



NEWS FROM BEMIS HALL

Volume 14

October 2023

Number 10

Lincoln Council on Aging & Human Services

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Top Of The Town Gala

Saturday, November 4 from 5:00 - 8:00PM

Mark your calendar! Residents aged 60+ are invited. Reservations required. Friends of Lincoln Council on Aging will mail invitations soon. If you did not receive an invitation, stop by the Bemis Hall for your copy.



Medicare Annual Update - Lunch and Learn

Tuesday, October 17 from 11:00 - 12:00PM

Certified Minuteman Senior Services SHINE Counselors, Rhonda Swain and Craig Donaldson, present a Medicare benefits program discussing the questions, "What is the *donut hole* and how do I avoid it?" What upcoming changes are coming to Medicare? What tools are available to help understand Medicare healthcare and prescription drug coverage? Call 781-259-8811 to RSVP for this presentation and FREE pizza lunch.

Medicare Open Enrollment runs Oct. 15 - Dec. 7



Call 781-259-8811 for a SHINE appointment.

Morning and afternoon appointments available.

Lincoln Academy - Fridays at 12:30PM

October 6 Jason Packineau is a Lincoln resident and the National Endowment for the Humanities first ever Strategic Advisor for Native and Indigenous Affairs. Join us for this very special discussion surrounding Lincoln's recent adoption of Indigenous People's Day and the related issues effecting Lincoln and current opportunities for equity. Join us in-person or via zoom. Email castetterc@lincolntown.org for the zoom link.

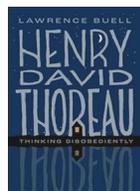


Indigenous People's day is Monday, October 9, 2023

October 20 What is the difference between Medicare Supplement Plans and Medicare Advantage Plans? Lisa Farnham, Blue Cross Blue Shield Outreach Educator, will go over these differences, information on prescription drug coverage, and provide real life case studies.



October 27 Larry Buell is a Lincoln resident, a Professor of American Lit Emeritus at Harvard, and the author of several acclaimed books about the Concord Transcendentalists. He is also the recipient of the Jay Hubbell Medal for his literary contributions. Join us for a discussion with Larry of his new book, *Henry David Thoreau: Thinking Disobediently*. You won't want to miss it!



COFFEE & CONVERSATION

Kim Bodnar, Select Board

Tuesday, Oct. 31 at 10:30AM



Residents of all ages are invited to drop in and join Select Board member, Kim Bodnar, for coffee and a chat. Come get to know Kim, learn the latest updates about what is going on around town, ask your questions, and give your ideas. Coffee and pastries provided! Call 781-259-8811 for more info. If you would prefer zoom, email Amy at rettiga@lincolntown.org.

State of the Town Presentation from IDEA

Thursday, Oct. 26 at 11:00AM

Couldn't make the State of the Town Meeting? Come and hear a synopsis of what the IDEA (Inclusion, Diversity, Equity, & Antiracism) Committee presented, and have your voice be heard. Members of the IDEA Committee are visiting the Council on Aging & Human Services after Men's Coffee to share the results of the town's recent Racial Equity Audit and its implications. Come meet the IDEA Committee and learn about the work the committee is doing on behalf of the town.

For more information about the IDEA Committee or to see the results of the equity audit visit:

www.lincolntown.org/1221/IDEA.



COUNCIL ON AGING & HUMAN SERVICES — 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.



FOR YOUR WELLBEING**Senior Hi Dose Flu Clinic**

Wednesday, October 25 from 10:30 - 12:30PM

Clinics are being offered to Lincoln residents age 60 and over.

You must register to attend.

Please call 781-259-8811 to sign up.

**Group Support****Dealing with Change**

Wednesday, October 4 at 9:30AM



We all deal with change throughout our lives. Some are welcome, so we anticipate, and some take us by surprise. Some transitions are hard, and some are sad. All changes require some level of adaptation, adjustments, and acceptance. The group is a place where you can talk about the changes you're currently dealing with, and get support for how to manage. Group meets monthly. Contact Claire directly at gersteinc@lincolntown.org to learn more. *Sponsored by the Friends of the Lincoln Council on Aging.*

**Bereavement**

Wednesdays, October 11 & 25 at 9:30AM

Dealing with the death of a loved one is difficult. It can be helpful to come together with others who are grieving, to talk about feelings, and get support. Claire Gerstein, LICSW is leading a bereavement support group via zoom on the second and fourth Wednesday of each month. Contact Claire directly at gersteinc@lincolntown.org to learn more. *Sponsored by Benchmark Senior Living at the Commons.*

Caregiver

Wednesday, October 18 at 9:30AM



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.* Group is offered via Zoom and facilitated by Claire Gerstein, LICSW. Email gersteinc@lincolntown.org for more info. *Sponsored by Benchmark Senior Living at the Commons.*

**Tuesday Trail Walks**

Tuesdays, Oct. 3, 10, 17, 25, & 31 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/convservation@lincolntown.org or online <https://tinyurl.com/2023FallWalks>. Select the tab with the date you wish to join. *Sponsored by the COA&HS and Lincoln Conservation Commission.*

WELLNESS CLINICS

FREE Wellness Clinics with Public Health Nurse, Tricia McGean

Wednesday, October 4 (Bemis Hall)

Tuesday, October 31 (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!



Office Hours

Bemis Hall: 5th Tuesday 8:45AM—1:45PM, 1st Wednesday 8:45AM—10:45AM

Lincoln Woods: 2nd Wednesday 11:00AM—1:00PM

Commons (Residents Only) Wellness Room: Every Thursday 10:00AM—12:00PM



Podiatry Clinics with Dr. Ruhl

Wednesday, October 4

Tuesday, October 31



Donate to FLCOA

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 Hearing Clinic

Tuesday, October 31

Hearing Instrument Specialist, Joseph Sarofeen, from Apex Hearing Care, is offering FREE 30 minute hearing assessments and consultations. He is also able to evaluate your existing hearing instruments. Call 781-259-8811 for an appointment. Space limited.

FREE Mental Health Clinics

Tuesdays, October 3, 10, 17, 24 & 31 (adult)

Wednesdays, October 4, 11, 18 & 25 (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.



FREE Tech Tutoring

Thursday, Oct. 6 from 2:00 - 4:00PM

Thursday, Oct. 26 from 11:00 - 1:00PM

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. Advance sign up is required. Please call 781-259-8811 to make your appointment. *Space is limited. Watch the November newsletter for upcoming Tech Talk by Ran Cronin, Asst Library Director.*



Senior Salon is BACK!

Second Friday of the month

Time: TBD

Looking for a hairdresser or barber? We are pleased to announce half price Senior Salon Day with the Salon at Minuteman Tech. To make an appointment call: 781-259-8811. For a list of salon services:

www.minuteman.org/student-run-public-services/salon-minuteman

The Salon is located at 758 Marrett Road, Lexington, MA. Need a ride? Call Carlee: 781-259-8811 to book transportation.

SPEND TIME WITH OTHERS

Men's Coffee FREE. You are invited to visit with old friends & meet new ones.

Fourth Thursday, 9:30 am, in person/hybrid.

French Conversation Brush up on your French speaking skills.

Second and fourth Monday, 9:30 am, via Zoom.

German Conversation FREE. Come enjoy reading and speaking German.

First & third Friday, 10:00 am, via Zoom.

Knitting Group FREE. Come work on your PhD (Projects Half Done) with us!

Every Tuesday, 9:30—11:00 am, in person.

Ukulele Gathering FREE. Bring your ukulele and come play with friends both old and new.

Fourth Thursday of the month, 3:00—4:00 pm, in person. No Uke Oct 12.

Open Art Studio FREE. Create your own original. Art supplies provided.

Every Wednesday, 2:30—4:00 pm, in person. No art studio Oct. 11

Memoirs Sharing stories & writing them together.

Every other Wednesday, 10:00—12:00 pm, via Zoom.



Doo-Wop Singing Group FREE. Join us for learning some familiar tunes while having fun!

Every Monday, 10:00—11:00 am, in person. No Doo-Wop on Oct. 2. 

Mah-Jongg FREE. Let's get everyone learning & playing this fun game.

Every Monday, 9:00—11:30 am, in person. 



MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">2</p> <p>9:00 Mah Jongg 12:30 Movie: <i>Pal Joey</i> 1:00 Zumba Gold 2:00 Tai Chi 1 3:00 Tai Chi 2</p> <p style="text-align: center;"><u>NO Doo Wop Group</u></p>	<p style="text-align: right;">3</p> <p>9:30 Trail Walk 9:30 Knitting Group 11:15 Stretch & Flex 12:15 Active Aging 2:15—4:30 <u>Free</u> Mental Health Clinic</p>	<p>8:45—10:45 Podiatry 9:30—4:00 SHINE 9:30 Dealing with 10:00 Memoirs 11:00 Line Dancin 12:00 Zumba Gol 1:00 Tai Chi 1 2:00 Tai Chi 3 2:30 Open Art S 2:45—4:15 <u>Free</u></p>
<div style="text-align: center;">  <p>NATIONAL INDIGENOUS PEOPLES DAY</p> <p>COA&HS CLOSED</p> </div> <p style="text-align: right;">9</p>	<p style="text-align: right;">10</p> <p>9:30 Trail Walk 9:30 Knitting Group 9:30 FLCOA Meeting 11:15 Stretch & Flex 12:15 Active Aging 1:00 COA Board Meeting 2:45—4:15 <u>Free</u> Mental Health Clinic</p>	<p>9:30 Bereaveme 1:00 Tai Chi 1— 2:00 Tai Chi 3— 2:45—4:15 <u>Free</u></p> <p style="text-align: center;"><u>COA&HS CLOSE</u> activities due t</p>
<p style="text-align: right;">16</p> <p>9:00 Mah Jongg 10:00 Doo Wop Group 12:30 Movie: <i>The Evening Hour</i> 1:00 Zumba Gold 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">17</p> <p>9:30 Trail Walk 9:30 Knitting Group 11:00 Lunch & Learn: Medicare Updates 11:15 Stretch & Flex 12:15 Active Aging 2:15—4:30 <u>Free</u> Mental Health Clinic</p>	<p>9:30—4:00 SHINE 9:30 Caregiver 10:00 Memoirs W 11:00 Line Danci 12:00 Zumba Gol 1:00 Tai Chi 1/2 2:30 Open Art S 2:45—4:15 <u>Free</u></p>
<p style="text-align: right;">23</p> <p>9:00 Mah Jongg 9:30 French Conversation 10:00 Doo Wop Group 12:30 Movie: <i>The Last Hurrah</i> 1:00 Zumba Gold 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">24</p> <p>9:30 Trail Walk 9:30—11:00 Knitting Group 11:15 Stretch & Flex 12:15 Active Aging 1:00—4:00 SHINE Office Hours 2:45—4:15 <u>Free</u> Mental Health Clinic</p>	<p>9:30—4:00 SHINE 9:30 Bereaveme 10:30—12:30 Sen 11:00 Line Danci 12:00 Zumba Gol 1:00 Tai Chi 1/ 2:30 Open Art S 2:45—4:15 <u>Free</u></p>
<p style="text-align: right;">30</p> <p>9:00 Mah Jongg 10:00 Doo Wop Group 12:30 Movie: <i>Four Quartets</i> 1:00 Zumba Gold 2:00 Tai Chi 1 3:00 Tai Chi 2</p>	<p style="text-align: right;">31</p> <p>8:45—1:45 Podiatry & Wellness Clinic 9:30 Trail Walk 9:30 Knitting Group 10:30 Coffee & Convo K. Bodnar, Select 11:00 Hearing Clinic by appt. 11:15 Stretch & Flex 12:15 Active Aging 2:45—4:15 <u>Free</u> Mental Health Clinic</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

Email: 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 endorse any service or product advertised herein. We encourage our readers to investigate any service or product you may consider using in order to make an informed decision.

SAIL Fitness

Fridays Cost, \$39.00/session
10:00-10:45PM



Join Derry Tanner, retired nurse & certified personal trainer for Stay Active and Independent for Life (SAIL). **13 week fall**

Derry Tanner session runs Sept. 8— Dec.15 via zoom.

Performing exercises that improve strength, balance, and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling. Email rettiga@lincolntown.org to sign up. **No Sail 11/10 or 11/24.**



Community Center Building Committee

Listening Forum: Tuesday, Oct. 10 at 7:00PM
Meetings: Wednesdays, Oct. 11 & 25 at 7:00PM

The Community Center Building Committee (CCBC) is holding public meetings on Wednesday the 11 and 25. Both are hybrid meetings — in person, at the Donaldson Room in the Lincoln Town Offices, and remotely, by a Zoom (link available on the Town website).

The CCBC is hosting a hybrid public forum at 7:00 p.m. on Wed., October 10 (in person: Hartwell Multipurpose Room, remote: Zoom link available on the Town website). The CCBC is discussing feedback from the State of the Town Meeting (on September 30th), and working with the design team to advance the building concepts and site plans.

All residents are welcome at the public meetings and will have opportunities to participate in the discussion. Residents can also submit feedback or questions at the CCBC website www.lincolncommunitycenter.com.



Registration required for all exercise. Email Amy at rettiga@lincolntown.org

In Person Exercise at Bemis Hall



Terri Zaborowski

Stretch and Flex Classes with Terri

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

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. **No Class 10/9 or 10/12.**



Bemis Hall

Active Aging Classes with Terri

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

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 10/9 or 10/12.**



Katrina Rotondi

Line Dancing with Katrina

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

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? **No Class 10/11.**

Zumba GOLD with Katrina

Mondays 1:00-1:45PM Cost, \$3.00/class
Wednesdays 12:00-12:45PM Cost, \$3.00/class



Join us for Zumba Gold and dance to the upbeat music while getting your heart rate up. Building up your cardio endurance. Dress comfortably and bring a water bottle. **No Class 10/11.**

Tai Chi Teachers



Jane Moss



Ellie Horwitz



Cynthia Rosenberger

Hybrid Exercise in Person & via Zoom

***HYBRID* Tai Chi with Jane, Ellie, & Cynthia**

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

13 week fall session runs Sept. 20 – Dec. 18. This gentle practice works the joints and muscles to increase flexibility, strength, balance, and circulation. To register email rettiga@lincolntown.org. Openings in Thursday classes. **No class 10/9 or 11/23.**

Beginner/Level 1

Mondays at 2:00PM, Wednesdays at 1:00PM, & Thursdays at 9:15AM

Advanced/Level 2

Mondays at 3:00PM & Thursday 10:15PM

Advanced/Level 3

Wednesdays at 2:00PM

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



Monday Movie Matinees

1 2:30 pm



FREE popcorn!

Oct. 2 Pal Joey (1957) 1hr 51min. NR. Starring Rita Hayworth, Frank Sinatra, and Kim Novak. Joey Evans is a charming, handsome, funny, talented, first class heel. When Joey meets the former chorus girl and now is the rich widow, Vera Simpson, the pair seem made for each other. Directed by George Sidney.

Oct. 16 The Evening Hour (2020) 1hr 54 min. NR. Starring Tess Harper, Lili Taylor, and Kerry Bishe. Cole Freeman maintains an uneasy equilibrium in his Appalachian town, looking after the old and infirm while selling their excess painkillers to local addicts to make ends meet. Directed by Braden King. *Sundance Selection.*

Oct. 23 The Last Hurrah (1958) 2hr 1min. NR. Starring Spencer Tracy, Jeffrey Hunter, and Dianne Foster. Frank Skeffington is an old Irish-American political boss, running for re-election as mayor of a U.S. town for the last time. Directed by John Ford.

Oct. 30 T.S. Eliot's Four Quartets (2022) 1hr 22min. NR. Actor Ralph Fiennes delivers a stirring rendition of "Four Quartets" a set of four poems by T.S. Eliot. In the shadow of the Second World War, performance of a poem is a searching examination of who and what – we are. A journey into the imagination, bound by experience, memory and time. Directed by Sophie Fiennes.

Trips

Lake Winnepesaukee Turkey Train

Thursday, October 12



Join us for a fabulous foliage tour as we head north to New Hampshire. We board a Boston & Maine Railway car for an unforgettable 2 hour train ride along the shoreline of scenic Lake Winnepesaukee. A hand carved roast turkey dinner with all the fixings is served to you at your table prepared for us by Hart's Turkey farm. We also make a stop at Moulton Farm Stand.

Cost of the trip is \$75, non-refundable. 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. Call 781-259-8811 to ensure space remains. Arrive at Donelan's parking lot by 9:15AM. Tour bus departs at 9:30AM and returns at approximately 6:00PM. *Sponsored by the Friends of Lincoln COA.*

Bright Nights & Salem Cross Inn

Wednesday, December 6



This trip takes you to Western Mass for a visit to Oakwood Farm Christmas Barn, delicious sit down lunch at Salem Cross Inn and Bright Nights Lights Display at Forest Park. Reservations start Nov. 1.

Is this trip out of your budget? No problem!

The Scholarship Program helps Lincoln residents aged 60+ participate in COA&HS activities, trips, events, and classes. Call Amy for more info. *Sponsored by the Friends of the Lincoln COA.*

FRIENDS OF THE LINCOLN COUNCIL ON AGING
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SENIOR HIGH DOSE FLU CLINIC
WEDNESDAY, OCTOBER 25, 10:30AM - 12:30PM
Call COA&HS at 781-259-8811 to register.

GOING ON IN AND AROUND LINCOLN

FREE Classical Music at Bemis—All are Welcome!

Sunday, October 1 at 2:00PM
Lincoln Residents with friends from Concord Music Club.



FREE Bemis Hall Lecture Series: Nate Schweber: This America of Ours

Tuesday, October 5 at 7:00PM
To reserve seats in advance, please visit : <https://bemis231005.rsvpify.com>



Lincoln Open Mike (LOMA) at Lincoln Library

Tuesday, October 10 from 7:00 - 10:00PM
Email Rich loma3re@gmail.com to sign up or come listen to Rockwood Taylor.

CCBC Town Public Forum

Wednesday, October 10 at 7:00PM
Hartwell Multipurpose Room & via zoom



Community Center Building Committee Meetings

Wednesday, October 11 & 25 at 7:00PM
Donaldson Room at Town offices & via zoom

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.