



NEWS FROM BEMIS HALL

Volume 13

July/August 2022

Number 7/8

Lincoln Council on Aging & Human Services



AT THE MOVIES



Fridays at 1:00 - Free popcorn!

Lincoln Academy is on summer recess and returns this September. Join us for movies both new and classic, foreign and domestic, biographic and fictional. Occurs every Friday this summer following Senior Dining.

JULY

July 1 I'll Push You (2017) 1hr 40min. NR. It all started with three words: I'll Push You. This *documentary* is an up-close and personal look into the dynamics life-long friendship between of two best friends, Justin Skeesuck and Patrick Gray, as they travel El Camino de Santiago.

July 8 Mon Oncle Antoine (1971) 1hr 44min. PG13. Starring Jacques Gagnon and Jean Duceppe. Set in cold rural Quebec at Christmas time, we follow the coming of age of a young boy and the life of his family which owns the town's general store and undertaking business. Four stars from Roger Ebert. Directed by Claude Jutra.

July 15 House of Gucci (2021) 2hr 38min. R. Starring Al Pacino, Lady Gaga, and Adam Driver. When Patrizia Reggiani, an outsider from humble beginnings, marries into the Gucci family, her unbridled ambition begins to unravel their legacy and triggers a reckless spiral of betrayal, decadence, revenge, and ultimately...murder. Directed by Ridley Scott.

July 22 Ma Rainey's Black Bottom (2020) 1hr 34min. R. Starring Viola Davis and Chadwick Boseman. Tensions rise when blues singer, Ma Rainey, and her band are recording in a Chicago studio in 1927. Directed by George Wolfe.

July 29 Museum Hours (2012) 1hr 47min. NR. When a Vienna museum guard befriends an enigmatic visitor, the Kunsthistorisches Museum becomes a crossroad that sparks explorations of life, the city, and how art reflects and shapes the world. Directed by Jem Cohen.



AUGUST

August 5 Get On Up (2014) 2hr 19min. PG13. Starring Chadwick Boseman, Dan Aykroyd, and Viola Davis. A chronicle of James Brown's rise from extreme poverty to become one of the most influential musicians of the 20th century. Directed by Tate Taylor.

August 12 Compartment 6 (2021) 1hr 47min. R. Starring Yurly Borsov & Dinara Drukarova. A train weaves its way up to the arctic circle. Two strangers share a journey that will change their perspective on life. Director Juho Kuosmanen. Cannes Winner. *Foreign with Subtitles*.

August 19 Chocolat (2002) 2hr 1min. PG13. Starring Juliette Binoche, Judi Dench, and Johnny Depp. A French woman opens a chocolate shop in a small French village that shakes up the rigid morality of the straight-laced community. Directed by Lasse Hallstrom.

August 26 Becoming (2020) 1hr 29min. PG. Starring Michelle Obama. Join former first lady, Michelle Obama, in an intimate *documentary* looking at her life, hopes, and connection with others as she tours. Directed by Nadia Hallgren.



Watercolor en Plein Air class is back!

Wednesdays, beginning July 13 - August 10 at 3:00

Join Instructor Anna Fitzgerald as we explore watercolor. Beginners welcome! LCOA&HS paints and other art materials. This five week session is FREE. Space is limited to 12 participants, first come, first serve. Please call to sign up.



Computer & Tech Tutoring

Thursday, July 7 & 21

Thursday, August 4 & 18

Looking for help with your laptop, smart phone, tablet, or iPad? Come to our FREE tech tutoring office hours on Thursday between **1:30–3:00 pm**. If you have a laptop, tablet, notebook, etc., please bring it and the charger. 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.





What You Need To Know



Chat with a Nurse

Wednesday, July 20 & August 17 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.



Caregiver Support Group

Wednesday, July 20 & August 17 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 for more info. *Sponsored by the Commons in Lincoln.*

Looking for a support group? The COA&HS host other ongoing support groups. Please call 781-259-8811 to inquire about space and subject matter.

Air Conditioner Loan Program

If you are need of a window unit air conditioner, please call the COA&HS to see if you qualify. "As we age, the distribution of body fat, muscle mass, and sweat glands change and can affect our body's thermal regulation," says geriatric medicine specialist Ken Koncilja, MD. Stay safe this summer with an AC loan from the COA&HS.

Farmers Market Coupons

Monday, August 15

Eligible seniors (aged 60+) receive **\$25 in FREE vouchers** to purchase locally grown food. We will be giving out vouchers on Monday, August 15. Morning voucher pick up: 10:00AM to noon, Lincoln Woods Community Room, 50 Wells Road. Afternoon voucher pick up: 1:00PM to 3:00PM at Bemis Hall. *Produce voucher coupons are given on a first come, first serve basis.* If you have questions, are unavailable on Aug.



15 and still want vouchers, or miss distribution day, call Carlee, 781-259-8811. Eligibility criteria: 60 years of age AND participate in one of the following programs: SNAP, fuel assistance/LIHEAP, Mass Health/Medicaid, etc. OR have a monthly income at or below \$2,096 (single)/\$2,823 (2 people).





FOR YOUR WELL BEING



FREE Wellness Clinics with Public Health Nurse, Tricia McGean

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

Tuesday, July 13 (Lincoln Woods)

Tuesday, August 30 (Bemis Hall)

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: 11:00AM—1:00PM

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, July 13 & Tuesday, July 26

Wednesday, August 10 & Tuesday, August 30



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, July 5, 12, 19, & 26 August 2, 9, 16, & 23 (adult)

Wednesdays, July 6, 13, 20, & 27 August 3, 10, 17, & 24 (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.*



English at Large
Tuesdays 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, call 781-395-2374, or email learn@englishatlarge.org.

SPEND TIME WITH OTHERS

French Conversation Brush up on your French speaking skills.
Second and fourth Monday of each month at 9:30 am via Zoom.

German Conversation Come enjoy speaking German.
First, third, and fifth Friday of each month at 10:00 am via Zoom.

Russian Conversation All welcome whether a native speaker, beginner, or in-between!
First and third Thursday this summer at 10:00 pm at Bemis Hall.

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

Ukulele Gathering Bring your ukulele and come play with friends both old and new.
Second and Fourth Thursday of each month at 3:00 pm at Bemis Hall.



Senior Dining
 Fridays at 11:30

Lincoln seniors aged 60+, join us for lunch across from Bemis Hall in the First Parish Church auditorium. **New and improved menu is listed on the newsletter calendar.** This program runs weekly. \$2 suggested donation. Dine in or carry out available. Call 781-259-8811 to register. Reservation must be received by noon Wednesday. *Sponsored by Minuteman Senior Services.*

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Monday	Tuesday	Wednesday	Thursday	Friday
JULY		*Note: This class held at Pierce House		1 10:00 SAIL/Balance 10:00 German Convo 11:30 Senior Dining: fish, whipped potatoes, summer squash 1:00 Movie: <i>I'll Push You</i>
4  COA&HS Closed	5 9:00 English at Large 9:30 Knitting 9:30 Tai Chi* 11:15 Stretch & Flex* 12:15 Active Aging* 2:45-4:15 <u>Free</u> Mental Health Clinic	6 9:30-12:30 SHINE 11:00 Line Dancing* 3:00 Open Art Studio 2:45-4:15 <u>Free</u> Mental Health Clinic	7 9:00 Vets Office Hours 9:30 Tai Chi 10:00 Russian Convo 11:15 Stretch & Flex* 12:15 Active Aging* 1:30-3:00 Tech Tutor	8 10:00 SAIL/Balance 11:30 Senior Dining: roast pork, scalloped potatoes, Italian veg 1:00 Movie: <i>Mon Oncle Antoine</i>
11 9:30 French Convo	12 9:00 English at Large 9:30-11:00 Knitting 9:30-10:30 Tai Chi* 12:00 Heart to Home Lunch at Bemis No Exercise today 2:15-4:30 Free Mental Health Clinic	13 8:45-10:45 Podiatry 8:45-10:45 Wellness 11:00 Line Dancing* 3:00 Watercolors 2:45-4:15 <u>Free</u> Mental Health Clinic	14 9:00 Vets Office Hours 9:30 Tai Chi No Exercise Today 3:00 Ukulele	15 10:00 SAIL/Balance 10:00 German Convo 11:30 Senior Dining: turkey breast, pasta salad, sesame cucumber salad 1:00 Movie: <i>House of Gucci</i>
18	19 9:00 English at Large 9:30 Knitting 9:30 Tai Chi 11:15 Stretch & Flex* 12:15 Active Aging* 2:45-4:15 <u>Free</u> Mental Health Clinic	20 11:00 Chat with a Nurse 11:00 Line Dancing* 3:00 Watercolors 2:45-4:15 <u>Free</u> Mental Health Clinic	21 9:00 Vets Office Hours 9:30 Tai Chi 10:00 Russian Convo 11:15 Stretch & Flex* 12:15 Active Aging* 1:30-3:00 Tech Tutor	22 10:00 SAIL/Balance 11:30 Senior Dining: chicken breast, red pepper pest quinoa, roasted veggies 1:00 Movie: <i>Ma Rainey's Black Bottom</i>
25 9:30 French Convo	26 9:00 English at Large 8:45-1:45 Podiatry 8:45-1:45 Wellness 9:30 Knitting 9:30 Tai Chi* 11:15 Stretch & Flex* 12:15 Active Aging* 2:15-4:30 <u>Free</u> Mental Health Clinic	27 11:00 Line Dancing* 1:00-4:00 SHINE 3:00 Watercolors 2:45-4:15 <u>Free</u> Mental Health Clinic	28 9:00 Vets Office Hours 9:30 Tai Chi 11:15 Stretch & Flex* 12:15 Active Aging* 3:00 Ukulele	29 10:00 SAIL/Balance 10:00 German Convo 11:30 Senior Dining: bourbon chicken salad, chickpea/cilantro salad, California veg 1:00 Movie: <i>Museum Hours</i>

COUNCIL ON AGING & HUMAN SERVICES INFORMATION

The COA&HS is located in Bemis Hall, 15 Bedford Rd.
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 a.m. — 4:30 pm
 Bemis Hall is open regular hours this summer.

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 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.

Monday	Tuesday	Wednesday	Thursday	Friday
1 AUGUST	2 9:00 English at Large 9:30 Knitting 9:30 Tai Chi* 11:15 Stretch & Flex* 12:15 Active Aging* 2:45-4:15 <u>Free</u> Mental Health Clinic	3 9:30-12:30 SHINE 11:00 Line Dancing* 12:30 Russian Convo 3:00 Watercolors 2:45-4:15 <u>Free</u> Mental Health Clinic	4 9:00 Vets Office Hours 9:30 Tai Chi 11:15 Stretch & Flex* 12:15 Active Aging* 1:30-3:00 Tech Tutor	5 10:00 SAIL/Balance 10:00 German Convo 11:30 Senior Dining: Menu TBD 1:00 Movie: <i>Get On Up</i>
8 9:30 French Convo	9 9:00 English at Large 9:30 Knitting 11:15 Stretch & Flex* 12:15 Active Aging* 2:15-4:30 <u>Free</u> Mental Health Clinic	10 8:45-10:45 Podiatry 11:00 Line Dancing* 3:00 Watercolors 2:45-4:15 <u>Free</u> Mental Health Clinic	11 9:00 Vets Office Hours 11:15 Stretch & Flex* 12:15 Active Aging* 3:00 Ukulele	12 10:00 SAIL/Balance 11:30 Senior Dining: Menu TBD 1:00 Movie: <i>Compartment 6</i>
15	16 9:00 English at Large 9:30 Knitting 11:15 Stretch & Flex* 12:15 Active Aging* 2:45-4:15 <u>Free</u> Mental Health Clinic	17 11:00 Chat with a Nurse 11:00 Line Dancing* 12:30 Russian Convo 1:00-4:00 SHINE 3:00 Open Art Studio 2:45-4:15 <u>Free</u> Mental Health Clinic	18 9:00 Vets Office Hours No Exercise Today 1:30-3:00 Tech Tutor	19 10:00 SAIL/Balance 10:00 German Convo 11:30 Senior Dining: Menu TBD 1:00 Movie: <i>Chocolat</i>
22 9:30 French Convo	23 9:00 English at Large 9:30 Knitting 11:15 Stretch & Flex* 12:15 Active Aging* 2:15-4:30 <u>Free</u> Mental Health Clinic	24 11:00 Line Dancing* 3:00 Open Art Studio 2:45-4:15 <u>Free</u> Mental Health Clinic	25 9:00 Vets Office Hours 11:15 Stretch & Flex* 12:15 Active Aging* 3:00 Ukulele	26 10:00 SAIL/Balance 11:30 Senior Dining: Menu TBD 1:00 Movie: <i>Becoming</i>
29	30 9:00 English at Large 8:45-1:45 Podiatry 8:45-1:45 Wellness 9:30 Knitting 11:15 Stretch & Flex* 12:15 Active Aging*	31 11:00 Line Dancing* 3:00 Open Art Studio 2:45-4:15 <u>Free</u> Mental Health Clinic		

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>



FOR YOUR INFORMATION



SHINE Office Hours

Wednesday, July 6 & August 3, 9:30am-12:30pm
Wednesday, July 27 & August 17, 1:00pm-4:00pm

Serving Health Information Needs of Everyone (SHINE) is a free Medicare benefits counseling program available to beneficiaries of all ages and people who are new to Medicare due to retirement, unemployment, or disability.

Attention: Medicare-eligible adults with Type 2 Diabetes and/or non-dialysis chronic kidney disease!

Did you know that Minuteman Senior Services offers a Medical Nutrition Therapy (MNT) program? In the MNT program, you will work one-on-one with a Registered Dietitian over the course of 3 months to navigate your diet and lifestyle.

Advertisement for Terry Perlmutter, Real Estate Expert, and SHAIN training program. Includes contact info for Barrett Sotheby's International Realty and training details like 'Train with SHAIN' and 'Fully Insured'.

Advertisement for Jocelyn Finlay Photo Studio at the Market and an ad placement opportunity. Includes contact info for Lisa Templeton and details about the photo studio.

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 - Pierce House



Terri Zaborowski

Stretch and Flex Classes with Terri

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

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. Resistance bands are provided. Class can be done seated or standing. *No class July 14 or August 18.*



Pierce House

Active Aging Classes with Terri

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

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. Resistance training to build lean muscle and increase bone density all to the beat of the music! Finish with a 5-minute stretch. *No class July 14 or August 18.*



Katrina Rotondi

Line Dancing with Katrina

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

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? Learn the basic steps and be dancing in minutes.



Jane Moss

Tai Chi with Jane

Tuesdays Cost, \$60.00/5 week session
9:30-10:30 am

Tai Chi under the tent for Health and Wellness. Bring a lawn chair. Class for previous Tai Chi students only. For more information or inquiries, please contact Amy.

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 July – September 2. Summer session. 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 Ellie & Cynthia

Thursdays Cost \$60.00/5 week session
9:30-10:30 am

Summer Session runs July 7– August 4. 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.



Ellie Horwitz

Fitness classes subsidized by the MA Executive Office of Elder Affairs and by FLCOA.

Tour Beauport: The Sleeper McCann House in Gloucester

Seaport Grille Lunch

Wednesday, September 21



Join us for a tour of the Sleeper McCann House and its beautiful grounds, followed by a leisurely lunch on the harbor! Located on Eastern Point, Beauport is a National Historic Landmark and was the summer home of America's first professional interior designer: Henry Davis Sleeper. Perched on a rock ledge overlooking Gloucester Harbor, Beauport was Sleeper's retreat, backdrop for entertaining, creative canvas, and



professional showcase. Eastern Point was an enclave occupied by a noteworthy set of Boston society "Bohemian" artists and intellectuals, including Isabella Stewart Gardner and A. Piatt Andrew, and Beauport was the site of many of their parties.

Following the tour is lunch at the Seaport Grille overlooking the harbor. Cost of trip is \$40, non-refundable. Lunch not included; attendees order and pay individually. Sign up by mailing your check, payable to FLCOA Trips to "LCOA&HS, c/o Town Offices, 16 Lincoln Road, Lincoln, MA 01773." Space is limited. Reservations are first come, first serve. Priority given to Lincoln seniors aged 60+. If signing up after July, 31: call the COA&HS to ensure space remains. Arrive to Donelan's parking lot by 8:30AM. Tour bus departs promptly at 8:45AM and returns at approx. 3 p.m. For more info, call Sara at 781-259-0421.



Save the Dates!

Turkey Train in New Hampshire

Thursday, October 13

All aboard for this fabulous fall foliage tour in New Hampshire. Two hour train ride along the shoreline of Lake Winnepesaukee. Luncheon in the dining car includes a hand carved roast turkey dinner prepared for us by Hart's Turkey Farm. As always, scholarships available.

Kinky Boots Trip at the North Shore Theatre

Wednesday, November 2



Celebratory Lunch with Heart to Home

Tuesday, July 12 at Noon

The team at Heart to Home Meals is offering a **FREE lunch at Bemis Hall** to honor the seniors of Lincoln. These delicious meals are frozen and can be stored in your freezer until you are ready to heat and enjoy! Come and join the team for this free lunch, including give-away prizes! *Space is limited.* Sign up is required. Call 781-259-8811 to reserve your spot.

Menu Choices

- A. Crumb-topped cod in lemon sauce — Cod fillet topped with parsley crumb in a lemon butter sauce. Sides include rice, asparagus, and green beans.
- B. Chicken teriyaki — authentic teriyaki sauce mixed with chicken and vegetables. Served with a fluffy vegetable rice pilaf.

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GOING ON IN AND AROUND LINCOLN

Lincoln Library Book Sale is being held at the Library on carts this summer.

Please Note book bin donation locations:

Donelan's, Tracey's Gas Station, and Lincoln Gas & Auto

SAVE THE DATE

July 4, 2022

Parks and Recreation Department is hosting the following events:

- 8:30AM: Firecracker Run Road Race with musket fire start
- 10:00AM: Children's Bike Parade
- 10:40AM: Independence Day Parade
- 11:30AM: BBQ Cookout at Pierce House

Note: No fireworks this year due to school construction project

Visit www.lincolnrec.com for details and updates

SAVE THE DATE: SHREDDING EVENT, SEPT. 28, 11-2PM