



NEWS FROM BEMIS HALL

Volume 13

October 2022

Number 10

Lincoln Council on Aging & Human Services



Medicare Updates Presentation

Tuesday, October 18 from 10:00 - 11:00AM

Certified Minuteman Senior Services SHINE Counselors, Rhonda Swain and Craig Donaldson, present a Medicare benefits program discussing:

- What is the “donut hole” and how do I avoid it?
- Am I required to take action during Open Enrollment?
- What tools are available to help understand my Medicare healthcare and prescription drug coverage options?
- What public benefits are available for healthcare and prescription drug coverage?



****Medicare Open Enrollment runs October 15 - December 7****

Want help understanding the upcoming changes to your Medicare plan?

Call 781-259-8811 to schedule a SHINE appointment.

Morning and afternoon appointments available.

Wednesdays, October 5, 12, 26 & November 2 & November 16

Senior Hi Dose Flu Clinic

Wednesday, October 5 from 10:00 - 12:30PM



Senior Pfizer Bivalent COVID Booster Clinic

Wednesday, October 26 from 10:00 - 2:00PM

Clinics are being offered to Lincoln residents age 60 and over. You must register to attend. Please call 781-259-8811 to sign up.

Toni Lynn Washington Jazz Performance

Friday, November 4 at 2:00PM



All ages are invited to a FREE concert by renowned Boston-area blues vocalist, Toni Lynn Washington. Ms. Washington has delighted and awed audiences in Boston and around the country and globe for decades as both a singer and songwriter. She has received the Boston Blues Festival Lifetime Achievement Award, had seven Blues Music Award nominations, and released five CDs.

This event generously sponsored by Margo Cooper in celebration of her mother, Ronna Cooper's life.

Coffee & Conversation with Jennifer Glass, Select Board

Tuesday, October 25 at 12:00PM



Our monthly meetings with Jennifer Glass are back in person! Residents of all ages are invited to join Select Board member, Jennifer Glass, to ask your questions, get the latest updates, and give your ideas. Coffee and pastries provided! Call 781-259-8811 to RSVP. If you would prefer to meet via zoom, contact Amy at: gagnea@lincolntown.org.



Join us for lunch!

Fridays at 11:30AM

We invite all Lincoln seniors aged 60+ to join us for lunch. Enjoy the company of your neighbors while friendly staff serve you a full meal, coffee and desert included! **Lunch menu: See October calendar.** \$2 suggested donation. Dine in or carry out available. Call 781-259-8811 to RSVP. Space is limited. Reservation must be received by noon Wednesday for the Friday meal. *Sponsored by Minuteman Senior Services.*

Save the date!

Friday, October 28 at 11:30AM



Senior Dining Special Guest: Rev. Nathan Klug joins us. Nate is a poet, translator, essayist, and one of First Parish Church's new co-ministers.

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 the **1st & 3rd Wednesday 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.





**Grandchildren are easy to love,
knowing how to talk with them is harder.**

You're not alone. We're just an email away.

GRAND Acceptance: Support Group for Grandparents of LGBTQ+ Children

For grandparents & seniors trying to grapple with the issues
that their LGBTQ+ grandchild may face at any age.

Meetings are online via Zoom
7pm on the first Thursday of every month



Interested?

E-mail us at grandparentSupport@gbpflag.org for
information about attending our next meeting!

This project is supported by a grant from the Dana Home Foundation.



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Caregiver Support Group

Wednesday, October 19 at 11:00AM

Have a family member with memory loss? You're invited to 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.* Group is offered via Zoom. Facilitated by Claire Gerstein, LICSW. Email gersteinc@lincolntown.org for more info. *Sponsored by Benchmark Senior Living at the Commons in Lincoln.*



Autumn Noticing Walks

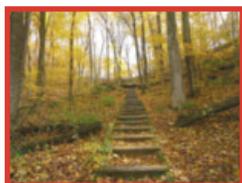
Tuesdays, Oct. 4 & Nov. 1 from 1:00 - 2:30PM



All are welcome for these FREE events. Unplug from the busy world and let your senses come alive in nature! These walks are gently paced but do cover rough terrain. Wear sturdy footwear and/or bring walking poles. Naturalist John Calabria leads us on walks that are about the journey, not the destination. Space is limited. Registration: www.lincolnconservation.org. Reminder sent 1 week before & day of walk. *Sponsored by the COA&HS and Lincoln Land Conservation Trust.*

Tuesday Trail Walks

Tuesdays, Oct. 11, 18, & 25 from 9:30 - 11:30AM



All are welcome, but space is limited for these FREE walks. Explore Lincoln's open space. Visit different trails in Lincoln each week. These walks, led by Conservation Dept. staff, are typically two to three miles long. Wear sturdy shoes and dress for weather. Leave pets at home, since the focus is nature. Reservation is required. RSVP by contacting the Conservation Dept. at 781-259-2612/Conservation@lincolntown.org or online <https://tinyurl.com/2022FallWalks>. Select the tab with the date you wish to join. *Sponsored by the COA&HS and Lincoln Conservation Commission.*



FOR YOUR WELLBEING



FREE Wellness Clinics with Public Health Nurse, Tricia McGean

Wednesday, October 12 (Bemis Hall)

Tuesday, October 25 (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

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, October 12

Tuesday, October 25



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, October 4, 11, 18 & 25 (adult)

Wednesdays, October 5, 12, 19 & 26 (adolescent)

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.



ENGLISHATLARGE

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.

FREE Tech Tutoring

Thursday, October 6 from 2:00 - 4:00PM



Looking for help with your laptop, tablet, smart phone, or iPad? Come to our tech tutor office hours. 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 and tech tutoring office hours regularly runs with a waitlist. Unfortunately, we are not able to accommodate walk in appointments.*



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.



French Conversation Brush up on your French speaking skills.
First and third 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 Thursday of the month at 10:00 am, in person. No meeting Oct. 20.

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, in person.



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



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, in person. No meeting Oct. 19.

Memoirs Fall session meets every other week. Sharing stories & writing them together.
First and third Wednesday of the month at 10:00—noon via Zoom.

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MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">3</p> <p>9:30 French Conversation 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">4</p> <p>9:30—11:00 Knitting Group 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>9:30—11:30 SHINE Office 10:00 Memoirs Writing C 11:00 Line Dancing 1:00—4:00 SHINE Office 1:00 Tai Chi 1 2:00 Tai Chi 3 2:45—4:15 <u>Free</u> Mental 3:00 Open Art Studio</p>
<p style="text-align: right;">10</p> <p style="text-align: center;">COA&HS CLOSED Holiday</p>	<p style="text-align: right;">11</p> <p>9:30—11:30 Trail Walks 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 8:45—10:45 Wellness C 11:00 Line Dancing 1:00—4:00 SHINE Office 1:00 Tai Chi 1 2:00 Tai Chi 3 2:45—4:15 <u>Free</u> Mental 3:00 Open Art Studio</p>
<p style="text-align: right;">17</p> <p>9:30 French Conversation 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">18</p> <p>9:30—11:30 Trail Walks 9:30—11:00 Knitting Group 10:00 Medicare Presentation 11:15 Stretch and Flex 12:15 Active Aging 1:00—4:00 SHINE Office Hours 2:45—4:15 <u>Free</u> Mental Health Clinic</p>	<p>10:00 Memoirs Writing 11:00 Caregiver Support 1:00 Tai Chi 1—Zoom 2:00 Tai Chi 3—Zoom 2:45—4:15 <u>Free</u> Mental COA&HS Closed ALL in person COA&HS postponed due to staff</p>
<p style="text-align: right;">24</p> <p>2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">25</p> <p>8:45—1:45 Podiatry & Wellness Clinic 9:30—11:30 Trail Walks 9:30—11:00 Knitting Group 12:00 Coffee/Convo J. Glass, Select 2:45—4:15 <u>Free</u> Mental Health Clinic</p> <p>NO Stretch and Flex or Active Aging today</p>	<p>9:30—11:30 SHINE Office 11:00 Line Dancing 1:00—4:00 SHINE Office 1:00 Tai Chi 1 2:00 Tai Chi 3 2:45—4:15 <u>Free</u> Mental 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.

Y	THURSDAY	FRIDAY
<p>5</p> <p>Office Hours</p> <p>Group</p> <p>Office Hours</p> <p>Health Clinic</p>	<p>6</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>10:00 Russian Conversation</p> <p>11:15 Stretch and Flex</p> <p>12:15 Active Aging</p> <p>1:30 Matter of Balance Workshop</p> <p>2:00—4:00 Tech Tutoring by appt.</p>	<p>7</p> <p>10:00 German Conversation</p> <p>10:00 SAIL/Balance</p> <p>11:30 Senior Dining</p> <p>Menu: Chicken & White Bean Chili Brown Rice, Corn, Bread</p> <p>1:00 Movie: <u>Splendor in the Grass</u></p>
<p>12</p> <p>Health Clinic</p> <p>Office Hours</p> <p>Health Clinic</p>	<p>13</p> <p>9:15 Trip to N.H. Turkey Train</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 Matter of Balance Workshop</p> <p>3:00 Ukulele Gathering</p>	<p>14</p> <p>10:00 SAIL/Balance</p> <p>11:30 Senior Dining</p> <p>Menu: Broccoli Bake, Home Fries, Stewed Tomatoes <i>Vegetarian</i></p> <p>1:00 Movie: <u>The King's Speech</u></p>
<p>19</p> <p>Group</p> <p>Art Group</p> <p>Only</p> <p>Only</p> <p>Health Clinic</p> <p>and</p> <p>activities</p> <p>training.</p>	<p>20</p> <p>9:15 Tai Chi 1—Zoom Only</p> <p>10:15 Tai Chi 2—Zoom Only</p> <p>ALL <i>in person</i> COA&HS activities postponed due to staff training.</p>	<p>21</p> <p>10:00 German Conversation</p> <p>10:00 SAIL/Balance</p> <p>NO Senior Dining Today</p> <p>ALL <i>in person</i> COA&HS activities postponed due to staff training.</p>
<p>26</p> <p>Office Hours</p> <p>Office Hours</p> <p>Health Clinic</p>	<p>27</p> <p>9:00—12:00 Veterans Office Hours</p> <p>9:30 Men's Coffee</p> <p>9:15 Tai Chi 1</p> <p>10:15 Tai Chi 2</p> <p>1:30 Matter of Balance Workshop</p> <p>3:00 Ukulele Gathering</p> <p>NO Stretch and Flex or Active Aging today</p>	<p>28</p> <p>10:00 SAIL/Balance</p> <p>11:30 Senior Dining</p> <p><u>Special Guest: Rev. Nate Klug</u></p> <p>Menu: Potato Pollack, Sweet Potato coins, Cauliflower</p> <p>1:00 Lincoln Academy: REAL ID- with M. Ellicks from RMV</p>

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





Kinky Boots—North Shore Music Theatre

Wednesday, November 2



We have a real treat in store for you! A matinee of the Tony award winning *Kinky Boots*. This is the freshest, most fabulous, feel good musical that takes you from the assembly line of a men's shoe factory to the glamorous catwalks of Milan. This show *will* sell out and we have inner circle seats! Three course lunch before the show at the Danversport Yacht Club included. Choice of entree: A) Herb Roasted Angus Beef, B) Seafood Trio, or C) Vegetarian, salad and dessert.

Cost: \$70, including lunch (non-refundable). Registration opens Oct. 3. Sign up by mailing your check, payable to *FLCOA Trips*, to LCOA&HS, c/o Town Offices, 15 Lincoln Road, Lincoln, MA 01773. Indicate lunch choice on the memo line. *Space is limited.* Reservations are first come, first serve. Call Amy at 781-259-8811 to ensure space remains or for more info. Arrive at Donelan's parking lot by 10:15AM. Tour bus departs at 10:30AM and returns at approx. 6PM. This trip is rated easy for physical ability, and entails a moderate amount of walking. There are no stairs at the theatre.

Is this trip out of your budget? No problem!

The Scholarship Program helps Lincoln residents aged 60+ participate in COA&HS activities, trips, programs, events, and classes that they could otherwise not afford to attend. Please call COA&HS and ask Amy for more information. *Sponsored by the Friends of the Lincoln COA.*

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	<p>JOCELYN FINLAY PHOTO</p> <p>JocelynFinlay.com</p>	
<p>Studio at the Market</p> <p>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>jefinlay@gmail.com 617-468-4714</p>		

<p>There are many ways to make an appointment.</p> <ul style="list-style-type: none"> Visit Vaxfinder For a list of locations in your area visit vaxfinder.mass.gov Pop-up Mobile Clinics Through local Boards of Health or community organizations. Dial 2-1-1 to make an appointment In-home Booster Request an in-home booster call: (833) 983-0485 	<p>Need a Boost?</p> <p>It may be time for your next COVID-19 vaccination</p> <p>COVID-19 booster vaccines keep you, your family, and your community healthy. Health officials recommend a fourth dose (or second booster) of the Pfizer or Moderna vaccine for older adults and the most vulnerable. Our team is here to help you with your questions about vaccinations and how to make an appointment.</p> <p>Minuteman SENIOR SERVICES</p> <p>Our caregiving team is here to help you with your questions. Visit MinutemanSenior.org Call us at 888-222-6171 or email us at elderinfo@MinutemanSenior.org</p>
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Contact Amy, 781-259-8811/gagnea@lincolntown.org to pre-register.

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

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

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. 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. Please note: **No Class 10/20, 10/25, or 10/27.**

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. 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. **No Class 10/20, 10/25, or 10/27.**

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? Maybe you just might be looking for something new to try and get a little exercise too! **No Class 10/19.**



Bemis Hall



Katrina Rotondi

Virtual Exercise via Zoom

SAIL Fitness with Derry

Fridays Cost, \$3.00/class or \$39.00/Fall session
10:00-10:45 am

13 week fall session runs Sept. 9 – Dec. 16. 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. **No class 11/11 or 11/25.**



Derry Tanner



Jane Moss



Ellie Horwitz

Hybrid Exercise at Bemis Hall & via Zoom

NEW HYBRID Tai Chi Classes with Jane, Ellie, & Cynthia

Mondays, Wednesdays, Thursdays Cost, \$3.00/class

13 week fall session runs Sept. 19 – Dec. 15. This gentle practice works the joints and muscles to increase flexibility, strength, balance, and circulation. To register email gagnea@lincolntown.org. Openings in Thursday classes. No class on 10/10 or 11/24.

Beginner/Level 1/In person or Zoom - Zoom only on 10/19 & 10/20

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

Advanced/Level 2/In person only (No Class 10/20)

Mondays at 3:00 pm & Thursday 10:15 am.

Advanced/Level 3/In person only (No Class 10/19)

Wednesdays at 2:00 pm

At the Movies & Lincoln Academy follow Senior Dining at 1PM



AT THE MOVIES



Friday, Oct. 7 & 14 - Free popcorn!

Oct. 7 Splendor in the Grass (1961) 2 hr 4min. NR. Starring Natalie Wood and Warren Beatty as two high school sweethearts in love growing up in the late 1920s and through the stock market crash of 1929. The two must navigate the oppressive expectations of their parents in a small town in Kansas, which threatens the future of their relationship. Directed by Elia Kazan.

Oct. 14 The Kings Speech (2010) 1hr 50min. PG13. Starring Colin Firth & Helen Bonham Carter. The story of King George VI, his impromptu ascension to the throne of the British Empire in 1936, and the speech therapist who helped the unsure monarch overcome his stammer. British historical drama. Directed by Tom Hooper.



Lincoln Academy



REAL ID Workshop: Is the REAL ID Right For You?

Friday, October 28

Michele Ellicks, Community Outreach Coordinator of the Registry of Motor Vehicles (RMV), is offering a free REAL ID workshop. There is new information on the new federal and state requirements concerning your driver's license/ID card. Topics this workshop will cover include:

- What is the difference between "Standard ID" and "Real ID" driver's licenses and ID cards
- How to renew a Massachusetts Driver's License or Massachusetts Identification (ID) Card
- What are the new Federal and State requirements for renewing a Driver's license or ID card

Create a "My Medicare" Account Online

For those with computer access, visit www.medicare.gov to create a "My Medicare" account. Be sure to securely store your username and password. If you are not yet receiving Medicare, you can utilize the Medicare Planfinder tool from the website. After entering your zip code, prescriptions, and preferred pharmacies, the Medicare Planfinder will produce a report that includes premiums, annual out of pocket costs (e.g. copayments and annual deductibles), and other important details so you can choose the right plan for your needs.

Special Thank you to our Lincoln Volunteers



Join us in thanking our own Rob Todd (21 years of Meals on Wheels volunteer service), Don Milan (16 years of SHINE volunteer service), and Dilla Tingley (28 years of Meals on Wheels volunteer service). The impact of their service to our community cannot be understated and we are truly grateful for their years (65 years cumulative total!) of consistent dedication and services. Thank you Rob, Don, and Dilla!

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FRIENDS OF THE LINCOLN COUNCIL ON AGING
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“Adapt the pace of nature: her secret is patience” ~Ralph Waldo Emerson

GOING ON IN AND AROUND LINCOLN

SAVE THE DATE - SENIOR HIGH DOSE FLU CLINIC

WEDNESDAY, OCTOBER 5, 10 - 12:30 PM
Call COA&HS at 781-259-8811 to register.



Please Join Us at the Lincoln School Ribbon Cutting Ceremony!

Friday, October 28, at 1:30 pm

It's been 5 years since the School Building Committee began work on the Lincoln School project, our pre K - 8th grade students are in the building, and the time has come to celebrate! The community is invited to mark this milestone at the official ribbon cutting. The ceremony will be **in-person** with the ability to **zoom in** (Email apearson@lincnet.org to RSVP for in-person event or obtain the zoom link).

- 1:30 pm: Ceremony begins: doors open at 1:00 pm.
- 2:30 pm: Light refreshments and opportunity to see items from 1995 Time Capsule
- 3:00 pm: Building tours.



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.