



NEWS FROM BEMIS HALL

Vol 10 Issue 1



January 2019

The Lincoln Council on Aging Monthly

2019 Top of the Town Winter Gala!



The Friends of the COA invites all Lincoln residents 60 or over to the **Top of the Town Winter Gala on Saturday, January 26, 2019 from 5 to 8 pm at the deCordova Museum.** Meet and greet old friends and new at this elegant gala party! Enjoy beverages along with finger food, small plates, and delicious desserts! Be sure to send in the reservation form you will receive in the beginning of January. *If you are a Lincoln resident 60 or over and do not receive an invitation by January 10, please call the COA right away!* The form must reach the

FLCOA at PO Box 143, Lincoln, MA 01773 or Bemis Hall by January 18 to confirm your attendance. This is a catered party, and an accurate head count is important! Because there is a space limit of 200 persons, the FLCOA will start a wait list if replies reach that number. They request that you let them know promptly if you must cancel so they can notify the next person on the list. While the Friends of the Lincoln COA are pleased to host this event with free admission for Lincoln residents, they greatly appreciate your donations to show support for this event.

Memory Café Opens for Elders with Dementia and Caregivers

The Commons in Lincoln, Right-at-Home In Home Care and Assistance, and the Lincoln Council on Aging are proud to announce the debut of the Lincoln Memory Café with a **free Open House on Thursday, January 24 from 9:30 am to 11:00 am at 1 Harvest Circle at the Commons.** The Open House is open to family, friends, and caregivers of those with dementia from Lincoln and area towns. Beth Soltzberg, Director of the Alzheimer's/Related Disorders Family Support Program of the Jewish Family and Children's Service, will talk about what Memory Cafes are and their benefits to families experiencing dementia. Ongoing sessions of the free Lincoln Memory Café, which will feature delicious refreshments, entertainment and activities, will be held on the fourth Thursday of each month from 9:30 am to 11:00 am at the Commons beginning in February. The goal is to offer an opportunity for elders and their care partners to spend relaxed, fun, social time together and with others who share their same experience. It is helpful, but not required, to sign up by calling the Council on Aging at (781) 259-8811. For information, contact Amy Gagne of Right at Home In Home Care and Assistance at (781) 275-1400 or amy@rightathomecare.com.



COA and Benchmark Senior Living Collaborate to Help Prevent Homelessness in Lincoln

The COA and The Commons in Lincoln, a Benchmark Senior Living community, are pleased to announce a new collaboration to benefit Lincoln residents who are homeless or at risk of homelessness. The *Staying at Home in Lincoln* project, funded by The Commons and administered by the COA, will enable homeless or at-risk Lincoln residents to stay in appropriate temporary, emergency housing while Town staff work to arrange permanent housing as well as any services and benefits that are required to ensure that the resident will be successful in their new home. This temporary, emergency housing could include area hotels or motels, assisted living facilities, or other supportive housing. For more information, please contact Carolyn Bottum of the COA at (781) 259-8811.

Free Income Tax Preparation Help

Volunteers certified under the AARP TaxAide program will prepare your Federal and Massachusetts personal income tax returns or answer your tax questions. This free service can answer most of the tax issues faced by low and middle income taxpayers, with special attention to those over age 60. Appointments begin in February. Call the COA office to schedule a confidential appointment and get a list of documents to bring.



Are You Eligible for the Circuit Breaker Tax Credit?

For the Tax Year 2018, the Senior Circuit Breaker Tax Credit gives a state tax credit of up to \$1100 for owners or renters 65 years or older who meet income and property value guidelines and who pay more than 10% of their income for real estate taxes (renters may count 25% of their rent as real estate taxes). To qualify, an owner or renter's income cannot exceed \$58,000 for an individual not the head of the household; \$73,000 for head of household; or \$88,000 for taxpayers filing a joint return. A home's assessed value cannot exceed \$778,000. You may apply for the credit, and possibly receive a check, even if you do not owe state tax. To receive the credit, complete Schedule CB and submit it with your state tax return. For help, call the COA to make an appointment with our AARP TaxAide volunteers.

COUNCIL ON AGING SERVICES

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 and Medicaid/MA Health, including plans and benefits, medical bills and long-term care needs.

Meals on Wheels (Minuteman Senior Services) Home-delivered meals.

Are You in a Financial Crisis? Do You Need Help Paying for Winter Fuel? Call the COA for information about some programs that may be able to help.

Would You Like a Free Home Safety Evaluation with a Physical Therapist? Call the COA. The Home Safe Project is funded by the Ogden Codman Trust.

Medical Equipment Loans of Walkers, canes, wheel chairs, tub benches, shower chairs, and commodes.

Veterans Services The Veterans' Services Officer (VSO) is an advocate for Lincoln's veterans and their dependents. The VSO can assist veterans with questions they have about their state and federal veteran benefits and services. The VSO can also help veterans apply for those benefits. Lincoln's Veterans Services Officer, Peter Harvell, will have regular office hours each **Thursday from 9 am to Noon at Bemis Hall**. To avoid waiting, please call ahead. Peter can also be reached by email at Lincolnveterans@lincolntown.org.

Transportation The COA offers rides to medical and other appointments, local shopping, COA activities and, occasionally depending on capacity, some other local rides through volunteer drivers (LINC) and taxis Monday through Friday from 9 am to 4 pm. Please call Lincoln Concord Coach at (781) 259-8722 at least three business days but not more than a month ahead to book a ride. There is no charge for either volunteer or taxi rides. The COA's taxi rides are supported entirely by the Friends of the Lincoln COA. Donations are gratefully accepted.

We Need Pro Bono Lawyers in Various Specialties

Sometimes lower income Lincoln residents need legal advice on various issues including employment, landlord-tenant concerns, immigration, intellectual property, real estate, tax law, and more. We are looking for lawyers who would be willing to provide occasional pro bono advice. You would only be providing an initial consultation rather than ongoing legal services. If you are interested, please call Carolyn at (781) 259-8811.

COUNCIL ON AGING INFORMATION

The COA is located in Bemis Hall, 15 Bedford Road

Send mail to: c/o Town Offices, 16 Lincoln Road

Phone: (781) 259-8811

E-mail: bottumc@lincolntown.org

Internet: www.lincolntown.org

Hours: Monday through Friday, 8:30 am to 4:30 pm

Winter Weather Policy

If the Lincoln schools are closed due to weather, activities at the COA are cancelled. *If your power is out, however, call to see if Bemis Hall will be open as a place to warm-up, recharge computers and cell phones, and more.* Even if the schools are not closed, but the weather is bad, call before coming to see if your event is cancelled.



THE LINCOLN ACADEMY

Lectures, Discussions, and More about Our World!



THE LINCOLN ACADEMY LECTURE SERIES

Come to Bemis Hall on Mondays at 12:30 to hear a fascinating speaker from or associated with Lincoln. Bring a bag lunch. We provide beverages and dessert. The lectures last about an hour.

This Month's Speakers

January 7 — MaryBeth Wiser, Lincoln's Superintendent of the Water Department: From Source to Tap: Lincoln's Water System

How does water get from its source in nature to your tap and what happens to it in between? Find out where Lincoln gets its water, how it is treated, how it is tested, what it is tested for, how you know if there is ever a problem with your water, and how the Water Department makes sure that water will be available when you turn on the tap.

January 14 — Ron McAdow and Betsy Stokey: Galapagos Islands and Amazon Rainforest

Do you enjoy nature slideshows? Ron and Betsy's nature-themed trip to Ecuador took them to the Amazon rainforest in the eastern part of Ecuador and to the Galapagos Islands at the western end of the country. From jungle towers, canoes, trails, and power launches, they had once-in-a-lifetime opportunities for wildlife observation and photography. The pictures they will share include giant tortoises (of course) plus monkeys, sea-lions, iguanas, blue-footed boobies, and other many bird species.

January 28—Kathy Mierzwa: How I Make Music Videos and How You Can, Too!

Katherine Mierzwa has been making videos on her Apple computer since the first iMovie program came out in 1990. Apple has made it possible to make professional-quality videos by combining your photos and music. Katherine makes beautiful videos to remember vacations, as birthday gifts for friends, to document weddings, and for personal remembrances for funerals and memorial services. She'll show some of her videos and show you how she does it, and how you can, too.

The Roaring Twenties — Ford, Flappers, and Fitzgerald!

In the 1920's, the sound of radios and phonographs filled the air. Motion pictures offered new vistas for millions of moviegoers. Prosperity was everywhere. Women "bobbed" their hair, danced the Charleston and voted for the first time. Join us for a fascinating lecture series as we take a detailed look at this exciting period in time with Gary Hylander, Ph.D. at the Lincoln Library on Sundays January 6 and 27th and February 3, 10, 17, and 24th at 1:30. The series is co-sponsored by the Lincoln Library and the Council on Aging.

FireSide Chat: Diversifying Lincoln's Governance



What will it take to engage a more diverse group of people in the governance of Lincoln? Join us from 10 - 11:30 AM on Saturday January 26 in the Community Room at Lincoln Woods, 50 Wells Rd for a friendly discussion. And please remember to park in 'unmarked' spaces.

The Untold Story of Emily Dickinson's Introduction to the World

Join Lincoln author Julie Dobrow, on Monday, January 28 at 10 am at Bemis Hall when she discusses her new book, *After Emily: Two Remarkable Women and the Legacy of America's Greatest Poet*. *After Emily* is a mother/daughter biography of Mabel and her only child, Millicent Todd Bingham. This book tells the story of Mabel and Millicent's fascinating lives that pushed the boundaries of what women of their respective eras did, how Mabel's thirteen year-long love affair with Emily's brother Austin led her to the Emily Dickinson work that defined her career and her life, and how Mabel and Millicent's own complex relationship complicated it all.



Art, Music, Entertainment, Enjoyment!



Celebrate Lincoln's Generations with a Sing-Along!



The LEAP After-School Program, the Lincoln Council on Aging, and the Magic Garden Children's Center invite Lincoln residents of all ages to enjoy a free Multigenerational Concert and Sing-Along as part of the Winter Carnival on **Friday, January 25 at 3:30 pm at Bemis Hall**. The program will include singing groups from each of the three organizations. Members of the audience will enjoy favorite folk songs, children songs, and more! Come enjoy some songs that are beloved from childhood and others that are new and delightful! Don't miss this wonderful event!



Coffee with Artist Don Alden

All are invited to join artist Don Alden for a "Coffee with the Artist" on **Tuesday, January 22 at 2:15 at Bemis Hall** to celebrate his exhibit that will be in the Bemis Gallery in January and February. The show is titled "Honoring the Living Earth" and features a combination of abstract landscapes, objects in liminal space, color and texture. Don is a graduate of the Rhode Island School of Design (RISD) and Brown University. He has a studio in ArtSpace in Maynard. To him, a painting is a relationship between the artist and the viewer through color, shape texture and line. What one projects is a reflection of their experience.

Veterans Beef Stew Lunch!

Warm up on a chilly day with other veterans and their spouses or partners on **Wednesday, January 23 at noon at Bemis Hall**. On the menu will be beef stew, beverages and dessert. This is a chance to get to know other veterans and share your experiences that are unique to veterans. You must sign up so that we know how many meals to prepare. \$4 donation requested.



Join Us at Bemis Friday, January 4 from 12:30 to 1:30 for Traditional Jazz! Everyone welcome!



Would You Like to Share Writing Memoirs with Others?

If you are interested in writing a memoir or just curious about what goes on in the memoir group, please come to the first winter meeting of the Memoir Group on **Wednesday, January 9 from 10 am to noon at Bemis Hall** and find out what we do. If you like what you hear and you want to continue, the cost of the ten-week term is \$75. The dates for the term are Jan. 9 and 23; Feb. 6 and 20; Mar. 6 and 20; Apr. 3 and 17; and May 1 and 15. If you want more information, call Connie Lewis (781) 259-9415 or email her at conlewis1000@gmail.com.

AT THE MOVIES

Tuesday, January 15, 2:15 pm. Christopher Robin In this heartwarming tale, Christopher Robin has grown up and lost his way. Now it's up to his spirited and loveable stuffed animals, Winnie The Pooh and the rest of the gang, to remind him of endless days of childlike wonder and make-believe. 2018. PG. 104 mins.

Thursday, January 24, 2:15 pm. I Feel Pretty Renee, a woman who struggles with feelings of insecurity and inadequacy wakes up after a fall believing she is suddenly the most beautiful and capable woman on the planet. What will happen when she realizes her appearance never changed? 2018. PG-13. 110 mins.

Tuesday, January 29, 2:15 pm. Cave of the Yellow Dog In this docudrama about Mongolia, Young Nansal, the oldest daughter of a nomad family, finds a stray dog that quickly becomes her close companion. The film depicts the herdspeople's everyday tasks for survival, while the city beckons from afar. 2005. G. 93 mins.



SPEND TIME WITH OTHERS



Enjoy a Gourmet Lunch and Have Your Blood Pressure Taken!

Lincolniters 60 and older are invited to enjoy a delicious gourmet meal with new friends and old at **11:30 on Tuesday, January 15 at St. Anne's Church. Tricia McGean, Lincoln's Public Health Nurse, will offer free blood pressure readings!** Please reserve by calling the COA at least a week ahead even if you have previously attended. The cost of each meal is \$5. Caregivers are welcome to come with those for whom they are caring. Let us know if you need transportation or a seating partner. The lunch is co-sponsored by the COA, the Friends of the COA, Minuteman Senior Services, Newbury Court, St. Anne's, and the Lincoln Garden Club.

GROUPS TO ENCOURAGE, SUPPORT, AND ENRICH YOU!

SmartPhone Meet Up! Do you have a smart phone that you would like to be able to use better? Or, can you give smart phone pointers? Come share tips and get help on **Monday, January 28 at 11:00 am at Bemis Hall.** This isn't a class, but rather a chance for people to teach each other. 

SIMPLIFY & Declutter Simplify and organize your life with some help from a decluttering group. Learn current strategies to get started and find encouragement to stay on track. Come on the first Wednesday of the month at 10:30 am in Bemis Hall. **The group will not meet in January but will resume in February.**

New Chess Club! If you love chess, you are welcome to come to our new Chess Club which will meet the second Thursday of each month at 10 am. This month the Club will meet on **Thursday, January 10 at Bemis.** Test your skills! Free lessons! Beginners and experts alike— ALL ARE WELCOME! 

LGBT-Focused Group to Share Tea and Conversation All are invited to enjoy tea and conversation at a new LGBT-focused group to be held **the third Friday of each month (January 18 at 10 am) at Bemis Hall.** Share your thoughts, ideas, and life experiences! Those from other towns welcome. 

SHARE YOUR INTERESTS, MEET FRIENDS, AND HAVE SOME FUN!

French Conversation Brush up on your French speaking skills **the second and fourth Monday of each month at 9:30 am at Bemis Hall.** \$10 per class.

Play Piano Duets with Evelyn Harris each **Monday at 9:30 am at Bemis Hall.** She brings books for all levels.

Spanish Conversation Enjoy Spanish conversation **first and third Mondays at 11 am here at Bemis Hall.**

Knitters Drop-In All knitters are welcome to come **Tuesdays from 9:30 to 11 am at Bemis Hall.** Come get help, give help, share projects, get new ideas or just enjoy the conversation. The group is always changing.

Play-Reading Sally Kindleberger leads a group in reading John Patrick's *The Curious Savage* calling into question our society's views on sanity and celebrity, on **January 8 and 15 at 11 am at Bemis.** Sally will bring copies.

Russian Conversation Group Come brush up on your Russian by speaking it with others on **January 2 and 16 at 1 pm at Bemis Hall.** Please come whether you are a native speaker, beginner, or in-between!

Conservation Breakfast **Thursday, January 10 at 8:00 am at a location to be announced.** Meet and gossip the second Thursday of every month about Town events, also touching on Conservation.

Lincoln Men's Coffee **Thursday, January 17 at 8:00 am at Bemis Hall.** Bagels, cream cheese, and lox, doughnuts, coffee and camaraderie—a great chance to catch up with buddies and make new friends.

Ukulele and Sing-Along Group meets on **Thursday, January 10 at 3:00 here at Bemis Hall.** The group, led by Rob Todd, sings and plays simple songs together. Beginners welcome! Bring your ukulele or sing!

German Conversation Enjoy speaking German on **the first, third, and fifth Fridays at 10:00 am at Bemis.**

Play Open Bridge each **Friday at 1 pm at Bemis Hall.** Any bridge player who knows "Standard American" and understands week two bids, better minors, stayman and other similar terms is welcome to join Open Bridge.

Disclaimer: The COA 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>JANUARY</p> 	<p>1</p> <p>COA CLOSED/ NEW YEAR'S First Day at Pierce House (Pierce)</p> 	<p>2</p> <p>11:00 Line Dancing 1:00/2:15 Tai Chi 1:00 Russian Conversation Group</p>	<p>3</p> <p>9:00 Veterans Services Officer Office Hours 9:15/10:15 Tai Chi 1:30 Computer Drop-In</p>	<p>4</p> <p>10:00 German Conversation 12:30 Trad Jazz Band 1:00 Open Bridge</p> <p>SUNDAY 6 1:30 Roaring 20s (lib)</p>
<p>7</p> <p>9:30 Piano Duets 11:00 Spanish Conversation 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p>8</p> <p>9:00 Podiatry 9:30 Knitting Drop-In 9:30 FCOA Meeting 10:00 Wellness Clinic (LW) 11:00 Playreading: Curious Savage 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:30 COA Board Meeting</p>	<p>9</p> <p>10:00 Memoir Group 11:00 Line Dancing 1:00/2:15 Tai Chi 7:00 Jimmy Mazzy Jazz</p>	<p>10</p> <p>8:00 Conservation Bkfst (TBA) 9:00 Veterans Services Officer Office Hours 9:15/10:15 Tai Chi 10:00 Chess Club 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 3:00 Ukulele Gathering</p>	<p>11</p> <p>10:00 Underatanding Diabetes 1:00 Open Bridge 1:00 Hand-Heart Connection</p> <p>SATURDAY 12 9:00 Library Book Sale</p>
<p>14</p> <p>9:30 Piano Duets 9:30 French Conversation 12:30 Lincoln Academy 2:15/3:15 Tai Chi 3:00 Legal Clinic 7:00 Acoustic Music (Lib)</p>	<p>15</p> <p>9:00 Wellness Clinic 9:30 Knitting Drop-In 11:00 Playreading: Curious Savage 11:30 Stretch and Flex 11:30 Senior Dining (St. Anne's) 1:00 Active Aging Fitness 2:15 Movie: Christopher Robin</p>	<p>16</p> <p>9:00 Podiatry 11:00 Line Dancing 1:00 Russian Conversation Group 1:00/2:15 Tai Chi</p>	<p>17</p> <p>8:00 Men's Coffee 9:00 Veterans Services Officer Office Hours 9:15/10:15 Tai Chi 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 7:30 LLCT Movie Night (LLCT)</p>	<p>18</p> <p>10:00 German Conversation 10:00 LGBT Tea and Conversation 10:00 Avoid Winter Scams with Middlesex District Attorney Marian Ryan 1:00 Open Bridge 1:00 Cohousing</p>

<p>21</p> <p>COA CLOSED/MARTIN LUTHER KING DAY</p> 	<p>22</p> <p>9:30 Knitting Drop-In 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:15 Artists Coffee</p>	<p>23</p> <p>10:00 Memoir Group 11:00 Line Dancing 12:00 Veterans Lunch 1:00/2:15 Tai Chi</p>	<p>24</p> <p>9:00 Veterans Services Officer Office Hours 9:15/10:15 Tai Chi 9:30 Memory Café Open House (Commons) 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In 2:15 Movie: I Feel Pretty</p>	<p>SATURDAY 19 1:00 Jazz Jam (lib) SUNDAY 20 3:00 Ranked Choice Voting</p>
<p>28</p> <p>9:30 French Conversation 9:30 Piano Duets 10:00 <i>After Emily</i> Book Discussion 11:00 Smartphone Meetup 12:30 Lincoln Academy 2:15/3:15 Tai Chi</p>	<p>29</p> <p>9:30 Knitting Drop-In 11:30 Stretch and Flex 1:00 Active Aging Fitness 2:15 Movie: Cave of the Yellow Dog</p>	<p>30</p> <p>10:00 LSRHS Update 11:00 Line Dancing 1:00/2:15 Tai Chi</p>	<p>31</p> <p>9:00 Veterans Services Officer Office Hours 9:15/10:15 Tai Chi 11:30 Stretch and Flex 1:00 Active Aging Fitness 1:30 Computer Drop-In</p>	<p>25</p> <p>10:00 DeCordova Update 1:00 Open Bridge 3:30 Multigenerational Sing-Along</p> <p>SATURDAY 26 10:00 Fireside Chat (LW) 5:00 Top of the Town (deCordova)</p> <p>SUNDAY 27 1:30 Roaring 20s (lib)</p>
<p>LOCATIONS Commons: The Commons deCordova: deCordova Museum Lib: Library LLCT: 145 Lincoln Road LW: Lincoln Woods Pierce: Pierce House St. Anne's: St. Anne's Church TBA: Location to be announced</p>				

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FOR YOUR WELL BEING



Understanding Diabetes for a Better, Healthier Life

About one in four people 65 and over have diabetes and it is the seventh leading cause of death in the United States, with complications that can lead to disability and the loss of independence. Yet, many people can prevent and manage diabetes with a proper diet, exercise, careful monitoring, and medication. Whether you have diabetes, are at higher risk of diabetes, would like to know how to prevent it, or are concerned about someone else, come hear Jocelyn Fram of HealthPro Heritage of The Commons in Lincoln when she comes to **Bemis Hall on Friday, January 11 at 10 am** to talk about diabetes and how you can take control.

The Hand-Heart Connection

Join Catherine Collins RN, MS, QTTT (Qualified Therapeutic Touch Teacher) **January 11 at 1 pm at Bemis Hall** to learn about a “profoundly simple” way to connect to a loved one when a verbal interaction is difficult or impossible. Developed by a hospice nurse and therapeutic touch practitioner, this technique is a way to “be with” someone who has suffered a loss such as health, a relationship or is at the end of life. Simply being next to the person and using your hand to connect to their heart and be present is a powerful way to send compassion. It benefits both the recipient and the person offering the hand heart connection. ANYONE can learn this technique! We will watch a video about the technique and have an opportunity to practice and ask questions.

Could You Pay Less for Prescriptions?



If you have costly prescriptions, you might be able to pay less through company programs, foundations that help with co-payments, discount cards, generic medications, and more. Find out about these options when Colleen Massey of the Massachusetts College of Pharmacy and Health Sciences (MCPHS) comes to **Bemis Hall on Friday, February 1 at 11 am**. She will also let you know about the many programs and services of MCPHS that can help you manage your medications.

OPPORTUNITIES FOR EXERCISE

Stretch and Flex Designed for all fitness levels. Start with a gentle warm-up and then progress to resistance training using Thera-bands or free-weights (both provided by the COA). No floor work. **Tuesdays and Thursdays, 11:30 am, Bemis Hall**; \$3 per class; no need to sign up. Taught by Terri Zaborowski. No class January 3.

Active Aging Start with a stretch and warm-up followed by 30 minutes of muscle toning and strengthening using hand weights. Seated and standing exercises. No floor work. Last 15 minutes of class is an aerobic dance routine and cooldown. Weights are available at the Center or bring your own. **Tues & Thurs, 1 pm, Bemis**; \$3 per class; no need to sign up. Taught by Terri Zaborowski. No class January 3.

Tai Chi for Health and Wellness New beginners may sign up for Wed. or Thurs. for session Jan 7 to March 28. **Level 1 (Beginners):** Mon 2:15– 3:15 pm and Wed 1– 2 pm, Thurs 9:15—10:15. **Level 2:** Mon 3:15-4:15; Level 2 Practice: Thurs 10:15-11:15. **Level 3:** Wed 2:15-3:15. \$60 1 class/week ; \$80 2 classes/week; \$100 3 classes/week; \$120 4 classes/week. For info, contact Jane Moss at (781) 259-9822 or mindbodyjm@comcast.net.

Line Dancing Enjoy the fun and fitness of line dancing **Wednesdays at 11 am at Bemis Hall** with Katrina Rondini. \$3 payable the day of the class. No sign up needed!

Fitness classes subsidized by the MA Executive Office of Elder Affairs. Tai Chi also subsidized by the FLCOA.

Wellness Clinics for All Ages

Come to two clinics for residents of all ages for blood pressure, information and advice about nutrition and fitness, medication management, and answers about how to manage chronic conditions, where to get health services, and more. Our first clinic will be at **Lincoln Woods' Community Building at 50 Wells Road on Tuesday, January 8 from 10 am to noon**. The second clinic will be on **Tuesday, January 15 from 9 to 11 am at Bemis Hall**. This clinic is sponsored by the Pierce House. Services provided by Emerson Hospital Home Care.

Podiatry Clinics

Podiatry clinics will be held on **Tuesday, January 8** and **Wednesday, January 16 at 9 am at Bemis Hall** by appointment. \$10 donation. Clinics sponsored by the Pierce House and FLCOA.

💡 **WHAT YOU NEED TO KNOW** 💡



Learn to Protect Yourself from Winter Scams with Middlesex District Attorney Marian Ryan

Join Middlesex County District Attorney Marian Ryan on **Friday, January 18 at 10 am at Bemis Hall** when she comes to tell you about the latest winter-related scams involving home heating, snow removal, roof service, chimney cleaning, furnace cleaning, vehicle maintenance, and tree service. She'll let you know what to watch out for, which scams are happening now, how to protect yourself and what to do if you are a victim. Bring your questions and concerns!

deCordova Museum and Trustees of Reservations Update



The deCordova Sculpture Park and the Trustees of Reservations have proposed a partnership that will enhance the ability of both organizations to fulfill their missions. To learn more about the rationale and benefits of the partnership and what it will mean for the deCordova and its future as well as for Lincoln residents, come to a conversation with John B. Ravenal, Executive Director of the deCordova Museum and Sculpture Park, a representative from the Trustees of Reservations, and Tim Higgins, Lincoln's Town Administrator, on **Friday, January 25 at 10 am at Bemis Hall**. Bring your questions and concerns!

Lincoln-Sudbury High School Update

Join Lincoln-Sudbury Regional High School Committee member Patty Mostue on **Wednesday, January 30 at 10 am here at Bemis Hall**. Find out about new and other educational initiatives and some of the issues facing the school and its students and have a chance to ask questions and give ideas!



Cohousing: A New Option Focusing on Community and Private Home Ownership with the Benefits of More Sustainable Living

Cohousing, or housing that offers both privacy as well as intentionally living in community with shared spaces, is catching on among people of all ages, but especially seniors. Come hear Lincoln resident Pat Brinkman speak on **Friday, January 18 at 1 pm at Bemis Hall** about what cohousing is and its benefits as well as a new initiative for a 55+ cohousing community that is now forming in our area. Find out if this option might be right for you and how to join an already-existing or new community.

COME FOR FREE ONE-TO-ONE CONSULTATIONS!

Free Elder Law Clinic

Got a question about issues such as estate planning, MassHealth, protecting assets for a loved one with a serious disability, guardianship, conservatorship or probate? The COA is pleased to provide a monthly legal clinic with elder law attorney and Lincoln resident Sasha Golden on **Monday, January 14, from 3-4 pm at Bemis Hall**. There is no charge for the thirty-minute consultation, but please sign up by calling the COA.

Veterans Office Hours

The Veterans' Services Officer (VSO) is an advocate for Lincoln's veterans and their dependents. The VSO can assist veterans with questions they have about their state and federal veteran benefits and services. The VSO can also help veterans apply for those benefits. Benefits and services include emergency financial or medical assistance programs for veterans in need, Veterans Affairs Compensation and Pension claims, educational benefits, real estate tax abatement, employment and training opportunities, burial information, and innumerable other benefits. Lincoln's Veterans Services Officer, Peter Harvell, will have regular office hours each **Thursday from 9 am to Noon at Bemis Hall**. To avoid waiting, call ahead. Reach Peter by email at Lincolnveterans@lincolntown.org.

Free Computer and Digital Camera Tutoring

Come to our drop-in PC computer and digital photography tutoring on **Thursday afternoons from 1:30 to 3:30 pm at Bemis Hall!** If you have a laptop or netbook, please bring it! Tutors are also available at other times.



Friends of the Lincoln Council on Aging

P.O. Box 143 • Lincoln, MA 01773

Proud to Support the Lincoln Council on Aging!
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Art – Drama - Music

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Introducing the Care Dimensions Hospice House

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When hospice patients require specialized care for acute pain and symptom management, our new 18-bed Care Dimensions Hospice House in Lincoln on the Waltham line, offers hospital-level care in a warm, home-like environment. Our interdisciplinary team provides patients and their families with individualized medical, emotional, and spiritual support to make a difficult time a little easier.

With 40 years of compassionate expertise in caring for people with advanced illness, Care Dimensions is Massachusetts' premier non-profit provider of hospice, palliative care, and grief support, and is nationally recognized for quality and innovation. Let our experience improve yours – ask for Care Dimensions by name.

Watch our video tour at CareDimensions.org
or call 781-373-6616 to learn more
about the new Care Dimensions Hospice House.



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GIVING BACK TO THE SENIOR COMMUNITY

Free Services to Help Seniors Prepare Their Homes for the Market, Sell and Transition to the Next Stage of Life

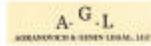
As real estate, legal and moving professionals dedicated to helping people transition from one home to another, we understand how stressful and overwhelming this process can be. We want to make it easier. Through the Maria Project, we are giving selected seniors and people with disabilities a package of free services that will include everything needed for a smoother transition.

The package includes:

- Organizing personal possessions
- House repair and clean-up
- Packing and moving
- Real Estate representation
- Legal Services

The Maria Project was inspired by Leon Gelfand in honor of his grandmother, Maria.

Maria Project organizers include Home Ready Solutions, Stebnetz Real Estate Professionals, Agnewitch & Green Legal, LLC and Gentle Giant.



We will be there at every step of the process.

To apply or nominate someone, visit mariaproject.org

or call **617-331-7848**.

We will meet with candidates at their homes at their convenience.

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GOINGS ON IN AND AROUND LINCOLN

Lincoln's First Day Town Celebration – January 1, 2019 First Day at the Pierce House is held annually on New Year's Day 1 to 5 pm and features live musical entertainment and food, as well as beer and wine. First Day is free to Lincoln residents and depends on volunteers and donations. Hot apple cider, kid-friendly snacks, and a children's show make this a fun event for all ages. The Pierce Property Committee and staff plan this beloved Town event. **Volunteers are needed** to help out on the day of the event! **Donations are needed** to offset the cost of the event and can be made in advance, or on the day of the event! If you can help by volunteering and/or by giving a donation, please contact Nancy Beach at nancy@piercehouse.com or call 781-259-9757.

Jimmy Mazzy and the Last Minute Men Old Time New Orleans Jazz classics played as they should be! **Wednesday, January 9, 7 pm, Bemis Hall.** Don't be late. Be there when the band starts playing.

Friends of the Library Book Sale Come pick up a good read and help raise funds for the Library at the Friends of the Library Book Sale on **Saturday, January 12 from 9 am to Noon at Bemis Hall.**

Open Mike Acoustic Night Enjoy live music at the free Open Mike Acoustic program **Monday, January 14 from 7 to 10 pm at the Library** featuring Eric Kilburn. Email: loma3re@gmail.com.

Movie Nights at the LLCT on **Jan 17, Feb 11, and Mar 14 at 7:30 PM at the Land Trust office at 145 Lincoln Rd. (above the Post Office).** Popcorn and apple cider served. Free. All are welcome. January movie is *Bearwalker of the Northwoods*. Further info at lincolnconservation.org.

Free Live Traditional Jazz Jams on **Saturday, January 19 from 1:00 pm – 5:00 pm at the Library.** Come hear local musicians belting out old favorites which will set your feet a-tappin.' Free.

Ranked Choice Voting Presentation **Sunday, January 20, Bemis Hall, 3:00 pm**, hosted by the Lincoln Democratic Town Committee. Find out more about this way of making elections more fair and effective from Jim Henderson of the non-governmental organization Voter Choice Massachusetts (www.voterchoicema.org).

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