



NEWS FROM BEMIS HALL

Volume 13

February 2022

Number 2

Lincoln Council on Aging & Human Services

Are you worried about losing your COVID vaccination card? **Massachusetts Launches Tool for Residents to Access COVID-19 Digital Vaccine Card**



My Vax Records allow you access to your own vaccination history and to generate a COVID-19 digital SMART Health vaccine card, which would contain similar vaccination information to a paper CDC card. The COVID-19 digital vaccine cards produced by the system utilize the SMART Health Card platform and generate a QR code that can be used to verify vaccination. This tool will help you easily access and produce a digital copy of your record.

Access the new tool at www.myvaxrecords.mass.gov

How It Works: The new tool is easy to use. Enter your name, date of birth, and cell phone number or email associated with your vaccine record. After creating a 4-digit PIN, users receive a link to their vaccine record that will open upon re-entry of the PIN. The electronic record shows the same information as a paper CDC vaccine card: name, date of birth, date of vaccinations, and vaccine manufacturer. It also includes a QR code that makes these same details readable by a QR scanner, including smartphone apps. Once the SMART Health Card is received, users are able to save the QR code to their phone, such as the Apple Wallet, screenshot the information and save it to their phone's photos, or print out a copy for a paper record. The system follows national standards for security and privacy.



Join us for a special Zoom event. **Martha Lufkin's Humorous Collections** **Friday, February 11 at 1:00PM**

Join us to hear Lincoln resident and author, Martha Lufkin, read from her latest book of newspaper humor columns. From the Lincoln dump, to kids at the local schools, to talk-back from teens, travel mishaps in Paris, and more; Martha braves life with a chuckle! Martha will talk about her years writing for the Lincoln Journal, and her mother's work as editor from 1957-1971 of the Fence Viewer, Lincoln's former newspaper. Martha is an award winning humor writer and public speaker, and in her day job, she is a lawyer. All are welcome to join this zoom. Please email gagnea@lincolntown.org to sign up.



From Abolition to Civil Rights: **American Music History** **Friday, February 25 at 2:00PM**



Fisk Jubilee Singers



John Clark and his Great American Music experience will begin a travelogue along the road to freedom which begins in the days of the Underground Railroad. After the Civil War two important artists are featured: the Fisk Jubilee Singers (1870s) & Bert Williams (early 1900s), whose performances represent an affirmation of the proud heritage of African-Americans. In the early 20th century, the first freedom anthems emerged. Join us for a program that gives a detailed view of our country's history. Please email gagnea@lincolntown.org to sign up. Zoom link will be sent out February 24.

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

Need Help Paying Heating and Other Bills?

If you need help paying your fuel bill, 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 also 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 to learn more about other programs such as the Emergency Assistance Fund.

!Tax Preparation Update!



The AARP Tax Aide program will be starting up soon. Our tax aide volunteers are eager to help you and we are working closely with AARP to learn when this invaluable program will restart. To sign up for a tax appointment, please call 781-259-8811.

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, February 10 at 10:00AM



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, February 16 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, February 9 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, February 16 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, February 9 & Tuesday, February 22 (Bemis Hall)

Wednesday, March 9 & Tuesday, March 22 (Bemis Hall)

Monday, February 28 & Monday, March 28 (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, February 9 & Tuesday, February 22

Wednesday, March 9 & Tuesday, March 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, February 1, 8, 15, & 22 (adult)

Wednesdays, February 2, 9, 16, & 23 (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, February 10 & 24

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, in person/hybrid, Bemis Hall.

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.
Every other Wednesday of the month, 10:00—12:00 pm via Zoom, Feb. 9 through May 18.




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FEBRUARY

MONDAY	TUESDAY	WEDNESDAY
	<p style="text-align: right;">1</p> <p>9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:15 Active Aging 1:00 Noticing Walks 2:15—4:30 <u>FREE</u> Mental Health Clinic</p>	<p>9:30—12:30 SHINE Office Hours 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;">7</p> <p>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 1:00 COA Board Meeting 2:45—4:15 <u>FREE</u> Mental Health Clinic</p>	<p>8:45—10:45 Podiatry Clinic 8:45—10:45 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;">14</p> <p>9:30 French Conversation 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>11:00 Line Dancing 11:00 Chat with Town Nurse 11:00 Caregiver Support Group 12:30 Russian Conversation 1:00—4:00 SHINE Office Hours 1:00 Tai Chi 1 2:00 Tai Chi 3 3:00 Open Art Studio</p>
<p style="text-align: right;">21</p> <p>COA&HS CLOSED No Tai Chi today</p> 	<p style="text-align: right;">22</p> <p>8:45—1:45 Podiatry Clinic 8:45—1:45 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;">28</p> <p>9:30 French Conversation 10:00—12:00 Wellness Clinic 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 2	3 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	4 10:00 German Conversation 10:00 SAIL/Balance
Music Clinic 9	10 9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2 10:00 Conversation with Select J. Glass 11:15 Stretch and Flex 12:15 Active Aging 3:00 Ukulele Gathering	11 10:00 SAIL/Balance 1:00 Martha Lufkin Humorous Collections- Zoom
Group 16	17 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	18 10:00 German Conversation 10:00 SAIL/Balance
23	24 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 3:00 Ukulele Gathering	25 10:00 SAIL/Balance 2:00 From Abolition to Civil Rights: American Music History- Zoom

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**Noticing Walks in Nature
with John Calabria**

**Tuesdays, February 1 & March 1
1:00-2:30 PM**

Locations posted at www.lincolnconservation.org

FREE. All are welcome. Please fill out FORM at lincolnconservation.org and receive an email reminder a week before each walk and the day of each walk. Call the COA&HS at 781-259-8811 to receive a phone call reminder.

These walks are gently paced but do cover rough terrain and may have some elevation change. Participants are encouraged to wear sturdy footwear and/or bring walking poles. Naturalist John Calabria leads us on walks that are all about the journey, not the destination. Unplug from the busy world and let your senses come alive in nature!

*Sponsored by
Lincoln Land Conservation Trust & Lincoln COA&HS*

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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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. 25

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. 25

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, Feb. 21.**

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



February Zoom Schedule



Date/Time	Event	Meeting Information
2/2	1:00 pm Tai Chi I & Tai Chi III Wednesdays	Email Amy to sign up gagnea@lincolntown.org
2/3	9:15 am Tai Chi I & Tai Chi II Thursdays	Email Amy to sign up gagnea@lincolntown.org
2/4	10:00 am SAIL Balance Class Fridays	Email Amy to sign up gagnea@lincolntown.org
2/4	10:00 am German Conversation 2/4 & 2/18	Email Amy to sign up gagnea@lincolntown.org
2/7	2:00 pm Tai Chi I & Tai II Mondays:No class 2/21	Email Amy to sign up gagnea@lincolntown.org
2/9	10:00 am Memoirs Group 2/9 & 2/23	Email Connie Lewis to sign up conlewis1000@gmail.com
2/10	10:00 am Conversation with Select Board Member, J. Glass	Email Jennifer Glass to sign up jglassselect@lincolntown.org
2/11	1:00 pm Martha Lufkin's Humorous Collections	Email Amy to sign up gagnea@lincolntown.org
2/14	9:30 am French Conversation 2/14 & 2/28	Email Claire Gerstein to sign up gersteinc@lincolntown.org
2/16	10:00 am Chat with Town Nurse, Tricia McGean	Email Amy to sign up gagnea@lincolntown.org
2/16	11:00 am Caregiver Support Group	Email Claire Gerstein to sign up gersteinc@lincolntown.org
2/24	9:30 am Men's Coffee Group Hybrid Meeting	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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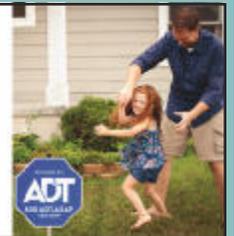
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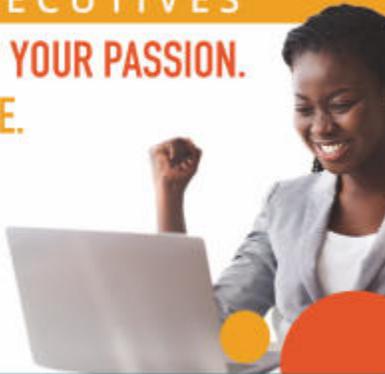
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Reminder: Monday, February 21, is Presidents' Day

"We will have to repent in this generation not merely for the hateful words and actions of the bad people but for the appalling silence of the good people." Dr. Martin Luther King, Jr.

GOING ON IN AND AROUND LINCOLN



2022 Lincoln Winter Carnival

Friday, February 4 – Sunday, February 6

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



Designing the We: Undesigning the Redline

Thursday, February 3 at 7pm on Zoom

Hosted by the First Parish Racial Justice Advocates. connects the deliberate and systematic racial housing segregation of the 1930s to political and social issues of today. We shall explore the ways in which redlining has shaped the current Greater Boston's housing crisis. For more info check website at:

www.fplincn.org/calendar

Cold Climate Heat Pumps: Zoom Event for Lincoln Condominium Owners

Sunday, February 27, 2022 – 2:00 - 3:30p.m. Condominium residents—Reduce your heating bills!

Details at LincolnGreenEnergy.org. RSVP to belinda.gingrich@gmail.com for zoom info.

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.