



NEWS FROM BEMIS HALL

Vol 11 Issue 1



January 2021



The Lincoln Council on Aging Monthly

Would You Like the Fire Department to Be Able to Enter Your Home in an Emergency?

Are You At Special Risk During Power Outages ?

The Lincoln Fire Department participates in the Knox Box program. Through this program, you may purchase a locked box in which you place a key to your home. You tell the company that you live in Lincoln and they deliver a box that can be opened by the Fire Department in an emergency. To purchase a box, go to www.knoxbox.com/Products/Residential-KnoxBoxes. If you only need one for a short time, contact Ben at the Fire Depart. (781-259-8113) about renting one. Also, if anyone in your household is on oxygen or other any other medical machine that would create a risk during a power outage, you may let Fire and Police know by calling 781-259-8113. They can then check on you when the power goes out or let you know of a scheduled outage.

Lincoln SHINE Team Welcomes New Counselors

Rhonda Swain and Craig Donaldson have joined Don Milan as Lincoln's team of State Certified SHINE Counselors. The SHINE Program provides free health insurance information, counseling, and assistance to residents and their caregivers. SHINE is administered by the Massachusetts Executive Office of Elder Affairs (EOEA) in partnership with Minuteman Senior Services. They are extensively trained and re-certified annually by EOEA. Services are available for assistance with: Medicare Parts A&B, Medicare Advantage Plans, Medicare Prescription Drug Coverage (Medicare Part D), Medicare Supplement Plans, MassHealth, and various assistance programs for people with limited resources. Counselors are hosted at the COA and in other community settings. Lincoln counselors are volunteers. **SHINE counselors** can: Help Medicare beneficiaries and caregivers navigate complex health insurance options - Simplify language and explain how the components work - Compare costs and benefits of options available - Assist those with limited resources enroll in helpful programs. - And more! For an appointment call the COA (781-259-8811) or Minuteman Senior Services (781-221-7029).

Winter Weather Policy



If the Lincoln schools are closed due to weather, *in person* activities and meetings at the COA are cancelled. If the schools are delayed or close early, it is at the discretion of the COA staff and individual instructors whether a particular activity will be held. If the schools are not closed, but the weather is bad, call 781-259-8811 or email butta@lincolntown.org before coming to see if your appointment is cancelled.

What you need to know

Tax Preparation Update



The AARP Tax Aide program, normally commencing in January, will not be starting at its usual time. Our tax aide volunteers are eager to help you and we are working closely with AARP to learn when this invaluable program may restart. Regrettably, the COA will not be accepting tax appointments at this time. Please check our February newsletter for the next update.

Are You Eligible for the Circuit Breaker Tax Credit?

The Senior Circuit Breaker Tax Credit gives a state tax credit of up to \$1,150 for owners or renters 65 or older who meet income guidelines for renters only and both income and property value guidelines and who pay more than 10% of their income for real estate taxes for property owners. **You may apply for the credit even if you do not owe state tax or regularly file taxes!** To receive the credit, complete Schedule CB and submit it with your state tax return. For more information <https://www.mass.gov/service-details/senior-circuit-breaker-tax-credit>

COUNCIL ON AGING SERVICES

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

Minuteman SHINE (Serving Health Information Needs of Everyone) Counselors give help regarding Medicare, including plans and benefits and medical bills.

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

Would You Like a Free Home Safety Evaluation with the Fire Department? Call Ben Juhola of the Fire Department at (781) 259-8113.

Medical Equipment Loans of walkers, canes, wheel chairs, tub benches, shower chairs, and more at Bemis. Call 781-1259-8811 to request contactless delivery at Bemis Hall.

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

Fuel Assistance Need help paying fuel bills? Call the COA to see if you qualify for Fuel Assistance, a Massachusetts program providing help to income-eligible residents to pay for fuel.

Transportation The COA offers rides to medical appointments at this time. Please email GagneA@Lincolntown.org to request a ride. These rides are set up in advance and Wednesdays are the best day to schedule rides.



THE LINCOLN ACADEMY

Lectures, Discussions, and More about Our World!



The Lincoln Academy Lecture Series– Zoom 12-1 pm

January 11 – “Boy and His Dog” Statue: A Presentation by the Cyrus Dallin Art Museum



A presentation on Cyrus Dallin and the *Storrow Memorial* by the Cyrus Dallin Art Museum in conjunction with the Lincoln Historical Society, the Cemetery Commission, the Lincoln Town Archives, and COA. The talk will explore the life and work of Dallin with a focus on his Lincoln masterpiece, *Storrow Memorial*, given to Lincoln in 1925. Known affectionately to those in Lincoln as “Boy and his Dog,” the statue stands near the entrance of the Lexington Road Cemetery and is a great feature of both Lincoln and Dallin’s work.

January 25 – Author Bernice Lerner: The Story Behind the Greatest of Liberations

All the Horrors of War follows Glyn Hughes, a high-ranking British officer, and Rachel Genuth, a teenager from the Hungarian provinces, as they navigate their respective forms of hell during the final, brutal year of World War II. Their stories converge before the war’s end, in Bergen-Belsen, where Hughes finds himself responsible for an unprecedented situation: 25,000 of 60,000 war-ravaged inmates are in need of immediate hospitalization. Rachel is among those at death’s door. Their narratives tell a larger story about the suffering of the victims, the struggles of liberators who strove to save lives, and the human capacity for fortitude and redemption. Please see website www.bernicelerner.com for photos and book information.

February 1 – Wanda Paik: Classical Piano Music Recital

Wanda Paik will present a recital of some her favorite classic piano pieces, anchoring it with a masterpiece by J. S. Bach (1685 - 1750) the Toccata, Fantasia and Fugue in D Major, BWV 912. This will be followed by 3 works by Frederic Chopin (1810 - 1849), the Impromptu in Ab Major, Op. 29, described as effervescent as bubbling champagne, the Nocturne in C# minor (Op. posthu.) written as a young man before leaving Poland for Paris, and the Etude in Ab Major, (Op. 25 No. 1) which was thought to make the piano sound like an Aeolian harp. In the next group, Johannes Brahms (1833 - 1897) wrote the iconic Intermezzo in Eb minor, Op. 118, No. 6 which weaves, like a golden thread, an ancient Gregorian chant throughout the piece. Wanda will end the program with Claude Debussy's (1862 - 1918) familiar, luminously beautiful Clair de Lune from the Suite Bergamasque, followed by his sweeping, jazzy Prelude from the Suite Pour le Piano.

January 27 at 2 pm – Caring Transitions: Educate Yourself Before A Healthcare Crisis via Zoom



Your are invited to join Elder Law Attorney Sasha Golden and Emily Tamilio, BSN, of Deaconess Abundant Life to learn about navigating healthcare in a crisis. The local professions will walk us through the continuum of care from skilled nursing, to rehab, and back home again.

**Kindly sign up for all Zooms two business days prior to event date.
Email GagneA@Lincolntown.org or call 781-259-8811 x102.**

January Zoom Schedule

Date/Time	Event	Meeting Information
1/4	10:00 am Chair Yoga classes on Mondays	Call Amy at COA to register & sign waivers 781-259-8811
1/6	11:00 am Virtual Line Dancing with Katrina	Call Amy at COA to register & sign waivers 781-259-8811
1/8	10:00 am SAIL Balance Class on Fridays	Call Amy at COA to register & sign waivers 781-259-8811
1/11	12:00 pm Lincoln Academy: A Boy and His Dog Statue, pg. 3	Call Amy 781-259-8811 to register by Jan 7 or email Gagnea@lincolntown.org
1/12	3:00 pm <i>Oriole Landing Tour/Updates</i> with Chris Fernandez	Call Amy 781-259-8811 to register or email Gagnea@lincolntown.org
1/14	8:30 am Men's Coffee	Call Amy 781-259-8811 to register or email Gagnea@lincolntown.org
1/15	2:00 pm Conversation with Selectman, James Craig	ID;97690522488 Pass:998413 or Email:Selectman@lincolntown.org
1/20	11:00 am Chat with Town Nurse: <i>COVID-19 Updates, etc.</i>	Call Amy 781-259-8811 or email GagneA@lincolntown.org
1/20	1:00 pm Zoom with Andy Payne: <i>Hosting via Zoom</i>	Zoom link: https://zoom.us/j577144331
1/25	12:00 pm Lincoln Academy: <i>All the Horrors of War</i> by B. Lerner	Call 781-259-8811 x102 or email GagneA@lincolntown.org by Jan 21
1/27	2:00 pm <i>Caring Transitions: Educate Yourself Before a Crisis</i>	Call 781-259-8811 x102 or email GagneA@lincolntown.org by Jan 26
1/28	8:30 am Men's Coffee	Call Amy 781-259-8811 or email GagneA@lincolntown.org

**Ongoing Groups meeting via Zoom: Memoirs Group, Spanish, German, Russian and French Conversation.
Call 781-259-8811 x102 with questions.**

Kindly register 2 business days prior to events.

**For latest COA updates visit town web page:
www.lincolntown.org, click Government, click Departments, click COA**



SPEND TIME WITH OTHERS



Zoom – Tues, Jan. 20 at 1 pm

Learn to Host using Zoom with Andy Payne

Zoom is a very popular system for video chats with groups and is supported on Mac, Windows, iPhone/iPad, and Android devices. You can download the Zoom at:

<https://zoom.us/download>

Once you have it installed, use the meeting link below at the scheduled time and you should launch into the class. For about an hour, we'll give some basic lessons and give you a chance to learn and explore Zoom's settings and features in a low-stakes environment.

Zoom meeting link: <https://zoom.us/j/577144331>

Hosting Virtual Family Get Togethers, by Andy Payne

During this pandemic, we're all searching for ways to stay connected and keep spirits up, while practicing social distancing. Many of us have participated in virtual meetings, but what about hosting a small meeting like a family get-together? Here is some information to get started:

If everyone is using a relatively recent Apple device (iPad, iPhone, Mac), it's hard to beat FaceTime. It's free, easy-to-use, and pre-installed. It will support a group of up to 32 people. Go to the FaceTime app, tap the (+) button and enter the list of people you want to call. During a call, you can also add people via the (+) button.

Finally, you can also use Zoom to host small meetings. A free account can host meetings up to 40 minutes long with up to 100 people. For \$15/month, you can upgrade to "Zoom Pro," which will let you host long meetings (24hrs!) with up to 100 people. (If you have a very, very large family, plans are available to host thousands of participants!) Also, there are discounts and online coupons available if you pre-buy a year in advance. Happy video conferencing!

Conversation with a Select(man) via Zoom



Residents of all ages are invited to a "Conversation with a Select(man)" on **January 15th, 2-3 pm via Zoom**. Join Selectman James Craig to get the latest updates, ask your questions, and give your ideas! For information on how to join in, contact James prior to the meeting at selectmen@lincolntown.org.

Zoom Meeting ID: 97690522488 Passcode: 998413

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

Men's Coffee This is a great way to catch up with buddies and make new friends.

Thursdays, January 14 and January 28 th at 8:30 am via Zoom.

French Conversation Brush up on your French speaking skills.

Second and fourth Monday of each month at 9:30 am via Zoom.

Spanish Conversation Enjoy Spanish conversation.

Second and fourth Monday of each month at 2:00 pm via Zoom.

German Conversation Come enjoy speaking German.

Third and fifth Fridays or each month at 10:00 am via Zoom. *No meeting on Jan 1st.*

Russian Conversation Come brush up on your Russian by speaking it with others. All are welcome whether you are a native speaker, beginner, or in-between!

Wednesdays January 6 and January 20th at 12:30 pm via Zoom.

MONDAY	TUESDAY	WEDNESDAY
<p>JANUARY</p>		
<p style="text-align: right;">4</p> <p>10:00 Chair Yoga 11:00 Spanish Conversation 12:00 Lincoln Academy 2:15 Tai Chi 1 3:15 Tai Chi 2</p>	<p style="text-align: right;">5</p>	<p>11:00 Line Dancing 12:30 Russian Conversation 1:00 Tai Chi 1 2:15 Tai Chi 3</p>
<p style="text-align: right;">11</p> <p>9:30 French Conversation 10:00 Chair Yoga 12:00 Lincoln Academy 2:15 Tai Chi 1 3:15 Tai Chi 2 2:00 Spanish Conversation</p>	<p style="text-align: right;">12</p> <p>9:30 Friends LCOA meeting 2:30 COA Board Meeting 3:00 Oriole Landing Tour via Zoom</p>	<p>10:30 Memoirs 11:00 Line Dancing 1:00 Tai Chi 1 1:00 Russian Conversation 2:15 Tai Chi 3</p>
<p style="text-align: center;">COA CLOSED MARTIN LUTHER KING DAY</p> 	<p style="text-align: right;">18</p>	<p style="text-align: right;">19</p> <p>11:00 Line Dancing 11:00 Chat with Town 12:30 Russian Conversation 1:00 Zoom Hosting 1:00 Tai Chi 1 2:15 Tai Chi 3</p>
<p style="text-align: right;">25</p> <p>9:30 French Conversation 10:00 Chair Yoga 12:00 Lincoln Academy 2:15 Tai Chi 1 2:00 Spanish Conversation 3:15 Tai Chi 2 (ZOOM)</p>	<p style="text-align: center;">9:00-2:00 Podiatry Clinic at Bemis Hall</p>	<p style="text-align: right;">26</p> <p>10:30 Memoirs 11:00 Line Dancing 1:00 Tai Chi 1 2:00 Caring Transitions 2:15 Tai Chi 3</p>

COUNCIL ON AGING INFORMATION

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

E-mail: butta@lincolntown.org
Internet: www.lincolntown.org
Hours: Monday through Friday, 8:30 am — 4:30 pm

Would You Like to Participate in a COA activity but cannot afford the cost? Call the COA and ask to speak with Abigail to find out more about our scholarship program.

Disclaimer: The COA does not specifically endorse any service or product advertised herein. We encourage our readers to investigate any service or product they may consider using in order to make an informed decision.

RY 2021

DAY	THURSDAY	FRIDAY
		1
		
		COA CLOSED Happy New Year No Classes
6	7	8
Conversation	9:00-Noon Veterans Services Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2	10:00 SAIL/Balance Class
13	14	15
Conversation Group	8:30 Men's Coffee (ZOOM) 9:00-Noon Veterans Services Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2	10:00 German Conversation 10:00 SAIL/Balance Class 2:00 Conversation with Selectman James Craig
20	21	22
Nurse Conversation	9:00-Noon Veterans Services Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2	10:00 SAIL/Balance Class
27	28	29
ons	8:30 Men's Coffee 9:00-Noon Veterans Services Office Hours 9:15 Tai Chi 1 10:15 Tai Chi 2	10:00 SAIL/Balance Class 10:00 German Conversation

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FOR YOUR WELL BEING



Chat with Public Health Nurse, Tricia McGean



Do you have questions about **COVID-19**, its prevention, **vaccine information**, transmission, symptoms, or treatment? Are there other concerns you have about health issues? Do you have general health questions? Join Town Nurse, Tricia McGean on **Wednesday, January 20 at 11 am by Zoom**. Tricia will answer your questions and provide you with accurate and science-based information. To attend, email gagnea@lincolntown.org. Advance registration required.

Upcoming Podiatry Clinics Jan 26, Feb 23, & March 23

All participants must preregister by calling 781-259-8811. The clinic is held at Bemis Hall, following Board of health protocols. Space is limited. Registration is on a first come, first serve basis for Lincoln residents over 65. Suggested \$10 donation. Co-sponsored by the Friends of the Lincoln Council Aging and Pierce House.



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OPPORTUNITIES FOR EXERCISE VIA ZOOM



Tai Chi for Health, Rehabilitation and Wellness For days and times please see calendar on pages 6/7, or on our website. New 12 week session starts Jan. 4 and ends March 25, 2021. Email mindbodyjm@comcast.net for information.

Line Dancing on Zoom Wednesdays Jan. 6, 13, 20 and 27 at 11:00am. Enjoy the fun and fitness of line dancing with Katrina Rotondi. Classes via Zoom. Please call COA 781-259-8811 to sign up and complete the necessary **waiver forms**.

NEW Chair Yoga on Zoom with Rebecca Mondays Jan. 4, 11, 18 and 25 at 10:00am. This class will keep you moving and stretching in the chair. Call Amy 781-259-8811 to register. Please call COA by **Thursday** (before Monday class) to complete **waiver forms**.

NEW SAIL Fitness Class on Zoom with Derry Fridays Jan. 8, 15, 22 and 29 at 10:00am. 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 help you feel better. All you need to participate is comfortable clothing, a sturdy chair and light weights if you have them. Contact Amy to register (781-259-8811 or GagneA@Lincolntown.org). Please provide your correct email address for the fitness **waiver forms**. The Zoom link and password will be sent the night before the class.

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

<p>With our 130 year tradition of excellence in care for our community, you can trust us with all of your home care needs.</p> 	<p>➤ Reach the Senior Market ADVERTISE HERE</p>
<p>As a non-profit, Deaconess Abundant Life Services offers personal care assistance and help with all activities of daily living. Whether returning home from the hospital, memory support care or end of life care... turn to the name your community depends on.</p>  <p>978.402.8620 www.DeaconessServices.org</p>	<p>CONTACT</p> <p>Lisa Templeton to place an ad today! ltempleton@lpseniors.com or (800) 477-4574 x6377</p> <hr/> <p>TRAIN with SHAIN IN HOME PERSONAL TRAINING FOR SENIORS Gait, Balance/Fall Prevention & Strength Training (508) 231-6378 www.trainwithshain.net FULLY INSURED</p>

💡 **WHAT YOU NEED TO KNOW** 💡

Did you know Lincoln has a Food Pantry?

Latest Information from Karen Boyce, Food Pantry Coordinator

More this year, than any other time in memory, people of all ages, cultures, and professions are challenged to buy good food for themselves and their families. The St. Vincent de Paul (Lincoln Food Pantry) is located behind St. Joseph Church and provides wonderful food to people who live, work, or go to school in the towns of Lincoln and Weston. The pantry is open 4 days a month, generally the Wednesday and Thursday in the middle of the month and the Wednesday and Thursday at the end of the month, by appointment. If you are struggling with food insecurity, please reach out to both the Lincoln COA (781-259-8811) and St. Vincent de Paul (781-899-2611x4). Due to COVID restrictions, food is a curbside pick-up. In June of this year our supplier was forced to make cutbacks that resulted in a reduction of food. To make a donation, please contact St. Vincent de Paul at 781-899-2611x4 or visit the website: www.svdplincolnweston.org.

Virtual Oriole Landing Tour—January 12th at 3 pm

Virtual Oriole Landing **open house** with **Christopher Fernandez**. You've heard so much buzz around the community, now see it for yourself! This is the perfect opportunity to learn about the luxury apartment community, remaining inventory, amenity spaces, and everything this one of a kind rental community has to offer. Also, ask questions directly to the property management team. Sign up for Zoom by calling 781-259-8811 x102 or email GagneA@Lincolntown.org.

COME FOR FREE ONE-TO-ONE CONSULTATIONS!

Free Mental Health Clinic

The Lincoln Mental Health Clinic is available to Town residents of all ages. Appointments are in person, by Zoom, or by phone on **Jan. 5 or Jan. 19**. Call Abigail 781-259-8811 for an appointment. The 30 minute appointments are offered between 2:15–4:30 pm.

Veterans Office Hours



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

Town Social Worker Office Hours

Natalia Dedkov, Town Social Worker, is available to residents of all ages who are in need of assistance finding, applying for, or updating benefits related to housing, food, fuel assistance, property tax relief, and more! Natalia will have regular office hours each **Monday and Tuesday from 9 am to 3pm at Bemis Hall**. To avoid waiting, call ahead. You can reach Natalia by email at dedkovn@lincolntown.org.



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GOING ON IN AND AROUND LINCOLN



Winter Carnival-January 29 through January 31st
Outdoor Fun in Lincoln
Watch for details @ www.Lincolntown.org

Lincoln Library Invites Everyone to Zoom:
eBook Help with Elizabeth Creighton & Kate Tranquada
Friday, February 5, 2:00 - 3:00pm

Would you like to read or listen to library books on a Kindle or iPhone? Elizabeth and Kate can help. They will show you how to borrow eBooks and audiobooks from the Lincoln Public Library. They're available for troubleshooting, too.

Beginning February 12, drop-in help will be available most Fridays between 2:00 and 3:00pm
Contact Kate at ktranquada@minlib.net to have Zoom link sent to you.

***All are invited on January 20th at 11am to
"Chat with the Town Nurse"
to get the latest information on the COVID vaccines.
Call 781-259-8811 or email gagnea@lincolntown.org for Zoom info***