

Help,
Health,
Fellowship...

January 2021

COA CONNECTIONS

Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730

Telephone: **781-275-6825** • E-mail: coa@bedfordma.gov

Website: <http://www.bedfordma.gov/council-on-aging>

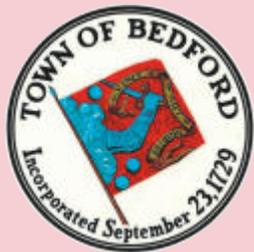
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Dept. Assistants: Hayley Williams & Maryann McGrath

Evening Dept. Assistant: Donna Sokolski

Saturday Dept.: Leslie Johnson & Marie Aaronian • COA Board Chair: Sandra Hackman



Hello Everyone,

Here we are in 2021 with a new start and a chance for a new beginning. I hope in my heart, as many of you do, for a brighter and better year as we turn the page this month. There is nothing like a fresh start and the crisp winter air to invigorate the mind and body. As the new year comes around it always feels, to me, like an opportunity to look at things a different way. How could I improve what I did last year and what should I do differently this year to make things better? I will leave New Year's resolutions up to you though, as I can never keep mine...

We, as a community, did a tremendous job working and being together differently last year. Our entire operation at the COA changed drastically and many of you rode the wave of technology with us and kept us going. Thank you for attending our programs and accessing our services in a different way. Although we remain closed for now, I know we will build back better with your feedback, support, participation and input along the way. I look forward to the happiness, togetherness and reconnection we will enjoy on our re-opening sometime this year.

Our Fix It Shop opened last month, much to the excitement of our volunteers who run the shop and for those with things to fix! Re-opening a service like this brings me hope that we are able to continue doing what we can, follow COVID safety guidelines and serve our community. Thank you to the Fix It Shop volunteers for working with me on COVID protocols, schedules and curbside drop off and pick up. If you have items to be fixed please call the COA or look for more information in our newsletter. The volunteers are ready and willing to get fixing!

As you know we are not out of our COVID concerns as a community. I am hopeful that we will physically re-open and welcome you back into the center soon. We don't know how that re-opening may look or how many people can come inside at any one time. However, while we await direction from our Governor and Town leadership, we will remain open virtually. Many of us are feeling a sense of COVID fatigue after so many months apart. I think we all want COVID to be over and for us to go back to normal. I am looking forward to seeing the possibilities post-COVID and how we might incorporate our virtual world with an in-person one this year.

I look forward to being together with you all soon, with hope in our hearts, and we will all be so excited to see you when it is safe to do so. Wishing you a Happy and Healthy New Year in 2021 from the COA family to yours.

Alison Cservenschi, Director



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WELLNESS

TIPS FOR WINTER WELLNESS

There are a number of techniques that can help keep your immunity high and your body in good condition to support wellness all season long so that you can enjoy the chillier months.

Get Up & Moving

Winter brings fewer hours of sunlight during the day, and per the National Sleep Foundation, darkness naturally causes the brain to release melatonin, a hormone that triggers sleepiness. Exercise can counteract this drowsiness.

Add Herbal Supplements

Herbal supplements can help support overall health. For example, the supplement turmeric, derived from root extracts of the Curcuma longa plant, is widely regarded to have numerous positive health implications.

Get Ample Rest

The National Sleep Foundation recommends older adults get at least 7-8 hours of sleep each night for optimal health.

Boost Immunity

During the winter months, when fresh fruit can be harder to find, supplements like

Echinacea & Vitamin C from Nature's Way can be another source of vitamin C.

Maintain Skin Health

You can take steps to minimize painful redness and flakiness or cracking by regularly moisturizing your skin with fragrance-free lotions and herbal oils.

Note: Always consult your healthcare provider when contemplating new ideas to promote better health.

(Courtesy of Family Features)

JANUARY | 2021

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Social Service Tips & Resources

Hello and Happy New Year! I hope everyone has had a safe and wonderful holiday. As we enter a new year, many of us think about creating a new year's resolution; a goal we set to achieve for the upcoming year ahead. While there are many meaningful goals we can set for 2021, with the uncertainty of this past year, a good new year's resolution goal to set for this upcoming year is advance care planning. What does it mean? This is a personal plan that is made regarding your healthcare decisions should you one day be unable to make them. It's planning for the "what ifs" in life. This includes options for life sustaining treatment, choices of treatment if you were to receive a life limiting diagnosis, creating a living will, appointing someone to make the decisions if you are unable to, and any other aspects that are important to you. These are important discussions to have with loved ones, as well as putting it into writing. It puts your mind at ease to know you'll receive the care you want and allows your family to know they followed the decisions you would have made. Here are a few options you can start with:

Massachusetts Health Care Proxy & Personal Directive

A healthcare proxy is the person you designate to make healthcare decisions should you be unable to make them yourself.

This is to be filled out in front of two witnesses to sign with you. However, your designated proxy cannot be one of the witnesses.

This is an important first step, but leaves out additional information regarding the kind of care you desire. For this, it is important to have conversations with your loved ones and the person you have designated as your healthcare proxy, as well as fill out a personal directive/living will. While not legally binding in Massachusetts, it gives your healthcare agent a better idea of the kind of care you are looking for to better advocate your wishes. You can then give this information to your healthcare provider who should additionally help you with deciding/filling out forms related to comfort care, resuscitation requests, and life-sustaining treatment requests should you choose to do so. This could also lead to important conversations about your end of life wishes with your physician.

Massachusetts Durable Power of Attorney

This is a legal document that can be filled out, where you decide who you trust to manage your finances if you are no longer able to make decisions.

You can choose the level of authority the person has in regards to your finances

It is recommended that you work with an attorney to assist you with deciding what powers and instructions to give to this person.

Five Wishes

This document was created for people to state their wishes that go beyond immediate healthcare needs. They explore personal, medical, spiritual, and legal wishes.

In the state of Massachusetts, once completed and signed by yourself and two witnesses, it becomes a legal document that can be distributed to your loved ones and your healthcare providers to use if it's needed.

This document goes beyond areas other than your designated healthcare agent or life sustaining treatment wishes. It includes areas such as types of comfort you do or do not want, how you want people to treat you, what you want your loved ones to know, and more.

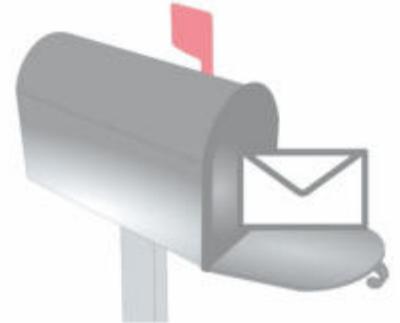
They have additional resources for how to start these conversations with loved ones

Each document is currently \$5.00 and is available in twenty-seven languages. If you are unsure if this is the right document for you, there is a sample available to view online before purchasing.

In partnership with Aging with Dignity, they have a toll-free hotline for further assistance with advance care planning. You can call them at 888-594-7437.

These are a few of the many options when working on advance care planning. If you are interested in starting this process, have any questions or would like to receive more information, including where to access documents, please contact Danika or Anna at the COA at 781-275-6825.

Anna Wemer, COA Social Work Intern



My name is Gray Hanegan, and I am currently looking for Senior applicants for my gold award pen pal program. I want to match YOU up with a Jr. penpal (2nd-5th grade) and create a new relationship in our community. This is my 9th year in girl scouts and I'm part of a multi-level troop. I live with my mom, dad, sister and our 5 guinea pigs. In my spare time, I like to listen to music and watch crime shows. If you are interested in participating, please email gjhanegan@gmail.com or call me at 978-987-0904.

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Minuteman Senior Services Grab & Go Lunch ⁵

Minuteman Senior Services, in partnership with the Bedford COA, is offering Grab and Go lunch for any past participants of the congregate lunch program on Mondays, Wednesdays, and Fridays between 11:30-12:00p.m. Call 781-221-7054 the day before by 10:30 a.m. to reserve your meal. For a Monday reservation, please call by Friday.

On Grab and Go day, call the Minuteman Senior Services Dining Coordinator when you arrive at the circle in front of the yellow Town Center building and they'll bring a hot meal out to your car along with a milk and dessert. Masks & gloves will be worn to make this meal exchange safe for all.

We ask for a \$2.00 donation and will have an envelope available during the delivery to your car.

MONDAY	WEDNESDAY	FRIDAY
For weather emergencies and cancellations, please check Fox 25 TV station	To CANCEL or ORDER, Call the meal site by <u>11AM</u> the DAY BEFORE	1 New Year's Day No Meals 
4 Mini Ravioli Meat Sauce Italian Blend Veggies Italian Bread Fruit Cup	6 Sweet & Sour Pork Green Beans Vegetable Fried Rice Rye Bread	8 Beef Chili Whipped Potatoes Broccoli/Cauliflower Corn Bread
11 Chicken Fajita Green/Red Peppers Corn Flour Tortilla	13 Chicken Breast Supreme Sauce Sour Cream & Chive Potatoes Capri Blend Veggies Wheat Bread	18 Broccoli Bake Stewed Tomatoes Roasted Home Fries Wheat Bread Fruit Cup
18 MLK Day No Meals Served 	20 Potato Pollock Tartar Sauce Mac & Cheese Peas Multigrain Bread	22 Roast Pork Rosemary Gravy Sweet Potatoes California Blend Veggies Multigrain Bread Yogurt
25 Pollock Loin Florentine Sauce Carrots & Peas Orzo Spinach Pilaf Rye Bread	27 Chicken Breast Honey Ginger Glaze Vegetable Fried Rice Asian Blend Veggies Wheat Bread Fortune Cookie Fruit Cup	29 Meatloaf Onion Gravy Red Bliss Potatoes Brussels Sprouts Wheat Bread

Meals on Wheels Drivers Wanted!

Do you have two hours a week to help deliver meals to seniors in Bedford? Minuteman Senior Services is looking for volunteers to help deliver meals to homebound seniors. If you are interested or have questions, please contact our Volunteer Coordinator, Yuen Li at volunteer@minutemansenior.org, 781-221-7093.

Bedford Food Bank at the Town Center Building

To assist and support Bedford residents in need, the Town of Bedford continues to offer a temporary food bank. The Food Bank will operate out of the Town Center Building (yellow building behind Town Hall) at 12 Mudge Way on the Town Campus. Residents will pull up to the back door of Town Center near the COA. Signs directing residents to the location will be posted. A volunteer will place the bag in the car trunk, back cargo area or back seat. Residents do not get out of their vehicle, though residents who are on foot without a vehicle will be able to receive a bag. The schedule for the Town Center Food Bank will be Thursdays from 4:00 - 5:30 pm. Home Delivery is available to home-bound residents. bedfordfoodbank@bedfordma.gov

**Staying Home, Protecting Your Home or Picking a New Home has become a more Overriding Priority over the Last Year:
What are the Key Considerations and Planning Involved?
Thursday, January 21 at 1:00 PM via Zoom**

Please join Atty Dale Tamburro for a Zoom presentation on Thursday, January 21 at 1:00 PM. When evaluating a person's estate planning needs, your real estate is important both because it is where you reside, where you're comfortable and safest but is also often your most valuable asset and best investment. We often talk about downsizing and for many that is an appropriate step but now we are seeing retirees upsizing. Why?

Now with the pandemic still a concern, where you live or where you might live is an even more stressful concern. Legally it crosses several different laws. Capital Gain Tax, Estate Planning, Real Estate and sometimes others. It is important whether you plan to Stay or Sell you have the right professionals and the right information at your disposal. Please contact the COA at coa@bedfordma.gov to get the zoom link for this presentation.



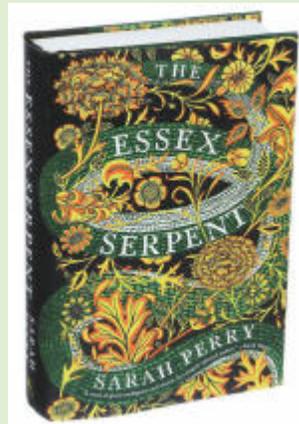
**Creating Your Psychological First Aid Kit for Surviving the Coronavirus
Tuesday January 19, 2021 10:00 AM with Henry Quinlan via Zoom**

In the coming months, there will be more stay at home time because of the winter and surging coronavirus. It is more important than ever to be prepared. Psychological first aid is designed to mitigate the effects of stress and anxiety that can be brought on by a lockdown as a result of the rapid spread of the coronavirus. It outlines the steps needed to maintain psychological equilibrium. A recent study demonstrates that anxiety rates are three times higher than normal in June of 2020 and depression rates four time higher in the same period. As we head into the winter these rates are sure to increase. Please contact the COA at coa@bedfordma.gov to receive the Zoom link for this presentation.

COA Book Group ~ Wednesday, January 13 at 11:00 AM on Zoom

Join us on Zoom to discuss this month's book selection! This month we'll read *The Essex Serpent* by Sarah Perry. Secret love and the suggestion of something unearthly moving in the Essex Blackwater drive the intricate plot of this atmospheric historical novel about Cora Seaborne, a widow visiting Colchester with her companion, ostensibly to explore the estuary for fossils. A medieval winged serpent myth still holds the inhabitants of Aldwinter in thrall, despite the best efforts of the local rector, Will Ransome, and it seems as if the monster is real.

Please contact the COA at coa@bedfordma.gov to get the Zoom link to this program.



Podiatry Clinic

While the Council on Aging doors are still closed to the public, Dr. Tarr can take people at his office and honor the same rate for services as they would at the COA. Please call 978-692-5085 for an appointment.



**FBCOA & ACE Hardware Sponsored
Winter Sand Bucket**

The FBCOA is offering Bedford seniors a sand bucket outside your door for the winter again this year! If you would like one, or you have a bucket that needs to be refilled, please call the COA or email coa@bedfordma.gov to sign up.

Computer Help?

Need computer help or tech support? Leo to the rescue! Please call or email the COA and we will connect you with him.

Get Answers by Email!

Todd Crowley answers computer questions of Bedford residents by email! Simply send your questions to AskToddC@yahoo.com

Chair Exercise with Maddy
Wednesdays at 10:00 AM on Zoom

Please join Madeline Shaw-Moran for 50 minutes of chair exercise! Working from the safety and comfort of either a chair or exercise ball—workout for the entire body—this class uses multiple strength training moves to develop range of motion; flexibility; endurance; & balance. We will work our core, arms and legs. Water bottles suggested. Light weights or soup cans work! Please use a chair that does not have arms and is sturdy. Send an email to coa@bedfordma.gov or call (781) 275-6825 to get the Zoom link.



Flowers in Different “Isms”

Thursdays, January 7 through March 11, 10AM-11:30AM



Please join me, Sue Funk, via Zoom to explore flowers/florals through various “isms” by viewing how famous artists have done so. Each week I will showcase a different artists’ work and we can then try our hand interpreting their work. From Realism to Abstract Expressionism there is a whole world to investigate. We will observe their form, style and how they interpreted a flower, how they created a composition. Please note that I welcome your choice of medium be it paint, pencil, colored pencil, water colored pencil, etc.. Whatever you are comfortable with or wish to experiment with, this is a class to do it in. We work in a very relaxed atmosphere, so if you love flowers and want to express this through your art, please join us! Veteran artists as well as newly minted artists are always welcome. Please contact coa@bedfordma.gov to get the link to join.



FBCOA Meetings are now Virtual!

Come and let us know what programs you would enjoy on ZOOM and your input on the programs that are now being presented. If you would like to join the next virtual FBCOA meeting please call or email President Bobbie Ennis at: 781-275-6874 or bobbiennis@msn.com.

The FBCOA are scheduled to meet the 3rd Tuesday in January, April and June at 1:00 PM.

Thank you to the Friends of the Bedford Council on Aging for their support of our virtual, on-line programs. The FBCOA recently voted to provide financial support of COA exercise classes through January 2021. This support will allow the COA to continue all exercise classes at no cost to attendees. If you would also like to make your own contribution to our exercise classes through the FBCOA or directly to the COA to support our programs they would be gratefully accepted!

If you would like to be reminded when it is time to renew your FBCOA dues, please email Barbara Purchia: bsrpurchia@aol.com with FBCOA in the subject line.

FBCOA Annual Membership Dues 2020—2021	
INDIVIDUAL	\$5.00 _____
FAMILY	\$7.00 _____
FBCOA CONTRIBUTION	\$ _____
MEMORY CAFÉ CONTRIBUTION	\$ _____
TOTAL	\$ _____
(Tax deductible contributions gratefully accepted)	
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EMAIL:	_____
BJ’s Membership? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Mail to: FBCOA 12 Mudge Way, Bedford MA 01730	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				 CLOSED	<p>2</p> <p>12:00 <i>Bedford TV</i> <i>Movie Matinee: Our Gang: Sunday Calm, Young Sherlocks & Big Business</i></p>
4	5	6	7	8	9
9:15 Fix It Shop 11:30 Grab & Go Lunch	1:00 Virtual Writing Group 4:30 Virtual Zumba Gold 7:00 Virtual Rebuilding Our Lives	10:00 Virtual Chair Exercise 10:30 Virtual SingAlong 11:30 Grab & Go Lunch	9:30 Virtual Floor Yoga 10:00 Art with Susan 11:15 Virtual Osteoyoga 1:00 Virtual Tai Chi/ Virtual Current Events	9:30 Virtual Chair Yoga 11:00 Virtual Stitchery 11:30 Grab & Go Lunch 1:00 Virtual Line Dancing	12:00 <i>Bedford TV</i> <i>Movie Matinee: Reefer Madness</i>
11	12	13	14	15	16
9:15 Fix It Shop 11:15 Virtual Metaphysical Mondays 11:30 Grab & Go Lunch 1:00 Virtual Brain Stretching	10:30 COA Board Meeting 4:30 Virtual Zumba Gold 7:00 Virtual Rebuilding Our Lives	10:00 Virtual Chair Exercise 10:30 Virtual SingAlong 11:00 Virtual COA Book Group 11:30 Grab & Go Lunch	9:30 Virtual Floor Yoga 10:00 Art with Susan 11:15 Virtual Osteoyoga 1:00 Virtual Tai Chi/ Virtual Current Events	9:30 Virtual Chair Yoga 10:30 Virtual Memory Cafe 11:00 Virtual Stitchery 11:30 Grab & Go Lunch 1:00 Virtual Line Dancing	12:00 <i>Bedford TV</i> <i>Movie Matinee: Jungle Book</i>
 CLOSED	19	20	21	22	23
	10:00 Psychological First Aid 1:00 Virtual Writing Group 1:00 FBCOA Meeting 4:30 Virtual Zumba Gold 7:00 Virtual Rebuilding Our Lives	10:00 Virtual Chair Exercise 10:30 Virtual SingAlong 11:30 Grab & Go Lunch	9:30 Virtual Floor Yoga 10:00 Art with Susan 11:15 Virtual Osteoyoga 1:00 Estate Planning Webinar Virtual Tai Chi/ Virtual Current Events	9:30 Virtual Chair Yoga 11:00 Virtual Stitchery 11:30 Grab & Go Lunch 1:00 Virtual Line Dancing	12:00 <i>Bedford TV</i> <i>Movie Matinee: The Flying Deuces</i>
25	26	27	28	29	30
9:15 Fix It Shop 11:15 Virtual Metaphysical Mondays 11:30 Grab & Go Lunch 1:00 Virtual Brain Stretching	4:30 Virtual Zumba Gold 7:00 Virtual Rebuilding Our Lives	10:00 Virtual Chair Exercise 10:30 Virtual SingAlong 11:30 Grab & Go Lunch	9:30 Virtual Floor Yoga 10:00 Art with Susan 11:15 Virtual Osteoyoga 1:00 Virtual Tai Chi/ Virtual Current Events	9:30 Virtual Chair Yoga 11:00 Virtual Stitchery 11:30 Grab & Go Lunch 1:00 Virtual Line Dancing	12:00 <i>Bedford TV</i> <i>Movie Matinee: Captain Kidd</i>

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Don't Forget These Ongoing Activities

Brain Stretching: *Work the Gears between Your Ears!* New day, same time! Join our very own Susan McDonough for a fun-filled afternoon of brain games. This is more than just trivia and knowing facts. The games we will play will make you think, learn and expand your mind! This is an opportunity to THINK not KNOW! Join in the fun on Zoom (select Mondays at 1:00 PM)!

Current Events Come join us and let's talk about Current Events! Not just the media sound bites, but what people think is really going on. We provide a friendly social environment within which a variety of local, national and international topics are introduced and discussed with the goal of coming away each week better informed and better able to articulate on a variety of subjects! The floor is open to all attendees and all discussion topics come from the floor. We hope you will join us on Zoom and we look forward to seeing you! This volunteer-lead discussion keeps the topics interesting each week! The group meets on Thursdays at 1:00. All are welcome!

Chair Yoga A gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Includes 30-minutes of meditation at the end. Fridays at 9:30 AM w/Helen on Zoom.

Floor Yoga This form of yoga is practiced using a mat on the floor. This class is an excellent way to build strength and flexibility while learning yoga techniques for breathing and meditation. We utilize postures and movements on all fours, seated, standing and lying down. The instructor will help you modify the postures with props and modifications so that your body and joints are comfortable and at ease. This is a multi-level class. Class always ends with a deep relaxation and meditation. Thursdays at 9:30 w/Helen on Zoom.

Line Dancing with Katrina Fridays at 1 PM. Beginners welcome!

Medicare Counseling Minuteman SHINE counselors are available to provide assistance to seniors and individuals with disabilities in understanding their Medicare and MassHealth benefits and other health insurance options. Call the COA for an email/phone appointment.

Metaphysical Mondays Every other Monday for 30 minutes you will have the opportunity to sample different spiritual practices. Our focus is on the experiential as we explore the development and discovery of the self. Our half hour together will be varied from guided meditations to deep relaxation techniques and other supportive practices for deepening your awareness. This potpourri of techniques allows you to explore your energetic self and discover your spiritual gifts. The day of the event you will receive a Zoom link if, and only if, you have registered for this event.

Pickleball Please go to this website for latest updates on this growing and popular sport in Bedford. Click on MA for state and the list is alphabetical by town. <http://www.usapa.org/places-to-play-pickleball/>

Rebuilding Our Lives Bereavement, Divorce, & Significant Life Changes A support group led by facilitator, Mara Briere. This group is a network of men and women who are experiencing significant life changes brought about through bereavement, divorce, and other life-changing events. Participants are offered support, networking, sponsoring, and friendship. In this group, there is a strong sense of connection, belonging, even humor through the tears. Information and resources are also available. Most importantly, there is a break in the isolation that significant life events bring and a place to be accepted "as you are." This is a group where "what is said here, stays here." Please join us Tuesday evenings at 7:00 PM via Zoom for an informal discussion group.

Sing-A-Long Wednesdays at 10:30 AM! Open Sing-a-long! Come join the fun on Zoom!

Sit 'n Stitch Fridays at 11 AM on Zoom. All types of handworkers welcome. Knitting, needlepoint, quilting, embroidery, needle weaving, and crocheting. Come and spend an hour doing your favorite handwork with a fun and enjoyable group of stitchers!

Tai Chi Tai Chi (pronounced "Tie Chee") is a mind-body exercise from China and has its roots in martial arts. Because of its soft, gentle movements and deep breathing it is sometimes called "Moving Meditation". Thursdays at 1:00 taught by instructors from the Oriental Healing Arts Association on Zoom.

Veterans Services The Lexington/ Bedford Veterans Services Department provides information regarding federal, state and local resources and benefits for Veterans. Please call Gina Rada, District Director of Veterans Services at 781-698-4848.

Nom de Plume Writers Group meets the first and third Tuesdays of every month on Zoom from 1-3 PM. Do an exercise, share your work, and get feedback! New members welcome!

Zumba Gold Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. Come ready to sweat, and prepare to leave empowered and feeling strong! The design of the class introduces easy-to-follow Zumba® that focuses on balance, range of motion and coordination. Tuesdays at 4:30 PM w/Vera on Zoom



If you are interested in joining any of the Virtual classes listed on the calendar, please email coa@bedfordma.gov and let us know which class you'd like to be added to.





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THIS DAY IN HISTORY

JANUARY 1, 1968: Daredevil stunt performer Evel Knievel lost control of his motorcycle midway through a jump over the fountains in front of Caesar's Palace in Las Vegas.

JANUARY 2, 1929: The United States and Canada reached an agreement on joint action to preserve Niagara Falls.

JANUARY 3, 1964: The Beatles appeared in a film clip on the Jack Parr Show, making their first U.S. television appearance. They sang "She Loves You."

JANUARY 4, 1974: U.S. President Nixon refused to hand over tape recordings and documents subpoenaed by the Senate Watergate Committee.

JANUARY 5, 1934: For the first time in 33 years, the National and American baseball leagues decided to use a uniform-size baseball.

JANUARY 6, 1942: Pan American Airlines became the first commercial airline to complete an around-the-world flight.

JANUARY 7, 1990: Due to an accelerated rate of leaning, the Leaning Tower of Pisa was closed to the public for renovations.

JANUARY 8, 1877: In Montana, Crazy Horse and his warriors fought their final battle against the U.S. Cavalry.

JANUARY 9, 2007: Steve Jobs, Apple Inc.'s CEO, announced the first generation iPhone.

JANUARY 10, 1990: Time Inc. and Warner Communications Inc. completed a \$14 billion merger, making Time Warner the world's largest entertainment company.

JANUARY 11, 1964: "Ring of Fire" by Johnny Cash became the first country album to top the U.S. pop album chart.

JANUARY 12, 1960: Dolph Schayes of the Syracuse Nationals

became the first pro basketball player in the NBA to score more than 15,000 points in his career.

JANUARY 13, 1983: The American Medical Association urges ban on boxing, citing Muhammad Ali's deteriorating condition.

JANUARY 14, 1954: The Hudson Motor Car Company merged with Nash-Kelvinator, creating the American Motors Corporation.

JANUARY 15, 1908: Alpha Kappa Alpha Sorority became America's first Greek-letter organization established by African-American college women.

JANUARY 16, 1956: The Cavern Club opened for business in Liverpool, England. The rock club was where the Beatles began.

JANUARY 17, 1990: Due to his practice of polygamy, Brigham Roberts was denied a seat in the U.S. House of Representatives.

JANUARY 18, 1944: Louis Armstrong, Benny Goodman, Lionel Hampton, Artie Shaw, Roy Eldridge, and Jack Teagarden performed the first jazz concert at the Metropolitan Opera House in New York City.

JANUARY 19, 1955: U.S. President Eisenhower allowed a filmed news conference to be used on television for the first time.

JANUARY 20, 1974: Stevie Wonder played his first show after an auto accident that almost took his life five months earlier.

JANUARY 21, 1957: Patsy Cline appeared on Arthur Godfrey's nighttime TV show and sang "Walking after Midnight."

JANUARY 22, 1905: 500 people were killed when insurgent workers were fired on in St. Petersburg, Russia, resulting in "Bloody Sunday."

JANUARY 23, 1971: In Prospect Creek Camp, Alaska, the lowest



temperature ever recorded in the U.S. was reported as minus 80 degrees.

JANUARY 24, 1848: Some 300,000 people traveled to California after James W. Marshall found gold in Coloma, California, thereby starting the California Gold Rush.

JANUARY 25, 1961: John F. Kennedy presented the first live presidential news conference from Washington, DC. The event was carried on radio and television.

JANUARY 26, 1992: Boris Yeltsin announced that Russia would stop targeting U.S. cities with nuclear weapons.

JANUARY 27, 1951: Atomic testing began in the Nevada desert as an Air Force plane dropped a one-kiloton bomb on Frenchman Flats.

JANUARY 28, 1956: Elvis Presley made his first appearance on national television on "The Dorsey Brothers Stage Show" on CBS.

JANUARY 29, 1886: The first successful petrol-driven motorcar, built by Karl Benz, was patented.

JANUARY 30, 1933: "The Lone Ranger" was heard on radio for the first time. After 2,956 episodes, the program ended in 1955.

JANUARY 31, 1893: The trademark "Coca-Cola" was first registered in the United States Patent Office.

Witness to Forgery

~ Presented by the Bedford Lyceum

Please join us on **Sunday, January 10th from 4:00-5:00 pm via Zoom** for this month's Bedford Lyceum presentation.

Scandal! Notorious Deeds! First Parish's Bob Doud will speak on the forensic science of handwriting and forgery investigation. Bob worked with his father – a noted Forensic Document Examiner, Donald Doud – for a number of years. Bob will relate some of the high-profile investigations that he was involved in, including King Henry VIII's will and the Howard Hughes cases.

Bob Doud is a Technical Marketing Director in the cloud security field and worked as an assistant to his father during high school and college. Along with spouse Corinne, Bob has been a First Parish member for 25 years and been active on numerous committees including Parish Board, Finance co-chair, Membership, IT, and the Building Committee where he coordinated the 1999-2000 addition project. In his spare time, Bob enjoys working with and mentoring middle and high-school youth through various church programs and the Rotary RYLA program.

Come and enjoy this exciting presentation! To get the link or for any questions, please contact Ellen Scheiner at mountainbreeze52@gmail.com.

The lyceum movement was a series of organizations that sponsored a variety of public education programs and flourished in the mid-19th century and into the early 20th century. The Bedford Lyceum was a part of this movement, and had Ralph Waldo Emerson and Henry David Thoreau as just a few of its speakers (1857-1860). In the early 2000's, First Parish in Bedford Unitarian Universalist restarted the lyceum project and has sponsored this lecture series ever since. The goal of the lyceum lecture series is to provide interesting and helpful presentations for the greater Bedford community and be a forum on the arts, spirituality, science, and justice.

All lyceum lectures are free and open to the public. No reservation is needed to attend, and all are welcome. Currently, this lecture series is being held monthly by Zoom rather than on the church premises due to COVID-19.



Missing Saturday Movies? Noontime on Bedford TV (Comcast 8, Verizon 38)!

January 2: *Sunday Calm* The gang travels by wagon to go on a picnic with their families. After losing a wheel, the parents put on a new one, and the gang races off with the wagon, leaving the parents behind. They have a picnic without the parents, only to be overrun with insects.

Young Sherlocks Ernie's bravery is challenged and he spins a tale of saving a rich young woman from kidnappers and taking her to a utopia.

Big Business In order to earn money, the gang opens up their own barber shop.

January 9: *Reefer Madness* is a 1936–1939 American propaganda exploitation film revolving around the melodramatic events that ensue when high school students are lured by pushers to try cannabis (drug)—from a Hit and run (vehicular), to manslaughter, suicide, attempted rape, and descent into insanity due to marijuana addiction.

January 16: *The Jungle Book* (1942), Teenaged Mowgli, who was raised by wolves, appears in a village in India and is adopted by Messua. Mowgli learns human language and some human ways quickly, though keeping jungle ideas. Influential Merchant Buldeo is bigoted against 'beasts' including Mowgli; not so Buldeo's pretty daughter, whom Mowgli takes on a jungle tour where they find a treasure, setting the evil of human greed in motion.

January 23: *The Flying Deuces*, also known as *Flying Aces*, is a 1939 comedy film starring Laurel and Hardy, in which the duo join the French Foreign Legion. It is a partial remake of their 1931 short film *Beau Hunks*.

January 30: *Captain Kidd* Charles Laughton plays Kidd, a merchant captain who cons the King of England (Henry Daniell) into allowing him to take to the sea to recover a lost treasure and escort a ship back to London. An old fellow conspirator who he thought dead (John Carradine) and a mysterious young man (Randolph Scott) manage to get on board and cause problems for Kidd.

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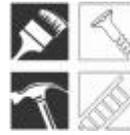
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ETHEL WATERS



BERT WILLIAMS



BILLIE HOLIDAY

This travelogue along the road to freedom begins in the days of the Underground Railroad with the secret and subversive songs of the slaves and the abolitionist protest songs of the Hutchinson Family Singers. Two more important players in this story were the Fisk Jubilee Singers (1870s) and Bert Williams (early 1900s), whose performances represented the affirmation of the proud heritage and full humanity of African-Americans. During that same post-Civil War period the first freedom anthems emerged: **Oh, Freedom** and **Lift Every Voice and Sing**. The program then reviews important musical events and recordings up through the late 1930s, including music of the Harlem Renaissance, John Hammond's *From Spirituals to Swing* concerts, Duke Ellington's *Black, Brown & Beige* suite, Marian Anderson's Lincoln Memorial concert and the release of Billie Holiday's **Strange Fruit**. Included are other important musical contributions by Louis Armstrong, Ethel Waters and Paul Robeson.

Next, this program focuses mostly on the music of the Civil Rights movement of the 50s and 60s, beginning with a controversial Oscar Hammerstein song **You've Got to Be Carefully Taught** and **We Are Americans Too**, a response to a 1956 racial incident involving Nat King Cole. Next, we look at the history of the Civil Rights anthems that came out of the 1950s and 1960s, like **We Shall Overcome**, **Eyes on the Prize** and **Blowin' in the Wind** and a section on other songs written by Bob Dylan that brought racial issues to even greater national attention. In the latter half of the 1960s there's Sam Cooke's **A Change Is Gonna Come** and James Brown's **Say It Loud, I'm Black and I'm Proud**. Also included are noteworthy songs by Pete Seeger, Paul Robeson, Mahalia Jackson, Odetta, Curtis Mayfield, Janis Ian, Sly & the Family Stone and Nina Simone as well as fiery proto-rap protests poetry by spoken word artists Gil Scott-Heron and the Last Poets.

Please call the COA or email coa@bedfordma.gov to get the link for this informative program!



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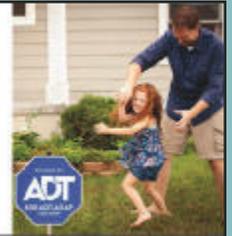


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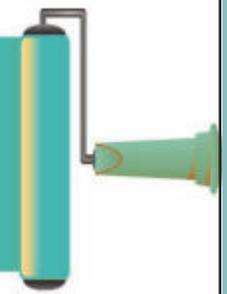
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To receive our newsletter by email, please sign up at www.bedfordma.gov/subscribe Scroll to the very bottom of this list to find the COA Newsletter sign-up. Please let us know if you have by emailing coa@bedfordma.gov, so we can remove you from our paper mailing list.

Memory Café Returns to the Bedford COA Friday, January 15 at 10:30 AM



Our doors may be closed, but our Memory Café is open! Please join us and Elizabeth Kaupp of Bedford's Right At Home for our alternative 'virtual' Memory Café. Caregivers and loved ones are welcome to join us via zoom to re-connect with others during COVID and socialize. This month, please join us and The Workman's Duo for some fantastic music!. Join us on Friday, January 15 from 10:30 AM to 11:30 AM. Please call the COA at 781-275-6825 or email coa@bedfordma.gov to let us know you plan to attend, and we will email you a Zoom invitation.



Disclaimer: The programs and services offered by the COA are for education and information. We encourage you to be an informed consumer when you consider using a product or service. The Bedford Council on Aging does not recommend any specific service, speaker or product.

The Bedford Council on Aging values the diversity of our participants, staff, volunteers, and the Bedford community. We strive to model and promote a welcoming and respectful



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