

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

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

[Biden Seeks \\$400 Billion to Buttress Long-Term Care. A Look at What's at Stake.](#)

Kaiser Health News - Apr 12, 2021

There's widespread agreement that it's important to help older adults and people with disabilities remain independent as long as possible. But are we prepared to do what's necessary, as a nation, to make this possible

[The Health 202: Biden wants more seniors to get care at home instead of in a nursing facility](#)

Washington Post - Apr 1, 2021

President Biden wants to let more seniors and those with disabilities get care at home instead of having to live in a nursing facility.

In the News - Housing

[Covid Forces Cohousing Communities to Examine Shared Values and Relationships](#)

Kaiser Health News - Apr 30, 2021

Tensions were running high at PDX Commons, a cohousing community for adults 55 and older in Portland, Oregon.

[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 - Technology

['So Deep And So Rich': Seniors Stay Connected Via Their New Life On Zoom](#)

NPR.org - Apr 4, 2021

Last March, I visited a senior center in Manhattan on its last day of programming before lockdown forced everything in New York City to a grinding halt.

[How seniors can thrive in a cashless world](#)

MarketWatch - Apr 29, 2021

We're becoming a cashless society. Where does that leave people more comfortable with paper money?

[Skyrocketing cost of long-term-care insurance leaves a couple in a bind](#)

Boston Globe - Apr 25, 2021

Tom Flannery, 72, of Bedford, bought an insurance policy 17 years ago to cover the cost of care in case he or his wife (or both) became unable to care for themselves due to declining health.

[Mortgages for seniors: What to know before getting a home loan in retirement](#)

Bankrate - Apr 5, 2021

With mortgage rates still at historic lows, retirees and seniors can take advantage of the opportunity to downsize, buy a vacation home

[Americans Are Dangerously Underestimating Healthcare Costs in Retirement, a Study Indicates](#)

Motley Fool - Apr 12, 2021

When preparing for retirement, it's important to make sure you have enough money to cover essentials. And medical care is one of the most essential of them all.



[For Seniors Looking To Stay Sharp In The Pandemic, Try A Game Of Spades](#)

NPR.org - Apr 17, 2021

When you hear the sound of cards being shuffled in the South, there's a good chance that a hearty, yet competitive game of spades is underway.

[Brisk Walking Is Good for the Aging Brain](#)

New York Times - Apr 1, 2021

Older people with mild cognitive impairment showed improvements in brain blood flow and memory after a yearlong aerobic exercise program.

Grandparenting

[After 14 months of COVID isolation, there was one thing they missed most: their grandchildren](#)

The Boston Globe - Apr 1, 2021

When was the last time Jackie Jones and Jeffrey Abramson had held their grandchildren Henry and Amelia? It had to have been January of 2020,

In the News - Vaccine Covid-19

[The Vulnerable Homebound Are Left Behind on Vaccination](#)

Kaiser Health News - Apr 30, 2021

It was April, more than three months into the vaccination campaign against covid-19, and Jim Freeman, 83, still had not gotten his first dose.



[Most Massachusetts Seniors Have Received The COVID-19 Vaccine And Some Are Ready To Tango](#)

WGBH.org - Apr 13, 2021

Double vaccinated, Sue Lonoff de Cuevas is back at a Medford, Massachusetts dance studio in a close tango embrace with her instructor.

[75% Of U.S. Seniors Have Now Been Vaccinated. These 12 States Are Leading The Way.](#)

Forbes - Apr 3, 2021

The United States has put coronavirus vaccine shots into 75% of seniors' arms as of Saturday, a massive vaccination rate for one of the pandemic's hardest-hit groups

[After a year at home, vaccinated seniors find joy in planning travel again](#)

Washington Post - Apr 7, 2021

Liz and J.B. Wright have been busy during the past year in Virginia: puzzles, curbside pickup, painting rooms at home, FaceTiming with family, watching after one of their grandchildren

[Virus notes: COVID cases among people over 70 way down](#)

CommonWealth Magazine - Apr 1, 2021

THE HIGH VACCINATION rate among older people in Massachusetts is driving down the number of COVID-19 cases in that age group.

[A local grandmother recounts her journey to get a COVID-19 vaccine](#)

Boston.com - Apr 1, 2021

When Mary, 69, became eligible for a vaccine appointment in Massachusetts she says she spent an entire day on the Mass.gov website trying to secure an appointment, in addition to calling a local Walgreens, where her husband was able to get vaccinated

In the News - Community - Boston Globe Longevity Series

[Aging in community](#)

Boston Globe - Apr 26, 2021

With a supportive housing and senior care ecosystem and experienced leadership, Massachusetts can serve as a beacon for the nation.

[Community-centered senior living works for seniors and communities](#)

Boston Globe - Apr 26, 2021

[Where will we live as we age?](#)

Boston Globe - Apr 26, 2021

[Architecture plays a key role in reimagining care solutions](#)

Boston Globe - Apr 26, 2021

[Smaller is better](#)

Boston Globe - Apr 26, 2021

In the News - Seniors and Pets

[Here's some advice for seniors considering a dog](#)

Reading Eagle - Apr 17, 2021

Studies show that having a pet can bring both emotional and health benefits to the

[The Benefits of Pet Ownership for Seniors](#)

Pet Business - Mar 30, 2021

It's typically a child's job to advocate for their own puppy—I have vivid memories of 12-year-old me forcing my parents to sit on the couch while I painstakingly

In the News - Aging in Place

[Many Older Adults Lack Even Simple, Helpful Equipment](#)

New York Times - Apr 23, 2021

Railings, grab bars, shower chairs and other inexpensive devices can make it easier to continue living at home, but not enough older people acquire them.

[What My Grandmother Taught Me About Designing for Aging in Place](#)

House Beautiful - Apr 23, 2021

Some words stay with you for a lifetime, even when you can't recall the day or even the year you heard them.

In the News - Scams

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

AARP Massachusetts - Apr 1, 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

[Senior citizens beware! Top 3 online scams targeting the elderly in 2021](#)

Yahoo News - Apr 23, 2021

If you're a senior citizen, or have a parent or grandparent you're worried about, listen up. American seniors are being targeted by online con artists in record numbers, according to the FBI.

[FTC Warns Seniors: Scammers Against Grandparents Have Gotten Bolder. Don't Open Your Door to Them](#)

Darienite News - Apr 17, 2021

When it comes to scammers, nothing is sacred — including the bond between grandparent and grandchild. Lately, grandparent scammers

In the News - Working

[Older Seniors Staying On The Job Longer](#)

Riverbank News - Apr 7, 2021

Today's seniors are stronger than ever. That's not wishful thinking, it's a fact with substantial proof. For one thing, the senior citizen segment of the U.S. workforce has been expanding rapidly for some time

[Here's Why I Plan to Work in Retirement](#)

Star-Herald - Apr 26, 2021

When a lot of people think of retirement, they imagine themselves pursuing different hobbies, spending time with loved ones, or doing a lot of the things they never had time for during their careers



Judd Haims on Senior Matters!

14 mins

Senior Matters - NPR.org - Apr 14, 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



70 to 100 in a blink - Lifestyle Planning: 5 Key Principles to Aging Well

52 mins

All Things Seniors: A Podcast For Caregivers - Apr 23, 2021

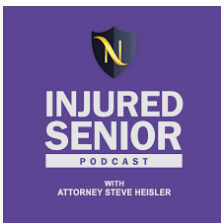
Did you know that in 2018 the number of people older than 64 surpassed the number of children under five years old? It was the first time in history that this was the case.



Believe In Yourself 5 minutes

Senior Fitness With Meredith - Apr 29, 2021

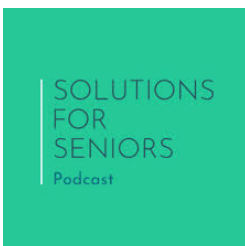
This motivation is about believing in yourself and your abilities. To let your mind think it can do something, because that will help you achieve your goal and do it!



Must Have Conversations Between Couples After Retirement With Dori Mintzer 10 Minutes

Injured Senior Podcast - Apr 23, 2021

Listen now as Dr. Dori Mintzer talks about the must have conversations between couples after retirement..



Assisted Living vs. Nursing home vs. Home care 10 Minutes

Solutions for Seniors - Apr 21, 2021

This week I'm going to talk about how you help your aging loved one consider while choosing the best living situation for them. Before any decisions are made about where your aging loved one should live, you need to have an open conversation with them.

In the News - Caregivers

Family sets out to care for caregivers

KARE 11 - Apr 29, 2021

Alzheimer's takes a lot from a family. The Schommers know that too well, but now, they're hoping to give back to those who have also been affected.

How Family Caregivers Can Prevent and Manage Debt

AARP Magazine - Apr 20, 2021

Recently, my friend and fellow AARP expert Amy Goyer confided to me that she had filed for bankruptcy. The last time we were together, pre-COVID, she had shared how damaging caregiving had been to her finances.

In the News - Food Security

At Last, Aid for Senior Nutrition That Offers More Than Crumbs

New York Times - Apr 10, 2021

Long before the coronavirus hit, nutrition programs that served the nation's older adults struggled to keep up with a growing demand. Often, they could not.

Hungry Seniors Need More Than Just Access to Food

Civil Eats - Apr 12, 2021

As older Americans grapple with health and cognitive declines, restricted mobility, and reduced incomes, solutions remain elusive for addressing the disproportionate rates of food insecurity they face.