

**Current COA Connections**    *COA Connections - [July & August 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](#)

**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.

**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

### [COVID-19 Exposed the Faults in America's Elder Care System. This Is Our Best Shot to Fix Them](#)

*TIME Magazine - Jun 15, 2021*

For the American public, one of the first signs of the COVID-19 pandemic to come was a tragedy at a nursing home near Seattle.

## In the News - Post Pandemic Life

### [Desperate for Home Care, Seniors Often Wait Months With Workers in Short Supply](#)

*Kaiser Health News - Jun 30, 2021*

CASTINE, Maine — For years, Louise Shackett has had trouble walking or standing for long periods, making it difficult for her to clean her house in southeastern Maine

## In the News - Medicare

### [On Medicare and Need Dental Work? Beware a Big Bill.](#)

*New York Times - Jun 9, 2021*

The traditional version doesn't cover dental, vision or hearing care. Advocates hope for change under a Biden proposal.

## In the News - Technology

### [Calming Computer Jitters: Help for Seniors Who Aren't Tech-Savvy](#)

*Kaiser Health News - Jun 24, 2021*

Six months ago, Cindy Sanders, 68, bought a computer so she could learn how to email and have Zoom chats with her great-grandchildren.

### [Apple's new health features bring new focus to elder care technology](#)

*The Verge - Jun 10, 2021*

Apple's new health features will be available for anyone with an iPhone. But two of the tools announced at WWDC 2021, walking steadiness and the ability to share health data with family members, could be particularly useful for older adults.

### [The cheap tech helping seniors stay home](#)

*Politico - Jun 16, 2021*

AGING GRACEFULLY, ONE GADGET AT A TIME: Thirty years ago, "I've fallen and can't get up" was a catchphrase to show how simple technology could help older adults

## Grandparenting

### [Frequent Video Chats Help Grandparents Bond With Their Young Grandchildren](#)

*AARP Magazine - Jun 2021*

Armed with smartphones, Nana and Gramps exchange smiles and waves over video chats with their young grandchildren to build and maintain strong bonds these days, a recent AARP study found. The research was conducted in partnership with researchers

## In the News - Money

### [Think Ahead To Keep Your Money Safe As You Age](#)

*Forbes - Jun 28, 2021*

If you've watched your parents or older relatives age into their final years, you might have witnessed a decline in their ability to manage their money

### [Having student loan debt when you retire could spell disaster](#)

*Standard Examiner - Jun 1, 2021*

Nearly 3 million American seniors currently have outstanding student loan debt, up from a high of 700,000 in 2005. Surveys indicate that over 70% of this debt is for loans taken out by parents

### [This Is a Great Way to Supplement Your Social Security Benefits](#)

*The Motley Fool - Jun 30, 2021*

There's a good chance Social Security will play an important role in your retirement. After all, millions of seniors collect it today.

## In the News - Scams

### [The Young Fall for Scams More Than Seniors Do. Time for a Warning.](#)

*New York Times - Jun 25, 2021*

Stop it with the ageism and delusions of invincibility. Young adults often don't recognize the bad checks coming at them, or fake job offers, either.

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

*AARP Massachusetts - Jun 30, 2021*

SCAM ALERT #1: DOOR TO DOOR SCAMS -- Warm weather is here which means door-to-door sales crews are here, too. But what they're selling isn't always legit.

## In the News - Caregivers

### **[Virtual Seminar on Massachusetts Caregiving Resources](#)**

*AARP Massachusetts - Jun 30, 2021*

“In Support of Caregivers: Keeping You Connected” will be held Thursday, Aug. 12, from noon to 12:45 p.m. The online seminar will cover AARP’s virtual caregiving resources

### **[Who Can Be Trusted To Care For Your Aging Parents?](#)**

*Forbes - Jun 9, 2021*

When parents reach a certain age, or level of need, perhaps you want to find someone to help them as they lose independence. Advertising abounds about how wonderful a home

### **[The cost of caregiving: When financial and emotional stress compound](#)**

*Reuters - Jun 9, 2021*

NEW YORK, June 9 (Reuters) - When Lynda Steele's father was diagnosed with Alzheimer's a couple of years ago, she faced an impossible choice.

### **[UNPAID CAREGIVERS WERE ALREADY STRUGGLING. IT'S ONLY...](#)**

*NPR News - Jun 17, 2021*

The pandemic has taken a massive toll on people's mental health. But a new report by the U.S. Centers for Disease Control and Prevention confirms what many of us are seeing and feeling in our own lives:

## In the News - Working

### **[Heading back to work after retiring? That cash may impact the rest of your financial life](#)**

*CNBC - Jun 20, 2021*

It’s not uncommon to want to return to work after retiring. Whether for financial reasons or personal fulfillment, many older Americans find that retirement isn’t working for them.

### **[Did you retire too early? These side jobs could pad out your budget](#)**

*Los Angeles Times - Jun 12, 2021*

When Diane Davis realized her retirement income would fall short of the amount she needed to afford small luxuries like cable television and bowling, she turned to side hustles to address the shortfall.

### **[10 Things No One Tells You About Early Retirement](#)**

*AARP Magazine - Jun 1, 2021*

Even if you love your job, there are times when you'd rather be alphabetizing the spice shelf than riding a packed train alongside hundreds of sniffing fellow commuters



### [Meet the Man Behind the Sno-Cones](#)

24 mins

*Senior Matters - NPR.org - Jun 9, 2021*

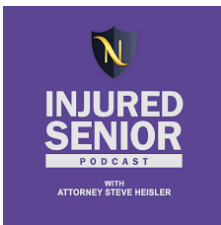
It's Ted Zislis! And he joins Diane on Senior Matters to talk about the crew at the Senior Matters Sno-Cone Stand at the Carbondale Wild West Rodeo.



### [Exercises To Help Strengthen And Tone Your Core](#) 23 minutes

*Senior Fitness With Meredith - Jun 29, 2021*

In this episode we are diving into a great discussion with Meredith about some helpful exercises you can try to help strengthen and tone your core.

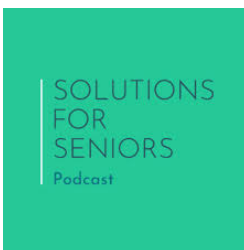


### [How to Fight the Medical System After A Medical Malpractice with Carol Stern and Author David Black](#)

14 Minutes

*Injured Senior Podcast - Jun 14, 2021*

We need to change America's healthcare system, and take power out of the insurance company's hands.



### [What's the difference between Alzheimer's and Dementia?](#) 13 Minutes

*Solutions for Seniors - Jun 30, 2021*

The last couple's weeks I've been talking a lot about memory loss in our aging loved ones. Memory loss can be caused by so many different things that are curable and others unfortunately are incurable.



### [Options on When to Take your Social Security](#)

*Talking Seniors - Jun 2, 2021*

Michael Pine of thinkWealth LLC joins Anthony J. Enea, Esq. to discuss the many different options and decisions that need to be made on when to take your Social Security.

## In the News - Seniors and Pets

### [Everything You Need To Know About The Best Dogs For Seniors](#)

*Forbes - Jun 30, 2021*

When it comes to companions, you can't beat having a dog by your side. Canine pals add to enjoyment of life, help you stick to a schedule, reduce feelings of stress and give you a sense of purpose

### [The best dog breeds for seniors](#)

*MSN - Jun 29, 2021*

Friends for Life Ask any dog owner and they'll likely be happy to share with you just how much joy owning one can bring. Dogs can provide numerous mental and physical health benefits,

## In the News - Aging in Place

### [Aging in place can be cost-effective, but requires good financial planning](#)

*MarketWatch - Jun 4, 2021*

Most older Americans hope to live at home for as long as possible, a practice referred to as "aging in place." In a recent survey, in fact, AARP found that 3 out of 4 adults 50 and older want to live in their homes and communities as they age.

### [Try these funding options for aging in place](#)

*Atlanta Journal-Constitution - Jun 25, 2021*

Aging in place is preferred by more older adults, according to Age Safe America.

The national membership, training and advocacy organization says doing so allows older adults to have more freedom, independence, comfort and safety