

**Current COA Connections** *COA Connections - [June 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

### [\*\*Caring for an Aging Nation\*\*](#)

*Kaiser Health News - May 28, 2021*

The number of Americans 65 and older is expected to nearly double in the next 40 years. Finding a way to provide and pay for the long-term health services they need won't be

## In the News - Post Pandemic Life

### [\*\*Tips for Older Adults to Regain Their Game After Being Cooped Up for More Than a Year\*\*](#)

*Kaiser Health News - May 24, 2021*

Alice Herb, 88, an intrepid New Yorker, is used to walking miles around Manhattan. But after this year of being shut inside, trying to avoid covid-19

### [\*\*As Pandemic Eases, Many Seniors Have Lost Strength, May Need Rehabilitative Services\*\*](#)

*Kaiser Health News - May 24, 2021*

Ronald Lundquist, 87, has been active all his life. So, he wasn't prepared for what happened when he stopped going out during the coronavirus pandemic and spent most of his time, inactive, at home.

## In the News - Medicare

### [\*\*Medicare for 60-year-olds not guaranteed to be a better deal\*\*](#)

*Associated Press - May 19, 2021*

WASHINGTON (AP) — President Joe Biden and progressive Democrats have proposed to lower Medicare's eligibility age to 60, to help older adults get affordable coverage. But a new study finds that Medicare can be more expensive than other options,

### [\*\*Too Few Seniors Review Medicare Plan Options Annually\*\*](#)

*Yahoo News - May 19, 2021*

More than half of seniors fail to take advantage of one of the most significant benefits available to Medicare beneficiaries.

## In the News - Technology

### **What Robots Can—and Can't—Do for the Old and Lonely**

*New Yorker* - May 24, 2021

It felt good to love again, in that big empty house. Virginia Kellner got the cat last November, around her ninety-second birthday,

### **Is Your Living Room the Future of Hospital Care?**

*Kaiser Health News* - May 24, 2021

Major hospital systems are betting big money that the future of hospital care looks a lot like the inside of patients' homes.

### **Are retailers making it too tough for seniors to shop online?**

*Retail Wire* - May 5, 2021

Many older consumers have discovered and embraced digital communications and online shopping during the pandemic as the higher-risk group avoided stores.

### **Many sources can help seniors gain technology skills**

*Star-Advisor* - May 11, 2021

Dear Savvy Senior: Can you recommend some good technology classes or online learning resources for inexperienced seniors? I have a computer and a smartphone, but my knowledge and skills are pretty limited. — Tech-Challenged Senior

## Grandparenting

### **Travel Insurance For Grandparents Traveling With Grandchildren**

*Forbes* - May 3, 2021

With the roll-out of Covid-19 vaccines, grandparents will again be able to travel with their grandchildren. These multi-generational trips offer bonding and quality time together.

### **Bill reintroduced in U.S. House to support grandparents raising grandchildren**

*WWLP* - May 12, 2021

U.S. House of Representatives Rules Committee Chairman James P. McGovern (MA-02) and Congresswoman Ayanna Pressley (MA-07) reintroduced the [Grandfamily Housing Act](#).

## In the News - 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

### [Older people are giving up hope of paying off their student loans before they die: 'There's a real fear in dying in this'](#)

*Insider - May 9, 2021*

At 59 years old, David Wise has \$236,485 of outstanding student loans, according to documents reviewed by Insider. That's after making about \$175,000 in payments over four decades.

### [Here's Why Seniors on Social Security Could Get a Huge Raise in 2022](#)

*Motley Fool - May 31, 2021*

From gasoline to groceries, the price of common goods seems to be going nowhere but up. We can thank supply chain issues and inflation for that. But while inflation is often regarded as a bad thing

## In the News - Scams

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

*AARP Massachusetts - Jun 1, 2021*

SCAM ALERT #1: CELEBRITY IMPOSTER SCAMS These days, celebrities share career news, personal views, even travel videos on social media and interact with fans in comment threads

### [Mass AG Healey Calls on Congress To Pass Bill To Protect Seniors From Fraud & Scams](#)

*Framingham Source - May 25, 2021*

BOSTON — Massachusetts Attorney General Maura Healey has joined a bipartisan coalition of 47 attorneys general in urging congressional leaders to support the Fraud and Scam Reduction Act

### ['Do your homework': Panel of experts schools seniors on popular scams](#)

*La Jolla Light - May 30, 2021*

“Older Americans lose a staggering \$2.9 billion a year to an ever-growing array of financial exploitation schemes and scams,” said U.S. Rep Scott Peters (D-La Jolla)

## In the News - Seniors and Pets

### [The Main Reasons Why Pets are Great for Seniors](#)

*The Science Times - May 10, 2021*

For many seniors, adjusting to a new home or retirement community can be a little tricky. Loneliness can have a variety of negative side-effects for seniors

### [COVID causes unprecedented boom of volunteers helping seniors and their dogs](#)

*Daily Hive - May 3, 2021*

Anyone who has welcomed a dog into their home understands how deep that bond can be. Just glancing around public parks during COVID makes for an easy indicator of people craving companionship during isolation—new puppies everywhere.

## In the News - Aging in Place

### [Aging in Place Comfortably and Stylishly](#)

*New York Times - May 21, 2021*

As more baby boomers move toward retirement, more and more are designing homes that will accommodate their needs even as they grow older and lose mobility.

### [Aging in place vs. a life-care community](#)

*Los Altos Town Crier - May 18, 2021*

Aging is a wonderful thing. In addition to beating the alternatives, it raises a number of challenges and opportunities about where you will live as you age.

## In the News - Working

### [A Third Of Seniors Seek To Work Well Past Retirement Age, Or Won't Retire At All, Poll Finds](#)

*Forbes - May 4, 2021*

More Americans plan to work past the age of 70 – or never retire at all – according to a survey released Thursday by reverse mortgage lender American Advisors Group

### [How the Social Security Earnings Test May Affect Your Retirement](#)

*Kiplinger - May 11, 2021*

More than half of Americans surveyed by Voya Financial plan to work in retirement. If you share that plan, you may assume that you can easily combine paid employment with other sources of retirement income, such as your retirement savings and Social Security.



### [Senior Matters Celebrates Our Furry Friends](#)

25 mins

*Senior Matters - NPR.org - May 13, 2021*

SENIOR MATTERS hosted by Diane Johnson, spotlights seniors in the community, representatives of senior services and programs and activities of interest to seniors.



### [Tips On Motivating Others To Eat Healthy](#) 22 minutes

*Senior Fitness With Meredith - May 31, 2021*

This week we're taking up a new topic about how to help motivate others to eat healthy. Now this is a broad statement and can be interpreted in many ways because eating healthy can mean many things.

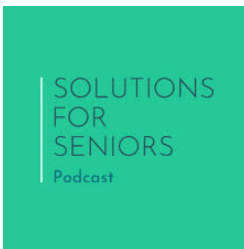


### [Six Steps to Take After a Slip or Trip and Fall Injury](#)

17 Minutes

*Injured Senior Podcast - May 26, 2021*

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



### [Mental health in later life](#) 9 Minutes

*Solutions for Seniors - May 26, 2021*

This week we are going to talk about mental health in our aging loved ones, there's an assumption that mental health problems are a 'normal' part of aging, but most older adults don't develop mental health problems



### [Understanding the Basics of Medicaid Home Care Eligibility](#)

*Talking Seniors - May 4, 2021*

Sara Meyers, Esq. joins Anthony J. Enea, Esq. for an important discussion about Medicaid Home Care eligibility.

**[Family Caregivers Feel the Pandemic's Weight](#)**

*New York Times - May 21, 2021*

Early studies reveal the toll that lockdowns, isolation and stress have taken on those who care for older Americans.

**[Liz Weston: How to be a better long-distance caregiver](#)**

*Associated Press - May 24, 2021*

Long pandemic lockdowns forced many older adults to become comfortable with video calls to stay connected with family. That in turn means that long-distance caregivers have a better way to see how their loved ones are faring.

**[Essential caregivers were locked out of nursing homes during COVID-19. Advocates from New York to California don't want it to happen again.](#)**

*USA Today - May 24, 2021*

In many long-term care facilities, there are the regular visitors – family members who arrive daily to talk, clip nails, ensure meals don't sit untouched, comb hair and, in quiet moments, hold hands.

**[Coping Strategies for Family Caregivers](#)**

*Consumer Reports - May 8, 2021*

Being a family caregiver—often a spouse or adult child who steps forward to care for another adult who is frail or ill—can be trying even in ordinary times.