



# NEWS FROM BEMIS HALL

Volume 13

June 2022

Number 6

Lincoln Council on Aging & Human Services

## \*NEW\* Lincoln Water Bill Discount \*NEW\*



Beginning July 1, 2022

We are pleased to announce that the COA&HS and Water Department, in partnership with the Finance, Collectors, and Assessors Departments have created a water bill relief program for homeowners including condo owners regardless of age. Any Lincoln resident meeting the following criteria will be given a 100% Water Base Rate Waiver on their bill (non-condo) or a quarterly Water Base Rate Reimbursement (condo). For info or to receive the benefit, please call the COA&HS at 781-259-8811.

To qualify, the account must be for a property that is:

- Owner occupied & owner's primary residence
- Not an irrigation account
- Not in the range of Tier 3 usage, i.e. >40,000 gallons (non-condo)

AND receiving one of the following:

- Senior Circuit Breaker Tax Credit (via state income taxes)
- OR
- Any one of the following town administered property tax exemptions:
    - Veteran (Exemptions 22, 22A, 22B, 22C, 22D, 22E, 8A)
    - Blind (Exemption 37A)
    - Elderly Exemption 17E (Income limit: none; asset limit: \$45,183 household of 2 (HH2))
    - Elderly Exemption 41D (Income limit: \$35,048 HH2; asset limit: \$64,256 HH2)
    - Community Preservation Act (Income: \$112,160 (HH2 aged 60+); \$89,728 (HH2 under aged 60))



## Top of the Town is Back!

Thursday, June 23 at 5:00PM



The Friends of the COA (FLCOA) invite all Lincoln residents aged 60+ to this special **Top of the Town Garden Party** on **Thursday, June 23, 5:00-8:00PM at Pierce House**, 17 Weston Road, Lincoln.

Meet and greet friends both old and new at this summer party!

Enjoy beverages, scrumptious salads, delicious hors d'oeuvres, pleasant small plates, and delectable desserts. Reservations must be received by Friday, June 10 at P.O. Box 143, Lincoln, MA or Bemis Hall to confirm your attendance. Please call the COA&HS if you need a new form. While the FLCOA is pleased to host this event with free admission, donations are greatly appreciated.



## \*FREE\* Live Shakespearian Show

Friday, June 10 at 1:00PM

All are welcome to join us for this special event, "**Shake-Scene**" performed by Stephen Collins and Poornima Kirby. Come immerse yourself in Shakespeare's wit, wordplay, and timeless verse! This show will last one hour with lively a "sonnet duel" and fascinating historical context. Time for question & answer will follow the performance. **Please see page 10 for more details.**

*Sponsored by the Friends of the Lincoln Council on Aging & Friends of the Lincoln Library.*

## Senior Dining at First Parish

Every Friday at 11:30AM



We invite Lincoln seniors aged 60 plus to join us for lunch across from Bemis Hall at First Parish Church. **New Lunch menu is listed on our June calendar!** This program is running weekly. \$2 suggested donation. Dine in or carry out available due to pandemic. Call 781-259-8811 to register. Space is limited. Reservation must be received by noon Wednesday for the Friday meal. *Senior Dining sponsored by Minuteman Senior Services.*

## You Can Make a Real Difference!

### **Minuteman Senior Services Needs Volunteer Drivers**

Are you free from 11am to 1pm on weekdays to help deliver meals to homebound seniors once a week? If you are interested or have questions, please contact Yuen Li at 781-221-7093 or [volunteer@minutemansenior.org](mailto:volunteer@minutemansenior.org).

## **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](mailto: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](mailto: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, June 16 at 10:00



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](mailto:jglassselect@lincolntown.org).

**Zoom Meeting ID: 97690522488 Passcode: 998413**



### Chat with a Nurse Wednesday, June 15 at 11:00

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](mailto:gagnea@lincolntown.org).



### Caregiver Support Group Wednesday, June 15 at 11:00



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](mailto:gersteinc@lincolntown.org) for more information.

*Sponsored by Benchmark Senior Living at the Commons in Lincoln.*

**\*\*\*\*LINCOLN ACADEMY PROGRAMS LISTED ON PAGE 10\*\*\*\***



### !NEW Memory Café NEW! Thursday, June 16 at 11:00



This FREE event is designed for elders with memory challenges and their caregivers. The goal of a memory café is to offer elders and their care partners a safe, judgement-free place to spend some relaxing time together while connecting with others. Chris Carter joins us with his guitar to play familiar songs for the group. This in-person activity takes place at Bemis Hall.

For more information on memory cafés go to: [www.memorycafedirectory.com](http://www.memorycafedirectory.com).

More memory care resources:

Alzheimer's Association: 1-888-272-3900/[www.alz.org/MANH](http://www.alz.org/MANH)

Did you know you can request a Alzheimer's Association Care Consultation via email, phone, or in-person?



*Sponsored by Right at Home & Benchmark Senior Living at the Commons in Lincoln.*



## FOR YOUR WELLBEING



### FREE Wellness Clinics with Public Health Nurse, Tricia McGean

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

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

Monday, June 13 & Wednesday, July 13 (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

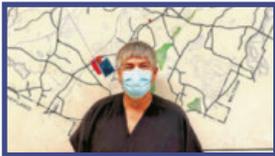
Commons (Residents Only) Wellness Room: Every Thursday 12:00PM—2:00PM



### Podiatry Clinics with Dr. Ruhl

Wednesday, June 8 & Tuesday, June 28

Wednesday, July 13 & Tuesday, July 26



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.

*Sponsored by the Friends of the Lincoln COA and the Pierce House.*

### FREE Mental Health Clinics

Tuesdays, June 7, 14, 21, & 28 (adult)

Wednesdays, June 8, 15 & 22 (adolescent) (no clinic-June 1)

**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.*



**English at Large**  
Mondays at Bemis Hall



Want to improve your English? The Lincoln COA&HS, through partnership with English at Large, is now offering FREE one-on-one English language tutoring. Tutoring is provided by a volunteer teacher that matches your schedule. One-on-one and group lessons available. For more information or to register: visit [englishatlarge.org/get-a-tutor](http://englishatlarge.org/get-a-tutor), call 781-395-2374, or email [learn@englishatlarge.org](mailto:learn@englishatlarge.org).

### FREE Legal Clinic with Attorney S. Golden

Friday, June 17 from 2:00-4:00

Questions about estate planning, MassHealth, guardianship, conservatorship, or probate? Join us for our 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 reading and 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 fifth 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 (watercolors, pastels, etc.) and try something new.



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

**Memory Café** Seniors with memory impairments and their care partners invited.  
**Third Thursday of the month, 11:00—Noon at Bemis Hall.**



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MONDAY	TUESDAY	WEDNESDAY
<b>JUNE 2022</b>		9:30—12:30 SHINE Office 10:00 Memoirs Group <b>10:00—1:00 Tech Help S</b> 11:00 Line Dancing 12:30 Russian Conversat 1:00 Tai Chi 1 2:00 Tai Chi 3 3:00 Open Art Studio
6 9:00 English at Large 2:00 Tai Chi 1 3:00 Tai Chi 2	7 9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:15 Active Aging 2:45—4:15 Mental Health Clinic	<b>8:45—10:45 Podiatry</b> <b>8:45—10:45 Wellness C</b> 11:00 Line Dancing 1:00—4:00 SHINE Office 1:00 Tai Chi 1 2:00 Tai Chi 3 3:00 Open Art Studio
13 9:00 English at Large 9:30 French Conversation 2:00 Tai Chi 1 3:00 Tai Chi 2	14 9:30—11:00 Knitting Group <b>No exercise classes today!</b> 10:30 FLCOA Meeting 12:00 COA & FLCOA Joint Meeting 1:00 COA Board Meeting 2:15—4:30 Mental Health Clinic	11:00 Line Dancing <b>11:00 Chat with a Nurse</b> <b>11:00 Caregiver Support</b> 12:30 Russian Conversat 1:00 Tai Chi 1 2:00 Tai Chi 3 3:00 Open Art Studio
20 <b>COA&amp;HS CLOSED</b> 	21 <b>First Day of Summer</b> 9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:15 Active Aging 2:45—4:15 Mental Health Clinic 	11:00 Line Dancing 3:00 Open Art Studio
27 9:00 English at Large 9:30 French Conversation	28 <b>8:45—1:45 Podiatry &amp; Wellness</b> 9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:15 Active Aging 2:15—4:30 Mental Health Clinic	<b>11:00 Trip to "1776"</b> 11:00 Line Dancing 3:00 Open Art Studio

### 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](mailto:butta@lincolntown.org)  
**Website:** [www.lincolntown.org](http://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.*

	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>1</b>	<b>2</b>	<b>3</b>
<p>Office Hours</p> <p><b>Service Day</b></p> <p>Location</p>	<p>9:00—12:00 Veterans Office Hours</p> <p>9:15 Tai Chi 1</p> <p>10:15 Tai Chi 2</p> <p>11:15 Stretch and Flex</p> <p>12:15 Active Aging</p> <p>1:30—4:30 Tech Tutoring</p>	<p>10:00 German Conversation</p> <p>10:00 SAIL/Balance</p> <p><b>11:30 Senior Dining</b> Menu: chicken meatballs, cacciatore sauce, and penne</p> <p><b>1:00 Lincoln Academy</b> Energy Efficiency 101</p>
<b>8</b>	<b>9</b>	<b>10</b>
<p><b>Legal Clinic</b></p> <p>Office Hours</p>	<p>9:00—12:00 Veterans Office Hours</p> <p>9:15 Tai Chi 1</p> <p>10:15 Tai Chi 2</p> <p>11:15 Stretch and Flex</p> <p>12:15 Active Aging</p> <p>3:00 Ukulele Gathering</p>	<p>10:00 SAIL/Balance</p> <p><b>11:30 Senior Dining</b> Menu: roasted pork</p> <p><b>1:00 Special Shakespearian Show</b> “Shake-Scene” with Stephen Collins &amp; Ms. Kirby</p>
<b>15</b>	<b>16</b>	<b>17</b>
<p><b>Support Group</b></p> <p>Location</p>	<p>9:00—12:00 Veterans Office Hours</p> <p>9:15 Tai Chi 1</p> <p>10:15 Tai Chi 2</p> <p><b>10:00 Conversation with Select J. Glass</b></p> <p><b>11:00 Memory Café at Bemis Hall</b></p> <p>11:15 Stretch and Flex</p> <p>12:15 Active Aging</p> <p>1:30—4:30 Tech Tutoring Office Hours</p>	<p>10:00 German Conversation</p> <p>10:00 SAIL/Balance</p> <p><b>11:30 Senior Dining</b> Menu: bourbon chicken</p> <p><b>1:00 Lincoln Academy: “A Trip Down the Nile &amp; Beyond”</b></p> <p><b>2:00—4:00 Legal Clinic</b></p>
<b>22</b>	<b>23</b>	<b>24</b>
	<p>9:00—12:00 Veterans Office Hours</p> <p><b>9:30 Men’s Coffee</b></p> <p>11:15 Stretch and Flex</p> <p>12:15 Active Aging</p> <p><b>5:00 Summer Top of the Town</b></p>	<p>10:00 SAIL/Balance</p> <p><b>11:30 Senior Dining</b> Menu: broccoli and cheese stuffed chicken breast</p> <p><b>1:00 Lincoln Academy: Civil Rights Music with John Clark</b></p>
<b>29</b>	<b>30</b>	
	<p>9:00—12:00 Veterans Office Hours</p> <p>11:15 Stretch and Flex</p> <p>12:15 Active Aging</p> <p>3:00 Ukulele Gathering</p>	

## Lincoln Cable TV

Selectmen, Schools, Town Meetings,  
COA Lectures, Bulletin Board and more!

**Watch on TV** - Comcast channels 8 and 99

Verizon channels 33 & 24

**Watch on your computer** - “Streaming”  
or Video on Demand at <http://lincolntv.viebit.com>


**TECH Help and L-S Day of Service**
  
 Wednesday, June 1 at 10:00

Confounded by your smart phone? Having trouble updating your laptop? Can't download an app to your iPad? Struggle no more, help is here! Tech savvy students from Lincoln-Sudbury High School will be at **Bemis Hall** from 10AM until 1PM to assist, whether it be a cell phone, iPad, tablet, kindle, or laptop. Sign up in advance for a time slot is required. Please bring your device and charging cable with you. This is a win-win partnership. Lincoln-Sudbury students will earn community service hours and seniors will receive help with technology!



**FREE Tech Tutoring**  
 Thursday, June 2 & 16 at 1:30

**TECH  
HELP**

Looking for help with your laptop, smart phone, or iPad? Come to our tech tutor office hours on Thursday afternoons 1:30–4:30PM. Please bring your device and charging cable with you. Sign up in advance for a time slot is required. Please call 781-259-8811 to make your appointment. **Space is limited.**

	<p style="text-align: center;"><b>Your Local Lincoln Real Estate Expert</b></p> <p>Whether buying or selling, I would love to guide you through your next real estate process, providing million dollar service at every price point.</p> <p style="text-align: center;">I look forward to hearing from you!</p> <p><b>TERRY PERLMUTTER</b> 617.519.5179   tperlmutter@barrettsir.com</p> <p style="text-align: right;">Barrett   Sotheby's INTERNATIONAL REALTY</p>	<p><b>TRAIN with SHAIN</b> IN HOME PERSONAL TRAINING FOR SENIORS</p> <p>Gait, Balance/Fall Prevention &amp; Strength Training</p> <p><b>(508) 231-6378</b> www.trainwithshain.net <b>FULLY INSURED</b></p>
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 <p style="text-align: center;"><b>JOCELYN FINLAY PHOTO</b></p> <p style="text-align: center;"> JocelynFinlay.com</p> <p><b>Studio at the Market</b> Lincoln Arts and Farmers Market 145 Lincoln Rd, Lincoln MA Saturdays 9am - 12pm</p> <p>My photo studio is set up at the market for headshots school photo retakes family photos</p> <p style="text-align: right;"><b>jefinlay@gmail.com</b> 617-468-4714</p>	<p style="text-align: center;"><b>GROW YOUR BUSINESS BY PLACING AN AD HERE!</b></p> <p style="text-align: center;"><b>CONTACT US!</b></p> <p>Contact Lisa Templeton to place an ad today! <b>ltempleton@lpicommunities.com</b> or (800) 477-4574 x6377</p> 
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**\*Pre-registration is required for all exercise classes\***

Contact Amy, 781-259-8811 x102 or email [gagnea@lincolntown.org](mailto: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 \$54.00/session  
10:00-10:45 am

**Summer Session runs May 6 – September 2. Summer Session consists of 18 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](mailto:jbmoss123@comcast.net). Openings available in Thursday classes. **Please note: Tai Chi in the Park will start on XXXX XX.**

**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 Hall***

Lincoln Academy programming follows Senior Dining, every Friday



### **Energy Efficiency 101: Save Energy, Save Money, & Save the Planet** Friday, June 3 at 1:00

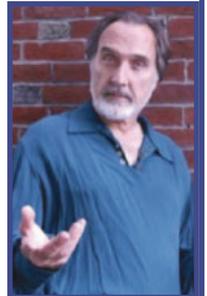
Join us for a discussion about residential energy efficiency. HomeWorks Energy, a Mass Save partner, will host this presentation encompassing the importance of weatherizing homes and installing high efficiency heating and cooling systems. The conversation will include information about how to identify health and safety issues in the home, key areas to insulate, various high efficiency heating and cooling options, and the rebates and financing available to make these upgrades. The event will start with a presentation and move to a Q&A session.

### **Shake Scene by Stephen Collins & Poornima Kirby** Friday, June 10 at 1:00



Join Shakspearian performers for a rollicking ride through some of the Bard's finest poetry and most compelling characters! Featuring scenes and monologues from some of Shakespeare's best known plays, including *Macbeth*, *Taming of the Shrew*, *Henry V*, and *Julius Caesar*. This original compilation digs into universal themes such as, the price of power, the risks of falling in love, and what to do with a murder weapon.

*Sponsored by Friends of the Lincoln Library & Friends of Lincoln Council on Aging*



### **Trip Down the Nile & Beyond with The Creighton's** Friday, June 17 at 1:00



Have you ever experienced a breathtaking cruise down the Nile river? Join Sandy and Elizabeth Creighton as they take us from Lake Nassar above the High Aswan Dam to the vast temples at Luxor and on to Cairo. Learn about Jerash and Petra, Civitavecchia, and Barcelona. Come listen about the

Creighton's six week fabulously bumpy journey this past winter with all its twists and turns.



### **The Music of the Civil Rights Movement by John Clark** Friday, June 24 at 1:00

This musical travelogue focuses on the music of the Civil Rights Movement during 50s and 60s. This presentation includes discussion of the controversial Hammerstein songs "You've Got to Be Carefully Taught" and Nat King Cole's "We Are Americans Too," which was a response to a 1956 racial incident involving Cole. Many noteworthy compositions will be highlighted and the histories behind the songs will be shared through this musical experience.

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# Thanks to BetterWOMAN, I'm winning the battle for Bladder Control.



Frequent nighttime trips to the bathroom, embarrassing leaks and the inconvenience of constantly searching for rest rooms in public—for years, I struggled with bladder control problems. After trying expensive medications with horrible side effects, ineffective exercises and uncomfortable liners and pads, I was ready to resign myself to a life of bladder leaks, isolation and depression. But then I tried **BetterWOMAN**®.

When I first saw the ad for BetterWOMAN, I was skeptical. So many products claim they can set you free from leaks, frequency and worry, only to deliver disappointment. When I finally tried BetterWOMAN, I found that after 2-3 months it actually works! It changed my life. Even my friends have noticed that I'm a new person. And because it's all natural, I can enjoy the results without the worry of dangerous side effects. Thanks to BetterWOMAN, I finally fought bladder control problems and I won!



### ALL NATURAL CLINICALLY-TESTED HERBAL SUPPLEMENT

- Reduces Bladder Leaks\* • Reduces Bathroom Trips\*
  - Sleep Better All Night\* • Safe and Effective
- Costs Less than Traditional Bladder Control Options
- Live Free of Worry, Embarrassment, and Inconvenience

Better Products  
for Better Aging!  
Tested. Natural.  
Effective. Trusted.  
—SINCE 1997—



BLADDER



MEMORY



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Time  
Offer

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**FREE BONUS BOTTLE**

CALL TOLL-FREE **1-888-266-3350**

or order online: **BeBetterNow.com**

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease. Use as directed. Individual results may vary. © 2022 Interceuticals, Inc. Salem, MA.

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**“Peace cannot be kept by force. It can be achieved by understanding.”**  
**-Albert Einstein**

## **GOING ON IN AND AROUND LINCOLN**

### **SUMMER TOP OF THE TOWN PARTY**

THURSDAY, JUNE 23, 5-8PM at THE PIERCE HOUSE (RSVP by 6/10)  
This event is sponsored by the Friends of the Lincoln Council on Aging.

### **Lincoln Arts & Farmers Market**

**Saturdays, June through October, 9AM—1PM**

Located on the Lincoln Station Green (145 Lincoln Road). Lincoln farm fresh produce, pastries, fabric arts, fine arts, crafts, and much more will be on sale. Lets keep Lincoln goin' & growin' by shopping local and supporting small businesses and farms.

### **Lincoln Foundation Grants offered for Battle Road Farm Residents**

Applications for need-based home improvement grants were recently mailed. Please contact Lara Plaskon, Grant Administrator, for more info (978-287-1092/[lara@RHSOhousing.org](mailto:lara@RHSOhousing.org)). The COA&HS is available to assist residents needing help to complete grant applications.

### **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.