

**A message from the Bedford CoA COA Connections - [April 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 - Big Picture

### **[Turning Away From Nursing Homes, to What?](#)**

*New York Times - Apr 1, 2021*

Covid-19 has driven down Americans' demand for senior care facilities. Building support for more elders to remain at home requires systemic changes.

## In the News - Vaccine Covid-19

### **[‘I Can Breathe Again’: Older Adults Begin to Test Freedom After Covid Vaccinations](#)**

*Kaiser Health News - Mar 31, 2021*

With a mix of relief and caution, older adults fully vaccinated against covid-19 are moving out into the world and resuming activities put on hold during the pandemic.

### **[The COVID-19 Vaccine Distribution Plan in Massachusetts](#)**

*AARP Massachusetts - Mar 26, 2021*

Adults age 60-plus and people with two or more serious medical conditions. People who accompany older adults to one of the state's mass vaccination sites can also be immunized if

### **[COVID vaccine: Massachusetts launches new program to reach homebound seniors, other residents](#)**

*MassLive - Mar 25, 2021*

Massachusetts is shifting its focus to get COVID-19 vaccines to homebound residents, starting with the launch of a phone line to get these residents appointments.

### **[Senate Passes Bill Opening Up VA to Vaccinate Millions More Veterans, Caregivers](#)**

*Military.com - Mar 18, 2021*

The Senate on Wednesday unanimously passed a sweeping new authorization for the Department of Veterans Affairs that would supercharge the agency's ability to deliver vaccines to millions

## In the News - Technology

### [Seniors escape isolation of pandemic with the help of virtual reality](#)

*WCYB - Mar 9, 2021*

ABINGDON, Va. (WCYB) — Virtual reality isn't just for gamers anymore. The Commonwealth Senior Living Facility in Abingdon is giving residents a chance to experience the sights and sounds of the world despite the limits of living in a nursing home.

### [Chicago Seniors Learn New Technology To Stay Connected During Pandemic](#)

*NBC Chicago - Mar 17, 2021*

The pandemic has forced a group of seniors on Chicago's Far South Side to adapt to changing times, embracing new technology to stay connected with family,

### [Seniors receiving free virtual coaching on learning how to use technology](#)

*13 NewsNow - Mar 17, 2021*

'HealthWise' is providing free weekly virtual training for older adults who need help with using technology.

## Grandparenting

### [The Year Grandparents Lost](#)

*The New York Times - Mar 11, 2021*

Kathy Koehler had made elaborate plans to meet her first grandchild. Her daughter, who was expecting a baby last March, lived in London, and Ms. Koehler intended to fly there from her home in Ann Arbor, Mich.

### ['I've missed you so much': Now vaccinated against COVID-19, grandparents are reuniting with their families across the US](#)

*USA Today - Mar 27, 2021*

Three-year-old Trax waved from a distance, but his hesitant steps turned to a run when he heard his grandmother's voice ringing through the park.

### [Can vaccinated grandparents finally see their grandkids? Your coronavirus questions answered](#)

*CBC.ca - Mar 9, 2021*

Is it safe for vaccinated grandparents to see their grandkids? It's been an incredibly long and difficult year

## In the News - Seniors and Pets

### [Senior advocate: Getting a pet can help with loneliness but it's also a commitment](#)

*Ventura County Star - Mar 17, 2021*

QUESTION: I have been feeling lonely and was considering getting a pet to keep me company. Do you have any recommendations before I make my decision?

### [A New DC Program Lets Housebound Seniors Sign Up for Zoom Sessions With Rescue Animals](#)

*Washingtonian - Mar 5, 2021*

Just as humans are hitting peak Zoom fatigue, a new initiative is putting animals in front of the screen.

### [The profound benefits of pets for seniors](#)

*Cincinnati Business Journal - Mar 8, 2021*

According to a 2018 AARP survey, nearly one in three Americans over the age of 45 suffer from loneliness, a rate which is only expected to rise as more older adults choose to age in place, often living alone

## In the News - Scams

### [AARP Massachusetts Fraud Watch Update: March 2021](#)

*AARP Massachusetts - Mar 5, 2021*

Did you know that someone's identity gets stolen every two seconds? The AARP Fraud Watch Network provides you with tips and resources to help you spot and avoid identity theft and fraud so you can protect yourself and your family

### [Massive international fraud tricked seniors into sending money to criminals in Baltimore, federal indictment says](#)

*Baltimore Sun - Mar 26, 2021*

A 91-year-old living on the Puget Sound in Washington got an urgent call in January 2019: His grandson was a passenger in a vehicle stopped in Baltimore with a large amount of cocaine, and he was being held on federal drug charges.

## In the News - Aging in Place

### [Infographic: How to Build a High-Tech Home for Independent Seniors](#)

*HealthTech - Mar 17, 2021*

Learn about the many ways smart home devices are providing much-needed solutions for at-home care for seniors.

## Podcasts



### [Top 5 Tips for Caregivers from Season 1 + 1 Bonus Tip!](#)

24 mins

*All Things Seniors: A Podcast For Caregivers - Mar 25, 2021*

In this episode, Rafiq will share five essential tips he learned from all the episodes in the first season that helped shape caregivers into becoming better caregivers to their loved ones

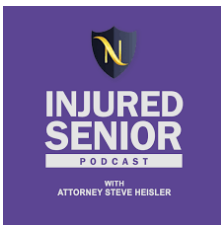


### [Believe In Yourself](#) 4 minutes

*Senior Fitness With Meredith - Mar 29, 2021*

“You become what you believe.”- Oprah Winfrey

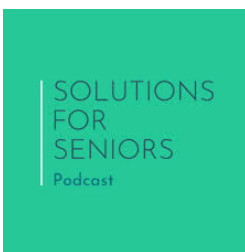
This motivation is about believing in yourself! Always looking on the bright side and thinking positive about ourselves



### [Do Public Guardianships Help the Elderly?](#) 32 Minutes

*Injured Senior Podcast - Mar 29, 2021*

When a person is deemed to lack capacity and has no responsible person to make decisions on their behalf, the state will then appoint a public guardian.



### [What to consider when choosing an in-home care provider](#) 10 Minutes

*Solutions for Seniors - Mar 24, 2021*

Last week I talked about all the different options you and your aging loved one have for in home care options. After talking it over with your loved one now it's time to make the decision on what care is needed and to hire an agency to provide that care

## In the News - Working

### [6 Ways to Keep Working After Retirement, Whether You Want Some Extra Spending Money or Are Ready to Try Something New](#)

*Real Simple - Mar 1, 2021*

Retirement planning centers around saving and investing enough money to last you from the day you stop working to the end of your life. But what if your calculations were off?

## In the News - Money

### [When Should You Start Taking Social Security?](#)

*Forbes - Mar 19, 2021*

Determining the best time to take your Social Security benefits is a complex decision. You might have heard you're supposed to wait until at least full retirement age

### [Didn't Save Enough for Retirement? 4 Ways to Work Around It](#)

*Motley Fool - Mar 14, 2021*

Ideally, you should enter retirement with about 10 times your final annual salary socked away in your investment portfolio. You'll need those assets to supplement your Social Security benefits, which only pay the average senior today about \$18,000 a year.

## In the News - Caregivers

### ['I just can't take it' — Covid piles more stress and financial strain on already-burdened family caregivers](#)

*CNBC - Mar 29, 2021*

Over the past year, Ellen Minor has been caring for her 93-year-old father in their Covid bubble. It's been far from easy. "I can't tell you how close I have come to forcing myself to retire early, which means paying for my own medical insurance,"

### [Beyond Burnout: The Exhausting Reality of Unpaid Family Caregivers](#)

*AARP Magazine - Mar 25, 2021*

At 42, Kate Washington was a busy freelance writer whose younger daughter was just starting kindergarten — a shift she hoped would give her more time to focus on her career. But life had other plans

### [What Adult Children Can Do To Prevent Caregivers From Ripping Off Aging Parents](#)

*Forbes - Mar 10, 2021*

For anyone with aging parents, the question of getting help for your elders is likely to come up eventually. At some point, most families want to find someone to help a parent or grandparent remain safely at home

### [The Saving Power of a Caregiving Journal](#)

*AARP Magazine - Mar 2, 2021*

While recently rereading the journal that I kept from 2010 to 2017 when I was a dementia caregiver for my stepfather and, later, my mother, I came across this passage from