and we will provide you with current information.

We will be providing additional details about regional clinics as information becomes available. In the meantime, residents are again urged to be in communication with their PCPs, to continue to refer to the [DPH COVID-19 website](https://www.mass.gov/info-details/dph-covid-19-website) at Mass.gov, and to monitor the Town's COVID-19 page at:

www.lincolnpublichealthnews.com

For specific COVID related questions, join Town Nurse, Tricia McGean, on **Wednesday, April 7th and April 21st at 11 am via Zoom**. Tricia will answer your questions and provide you with accurate and science-based information. To attend, email gagnea@lincolntown.org or pre-register by calling 781-259-8811 x102 and leave a message.

COUNCIL ON AGING SERVICES—CALL 781-259-8811

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 and medical bills. Call 781-259-8811 to book appointment for SHINE.

Meals on Wheels (Minuteman Senior Services) Home-delivered meals.

Would You Like a Free Home Safety Evaluation with the Fire Department? Call Ben Juhola of the Fire Department at (781) 259-8113.

Medical Equipment Loans of walkers, canes, wheel chairs, tub benches, shower chairs, and more at Bemis. Call 781-259-8811 to request contactless delivery 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

Fuel Assistance Need help paying fuel bills? Call the COA to see if you qualify for Fuel Assistance, a Massachusetts program providing help to income-eligible residents to pay for fuel.

Transportation The COA offers rides to **medical** appointments at this time. Please email ButtA@Lincolntown.org to request a ride. These rides are **set up in advance** and Wednesdays are the best day to schedule rides.

Tax Preparation Information The COA is running a very limited tax preparation program from the AARP this year. If you would like to be put on the waitlist, please call the COA and ask for Abigail. We are sorry that COVID has affected this in-person service.



What You Need To Know



Tips from SHINE

Serving Health Information Needs of Everyone (SHINE) is a free Medicare benefits counseling program available to beneficiaries of all ages and people who are new to Medicare due to retirement, unemployment or disability. State certified counselors can provide impartial answers to *all of your Medicare questions* before you retire and well into retirement as your medical needs change. Confidential counseling is available by telephone or ZOOM until in person counseling can resume. Regional staff and our SHINE speakers are also available to provide group education to professionals and consumers – topics include *Medicare 101, Using the Medicare Planfinder Tool, The Medicare Savings Plan and other Public Health Assistance, and Resources to help with Pharmacy costs*. To make an appointment with your local SHINE counselor please contact **Lincoln COA at 781-259-8811**.

Sara Foster & Abigail Butt



Toby Frost & Harold McAleer



Wanda & Frank Paik



Dallin Art Museum Presents: Cyrus Dallin's Quest to Create Boston's PAUL REVERE MONUMENT

Tuesday, April 20th at 11 am

Register to be sent the link for this event

Learn about the origins of the **Paul Revere Monument**, beloved by Bostonians and recognized around the world as an emblematic image of the city and spirit behind the War of Independence. **Nancy Blanton** of the **Cyrus Dallin Art Museum** will outline how Dallin persevered on a commission that took **57 years**, seven versions of the same statue, and countless twists and turns before it was erected in the North End's Prado, where it stands today.

RSVP by 4/16 by email GagneA@Lincolntown.org or call 781-259-8811 x102 and leave a message.



FOR YOUR WELL BEING



Chat with Public Health Nurse, Tricia McGean

Do you have questions about COVID-19, the latest public health information concerning vaccines, COVID prevention, transmission, symptoms, or treatment? Are there other concerns you have about seasonal health issues? Join Town Nurse, Tricia McGean, on **Wednesday, April 7 & April 21 at 11am via Zoom!** Tricia will answer your questions and provide you with accurate and science-based information. To attend, email gagnea@lincolntown.org or pre-register by calling 781-259-8811 x102 and leaving a message.



Podiatry Clinic with Dr. Ruhl Tuesday, April 27 and May 27



All participants must pre-register by calling 781-259-8811. Space is limited to seniors (65 plus). Registration is on a first come, first serve basis. Suggested \$10 donation. This clinic co-sponsored by the Friends of the Lincoln COA and the Pierce House.

April Wellness Webinar by Blue Cross/Blue Shield

Thursday, April 15 at 10am

Food for Thought: Superfoods to Boost Memory, Mood, & Mental Functioning

Presenters: Luisa Lewis & Tricia Silverman, RD. Can't remember where you left your keys? Feeling tired and down? Learn the tools of nutritional success for enhancing your brain power, increasing your energy, and improving your mood.

Register Now Online: www.bcbsma.info/April15



FREE Mental Health Clinic

The Lincoln Mental Health Clinic is available to Town residents of all ages. Appointments are held by Zoom, or by phone on **April 6 or April 20**. Call Abigail at 781-259-8811 for an appointment. The appointments are offered between 2:15–4:30 pm. Pictured in photo is Sara Hickey, MSW, LCSW who is a licensed clinical social worker and currently is the Coordinator of Intake Services and Outpatient Clinician at the Eliot Center in Concord.

SPEND TIME WITH OTHERS

Men's Coffee This is a great way to catch up with buddies and make new friends.
Thursdays, April 8 and April 22nd at 8:30 am via Zoom.

French Conversation Brush up on your French speaking skills.
Second and fourth Monday of each month at 9:30 am via Zoom.

Spanish Conversation Enjoy Spanish conversation.
Second and fourth Tuesday of each month at 12:00 pm via Zoom.

German Conversation Come enjoy speaking German.
First, third & fifth Friday or each month at 10:00 am via Zoom.

Russian Conversation Come brush up on your Russian by speaking it with others on the first and third Wednesday at 12:30 via Zoom. All are welcome whether you are a native speaker, beginner, or in-between!

Memoirs Group Meetings held via Zoom twice a month. Individuals sign up for the term with Connie Lewis.
First and third Wednesday of each month at 10:30 am via Zoom.



Men's Coffee



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MONDAY	TUESDAY	WEDNESDAY
<p>Location PH = Pierce House</p>		
<p style="text-align: right;">5</p> <p>10:00 Chair Yoga Class 2:15 Tai Chi 1 3:15 Tai Chi 2</p>	<p style="text-align: right;">6</p> <p>9:30 Friends FLCOA Meeting 1:30 COA Board Meeting</p>	<p>10:30 Memoirs 11:00 Chat with Nu 11:00 Line Dancing 12:30 Russian Conve 1:00 Tai Chi 1 2:00 Tai Chi 3</p>
<p style="text-align: right;">12</p> <p>9:30 French Conversation 10:00 Chair Yoga Class 2:15 Tai Chi 1 3:15 Tai Chi 2</p>	<p style="text-align: right;">13</p> <p>12:00 Spanish Conversation 2:15-4:30 <u>FREE</u> Mental Health Clinic</p>	<p>11:00 Line Dancing 1:00 Tai Chi 1 2:00 Tai Chi 3</p>
<p style="text-align: right;">19</p> <p>COA CLOSED/ PATRIOTS DAY</p> 	<p style="text-align: right;">20</p> <p>11:00 Webinar-Dallin Museum: Presents Paul Revere Statue (See page 3)</p> 	<p>10:30 Memoirs 11:00 Chat with Nurs 11:00 Line Dancing 12:30 Russian Conve 1:00 Tai Chi 1 2:00 Tai Chi 3</p>
<p style="text-align: right;">26</p> <p>9:30 French Conversation 10:00 Chair Yoga Class 2:15 Tai Chi 1 3:15 Tai Chi 2</p>	<p style="text-align: right;">27</p> <p>9:00 – 2:00 Podiatry Clinic Bemis Hall-by appt only 11:00 Stretch & Flex PH 12:00 Active Aging PH 12:00 Spanish Conversation 2:15-4:30 <u>FREE</u> Mental Health Clinic</p>	<p>11:00 Line Dancing 1:00 Zoom with And 1:00 Tai Chi 1 2:00 Tai Chi 3</p>

COUNCIL ON AGING INFORMATION

The COA is located in Bemis Hall, 15 Bedford Road
Send mail to: c/o Town Offices, 16 Lincoln Road
Phone: (781) 259-8811. **Leave messages for the COA.**

E-mail: butta@lincolntown.org
Website: www.lincolntown.org
Hours: Monday through Friday, 8:30 — 4:30 pm

Would You Like to Participate in a COA activity but cannot afford the cost? Call the COA and ask to speak with Abigail to find out more about our scholarship program.

Disclaimer: The COA does not specifically endorse any service or product advertised herein. We encourage our readers to investigate any service or product they may consider using in order to make an informed decision.

DAY	THURSDAY	FRIDAY
	1	2
	9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2	10:00 SAIL/Balance Class 10:00 German Conversation
7	8	9
urse, pg. 4 g conversation	8:30 Men's Coffee Group 9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2	10:00 SAIL/Balance Class 2:30—4:00 <u>FREE</u> Legal Clinic Attorney Sasha Golden Bemis Hall-by appt only
14	15	16
	9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2 10:00 BC/BS Webinar - Food For Thought: Superfoods-Zoom pg 4	10:00 SAIL/Balance Class 10:00 German Conversation 1:00 Conversation with Select- Jennifer Glass
21	22	23
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28	29	30
dy Payne, pg. 9	9:15 Tai Chi 1 10:15 Tai Chi 2 11:00 Stretch & Flex PH 12:00 Active Aging PH	10:00 SAIL/Balance Class 10:00 German Conversation

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FOR YOUR HEALTH



Outside Exercise Begins at the Pierce House Tent

Stretch and Flex & Active Aging



Pierce House Tent
Classes starting in person
Tuesday, April 27

Tuesdays & Thursdays

Stretch and Flex at 11 am – 11:45 am

Active Aging at 12 pm – 12:45 pm

Instructor: Terri Zaborowski

Terri is a Certified Fitness Instructor and Personal Trainer, specializing in Senior Fitness!

Call 781-259-8811 x102 and leave message for Amy or email GagneA@lincolntown.org to register.

Please sign up for these classes asap, as they fill up quickly. Waiver forms must be signed and outdoor protocols must be followed



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OPPORTUNITIES FOR EXERCISE via ZOOM

Tai Chi for Health, Rehabilitation and Wellness via Zoom-new session starts 4/5/21.
Level 1 (Beginners): Mon 2:15 pm and **Wed** 1:00 pm, **Thurs** 9:15 am. **Level 2: Mon** 3:15 pm.
Level 2 (Advanced): Thurs 10:15 am. **Level 3: Wed** 2:00 pm. For info, call Jane Moss at 781-259-9822 or email jbmoss123@comcast.net. Openings available in Thursday classes.

Line Dancing via Zoom Wednesdays at **11:00am**. Enjoy the fun and fitness of line dancing with Katrina Rotondi. Classes via Zoom on Please call COA 781-259-8811 to sign up and complete the necessary waiver forms.

Chair Yoga via Zoom with Rebecca **Mondays, April 5, 12, & 26** at **10:00am**. This class will keep you moving and stretching in the chair. Call Amy 781-259-8811 to register. Please call COA to pre-register and complete waiver forms.

SAIL Fitness Class via Zoom with Derry **Fridays, April 2, 9, 16, 23, & 30** at **10:00am**. Join Derry Tanner, retired nurse and certified personal trainer for Stay Active and Independent for Life (SAIL). Strength, balance, and flexibility exercises make you stronger and help you feel better. All you need to participate is comfortable clothing, a sturdy chair and light weights if you have them. Contact Amy to register at 781-259-8811 or email GagneA@Lincolntown.org. The Zoom link and password will be sent the night before the class.

Fitness classes subsidized by the MA Executive Office of Elder Affairs and by the FLCOA.

Learn to Host using Zoom with Andy Payne Wednesday, April 28 at 1 pm

Use the meeting link below at the scheduled time and you should launch into the class. For about an hour, Andy will give some basic lessons and give you a chance to learn and explore Zoom's settings and features in a low-stakes environment.



Zoom meeting link: <https://zoom.us/j/577144331>

Conversation with a Selectman via Zoom



Residents of all ages are invited to a "Conversation with a Select(woman)" on **Friday, April 16, 1-2 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.

Zoom Meeting ID: 97690522488 Passcode: 998413

Free Elder Law Clinic

Have a question about issues such as estate planning, MassHealth, protecting assets for a loved one? Sasha Golden will provide monthly legal clinics by appointment only on Friday, April 9 from 2:30– 4:00 pm. Appointments are 30 minutes in length and may be done in-person or via Zoom.

Register by calling 781-259-8811 or email GagneA@lincolntown.org.



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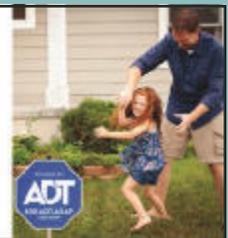


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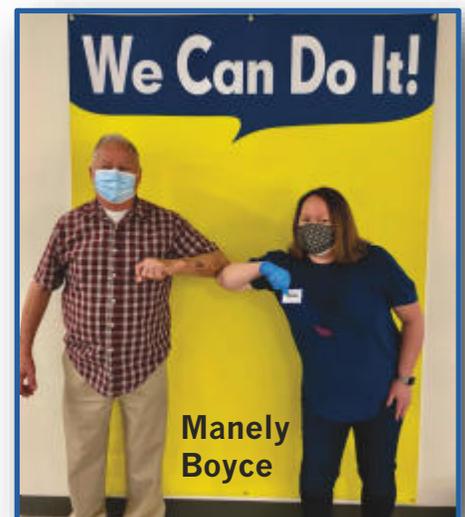


April Zoom Schedule



Date/Time	Event	Meeting Information
4/2	10:00 am SAIL Balance Class on Fridays	Call Amy to register/sign waivers, 781-259-8811
4/5	11:00 am Chair Yoga classes on Mondays	Call Amy to register/sign waivers, 781-259-8811
4/7	11:00 am Virtual Line Dancing with Katrina on Wednesdays	Call Amy to register/sign waivers, 781-259-8811
4/7	11:00 am Chat with Town Nurse: <i>COVID Updates, etc</i> , pg. 4	Contact Amy 781-259-8811 / GagneA@lincolntown.org
4/8	8:30 am Men's Coffee Group	Contact Amy 781-259-8811 / GagneA@lincolntown.org
4/15	1:00 pm BC/BS: Superfoods - Food for Thought	Register now: www.bcbsma.info/ April 15
4/16	1:00 pm Conversation with Selectman, Jennifer Glass	ID:97690522488 Pass:998413 or Email: Selectman@lincolntown.org
4/20	11:00 am Webinar: Dallin Museum: Paul Revere Statue	Contact Amy 781-259-8811 / GagneA@lincolntown.org
4/21	11:00 am Chat with Town Nurse: <i>COVID Updates, etc</i> , pg. 4	Contact Amy 781-259-8811 / GagneA@lincolntown.org
4/22	8:30 am Men's Coffee Group	Contact Amy 781-259-8811/ GagneA@Lincontown.org
4/28	1:00 pm Zoom with Andy Payne: Learn about Zoom, pg. 9	Link: https://zoom.us/j577144331

Kindly register 2 business days prior to events.



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GOING ON IN AND AROUND LINCOLN

Visit the COA website regularly for COVID Vaccine updates.

www.lincolntown.org/132/Council-on-aging

Town Covid-19 page: lincolnpublichealthnews.com

Starting Monday, March 8th at 1:00 pm the Lincoln Library is reopening to the public!

Just give the library a call at 781-259-8465 & press 3 for adult services to make appointment.

Did you know that the Friends of the Lincoln Library offer home delivery of books and other materials to Lincoln residents who are unable to come to the library in person?

People who are temporarily immobilized or those with chronic physical limitations may use the service.

Patrons may order up to six library items at one time (including DVDS, CDs, Spoken Word CDs, and two-week new releases). Patrons with internet access may use the [Minuteman online catalog](#) to request materials. Residents without internet access may call the library and request either specific material (ie: please send me "A is for Alibi") or general selections (ie: please send me five mysteries by women authors). A volunteer from the Friends delivers requested items on Tuesdays and can also pick up any items that need to be returned to the library.

If you have questions and/or would like more information about home delivery, please contact the Reference Department at 781-259-8465, x204, or email us at lincoln@minlib.net.

If you have an appreciation for art and history and enjoy meeting new people, volunteering at the Cyrus Dallin Art Museum is a rewarding way to pursue these interests. Being a docent requires a modest commitment of at least four hours per month, with shifts two hours long. Please contact Nancy Blanton via email for details

nblanton@dallin.org