



NEWS FROM BEMIS HALL

Volume 12

November 2021

Number 11

Lincoln Council on Aging & Human Services

Welcome Kelly, New COA&HS Intern!



Hi, my name is Kelly Cross, I am a first year Master of Social Work student at Salem State University. I am from Washington State, but I've lived in Boston for over 10 years, so it feels like home. Classes and my internship at COA&HS keep me busy, but in my free time I'm reading, spending time with friends, skiing, or going to the gym. I also work part-time at Boston Medical Center in fundraising. I am looking forward to learning more about Lincoln and its residents while at the COA&HS and building my knowledge in the field of social work.

NEW! Free Notary Services Available at Bemis Hall

Abigail Butt, Director of COA&HS, is a certified Notary Public. If you have documents needing notarization, please call 781-259-8811 and ask for Abigail. Walk-ins are welcome, however, to ensure that we will be able to assist you, scheduling an appointment/calling ahead is strongly recommended. If you are a homebound senior, Abigail can make a house call.



Fall Prevention Training with Lt. Ben Juhola

Friday, November 5 from 1:30-2:30 at Bemis Hall



Can you believe there is a correct way to fall? Come learn about fall and injury prevention through this hands-on training. Too many seniors experience falls that can be prevented, so let's learn best practices to avoid this tragedy. Lt. Ben Juhola, from the Lincoln Fire Department will be leading us. All (adult children, seniors, and caregivers alike) are welcome to attend this training. Please call 781-259-8811 to or email gagnea@lincolntown.org to sign up.

Holiday Visits & Gift Bags

During the holidays staff visit homebound, frail, and needy seniors to deliver bags full of basic necessities. We are collecting the following NEW, UNOPENED, FULL-SIZED items to fill the bags: *Shampoo, conditioner, body wash, toothbrushes, toothpaste, mouthwash, tissues, paper towels, toilet paper, lip balm, deodorant, disposable razors, shaving cream, kitchen sponges, trash bags, laundry soap, socks, coffee and tea, postage stamps, pharmacy gift cards.*



Questions? Call Abigail, 781-259-8811. Please bring your donations to Bemis Hall.

Collection ends December 6. Thank you for your generosity!

Fuel Assistance Program

Need help paying fuel and other bills? Can you help others who do?

If you need help paying your energy or heating bills, the Fuel Assistance Program may be able to help. The program provides a cash benefit for both home owners and renters with eligible incomes. Recipients may be eligible for other benefits. To apply, residents of *all ages* should call the COA&HS at 781-259-8811 to set up an appointment. Those who are experiencing extreme financial emergencies may also call the COA&HS to learn more about programs such as, the Emergency Assistance Fund, funded by the Ogden Codman Trust, First Parish, and donations. **If you wish to make a donation** to the Emergency Assistance Fund, please send your contribution to the COA&HS at 16 Lincoln Road, Lincoln, MA 01773 or contribute using the “online payment” portal on the Town of Lincoln website.



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.

Free Home Safety Evaluation with the Lincoln 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**. Need help with **Senior Charlie Card**? Call Carlee 781-259-8811.





Zoom Events & Bemis Hall Activities



Conversation with a Select 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 general health questions? Do you have questions about COVID-19, booster shots, transmission trends, symptoms, or treatment? Join Town Nurse, Tricia McGean, via Zoom to have your questions answered. Sign up by sending email to gagnea@lincolntown.org.



Celebrating Light and Healing Art Exhibition November 1 until December 10



All are invited to stop by and see the works of Lincoln artist, Heather Chatfield Ammen. Heather was a local artist that will be missed, as she passed away earlier this year. Her artwork will be on display at Bemis Hall in the Map Room until Friday, December 10. Please call 781-259-8811 to see if the Map Room is available when you wish to view these colorful paintings.



NEW Caregiver Support Group Starts this November!

We are inviting family members who have a relative with memory loss to come together. We will learn about memory loss and talk about challenges and strategies for managing a difficult situation while also taking care of ourselves. *This group is open to all ages.* Please call 781-259-8811 for more information about this new **Caregiver Support Group** provided via Zoom with Claire Gerstein, LICSW. Please email gersteinc@lincolntown.org for more detailed information. *Sponsored by Benchmark Senior Living at the Commons in Lincoln.*



FOR YOUR WELL BEING



FREE Wellness Clinics with Public Health Nurse, Tricia McGean

Wednesday, November 10 & Tuesday, November 26 (Bemis Hall)

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

Monday, November 15 & Monday, December 21 (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, November 10 & Tuesday, November 26

Wednesday, December 8 & Tuesday, December 28



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, November 2 & Tuesday, November 16

Tuesday, December 7 & December 21

NEW Wednesday, November 3, 10, & 17 (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. *Sponsored by the Lincoln Board of Health.*



FREE Noticing Walks with John Calabria - Mt. Misery

Tuesday, November 2

Join us for a gently paced walk with John Calabria, **1:00–2:30 pm** at a location posted at www.lincolnconservation.org. Pre register by emailing l1ct@lincolnconservation.org or call 781-259-9251. Dress appropriate for outdoor weather. Walks will be cancelled if there is heavy rain, snow, or thunder/lightning. *Co-sponsored by the COA&HS and Lincoln Land Conservation Trust.*

FREE Tech Tutoring

Thursday, November 4 & Thursday, November 18

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



SPEND TIME WITH OTHERS

Men's Coffee *Special Guest: Peter Harvell, Lincoln Veterans Services Officer*

Third Thursday of this month at 8:30 am, in person/hybrid, Bemis Hall, November 18.

French Conversation Brush up on your French speaking skills.

Second and fourth Monday of the month at 9:30 am via Zoom.

German Conversation Come enjoy speaking German.

First, third, and fifth Friday of the month at 10:00 am via Zoom.

Russian Conversation All welcome whether a native speaker, beginner, or in-between!

First and third Wednesday of the month at 12:30 pm at Bemis Hall.

Ukulele Gathering Bring your ukulele and come play with friends both old and new.

First and third Thursday of this month (due to holidays) at 3:00 pm on Bemis Hall lawn.

Knitting Group Come work on your PhD (Projects Half Done) with us!

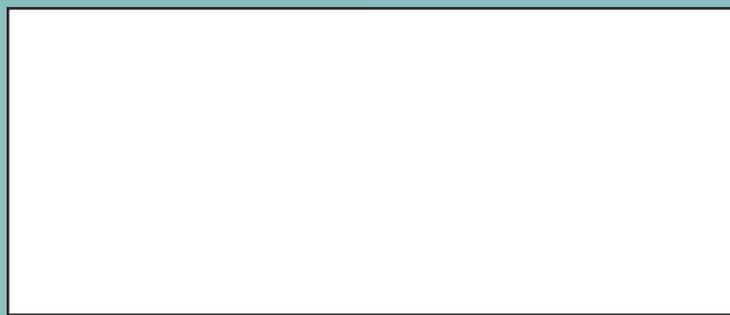
Every Tuesday of the month, 9:30—11:00 am at Bemis Hall.

***FREE* Open Art Studio/Sip & Paint** Complete a paint-by-number masterpiece or use our art supplies (e.g. watercolors, acrylics, etc.) and try something new.

Every Wednesday of the month, 3:00—4:00 pm at Bemis Hall.

Memoirs Group Write and share your story. Hear the stories of others. Sign up required.

First and third Wednesday of the month, 10:00—12:00 pm via Zoom.



Friends of the Lincoln Council on Aging

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Proud to Support the Lincoln Council on Aging

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Trips – Music – Social Events

Exercise – Tai Chi – Line Dancing

Counseling – Transportation - Caregiving Help

Art – Drama - Music

More and more every month

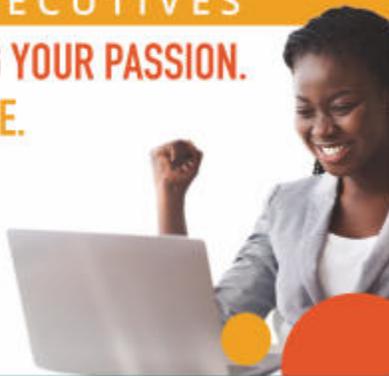
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NOVEMBER

MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">1</p>	<p style="text-align: right;">2</p> <p>9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:15 Active Aging 1:00—2:30 Noticing Walk 2:15—4:30 <u>FREE</u> Mental Health Clinic</p>	<p>9:30—12:30 SHINE Office 10:00 Memoirs Group 11:00 Line Dancing 12:30 Russian Conversation 1:00 Tai Chi 1 2:00 Tai Chi 3 3:00 Sip & Paint/Open House</p>
<p>9:30 French Conversation 2:00 Tai Chi 1 3:00 Tai Chi 2</p> <p style="text-align: right;">8</p>	<p>9:30—11:00 Knitting Group 9:30 FLCOA Meeting 11:15 Stretch and Flex 12:15 Active Aging 1:30 COA Board Meeting</p> <p style="text-align: right;">9</p>	<p>9:00—11:15 Podiatry Clinic 9:00—11:15 Wellness Clinic 11:00 Line Dancing 1:00 Tai Chi 1 2:00 Tai Chi 3 3:00 Sip & Paint/Open House</p>
<p>2:00 Tai Chi 1 3:00 Tai Chi 2</p> <p style="text-align: right;">15</p>	<p>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</p> <p style="text-align: right;">16</p>	<p>10:00 Memoirs Group 11:00 Line Dancing 11:00 Chat with Town Manager 12:30 Russian Conversation 1:00—4:00 SHINE Office 1:00 Tai Chi 1 2:00 Tai Chi 3 3:00 Sip & Paint/Open House</p>
<p>9:30 French Conversation 2:00 Tai Chi 1 3:00 Tai Chi 2</p> <p style="text-align: right;">22</p>	<p>9:00—2:00 Podiatry Clinic 9:00—2:00 Wellness Clinic 9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:15 Active Aging</p> <p style="text-align: right;">23</p>	<p>11:00 Line Dancing 1:00 Tai Chi 1 2:00 Tai Chi 3</p>
<p>2:00 Tai Chi 1 3:00 Tai Chi 2</p> <p style="text-align: right;">29</p>	<p>9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:15 Active Aging</p> <p style="text-align: right;">30</p>	

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.

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.

SEPTEMBER 2021

DAY	THURSDAY	FRIDAY
Office Hours 3	4 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 at Bemis	5 10:00 German Conversation 10:00 SAIL/Balance 1:30 Fall Prevention Training with Lt. Ben Juhola/Lincoln Fire Dept.
Clinic Clinic 10	11 COA&HS CLOSED 	12 10:00 SAIL/Balance 11:30 Zoom-Conversation with Select person Jennifer Glass
Nurse-Zoom ation e Hours 17	18 8:30—10:30 Men's Coffee at Bemis Hall 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 3:00 Ukulele Gathering at Bemis	19 10:00 German Conversation 10:00 SAIL/Balance
24	25 COA&HS CLOSED	26 COA&HS CLOSED

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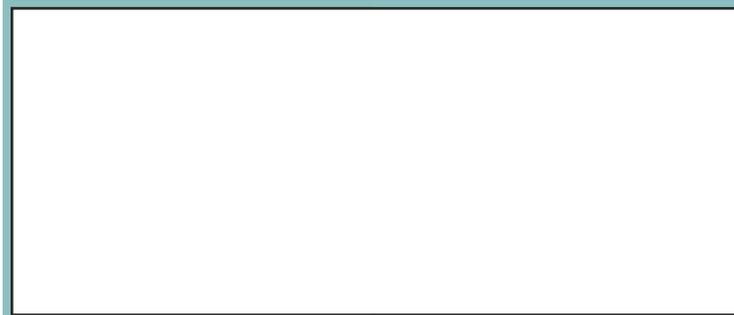
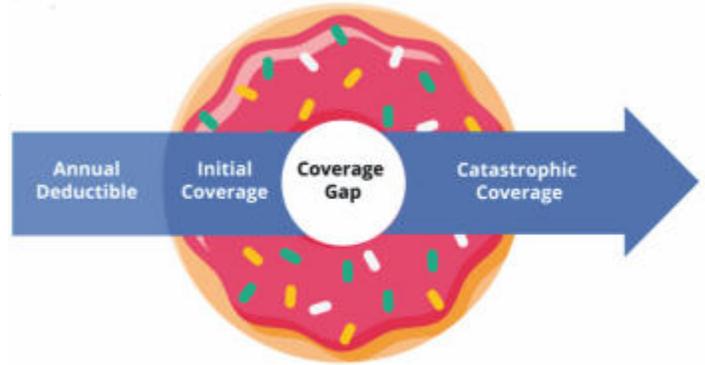
SHINE Appointments are Back!

Wednesday, November 4 & December 4
Wednesday, November 17 & December 15

Call 781-259-8811 to make an in-person or virtual appointment.

Prescription Advantage Information

I'm in the "donut hole," what can I do? If you have reached or are about to reach that gap in your Part D plan, the Commonwealth's Prescription Advantage program can help. For individuals with an annual income less than \$38,640 (single) or \$52,260 (married), Prescription Advantage can lower your co-payments while in this gap. There is no premium for this state sponsored pharmacy assistance program. Call today for more information at 1-800-243-4636. You can also learn more online at: www.prescriptionadvantagemma.org



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EXERCISE INFORMATION

Exercise Upstairs at Bemis Hall



Terri Zaborowski

Stretch and Flex Classes with Terri

Tuesdays and Thursdays Cost, \$3.00/class
11:15-12:00 pm – Bemis Hall

Active Aging Classes with Terri

Tuesdays and Thursdays Cost, \$3.00/class
12:15-1:00 pm – Bemis Hall



Bemis Hall

Line Dancing with Katrina

Wednesdays Cost, \$3.00/class
11:00-12:00 pm – Bemis Hall

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

Fridays Cost, \$3.00/class
10:00-11:00 am – Fall class only on **Zoom**



Derry Tanner



Katrina Rotondi

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

Stretch and Flex Tuesdays and Thursdays at 11:15 am, November 5 to December 16.

Active Aging Tuesdays and Thursdays at 12:15 pm, November 5 to December 16.

Line Dancing Wednesdays at 11:00 am, November 3 to December 29. Don't know how to Line Dance? No problem! Enjoy the fun and fitness of line dancing. Zero experience needed.

Exercise on Zoom

SAIL Fitness Class Fridays at 10:00 am, 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 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 FLCOA.

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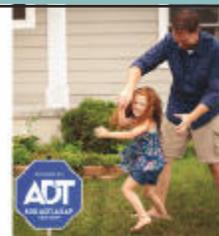


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November Zoom Schedule



Date/Time		Event	Meeting Information
11/1	2:00 pm	Tai Chi I & II Mondays	Call Amy 781-259-8811 to sign up or email gagnea@lincolntown.org
11/3	10:00 am	Memoirs Group 11/3 & 11/17	Class with Connie Lewis Email: conlewis1000@gmail.com
11/3	1:00 pm	Tai Chi I & Tai Chi III Wednesdays	Call Amy 781-259-8811 to sign up or email gagnea@lincolntown.org
11/4	9:15 am	Tai Chi I & Tai Chi II Thursdays	Call Amy 781-259-8811 to sign up or email gagnea@lincolntown.org
11/5	10:00 am	SAIL Balance Class Fridays	Call Amy 781-259-8811 to sign up or email gagnea@lincolntown.org
11/5	10:00 am	German Conversation 11/5 & 11/19	Call Amy 781-259-8811 to sign up or email gagnea@lincolntown.org
11/8	9:30 am	French Conversation 11/8 & 11/22	Call Amy 781-259-8811 to sign up or email gagnea@lincolntown.org
11/12	11:30 pm	Conversation with Select Jennifer Glass	ID:97690522488 Pass:998413 or Email: Selectman@lincolntown.org
11/17	11:00 am	Chat with Town Nurse	Call Amy 781-259-8811 to sign up or email gagnea@lincolntown.org
11/17	10:00 am	Memoirs Group	Class with Connie Lewis Email: conlewis1000@gmail.com
11/18	8:30 am	Men's Coffee Group- In person & hybrid	Call Amy 781-259-8811 to sign up or email gagnea@lincolntown.org



Call Amy at 781-259-8811 to ask questions about activities

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

SAVE THE DATE : Annual Lincoln Arts Show at Pierce House

November 5 – 7

Opening Reception: Friday, November 5 from 5:00 – 7:00 pm

Art Show Days & Times: FRIDAY, SATURDAY & SUNDAY 12:00 – 5:00 pm

This is a free event. No registration required. Questions? Call 781-259-0784

The 2021 State of the Town Meeting will be virtual!

Monday, November 1, 7:00 – 9:00 pm

Tuesday, November 2, 7:00 – 9:00 pm

Register in advance by visiting the town website:

<https://www.lincolntown.org/1299/2021-State-of-The-Town>

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.