

The Lincoln Council on Aging

The Lincoln Council on Aging (COA) is a 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 require assistance to help their parents or other elderly relatives.

Pam Alberts, the COA's Assistant Director, provides individualized care management to help evaluate service needs, identify appropriate agencies and give guidance on arranging services, obtain benefits, and cope with the emotional issues of aging and caregiving. (Please note that we are not able to refer to individuals or those who provide services not related to elder care such as lawyers, financial planners, and home contractors, among others.)

In addition, the COA offers fitness, health, social, and educational programs that can improve functioning and enhance residents' ability to remain safely and independently in our community.

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

Dot Taylor, Chair
Ben Horne, Vice- Chair
Peggy Boyer, Treasurer
Valerie Lee, Recording Secretary
Flo Caras
Crawley Cooper
Don Milan
Julie Pugh
Mary Sheldon
Bob Sutherland
Barbara Terrano
Dilla Tingley

Council on Aging Staff

Carolyn Bottum, Director
bottumc@lincolntown.org

Pam Alberts, Assistant Director
albertsp@lincolntown.org

Bemis Hall
15 Bedford Road
(Mailing address: 16 Lincoln Road)
Lincoln, MA 01773
781-259-8811
Open Monday through Friday,
8:30 a.m. to 4:30 p.m.

Printed June, 2011

Help So You Can Stay in Your Home



***The Lincoln
Council on
Aging***

TO HELP YOU FIND SERVICES AVAILABLE FROM OTHER AGENCIES

Many elder services are available from local agencies to help you stay in your home. Make an appointment with Pam Alberts or call her to find out what services might help you live more easily and safely and what agencies provide them.

Among the elder services available from local agencies are:

- **Nursing care**
- **Home-delivered lunches each day**
- **Home health aides**
- **Personal care aides**
- **Housekeeping**
- **Laundry**
- **Shopping**
- **Companions**
- **Social day care, which offers activities in nearby centers for elders who need daily supervision**
- **Money management trained and bonded volunteers who help elders pay bills and manage their money**

SERVICES FROM THE LINCOLN COA

To Help You Maintain Independence

TRANSPORTATION

Rides to medical appointments, shopping, and COA activities. Call 781-259-8722 at least three business days in advance to book a ride.

MEDICAL EQUIPMENT LOAN

donated equipment for loan, including wheelchairs, walkers, tub chairs, canes, and more.

To Assist You in Staying Well

BLOOD PRESSURE CLINIC

Once per month.

PODIATRY CLINICS

Twice a month, please call to make an appointment.

WATER EXERCISE AT HEALTHPOINT

Three times per week.

FITNESS AND STRENGTH TRAINING AND CHAIR

FITNESS AND STRENGTH TRAINING

Twice per week.

TAI CHI

Three times per week.

Assistance with Benefits and Income

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.

INCOME TAX PREPARATION

State and Federal income tax preparation by trained volunteers. Call for an appointment February to April.

FUEL ASSISTANCE

Help with home heating bills for those who are income eligible.

Opportunities to Meet Others

SENIOR MEN'S COFFEE

All are welcome the third Thursday of month.

SENIOR DINING

A gourmet meal served once a month at a cost of \$4. Call to reserve your place.

FINDING WHAT'S NEXT

A weekly group to learn to "live what you love."

LET'S CONNECT

A group that meets monthly in person and by phone to connect and share life experiences.