



NEWS FROM BEMIS HALL

Volume 15

February 2024

Number 2

Lincoln Council on Aging & Human Services



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Valentine's Day Speed Dating

February 14 at 10:30AM

Speed Dating is the fun and efficient way to meet new people. Bedford, Concord, Carlisle, Lincoln, and Sudbury are teaming up for this event. You'll meet up to 12 local, single seniors (aged 65+) through a series of six minute "pre-dates." We facilitate the whole thing so there's no awkwardness, no pressure, no embarrassment...just great fun!

After the event, we'll contact you to let you know if you've made a match (more than two-thirds of speed daters match at least one person). Space is limited. Sign up starts Feb. 1 at 8:30AM for this FREE event.

Lincoln Academy - Fridays at 12:30PM

February 2 Flourish at Home

Laura Bauer, PhD, licensed occupational therapist, shares safe practices for aging in place. Laura gives educational information, provides assessment tools and environmental evaluation tips. *Sponsored by Great Meadows Public Health Collaborative.*

February 9 Codman House History

As we celebrate Black History month, it is important to consider the ways in which enslavement existed in Lincoln, the lives of the enslaved of the Codman Estate, and how to honor their legacy today. The story of those individuals and members of the Codman family is deeply woven into the history of the town of Lincoln. Presented by Jen Turner. *Co-sponsored by Friends of Lincoln COA & Friends of Lincoln Library.*

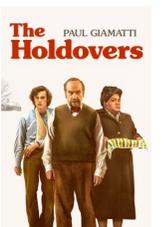
February 16 Lunar New Year

Lincoln resident, Edwin Tam, shares about Lunar New Year, which is one of the most important celebrations in East and Southeast Asia. The new year is celebrated with family reunions, food, and gifts. What are the lucky foods eaten this time of year? Have you heard it's the year of the dragon? What does that symbolize?



February 23 The Reality of Being a Movie Extra

Lincoln resident and member of the Screen Actors Guild, Sally Kindleberger, explains what it's like to be a movie extra on set. Afterwards, watch *The Holdovers*, where Sally was an extra. *The Holdovers* (2023) 2hrs 16min. Rated R. Comedy/Drama starring Paul Giamatti, DaVine Joy Randolph and Dominic Sessa. Directed by Alexander Payne.



Tax Aide appointments begin Mondays in February

COFFEE & CONVERSATION

J. Glass, Select Board

Tuesday, Feb. 27 at 10:30AM



Residents of all ages are invited to drop in and join Select Board member, Jennifer Glass, for coffee and a chat. Come get to know Jennifer, 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.

Community Center Building Committee

Wednesday, Feb. 28 at 10:00AM

Members of the CCBC look forward to meeting you and hope to answer questions, explain concepts, and listen to feedback. More info on page 8. CCBC website: www.lincolncommunitycenter.com.



Coffee Social Hour

Thursday, Feb. 22 at 9:00AM



All are welcome to attend this FREE coffee and light breakfast event. Formerly known as “Men’s Coffee.” Bring your ideas for new programs, classes, and trips you would like to see. We’re all ears!

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 appointments offered on **Wednesdays. Medicare Open Enrollment is from Oct. 15 to Dec. 7.**

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**FREE Senior Legal Clinic with Attorney Golden**

Friday, February 9 from 2:00 - 4:00PM

Questions about estate planning or probate? Call 781-259-8811 to sign up for a 25 minute consultation, available in person, by phone, or Zoom. Lincoln resident, Sasha Golden, is an Elder Law Attorney at Golden Law Center.

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

Wednesday, February 7 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 Benchmark Senior Living at The Commons.*

**Bereavement**

Wednesdays, February 14 & 28 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, February 21 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.*

Fuel & Energy Assistance**Heating Assistance – Need Help Paying Energy Bills?**

S M C If you want help paying your electric or heating bills, 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). *The EAF is funded by the Ogden Codman Trust, First Parish, & donations from residents like you.*



WELLNESS CLINICS

FREE Wellness Clinics with Public Health Nurse, Tricia McGean

Wednesday, February 14—No Wellness clinic
Tuesday, February 27 (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: 4th Tuesday 8:45AM—1:45PM, 2nd 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, February 14
Tuesday, February 27



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 & the Pierce House.



FREE Hearing Clinic

Tuesday, February 27

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, February 6, 13, 20 & 27 (adult)

Wednesdays, February 7, 14, 21 & 28 (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. 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, Feb. 8, 1:00 - 4:00PM



Looking for help with your laptop, tablet, smart phone, or iPad? Please bring your device and charging cable with you. Space is limited. Sign up required. Call 781-259-8811 to make appointment.

Tech Talks with Ran Cronin

Tuesday, February 13 at 2:00PM



Bring your technology questions! Do you regularly use the Overdrive app to access ebooks and digital audiobooks? Overdrive has created a new easier-to-use app called Libby, which features a simpler design and easy to borrow. Ran will make time to answer specific questions too! Ran Cronin is the new Asst. Library Director & will hold monthly tech talks for the COA&HS.

SPEND TIME WITH OTHERS

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 and 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.

Second and Fourth Thursday of the month, 3:00—4:00 pm, in person.

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

Every Wednesday, 2:30—4:00 pm, in person.



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 mtg Feb. 5 or March 4, Tuesday make ups)

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

Every Monday, 9:30—12:00 pm, in person.



Coffee Social Hour You are invited to visit with old friends and meet new ones!

Fourth Thursday 9:00—10:30 am, in person & via Zoom. 



MONDAY	TUESDAY	WEDNESDAY
Friday Senior Dining Enjoy the company of your neighbors while friendly staff serve you. RSVP by <u>Wednesday</u> for Friday meal. \$2 suggested donation. Residents aged 60+. <i>Sponsored by Minuteman Senior Services.</i>		
		
5	6	
9:30 Mah Jong 9:30 English At Large 12:30 Movie: <i>An Affair to Remember</i> 1:00 Zumba Gold 2:00 Tai Chi 1 3:00 Tai Chi 2 <u>NO Doo Wop</u>	9:30 English at Large 9:30 Knitting 10:00 Doo Wop 11:15 Stretch & Flex 12:30 Active Aging 2:45—4:15 <u>Free</u> Mental Health Clinic	9:30—12:30 SHINE 9:30 Dealing with 11:00 Line Dancin 12:00 Zumba Gold 1:00 Tai Chi 1 2:00 Tai Chi 3 2:30 Open Art St 2:45—4:15 <u>Free</u> M
12	13	
9:30 Mah Jong 9:30 English At Large 9:30 French Conversation 10:00 Doo Wop 12:30 Movie: <i>Roman Holiday</i> 1:00 Zumba Gold 2:00 Tai Chi 1 3:00 Tai Chi 2	9:30 English at Large 9:30 Knitting 9:30 FLCOA Meeting 11:15 Stretch & Flex 12:30 Active Aging 1:00 COA Board Meeting 2:00 Tech Talk 2:15—4:30 <u>Free</u> Mental Health Clinic	8:45—10:45 Podiat 9:30 Bereavemen 10:00 Memoirs W 10:30 Valentine's 11:00 Line Dancin 12:00 Zumba Gold 1:00 Tai Chi 1/ 2 2:30 Open Art St 2:45—4:15 <u>Free</u> M <u>NO Well</u>
19	20	
	9:30 English at Large 9:30 Knitting Group 10:00 Doo Wop 11:15 Stretch & Flex 12:30 Active Aging 2:45—4:15 <u>Free</u> Mental Health Clinic	9:30 Caregiver 9:30 Mah Jong 11:00 Line Dancin 12:00 Zumba Gold 1:00 Tai Chi 1/2 1:00—4:00 SHINE 2:30 Open Art St 2:45—4:15 <u>Free</u> M
26	27	
9:30 Mah Jong 9:30 English At Large 9:30 French Conversation 10:00 Doo Wop 12:30 Movie: <i>Gloria Bell</i> 1:00 Zumba Gold 2:00 Tai Chi 1 3:00 Tai Chi 2	8:45—1:45 Podiatry 8:45—1:45 Wellness Clinic 9:30 English at Large 9:30 Knitting Group 10:30 Coffee & Convo: J. Glass 11:00 Hearing Clinic 11:15 Stretch & Flex 12:30 Active Aging 2:45—4:15 <u>Free</u> Mental Health Clinic	9:30 Bereavemen 10:00 Memoirs W 10:00 CCBC Coffe 11:00 Line Dancin 12:00 Zumba Gold 1:00 Tai Chi 1 2:00 Tai Chi 3 2:30 Open Art St 2:45—4:15 <u>Free</u> M

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.

WEDNESDAY	THURSDAY	FRIDAY
	9:00—12:00 Veterans Office Hours 1 9:15 Tai Chi 1 10:15 Tai Chi 2 11:15 Stretch & Flex 12:30 Active Aging 2:30 Clutterbug	10:00 German Conversation 2 10:00 SAIL/Balance 11:30 Senior Dining Menu: Baked Mac & Cheese 12:30 Lincoln Academy: <i>Flourish at Home</i>
E Office Hours 7 n Change g d udio Mental Health Clinic	9:00—12:00 Veterans Office Hours 8 9:15 Tai Chi 1 10:15 Tai Chi 2 11:15 Stretch & Flex 12:30 Active Aging 1:00—4:00 Tech Tutoring 2:30 Clutterbug 3:00 Ukulele	9:30—12:30 Senior Salon 10:00 SAIL/Balance 11:30 Senior Dining Menu: Garlic Salmon 12:30 Lincoln Academy: <i>Codman House History</i> 2:00—4:00 Legal Clinic 9
try Clinic 14 nt riting Group Speed Dating g d 2:00 Tai Chi 3 udio Mental Health Clinic nness Clinic	15 9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2 11:00—1:00 Tech Tutoring 11:15 Stretch & Flex 12:30 Active Aging 2:30 Clutterbug	16 10:00 German Conversation 10:00 SAIL/Balance 11:30 Senior Dining Menu: Special Asian Meal 12:30 Lincoln Academy: <i>Lunar New Year</i>
21 g d 2:00 Tai Chi 3 Office Hours udio Mental Health Clinic	22 9:00—12:00 Veterans Office Hours 9:00 Coffee Social Hour 9:15 Tai Chi 1 10:15 Tai Chi 2 2:30 Clutterbug 3:00 Ukulele <u>NO Stretch & Flex or Active Aging</u>	23 10:00 SAIL/Balance 11:30 Senior Dining Menu: Lasagna spinach alfredo 12:30 Lincoln Academy: <i>Being a Movie Extra</i>
28 nt riting Group e g d udio Mental Health Clinic	29 9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2 11:00—1:00 Tech Tutoring 11:15 Stretch & Flex 12:30 Active Aging 2:30 Jazz Concert 2:30 Clutterbug	



SAIL Fitness

Fridays Cost, \$51.00/session
10:00-10:45AM

Join Derry Tanner, retired nurse & certified personal trainer for Stay Active and Independent for Life (SAIL). **17 Week Winter session begins Friday, Derry January 5 and goes Tanner through April 26.**



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.

Community Center Building Committee **Wednesdays, Feb. 7 & Feb. 28**

Following the decisions that the town made at the Special Town Meeting on Dec. 2, 2023, the Community Center Building Committee (CCBC) is working with ICON Architecture to develop a single design for a one-story community center on the Hartwell campus, to cost no more than \$25 million. The CCBC presents a design for funding vote at **Annual Town Meeting on March 23, 2024.**

In February, CCBC holds public meetings Wednesday 7 and 28. Both meetings start at 7:00pm and are hybrid meetings—in person, at Donaldson Room in the Town Offices, or remotely, via a Zoom link available on the town website. The CCBC hosts a **public forum Thursday, Feb. 15** to present and discuss the cost estimate. The location for this forum is publicized on the Town website and the CCBC website : www.lincolncommunitycenter.com



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

In Person Exercise



Terri Zaborowski

Stretch and Flex Classes with Terri

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

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. No class Thursday, February 22.



Bemis Hall

Active Aging Classes with Terri

Tuesdays and Thursdays Cost, \$3.00/class
12:30-1:30PM

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!
No class Thursday, February 22.



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?

Tai Chi Teachers



Jane Moss

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.



Ellie Horwitz

Hybrid Exercise: In Person & Via Zoom

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

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

12 week winter session runs Jan. 8 – March 28. This gentle practice works the joints and muscles to increase flexibility, strength, balance, and circulation. If you would like to join the winter session, email rettiga@lincolntown.org to register.
No Class on Feb. 19.



Cynthia Rosenberger

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

12:30 pm



FREE popcorn!

Feb. 5 An Affair to Remember (1957) 1hr 55min. Not Rated. Drama/romance starring Cary Grant, Deborah Kerr, and Richard Denning. A couple falls in love and agrees to meet in six months at the Empire State Building—but will it happen? Directed by Leo McCarey.



Feb. 12 Roman Holiday (1953) 1hr 58min. Not Rated. Romantic comedy starring Audrey Hepburn, Gregory Peck, and Eddie Albert. A bored and sheltered princess escapes her guardians and falls in love with an American newsman in Rome. Directed by William Wyler.



Feb. 19 COA&HS Closed.

Feb. 26 Gloria Bell (2018) 1hr 42min. Rated R. Comedy/drama starring Julianne Moore, John Turturro, and Caren Pistorius. A free-spirited woman in her 50's seeks out love at Los Angeles dance clubs. Directed by Sebastian Lelio.



Special Events

Jazz Concert with Jim Mazzy

Thursday, February 29 at 2:30PM



Traditional jazz jam with Banjo Hall of Fame member, Jimmy Mazzy. Come hear some toe-tapping jazz with Jimmy and many other the great local jazz musicians. Photo taken at Bemis on June 22, 2023. Jimmy Mazzy, banjo; Jeff Hughes, cornet/clarinet; Ron L'Herault & Frank Batchelor, trombone; Moshe Feldman, piano; Dave MacMillan, guitar; Dan MacInnis, bajo; Al Bernard, tuba; Bob Cronin, drums; Nick Ribush, washboard. Jazz Jams organized by Nick Ribush.

Senior Salon

Friday, February 9

Friday, March 15

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. Need a ride? Call Carlee at 781-259-8811 to book transportation. For a full list of salon services: www.minuteman.org/student-run-public-services/salon-minuteman.

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

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Winter Carnival February 2024

February 2 through February 4

Need more information: www.lincolnrec.com



GOING ON IN AND AROUND LINCOLN



Inclement Weather Policy



As the winter months are approaching, we want to let everyone know that your safety is our top concern. We will attempt to let you know if town buildings will be closed. If the Lincoln schools are closed due to weather, in person COA&HS activities are cancelled. If the Schools are delayed or closed early, it is at the discretion of the COA&HS staff and individual instructors whether a particular activity will be held. Every effort will be made to shift programming to a virtual format or reschedule classes and presentations that are cancelled due to bad weather.



Lincoln Open Mike (LOMA) at Lincoln Library

Tuesday, February 13 from 7:00 - 10:00PM

Email Rich loma3re@gmail.com to sign up or come listen to Lorraine & Bennett Hammond.

Community Center Building Committee Meetings

Wednesdays, Feb. 7 & Feb. 28 at 7:00PM

Donaldson Room—Lincoln Town Offices

CCBC Town Public Forum

Thursday, Feb. 15 at 7:00PM. Details TBD.

Looking for more info? www.lincolncommunitycenter.com



Saturday Ranger Walks

Saturday, February 10 from 9:30AM - 11:30AM

RSVP Required at <https://tinyurl.com/WinterRangerWalks2024> or call the Conservation Dept. at 781-259-2612 ext. 8129. Will Leona, Lincoln's Conservation Ranger, will explore Lincoln trails and open space. Wear study shoes and always dress for weather.