

The Lincoln Council on Aging

The Lincoln Council on Aging (COA) is the Town of Lincoln department that enriches the lives of residents 60 years or older by providing ongoing activities and programs. In addition, the COA is a resource to all Lincoln residents who request assistance to help their parents or other elderly relatives. It is the responsibility of the COA to identify the total needs of Lincoln elders, enlist support and participation to meet these needs, and design, advocate for and implement services to fill these needs.

The COA offers lectures and workshops, fitness and art classes, health clinics, discussion and support groups, art shows, performances, movies, games, gala social events, volunteer opportunities and more. Residents also enjoy a variety of trips, both near and far.

In addition, the COA provides essential services to Lincoln residents to assist them to remain safely in their homes, including information and referral, transportation, benefits help, medical equipment loan, emergency financial assistance, and more.

The COA and its programs and services are supported by the Town of Lincoln, the Friends of the Lincoln COA, the Massachusetts Executive Office of Elder Affairs, The Ogden Codman Trust, the Cambridge Savings Foundation, and the Pierce House.

Council on Aging Board

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**Open Monday through Friday,
8:30 a.m. to 4:30 p.m.**

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Are You a Lincoln Boomer?



***The Lincoln
Council on
Aging Has a
Lot to Offer
You!***

A Time of Transitions

One's 50s and 60s can be a time of great transition as we retire or change to part-time or consulting work, no longer have children at home, become grandparents, possibly face medical crises, begin to provide care for our parents, and so much more.

The Lincoln Council on Aging is here to help by providing the information you need as well as opportunities to use your skills and expertise to benefit others or to try something you've always wanted to do but never had the time to try.

Come on down to the COA and see what we can offer you and how you can give back to Lincoln as a COA volunteer!

Information to Help You Successfully Transition to Retirement

Educational programs are offered each month on such topics as Social Security, estate planning, and more. Watch the monthly bulletin to see what is scheduled.

SHINE (Serving Health Information Needs of Elders) – Individual counseling regarding health insurance, medical bills, and long term care needs. Call the COA for an appointment.

To Help You Stay Fit

Water Exercise at Healthpoint – Three times per week. Fee.

Fitness and Strength Training – Twice per week. Fee.

Tai Chi – Four times per week. Fee

Tap Dance for Fun—two times per week. Free

Opportunities to Meet Others

Senior Men's Coffee – Once per month. Free.

Finding What's Next Group – a weekly group to learn to “live what you love” Free.

Declutter Group – a monthly group to learn to declutter. Free.

Meditation – weekly meditation time. Free.

Inspirational Themes – weekly, to discuss what inspires you. Free.

Find a New Interest or Life Passion

Monthly trips to area sites and cultural experiences. Fee.

Lincoln Academy – Lincoln residents presenting on fascinating topics weekly. Free.

Cultural events – concerts, plays, lectures. Free.

Computer tutoring and classes Free.

Volunteering at the COA

Drivers for Meals on Wheels and transporting individuals.

Office Assistants

Hosts and Hostesses for social events.

Presenters and Facilitators

All the COA's events and activities are listed monthly in the newsletter which is mailed to each household in Lincoln. In addition, we invite you to call us for more information. We hope to see you at the COA soon!

Especially for Caregivers...

If you are a caregiver, we offer many services to help you and your Lincoln relative. Among these are:

Caregiver Lectures – Monthly.

Care management for evaluating in-home service needs, identifying agencies, arranging for services, and looking at housing options.

Transportation to medical appointments, shopping, and COA activities.

Loans of durable medical equipment such as wheelchairs, walkers, and canes.

Assistance in locating **respite care** for yourself.

Informational programs on health, legal, and financial issues.

For more information, call the COA and ask for Pam Alberts.