

A message from the Bedford CoA COA Connections - [March 2021](#)

Bedford COVID 19 - Resources

Bedford [COVID-19 Vaccine Information: [CLICK HERE](#)]

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 Jan 2021 - Mass AARP - [Link Here](#)

Mass AARP Coronavirus Scam Alerts Feb 2021 - Mass AARP - [Link Here](#)

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

Federal COVID 19 - Resources

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 - Vaccine Covid-19



[Local Councils On Aging Call On State To Localize Vaccine Efforts](#)

WGBH.org - Feb 21, 2021

The state is doubling down on its mass vaccination centers — and, except in some hardest-hit communities, it won't send vaccines to local health boards.

[Countless Homebound Patients Still Wait for Covid Vaccine Despite Seniors' Priority](#)

Kaiser Health News - Feb 22, 2021

Opening another front in the nation's response to the pandemic, medical centers and other health organizations have begun sending doctors and nurses to apartment buildings

[Some retirement communities lure new residents with promise of Covid-19 vaccines](#)

NBC News - Feb 18, 2021

For a decade, Jennifer Crow has taken care of her elderly parents, who have multiple sclerosis. After her father had a stroke in December, the family got serious

[Naperville vaccine 'buddies' work day and night to help seniors book COVID-19 vaccination appointments](#)

Chicago Tribune - Feb 25, 2021

Like many children and grandchildren in Naperville this past year, Laura Gaskill isolated from her parents, who are in their 70s, to protect them

In the News - Technology

[Seniors Seeking Vaccines Have a Problem: They Can't Use the Internet](#)

New York Times - Feb 28, 2021

Older adults living alone often lack access or an understanding of technology, and many are unsure how to sign up for an appointment.

Grandparenting

[Can I hug my vaccinated grandparents? A Vanderbilt expert weighs in](#)

WTVF - Feb 23, 2021

NASHVILLE, Tenn. (WTVF) — To the world, she's Loyce Holloway -- a retired teacher and church organist. To NewsChannel 5 Reporter Chris Davis, she's "Mimi H,"

[How to safely visit your grandparents once they're vaccinated](#)

Philadelphia Inquirer - Mar 1, 2021

Older adults are getting the vaccine. Once they do, can you visit? Here's how to think about risk and minimize it when visiting older relatives

In the News - Seniors and Pets

[Are Dogs or Cats Better for the Mental Health of Seniors?](#)

Psychology Today - Feb 28, 2021

There is already a lot of data which has indicated that living with a pet dog is improves both psychological and physical health. The current global pandemic has shifted the spotlight onto whether pets improve the welfare of older adults

[COLUMN: Helping older adults to care for their four-legged companions](#)

Meadville Times - Feb 15, 2021

Anyone who knows me can tell you that one of my greatest loves is animals. Growing up on a farm I worked with, and cared for a wide variety of animals, even those that ultimately provided sustenance for our family

In the News - Community



[Old and young become pandemic pen pals](#)

CBS Evening News - Mar 2, 2021

Young students are writing letters to their elderly pen pals to help ease their loneliness during the pandemic. Chip Reid shares their story.

Transportation

[Lyft focuses on seniors with new option to book rides by phone call](#)

CNN Business - Feb 24, 2021

Lyft is adding an option to allow people to order a ride in a more retro way -- by phone call -- a year after Uber tried doing the same before shutting it down.

In the News - Scams

[Scammers using different ways to take advantage of state's COVID-19 buddy system](#)

WWLP.COM - FEB 17, 2021

SPRINGFIELD, Mass. (WWLP) – The state's companion system is supposed to help seniors who may not want to get their vaccine by themselves.

[IRS Scams Can Target Seniors . . . What Family Caregivers Can Do](#)

TAPintoROXBURY - Feb 26, 2021

At first, 82-year-old Steve was alarmed by the message he discovered on his voice mail. "The caller said the IRS (Internal Revenue Service) was filing a lawsuit against me. I called the number back and they asked for my account number.

[Beware of Robocalls, Texts and Emails Promising COVID-19 Cures or Stimulus Payments](#)

AARP - Feb 23, 2021

JACKSON, Miss. (WJTV) – A non-profit organization that helps people older than 50 is warning them to be aware of COVID-19 scams. AARP leaders said scammers are targeting seniors, because they are more trusting.

Podcasts



[Hey Caregiver, Don't Worry About Being Judged!](#) 50 mins

All Things Seniors: A Podcast For Caregivers - Feb 27, 2021

Now, let us talk about facts concerning caregiving in society today: Number 1: Did you know that an estimated 50 million-plus people in North America are caregivers for a family member or a loved one?;



[How The Corona Virus Challenges Us](#) 24 minutes

Senior Fitness With Meredith - Mar 1, 2021

Hello and thank you for joining us on today's podcast episode!

In the News - Aging in Place

[Seattle residents look to backyard cottages, home modifications to enhance multigenerational living](#)

Seattle Times - Feb 22, 2021

When Molly Branson Thayer relocated from Chicago to Seattle in 2014, her mother, Barbara Branson, came along. At first, Thayer and her crew — husband, two children, mother — lived together in a three-bedroom house.

[Open House: Converting homes to safely age in place](#)

Global News - Feb 20, 2021

The aging population spread of COVID-19 in care homes has led to an increase in renovations on current homes to allow aging in place

In the News - Money

[Are You Being Too Frugal in Retirement?](#)

Kiplinger - Feb 19, 2021

You might be surprised how common it is to be so afraid to spend that you don't fully enjoy your retirement. But there are things you can do about that. Here are four tips if your fears are holding you back.

[3 Retirement Myths, Debunked: Social Security, The Stock Market And Savings](#)

Forbes - Feb 22, 2021

Retirement should inspire thoughts of mixed drinks on the beach and long afternoons with the grandkids. But for many people, just mentioning the word spurs anxiety.

[4 Social Security Oversights That Could Cost You Thousands in Retirement](#)

MSN News- Feb 27, 2021

Social Security, along with pension plans and personal savings, stands as one of the three main sources of income for people in retirement.

In the News - Working

[Delaying retirement might not solve savings shortfall after all: 4 policy recommendations](#)

Benefits -Pro - Feb 16, 2021

Models that conclude working longer is better financially don't account for actual experience, say researchers at the New School's Schwartz Center for Economic Policy Analysis,

[Unpaid Family Caregivers Recognized With First-Ever Family Caregiver Awards](#)

Forbes - Feb 25, 2021

Caring for loved ones who are sick or disabled can be thankless; during the pandemic, it can be downright unbearable. In a recent global survey, 62% of caregivers said the person they care for does not appreciate their efforts.

Caring for loved ones who are sick or disabled can be thankless; during the pandemic, it can be downright unbearable.

[What Family Caregivers Need to Know About Getting the COVID-19 Vaccine](#)

Healthline - Feb 28, 2021

Family caregivers have put their lives on the line during the pandemic by providing care for older or disabled people who depend on them for daily assistance

[Caring Locally for Caregivers: How State and Local Laws Protect Family Caregivers from Discrimination at Work](#)

AARP Magazine - Feb 25, 2021

Currently, about 41 million Americans provide care to an adult with limitations in daily activities such as eating, dressing, or bathing, and approximately 60 percent of these family caregivers work at a paying job.