



NEWS FROM BEMIS HALL

Vol 12 Issue 5



May 2021



The Lincoln Council on Aging Monthly

Memorial Day Celebration at Pierce House on May 31



Massachusetts Medal of Liberty Ceremony

9:00 am – 10:30 am

The Town of Lincoln will host this memorable event with medals to be awarded to **16 Gold Star families** of Massachusetts who had a serviceman or woman who were killed, or who died of wounds received in action. For program info go to: Town of Lincoln Veteran's Services Facebook page.



Traditional Memorial Day Ceremony

10:30 am - 12:00 pm

Help us salute our Lincoln soldiers who gave all on this Memorial Day. For ceremony updates, please visit www.lincolntown.org.



Annual Town Meeting, Saturday, May 15th at 9:30 am

For the second year in a row, Town Meeting will be held outdoors under a tent on the Lincoln School campus. The tent will be set up in the Hartwell parking lot and COVID protocols will be very similar to those in place last year. Additional details will be published in the Board of Selectmen's newsletter (Look for *BOS News* in your mailbox!) and in other news venues.

Unlike last year, Town Meeting will consider business beyond the required budget items. Several bylaw changes and citizens' petitions will be on the warrant, and residents will be asked to vote on the following:

- Changing the name of the COA to the Council on Aging and Human Services*
- Changing the name of the Board of Selectmen to the Select Board*
- Creation of a local extension of the Property Tax Circuit Breaker program*
- An amendment to the Accessory Apartment Bylaw*
- Adoption of a Stormwater Bylaw*
- A climate change resolution urging federal, state, and local action*
- Authorization to require retailers to charge a fee for non-reusable bags*
- A prohibition on disposable plastic straws and stirrers*
- A restriction on the sale of polystyrene products*



**Abigail Butt, COA Director,
Trish McGean, Town Nurse
& Wendy Kusik, COA Board**

To learn more about all the issues, please visit

<https://www.lincolntown.org/1241/2021-Annual-Town-Meeting>

(or go to www.lincolntown.org and click on "2021 Annual Town Meeting") Keep your fingers crossed for a repeat of the beautiful day we had last year! We hope to see you on May 15th.

—Submitted by Jennifer Glass, Board of Select(men)

Photos from Covid Vaccine Clinic



Mary & Jim Hogan

Jim Cunningham &
Jack MacLean

Carol & Susanah
Michener

The Allison Family

Thank you to Lincoln Family Association for creating a "We Can Do It" Banner!

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. In person appointments available. Book Now!

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. *Please remember to sanitize equipment before returning or donating.*

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 ButA@Lincolntown.org to request a ride. These rides are **set up in advance**. Rides are provided by fully vaccinated volunteers.



What You Need To Know



SHINE Appointments are Back!

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, ZOOM and **in person**. To make an appointment with your **local SHINE counselor** please contact **Lincoln COA at 781-259-8811**.

Appointments are held at Bemis Hall on the first Wednesday of the month, May 5th 9:30am-12:30pm and third Wednesday of the month, May 19th from 1:00-4:00pm.

Medicare Savings Programs (MSP)

Did you know that you can get help paying your Medicare A/B premiums, deductibles and, in some cases, co-insurance, co-payments and prescription drug premiums?

The Medicare Savings Program is a federal program available to Medicare beneficiaries of all ages who meet the income and asset criteria: below. To view the application visit: <https://www.mass.gov/doc/masshealth-buy-in-for-people-who-are-eligible-for-medicare-0/download>

- Individuals with incomes between \$1396 and \$1771 with assets less than \$15,940
- Couples with incomes between \$1888 and \$2396 with assets less than \$23,920

The Massachusetts Registry of Motor Vehicles

The RMV is pleased to announce that it is expanding designated Wednesdays in-person appointment hours for those 65 years of age or older. Services that are available for customers during designated senior hours include driver's license, ID renewals, registration and title transactions.

If you are **not** a AAA member, visit [Mass.Gov/RMV](https://www.mass.gov/RMV) to make a reservation to renew or conduct most other transactions at an RMV Service Center. Visit the Make/Cancel a Reservation transaction tab in the myRMV Service Center and select **"Senior Transaction"** for all available RMV transactions. Reservations can be booked two weeks in advance.

Email the RMV for assistance at MassDOTRMVSeniors@dot.state.ma.us or call **RMV at 857-368-8005**. Services can be found at www.Mass.gov/RMV.



The Callahan Family



The Climo Family



The Sanchez Family



The Tutiven Family



FOR YOUR WELL BEING



Chat with Public Health Nurse, Tricia McGean, R.N., B.S.N.

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, May 19 & June 23 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. Glenn Ruhl - Tuesday, May 25 and June 22



All participants must pre-register by calling 781-259-8811. Space is limited to seniors (60 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.

May Wellness Webinars by Blue Cross/Blue Shield

Immunity Booster & Busters Presented by Tricia Silverman, R.D. Wednesday, May 5 2:00-2:30 pm

Looking to boost your immunity? Learn which foods and lifestyle practices enhance your immunity and which ones decrease your body's ability to fight infection.

Register Now Online: www.bcbsma.info/May5

Meditation for Busy Minds Presented by Lisa Farnham and Janet Fontana, R.N. Thursday, May 27 2:00-2:30 pm

Learn what meditation is and how it works to quiet the mind. Practice simple meditation techniques & discover free apps to help at home. New and experienced meditators welcome.

Register Now Online: www.bcbsma.info/May27



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 **May 4** and **May 18**. 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, M.S.W., L.C.S.W., 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

Ukulele Group Thursday, May 6 at 3:00 pm. Join us in person outside at Bemis Hall.

Men's Coffee This is a great way to catch up with buddies and make new friends. **Thursdays, May 13 and May 27 at 8:30 am via Zoom.**



Men's Coffee

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 and third Friday of 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!



Ukulele begins May 6

Memoirs Group Meetings held on the **first and third Wednesday at 10:30 am via Zoom.**

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| MONDAY | TUESDAY | WEDNESDAY |
|---|---|---|
| <p style="text-align: right;">3</p> <p style="text-align: center;">LOCATIONS: BH – Bemis Hall PH – Pierce House Tent</p> <p>10:00 Chair Yoga</p> | <p style="text-align: right;">4</p> <p>11:00 Stretch and Flex PH 12:00 Active Aging PH 1:00 Tai Chi 1 2:00 Tai Chi 3 2:15-4:30 <u>FREE</u> Mental Health Clinic</p> | <p>9:30-12:30 Shine Office 10:30 Memoirs 11:00 Line Dancing PH 12:30 Russian Conversation 1:00 Tai Chi 1 2:00 Tai Chi 3 2:00 BC/BS Immunization</p> |
| <p style="text-align: right;">10</p> <p>9:30 French Conversation 10:00 Chair Yoga 2:15 Tai Chi 1 3:15 Tai Chi 2</p> | <p style="text-align: right;">11</p> <p>9:30 FLCOA Meeting 11:00 Stretch and Flex PH 12:00 Active Aging PH 12:00 Spanish Conversation 1:00 Tai Chi 1 2:00 Tai Chi 3 1:30 COA Board Meeting</p> | <p>11:00 Line Dancing PH 1:00 Tai Chi 1 2:00 Tai Chi 3</p> |
| <p style="text-align: right;">17</p> <p>10:00 Chair Yoga 2:15 Tai Chi 1 3:15 Tai Chi 2</p> | <p style="text-align: right;">18</p> <p>11:00 Stretch and Flex PH 12:00 Active Aging PH 1:00 Tai Chi 1 2:00 Tai Chi 3 2:15-4:30 <u>FREE</u> Mental Health Clinic</p> | <p>10:30 Memoirs 11:00 Line Dancing PH 11:00 Chat with Nurse 12:30 Russian Conversation 1:00-4:00 Shine Office 1:00 Tai Chi 1 2:00 Tai Chi 3</p> |
| <p style="text-align: right;">24</p> <p>9:30 French Conversation 10:00 Chair Yoga 2:15 Tai Chi 1 3:15 Tai Chi 2</p> <p style="text-align: center;">COA CLOSED</p>  | <p style="text-align: right;">25</p> <p>9:00-2:00 Podiatry Clinic BH 11:00 Stretch and Flex PH 12:00 Active Aging PH 12:00 Spanish Conversation 1:00 Tai Chi 1 2:00 Tai Chi 3</p> | <p>10:30 Memoirs 11:00 Line Dancing PH 1:00 Learn to Zoom-A 1:00 Tai Chi 1 2:00 Tai Chi 3</p> |
| 31 | | |

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.

2021

| DAY | THURSDAY | FRIDAY |
|---|---|--|
| 5 Office Hours PH Conversation Community Webinar | 6 9:00-12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2 11:00 Stretch and Flex PH 12:00 Active Aging PH 3:00 Ukulele Gathering BH | 7 10:00 German Conversation 10:30 SAIL/Balance Class PH 1:00 Conversation with Select-Jennifer Glass |
| 12 PH | 13 8:30 Men's Coffee Group 9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2 11:00 Stretch and Flex PH 12:00 Active Aging PH 3:00 Ukulele Gathering BH | 14 10:30 SAIL/Balance Class PH 2:30-4:00 <u>FREE</u> Legal Clinic BH Attorney Sasha Golden by appt only |
| 19 pg. 4 sation e Hours | 20 9:00-12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2 11:00 Stretch and Flex PH 12:00 Active Aging PH 3:00 Ukulele Gathering BH | 21 10:00 German Conversation 10:30 SAIL/Balance Class PH |
| 26 A. Payne | 27 8:30 Men's Coffee Group 9:15 Tai Chi 1 10:15 Tai Chi 2 11:00 Stretch and Flex PH 12:00 Active Aging PH 2:00 BC/BS Meditation Webinar 3:00 Ukulele Gathering BH | 28 10:30 SAIL/Balance Class PH |

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FOR YOUR INFORMATION



Conversation with a Selectman via Zoom

Residents of all ages are invited to a "Conversation with Select(woman)" on Friday, May 7th, 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 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, May 14 from 2:30- 4:00 pm. Appointments are 30 minutes in length and may be done in-person or via Zoom.



Connections Program- Sign up for New Session by May 7th

Let's help Lincoln seniors get connected weekly via phone call, Zoom or written letter. Eager Lincoln-Sudbury high school students are looking to connect with you. To find out about the program, call COA 781-259-8811 x102. www.connections01773.org/get-involved



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EXERCISE INFORMATION

Outside Exercise Begins at the Pierce House Tent

Terri Zaborowski

Stretch and Flex Classes with Terri

Tuesdays and Thursdays Cost, \$3.00/class
11:00-11:45 am – Pierce House tent

Active Aging Classes with Terri

Tuesdays and Thursdays Cost, \$3.00/class
12:00-12:45 pm – Pierce House tent

Line Dancing with Katrina

Wednesdays Cost, \$3.00/class
11:00-11:45 am – Pierce House tent

**SAIL Balance Class with Derry
(Stay Active and Independent for Life)**

Fridays Cost, \$3.00/class
10:30-11:15 am – Pierce House tent
This SAIL class will also be offered via Zoom

CALL 781-259-8811 to sign up & complete waivers.



Pierce House Tent



Katrina Rotondi



Derry Tanner

SAIL Fitness Class with Derry Fridays at 10:30 am, May 7th thru June 25th. 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 pre-register at 781-259-8811 or email GagneA@Lincolntown.org. This class will be offered in person & virtually from Pierce House (Hybrid class).

Stretch and Flex with Terri Tuesdays and Thursdays at 11 am, April 27th thru July 1st.

Active Aging with Terri Tuesdays and Thursdays at 12 pm, April 27th thru July 1st.

Line Dancing Wednesdays at 11 am, May 5th thru June 30th . Enjoy the fun and fitness of line dancing with Katrina Rotondi. Please call the COA 781-259-8811 to sign up and complete the necessary waiver forms.

VIRTUAL EXERCISE

Chair Yoga via Zoom with Rebecca [New Session Info for May and June](#)**

Mondays at 10 am, May 3rd thru June 28th. 8 week session. Cost is \$24 per person. Please make check payable to: The Friends of the LCOA. This class will keep you moving and stretching in the chair. Please call COA to register and complete waiver forms.

Tai Chi for Health, Rehabilitation and Wellness via Zoom Level I (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.**

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

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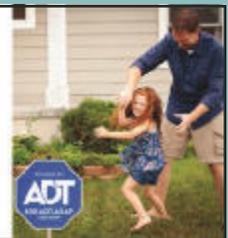


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May Zoom Schedule



| Date/Time | Event | Meeting Information |
|------------------|--|---|
| 5/3 | 10:00 am Chair Yoga Mondays May-June | Call Amy to register/sign waivers, 781-259-8811 |
| 5/5 | 12:30 pm Russian Conversation 5/5 & 5/19 | Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org |
| 5/5 | 2:00 pm BC/BS: Immunity Boost- ers and Busters | Register Now at bcbsma.info/May5 |
| 5/7 | 10:00 am German Conversation | Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org |
| 5/7 | 1:00 pm Conversation with Select (woman): J. Glass | ID:97690522488 Pass:998413 or Email: Selectman@lincolntown.org |
| 5/10 | 9:30 am French Conversation 5/10 & 5/24 | Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org |
| 5/13 | 8:30 am Men's Coffee | Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org |
| 5/19 | 11:00 am Chat with Town Nurse: <i>COVID Updates, etc.</i> pg. 4 | Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org |
| 5/21 | 10:00 am German Conversation | Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org |
| 5/26 | 1:00 pm Zoom with Andy Payne: Learn about Zoom | Link: https://zoom.us/j577144331 see link below |
| 5/27 | 8:30 am Men's Coffee | Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org |
| 5/27 | 2:00 pm BC/BS: Meditation for Busy Minds | Register Now at bcbsma.info/May27 |

Learn to Host using Zoom with Andy Payne

Wednesday, May 26th at 1 pm

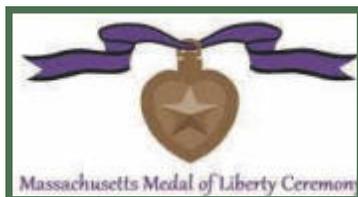
Use the meeting link below at the scheduled time and you should launch into the class. For about an hour, Andy will give some basic lessons and give you a chance to learn in a low-stakes environment.

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

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GOING ON IN AND AROUND LINCOLN

Lincoln Garden Club will be holding Members Plant Sale Saturday, May 8th thru May 15th !

Visit [Lincoln Garden Club » Garden Shop](https://www.lincolngardenclub.org/garden-shop/) to shop for perennials, native plants, and garden treasures from members and neighbors. Website is located at

<https://www.lincolngardenclub.org/garden-shop/>

Pick up and delivery options available.

Let us know if you have plants to donate or questions regarding the sale

Please contact: Joanna Schmergal at 617.645.9059 or Belinda Gingrich at 781.577.7004

FLCOA Annual Meeting Announcement

The **Friends of the Lincoln Council on Aging will hold its Annual Meeting** for the purpose of electing officers and directors for the upcoming fiscal year (July 1, 2021 - June 30, 2022) on **Tuesday, May 18, 2021 at 9:30 am** via Zoom. Anyone who has made a donation to the Friends either with a cash contribution or by volunteering time to any Council on Aging activity is

welcome to attend the Annual Meeting. If you are interested in attending, please contact Rhonda Swain at rhondaswain@gmail.com to request the Zoom link. We look forward to seeing you at the meeting.

Library eBook Help with Elizabeth Creighton & Kate Tranquada via Zoom

Would you like to read or listen to library books on a Kindle or iPhone? Elizabeth and Kate can help. They will show you how to borrow eBooks and audiobooks from the Lincoln Public Library. eBook help sessions will be held most **Fridays between 2:00 and 3:00 pm**. Contact Kate at ktranquada@minlib.net to get the Zoom link or to make an appointment.