



NEWS FROM BEMIS HALL

Volume 13

January 2022

Number 1

Lincoln Council on Aging & Human Services

Would you like the Fire Dept. to be able to enter quickly in an emergency?



The Lincoln Fire Department participates in the Knox Box program. Through this program, you may purchase a locked box in which you place a key to your home. Simply tell the company that you live in Lincoln and they deliver a box that can be opened by the Lincoln Fire Department in the event of an emergency. To purchase a box, go to www.knoxbox.com/Products/Residential-KnoxBoxes. If a box is only needed for a short time, contact Ben at the Fire Dept. (781-259-8113) about rental boxes. If you wish to view a box before purchase, the COA&HS will have one on display at the front desk during the month of January. If you need help affording a box, call the COA&HS.



KNOX

Are you at special risk during power outages?

If anyone in your household is on oxygen or another life saving medical machine that would create a risk during an outage, please call public safety at 781-259-8113. They can then check on you when the power goes out or let you know of a scheduled outage.



Join us for a special Zoom event. Codman Estate's Connoisseurs & Collections Friday, January 21 at 1:00PM



With its collection of sophisticated European and American works of art, decorative arts, and furnishings, the Codman Estate's mansion is truly a treasure house. In this virtual presentation, we will explore the Codman family's tradition of connoisseurship and collecting in each room of their treasure house. Presenter Wendy Hubbard is an art historian, the Lincoln Site Manager and is on the Historic New England Visitor Experience team at two historic sites in Lincoln, the Gropius House and the Codman Estate. All are welcome to join this zoom. Please email gagnea@lincolntown.org to sign up.

Learn Zoom with Andy Payne Thursday, January 13 at 2:00PM



Zoom is a very popular system for group video chats. It is supported on Mac, Windows, iPhone/iPad, and Android devices. We'll give some basic lessons and give you a chance to learn and explore Zoom's settings and features in a low-stakes environment. The class will be about an hour long. You can download Zoom at: <https://zoom.us/download>. Please download Zoom before our January 13 class. Please email gagnea@lincolntown.org to receive the Zoom meeting link. Use the meeting link at the scheduled time and it will launch into the class.

COUNCIL ON AGING & HUMAN SERVICES — 781-259-8811

Are you eligible for the Senior Circuit Breaker Tax Credit ?

The Senior Circuit Breaker Tax Credit gives a state tax credit of up to \$1,170 for owners or renters 65 or older who meet income guidelines for renters only, and income/property value guidelines and real estate tax guidelines for property owners. **You may apply for and receive the credit even if you do not owe state tax or regularly file taxes!** To receive the credit, complete Schedule CB and submit it with your state tax return. For more information <https://www.mass.gov/service-details/senior-circuit-breaker-tax-credit>.

Tax Preparation Update



The AARP Tax Aide program will not be starting at its usual time. Our tax aide volunteers are eager to help you and we are working closely with AARP to learn when this invaluable program may restart. We will not be accepting tax appointments at this time. Please check our February newsletter for the next update.

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.

Home Safety Evaluation Call the COA&HS for a FREE safety evaluation and 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. Office Hours: **Thursday from 9 am to Noon at Bemis Hall**. 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 of the RIDE?** Call Carlee at 781-259-8811.



Notary Services Call 781-259-8811 to schedule an appointment for your documents to be notarized for FREE. Abigail Butt, COA&HS Director, is a certified Notary Public.





Zoom Events & Bemis Hall Activities



Conversation with a Select Thursday, January 13 at 10:00 AM



Residents of all ages are invited to a "Conversation with 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, January 19 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 an email to gagnea@lincolntown.org.



Memoirs Group—New Winter Session Wednesday, January 12 at 10:00AM—Noon



Do you want to tell your story through written word but don't know how to start? Then, we invite you to join us (January 12 & 26, February 9 & 23, March 9 & 23, April 6 & 20, & May 4 & 18) via Zoom from the comfort of your home. If you are interested participating or would like to learn more, please contact Connie Lewis at 781-259-9415 or conlewis1000@gmail.com as soon as possible for the start of the winter term on January 12. Cost: \$75/term.



NEW Caregiver Support Group Wednesday, January 19 at 11:00AM



If you have a family member with memory loss, we invite you to come together and join with other caregivers as a group. We'll learn about memory loss, talk about challenges, and create 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. This new Caregiver Support Group is offered via Zoom and facilitated by 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, January 12 & Tuesday, January 25 (Bemis Hall)
 Wednesday, February 9 & Tuesday, February 22 (Bemis Hall)
 Monday, January 24 & Monday, February 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!



Clinic Hours

Lincoln Woods: 10:00AM—Noon
 Bemis Hall: Wednesday 8:45AM—11:00AM, Tuesday 8:45AM—1:45PM
 Commons (Residents Only) Wellness Room: Every Thursday 10:00AM—2:00PM

Podiatry Clinics with Dr. Ruhl

Wednesday, January 12 & Tuesday, January 25
 Wednesday, February 9 & Tuesday, February 22



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 Clinics

Tuesdays, January 4, 11, 18, & 25 (adult)
 Wednesdays, January 5, 12, 19, & 26 (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, Outpatient Clinician and Coordinator of Intake Services at Eliot Community Human Services. *Sponsored by the Lincoln Board of Health.*



FREE Senior SAFE Program

Are you or a loved one a little unsteady on your feet? Do you need some help installing grab bars in the bathroom? The Lincoln Fire Department is offering free home safety evaluations and installation of free smoke and carbon monoxide detectors. They may also be able to help install grab bars as resources allow. Please call the COA&HS at 781-259-8811 to make an appointment. A member of our Lincoln Fire Dept. will come to your home and make suggestions about how to make your home safer from fires and falls. *Sponsored by the Massachusetts Senior SAFE grant program.*



FREE Tech Tutoring

Thursdays, January 6 & 20

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 You are invited to visit with old friends & meet new ones.
Fourth Thursday of the month at 9:30 am via Zoom, email gagnea@lincolntown.org to sign up.

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 and third 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.
Second and fourth Thursday of this month at 3:00 pm at Bemis Hall.

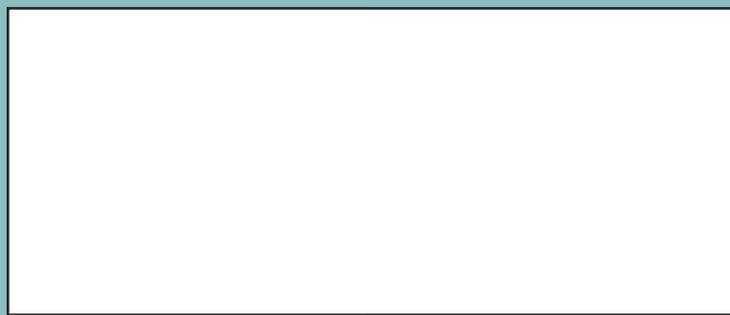
Knitting Group Come work on your PhD (Projects Half Done) with us!
Every Tuesday of the month, 9:30—11:00 am at Bemis Hall.



Open Art Studio Complete a paint-by-number masterpiece or use our art supplies (e.g. watercolors, pastels, 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.
10:00—12:00 pm. Memoirs meets via Zoom every other Wednesday, Jan 12 through May 18.




Friends of the Lincoln Council on Aging
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JANUARY

MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">3</p> <p>2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">4</p> <p>9:30—11:00 Knitting Group No Stretch and Flex/Active Aging 2:15—4:30 <u>FREE</u> Mental Health Clinic</p>	<p>9:30—12:30 SHINE Office 11:00 Line Dancing 12:30 Russian Conversation 1:00 Tai Chi 1 2:00 Tai Chi 3 3:00 Open Art Studio</p>
<p style="text-align: right;">10</p> <p>9:30 French Conversation 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">11</p> <p>9:30—11:00 Knitting Group 9:30 FLCOA Meeting No Stretch and Flex/Active Aging 1:00 COA Board Meeting 2:45—4:15 <u>FREE</u> Mental Health Clinic</p>	<p>8:45—11:00 Podiatry Clinic 8:45—11:00 Wellness Clinic 10:00 Memoirs Group 11:00 Line Dancing 1:00 Tai Chi 1 2:00 Tai Chi 3 3:00 Open Art Studio</p>
<p style="text-align: right;">17</p> <p>COA&HS CLOSED No Tai Chi on Monday</p> 	<p style="text-align: right;">18</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>11:00 Line Dancing 11:00 Chat with Town N... 11:00 Caregiver Support 12:30 Russian Conversation 1:00—4:00 SHINE Office 1:00 Tai Chi 1 2:00 Tai Chi 3 3:00 Open Art Studio</p>
<p style="text-align: right;">24</p> <p>9:30 French Conversation 2:00 Tai Chi 1 3:00 Tai Chi 2 10:00—12:00 Wellness Clinic (LW)</p>	<p style="text-align: right;">25</p> <p>8:45—11:00 Podiatry Clinic 8:45—11:00 Wellness Clinic 9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:15 Active Aging 2:45—4:15 <u>FREE</u> Mental Health Clinic</p>	<p>10:00 Memoirs Group 11:00 Line Dancing 1:00 Tai Chi 1 2:00 Tai Chi 3 3:00 Open Art Studio</p>
<p style="text-align: right;">31</p> <p>2:00 Tai Chi 1 3:00 Tai Chi 2</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.

RY 2022

	THURSDAY	FRIDAY
Office Hours 5	6 9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2 No Stretch and Flex/Active Aging 1:30—4:30 Tech Tutoring	7 10:00 German Conversation 10:00 SAIL/Balance
Podiatric Clinic 12	13 9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2 10:00 Conversation with Select J. Glass No Stretch and Flex/Active Aging 2:00 Learn Zoom with Andy Payne 3:00 Ukulele Gathering	14 10:00 SAIL/Balance
Course at Group 19 Presentation Hours	20 9:30—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	21 10:00 German Conversation 10:00 SAIL/Balance 1:00 Codman Estate presentation Connoisseurs & Collections
26	27 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 Gathering	28 10:00 SAIL/Balance

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TIPS FOR AVOIDING LATEST SCAMS

- Do not respond to calls or texts from unknown numbers, or any others that appear suspicious.
- If you receive a call stating your Grandchild is in trouble-CHECK with them. This scam is scary and seems real when the scammers tend to collect info from Social Media!
- Never share your personal or financial information via email, text messages, or over the phone. When in doubt, call the Police about potential scams!
- If someone offers to put you on a vaccination list in exchange for money-this is a SCAM
- Remember that government agencies will never call you to ask for personal information or money.

PATHWAYS VIRTUAL COFFEE HOUR



GRAB A CUP
LOG ON
AND CHAT

Join LGBTQ+ Initiative Coordinator, Julie Nowak, for coffee and a chat about this 'n' that!

LGBTQ+ folx and SOFFAs of all ages welcome!
11:00 am first, second and fourth Tuesday
RSVP to Julie for login info: jnowak@baypath.org

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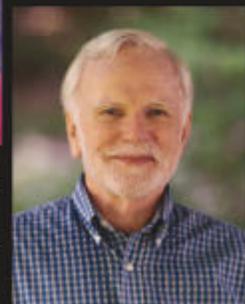


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Pre-registration is required for all exercise classes

Contact Amy, 781-259-8811 x102 or email gagnea@lincolntown.org to pre-register.

In Person Exercise at Bemis Hall**Stretch and Flex Classes with Terri**

Tuesdays and Thursdays Cost, \$3.00/class

11:15-12:00 pm – Bemis Hall – Winter Session starts Jan. 18

Designed to help maintain strength, flexibility, and independence with both standing and seated exercises using resistance bands. Warm-up moving your body and joints through their full range of motion without resistance to the music. Strengthening your muscles with various upper and lower body exercises. Full body stretch designed to lower your heart rate, relieve stress, increase flexibility, and leave you feeling great! Resistance bands are provided. Class can be done seated or standing.



Terri Zaborowski

Active Aging Classes with Terri

Tuesdays and Thursdays Cost, \$3.00/class

12:15-1:00 pm – Bemis Hall – Winter Session starts Jan. 18

Functional fitness class with exercises designed to help seniors maintain strength, balance, and independence. Designed for every fitness level with modifications and adaptations. Flexibility training to increase joint range of motion. Balance exercises to improve gait and confidence. Resistance training to build lean muscle and increase bone density all to the beat of the music! Finish with a 5-minute stretch.

**Line Dancing with Katrina**

Wednesdays Cost, \$3.00/class

11:00-12:00 pm – Bemis Hall

Enjoy the fun of line dancing. All levels are welcome to participate. Maybe you've done a little line dancing at a wedding or party, loved it, and wished you could do more? Maybe you are a single person who would love a form of dance where a partner isn't needed? Maybe you just might be looking for something new to try and get a little exercise too! Learn the basic steps and be dancing in minutes.



Katrina Rotondi

Virtual Exercise via Zoom**SAIL Fitness with Derry**

Fridays Cost, \$3.00/class or \$60.00/session

10:00 am-10:45 am

Winter Session runs Dec. 3 – April 29. Winter Session consists of 20 classes. 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.



Derry Tanner

Tai Chi with Jane, Ellie, & Cynthia

Winter Session runs Jan. 3 – March 24. This gentle practice works the joints and muscles to increase flexibility, strength, balance, and circulation. For info, contact Jane Moss, 781-259-9822/jbmoss123@comcast.net. Openings available in Thursday classes. **Please note: No Tai Chi on Monday, Jan. 17.**

Tai Chi (Beginner/Level 1)

Mondays at 2:00pm, Wednesdays at 1:00PM, & Thursdays at 9:15am.

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.



Jane Moss



Ellie Horwitz



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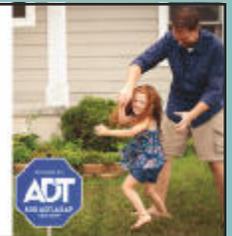


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January Zoom Schedule



Date/Time	Event	Meeting Information
1/3 2:00 pm	Tai Chi I & Tai Chi II Mondays-no class 1/17	Email Amy to sign up gagnea@lincolntown.org
1/5 1:00 pm	Tai Chi I & Tai Chi III Wednesdays	Email Amy to sign up gagnea@lincolntown.org
1/6 9:15 am	Tai Chi I & Tai Chi II Thursdays	Email Amy to sign up gagnea@lincolntown.org
1/7 10:00 am	German Conversation 1/7 & 1/21	Email Amy to sign up gagnea@lincolntown.org
1/7 10:00 am	SAIL Balance Class Fridays	Email Amy to sign up gagnea@lincolntown.org
1/10 9:30 am	French Conversation 1/10 & 1/24	Email Amy to sign up gagnea@lincolntown.org
1/13 10:00 am	Conversation with Select Board Member, J. Glass	Email Jennifer Glass to sign up jglassselect@lincolntown.org
1/12 10:00 am	Memoirs Group 1/12 & 1/26	Email Connie Lewis to sign up conlewis1000@gmail.com
1/19 11:00 am	Caregiver Support Group	Email Claire Gerstein to sign up gersteinc@lincolntown.org
1/19 11:00 am	Chat with Town Nurse, Tricia McGean	Email Amy to sign up gagnea@lincolntown.org
1/21 1:00 pm	Codman Estate's Connoisseurs & Collections	Email Amy to sign up gagnea@lincolntown.org
1/27 9:30 am	Men's Coffee Group via Zoom in January	Email Amy to sign up gagnea@lincolntown.org

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.

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GOING ON IN AND AROUND LINCOLN



First Day Events at Pierce House

SAVE THE DATE! January 1, 2022

For more information please visit www.piercehouse.com.

Lincoln Conservation Coffee via Zoom Presentation: American Chestnuts in Lincoln

Thursday, January 6, 8AM – 9AM

For more information or to sign up, please email conservation@lincolntown.org.



2022 Lincoln Winter Carnival

Friday, February 4 – Sunday, February 6

For more information please visit www.lincolnrec.com or call 781-259-0784.



Inclement Weather Policy

If the Lincoln Public Schools are closed due to weather, all COA&HS *in person* activities and meetings are cancelled. If the schools are delayed/close early, it is at the discretion of staff and individual instructors whether activities will be held. If the schools are not closed, but the weather is bad, call 781-259-8811 before coming to see if appointments are cancelled. Every effort will be made to contact scheduled participants regarding cancellations.