



NEWS FROM BEMIS HALL

Volume 13

October 2021

Number 9

Lincoln Council on Aging & Human Services



Medicare Open Enrollment Medicare Update - Wednesday, October 20 at 1:30PM

Elaine Miller of the Minuteman Senior Services is presenting a Medicare benefits presentation at Bemis Hall and by Zoom. This program will discuss:

- Important changes to Medicare & healthcare options
- How to obtain affordable coverage & public health benefits
 - Access to prescription drug benefits
 - The newly launched Medicare plan finder tool



Please RSVP by calling 781-259-8811. Your pre-registration will ensure you receive email notification should this in-person/hybrid program move to entirely virtual.

****Medicare Open Enrollment - October 15 through December 7****

Need help understanding upcoming changes to you Medicare plan?

Call 781-259-8811 to schedule a SHINE appointment.

Wednesday, October 6 & November 4 from 9:30AM–12:30PM

Wednesday, October 27 from 9:30AM–12:30PM & 1:00PM–4:00PM

Drive Thru Flu Shot Clinic - Wednesday, October 6

Lincoln residents aged 65+ are invited to a drive thru flu clinic across from Bemis Hall at First Parish Church Parking lot, **14 Bedford Road, Wednesday, October 6 from 10:00AM–noon.** Please call the COA&HS, 781-259-8811, to sign up. Registration forms will be mailed to you.

Drive Thru Shredding Event - Thursday, October 7

Please bring your documents to shred.

Place your items for shredding in your car and drive over (across from Bemis Hall) to First Parish Church parking lot, 14 Bedford Road, from **11:00AM–2:00PM.** Highland Shredding will shred documents on site **free of charge.** You don't need to worry about removing the staples.

If your last name begins with the letter:

SENIORS A thru M please arrive between **11-12PM.**

SENIORS N thru Z arrival time **12-1PM.**

and **open to the public as space is permits** arrival time **1-2PM.**

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

This event generously sponsored by Friends of Lincoln COA.



OCTOBER TRIP



Red Lion Inn & Norman Rockwell Museum Thursday, October 21 at 9AM



Journey through the beautiful Berkshires to Stockbridge, MA. We'll have lunch at the historic **Red Lion Inn**, located in the 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 Rockwell and his art or visit the rooms at your own pace.

Departure is from **Donelans' parking lot at 9:00AM** and return by 6:30PM. *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

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/virtual 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 9:00AM–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, CasterC@Lincolntown.org, to request a ride. These rides are **set up in advance.** Need help with **Senior Charlie Card?** Call Carlee at 781-259-8811.





Special Zoom Events



Conversation with Police Chief Kennedy Thursday, October 14 at 1PM

Residents of all ages are invited to a "Conversation with Lincoln Police Chief, Kevin Kennedy" Join the Chief for this conversation to learn about current events in policing and the latest updates with the Lincoln Police. Sign up by emailing Amy at GagneA@Lincolntown.org.



Conversation with a Select Friday, October 8 at 11:30AM Friday, November 12 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, November 17 at 11:00AM

Do you have questions about COVID-19, its prevention, transmission, symptoms, or treatment? Do you have general health questions? Join Town Nurse, Tricia McGean, via Zoom. Sign up by sending email to GagneA@Lincolntown.org. Please note: No Chat with Town Nurse in October, due to in person Flu Clinics.



JOIN US AT BEMIS HALL FOR LUNCH



FREE Lunch Tuesday, October 19 from 11:30AM to

Lincoln residents aged 60+ are invited to dine in (upstairs at Bemis Hall) or carry out their box lunch. Space is limited to the first 40 individuals that call to sign up. Call COA&HS at 781-259-8811 to RSVP.

Sponsored by the Lincoln Commons .



FOR YOUR WELL BEING



FREE Wellness Clinics with Public Health Nurse, Tricia McGean

Wednesday, October 13 & Tuesday, October 26 (Bemis Hall)
 Wednesday, November 10 & Tuesday, November 23 (Bemis Hall)
 Monday, October 18 & Monday, November 15 (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, October 13 & Tuesday, October 26
 Wednesday, November 10 & Tuesday, November 23



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. *Clinics are co-sponsored by the Friends of the Lincoln COA and the Pierce House.*

FREE Mental Health Clinic

Tuesday, October 5 & 19 (Lincoln Woods, Adult)
 Tuesday, November 2 & 16 (Lincoln Woods, Adult)
 NEW Wednesday, October 6, 13, 20, & 27 (Hartwell, Adolescent)

The Lincoln Mental Health Clinics are 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. Staffed by: Sara Hickey, MSW, LCSW, licensed clinical social worker and Coordinator of Intake Services and Outpatient Clinician at the Eliot Center. *Clinics are sponsored by the Lincoln Board of Health.*



Caption Call Phone Exhibit at Bemis Hall

Tuesday, October 26 from 10:00AM—2:00PM



Do you have trouble hearing on the phone? Join CaptionCall representative, Deirdre Ferranti, to learn about a federally funded program designed to help individuals with hearing loss by reading what the incoming caller is saying. As social isolation keeps us apart, CaptionCall is a way for families and friends to stay connected.

This phone and its service may be available to you at no-cost.

SPEND TIME WITH OTHERS

Men's Coffee *Special Guest: Peter Harvell, Lincoln Veterans Services Officer*
Fourth Thursday of each month at 8:30AM, in person/hybrid, Bemis Hall, October 28.

French Conversation Brush up on your French speaking skills.
French will be third and fourth Monday of October at 9:30AM via Zoom.

German Conversation Come enjoy speaking German.
First, third, and fifth Friday of each month at 10:00AM via Zoom.

Russian Conversation All welcome whether a native speaker, beginner, or in-between!
First and third Wednesday of each month at 12:30PM 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 3:00PM on Bemis Hall lawn.

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

***NEW* *FREE* Open Art Studio/Sip & Paint** Complete a paint-by-number masterpiece or use our art supplies (watercolors, acrylics, etc.) to try something new.
Every Wednesday of October from 3:00—4:00PM on Bemis Hall lawn.

Memoirs Group Write your own story and hear the stories of others.
Tuesday, October 5 and Wednesday, October 20 from 10:00AM—12:00PM via Zoom.



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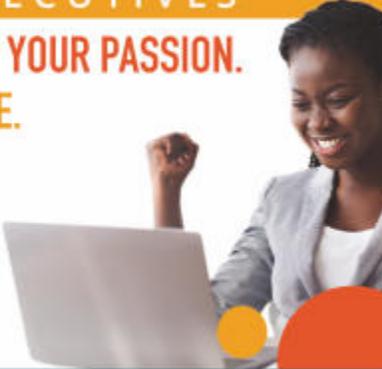
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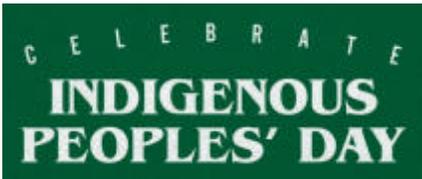
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MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">4</p> <p>2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">5</p> <p>9:30—11:00 Knitting Group 10:00 Memoirs 11:15 Stretch and Flex 12:15 Active Aging 1:00—2:30 Noticing Walk 2:15—4:30 Mental Health Clinic</p>	<p>9:30—12:30 SHINE 10:00—12:00 Flu Shot 11:00 Line Dancing 12:30 Russian Conversation 1:00 Tai Chi 1 2:00 Tai Chi 3 3:00 Sip & Paint/Op</p>
<p style="text-align: right;">11</p> <p>COA&HS CLOSED</p> 	<p style="text-align: right;">12</p> <p>9:30—11:00 Knitting Group 9:30—11:30 Trail Walks 9:30 FLCOA Meeting 1:00 COA Board Meeting 11:15 Stretch and Flex 12:15 Active Aging</p>	<p>9:00—11:15 Podiatry Clinic 11:00 Line Dancing 1:00—4:00 SHINE Open House 1:00 Tai Chi 1 2:00 Tai Chi 3 3:00 Sip & Paint/Op</p>
<p style="text-align: right;">18</p> <p>9:30 French Conversation 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">19</p> <p>9:30—11:00 Knitting Group 9:30—11:30 Trail Walks 11:15 Stretch and Flex 12:15 Active Aging 2:15—4:30 Mental Health Clinic</p>	<p>11:00 Line Dancing 12:30 Russian Conversation 1:30 Medicare Open House 1:00 Tai Chi 1 2:00 Tai Chi 3 3:00 Sip & Paint/Op</p>
<p style="text-align: right;">25</p> <p>9:30 French Conversation 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">26</p> <p>9:00—2:00 Podiatry Clinic 9:30—11:00 Knitting Group 9:30—11:30 Trail Walks 11:15 Stretch and Flex 12:15 Active Aging</p>	<p>11:00 Line Dancing 1:00 Tai Chi 1 2:00 Tai Chi 3 3:00 Sip & Paint/Op</p>

COUNCIL ON AGING & HUMAN SERVICES INFORMATION

COA&HS: located in Bemis Hall, 15 Bedford Road **E-mail:** butta@lincolntown.org
Send mail to: c/o Town Offices, 16 Lincoln Road **Website:** www.lincolntown.org
Phone: (781) 259-8811. **Leave messages for the COA.** **Hours:** Monday through Friday, 8:30AM—4:30PM

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.

ER 2021

DAY	THURSDAY	FRIDAY
		1 10:00 German Conversation 10:00 SAIL/Balance
6 Office Hours Pod Clinic Conversation Open Studio	7 9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2 11:00—2:00 FREE Shredding Event 11:15 Stretch and Flex 12:15 Active Aging	8 10:00 SAIL/Balance 11:30 Conversation with Select Jennifer Glass
13 Pod Clinic Office Hours Open Studio	14 9:15 Tai Chi 1 10:15 Tai Chi 2 11:15 Stretch and Flex 12:15 Active Aging 1:00 Conversation with Police Chief 1:30—4:30 Tech Tutoring 3:00 Ukulele Gathering	15 10:00 German Conversation 10:00 SAIL/Balance
20 Conversation Enrollment Open Studio	21 9:00 Norman Rockwell Museum 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	22 10:00 SAIL/Balance
27 Open Studio	28 8:30 Men's Coffee 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 3:00 Ukulele Gathering	29 10:00 German Conversation 10:00 SAIL/Balance

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FOR YOUR ASSISTANCE**FREE Tech Tutoring**

Thursday, October 14

Thursday, October 28

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

Create a “My Medicare” Account Online

For those with computer access, visit www.medicare.gov to create a My Medicare account. Be sure to securely store your username and password. If you are not yet receiving Medicare, you can utilize the Medicare Planfinder tool from the website. After entering your zip code, prescriptions, and preferred pharmacies, the Medicare Planfinder will produce a report that includes premiums, annual out of pocket costs (e.g. copayments and annual deductibles), and other important details so you can choose the right plan for your needs.

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EXERCISE INFORMATION and TRAIL WALKS

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
10:00-11:00 am – Fall class via **Zoom**



Derry Tanner

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



Katrina Rotondi

TRAIL WALK INFORMATION

Join Us for October Trail Walks

NOTICING WALK IN NATURE Tuesday, Oct. 5 from 1:00—2:30PM

Email llct@lincolnconservation.org or call 781-259-9251 for questions or help to register.

Sponsored by Lincoln Land Conservation Trust.

TRAIL WALKS Tuesdays, Oct. 12, Oct. 19, & Oct. 26 from 9:30—11:30AM

Register at <https://tinyurl.com/2021FallWalks> or call Lincoln Conservation at 781-259-2612.

Sponsored by Lincoln Conservation Commission.

Exercise via Zoom

SAIL Balance Class Friday at 10:00AM, Fall Session, September 3 – November 19. 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 2:00PM, Wednesdays at 1:00PM, & Thursdays at 9:15AM. For info, call Jane Moss at 781-259-9822 or email jbmoss123@comcast.net. Openings available in Thursday classes. Session runs from September 20 — December 16.

Tai Chi (Advanced/Level 2) Monday at 3:00PM, Level 2 (Advanced) & Thursday 10:15AM.
Tai Chi (Advanced/Level 3) Wednesday at 2:00PM, Level 3 (Advanced).

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

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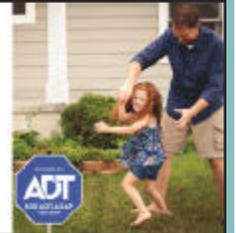


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October Zoom Schedule



Date/Time		Event	Meeting Information
10/1	10:00 am	German Study Group 10/1, 10/15, & 10/29	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
10/1	10:00 am	SAIL Balance Class Fridays in October	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
10/4	2:00 pm	Tai Chi I & Tai Chi II Mondays	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
10/5	10:00 am	Memoirs Group 10/5 & 10/20	Class email sent from conlewis1000@gmail.com
10/6	12:30 pm	Russian Conversation 10/6 & 10/20	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
10/6	1:00 pm	Tai Chi I & Tai Chi III Wednesdays	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
10/7	9:15 am	Tai Chi I & Tai Chi II Thursdays	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
10/8	11:30 am	Conversation with Select Jennifer Glass	Email jglassselect@lincolntown.org to sign up
10/14	1:00 pm	Conversation with Police Chief Kevin Kennedy	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
10/18	10:00 am	French Conversation 10/18 & 10/25	Call Amy 781-259-8811 to sign up or email GagneA@lincolntown.org
10/20	1:30 pm	"Medicare & You" with Elaine Miller	Please note: Presentation planned hybrid: Bemis Hall & via Zoom
10/20	10:00 am	Memoirs Group	Class email sent from conlewis1000@gmail.com
10/28	8:30 am	Men's Coffee In person & via 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, click Government, click Departments,
and then click Council on Aging & Human Services.**

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GOING ON IN AND AROUND LINCOLN

“Celebrating Light and Healing” Art Exhibition at Bemis Hall

Join us for an art show entitled, “Celebrating Light and Healing”, featuring the work of local artist Heather Chapman Ammen. Stop by Bemis Hall Map Room to see these works and how Heather drew from her deep spirituality and love of color during her artistic journey. This exhibition is a tribute to Heather’s healing and aesthetic gifts she brought to this world. She was a local artist that will be missed, as she passed away earlier this year. Please call COA&HS at 781-259-811 to check that Map Room is available when you would like to visit. Most afternoons between 2—4:30 pm are open times to visit

SAVE THE DATE : Annual Lincoln Arts Show at Pierce House on Nov 5, 6, & 7

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

Lincoln COA&HS Mission Statement

The Lincoln Council on Aging and Human Services is a welcoming organization that embraces diversity, equity, and inclusion. The COA&HS strives to enrich the lives of Lincoln residents 60 years of age or older (approximately 1/3 of the population) and assist older residents to remain safely and independently in our community. In addition, the COA&HS provides services to Lincoln residents of all ages who are in a serious financial crisis or who need help in caring for elders. We also develop new social services resources for residents of all ages in collaboration with other Town departments and organizations. Most of our educational, social, and recreational activities are open to people of all ages.