



NEWS FROM BEMIS HALL

Volume 12

September 2021

Number 9

Lincoln Council on Aging & Human Services

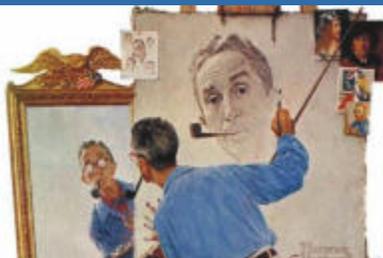
Noticing Walks Start Up This Fall
Save the Dates: September 14 & October 5
1:00 pm – 2:30 pm



Join Naturalist John Calabria in discovering nature that surrounds us in Lincoln. These walks are FREE and all are welcome. John's walks are led to focus on the journey, and not the destination. Unplug from the busy world and let your senses come alive in nature. Please preregister to receive walk location and weather cancellation updates. Choose footwear and clothing appropriate for the weather conditions. For help with registration, email llct@lincolnconservation.org or call 781-259-9251. For more info: www.lincolnconservation.org.



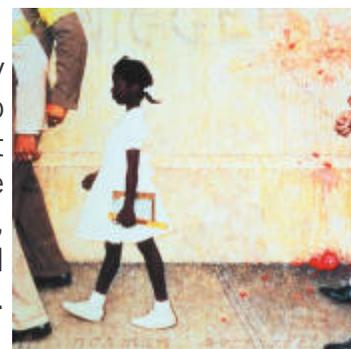
Sponsored by Lincoln Land Conservation Trust & Lincoln Council on Aging & Human Services.



Let's Take A Trip!
The Red Lion Inn
Norman Rockwell Museum
Thursday, October 21, 2021

Journey with us through the beautiful Berkshires to Stockbridge, MA. We'll have lunch at the historic **Red Lion Inn**, strategically located in the quaint village center. You will have time to visit their gift store and stretch your legs in the village. Then we will head to the **Norman Rockwell Museum**. Listen to a docent talk about Mr. Rockwell and his art or visit the rooms at your own pace.

Departure is from Donelans' parking lot at 9:00 a.m. and return by 6:30 p.m. *Masks must be worn at all times while on the bus.* This trip requires the ability to stand and walk for extended periods of time. Cost is \$55, including lunch, non-refundable. To make a reservation please send a check payable to FLCOA/Trips to Ginny O'Brien, 4 Linway Road, Lincoln, MA 01773. Please include your telephone number and email address. Reservation is complete when your check has been received. Questions? Contact Ginny at 781-259-1291.



Is this trip out of your budget? No problem!

The Scholarship Program aids Lincoln residents aged 60+ participate in COA activities, trips, programs, events, and classes that they could otherwise not afford to attend. Please call the COA&HS and ask Amy for more information. Sponsored by the Friends of the Lincoln COA.

GOING ON IN SEPTEMBER

Has your Senior Charlie Card expired? Are you eligible for a Senior Charlie Card and would like to apply?

Senior Charlie Card Processing Assistance

If you are 65 or older, you are eligible for reduced MBTA fares with a Senior Charlie Card. These cards are valid for 8 years.



For help applying or information on how to renew your expired Charlie Card, contact:

Carlee Castetter, COA&HS Transportation Coordinator
Monday-Wednesday and Friday
11:30AM– 4:30PM
781-259-8811/castetterc@lincolntown.org

COUNCIL ON AGING & HUMAN 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 the COA&HS for a safety evaluation and free assistance with your fire and carbon monoxide alarms.

Medical Equipment Loans of walkers, canes, wheel chairs, tub benches, shower chairs, and more at Bemis. Call 781-259-8811 to request equipment and arrange pick up time.

Veterans Services The Veterans' Services Officer (VSO), Peter Harvell, is an advocate for Lincoln's veterans and their dependents. The VSO can assist veterans with questions about state and federal veteran benefits and services and can also help apply for those benefits. Office Hours: **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.

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

Transportation The COA&HS prioritizes **medical** appointments at this time. Contact Carlee, CastetterC@Lincolntown.org, to request a ride. These rides are **set up in advance.**

Air Conditioner Loan Program Call the COA&HS for details about this program. Program sponsored by the Lincoln Emergency Assistance Fund.



Special Zoom Events



Memoirs Group– Back for the Fall! Wednesday, 10:00AM to Noon



Do you want to tell your story through written word but don't know how to start? Join us on September 8 & 22, October 6 & 20, November 3 & 17, and December 1 & December 15. Please join us in person or from the comfort of your home; we will use a hybrid model.

If you are interested in joining the group or learning more, please contact Connie Lewis at 781-259-9415 or conlewis1000@gmail.com as soon as possible so details can be shared for the the start of the fall term on September 8. Cost for the term: \$75.



Older, Wiser & Better Art Exhibition Tuesday, September 28 at 2:00PM

Welcome to *Older, Wiser, and Better*, an art exhibit by a group of Lincoln artists from the Commons. Artists, together with instructor Janet Schwartz, focused work on soft and hard pastels. Over the past three years, the group has explored many drawing and pastel techniques and subjects ranging from landscapes, portraits/self-portraits, figuratives, florals, vintage photos, and still life. Work has been done from reference photos, still life subjects, and models. The group's focus has been on the use of value and composition, and pastel techniques. This exhibition has been created over the past six months and mostly done through weekly virtual zoom lessons. Presenters include: Carol Bull, Milt Davis, Liz Lane, Gerri Malcolm, Blanche Richlin, and Joan Seville.



Email GagneA@Lincolntown.org *in advance* to sign up.



Conversation with a Select Friday, September 10 at 11:30AM Friday, October 8 at 11:30AM



Residents of all ages are invited to a "Conversation with a Select." Join Select Board member, 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:

jglassselect@lincolntown.org.

Zoom Meeting ID: 97690522488 Passcode: 998413



Chat with a Nurse Wednesday, September 15 at 11:00AM

Do you have questions about COVID-19, its prevention, transmission, symptoms, or treatment? Do you have general health questions? Join nurse, Tricia McGean, via Zoom. Sign up *in advance* by sending email to GagneA@Linmcolntown.org.





FOR YOUR WELL BEING



FREE Wellness Clinics with Public Health Nurse, Tricia McGean

Wednesday, September 8 & Tuesday, September 28 (Bemis Hall)

Wednesday, October 13 & Tuesday, October 26 (Bemis Hall)

Monday, September 20 & Monday, October 18 (Lincoln Woods)

Have your blood pressure checked, receive advice about nutrition and fitness, medication management, answers about how to manage chronic conditions, where to get health services, and more!



Lincoln Woods: 10:00AM—Noon

Bemis Hall: Wednesday 9:00AM—11:30AM, Tuesday 9:00AM—2:00PM

Podiatry Clinics with Dr. Ruhl

Wednesday, September 8 & Tuesday, September 28

Wednesday, October 13 & Tuesday, October 26



All participants must register in advance by calling 781-259-8811. Space is limited to Lincoln seniors aged 60 plus. Registration is on a first come, first serve basis. Suggested \$10 donation. Co-sponsored by the Friends of the Lincoln COA and the Pierce House.

FREE Mental Health Clinic

Tuesday, September 7 & Tuesday, September 28

Tuesday, October 5 & October 19

The Lincoln Mental Health Clinic is available to town residents of all ages. Appointments are held by Zoom, phone, or in person.

Call Abigail at 781-259-8811 for an appointment. Appointments are offered **2:15–4:30 pm**. Pictured in photo is Sara Hickey, MSW, LCSW who is a licensed clinical social worker and is the Coordinator of Intake Services and Outpatient Clinician at the Eliot Center in Concord. Sponsored by the Lincoln Board of Health.



FREE Tech Tutoring

Thursday, September 16

Thursday, September 30

Looking for help with your laptop, smart phone, tablet, or iPad? Come to our tech tutoring office hours on Thursday afternoons **1:30–4:30**. If you have a laptop, tablet, notebook, etc., please bring it. Please call 781-259-8811 to make an appointment.



SPEND TIME WITH OTHERS

Men’s Coffee *Special Guest: Jessica Downing, Director of Parks & Recreation*
Fourth Thursday of each month at 8:30 am, in person/hybrid, Bemis Hall, September 23.

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

German Conversation Come enjoy speaking German.
First, third, and fifth 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 pm at Bemis Hall.

Ukulele Gathering Bring your ukulele and come play with friends both old and new.
Second and fourth Thursday of each month at 3:00 pm on Bemis Hall lawn.

Knitting Group Come work on your PhD (Projects Half Done) with us!
Every Tuesday of each month at 9:30 am until 11:00 am at Bemis Hall.

NEW* Open Art Studio / Sip & Paint *FREE Complete a paint-by-number masterpiece with a non-alcoholic beverage! You are welcome to use Bemis Hall art supplies (e.g. watercolors, acrylics, etc.) and try something new.
Every Wednesday of September at 3:00 pm until 4:00 pm on Bemis Hall lawn.



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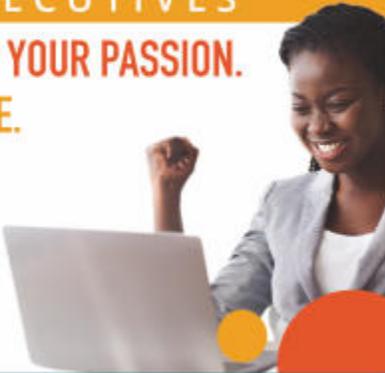
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SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY
		9:30—12:30 SHINE O 10:30 Memoirs 11:00 Line Dancing 12:30 Russian Conve 3:00 Sip & Paint/Op
6	7	
LABOR DAY COA&HS Closed	9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:15 Active Aging 2:15—4:30 <u>FREE</u> Mental Health Clinic	9:00—11:15 Podiatr 10:30 Memoirs 11:00 No Line Danci 3:00 Sip & Paint/Op
13	14	
9:30 French Conversation	9:30—11:00 Knitting Group 11:00 FLCOA Meeting 1:00 COA Board Meeting 11:15 Stretch and Flex 12:15 Active Aging	11:00 Line Dancing 11:00 Chat with Town 12:30 Russian Conve 1:00—4:00 SHINE O 3:00 Sip & Paint/Op
20	21	
2:00 Tai Chi 1 3:00 Tai Chi 2	9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:15 Active Aging 2:15—4:30 <u>FREE</u> Mental Health Clinic	11:00 Line Dancing 1:00 Tai Chi 1 2:00 Tai Chi 3 3:00 Sip & Paint-Art
27	28	
9:30 French Conversation 2:00 Tai Chi 1 3:00 Tai Chi 2	9:00—2:00 Podiatry Clinic 9:30—11:00 Knitting Group	11:00 Line Dancing 1:00 Tai Chi 1 2:00 Tai Chi 3 3:00 Sip & Paint/Op

COUNCIL ON AGING & HUMAN SERVICES INFORMATION

COA&HS: 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&HS activity but cannot afford the cost? Call the COA&HS and ask to speak with Abigail or Amy to find out more about our scholarship program.

Disclaimer: The COA&HS 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.

BER 2021

DAY	THURSDAY	FRIDAY
1 Office Hours Conversation Open Studio	2 9:00—12:00 Veterans Office Hours 11:15 Stretch and Flex 12:15 Active Aging	3 10:00 German Conversation 10:00 SAIL/Balance
8 y Clinic ng today Open Studio	9 9:00—12:00 Veterans Office Hours 11:15 Stretch and Flex 12:15 Active Aging 3:00 Ukulele	10 10:00 SAIL/Balance 11:30 Zoom-Conversation with Select-Jennifer Glass pg 3
15 n Nurse pg 3 rsation Office Hours Open Studio	16 9:00—12:00 Veterans Office Hours 11:15 Stretch and Flex 12:15 Active Aging 1:30—4:30 Tech Tutoring	17 10:00 German Conversation 10:00 SAIL/Balance
22 Studio	23 8:30 Men's Coffee 9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2 11:15 Stretch and Flex 12:15 Active Aging 3:00 Ukulele	24 10:00 SAIL/Balance
29 Open Studio	30 9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2 11:15 Stretch and Flex 12:15 Active Aging 1:30—4:30 Tech Tutoring	

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FOR YOUR ASSISTANCE

SHINE Appointments are Back!

Wednesday, September 1 at 9:30AM to 12:30PM

Wednesday, September 15 at 1:00PM to 4:00PM



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&HS at 781-259-8811.

Medicare and You – 2021 Open Enrollment Presentation

Wednesday, October 20 at 1:30PM

Medicare Open Enrollment consultations **begin October 15 and end December 7**. Please be sure to review your existing medical and prescription drug coverage and costs by calling the COA&HS for SHINE appointment. Please note, people turning 65 in 2022 should meet with SHINE counselors for a Medicare 101 at the end of open enrollment. Please watch for October newsletter for more detailed information about the presentation.

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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
11:15-12:00 pm – Pierce House tent

Active Aging Classes with Terri

Tuesdays and Thursdays Cost, \$3.00/class
12:15-1:00 pm – Pierce House tent



Pierce House Tent

Line Dancing with Katrina

Wednesdays Cost, \$3.00/class
11:00-12:00 pm – Pierce House tent

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

Fridays Cost, \$3.00/class
10:00-10:45 am – Zoom



Derry Tanner



Katrina Rotondi

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

Stretch and Flex Tuesdays and Thursdays at 11:15 am, September 7 to October 28.

Active Aging Tuesdays and Thursdays at 12:15 pm, September 7 to October 28.

Line Dancing Wednesdays at 11:00 am, September 1 to October 27. Don't know how to Line Dance? No problem! Enjoy the fun and fitness of line dancing with Katrina Rotondi.

Exercise on Zoom

SAIL Fitness Class Fridays at 10:00 am, September 3 to September 24. 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.

Tai Chi (Beginner/Level 1) Mondays at 2:00 pm, Wednesdays at 1:00 pm, & Thursdays at 9:15 am, September 20 to December 16. For info, call Jane Moss at 781-259-9822 or email jbmoss123@comcast.net. Openings available in Thursday classes.

Tai Chi (Advanced/Level 2) Mondays at 3:00 pm & Thursdays at 10:15 am, September 20 to December 16. For info, call Jane Moss at 781-259-9822 or email jbmoss123@comcast.net. Openings available in Thursday classes.

Tai Chi (Advanced/Level 3) Wednesdays at 2:00 pm, September 22 to December 15. For info, call Jane Moss at 781-259-9822 or email jbmoss123@comcast.net.

Fitness classes subsidized by the MA Executive Office of Elder Affairs and by the Friends of Lincoln COA.

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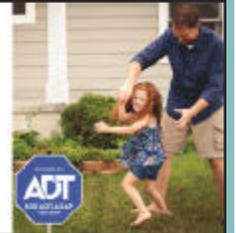


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September Zoom Schedule



Date/Time	Event	Meeting Information
9/1	12:30 pm Russian Conversation 9/1 & 9/15	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
9/3	10:00 am SAIL Balance Class Fridays in September	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
9/3	10:00 am German Study Group 9/3 & 9/17	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
9/8	10:00 am Memoirs Group - Starts for Fall	For information: Email Connie Lewis at conlewis1000@gmail.com
9/10	11:30 am Conversation with Select: Jennifer Glass	ID:97690522488 Pass:998413 or Email: jglassselect@lincolntown.org
9/13	9:30 am French Conversation 9/13 & 9/27	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
9/15	11:00 am Chat with Town Nurse, Trish McGean	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
9/20	1:00 pm Fall Tai Chi I & Tai Chi II Starts on Mondays	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
9/22	10:00 am Memoirs Group	For information: Email Connie Lewis at conlewis1000@gmail.com
9/22	1:00 pm Fall Tai Chi I & Tai Chi III Starts on Tuesdays	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
9/23	9:15 am Fall Tai Chi I & Tai Chi II Starts on Wednesdays	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
9/23	8:30 am Men's Coffee Group- In person & hybrid	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
9/28	2:00 pm Art Expo: <i>Older, Wiser & Better</i> Details on page 3.	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&HS calendar:
Go to www.lincolntown.org, click Government, click Departments,
and then click Council on Aging & Human Services.**

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GOING ON IN AND AROUND LINCOLN

Open Studio is Back at Lincoln Recreation

Leader: Sarah Chester

Dates: Thursdays, 9/23 – 12/9 (10 weeks) no class 11/11 & 11/25

Time: 10:00 am – 1:00 pm

Location: Hartwell A Pod Classroom

Fees: \$105 for session; \$45 for 4 classes

Save the Date! Medicare and You—2021 Open Enrollment Presentation
Wednesday, October 20 at Bemis Hall, 1:30 pm—2:30 pm



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

DAFFODIL SALE to Benefit Special Needs Order Now until Monday, September 13

Support our neighbors by supporting the South Sudanese Preschool Scholarship Fund!
Order Daffodil Bulbs on SSEFBOSTON.org by September 13.

Pick up on October 23 at the Lincoln Mall, Crosby's Market, or Verrill Farm, 10:00am-2:00pm.
All proceeds benefit the South Sudanese Preschool Fund.