



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>

Director: Alison Cservenschi

Social Worker: Danika Castle, LICSW • Administrative Assistant: Alissa Anderson

Dept. Assistants: Hayley Williams & Maryann McGrath

Evening Dept. Assistant: Donna Sokolski

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



Hello Everyone,

I don't know how it got to be May already but I am enjoying the sun coming through my office window every day recently and creating rainbows on the walls through my sun catchers. May is my wedding anniversary and after getting married in Maui 17 years ago I am reminded of Number 10 of Kimo's Hawaiian Rules that says 'No Rain, No Rainbows'. In 1557 Thomas Tusser compiled a collection of writings he called "A Hundred Good Points of Husbandry." In the April husbandry section, he wrote: "Sweet April showers Do spring May flowers." This reminds us that even the most unpleasant of things can bring about something enjoyable. I am hopefully that this COVID season has been our 'April showers' and our re-opening, although slow and steady will be like the wonderful blooms in May. We have so much to look forward to when we are able to get together again and I am excited to be continuing all our current offerings, planning future virtual or hybrid programs, events outside under a tent this spring and summer and moving towards inside programming eventually this fall.

I am pleased to announce that the BLT will restart service sometime this month with a new, nimbler vehicle, thanks to the voters of Town Meeting and advocacy by the COA Board. We will offer a modified schedule and only transport 2 people at any one time for now. Riders will be required to wear a mask, maintain distance and cleaning will be completed between each rider. Dottie is pleased to return and will be taking calls for BLT rides on May 10th. If we are unable to accommodate your ride on the BLT, due to reduced ridership, we will continue to offer the cab service through the Wheels of Life program generously provided by Carleton Willard Village Inc.

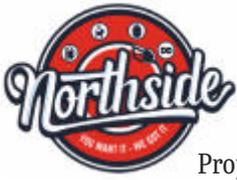
As mentioned in the last newsletter, the Shawsheen room remains unavailable at this time due to the need of the weekly food bank. All virtual exercise programs will continue at no cost, with continued financial support from the FBCOA. If you would like to support these exercise programs please send your contribution to our address and we will forward on to the FBCOA. We will also be planning outside activities in the parking lot under a tent in the near future and are excited to be able to offer an alternative, outside space.

This month we are pleased to begin offering the use of 2 COA computers, by appointment, on Tuesdays and Thursdays for 1-hour time slots. We have configured the computer room for social distancing and will require all who enter to wear masks, follow proper hand hygiene and maintain social distance. For more information on computer usage please see page 4 of this newsletter. We continue to offer weekly Fix It Shop drop off/pick up on Mondays and Thursdays from 9:15am – 10am and Social Services in person, by appointment. As a reminder when bringing items to the Fix it Shop, or coming for an appointment, please call our main number on arrival and wait outside for staff to come out and assist you.

Safety protocols, as mentioned, will continue during our steady reopening to minimize the transmission of the COVID-19 virus. Capacity limits will be adhered to and seating may be arranged ahead of planned events. We ask that during our indoor offerings, outdoor events and on the BLT everyone follow direction and signage to ensure a comfortable experience for all. Again, I appreciate all of your patience and understanding during this time. We look forward to seeing you all soon in person, on-line, driving by or outside!

Take care, be well.

Alison Cservenschi



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Wishing our Social Work intern, Anna Wemer, the best as she ends her time with us here in Bedford.

As we move into sunnier months, we unfortunately now have to say goodbye to our very first Social Work intern, Anna Wemer. Anna has been here since September, helping to support all residents of Bedford. Unfortunately, many of you never got to meet her due to the pandemic. For those who did, surely you now know she was a pleasure to have here working with us in the COA and the Youth & Family departments. She quickly settled in during a very unsettling time and with ease and grace became a huge asset to our town departments. She has helped many people in need to connect with services and resources and has been a friendly voice on the other end of the phone. She helped disseminate information to you all through our newsletter and helped us ensure the smooth running of many of our programs. She took on projects, most notably, the new Friendly Caller Program, which she developed and implemented. Anna came with an already solid foundation of values, kindness and an excellent work ethic and very quickly built upon those already present skills. She will move onto a new internship next year as she works on finishing her last year of completing her Masters in Social Work at Boston College. There is no doubt, Anna will move through her second year efficiently and upon graduation become a very skilled Social Worker.

Anna, we thank you for your hard work and commitment to all the residents of Bedford. We loved having you here with us and we will most definitely miss you. Best of luck in your final year! Please come visit us in the future, especially when our doors are open again!!



Danika Castle, LICSW

Social Service Tips & Resources

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Hello everyone,

As we enter into May where the weather begins to warm up and many of us hope we can gather more outside socially distanced, I am reminded that May is also Mental Health Awareness month. We have all been isolating and quarantined for over a year now due to the pandemic, and while many of us feel hope as the vaccine continues to roll out, many people across the world have experienced and continue to struggle with mental health. So many of us have experienced loss in one form or another; whether it's the loss of a loved one or the daily losses we have faced as a result of COVID-19. Our mental health is essential in maintaining our overall health. If you or somebody you know is struggling with mental health, you are not alone. Here are some resources and tips that may help:

Coping Skills:

- Practice mindfulness
- Relax your body. Utilize deep breathing exercises or focusing on relaxing each muscle group in your body
- Create and utilize a self-care routine
- Listen to music
- Maintain a healthy diet and find time to get exercise each day
- Reach out to friends, family, or the COA to talk
- Join a local group through the COA, in the community, or virtually

A mental health toolkit created by Mental Health America to help process your emotions and learn additional ways you can focus on improving your mental health. Please call the COA to receive a copy.

Take a free and confidential mental health survey to see if you are experiencing symptoms of a mental health condition: <https://screening.mhanational.org/screening-tools/>

If you are feeling lonely and looking for more socialization, sign up for the COA's Friendly Caller Program and speak with one of our volunteers each week.

Referrals for mental health services:

Eliot Community Human Services. *They offer a variety of mental health services, including counseling. Bedford residents do not pay a copay and lack of insurance does not prevent access to services. Please call 781-275-7727 for more information or to set up an appointment.*

INTERFACE Referral Service. *A free and confidential service that offers resource information and referrals to a counselor. Your needs, preferences, and insurance provider are taken to find the best match for you. Please call their helpline at 1- 888-244-6843*

Important Confidential Toll-Free Numbers for yourself or a loved one struggling with mental health:

Friendship Line - 1-800-971-0016 for yourself or 415-750-4111 for a referral

For urgent and nonurgent calls for anyone 60 and older struggling with loneliness, depression, anxiety, thoughts of suicide, or emotional support. Available 24/7.

Advocates Psychiatric Emergency Service – 1-800-640-5432

Local service that offers support and resources to someone experiencing a mental health or emotional crisis. Available 24/7.

SAMHSA's National Helpline - 1-800-662-4357

Information and referral services in your area for individuals and families facing mental and/or substance use disorders. Available 24/7.

National Suicide Prevention Lifeline - 1-800-273-8255

Service for you or someone you know that is in emotional distress or suicidal. Crisis counseling and mental health referrals are provided. Available 24/7.

If you are interested in any of these handouts, please contact the COA for access. If you have any further questions or concerns, or would like additional resources, please call the COA at 781-275-6825.

Anna Wemer, COA Social Work Intern



50+ Job Seekers Networking Program Interactive Workshop Series: Session #1

Self-Assessment, Career Pathways, and Ageism

Offered on: Tuesdays: 10-12N; Fridays: 1-3pm; Mondays: 6:30-8:30pm

Virtual Doors open 15 minutes before session begins.

Facilitators: Ed Lawrence and Melody Beach

New to the program? Registration is Required: <https://50plusjobseekers.org/outreach/registration/>

For additional information, please contact: Susan Drevitch Kelly, Founder/Program Director at susan@sdkelly.com or 781-378-0520.



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Independent Computer Appointments

Do you need access to a computer or printer? We now have times available for appointments!

Tuesdays 10:30 & 1:30
Thursdays 11:30 & 2:30

Please call ahead to the COA to sign up for these limited one hour appointments to work independently in our computer lab. Two stations are designated for use. These will be filled on a first come, first serve basis. To allow access to all who would like it, we will allow an individual to sign up for a single appointment at a time.

Wellness Webinars: from Blue Cross Blue Shield Meditation for Busy Minds

Thursday, May 27 at 2:00 PM

Have you wondered about meditation and if it's for you? Join us to learn what meditation is and how it works to quiet the mind. Practice simple meditation techniques during the webinar and discover free apps for creating an at-home practice. New and experienced meditators welcome.

Please contact the COA at coa@bedfordma.gov to get the meeting link.

All are welcome—you don't have to be a Blue Cross member to participate.




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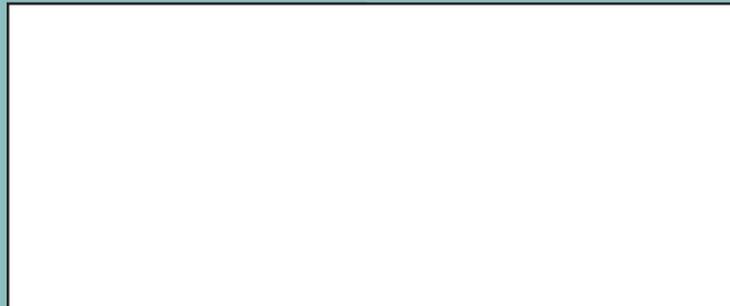
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Minuteman
SENIOR SERVICES

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
3 Veal Roulade Piccata Sauce Whipped Potatoes Green Beans Rye Bread Yogurt	5 Sesame Chicken Vegetable Fried Rice Asian Vegetable Blend Multigrain Bread Fortune Cookie Fruit Cup	7 Broccoli Bake Stewed Tomatoes Home Fries Wheat Roll Fresh Fruit
10 Beef & Lentil Chili Brown Rice Spinach Wheat Bread Fruit Cup	12 SPECIAL Baked Salmon Dill Sauce Thyme Roasted Potatoes Green Bean Casserole Marble Rye Bread Banana Cake	14 Meatloaf Beef Gravy Sour Cream & Chive Potatoes Peas & Carrots Wheat Bread Fruit Cup
17 Chicken Meatballs Swedish Sauce Egg Noodles California Vegetable Blend Multigrain Bread Applesauce	19 Breaded Chicken Drumstick Baked Beans Scandinavian Vegetable Blend Wheat Bread Fresh Fruit	21 Potato Pollock Tartar Sauce Wild Rice Pilaf Capri Vegetable Blend Dinner Roll Fruited Yogurt
24 BBQ Beef Patty Potato Wedges Broccoli Hamburger Roll Fruit Cup	26 Cold Plate Egg Salad Creamy Potato Salad Beets & Onions Pumpnickel Bread Chocolate Chip Muffin	28 Chicken Meatballs Marinara Sauce Tri Color Rotini Italian Vegetable Blend Wheat Bread Applesauce
31 No Meals Served 	To CANCEL or ORDER, Call your <u>local</u> meal site by 11AM the <u>DAY BEFORE</u>	

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

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.



Memory Café Welcomes Caregivers! Friday, May 21 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 welcome back Ted Powers who has been entertaining professionally for over thirty years as a singer, musician, and tap dancer. During this time he has also been writing and producing music for himself and other artists. He currently performs as a solo artist and tours with "THE MODERNISTICS" an eclectic mix of classical, jazz and pop musicians.

Join us on Friday, May 21 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.



Walk Massachusetts!

Lace up your sneakers – the Walk Massachusetts challenge is back! Your participation helps your COA win money for fitness programs and gives you the chance to win one of several prizes! **The challenge runs from May 1 to September 30.** In that time, if you complete the challenge, you are entered into a drawing for a \$50 Visa gift card, a \$25 Amazon gift card or a \$10 Dunkin' gift card...and for each person who completes the challenge, your Council on Aging gets an entry to win up to \$1000 for use with fitness programming. The more of us who walk, the better the chances! Visit

<http://mcoonline.com/programs/keep-moving-walking-clubs/walk-massachusetts/> to register!



Drive Thru Luncheon Tuesday, May 11th 11:30am-12:30pm

Take a break and let the chef at Brightview Concord River cook a complimentary 3-course lunch for you! Drive by the Council on Aging (behind the yellow Town Center Building) between 11:30 and 12:30 for a contact-less pickup. Remember to wear your mask, please! Limit of 40.

Please RSVP by May 4th by calling the COA at (781) 275-6825 or email coa@bedfordma.gov.



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

May 1: *My Man Godfrey* (1936) Ditzzy socialite with a heart of gold, Irene Bullock (Carole Lombard) finds "forgotten man" Godfrey Smith (William Powell) in a scavenger hunt. Eventually Godfrey is taken in as the family butler for the Bullocks and screwball antics and romance ensue.

May 8: *Mr. Robinson Crusoe* (1932) While cruising the South Seas with friends aboard a sailing yacht, it is wagered that Steve can not survive on a desert isle without the accouterments of civilization. After accepting the wager, Steve and his dog swim ashore and begin to recreate their Park Avenue world by way of various Rube Goldberg type contraptions constructed from local materials. Meanwhile, on a nearby island, a young maiden flees her arranged wedding. She canoes to Steve's island for safety, whereupon she is dubbed "Saturday". Soon they are attacked by vengeful tribesmen from the neighboring island. Will Steve and Saturday survive?

May 15: *New Adventures of Tarzan* (1935) Tarzan (Herman Brix (Bruce Bennett)), who has returned to Africa after living in England, sets off to Guatemala in search of an old friend who may have survived a plane crash there. Ula Vale and Major Martling are out to find the riches of the Green Goddess.

May 22: *Quicksand* (1950) An engrossing film noir with Mickey Rooney, Peter Lorre, and Jeanne Cagney. Needing money for a date, Rooney borrows \$20 from the cash register, starting a chain of events that includes car theft, burglary, and possibly murder.

May 29: *Angel on My Shoulder* (1946) When a gangster, Eddie Kagle (Paul Muni), is murdered by his childhood friend and business partner, Smiley Williams (Hardie Albright), he's sent to hell. There he meets Nick (Claude Rains), who tries to get him to return to the living to take over the body of Judge Frederick Parker (also Muni). Kagle agrees, enticed by the prospect of seeking revenge on Smiley. But Kagle's attempts to tarnish Parker's reputation backfire, and when he finally confronts Smiley, his frustration has peaked.

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.



A La Carte
Landscape in Spring
Thursdays at 10:00 AM via Zoom
June 3-June 24

Come join us for a "this & that" Landscape class. While principally a Landscape class, in that we will be observing the outdoors, in this class, due to the lovely time of year, we can do this any number of ways. Normally I will share an image via zoom that you are free to interpret in any medium you wish. In this session, we can take it one step further. For those that wish to work "plein air", do so and take us along! Bring your computer, iphone to your outdoor site along with your supplies & sign in to zoom for our class! Boom - class outdoors, company while you work & I am available, as usual to assist any way I can. For those that wish to stay indoors, business as usual: images shared of engaging landscapes for you to create. We work in a very relaxed atmosphere, so if you love to produce art, please sign up! Veteran artists as well as newly minted artists are always welcome. Please contact coa@bedfordma.gov to get the link to join.



****NEW****
Low Impact Exercise with Maddy
Mondays at 10:00 AM on Zoom

Please join Madeline Shaw-Moran for one hour of standing and seated exercise! Alternating every 15 minutes from standing to sitting, this class uses multiple strength training moves to develop range of motion; flexibility; endurance; & balance. We will work our core, arms and legs. Chair can be used for stability while standing. Water bottles suggested. Light weights, exercise bands 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.

Interested in playing Chess?

Judy Babcock is hosting games on her back porch on Thursday afternoons. Please contact her at judibabcock@gmail.com or 781-275-1183.

FBCOA The FBCOA board meeting originally scheduled for Tuesday, April 20th at 1:00 has been cancelled. It will be rescheduled at a later date.

If you would like to join the next FBCOA meeting please call or email President Bobbie Ennis at: 781-275-6874 or bobbiennis@msn.com.

Thank you to the Friends of the Bedford Council on Aging for their support of our virtual, on-line exercise classes. The FBCOA have agreed to provide financial support of COA exercise classes until reopening. This support will allow the COA to continue all exercise classes at no cost to attendees.

FBCOA Annual Membership Dues 2020—2021

INDIVIDUAL	\$5.00	_____
FAMILY	\$7.00	_____
FBCOA CONTRIBUTION	\$	_____
MEMORY CAFÉ CONTRIBUTION	\$	_____
TOTAL	\$	_____

(Tax deductible contributions gratefully accepted)

NAME _____

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BJ's Membership? Yes No

Mail to: FBCOA 12 Mudge Way, Bedford MA 01730

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					12:00 <i>Bedford TV</i> <i>Movie Matinee: My Man Godfrey</i>
9:15 Fix It Shop ³ 10:00 Virtual Low Impact Exercise 11:15 Virtual Metaphysical Mondays 11:30 Grab & Go Lunch 1:00 Virtual Brain Stretching	10:30 Computer Appt ⁴ 1:00 Virtual Writing Group 1:30 Computer Appt 4:30 Virtual Zumba Gold 7:00 Virtual Rebuilding Our Lives	10:00 Virtual Chair ⁵ Exercise 10:30 Virtual SingAlong 11:30 Grab & Go Lunch	9:15 Fix It Shop ⁶ 9:30 Virtual Floor Yoga 10:00 Art w/ Susan 11:15 Virtual Osteoyoga 11:30 Computer Appt 1:00 Virtual Tai Chi/ Virtual Current Events 2:30 Computer Appt	9:30 Virtual Chair ⁷ Yoga 11:00 Virtual Stitchery 11:30 Grab & Go Lunch 1:00 Virtual Line Dancing	12:00 <i>Bedford TV</i> <i>Movie Matinee: Mr. Robinson Crusoe</i>
9:15 Fix It Shop ¹⁰ 10:00 Virtual Low Impact Exercise 11:30 Grab & Go Lunch	10:00 Memory Training ¹¹ 10:30 COA Board/ Computer Appt 11:30 Brightview Drive-Thru Lunch 1:30 Computer Appt 4:30 Virtual Zumba Gold 7:00 Virtual Rebuilding Our Lives	10:00 Virtual Chair ¹² Exercise 10:30 Virtual SingAlong 11:30 Grab & Go Lunch 12:00 Howie Newman	9:15 Fix It Shop ¹³ 9:30 Virtual Floor Yoga 10:00 Art w/Susan 11:15 Virtual Osteoyoga 11:30 Computer Appt 1:00 Virtual Tai Chi/ Virtual Current Events 2:30 Computer Appt	9:30 Virtual Chair ¹⁴ Yoga 11:00 Virtual Stitchery 11:30 Grab & Go Lunch 1:00 Virtual Line Dancing	12:00 <i>Bedford TV</i> <i>Movie Matinee: New Adventures of Tarzan</i>
9:15 Fix It Shop ¹⁷ 10:00 Virtual Low Impact Exercise 11:15 Virtual Metaphysical Mondays 11:30 Grab & Go Lunch 12:30 Fit Over 50 1:00 Virtual Brain Stretching	10:30 Computer Appt ¹⁸ 1:00 Virtual Writing Group 1:30 Computer Appt 4:30 Virtual Zumba Gold 7:00 Virtual Rebuilding Our Lives	10:00 Virtual Chair ¹⁹ Exercise 10:30 Virtual SingAlong 11:30 Grab & Go Lunch 1:00 Dale Tamburro	9:15 Fix It Shop ²⁰ 9:30 Virtual Floor Yoga 10:00 Art w/ Susan 11:15 Virtual Osteoyoga 11:30 Computer Appt 1:00 Virtual Tai Chi/ Virtual Current Events 2:30 Computer Appt	9:30 Virtual Chair ²¹ 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: Quicksand</i>
9:15 Fix It Shop ²⁴ 10:00 Virtual Low Impact Exercise 11:30 Grab & Go Lunch	10:00 Memory Training ²⁵ 10:30 Computer Appt 1:30 Computer Appt 4:30 Virtual Zumba Gold 7:00 Virtual Rebuilding Our Lives	10:00 Virtual Chair ²⁶ Exercise 10:30 Virtual SingAlong 11:30 Grab & Go Lunch	9:15 Fix It Shop ²⁷ 9:30 Virtual Floor Yoga 10:00 Art w/ Susan 11:15 Virtual Osteoyoga 11:30 Computer Appt 1:00 Virtual Tai Chi/ Virtual Current Events 2:00 Blue Cross Webinar 2:30 Computer Appt	9:30 Virtual Chair ²⁸ Yoga 11:00 Virtual Stitchery 11:30 Grab & Go Lunch 1:00 Virtual Line Dancing	12:00 <i>Bedford TV</i> <i>Movie Matinee: Angel on My Shoulder</i>
CLOSED ³¹ Memorial Day 					

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Don't Forget These Ongoing Activities

Brain Stretching: *Work the Gears between Your Ears!* 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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Webinar on Monday, May 17 at 12:30 PM please call or email the Council on Aging to sign up. An email address is required to register.

Do you feel like you are gaining fat, losing strength, having increased aches & pains, and a loss of function? This workshop is for you! Age isn't a problem, not getting the right activity as we age is the problem. This seminar will show what proper exercise looks like for older adults like you, based on science and proven effective to get results fast that last for older adults.

- Learn the most important exercises to focus on for fat loss (most aren't doing this)
- Identify and solve the M.I.K.E. factors that keep us from exercising
- Discover why preventing muscle loss is the most important thing to do as you age
- Understand the most important type of exercise to improve longevity (it's not what you think!)
- Discover the truth about menopause and weight gain
- Find out proven ways to make you keep the weight off...for the long term
- See how you can get lean, strong and healthy, even with injuries and chronic conditions like arthritis, shoulder pain, stenosis, heart issues, and diabetes.
- Revealed: the science behind how to stick with an exercise and diet program for good

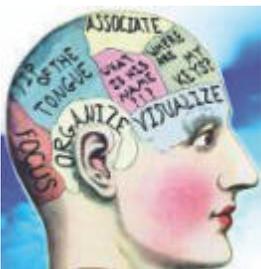
Attendees 50 or 90, a master athlete or beginner, riddled with arthritis or have many diseases will learn the truth about what works and leave with strategies they can implement immediately.

Please email coa@bedfordma.gov to register.

Virtual Memory Training

Tuesdays in May & June from 10:00 AM-12:00 PM (Sign-ups required by 5/6)

What is Memory Training?



After successful groups in October & January, we are planning to run more sessions! Please join Danika Castle and Hayley Williams for this innovative, educational course that teaches individuals techniques to improve their memory in a fun, interactive classroom environment. It combines trainer presentations with group discussions, memory checks, and skill-building exercises for people with mild memory concerns. Each course is 2 hours, once per week, for 4 weeks. **Please only sign up if you are able to attend all sessions, as this is a popular program with a waiting list. Class dates are as follows: 5/11, 5/25, 6/1 & 6/8.**

We focus on the four top memory challenges:

- Forgetting names and faces
- Forgetting to do things in the future...like keeping an appointment, passing on a phone message, or forgetting why you walked into a room
- Forgetting where you put things like keys, glasses or a wallet
- Inability to immediately recall something you know or "tip of the tongue" memory challenge

The course is not intended for people with Alzheimer's disease or other forms of dementia.

Pre-registration is required and space is limited, so please call the COA or email us at coa@bedfordma.gov if you are interested in joining this excellent training program!

Ensuring Your Present Estate Plan Meets *Your* Needs and Desires

Wednesday, May 19 at 1:00 PM via Zoom

Please join Attorney Dale Tamburro for a Zoom Seminar! Please contact the COA at coa@bedfordma.gov to receive the link to this program. In addition to any questions you may have for attorney Tamburro, he will also cover the following major topics during this session:

Basic questions that will help you get the most out of your estate plan:

- When is it the right time to meet to discuss new estate planning needs?
- When did you last have your estate plan reviewed by a professional?
- Are you sure your estate plan will be carried out correctly when needed?
- What estate documents do you currently have? How old are they?
- If you plan on having your estate plan reviewed what would be the important items/information for you to bring with you to such a meeting?



Whether you have an estate plan or want yours reviewed I will meet with you to discuss your future needs. *During your zoom please mute yourself and if you have questions use the Chat function. Written material will be provided via email.* For a free one hour consultation with Attorney Tamburro at his office for a different date, please contact his office at 617-489-5919 or email him at dale@tamburrolaw.com

Outdoor Home Help for Seniors

Temple Isaiah in Lexington Shares their Mitzvah Day of Service with Bedford Residents!

Would you like help with spring clean up projects around your home?

Temple Isaiah in Lexington is generously offering to help 10 Bedford seniors with 60 minutes of small, odd jobs outside this spring on May 16th. If you are interested in this wonderful day of service please call the COA to register before May 7th, first come first served. Please let us know at sign up if you have tools available or need the volunteers to bring them along.



Howie Newman Sings Classic Songs! Wednesday, May 12 at Noon

Singing guitarist Howie Newman plays classic songs of yesteryear, including Sinatra, Dean Martin, old rock 'n' roll (Elvis, Beatles, Drifters, etc.), some show tunes, Neil Diamond and a bunch of popular tunes and standards from the '60s and earlier. It's a sing-along, toe-tapping musical journey from the early 1900s up through the 1960s. Howie also adds trivia, background stories about the songs and a little G-rated humor here and there. Please contact the COA at coa@bedfordma.gov to get the meeting link.



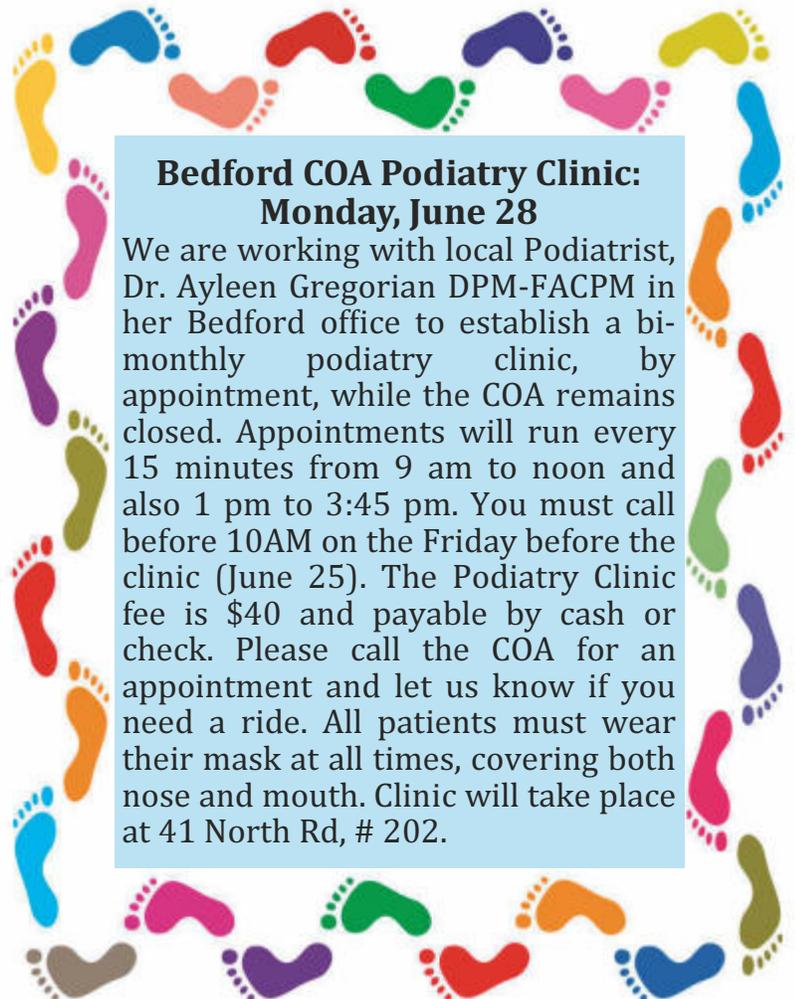
This program is supported in part by a grant from the Bedford Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.



SHINE (Serving Health Insurance Needs of Everyone) Certified SHINE counselors offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Currently, in-person SHINE appointments are not available due to social distancing, but help is available over the phone. Call the Bedford COA at 781-275-6825 and one of the SHINE counselors will contact you.

Bedford COA Podiatry Clinic: Monday, June 28

We are working with local Podiatrist, Dr. Ayleen Gregorian DPM-FACPM in her Bedford office to establish a bi-monthly podiatry clinic, by appointment, while the COA remains closed. Appointments will run every 15 minutes from 9 am to noon and also 1 pm to 3:45 pm. You must call before 10AM on the Friday before the clinic (June 25). The Podiatry Clinic fee is \$40 and payable by cash or check. Please call the COA for an appointment and let us know if you need a ride. All patients must wear their mask at all times, covering both nose and mouth. Clinic will take place at 41 North Rd, # 202.



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THIS DAY IN HISTORY

MAY 1, 1941: Directed and starring Orson Welles, "Citizen Kane" premiered in New York.

MAY 2, 1885: The magazine "Good Housekeeping" was first published.

MAY 3, 1937: Margaret Mitchell won a Pulitzer Prize for "Gone with the Wind."

MAY 4, 1970: The Ohio National Guardsmen opened fire on students during an anti-Vietnam war protest at Kent State University, where four students were killed.

MAY 5, 1865: The Thirteenth Amendment was ratified, abolishing slavery in the U.S.

MAY 6, 1941: Bob Hope gave his first USO show at California's March Field.

MAY 7, 1915: The British ocean liner Lusitania was sunk by a German submarine, killing 1,201 civilians.

MAY 8, 1958: U.S. President Eisenhower ordered the National Guard out of Little Rock as Ernest Green became the first black to graduate from an Arkansas public school.

MAY 9, 1958: Richard Burton made his network television debut in the presentation of "Wuthering Heights" on CBS-TV.

MAY 10, 1994: Nelson Mandela was sworn in as South Africa's first black president.

MAY 11, 1910: Glacier National Park in Montana was established.

MAY 12, 1978: The National Oceanic and Atmospheric Administration announced that they would no longer exclusively name hurricanes after women.

MAY 13, 1989: Thousands of students began a hunger strike on Tiananmen Square in Beijing.

MAY 14, 1878: The name Vaseline was registered by Robert A. Chesebrough.

MAY 15, 1964: The Smothers Brothers, Dick and Tom, gave their first concert in Carnegie Hall in New York City.

MAY 16, 1929: The first Academy Awards were held in Hollywood.

MAY 17, 1985: Bobby Ewing died on the season finale of "Dallas." He returned the following season.

MAY 18, 1953: Jacqueline Cochran, the first woman to fly faster than the speed of sound, piloted an F-86 Sabrejet over California at an average speed of 652.337 mph.

MAY 19, 1536: Anne Boleyn, the second wife of England's King Henry VIII, was beheaded after she was convicted of adultery.

MAY 20, 1873: Levi Strauss began marketing blue jeans with copper rivets.

MAY 21, 1980: The movie "The Empire Strikes Back" was released.

MAY 22, 1967: "Mister Rogers' Neighborhood" premiered on PBS.

MAY 23, 1934: Bonnie Parker and Clyde Barrow were killed by Texas Rangers in Bienville Parish, Louisiana.

MAY 24, 1844: Samuel F.B. Morse formally opened America's first telegraph line. The first message was sent from Washington, D.C., to Baltimore, Maryland with the message, "What hath God wrought?"

MAY 25, 1992: Jay Leno debuted as the new permanent host of NBC's "The Tonight Show."

MAY 26, 1896: The Dow Jones Industrial Average appeared for the first time in the "Wall Street Journal."

MAY 27, 1995: Christopher Reeve was paralyzed after being thrown from his horse during a jumping event in Charlottesville, Virginia.

MAY 28, 1957: National League club owners voted to allow the Brooklyn Dodgers to move to Los Angeles and that the New York Giants could move to San Francisco.

MAY 29, 1945: Bing Crosby makes his first recording of Irving Berlin's "White Christmas."

MAY 30, 1431: Joan of Arc was burned at the stake in Rouen, France, at the age of 19.

MAY 31, 1927: Ford Motor Company produced the last Tin Lizzie in order to begin production of the Model A.

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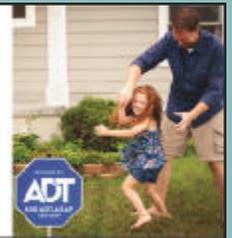


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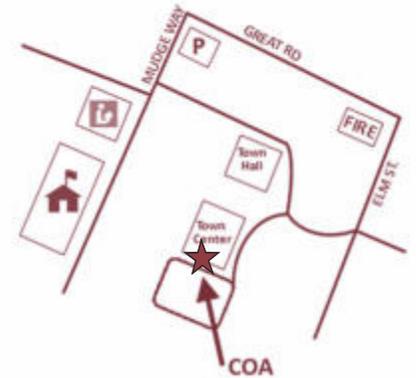


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Friendly Caller Program

Are you a Bedford resident over the age of 60 and feel more isolated and lonely due to COVID-19? The COA has started a Friendly Caller Program made up of volunteers that are here to help. You will be matched with someone that shares similar skills and interests as you that will call to check in and chat. Volunteers are here to provide support and social interaction during these difficult times. If you are interested or would like more information, please call Danika Castle at the COA at 781-275-6825. *Want to volunteer? See back page for details.*



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 environment for all.

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