



# NEWS FROM BEMIS HALL

Vol 12 Issue 6



June 2021

*The Lincoln Council on Aging Monthly*



## Welcome New COA Staff!

Join us Tuesday, June 22 from 1pm – 2pm, Bemis Hall Lawn



**Carlee  
Castetter**

Please welcome Carlee Castetter and Anna Fitzgerald to the Council on Aging. Carlee Castetter joins the COA team as the Transportation Coordinator. She is currently working to complete her Social Work Masters at Salem State University, and most recently worked at CareOne Rehab in Newton. Please call her to book your transportation for medical appointments.

Anna Fitzgerald joins the COA as a summer intern. Her background is in Studio Art, Art Therapy, and Psychology. Anna brings new art programming opportunities to the COA and is a rising junior at Endicott College. We look forward to having you stop by and meet the whole COA team **in-person on Tuesday, June 22nd at 1pm, Bemis Hall lawn.** COA Team: Abigail Butt,

**Anna  
Fitzgerald**



Director, Amy Gagne, Assistant Director, Natalia Dedkov, Town Social Worker, Claire Gerstein, Clinical Social Worker, Peter Harvell, Veteran's Services Officer, & Beverly White, Administrative Support.

## Live Owl Presentation on Monday, June 21 at 10AM

***Advanced registration required.***



*Owl photos taken by Mark Wilson*

Whoooo doesn't love owls? Yet, how often do you get to see one up close? You are invited to see a variety of owls at this intergenerational event. Marcia and Mark Wilson present these beautiful birds.

**Call the COA at 781-259-8811  
to reserve your spot under the tent.**

Preschoolers from Magic Garden & friends from the Lincoln Family Association will join seniors to appreciate these magnificent animals.



**Please bring a camp  
chair to sit  
on under the tent.**

**For more info,  
go to:  
[eyesonowls.com](http://eyesonowls.com)**

## GOING ON IN JUNE



## Free Grab & Go Lunch Tuesday, June 29th from 11:30 am to 1 pm

Lincoln seniors (60 and older) are invited to pick up a free lunch. This drive thru event will be across from Bemis Hall in the First Parish Church parking lot. Space is limited to the first 75 individuals that call to sign up.

Call Amy at 781-259-8811 to register.

If your last name begins with the letter:  
A thru G arrive between 11:30-12:00 pm  
H thru R arrive time 12:00-12:30 pm  
S thru Z arrive time 12:30-1:00 pm

This complimentary lunch sponsored by Concord Park Assisted Living.

## 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 office hours are offered at Bemis Hall the **first and third Wednesday of each month.**

**Meals on Wheels** Home-delivered meals through Minuteman Senior Services.

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

**Utility Assistance** Need help paying your utility bills? Call the COA to see if you qualify for a Massachusetts program providing help to income-eligible residents to pay for utilities.

**Transportation** The COA offers rides to **medical** appointments at this time. Please call or email Carlee, [CastetterC@Lincolntown.org](mailto:CastetterC@Lincolntown.org) to request a ride. These rides are **set up in advance.**

**Air Conditioner Loan Program** Call the COA for details about this program.



## June Special Zoom Events



### Back to the Future with Claire Gerstein Wednesday, June 9th at 10 am

Come join us for a discussion about the challenge of re-entry. As most of us are vaccinated and restrictions are gradually lifting. Many people are finding themselves excited but also apprehensive. What is my personal comfort level venturing forth? What are the things that I want to get back to? What are things I'd done in the past but having them on pause make me realize they are no longer where I want to spend my time and energy? What discoveries have I made during about new things to do that I want to carry forward? Sign up by calling 781-259-8811 or email GagneA@lincolntown.org to be sent the Zoom invite.

### Wanda Paik: Classical Piano Musical Recital Wednesday, June 16th at 2 pm



Wanda Paik presents favorite masterpieces by Bach (the Toccata, Fantasia, and Fugue in D Major, BWV 912), followed by Chopin, including the Impromptu in Ab Major, Op. 29 (as effervescent as bubbling champagne), the Nocturne in C# minor (Op. posthu.) written as a young man before leaving Poland for Paris, and the Etude in Ab Major, (Op. 25 No. 1), which was thought to make the piano sound like an Aeolian harp. Next is Brahms' iconic Intermezzo in Eb minor, Op. 118, No. 6, which weaves, like a golden thread, an ancient Gregorian chant throughout the piece. The program with Debussy's sweeping, jazzy Prelude from the Suite Pour le Piano.

### Conversation with a Select via Zoom

Residents of all ages are invited to a "Conversation with a Select(woman)" on **Friday, June 11th, 1-2 pm via Zoom**. Join Select 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**



### Juneteenth and the Music of Civil Rights Movement Friday, June 18th at 1 pm

**Presented by John Clark and his Great American Music Experience**

This program focuses on the music of the Civil Rights movement during 50s and 60s beginning with the controversial Hammerstein song "You've Got to Be Carefully Taught" and "We Are Americans Too," a response to a 1956 racial incident involving Nat King Cole.

Many noteworthy songs will be highlighted during this Zoom.

Call the COA to sign up 781-259-8811 or email [GagneA@Lincolntown.org](mailto:GagneA@Lincolntown.org) to be sent invite.

Please allow two days notice for sign-up.



## 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, June 23rd at 11am 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) or pre-register by calling 781-259-8811 x102 and leaving a message.



### Podiatry Clinic with Dr. Ruhl

Wednesday, June 9 & Tuesday, June 22

All participants must pre-register by calling 781-259-8811.

Space is limited to Lincoln 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.



### June Wellness Webinar by Blue Cross/Blue Shield

**“Eight Happiness Boosting Strategies”**  
**Tuesday, June 8th, 10:00-10:30 am**

Presented by J. Feitelberg & J. Fontana

Have you ever wondered how some people can be happy even when things aren't going their way? Explore the science behind what makes people happy. Learn eight simple happiness boosting strategies you can apply to your life. Please register in advance.

**Register Now Online: [www.bcbsma.info/June8](http://www.bcbsma.info/June8)**



### 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 **June 1 or June 15**. 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, June 10 by Zoom and June 24th hybrid at 8:30 am.

**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 each at 12:00 on Bemis Hall lawn.

**German Conversation** Come enjoy speaking German.  
First and third Friday of each month at 10:00 am via Zoom.

**Russian Conversation** All welcome whether a native speaker, beginner, or in-between!  
First and third Wednesday of each month at 12:30 via Zoom.

**Ukulele Gathering** Bring your ukulele and come play friends new and old.  
Second and Fourth Thursday of each month at 3 pm on Bemis Hall lawn.

**Knitting Group** Come work on your PhD (Projects Half Done) with us!  
Meeting Tuesdays every week from 9:30-11 am on Bemis Hall lawn.



Men's Coffee



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<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>
<p><b>LOCATIONS:</b>  <b>BH—Bemis Hall</b>  <b>PH—Pierce House Tent</b></p>	<p><b>1</b></p> <p>9:30—11:00 Knitting Group <b>BH</b>            11:00 Stretch and Flex <b>PH</b>            12:00 Active Aging <b>PH</b>            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 O            10:30 Memoirs            11:00 Line Dancing <b>P</b>            12:30 Russian Conve            1:00 Tai Chi 1            2:00 Tai Chi 3</p>
<p><b>7</b></p> <p>10:00 Chair Yoga            2:15 Tai Chi 1            3:15 Tai Chi 2</p>	<p><b>8</b></p> <p>9:30—11:00 Knitting Group <b>BH</b>            9:30 <b>Friends FLCOA Meeting</b>  <b>10:00 Zoom-BC/BS Happiness pg 4</b>            11:00 Stretch and Flex <b>PH</b>            12:00 Active Aging <b>PH</b>            12:00 Spanish Conversation <b>BH</b>            1:00 Tai Chi 1 /2:00 Tai Chi 3            1:30 <b>COA Board Meeting</b></p>	<p><b>9:00-11:15 Podiatry</b>  <b>10:00 Back to the Future</b>  <b>Zoom with Claire Gers</b>            11:00 Line Dancing            1:00—4:00 Shine Off            1:00 Tai Chi 1            2:00 Tai Chi 3</p>
<p><b>14</b></p> <p>9:30 French Conversation            10:00 Chair Yoga            2:15 Tai Chi 1            3:15 Tai Chi 2</p>	<p><b>15</b></p> <p>9:30—11:00 Knitting Group <b>BH</b>            11:00 Stretch and Flex <b>PH</b>            12:00 Active Aging <b>PH</b>            1:00 Tai Chi 1            2:00 Tai Chi 3            2:15—4:30 <u>FREE</u> Mental Health Clinic</p>	<p>11:00 Line Dancing <b>P</b>            12:30 Russian Conve            1:00—4:00 SHINE O  <b>2:00 Zoom-Recital v</b>  <b>pg 3</b>            1:00 Tai Chi 1            2:00 Tai Chi 3</p>
<p><b>21</b></p> <p>10:00 Chair Yoga  <b>10:00—11:00 Eyes On Owls</b>  <b>Live OWL Presentation</b>  <b>Intergenerational Event-pg 1</b></p>	<p><b>22</b></p> <p><b>9:00—2:00 Podiatry Clinic BH</b>            9:30—11:00 Knitting Group <b>BH</b>            11:00 Stretch and Flex <b>PH</b>            12:00 Active Aging <b>PH</b>            12:00 Spanish Conversation <b>BH</b></p>	<p>11:00 Line Dancing <b>P</b>  <b>11:00 Chat with Nurs</b></p>
<p><b>28</b></p> <p>9:30 French Conversation            10:00 Chair Yoga</p>	<p><b>11:30-1 Grab N Go Lunch- pg 2 29</b></p> <p>9:30—11:00 Knitting Group <b>BH</b>            11:00 Stretch and Flex <b>PH</b>            12:00 Active Aging <b>PH</b></p>	<p><b>NO LINE DANCING TO</b></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.*

# 2021

WEDNESDAY	THURSDAY	FRIDAY
<p>Office Hours <b>2</b></p> <p>PH Conversation</p>	<p><b>3</b></p> <p>9:00—12:00 Veterans Office Hours</p> <p>9:15 Tai Chi 1</p> <p>10:15 Tai Chi 2</p> <p>11:00 Stretch and Flex <b>PH</b></p> <p>12:00 Active Aging <b>PH</b></p>	<p><b>4</b></p> <p>10:00 German Conversation</p> <p>10:00 SAIL/Balance</p> <p>12:00 SAIL/Balance <b>PH</b></p>
<p><b>9</b></p> <p><b>Clinic BH</b> <b>ecture-</b> <b>tein pg 3</b> <b>PH</b> Office Hours</p>	<p><b>10</b></p> <p>8:30 Men's Coffee Group</p> <p>9:00—12:00 Veterans Office Hours</p> <p>9:15 Tai Chi 1</p> <p>10:15 Tai Chi 2</p> <p>11:00 Stretch and Flex <b>PH</b></p> <p>12:00 Active Aging <b>PH</b></p> <p>3:00 Ukulele Gathering <b>BH</b></p>	<p><b>11</b></p> <p>10:00 SAIL/Balance</p> <p>12:00 SAIL/Balance <b>PH</b></p> <p>1:00 <b>Zoom-Conversation with</b> <b>Select-Jennifer Glass pg 3</b></p> <p>2:30—4:00 <b>FREE Legal Clinic</b> <b>Attorney Sasha Golden</b> <b>Bemis Hall-by appt only</b></p>
<p><b>PH</b> Conversation Office Hours <b>w/ W. Paik-</b></p> <p><b>16</b></p>	<p><b>17</b></p> <p>9:00—12:00 Veterans Office Hours</p> <p>9:15 Tai Chi 1</p> <p>10:15 Tai Chi 2</p> <p>11:00 Stretch and Flex <b>PH</b></p> <p>12:00 Active Aging <b>PH</b></p>	<p><b>18</b></p> <p>10:00 German Conversation</p> <p>10:00 SAIL/Balance</p> <p>12:00 SAIL/Balance <b>PH</b></p> <p><b>1:00 Zoom-Juneteenth &amp; Civil</b> <b>Rights Musical History with J. Clark</b> <b>Page 3</b></p>
<p><b>PH</b> <b>se, pg. 4</b></p> <p><b>23</b></p>	<p><b>24</b></p> <p>8:30 Men's Coffee Group-hybrid <b>(in person and virtual)</b></p> <p>11:00 Stretch and Flex <b>PH</b></p> <p>12:00 Active Aging <b>PH</b></p> <p>3:00 Ukulele Gathering <b>BH</b></p>	<p><b>25</b></p> <p>10:00 SAIL/Balance</p> <p>12:00 SAIL/Balance <b>PH</b></p>
<p><b>TODAY!</b></p> <p><b>30</b></p>		

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**FOR YOUR ASSISTANCE****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 provide impartial answers before you retire and well into retirement as insurance needs change. Confidential counseling is available by phone, Zoom, and **in person**. To make an appointment call the COA, 781-259-8811.

*Appointments are held the first Wednesday of the month, June 2nd 9:30am-12:30pm and third Wednesday of the month, June 16th from 1:00-4:00pm.*

**Free Elder Law Clinic**

Have a question about issues such as estate planning, MassHealth, protecting assets for a loved one? Elder Law Attorney, Sasha Golden, will provide legal clinics the second Friday of every month, by appointment only.

Next clinic: **Friday, June 11** from **2:30-4:00 pm**.

Appointments are 30 minutes and may be done in-person or via Zoom. Register by calling 781-259-8811 or email [GagneA@lincolntown.org](mailto:GagneA@lincolntown.org).



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## EXERCISE INFORMATION

**Outside Exercise at 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

**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  
12:00 -12:45 pm – Pierce House tent  
This SAIL class offered via **Zoom**, Fridays at 10am  
**Call 781-259-8811 to sign up & complete waivers.**

**Derry Tanner****Katrina Rotondi**

**SAIL Fitness Class with Derry Offered In person or Zoom. Fridays in June. Zoom SAIL class at 10 am or Pierce House tent at 12 pm.** 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.

**Stretch and Flex with Terri Tuesdays and Thursdays at 11 am, June 1st thru July 1st.**

**Active Aging with Terri Tuesdays and Thursdays at 12 pm, June 1st thru July 1st.**

**Line Dancing Wednesdays at 11 am, June 2nd 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.

**Chair Yoga via Zoom with Rebecca**

**Mondays at 10 am, June 7th thru June 28th. Cost is \$3.00 per class. 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. Session ends 6/28.

**Tai Chi for Health, Rehabilitation and Wellness via Zoom 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. Session ends 6/17.

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

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# June Zoom Schedule



Date/Time		Event	Meeting Information
6/2	12:30 pm	Russian Conversation <b>6/2 &amp; 6/16</b>	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
6/4	10:00 am	SAIL Balance Class <b>Fridays in June</b>	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
6/4	10:00 pm	German Study Group <b>6/4 &amp; 6/18</b>	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
6/7	10:00 am	Chair Yoga <b>Mondays in June</b>	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
6/9	10:00 am	<i>Back to The Future</i> with Claire Gerstein	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
6/10	8:30 am	Men's Coffee Group <b>6/10 &amp; 6/24</b>	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
6/11	1:00 pm	Conversation with Select: Jennifer Glass	ID:97690522488 Pass:998413 or Email: Selectman@lincolntown.org
6/11	2:30 pm	Legal Clinic with Attorney Sasha Golden(30 min.)	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
6/14	9:30 am	French Conversation <b>6/14 &amp; 6/28</b>	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
6/16	2:00 pm	Classical Piano Musical Recital with Wanda Paik	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
6/18	1:00 pm	Juneteenth-Civil Rights Musical History	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
6/23	11:00 am	Chat with Town Nurse COVID Updates	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
6/24	8:30 am	Men's Coffee, hybrid In person & by Zoom!	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org

**Kindly register 2 business days prior to events.**

**Check the town website for the COA calendar:  
Go to [www.lincolntown.org](http://www.lincolntown.org), click Government, click Departments,  
and then click Council on Aging.**

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## GOING ON IN AND AROUND LINCOLN

### LET YOUR VOICE BE HEARD!

2021 Town of Lincoln Village Center Survey is going on through June 30th, 2021.

Take the survey online @ [HTTPS://TINYURL.COM/VILLAGECENTERSURVEY](https://tinyurl.com/villagecentersurvey)  
Or request a paper survey by calling 781-259-2610 or email [CURTINJ@LINCOLNTOWN.ORG](mailto:CURTINJ@LINCOLNTOWN.ORG)

The Lincoln Historical Society invites you to Annual Meeting Saturday, June 12th from 4:30 to 5:30. Special presentation by: Dana Robbat  
“As the Twig Is Bent, So Goes the Tree...A Shared Philosophy:  
New England Transcendentalism & European Modernism”  
For details go to <http://lincolnhistoricalsociety.org> or  
email [LincolnMAHistoricalSociety@gmail.com](mailto:LincolnMAHistoricalSociety@gmail.com)



**Announcing SHINE appointments are back & in-person!**  
Call 781-259-8811 to make an appointment. Details listed on page 8.

### **SAVE THE DATE– JUNETEENTH!** **Saturday, June 19th from 4-5 pm**

June Nineteenth celebrates the nation’s second, but no less important, independence day, when federal troops arrived in Texas in 1865 to ensure that all people enslaved were freed. To celebrate this day, Bemis Lecture and the Lincoln Historical Society, will host a virtual event with Elise Lemire, author of *Black Walden: Slavery and Its Aftermath in Concord, Massachusetts*. Email [LincolnMAHistoricalSociety@gmail.com](mailto:LincolnMAHistoricalSociety@gmail.com) for information.