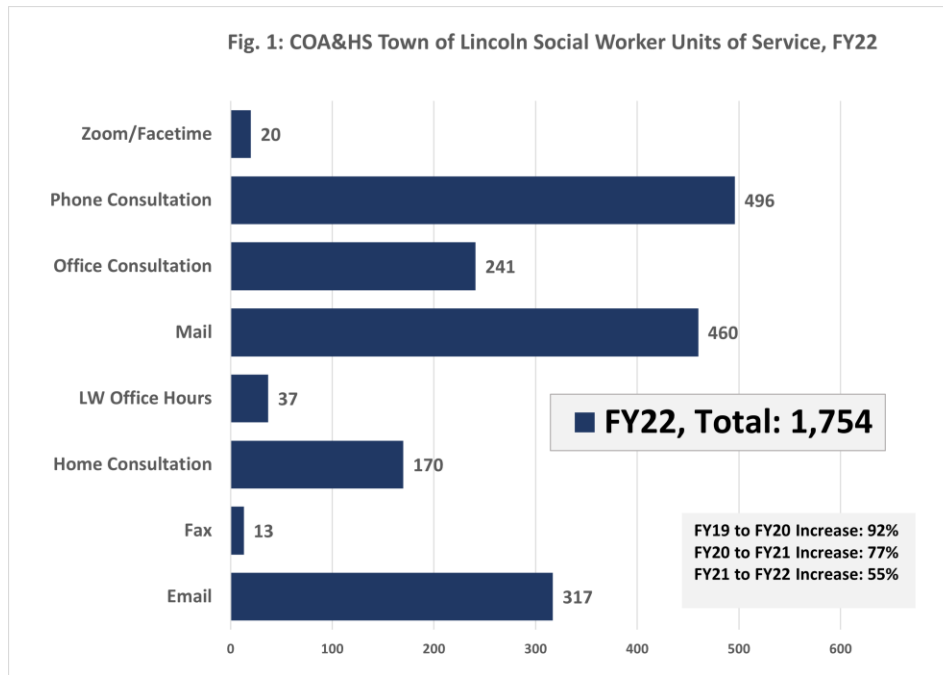




The Council on Aging & Human Services: Who We Serve

- Seniors aged 60+, **35% of Lincoln's total population/n=1,697** (source: census ACS 2020 5yr)
- Residents of any age who are caregiving for a senior
- Veterans of any age in need of benefits assistance
- Children of any age in need of mental health counseling
- Renters and homeowners of any age in need of assistance with housing costs
- Hanscom residents of any age in need of social services, mental health assistance, and crisis intervention



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In FY22 the COA&HS delivered:

- ✓ 9,906 programming opportunities to 1,182 unduplicated individuals including:
 - Congregate meals to 161 individuals
 - Health services to 643 individuals
 - Fitness and exercise to 195 individuals

Additionally, the COA&HS provided **4,161** units of social service support to **901** unduplicated individuals

Event Statistics from 07/01/2021 to 06/30/2022

Filters:

Age: >=0
Site(s): All

Category	Duplicated	Unduplicated	60 and Over Guests	Under 60 Guests
Community Education	198	127	3	0
Congregate Meals	481	161	3	7
Cultural Events	332	117	27	0
Fitness/Exercise	3866	195	25	3
Group Support	497	32	0	0
Health benefits counseling	154	102	0	0
Health Education	132	76	0	0
Health Screening	218	149	0	0
Health Services	1108	643	7	173
Intergenerational	22	20	0	4
Legal Assistance	14	14	0	0
Professional Services	241	153	5	7
Recreation/Socialization	2643	592	11	22
Total Event Signins	9906	1182	81	216

Helpful notes for reading the data.

Duplicated vs. Unduplicated

Mary Smith attends 5 tai chi classes. Her event statistics account for 5 of the duplicated count and only one of the unduplicated total count.

Units of Service

If the Town Social Worker assists John Smith for crisis intervention by phone, meets with him later that week to fill out assistance applications, and follows up later with an email regarding the status of his applications, each interaction counts as one unit of service.



The Council on Aging & Human Services: Who We Are

Our Mission: The COA&HS is a welcoming organization that...

- Embraces diversity, equity, and inclusion.
- Strives to enrich the lives of residents aged 60+ (approx. 1/3 of the pop.) & older residents to remain safely and independently in our community.
- Provides services to Lincoln residents of all ages who are in serious financial crisis or need help in caring for elders.
- Develops new social services resources for residents of all ages in collaboration with other Town departments and organizations.

Most of our educational, social, and recreational activities are open to people of all ages. We provide services to the entire community!

- 3 Full Time Staff: Director, Assist. Director, & Transportation Coordinator.



STAFF

Director

Abigail Butt, PhD
butta@lincolntown.org

Assistant Director

Amy Rettig
rettiga@lincolntown.org

Bemis Hall Coordinator

Barbara Low
lowb@lincolntown.org

Group Support

Claire Gerstein, LICSW
gersteinc@lincolntown.org

Property Tax Work Off

Terry Green
greent@lincolntown.org

Public Health Nurse

Tricia McGean
mcgeanp@lincolntown.org

Transportation/Social Worker

Carlee Castetter, MSW
castetterc@lincolntown.org

Town Social Worker

Natalia Dedkov
dedkovn@lincolntown.org

Veterans Services Officer

Peter Harvell
harvellp@lincolntown.org

Board of Directors

Dilla Tingley, Chair
 Laura Crosby, Vice Chair
 Thomas Casey
 Sally Kindleberger
 Wendy Kusik
 Don Milan
 Terry Perlmutter
 Jane O'Rourke
 Kathy Ramon
 Donna Rizzo
 Peter Von Mertens
 Hope White

Mental Health

- Weekly Adolescent Mental Health Clinics at Hartwell
- Weekly Adult Mental Health Clinics at Lincoln Woods
- Weekly Support Groups (caregiver, bereavement, COVID, and “Change & Resilience”)

Public Health & Wellness

- COVID & High Dose Flu Vaccination Clinics
- Bi-monthly blood pressure/wellness clinics at Lincoln Woods & Bemis
- Bi-monthly podiatry clinics
- Hearing screening clinics
- Home Safety Evaluations & Medical equipment loan program

Nutrition

- Weekly congregate dining
- Home delivered meal referral

Transportation

- Free local transportation to medical appointments and activities
- Free medical transportation into Boston
- “RMV Near Me”
- Comprehensive transportation counseling, including “The Ride”

Social Services

- Free legal clinics, Veterans services, AARP tax preparation, notary services, SHINE medical insurance counseling, & English language learner services
- Financial crisis assistance: Property tax relief, Emergency Assistance Fund, Low-income energy assistance, Rental Assistance Program, Water Discount Program

Programming

- Physical Wellness: Fitness & Exercise, Guided trail walks, Community education, etc.
- Social Wellness: Trips, Lincoln Academy, Foreign language conversation groups, etc.