



NEWS FROM BEMIS HALL

Volume 13

April 2022

Number 4

Lincoln Council on Aging & Human Services



Who says there's no free lunch?

We are delighted to announce that Senior Dining is back starting April 8 at 11:30AM and what's more, it's free and every Friday! We've revamped the Senior Dining program and it's better than ever. The new dining program follows the "Lunch and Learn" paradigm. Dining takes place across from Bemis Hall in the 1st Parish Church auditorium. Lincoln Academy follows at 1PM in Bemis Hall (See page 10). Please join us for the Lunch, the Learn, or both! April meals have been generously sponsored by the Friends of the COA (May: \$2 suggested donation). MENU: During the cooler months, meals consist of hearty soups/stews, green salads, rolls, coffee, and a dessert. The warmer month menu substitutes sandwiches for soup. This program now runs year-around and both dine-in/carry-out options are available. Dining limited to seniors aged 60 or over. Call 781-259-8811 to register. Space is limited. Reservation must be received by Wednesday for the Friday meal.

Special Senior Dining Guests

Friday, April 8 - Tim Higgins, Town Admin, Dan Pereira, Asst. Town Admin, Trish McGean, Town Nurse

Friday, April 15 - Kevin Kennedy Police Chief & Detective Ian Spencer, Forensic Artist

Friday, April 22 - Darin LaFama, Water Superintendent & Ruth Ann Hendrickson, Water Commissioner

Friday, April 29 - Brian Young, Fire Chief & Staff

Exclusive Tour: the Home and Gardens at Long Hill



Join us Wednesday, May 18, for a truly special trip. Long Hill has been renowned for its gardens for nearly a century. Formerly a private family retreat, the grounds are now a Trustees of the Reservation property and open to the public. However, the building is not. Come with us on this rare, private insider tour of the main floor of the gorgeous estate building, along with a garden tour by the person who has cared for the grounds for over 20 years. After the tour, dine under the garden tent on a delectable lunch. Please note: This trip will consist of a moderate amount of walking/standing (including walking on some uneven garden grounds).

Cost: \$40 per person, lunch included. *Space is limited.* Reservations must be in by May 4. Sign up by mailing your \$40 check, payable to *FLCOA Trips*, with lunch choice indicated on the memo line to LCOA&HS, c/o Town Offices, 16 Lincoln Road, Lincoln, MA 01773. Lunch choices: A. lemon chicken with roasted peppers and goat cheese, B. roasted turkey with brie cheese, or C. tomato with mozzarella and fresh basil. Catered box lunch includes sandwich, chips, cookie, and water. Please arrive to Donelan's parking lot by 9:45AM, as the tour bus departs promptly at 10AM and returns at approx. 3PM. For more information, contact Irene at 781-259-0149.



If you are in need of scholarship to cover the cost of this trip, please email Amy at gagnea@lincolntown.org. This trip is happening whether rain or shine and we are unable to give refunds. Trip participation is limited to Lincoln residents aged 60+. Your reservation is secured when check is received by COA&HS staff.

Join Us

Mystery: Murder à la Carte Sunday, May 1 at 2:00PM



We invite the community and all age groups to join us for *Murder à la Carte* performed by the Delvena Theatre. Who dunnit? You decide! This live show is a comedic, exciting, murder mystery performance set in Luigi's Ristorante and serving up some spicy experiences. Come put your "super sleuth" on and have fun along the way. Token prizes to be awarded. *Sponsored by the Lincoln Cultural Council, an agency supported by Mass Cultural Council.*

FREE Tech Tutoring Thursdays, April 7 & 21

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

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, the RIDE** or **RMV Near Me**? 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.





Monthly Events & Activities



Conversation with a Select Thursday, April 14 at 10:00AM



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, April 27 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.



Caregiver Support Group Wednesday, April 20 at 11:00AM



Have a family member with memory loss? You're invited 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.* This caregiver support group is offered via Zoom and facilitated by Claire Gerstein, LICSW. Email gersteinc@lincolntown.org for more information.

Sponsored by Benchmark Senior Living at the Commons in Lincoln.

*****SEE PAGE 10 – FOR LINCOLN ACADEMY PROGRAMS*****

Stony Brook: Noticing Walk with John Calabria Tuesday, April 5 from 1:00PM—2:30PM

All are welcome for this FREE event. Unplug from the busy world and let your senses come alive in nature! Walks are gently paced but do cover rough terrain. Wear sturdy footwear and/or bring walking poles. Naturalist John Calabria leads walks that are all about the journey, not the destination. Space is limited. Registration required. Fill out registration form at www.lincolnconservation.org. Event reminder email one week before and on day of the walk.

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

Tuesday Trail Walks Tuesdays, April 19 — May 31 from 9:30AM—11:30AM

Explore Lincoln's open spaces with Conservation Department staff. Visit a different trail each week. Walks are 2 to 3 miles long. Wear sturdy shoes. Dress for weather. To register click: <https://tinyurl.com/2022SpringWalks> or call/email 781-259-2612/conservation@lincolntown.org.



FOR YOUR WELLBEING



FREE Wellness Clinics with Public Health Nurse, Tricia McGean

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

Wednesday, May 11 & Tuesday, May 24 (Bemis Hall)

Monday, April 11 & Monday, May 11 (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 12:00PM—2:00PM



Podiatry Clinics with Dr. Ruhl

Wednesday, April 13 & Tuesday, April 26

Wednesday, May 11 & Tuesday, May 24



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, April 5, 12, 19, & 26 (adult)

Wednesdays, April 6, 13, 20 & 27 (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 & the America Rescue Plan Act.



!NEW Senior Salon Day NEW!

Tuesdays, April 5



Looking for a local hairdresser or barber? We are pleased to announce monthly half price Senior Salon Day in collaboration with the Salon at Minuteman Tech. Appointments available between 9am—Noon. Call 781-259-8811 to reserve your appointment to receive the royal treatment. For a full list of salon services: www.minuteman.org/student-run-public-services/salon-minuteman. The Salon is located at 758 Marrett Road, Lexington, MA. Need a ride? Call Carlee (781-259-8811) to book your transportation. Don't forget to have lunch at the Café after your appointment, or get it to-go and take it home with you!

FREE Legal Clinic

Friday, April 22 from 2:00-4:00PM

Questions about estate planning, MassHealth, guardianship, conservatorship, or probate? Join us for FREE monthly legal clinic with elder law attorney Sasha Golden. Call 781-259-8811 to sign up for a twenty-five minute consultation. When you call to schedule your appointment, tell us your preference: in-person, by phone, or virtual.



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, 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.
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, April 6 through May 18.




Friends of the Lincoln Council on Aging
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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>9:00—12:00 Senior Salon Day 9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:15 Active Aging 1:00 Noticing Walk 2:45—4:15 <u>FREE</u> Mental Health Clinic</p>	<p>10:00 Memoirs Group 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;">11</p> <p>9:30 French Conversation 10:00—12:00 Wellness Clinic 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">12</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 2:15—4:30 <u>FREE</u> Mental Health Clinic</p>	<p>8:45—10:45 Podiatry Clinic 8:45—10:45 Wellness Clinic 11:00 Line Dancing 11:00 Caregiver Support 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;">18</p> <p>COA&HS CLOSED Patriot's Day</p> <p>Please Note: No Tai Chi today</p>	<p style="text-align: right;">19</p> <p>9:30—11:30 Trail Walk 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 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;">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>8:45—1:45 Podiatry Clinic 8:45—1:45 Wellness Clinic 9:30—11:30 Trail Walk 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 Chat with Town N 11:00 Line Dancing 1:00 Tai Chi 1 2:00 Tai Chi 3 3:00 Open Art Studio</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.

2022

	THURSDAY	FRIDAY
		1 10:00 German Conversation 10:00 SAIL/Balance
6	7 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	8 10:00 SAIL/Balance 11:30—12:30 Senior Dining 1:00 Lincoln Academy
13 Lincoln Clinic Activity Group Office Hours	14 9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:00 Conversation with Select J. Glass 10:15 Tai Chi 2 11:15 Stretch and Flex 12:15 Active Aging 3:00 Ukulele Gathering	15 10:00 German Conversation 10:00 SAIL/Balance 11:30—12:30 Senior Dining 1:00 Lincoln Academy
20	21 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	22 10:00 SAIL/Balance 11:30—12:30 Senior Dining 1:00 Lincoln Academy 2:00—4:00 Legal Clinic
27	28 9:00—12:00 Veterans Office Hours 9:30—10:30 Men's Coffee at Bemis Hall 9:15 Tai Chi 1 10:15 Tai Chi 2 11:15 Stretch and Flex 12:15 Active Aging 3:00 Ukulele Gathering	29 10:00 German Conversation 10:00 SAIL/Balance 11:30—12:30 Senior Dining 1:00 Lincoln Academy 

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- #1** If you need police 
- #2** If you need fire 
- #3** If you need an ambulance 

If the 9-1-1 dispatcher asks questions, press

- #4** For YES 
- #5** For NO 

Source: MA State 911 Department and the Executive Office of Public Safety and Security

www.mass.gov/e911

Wireless Carriers Retiring 3G Networks to Clear Bandwidth for Faster 5G Networks!

Meaning any 3G device will no longer work

- 3G and older 4G **phones** will no longer make and receive calls.
- **medical devices**, including medical alert systems, lifeline, etc.
- **Tablets & smart watches**
- monitored **fire alarms & home security system**

The 3G phase out will be complete by the end of 2022, and has already begun in many areas. Contact your mobile provider or check their website for information about their 3G retirement plan.

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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



Terri Zaborowski

Stretch and Flex Classes with Terri

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

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.

Active Aging Classes with Terri

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

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.

Tai Chi with Jane, Ellie, & Cynthia

Spring Session runs April 4 – June 16. 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, April 18.**

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.



Derry Tanner



Jane Moss



Ellie Horwitz



Lincoln Academy at Bemis



Life Safety: Information to Help Us Stay Safer in Our Homes with Lt. Ben Juhola Friday, April 8 at 1:00PM



Lt. Ben Juhola of the Lincoln Fire Department presents on the topic of “Life Safety,” information helping us all to stay safer in our homes. Come learn what we can do to be minimize risk and increase our awareness, including: fall prevention, emergency Knox boxes, home safety evaluations, and more!



Current Law Enforcement Events: National and Local Friday, April 15 at 1:00PM



Police Chief Kevin Kennedy updates us on all the current news pertaining law enforcement both in Lincoln and beyond. Please bring your questions about Lincoln policing and senior related topics to this informational update session.



Boost Your Brain Health by Eating Well Friday, April 22 at 1:00PM

Learn the benefits of “Brain Healthy Cooking!” Eating a diet rich in “brain healthy” foods reduces inflammation, regulates blood sugar, promotes heart health, and according to emergent research, may even delay the symptoms of Alzheimer's. Learn more about the healthful and mindful food choices we can make. This session will include info on the scientific connection between diet and cognition, the “Mediterranean Diet,” and how to incorporate “brain healthy” ingredients into everyday meals. Presented by Concord Park.



Declutter and Downsizing Friday, April 29 at 1:00 PM



Marie LeBlanc, owner of Transitions Liquidations Services, talks frankly and sincerely about her experiences helping seniors and their loved ones ease the stress of de-cluttering, downsizing, and transitioning. From organizing household and personal belongings to easing the emotions of transitioning to a new home. Learn the tips and tricks about how to get started, options for selling your treasures, changes during and post Covid-19, and how important it is to purge now and purge often!



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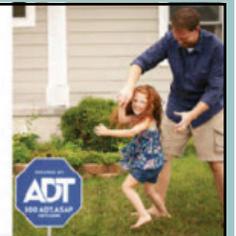
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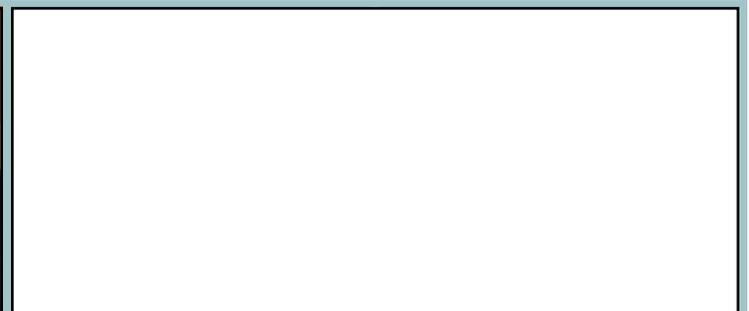
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“We rise by lifting others” ~Robert Ingersoll

GOING ON IN AND AROUND LINCOLN

SAVE THE DATE - SUMMER TOP OF THE TOWN - JUNE 23, 5-8 pm

SAVE THE DATE Wednesday, June 29—Lunch and Theatre Trip
Lunch at the Summer Shack followed by Diane Paulus’ 1776 at the A.R.T.
Watch for details in May newsletter

The Walden Woods Project

Thursday, April 7 from 8:00AM—9:00AM

Kathi Anderson, Executive Director of The Walden Woods Project, will discuss its history, their broad spectrum of educational programming, the research library (“The Thoreau Institute”) and their organic farm on Route 2. After Kathi’s presentation, the Conservation Department and LLCT Staff will update you on recent and upcoming conservation projects.

<https://zoom.us/j/91366699916?pwd=cXFIWXJ3UjNCVDFKRmpJS3A4bHINZz09>

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.