



# NEWS FROM BEMIS HALL

Volume 15

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Number 9

Lincoln Council on Aging & Human Services



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## Senior Hi Dose Flu Clinic

Wednesday, October 2 from 10:30AM - 12:30PM

Clinic is being offered to Lincoln residents aged 60 and over.

You must register to attend.

Please call 781-259-8811 to sign up.



## Drive Thru Shredding Day

Wednesday, September 25 from 11:00AM - 1:30PM

Pack your items for shredding and drive over to the 1st Parish Church parking lot, 14 Bedford Road, across from Bemis Hall. NE Security Shredders will shred your documents on site **FREE** of charge. Please limit your shredding to 10 grocery bags max. If you have more to shred, you may come back at 12:30PM to check if the truck has more space.

**SENIORS A thru M** please arrive from **11 - 12PM**

**SENIORS N thru Z** arrival time **12 - 1PM**

and **open to the public** as space permits **1 - 1:30PM**

*This event generously sponsored by Friends of Lincoln COA.*



## Lincoln Academy - Fridays at 12:30PM

### Sept. 13 Journey to Victoria Falls & Okavango Delta

Lincoln resident, Ed Tam, describes his vivid journey to Victoria Falls, which lies between Zimbabwe and Zambia, including pictures! Victoria Falls, one of the worlds largest waterfalls, is a spectacular sight of force and beauty. In neighboring country Botswana lies the Okavango Delta, a UNESCO Heritage Site, one of Africa's greatest nature sanctuaries, and a home to vast concentrations of birds and wildlife.



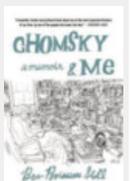
### Sept. 20 A History of Fraud through the Ages

Local author, Bob Ainsworth, shares the story of swindlers. From ancient Greece to today, Charles Ponzi in 1920, Bernie Madoff in the 1990s and bitcoin on the internet, the common denominator was people wanting to get rich quick. These are the stories of fleecers, swindlers, and con artists.



### Sept. 27 Chomsky and Me: A Memoir

Author Bev Stohl shares her story of the years running the MIT office of the renowned linguist and social critic Noam Chomsky for nearly two and a half decades. Her book was published with Noam's approval and includes insight and humor.



**Save the date: Traveling Chef is back! See page 6.**



## COFFEE & CONVERSATION

### J. Glass, Select Board

Tuesday, Sept. 24 at 10:30AM



Residents are invited to drop in and join Select Board member, Jennifer Glass for coffee and a chat. Learn the latest updates about what is going on around town, ask your questions, and share your ideas.

Coffee and pastries provided! Call 781-259-8811 for more info. Prefer zoom? Email Amy at [rettiga@lincolntown.org](mailto:rettiga@lincolntown.org).

### Parry Graham, School Superintendent & Torrance Lewis, Asst. Superintendent

Wednesday, Sept. 11 at 10:00AM



Residents are invited to stop by to meet and welcome our new School Superintendent, Parry Graham and new Assistant School Superintendent, Torrance Lewis. Bring your questions and



share your thoughts while enjoying coffee and pastries.

### Coffee Social Hour

Thursday, Sept. 26 at 9:00AM



All are welcome to attend this FREE coffee and light breakfast event. Formerly known as "Men's Coffee."

## 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, benefits and medical bills. Call 781-259-8811 to book an appointment for SHINE. In-person office appointments offered on the **First & Fourth Wednesday** of the month. Check calendar on pages 5 and 6 for more info.



**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](mailto: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** Contact Carlee, [cattererc@lincolntown.org](mailto:cattererc@lincolntown.org), to request a ride. The COA&HS prioritizes **medical** appointments at this time. All rides are **set up in advance**. Need help with **Senior Charlie Card, the RIDE, or RMV?** Call Carlee at 781-259-8811.



**Notary Services** Call 781-259-8811 to schedule an appointment to have your documents notarized for FREE. Abigail Butt, COA&HS Director, is a certified Notary Public.



**FOR YOUR WELLBEING****Group Support****Opportunities for Moving Forward**

Wednesday, September 4 at 9:30AM



We deal with many changes along the way, some by choice, some that just happen to us. The changes may include losses of people we love, health issues, decreased energy. This group provides a chance to share some of the challenges you are facing and successes you are having with the support of others. Find ways of feeling more in control. This FREE group meets monthly. Contact Claire directly at [gersteinc@lincolntown.org](mailto:gersteinc@lincolntown.org) to learn more. *Sponsored by Benchmark Senior Living at The Commons.*

**Bereavement**

Wednesdays, September 11 &amp; 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 this FREE bereavement support group via zoom. The group meets the second and fourth Wednesday of each month. Contact Claire directly at [gersteinc@lincolntown.org](mailto:gersteinc@lincolntown.org) to learn more. *Sponsored by Benchmark Senior Living at The Commons.*

**Caregiver**

Wednesday, September 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.* This FREE group is offered via Zoom. Facilitated by Claire Gerstein, LICSW. Email [gersteinc@lincolntown.org](mailto:gersteinc@lincolntown.org) for more info. *Sponsored by Benchmark Senior Living at The Commons.*

**FREE Office Hours with Realtor, Terry Perlmutter**

Monday, September 30 from 2:00 - 3:30PM

Do you have real estate questions big or small? Are you wondering which repairs should be prioritized to bring a greater return? Do you need guidance or a starting point? Do you need help creating a one, two, or five year downsizing plan? Terri Perlmutter, Lincoln resident and realtor, is offering 30 minute personalized consultation to address your specific questions and concerns. Feel free to bring pictures, notes, and questions to your appointment. Sign up by calling 781-259-8811.

**FREE Senior Legal Clinic with Attorney Sasha Golden**

Friday, September 20 from 2:00 - 4:00PM



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

# WELLNESS CLINICS

## FREE Wellness Clinics with Tricia McGean, NP

Wednesday, September 11  
Tuesday, September 24



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!



## Podiatry Clinics with Dr. Ruhl

Wednesday, September 11  
Tuesday, September 24



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 Mental Health Services

**Mental Health services 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 Eliot Community Human Services. *Sponsored by the Lincoln Board of Health.*



## FREE Hearing Clinic

Tuesday, September 24

Hearing Instrument Specialist, Joseph Sarofeen, Apex Hearing Care, offers FREE 30 minute hearing assessments and consultations from 11AM to 1PM. He is also able to evaluate your existing hearing instruments. Call 781-259-8811 for an appointment. Space is limited.



## FREE Tech Tutoring

Thursday, Sept. 5 1:00 - 4:00PM  
Tuesday, Sept. 17 11:00 - 1:00PM

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 sign up.

## Noticing Walks

Tuesday, Sept. 3 at 1:00PM, Farm Meadow  
Wednesday, Sept. 18 at 10:00AM, TBD



We are delighted to announce that Noticing Walk are now happening twice monthly! Naturalist John Calabria leads us on walks that are about the journey, not the destination. These FREE walks are gently paced but do cover rough terrain and may have some elevation changes. Register at [www.lincolnconservation.org](http://www.lincolnconservation.org). *Co-sponsored by LCOA&HS & Lincoln Land Conservation Trust.*

## Tuesday Trail Walks

All are welcome, but space is limited for these FREE walks. Explore Lincoln's open space. Visit different trails in Lincoln each week. See page 6 for locations. Walks, led by Conservation Dept. staff, are 2 to 3 miles long. Wear sturdy shoes. Dress for weather. Leave pets at home, since the focus is nature. RSVP: 781-259-2612/[conservation@lincolntown.org](mailto:conservation@lincolntown.org) or online <https://tinyurl.com/2024FallWalks>. *Sponsored by the COA&HS and Lincoln Conservation Commission.*

# SPEND TIME WITH OTHERS

**French Conversation** Second & Fourth Monday of the month, 9:30 am, in-person & via Zoom.

Brush up on your French speaking skills.

**German Conversation** Third Friday, 10:00 am, in-person & via Zoom. No meeting Sept. 6.

FREE. Come enjoy reading and speaking German.

**Knitting Group** Every Tuesday, 9:30 - 11:00 am, in person.

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



**Open Art Studio** Every Wednesday, 2:30 - 4:00 pm, in person.

FREE. Create your own original. Art supplies provided.

**Memoirs** Every other Wednesday, 10:00 - 12:00 pm, in-person & via Zoom.

\$6/class Share stories & write them together. Fall session starts Sept. 11.

**Ukulele Gathering** Second & Fourth Thursday, 3:00 - 4:00pm, in person.

FREE. Bring your ukulele and come play, or sing.

**Doo-Wop** Every Monday, 10:00 - 11:00 am. Holiday make up Sept. 3.

FREE. Join us for learning some familiar tunes while having fun!

**Mah Jongg** Every Monday, 9:00 - 12:00pm, & Every Thursday, 1:00 pm - 2:45 pm, in-person.

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

**Coffee Social Hour** Fourth Thursday, 9:00 - 10:30am, in-person & via Zoom.

FREE You are invited to visit with old friends and make new ones!



**Senior Dining** Every Friday, 11:30am - 12:30pm.



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MONDAY	TUESDAY	WEDNESDAY
 <b>COA&amp;HS CLOSED</b>	<p>9:30 Knitting  <b>10:00 Doo Wop Make up</b>            11:15 Stretch &amp; Flex, PH            12:30 Active Aging, PH            1:00 Noticing Walk:            Farm Meadow</p>	<p>9:30—11:30 SHINE Office H            9:30 Opportunities Group            9:30 English at Large            11:00 Line Dancing, PH            12:00 Zumba Gold, PH            2:30 Open Art Studio</p>
<p>9:00 Mah Jongg            9:30 French Conversation            10:00 Doo Wop            12:30 Movie: <i>Cyrano</i></p>	<p>9:30 Trail Walk: Adams Woods            9:30 Knitting            9:30 FLCOA Meeting            11:15 Stretch &amp; Flex            12:30 Active Aging            1:00 COA Board Meeting</p>	<p><b>8:45—10:45 Podiatry Clinic</b>  <b>8:45—10:45 Wellness Clinic</b>            9:30 Bereavement Group            9:30 English at Large  <b>10:00 Coffee &amp; Convo: Supp</b>            10:00 Memoirs Writing Group            11:00 Line Dancing            12:00 Zumba Gold            2:30 Open Art Studio</p>
<p>9:00 Mah Jongg            10:00 Doo Wop            12:30 Movie: <i>The Whale</i></p>	<p>9:30 Trail Walk: Farrar Pond            9:30 Knitting            11:00—1:00 Tech Tutoring            11:15 Stretch &amp; Flex            12:30 Active Aging</p>	<p>9:30 Caregiver Support Gr            9:30 English at Large            10:00 Noticing Walk: TBD            11:00 Line Dancing            12:00 Zumba Gold            1:00—4:00 SHINE            2:30 Open Art Studio</p>
<p>9:00 Mah Jongg            9:30 French Conversation            10:00 Doo Wop            12:30 Movie: <i>The Human Stain</i>            2:00 Tai Chi 1            3:00 Tai Chi 2</p>	<p><b>8:45—1:45 Podiatry Clinic</b>  <b>8:45—1:45 Wellness Clinic</b>            9:30 Trail Walk: Fernald Woods            9:30 Knitting  <b>10:30 Coffee &amp; Convo: J. Glass</b>  <b>11:00—1:00 Hearing Screening</b>            11:15 Stretch &amp; Flex            12:30 Active Aging</p>	<p>9:30 Bereavement Group            9:30 English at Large            10:00 Memoirs            11:00 Line Dancing  <b>11:00—1:30 Shredding Even</b>            12:00 Zumba Gold            1:00 Tai Chi 1            2:00 Tai Chi 3            2:30 Open Art Studio</p>
<p>9:00 Mah Jongg            9:30 French Conversation            10:00 Doo Wop            12:30 Movie: <i>Certain Women</i>  <b>2:00—3:30 Realtor Office Hours</b>            2:00 Tai Chi 1            3:00 Tai Chi 2</p>	<p><b><u>Traveling Chef is Back!</u></b>  <b>Friday, Sept. 20 at 11:30AM</b>            Menu: Shrimp Scampi, creamy risotto with your choice of toppings (caramelized onions, mushrooms, parmesan, etc.), garden salad, garlic roll, &amp; Tiramisu for dessert! Call to RSVP. Cost: \$6 suggest donation. <i>Sponsored by the Friends of the Lincoln COA &amp; Minuteman Senior Services.</i></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](mailto:butta@lincolntown.org)

**Website:** [www.lincolntown.org](http://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.*

		THURSDAY	FRIDAY
hours	4	5	6
		9:00—12:00 Veterans Office Hours 11:15 Stretch & Flex, PH 12:30 Active Aging, PH 1:00—4:00 Tech Tutoring 1:00 *NEW* Drop In Mah Jongg	10:00 SAIL/Balance <b>11:30 Senior Dining</b> Menu: BBQ Pulled Pork, roasted sweet potato, veggies 12:30 Movie: <i>Oppenheimer</i> <b><u>NO German Conversation</u></b>
erintendents up	11	12	13
		9:00—12:00 Veterans Office Hours 1:00 *NEW* Drop In Mah Jongg 3:00 Ukulele  <b><u>NO Stretch &amp; Flex</u></b> <b><u>NO Active Aging</u></b>	10:00 SAIL/Balance <b>11:30 Senior Dining</b> Menu: Ham & Cheese Sandwich, potato salad, marinated beets <b>12:30 Lincoln Academy: <i>Victoria Falls &amp; the Okurango Delta</i></b>
oup	18	19	20
		9:00—12:00 Veterans Office Hours 11:15 Stretch & Flex 12:30 Active Aging 1:00 *NEW* Drop In Mah Jongg <b>2:30 CPR Training</b>	10:00 German Conversation 10:00 SAIL/Balance 10:30 Caregiver Support Group <b>11:30 Special Meal: Traveling Chef</b> Menu: Shrimp Scampi & Risotto <b>12:30 Lincoln Academy: <i>A History of Fraud through the Ages</i></b> 2:00—4:00 Legal Clinic
t	25	26	27
		9:00—12:00 Veterans Office Hours <b>9:00 Coffee &amp; Convo: Social Hour</b> 9:15 Tai Chi 1 10:15 Tai Chi 2 11:15 Stretch & Flex 12:30 Active Aging 1:00 *NEW* Drop In Mah Jongg 3:00 Ukulele	<b>9:30—12:30 Senior Salon</b> 10:00 SAIL/Balance <b>11:30 Senior Dining</b> Menu: Turkey Pot Pie, mashed potato, Vienna bread <b>12:30 Lincoln Academy: <i>Chomsky &amp; Me</i></b>

## Senior Dining

Fridays, 11:30 - 12:30PM



Senior Dining is a great place to meet up with friends both old and new. Make your reservation by Wednesday for the Friday meal (call: 781-259-8811). The cost of each meal is a \$2 suggested donation. Residents aged 60+. Let the us know if you need transportation. *Sponsored by MSS.*



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### SAIL Fitness

Fridays Cost, \$3.00/class  
10:00-10:45AM



**Derry Tanner**

**20 Week session begins Friday, May 3 through September 27.** Join Derry Tanner, retired nurse & certified personal trainer for Stay Active and Independent for Life (SAIL). Interested in giving this Zoom class a try? Email Amy, [rettiga@lincolntown.org](mailto:rettiga@lincolntown.org).

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.

### FREE CPR Training with Lt. Ben Juhola

Thursday, September 19 at 2:30PM



Want to learn CPR or interested in brushing up on your skills? Lt. Ben Juhola is offering FREE adult and infant CPR training.

Please note: No CPR card will be offered. If you decide you want to be certified, you will need to take an online class offered at American Heart Association. Lt. Ben Juhola can assist you with your skills test. *Space is limited for this popular class!*

Registration is required for this training. To register, please contact Amy at 781-259-8811 / [rettiga@lincolntown.org](mailto:rettiga@lincolntown.org) to sign up.



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Registration required for all exercise. Email Amy at [rettiga@lincolntown.org](mailto: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, and to music. Full body stretch designed to lower your heart rate, relieve stress, increase flexibility, and leave you feeling great! Resistance bands are provided. **No Stretch & Flex Thurs., Sept. 12.**



**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 that builds lean muscle and increase bone density, all to the beat of the music!

**No Active Aging Thurs., Sept. 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?

### Zumba GOLD with Katrina

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

Join us for Zumba Gold and dance to the upbeat music while getting your heart rate up. Building up your cardio endurance while learning moves to familiar tunes. Dress comfortably and bring a water bottle.



## Tai Chi Teachers



**Jane Moss**



**Ellie Horwitz**



**Cynthia Rosenberger**

## Hybrid Exercise: In Person & Via Zoom

### FALL TAI CHI with Jane, Ellie, & Cynthia

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

**12 week fall session runs Sept. 23 – Dec. 12.** This gentle practice works the joints and muscles to increase flexibility, strength, balance, and circulation. Register for session before classes begin. No class on Oct. 14, Nov. 27, or Nov. 28.

#### Beginner/Level 1— in-person & zoom

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

#### Advanced/Level 2— in-person only

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

#### Advanced/Level 3—in-person only

**Wednesdays at 2:00PM**

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



# Monday Movie Matinees

## 12:30 pm



**Friday, Sept 6 Oppenheimer** (2023) 3hr. Rated R. Docu-drama/Biography starring Cillian Murphy, Emily Blunt and Matt Damon. The story of American scientist J. Robert Oppenheimer and his role in the development of the atomic bomb. Directed by Christopher Nolan.

**Sept 9 Cyrano** (2021) 2hr 3min. Rated PG. Romantic Drama starring Peter Dinklage and Haley Bennett. Too self-conscious to woo Roxanne himself, wordsmith Cyrano de Bergerac helps young Christian win her heart through love letters. Directed by Joe Wright.

**Sept 16 The Whale** (2022) 1hr 57min. Rated R. Psychological Drama starring Brendan Fraser and Sadie Sink. A reclusive, morbidly obese English teacher attempts to reconnect with his estranged teenage daughter. Directed by Darren Aronofsky.

**Sept 23 The Human Stain** (2003) 1hr 46min. Rated R. Drama/Romance/Thriller starring Nicole Kidman and Anthony Perkins. When a disgraced former college dean has a romance with a mysterious woman haunted by her dark, twisted past, he is forced to confront a shocking fact about his own life that was kept secret for 50 years. Directed by Robert Benton.

**Sept 30 Certain Women** (2016) 1h 47min. Rated R. Drama starring Michelle Williams, Kristen Stewart and Laura Dern. The lives of three women intersect in small town America, where each is imperfectly blazing a trail. Directed by Kelly Reichardt .

## *Trips*



### Castle in the Clouds

Thursday, October 10 at 7:30AM—5:00PM

All aboard the luxurious charter bus heading for a classic New England day up north! Charter bus departs Donelan's at 7:30am sharp to take you on a tour of the famous *Castle in the Clouds*. You will have time to take a trolley, explore the castle, enjoy the breath taking view, castle grounds, and gift shop.

Enjoy a delicious lunch at *The Village Kitchen*. Choice of entrées: A) Roast Turkey Dinner, B) Meatloaf, C) Haddock Bites, or D) Cranberry Chicken Salad Wrap. After lunch, the bus brings you to *Beans & Greens Farm* where you can pick up seasonal items and visit barnyard friends in the this bucolic local.

The trip cost is \$99, including transportation, Castle tour, trolley, lunch. and driver gratuity . **To sign up:** make check payable to *FLCOA Trips* and include your lunch choice in the memo line. Send check to LCOA&HS, c/o Town Offices, 15 Lincoln Road, Lincoln, MA 01773. Registration begins Sept. 3, 2024. No early birds. Trip is 1st come, 1st serve to Lincolniters aged 60+.

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

### 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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## GOING ON IN AND AROUND LINCOLN

# Let's Talk About Town Meeting!

Do you want to learn more about it? ✦ Do you love it just the way it is?  
Would you like to see major changes? ✦ What are *your* recommendations?  
*How* do changes get made? Town? State? ✦ Please join us for a:

## Kick-Off Forum

Monday, Sept. 16 at 8:00AM via Zoom  
Monday, Sept. 16 at 7:00PM in person, Lincoln School Learning Commons  
Unable to attend? E-mail your comments to [TMSC@lincolntown.org](mailto:TMSC@lincolntown.org).

### PURPOSES:

- Understand community opinions about the processes leading up to Town Meeting and how the Meeting is structured.
- Identify issues residents think the Town Meeting Study Committee (TMSC) should address.

### NEXT STEPS:

**September 30<sup>th</sup>:** Select Board finalizes scope of the TMSC Committee's work

**October 1<sup>st</sup> – 15<sup>th</sup>:** Interested residents apply to serve on TMSC. Contact Peggy at [elderp@lincolntown.org](mailto:elderp@lincolntown.org).

**October 21<sup>st</sup>:** Select Board appoints TMSC Committee.

Dear Residents,

At Town Meeting, we come together as a community to debate and vote on budgets, capital projects, general and zoning bylaws, and a variety of citizen petitions. The collective decisions we make shape the quality of life that makes Lincoln the unique place we all cherish. To maintain a robust and effective Town government, it is wise to periodically review and evaluate Town Meeting. The Select Board and Town Moderator are beginning a process to assess resident viewpoints about current procedures for Town Meeting. This work will be conducted with respect for the tradition and norms that have served Lincoln well since the first Town Meeting in April 1754, a commitment to equity, and with recognition that Town Meeting should continue to adapt to the needs and desires of Lincoln's current residents. For more info: visit [www.lincolntown.org/1509/Town-Meeting-Study-Committee](http://www.lincolntown.org/1509/Town-Meeting-Study-Committee).

