



# NEWS FROM BEMIS HALL

Volume 12

December 2021

Number 12

Lincoln Council on Aging & Human Services



## Holiday Open House at Bemis Hall

Friday, December 10 from 11:00-1:00



All are invited to join us celebrate this holiday season. Friends will gather to hear piano music by Ken Hurd, while enjoying light refreshments. Special guests, Tim Higgins, Lincoln Town Administrator, and Jennifer Glass, Select Board member, look forward to chatting with community members. Surprise crafts included.

## FREE Sand/Salt Buckets

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



## Senior COVID Booster Clinic

Monday, December 6 from 10:00-1:00

This clinic is open to residents aged 60 or over. All 3 booster vaccines are available. Please note, this is not a drive-through clinic. The clinic will be hosted in the auditorium of First Parish Church across from Bemis Hall. If you are unable to register using the link below, please call the COA&HS and we will assist. If you need transportation to the clinic, please call Carlee, COA&HS Transportation Coordinator.

**Registration link:** <https://calendly.com/pelmeds2/lincoln-senior-clinic?month=2021-12>

- On the day of the clinic:
- Wear a short sleeved shirt
  - Bring a copy of your insurance card
  - Bring your COVID vaccination card if you have it

## CaptionCall Phone

Wednesday, December 8 from 10:00-12:00

Do you have trouble hearing on the phone? Join CaptionCall representative, Deirdre Ferranti, to learn about a federally funded program designed to help individuals with hearing loss by reading what the incoming caller is saying. As social isolation keeps us apart, CaptionCall is a way for families and friends to stay connected.



This phone and its service may be available to you at no cost.

## COUNCIL ON AGING & HUMAN SERVICES — 781-259-8811

### Would You Like a Well-Being Call During Storms and Other Emergencies?



The COA&HS and Public Safety are pleased to offer well-being telephone calls during storms and other emergencies. We will call you when storms cause extensive power outages, and in extended spells of extreme cold and other similar situations. If we can't reach you by phone, Public Safety will do a well-being check to your home to make sure you are all right. To sign up for this service please call the COA&HS at 781-259-8811. We need your name, address, and any phone numbers you would like us to call (a cell phone or family member, for example), as well as any other pertinent information you would like to share, such as special medical needs. You may request to be taken off the list at any time.



## COUNCIL ON AGING & HUMAN SERVICES — CALL 781-259-8811

**Information and Referral/Care Management** Answers to questions about and assistance in evaluating in-home care needs and locating elder services, well-being check-ins, crisis intervention, and more. We are unable to provide names of agencies offering services that are not elder-related or of individuals instead of agencies.

**Minuteman SHINE (Serving Health Information Needs of Everyone)** Counselors give help regarding Medicare, including plans and benefits and medical bills. Call 781-259-8811 to book appointment for SHINE. In person office hours are offered at Bemis Hall the **first and third Wednesday of 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](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** The COA&HS prioritizes **medical** appointments at this time. Contact Carlee, [castetterc@lincolntown.org](mailto:castetterc@lincolntown.org), to request a ride. These rides are **set up in advance.** Need help with **Senior Charlie Card?** 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.





## Zoom Events & Bemis Hall Activities



### FREE Legal Clinic

**Monday, December 6 from 2:00-4:00PM**



Do you have a question about issues such as: estate planning, MassHealth, guardianship, conservatorship, or probate? The COA&HS is pleased to provide a FREE monthly legal clinic with elder law attorney Sasha Golden. Call 781-259-8811 to sign up for a thirty minute consultation. In person or virtual appointments available.



### Chat with a Nurse

**Wednesday, December 15 at 11:00AM**

Do you have general health questions? Do you have questions about COVID-19, booster shots, transmission trends, symptoms, or treatment? Join Town Nurse, Tricia McGean, via Zoom to have your questions answered. Sign up by sending an email to [gagnea@lincolntown.org](mailto:gagnea@lincolntown.org).



### Coping with Holidays After a Loss

**Monday, December 13 at 11:00AM**



This program will discuss the impact holidays have on grief, practical suggestions for coping, and ways the holidays can heal. Presented By Mary Crowe, LICSW, ACHP-SW, C.D.S., Director of Professional and Community Education at Care Dimensions Hospice. Mary holds a Master's degree in Social Work from Boston College Graduate School of Social Work, and post graduate certificates in gerontology. **Register online by Dec 10 for this meeting. Register using this link <https://zoom.us/meeting/register/tJEocempqj0sHdQ0E-xjms9fdMPV4MJAS7um>**



### \*NEW\* Caregiver Support Group

**Wednesday, December 15 at 11:00AM**



If you have a family member with memory loss, we invite you 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.* Please call 781-259-8811 for more information. This new Caregiver Support Group is offered via Zoom and facilitated by Claire Gerstein, LICSW. Please email [gersteinc@lincolntown.org](mailto:gersteinc@lincolntown.org) for more detailed information.



*Sponsored by Benchmark Senior Living at the Commons in Lincoln.*



## FOR YOUR WELL BEING



### FREE Wellness Clinics with Public Health Nurse, Tricia McGean

Wednesday, December 8 & Tuesday, December 28 (Bemis Hall)

Wednesday, January 12 & Tuesday, January 25 (Bemis Hall)

Monday, December 13 & Monday, January 17 (Lincoln Woods)

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!



**Lincoln Woods: 10:00AM—Noon**

**Bemis Hall: Wednesday 8:45AM—11:00AM, Tuesday 8:45AM—1:45PM**

### Podiatry Clinics with Dr. Ruhl

Wednesday, December 8 & Tuesday, December 28

Wednesday, January 12 & Tuesday, January 25



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. *Co-sponsored by the Friends of the Lincoln COA and the Pierce House.*

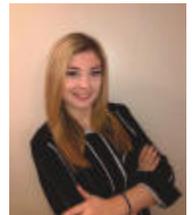
### FREE Mental Health Clinics

Tuesdays, December 7, 14, 21, & 28 (adult)

Wednesdays, December 1, 8, 15, & 22 (adolescent)

**The 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, licensed clinical social worker and Coordinator of Intake Services and Outpatient Clinician at the Eliot Center. *Sponsored by the Lincoln Board of Health.*



### FREE Noticing Walks with John Calabria

Tuesday, December 7

Join us for a gently paced walk with John Calabria at Minuteman National Historic Park, **1:00–2:30 pm at the location posted at [www.lincolnconservation.org](http://www.lincolnconservation.org)**. Pre-register by contacting [llct@lincolnconservation.org](mailto:llct@lincolnconservation.org)/781-259-9251. Dress appropriate for outdoor weather. Walks will be cancelled if there is heavy rain, snow, or thunder/lightning. *Co-sponsored by the COA&HS and Lincoln Land Conservation Trust.*

### FREE Tech Tutoring

Thursdays, December 2 & 16

Looking for help with your laptop, smart phone or iPad? Come to our tech tutoring office hours on Thursday afternoons **1:30–4:30 pm**. If you have a laptop, tablet, or notebook, please bring it. Please call 781-259-8811 to make an appointment.



## SPEND TIME WITH OTHERS

**Men's Coffee** You are invited to visit with old friends & meet new ones.  
Third Thursday of this month at 9:30 am, in person/hybrid, Bemis Hall, December 16.

**French Conversation** Brush up on your French speaking skills.  
Second and fourth Monday of the month at 9:30 am via Zoom.



**German Conversation** Come enjoy speaking German.  
First and third Friday of the month (No meeting Dec 31) at 10:00 am via Zoom.

**Russian Conversation** All welcome whether a native speaker, beginner, or in-between!  
First and third Wednesday of the month at 12:30 pm at Bemis Hall.

**Ukulele Gathering** Bring your ukulele and come play with friends both old and new.  
First and third Thursday of this month (due to holidays) at 3:00 pm at Bemis Hall.

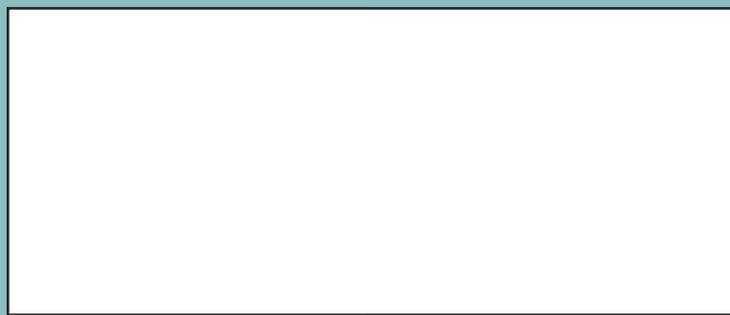
**Knitting Group** Come work on your PhD (Projects Half Done) with us!  
Every Tuesday of the month, 9:30—11:00 am at Bemis Hall.



**\*FREE\* Open Art Studio/Sip & Paint** Complete a paint-by-number masterpiece or use our art supplies (e.g. watercolors, acrylics, etc.) and try something new.

Every Wednesday of the month, 3:00—4:00 pm at Bemis Hall.

**Memoirs Group** Write and share your story. Hear the stories of others. Sign up required.  
Second and forth Wednesday of the month, 10:00—12:00 pm. New session starts Jan. 12.




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# DECEMBER

MONDAY	TUESDAY	WEDNESDAY
		9:30—4:30 SHINE Office 10:00 Memoirs Group 11:00 Line Dancing 12:30 Russian Conversa 1:00 Tai Chi 1 2:00 Tai Chi 3 3:00 Sip & Paint/Oper
<b>2:00—4:00 Free Legal Clinic</b> 2:00 Tai Chi 1 3:00 Tai Chi 2 <span style="float: right;"><b>6</b></span>	9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:15 Active Aging <b>1:00—2:30 Noticing Walk</b> <span style="float: right;"><b>7</b></span>	<b>8:45—11:00 Podiatry C</b> <b>8:45—11:00 Wellness C</b> <b>10:00—12:00 CaptionCa</b> 11:00 Line Dancing 1:00 Tai Chi 1 2:00 Tai Chi 3 3:00 Sip & Paint/Oper
9:30 French Conversation <b>11:00 Coping with Holidays &amp; Loss. Presented by Mary Crowe, page 3.</b> 2:00 Tai Chi 1 3:00 Tai Chi 2 <span style="float: right;"><b>13</b></span>	9:30—11:00 Knitting Group 9:30 FLCOA Meeting 11:15 Stretch and Flex 12:15 Active Aging 1:30 COA Board Meeting 2:15—4:30 <u>FREE</u> Mental Health Clinic <span style="float: right;"><b>14</b></span>	10:00 Memoirs Group 11:00 Line Dancing 11:00 Chat with Town M <b>11:00 Caregiver Suppo</b> 12:30 Russian Conversa 1:00—4:00 SHINE Office 1:00 Tai Chi 1 2:00 Tai Chi 3 3:00 Sip & Paint/Oper
<b>20</b>	9:30—11:00 Knitting Group No Stretch and Flex/Active Aging <span style="float: right;"><b>21</b></span>	11:00 Line Dancing 3:00 Sip & Paint/Oper
9:30 French Conversation <span style="float: right;"><b>27</b></span>	<b>8:45—2:00 Podiatry Clinic</b> <b>8:45—2:00 Wellness Clinic</b> 9:30—11:00 Knitting Group 11:15 Stretch and Flex 12:15 Active Aging <span style="float: right;"><b>28</b></span>	No Line Dancing 3:00 Sip & Paint/Oper

## COUNCIL ON AGING & HUMAN SERVICES INFORMATION

**COA&HS:** located in Bemis Hall, 15 Bedford Road  
**Send mail to:** c/o Town Offices, 16 Lincoln Road  
**Phone:** (781) 259-8811.

**E-mail:** [butta@lincolntown.org](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 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.*

# ER 2021

DAY	THURSDAY	FRIDAY
1	2	3
Office Hours Education Arts Studio	9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2 11:15 Stretch and Flex 12:15 Active Aging 1:30—4:30 Tech Tutoring 3:00 Ukulele Gathering at Bemis	10:00 German Conversation 10:00 SAIL/Balance <b>1:30 CPR Training with Lt. Ben Juhola</b>
8	9	10
Clinic Clinic Hall Arts Studio	9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2 11:15 Stretch and Flex 12:15 Active Aging	10:00 SAIL/Balance <b>11:00—1:00 HOLIDAY OPEN HOUSE</b>
15	16	17
Nurse-Zoom Art Group Education Office Hours Arts Studio	8:30—10:30 Men's Coffee at Bemis Hall 9:00—12:00 Veterans Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2 11:15 Stretch and Flex 12:15 Active Aging 1:30—4:30 Tech Tutoring 3:00 Ukulele Gathering at Bemis	10:00 German Conversation 10:00 SAIL/Balance
22	23	24
Arts Studio	9:00—12:00 Veterans Office Hours No Stretch and Flex/Active Aging	<b>COA&amp;HS CLOSED</b>
29	30	31
Arts Studio	9:00—12:00 Veterans Office Hours 11:15 Stretch and Flex 12:15 Active Aging	<b>COA&amp;HS CLOSED</b>

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For More Information:  
Tamiya Jones-Jenkins,  
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tjones-jenkins@operationable.net



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<https://operationable.net/remote-worker-training>

# PATHWAYS VIRTUAL COFFEE HOUR



**GRAB A CUP  
LOG ON  
AND CHAT**

Join LGBTQ+ Initiative Coordinator, Julie Nowak, for coffee and a chat about this 'n' that!

LGBTQ+ folx and SOFFAs of all ages welcome!

11:00 am first, second and fourth Tuesday

RSVP to Julie for login info: [jnowak@baypath.org](mailto:jnowak@baypath.org)

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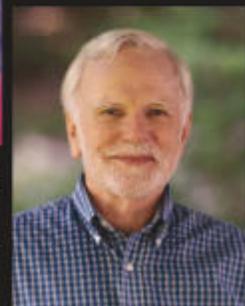


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Contact Amy, 781-259-8811 x102 or email [gagnea@lincolntown.org](mailto:gagnea@lincolntown.org) to pre-register.

**In Person Exercise at Bemis Hall****Terri Zaborowski****Stretch and Flex Classes with Terri**

**Tuesdays and Thursdays** Cost, \$3.00/class

11:15-12:00 pm – Bemis Hall

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. Strengthening your muscles with various upper and lower body exercises. 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.

**Active Aging Classes with Terri**

**Tuesdays and Thursdays** Cost, \$3.00/class

12:15-1:00 pm – Bemis Hall

Functional fitness class with exercises designed to help seniors maintain strength, balance, and independence. Designed for every fitness level with modifications and adaptations. Flexibility training to increase joint range of motion. 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.

**Line Dancing with Katrina**

**Wednesdays** Cost, \$3.00/class

11:00-12:00 pm – Bemis Hall

Enjoy the fun of line dancing. All levels are welcome to participate. Maybe you've done a little line dancing at a wedding or party, loved it, and wished you could do more? Maybe you are a single person who would love a form of dance where a partner isn't needed? Maybe you just might be looking for something new to try and get a little exercise too! Learn the basic steps and be dancing in minutes.

**Katrina Rotondi****Virtual Exercise via Zoom****SAIL Fitness with Derry**

**Fridays** Cost, \$60.00/session

10:00 am-10:45 am – Zoom

**Fall Session ends December 17. Winter Session, Dec. 3 – April 29. Winter Session consists of 20 classes. No classes 12/24 or 12/31.** Join Derry Tanner, retired nurse and certified personal trainer for Stay Active and Independent for Life (SAIL). Strength, balance, and flexibility exercises make you stronger and feel better. All you need to participate is comfortable clothing, a sturdy chair and light weights if you have them.

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

**Fall Session ends December 16. Winter Session, Jan. 3 – March 24.** This gentle practice works the joints and muscles to increase flexibility, strength, balance, and circulation. For info, contact Jane Moss, 781-259-9822/[jbmoss123@comcast.net](mailto:jbmoss123@comcast.net). Openings available in Thursday classes.

**Tai Chi (Beginner/Level 1)**

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

**Tai Chi (Advanced/Level 2)**

**Monday at 3:00pm, Level 2 (Advanced) & Thursday 10:15am.**

**Tai Chi (Advanced/Level 3)**

**Wednesday at 2:00pm, Level 3 (Advanced).**

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

**Derry Tanner****Jane Moss****Ellie Horwitz**

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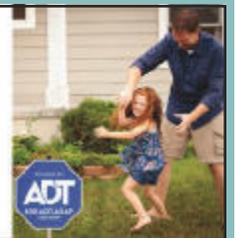


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# December Zoom Schedule



Date/Time		Event	Meeting Information
12/1	10:00 am	Memoirs Group <b>12/1 &amp; 12/15</b>	Email Connie Lewis to sign up <a href="mailto:conlewis1000@gmail.com">conlewis1000@gmail.com</a>
12/1	1:00 pm	Tai Chi I & Tai Chi III <b>12/8 &amp; 12/15</b>	Call Amy 781-259-8811 to sign up or email <a href="mailto:gagnea@lincolntown.org">gagnea@lincolntown.org</a>
12/2	9:15 am	Tai Chi I & Tai Chi II <b>12/9 &amp; 12/16</b>	Call Amy 781-259-8811 to sign up or email <a href="mailto:gagnea@lincolntown.org">gagnea@lincolntown.org</a>
12/3	10:00 am	German Conversation <b>12/3 &amp; 12/17</b>	Call Amy 781-259-8811 to sign up or email <a href="mailto:gagnea@lincolntown.org">gagnea@lincolntown.org</a>
12/3	9:15 am	SAIL Balance Class <b>Fridays 12/10 &amp; 12/17</b>	Call Amy 781-259-8811 to sign up or email <a href="mailto:gagnea@lincolntown.org">gagnea@lincolntown.org</a>
12/6	10:00 am	Tai Chi I & Tai Chi II <b>12/6 &amp; 12/13</b>	Call Amy 781-259-8811 to sign up or email <a href="mailto:gagnea@lincolntown.org">gagnea@lincolntown.org</a>
12/6	2:00 pm	Legal Clinic with Attorney S. Golden (30 min appts)	Call Amy 781-259-8811 to sign up or email <a href="mailto:gagnea@lincolntown.org">gagnea@lincolntown.org</a>
12/13	9:30 am	French Conversation <b>12/13 &amp; 12/27</b>	Call Amy 781-259-8811 to sign up or email <a href="mailto:gagnea@lincolntown.org">gagnea@lincolntown.org</a>
12/13	11:00 am	<i>Coping with Holidays after Loss</i> by Care Dimensions	Sign up by Dec 10. Online registration link provided on page 3.
12/15	11:00 am	Chat with Town Nurse, Tricia McGean	Call Amy 781-259-8811 to sign up or email <a href="mailto:gagnea@lincolntown.org">gagnea@lincolntown.org</a>
12/16	9:30 am	Men's Coffee Group In-person & hybrid	Call Amy 781-259-8811 to sign up or email <a href="mailto:gagnea@lincolntown.org">gagnea@lincolntown.org</a>

Kindly register 2 business days prior to events.

## Lincoln COA&HS 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.

FRIENDS OF THE LINCOLN COUNCIL ON AGING  
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## GOING ON IN AND AROUND LINCOLN



### **Holiday Handbells!**

**Tuesday, December 21 at 7:00pm**



The Lincoln Ringers of First Parish are back to present their annual holiday concert. Join us on at Bemis Hall for an evening of Holiday classics- and some new ones, too! Admission is FREE- a free will donation will be gratefully received. Donations will be for the benefit of the Council on Aging & Human Services who have graciously offered their space.

### **Inclement Weather Policy**

If the Lincoln Public Schools are closed due to weather, all COA&HS *in person* activities and meetings are cancelled. If the schools are delayed/close early, it is at the discretion of staff and individual instructors whether activities will be held. If the schools are not closed, but the weather is bad, call 781-259-8811 before coming to see if appointments are cancelled. Every effort will be made to contact scheduled participants regarding cancellations.

### **Reconstruction: America After the Civil War**

**Thursday, December 2 at 7:00pm**

First Parish Church Racial Justice Journey is screening Henry Louis Gates, Jr. *Reconstruction*, the first in a four part series. Everyone welcome! For more info, email [info@fplincn.org](mailto:info@fplincn.org).

### **CPR Training with Lt. Ben Juhola**

**Friday, December 3 from 1:30-3:30pm**



This training will cover CPR, AED (Automated External Defibrillators), and choking. Lt. Ben Juhola, from the Lincoln Fire Department will be leading us for this in person program. Seniors aged 60+ are welcome to attend this training. Registration is limited! 781-259-8811/email [gagnea@lincolntown.org](mailto:gagnea@lincolntown.org) to sign up.