

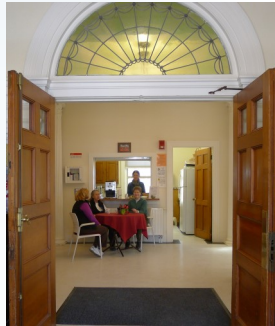
The Lincoln Council on Aging (COA) is the Town of Lincoln municipal department that enriches the lives of residents 60 years or older by providing ongoing activities, programs, and services. The COA is also a resource for all Lincoln residents who request assistance to help their parents or other elderly relatives and residents of all ages who are in financial need.

Besides individual services to assist elder residents to remain safely at home, the COA offers lectures and workshops, fitness and art classes, clinics, discussion and support groups, art shows, performances, movies, games, gala social events, trips, volunteer opportunities and more. Come visit us!

## ***The Lincoln Council on Aging***

***Bemis Hall  
15 Bedford Road  
Lincoln, MA 01773  
781-259-8811***

***Open Monday to Friday,  
8:30 a.m. to 4:30 p.m.  
[www.lincolntown.org](http://www.lincolntown.org)  
[bottumc@lincolntown.org](mailto:bottumc@lincolntown.org)***



***The COA and its programs and services are supported by the Town of Lincoln, the Friends of the COA, the Massachusetts Executive Office of Elder Affairs, private foundations, and individual donations.***

# **Would You Like to Stay at Home? The COA Can Help!**



## ***The Lincoln Council on Aging***

## Services Offered by the COA

### To Maintain Independence

- **INFORMATION AND REFERRAL** about services, housing, benefits, and more
- **CARE MANAGEMENT** ongoing assistance and monitoring, crisis intervention
- **TRANSPORTATION** to medical appointments, shopping, and Bemis Hall. Call 781-259-8722 at least three business days in advance to book
- **FILE OF LIFE** a plastic envelope holding essential information for emergency medical personnel
- **HOME SAFETY EVALUATION** a free visit from a physical therapist to give practical suggestions on making your home safer
- **MEDICAL EQUIPMENT LOAN PROGRAM**
- **MEALS-ON-WHEELS** (Minuteman Senior Services) home-delivered meals.



### To Help You Stay Well

- **WELLNESS/BLOOD PRESSURE CLINICS** at Bemis Hall and Lincoln Woods
- **PODIATRY CLINICS** by appointment
- **REGULAR AND CHAIR FITNESS AND STRENGTH TRAINING**
- **TAI CHI**
- **LINE DANCING**



### Assistance with Benefits and Financial Crises

- **BENEFITS CHECK-UP** information on benefits you may be eligible for
- **MINUTEMAN SHINE** (Serving Health Information Needs of Everyone) help regarding health insurance, medical bills and long-term care needs
- **HELP WITH VETERANS BENEFITS**
- **HELP IN A FINANCIAL CRISIS**

## Getting Started

To get started in finding the assistance you need, call the COA at (781) 259-8811. They will help you determine which services might be of help to you, assist you in arranging them, and then keep in touch, if you like, to make sure all is going well. Call also for a free Resource Guide listing services or download it from the COA's page on [www.lincolntown.org](http://www.lincolntown.org).

The COA can also help you arrange services from other agencies, including nursing care, geriatric care management, home health and personal care aides, laundry, housekeeping, shopping, companions, money management, social day care, and more.

