

Who we are: 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.) and assist 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, Assistant Director, & Transportation Coordinator.

Staff

Director Abigail Butt, PhD	Public Health Nurse Tricia McGean, RN
Assistant Director Amy Rettig	Transport/Social Worker Carlee Castetter, MSW
Bemis Hall Coordinator Barbara Low	Town Social Worker Natalia Dedkov
Group Support Claire Gerstein, LICSW	Veterans Services Officer Peter Harvell
Property Tax Work Off Terry Green	

Who we are: The COA&HS Provides...

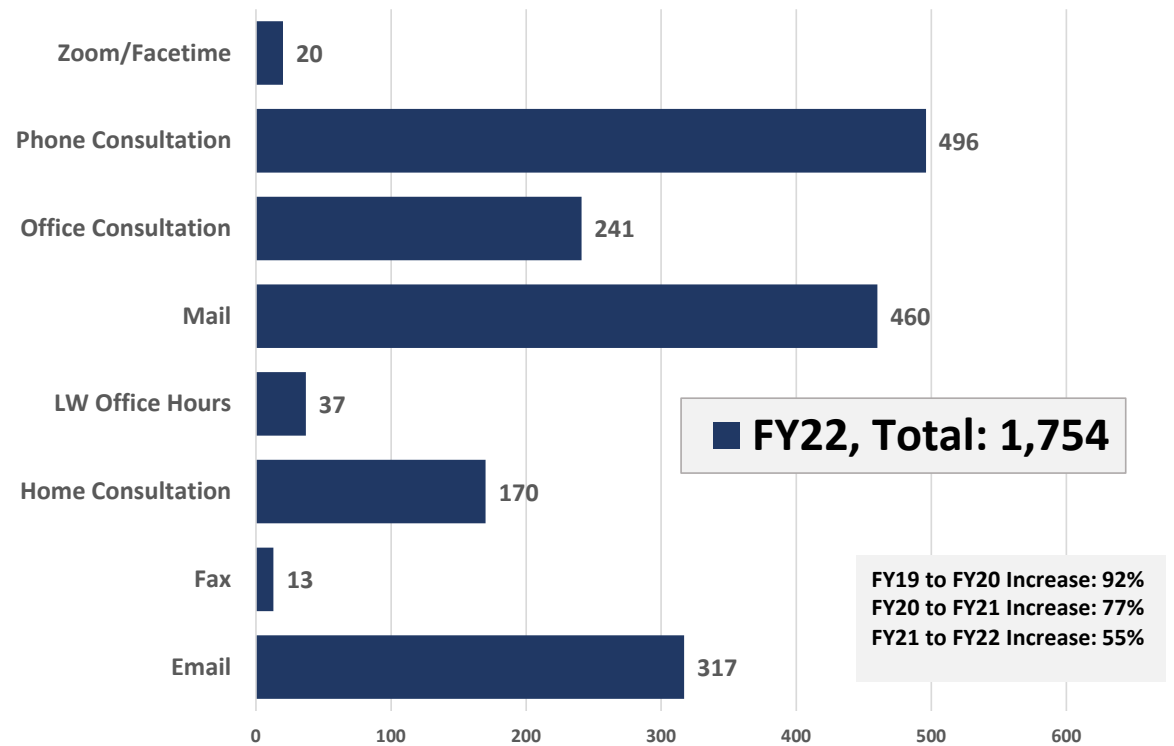
- **Mental Health**
 - Weekly Adolescent Mental Health Clinics at Hartwell
 - Weekly Adult Mental Health Clinics at Lincoln Woods
 - Weekly Support Groups (caregiver, bereavement, COVID, and “Change & Resilience”)
- **Public Health & Wellness**
 - COVID & High Dose Flu Vaccination Clinics
 - Bi-monthly 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
- **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
 - Social Wellness: Trips, Lincoln Academy, Foreign language conversation groups, etc.



WHO WE ARE: THE COA&HS SERVES...

- 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

Fig. 1: COA&HS Town of Lincoln Social Worker Units of Service, FY22



WHO WE ARE: THE COA&HS DELIVERS...

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

THE COA&HS AND Bemis Hall

SAFE ADEQUATE SPACE TO RUN PROGRAMS

Bemis Hall is a beautiful, historic building *but* it was never meant to house senior programming.

Bemis lacks accessibility.

- Insufficient parking and too far from building, entrances to building difficult to navigate, no handicap bathrooms on the first floor

Bemis is only partially usable.

- Poor air quality in the basement and no air conditioning in the auditorium
- No “serve safe” kitchen for congregate meals
- Lack of private space to provide private assistance, counseling services, or benefits assistance

But what will happen to Bemis Hall?

- We anticipate that the upstairs hall will continue to be used for performances, classes, dances, lectures, meetings, and private functions just as it is now.
- Bemis Hall is utilized by an array of community groups who operate within the space at different levels of intensity, including basic storage to regular meeting space.
- The space vacated by the COA&HS needing to be filled includes the 450 square foot program room and two small offices in the basement, and the first-floor space. Two ideas for using this for municipal space that have been discussed include programming space for the Library and potential expansion space for various existing town departments and organizations.
- If space is left over, Lincoln could follow the lead of other cities and towns that have buildings much like Bemis Hall and rent it to non-profit organizations, small professional firms, and others or use it for arts or other purposes.