

A message from the Bedford CoA COA Connections - [December 2020](#)

Bedford COVID 19 - Resources

Bedford Links - [Link here](#) for the Bedford Covid-19 Resources webpage

Bedford Food Bank at Town Center Building - [Link Here](#)

Bedford Neighbor Brigade - [Link Here](#)

Minuteman Senior Services - [Link Here](#)

Covid Testing at First Parish on The Common - [Link Here](#)

Massachusetts COVID 19 - Resources

Information Outbreak of Coronavirus Disease 2019 (COVID-19) - Mass.gov
[Link Here](#)

Mass COVID-19 News and Information - Mass AARP [Link Here](#) 7/15/20

Massachusetts Councils on Aging - Coronavirus (COVID-19) - [Link Here](#)
Covid-19 and Dementia - Massachusetts Councils on Aging - [Link here](#) for information and links to the Alzheimer's Association and support resources.

Mass AARP Coronavirus Scam Alerts Oct 2020 - Mass AARP - [Link Here](#)

Mass AARP Coronavirus Scam Alerts Nov 2020 - Mass AARP - [Link Here](#)

Internet Safety for Seniors (Elderly) - VPNandGo - [Link Here](#)

Social Security & Coronavirus Disease (COVID-19) - [Link Here](#)

Medicare & Coronavirus - [Link Here](#)

Centers for Disease Control and Prevention - (COVID-19) - [Link Here](#)

In the News - Big Picture

[Biden's Plan for Seniors Is Not Just a Plan for Seniors](#)

New York Times - Nov 27, 2020

The incoming administration aims to tackle child care, elder care, preschool and more in one ambitious aid program.

[What Will Biden Do For Seniors?](#)

Forbes - Nov 10, 2020

In his campaign, President-elect Joe Biden promised a wide range of policy changes aimed at supporting older adults, including paid leave and tax credits for families caring for older adults

Grandparenting

[Grandparents Are Lying to Their Kids So That They Can See Their Grandchildren](#)

Glamour - Nov 23, 2020

Like most tentative and excited first-time moms, Katie, 33, had planned to enforce a few rules for visiting friends and relatives anxious to hold her newborn: Wash your hands. Don't come over unannounced. Be prepared to help. Bring food.

[Grandparents Send 6-Foot Cardboard Cutouts of Themselves to Their Grandkids for Thanksgiving](#)

People Magazine - Nov 26, 2020

A set of grandparents from Texas weren't able to be with their grandchildren in-person for Thanksgiving, but that didn't stop them from finding a way to still be present at the dinner table.

[What Happens When Grandparents Help Raise Children](#)

Greater Good Magazine - Nov 20, 2020

New research reveals how grandparents play a key role as co-caregivers of their grandchildren across the globe.

In the News - Seniors and Pets

[Pet adoption program expands to help seniors keep pets amid the pandemic](#)

CNN - Nov 12, 2020

(CNN)Joan Reidy, 67, watches and laughs as her new dog Babygirl darts around the backyard. "I call them 'zoomies' because they run and run. So energetic!" Reidy told CNN. "I have to keep up with her and so we go on a lot of walks.

[You and your best friend: How to rent and have a pet](#)

Starts At 60 - Nov 6, 2020

It's little wonder then that many seniors are turning to pet ownership for a sense of comfort and companionship. A 2013 study found pet ownership has the potential to reduce the impacts of physical and emotional disorders in the elderly by providing companionship

COVID-19 Emotional Toll

[Free program supports Massachusetts seniors living at home](#)

WCVB - Nov 17, 2020

COVID-19 has dramatically impacted older adults, through illness or the isolation often needed to keep them healthy. In Massachusetts, a free program is supporting those able to stay in their homes by partnering with families as the pandemic

[Facebook Live: Helping COVID's Secondary Victims: Grieving Families and Friends](#)

Kaiser Health News - Nov 16, 2020

The coronavirus pandemic has killed more than 246,000 people in the U.S., but it also has left hundreds of thousands of others grieving, and often feeling as if they have been robbed of the usual methods for dealing with the loss

In the News - Money

[5 Medicare Surprises That Could Wreck Your Retirement](#)

Motley Fool - Nov 30, 2020

Millions of seniors rely on Medicare for health coverage, but misunderstanding how the program works could make for a financially rocky retirement. Here are a few aspects of the program that tend to catch retirees off guard.

[Re-Connecting Seniors Virtually Through Chair Exercise Classes](#)

The Bedford Citizen - Nov 9, 2020

Ever wonder what is going on at the Council on Aging (COA), even though our doors are closed? How our older neighbors are doing during this time of Covid-19?

[There's No Stopping These Seniors; Even A Pandemic Can't Bring Them Down](#)

NPR.org - Nov 26, 2020

On the rare occasion she leaves her room, Diane Evans uses a walker to gingerly navigate San Francisco's Tenderloin neighborhood. Most days, the 74-year-old wears a multicolored head wrap, known as a gele, an extra-large T-shirt and plaid pajama pants.

Podcasts



[Human Touch](#) 6 minutes

Retirement Talk for Boomers, Seniors, Retirees - Nov 22, 2020

The Social Security dilemma, climate change and health care are going to demand change; big change. Now may be a good time to let your imagination run wild.

[Senior Matters Honors Veterans Day](#) 24 minutes

NPR.org Senior Matters - Nov 11, 2020

This month, Senior Matters falls on Veterans Day! Diane calls up retired U.S. Airforce Colonel Gregory J. Rosenmerkel to talk about service and the evolution of the Department of Veterans Affairs.

[Medicare Supplements & Advantage - Where Does Part D Fit In?](#) 27 minutes

Retirement Starts Today Radio - Nov 9, 2020

Do you know the difference between a Medicare supplement and a Medicare advantage plan? You'll need to understand their differences to make an educated decision about which to choose when it is time to sign up for Medicare

[Helpful Ways To Cope With Loneliness During The Holidays](#) 20 minutes

Senior Fitness With Meredith - Nov 24, 2020

This week we wanted to discuss an important topic that we think gets overlooked when it comes to this time of year. Dealing with feelings of loneliness especially during the holidays

In the News - Technology

[The Importance of Tech Education for Older Adults](#)

US News & World Report - Nov 25, 2020

THE ONSET OF THE COVID-19 pandemic has caused a surge in the use of digital health care, including among older adults.

[Amazon Unveils ‘Care Hub,’ a New Alexa Tool Designed for Aging in Place](#)

Home Health Care News - Nov 12, 2020

Amazon (Nasdaq: AMZN) has taken another step toward taking over the aging-in-place space. Earlier this week, the online retail and technology giant announced it is rolling out a new health care feature through its Alexa device aimed at helping informal caregivers monitor seniors inside the home.

In the News - Scams

[Majority of seniors have been targeted by a Social Security scam in the past three months. Here’s how to protect yourself](#)

CNBC - Nov 23, 2020

If you receive a text, email or phone call purporting to be from the Social Security Administration, think twice before responding.

[FTC Report Reveals Top 10 Biggest Senior Fraud Scams](#)

Reverse Mortgage Daily - Nov 11, 2020

The Federal Trade Commission (FTC) released a report this week dedicated to educating American consumers on the biggest ways in which fraudsters attempt to take advantage of American seniors

In the News - Health Issues

[Why Don’t Seniors With Depression Get Treatment?](#)

Forbes - Nov 16, 2020

A new nationwide poll shows that nearly two-thirds (61%) of Americans age 65 or older who have concerns about having depression will not seek treatment.

[Brain-boosting supplements may have high doses of unapproved Rx medications](#)

Washington Post - Nov 23, 2020

Dietary supplements marketed as brain boosters may contain high doses of pharmaceutical drugs that aren’t approved for use in the United States

In the News - Caregivers

[How to Be a Caregiver](#)

The New York Times Well - Nov 30, 2020

Even if you're not a caregiver now, odds are that you will find yourself in the role someday. In the United States about one in five adults

[Long-Term Care Workers, Grieving and Under Siege, Brace for COVID's Next Round](#)

Kaiser Health News - Nov 16, 2020

Months of caring for older adults in a Rhode Island nursing home ravaged by COVID-19 have taken a steep toll on Silvestri, 37, a registered nurse. She can't sleep, as she replays memories of residents who became ill and died. She's gained 45 pounds.

[5 Ways to Deal with Caregiving Stress During COVID](#)

Psychology Today - Nov 19, 2020

Last week, I met with a stressed out and burned out caregiver. Before the Coronavirus Pandemic, the care recipient (the husband) had a home health aide 3 days a week and attended an adult day program 5 days a week.

[Majority of family caregivers in survey report depression, missing work](#)

HR Dive - Nov 24, 2020

The impact of COVID-19 "has only exacerbated the number of novice family caregivers" in the U.S., Carewell said in a statement accompanying the survey results.

In the News - Medicare Open Enrollment

[Medicare Open Enrollment Is Complicated. Here's How to Get Good Advice.](#)

Kaiser Health News - Nov 24, 2020

If you've been watching TV lately, you may have seen actor Danny Glover or Joe Namath, the 77-year-old NFL legend, urging you to call an 800 number to get fabulous extra benefits from Medicare.

[Preparation for healthcare: Medicare checklist](#)

Medical News Today - Nov 16, 2020

Most people in the United States become eligible for Medicare when they turn 65 years old. Having a Medicare checklist can help people keep track of the choices they need to make and the timeframes for doing so

In the News - Aging in Place

[Researcher examines benefits of supportive communities for older adults](#)

Science Daily - Nov 17, 2020

To find out just how well the aging-in-community strategy is working, a University of Central Florida health management and informatics researcher examined three aging-in-community programs in Florida. Her study is among the first to examine some key variables for these programs.

[WSJ: Pandemic Spurring 'Wave' of Innovation to Support Aging in Place](#)

RMD - Nov 17, 2020

The ongoing impact of the COVID-19 coronavirus pandemic is causing many Americans to re-evaluate how they wish to spend their retirement years, with more saying that they wish to spend those years at home.

In the News - Working

[Growing Number of Americans Are Facing Early Retirement](#)

US News & World Report - Nov 30, 2020

ANY TIME A WORKER becomes unemployed during a recession, he or she may need to draw down savings or investments to cover expenses. That problem compounds for workers nearing retirement because they have fewer years ahead

[3 Ways Working in Retirement Could Affect Your Social Security Checks](#)

Motley Fool - Nov 23, 2020

For many Americans, retirement won't mean giving up work entirely. And that's not necessarily a bad thing, as continuing to hold a job in your later years can allow you to hopefully do something you enjoy while also increasing your financial stability.

[64% Of Americans Think They'll Keep Working After Retirement](#)

KAKE.com - Nov 17, 2020

What it means to be retired in America may look differently than we imagine, as more than 6 in 10 Americans think they'll keep working after retirement, according to the latest MagnifyMoney survey

[Seniors Working Past Average Retirement Age Out Choice, Necessity](#)

Spectrum News - Nov 19, 2020

PLACENTIA, Calif. — There's a saying that goes, "Age is inevitable. Aging isn't." Just take a look at Phyllis White who is still putting the pedal to the metal