



NEWS FROM BEMIS HALL

Volume 13

November 2022

Number 11

Lincoln Council on Aging & Human Services



NEW! Lunch Group & Social Hour

Tuesday, November 15 at 12:00PM

You are invited to bring a bag lunch and socialize with friends & neighbors in the Map Room.

The Commons Providing a Chef Signature Meal FREE!

Friday, November 18 at 11:30AM

Join us for this special meal for Lincoln residents 60+ at the First Parish Church, across from Bemis Hall. Please kindly RSVP by Nov. 15. Call 781-259-8811 and join us for this delicious meal and find out what your friends are doing over the holidays. Menu page 7.



Senior Dining at First Parish

Friday, November 4 at 11:30AM

Enjoy the company of your neighbors while friendly staff serve you a meal, including coffee & dessert. RSVP due by Nov. 2. \$2 suggested donation. Lincoln residents age 60+.

Sponsored by Minuteman Senior Services.

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.



S M C **Heating Assistance – Need Help Paying Energy Bills?**

If you want help paying your electric or heating bill, the Fuel Assistance Program may be able to help. The program provides a cash benefit for both home owners and renters with eligible incomes. Recipients may also be eligible for other benefits (e.g. new water heater, furnace, and more!). To apply, residents of all ages should call Natalia or Carlee at 781-259-8811 to set up an appointment. Those who are experiencing extreme financial emergencies may also call the COA &HS to learn more about other programs such as the Emergency Assistance Fund (EAF). If you would like to make a donation to the EAF to help other residents, please send your contribution to the COA&HS at 16 Lincoln Road, Lincoln, MA 01773. *The EAF is funded by the Ogden Codman Trust, First Parish, & donations from residents like you.*



Coffee & Conversation Jennifer Glass, Select Board

Tuesday, November 22 at 10:00AM



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: rettiga@lincolntown.org.



Welcome Noble I.J., New COA&HS Intern!

Hello, my name is Noble IJ and I am delighted to be serving at the Lincoln Council on Aging and Human Services for one academic year as a Masters of Social Work intern from Salem State University. I am originally from the Eastern part of Nigeria and speak my native language (Igbo) and English fluently. I relocated to the United States in 2012. It's been an amazing growth-centric experience and I love it here. When I'm not doing school related activities, I often enjoy hosting and listening to podcasts, writing scripts, and reading. I am looking forward to learning more about Lincoln and its residents to help broaden my horizon in the field of social work.



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.



Holiday Visits & Gift Bags



During the holidays staff visit homebound, frail and needy seniors to deliver gift bags full of basic necessities. We are collecting the following NEW, FULL-SIZED UNOPENED, items to fill the bags. *Shampoo, conditioner, body wash, toothbrushes, toothpaste, tissues, paper towels, toilet paper, lip balm, deodorant, disposable razors, shaving cream, kitchen sponges, trash bags, laundry soap, socks, coffee & tea, postage stamps, pharmacy gift cards.*

Questions? Call Abigail, 781-259-8811.

Please bring your donations to Bemis Hall no later than December 7.

FREE Sand & Salt Buckets for Seniors

The winter season is upon us! The Lincoln Girl Scouts would like to help seniors be prepared and safe this winter. If you would like a FREE sand/salt bucket to help with slippery spots on your driveway or walkway, contact the COA&HS at 781-259-8811 to sign up and the Girl Scouts will deliver to your door.



Caregiver Support Group

Wednesday, November 16 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, Nov. 1 & Dec. 6 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.*

Saturday Ranger Walks

Saturdays, Nov. 5 & Dec. 3 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 Lincoln's Conservation Ranger, Will Leona, 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/2022RangerWalks>
Sponsored by the COA&HS and Lincoln Conservation Commission.

FOR YOUR WELLBEING

FREE Wellness Clinics with Public Health Nurse, Tricia McGean

Wednesday, November 9 (Bemis Hall) & Lincoln Woods 11-1
Tuesday, November 22 (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 10:00AM—12:00PM



Podiatry Clinics with Dr. Ruhl

Wednesday, November 9
Tuesday, November 22

All participants must register in advance by calling 781-259-8811. **Space is limited to Lincoln seniors aged 60 plus.** Registration is on a first come, first serve basis. Suggested \$10 donation. *Sponsored by the Friends of Lincoln COA & Pierce House.*



FREE Mental Health Clinics

Tuesdays, November 1, 8, 15, 22 & 29 (adult)
Wednesdays, November 2, 9, 16, 23 & 30 (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.



Mission Statement: The Lincoln COA&HS 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.

English at Large

Tuesdays at Bemis Hall



Want to improve your English? The Lincoln COA&HS, through partnership with EAL, is now offering **FREE** 1-on-1 English language tutoring. Tutoring is provided by a volunteer teacher matched to your schedule. Group lessons also available. For more info or to register: visit englishatlarge.org/get-a-tutor, call 781-395-2374, or email learn@englishatlarge.org.

FREE Tech Tutoring

Thursdays, November 3 & 10, 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 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.
Third Thursday of the month (NOV) 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 and third Thursday of the month at 10:00 am, in person.

Ukulele Gathering Bring your ukulele and come play with friends both old and new.
Second 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 Nov. 23.

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

DEE FUNERAL & CREMATION SERVICES
Caring for Families since 1868
978-369-2030
 John J. Arena III
 Susan M. Dee • Charles W. Dee
www.deefuneralhome.com

LINCOLN WOODS
 APARTMENTS
 Newly Renovated
 Affordable Apartments
 Next to the Lincoln Mall
 50 Wells Rd. / Lincoln, MA
www.LincolnWoodsApt.com
781-259-0150



Friends of the Lincoln Council on Aging
 P.O. Box 143 • Lincoln, MA 01773

Proud to Support the Lincoln Council on Aging
Serving people of all ages

Trips – Music – Social Events
 Exercise – Tai Chi – Line Dancing
 Counseling – Transportation - Caregiving Help
 Art – Drama - Music

More and more every month



Recently relocated to:
 144 North Rd Sudbury

Dr. Becky Lansky DO
Integrative Osteopath

Specialist: Physical Medicine and Rehabilitation
 Helping individuals return to their active lives
 for greater than 15 years of practice.

Call (978) 580-3502
 to learn about how to increase mobility and start the healing



BRIAN MURPHY


In-home Mac or PC Help
 Hardware & Software Install
 Training | Upgrades
 Virus & Malware Removal
 Remote assistance and pickup & drop-off
Brian@The-IT-Man.com
 978-369-3348 | WWW.THE-IT-MAN.COM

MONDAY	TUESDAY	WEDNESDAY
	1 9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:15 Active Aging 1:00 Noticing Walk	9:30—11:30 SHINE Office 10:00 Memoirs Writing Gr 10:15 Kinky Boots Trip 11:00 Line Dancing 1:00—4:00 SHINE Office H 1:00 Tai Chi 1 2:00 Tai Chi 3 2:45—4:15 <u>Free</u> Mental H 3:00 Open Art Studio
7 9:30 French Conversation 2:00 Tai Chi 1 3:00 Tai Chi 2	8 9:30—11:00 Knitting Group 9:30 FLCOA Meeting 11:15 Stretch and Flex 12:15 Active Aging 1:00 COA Board Meeting 2:45—4:15 <u>Free</u> Mental Health Clinic	8:45—10:45 Podiatry & W 9:30—4:00 SHINE Office H 11:00 Line Dancing 1:00 Tai Chi 1 2:00 Tai Chi 3 2:45—4:15 <u>Free</u> Mental H 3:00 Open Art Studio
14 2:00 Tai Chi 1 3:00 Tai Chi 2	15 9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:00 Lunch Group at Map Room 12:15 Active Aging 2:15—4:30 <u>Free</u> Mental Health Clinic	10:00 Memoirs Writing Gr 11:00 Line Dancing 11:00 Caregiver Support 1:00—4:00 SHINE Office H 1:00 Tai Chi 1/2:00 Tai 2:45—4:15 <u>Free</u> Mental H 3:00 Open Art Studio
21 9:30 French Conversation 2:00 Tai Chi 1 3:00 Tai Chi 2	22 8:45—1:45 Podiatry & Wellness Clinic 9:30—11:00 Knitting Group 10:00 Coffee & Convo w/J. Glass 11:15 Stretch and Flex 12:15 Active Aging 2:45—4:15 <u>Free</u> Mental Health Clinic	No Line Dancing To No Tai Chi Today No Open Art Studio T
28 2:00 Tai Chi 1 3:00 Tai Chi 2	29 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	9:30—11:30 SHINE Office H 10:00 Memoirs Writing Grou 11:00 Line Dancing 1:00 Tai Chi 1/2:00 Tai C 2:45—4:15 <u>Free</u> Mental Hea 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
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.

	THURSDAY	FRIDAY
Hours oup Hours Health Clinic	2 3	4 10:00 SAIL/Balance 10:00 German Conversation 11:30 Senior Dining Menu: Roast Pork w/ apple & cran sauce, herb potatoes & carrots 2:00 <u>Toni Lynn Washington</u> <u>Jazz Performance</u>
Wellness Hours Health Clinic	9 10	11 COA&HS CLOSED 
oup Group Hours Chi 3 Health Clinic	16 17	18 10:00 SAIL/Balance 10:00 German Conversation 11:30 Senior Dining Menu: Garden Salad, Chicken Cacciatore over Ziti, & Brownies 1:00 <u>Movie:</u> The Myth of Fingerprints
day / Today	23 	25 COA&HS CLOSED Holiday
ours p hi 3 lth Clinic	30	

Lincoln Cable TV

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

Watch on TV - Comcast channels 8 and 99

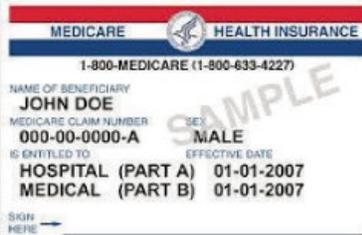
Verizon channels 33 & 24

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

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

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, prescriptions, and preferred pharmacies, the 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.



Expanded SHINE Office Hours

Wednesdays, Nov. 2, 9, 16, & 30

Certified SHINE (Serving Health Information Needs of Everyone) Counselors offer one to one appointments at Bemis Hall. Have you had prescription drug changes during the year and need to re-look at what may be available for you.



During open enrollment, our dedicated SHINE councilors have expanded their availability to ensure resident can get help finding the coverage they want and need. Both morning and afternoon appointments are available. Appointments can be done in person, by phone, or virtually by zoom. Call 781-259-8811 to book your appointment.



Your Local Lincoln Real Estate Expert

Whether buying or selling, I would love to guide you through your next real estate process, providing million dollar service at every price point.

I look forward to hearing from you!

TERRY PERLMUTTER
617.519.5179 | tperlmutter@barrettsir.com



TRAIN with SHAIN

IN HOME PERSONAL TRAINING FOR SENIORS

Gait, Balance/Fall Prevention & Strength Training

(508) 231-6378

www.trainwithshain.net

FULLY INSURED



JOCELYN FINLAY PHOTO



JocelynFinlay.com



Studio at the Market

Lincoln Arts and Farmers Market
145 Lincoln Rd, Lincoln MA
Saturdays 9am - 12pm

My photo studio is set up at the market for headshots, school photo retakes, family photos

jefinlay@gmail.com
617-468-4714

Contact Amy, 781-259-8811/rettiga@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 11/24.**

Donate to FLCOA

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 11/24.**



Bemis Hall



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? Maybe you just might be looking for something new to try and get a little exercise too!

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 11/23 & 11/24.

Beginner/Level 1/In person or Zoom - (No Class on 11/23 or 11/24)

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

Advanced/Level 2/In person only (No Class 11/24)

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

Advanced/Level 3/In person only (No Class 11/23)

Wednesdays at 2:00 pm

At the Movies follow Senior Dining



AT THE MOVIES



Friday, November 18 at 1:00PM - FREE popcorn!

Nov. 18 The Myth of Fingerprints (1997) 1 hr 31 min. Rated R. Starring Julianne Moore, Roy Scheider, Noah Wyle, and Blythe Danner. Sundance Film Festival Official Selection. Four siblings go back home for the holidays. Once there, past issues erupt. Directed by Bart Freundlich

TO ALL OUR VETERANS: THANK YOU FOR YOUR SERVICE

Priscilla Leach served as Lincoln's Veteran's Service Officer from 2008-2018.

I joined the Coast Guard Reserve in the early 80's, when very few women were in the military.



We were a small minority who received a lot of harassment from the men. I will not go into all the things that were done to me and the other woman, but they were certainly unpleasant. Thankfully, things are much better now for women. There are more of us on active duty; women are staying longer in the military than they had before, and many types of jobs are available to women. I think this is wonderful and that it is great that women are working jobs that were previously done by men. I think we are making progress treating male vets and female vets the same, but we still have a long way to go. My goal for the future

is to do everything I can to treat all vets the same and give them all equal opportunities. I believe that all genders should be judged on the same criteria because we train together, work together, and go to battle together. I will continue to fight for all genders to have the same rights as men. *Kindly submitted by P. Leach.*

Veteran Services Office Hours

Thursdays from 9:00-12:00

Peter Harvell, Town of Lincoln Veterans' Services Officer (VSO) is an advocate for veterans and their surviving spouses and dependents. The VSO assists veterans with questions about state/federal veteran benefits and services and/or help assist veterans and their surviving family apply for those benefits.

Benefits and services include emergency financial/medical assistance, Veterans Affairs compensation, pension claims, educational benefits, real estate tax abatement, employment and training opportunities, burial info, and innumerable other benefits.



Contact: veterans@lincolntown.org/781-259-8811.

Senior Salon IS BACK!

Friday, December 9 from 9:00-12:00
No Senior Salon in November

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. 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 at 781-259-8811 to book transportation. Don't forget to have lunch at the District Restaurant after your appointment!

CLEAN OUT YOUR HOUSE INC.

Moving or just decluttering we take everything

Furniture • Household Goods • Rubbish • Paints

WE TAKE CONSIGNMENTS, OR BUY YOUR ITEMS

We Donate many items to charity and recycle

Call for a Free Estimate - 781-996-0968



www.CleanOutYourHouse.com



The Right Care, Right at Home®

- *Personal Care/Companionship
- *Transfers/Ambulation Assist
- *Transportation/Errands
- *Homemaking/M meal Prep
- *Post Surgery/Rehab Care
- *Hospice Support
- *Alzheimer/Dementia Care
- *Hourly, 24/7 and Live-in Services

Personalized care plans with ongoing nurse supervision
Safe transition home from hospital or rehab stay

60 Great Road, Bedford, MA

781-275-1400

www.rightathomecare.com



MEDICARE THAT MOVES YOU!

Spokesperson
DAVID ORTIZ



Unlimited transportation to and from
medical appointments and the pharmacy.

- \$0 to Low Monthly Premiums
- \$0 Primary Care Visits
- \$0 Generic Drugs
- Prescription Drugs, Dental,
Vision, Hearing and more!

For More Info, Please Call:

1 (800) 831-5967 (TTY 711)

www.eternalHealth.com/AEP



eternalHealth is a HMO plan with a Medicare contract for HMO and PPO offerings. Enrollment in eternalHealth depends on contract renewal.

Y0160_LPIA4_M

WE'RE HIRING!

AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Lisa Templeton

ltempleton@lpicommunities.com

(800) 477-4574 x6377



FRIENDS OF THE LINCOLN COUNCIL ON AGING
P.O. BOX 143
Lincoln, MA 01773

Non-Profit Org.
Pre-Sorted Standard
U.S. Postage Paid
PERMIT # 51
Lincoln, MA 01773

**EGR-WSS
POSTAL CUSTOMER
Lincoln, MA 01773**

**“Let no one ever come to you without leaving better and happier.”
~Mother Teresa**

GOING ON IN AND AROUND LINCOLN

SAVE THE DATE - LINCOLN ARTS SHOW

Friday-Sunday, November 11 - 13, Pierce House

Reception Friday evening, NOVEMBER 11 from 5pm – 7pm

This is a FREE event. No registration required. Questions? Call 781-259-0784.

Special Town Meeting

Wednesday, November 30, 2022

7:30PM Donaldson Auditorium, Lincoln School

If you need transportation to attend this meeting,
contact Carlee, Transportation Coordinator, 781-259-8811/castetterc@lincolntown.org

Estate Sale : Art & Antiques to benefit METCO—Nov. 19 & 20

The METCO Coord. Committee creates connections between children/families in our district with learning enrichment activities. <https://lincolnmcc.org>. Questions? Call 617-645-9059.

RHAPSODY PIANO RECITAL

Sunday, November 20 at 3 pm @ Bemis Hall

Free recital by amateur pianists who will preform selections from Bach, Balakirev, & more!