

Current COA Connections *COA Connections - [April 2022](#)*

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](#)

AARP Massachusetts Upcoming Seminars

[Upcoming AARP Events For Massachusetts](#)



[2022 Emerging Tech Trends from CES](#) (*Consumer Electronics Show*)- Thursday, Feb 24, 2022 at 12:00 p.m. EDT

[AARP Massachusetts Announces Financial Resilience Series](#)

AARP Massachusetts - Mar 18, 2022

In the News - Health

[For Older Americans, Some Positive Health News](#)

New York Times - Feb 28, 2022

Three recent developments — incremental and undramatic but encouraging — are likely to improve the lives and health of seniors.

In the News - Communities

[Becoming age-friendlier: Helping a Massachusetts town better serve its older population](#)

Gerontology Institute Blog — Feb 27, 2022

In 2019, two residents of Swampscott, Massachusetts, contracted with UMass Boston gerontologist Caitlin Coyle, PhD, to guide their work in shaping age-friendly initiatives for their town.

In the News - Scams

[AARP Massachusetts Fraud Watch Alerts March 2022](#)

AARP Massachusetts - Mar 3, 2022

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

[AARP: Nearly 1 in 5 caregivers report their loved one has lost money to a scam](#)

KATV - Feb 22, 2022

LITTLE ROCK (KATV) — Nearly one in five caregivers report that their loved one has lost money to a scam, that's according to the latest survey by AARP.

=

In the News - Working

[Opinion: The Great Resignation is also the Great Retirement of the baby boomers. That's a problem.](#)

Washington Post - Feb 19, 2022

Mario Valadez, now 67, hadn't intended to stop working yet. Starting as a busboy at 16, he had moved from one Los Angeles-area dining establishment to another, eventually working his way up to restaurant manager

[Seniors coming back to work for 'unretirement'](#)

The Denver Channel - Mar 11, 2022

DENVER, Colo. — The pandemic sparked a wave of early retirement across the country. By the end of last year, more than three million people were thought to have retired early because of the pandemic.

In the News - Caregiving



[Who's gonna take care of grandma?](#)

NPR.org - Feb 28, 2022

The Blaire House of Milford is an assisted living facility in Massachusetts that Dorothy Samuelson calls home. Like elder care facilities across the country, it's struggling to hire everything from nurses and nurse assistants to custodians and cooks.

[AARP MA Launches Caregiving Series](#)

AARP Massachusetts - Mar 16, 2022

Forty million family caregivers in the US are doing the best they can to "make it work" and often cannot access resources they need or don't know help is even available

[To Families' Dismay, Biden Nursing Home Reform Doesn't View Them as Essential Caregivers](#)

Kaiser Health News - Mar 22, 2022

When the Biden administration announced a set of proposed nursing home reforms last month, consumer advocates were both pleased and puzzled.

[Ask Amy: Elderly father's caregivers are asking for cash gifts. Is this normal?](#)

Washington Post - Feb 2, 2022

Dear Amy: My father is 101 years old. He lives at home with us and contributes to the cost of his caregiver (about \$5,000 a month). We arrange for his caregivers through

In the News - Ageism

[Christie Brinkley, 68, Says Ageism ‘Gnaws Away at One’s Confidence’ in New Thoughtful Instagram](#)

Prevention Magazine - Feb 22, 2022

Christie Brinkley is not afraid to call out ageism where she sees it. The supermodel and mom of three shared a lengthy post to Instagram

[WHO: It’s Time to Eliminate Ageism in Artificial Intelligence](#)

Health IT Analytics - Feb 22, 2022

AI-driven healthcare resources for older people are often rife with ageism, but there are several ways to combat this, including involving seniors in the design of technology, a new report shows.

Aging in Place

[Despite Seniors’ Strong Desire to Age in Place, the Village Model Remains a Boutique Option](#)

Kaiser Health News - Mar 14, 2022

Twenty years ago, a group of pioneering older adults in Boston created an innovative organization for people committed to aging in place.

[Aging In Place Is All The Rage, But It Is Not Easy](#)

Forbes - Mar 21, 2022

It has become increasingly popular to promote home as a setting for both sophisticated medical treatment and long-term care, and often for good reason

In the News - Seniors and Pets

[Having a dog or cat can slow cognitive decline in seniors, new study finds](#)

Salon - Feb 24, 2021

It's no secret that having friends is good for a person's health. Indeed, loneliness and social isolation can increase a person's risk of premature death, increase the risk of dementia, rates of anxiety, depression and more.

[Having a pet could help you stay sharper as you age, according to a new study – here’s how](#)

CNBC - Feb 24, 2022

If you're a pet owner, you probably already believe in the value of spending more time cuddling with your animal friends.

In the News - Technology

[The new AARP-backed social network for seniors](#)

Axios - Mar 23, 2022

A new social network, backed by AARP, aims to bring seniors together, focusing on discussions around common interests.

[Researchers awarded over \\$1M to address technology disparities facing older adults](#)

USTA - Feb 8, 2022

UTSA professor Sarah Ullevig has been selected to receive a three-year, \$1.18 million grant from the National Institutes of Health (NIH) to address older adults' challenges to access health care as a result of COVID-19.

[How smart technology can help seniors live at home longer](#)

Toronto Star - Feb 21, 2021

If the demographic trends hold, by 2037 — right about the time a lot of Gen Xers will start to get serious about retirement — one-quarter of Canadians will be over 65.

In the News - Money

[Medicare Advantage plans send 'Papa pals' to seniors' homes for companionship](#)

Washington Post - Mar 12, 2022

But the service also allows the plans to collect more money from Medicare by persuading clients to get annual wellness exams, fill out personal health risk assessments

[Meet the Underdog of Senior Care](#)

New York Times - Mar 12, 2022

The Program of All-Inclusive Care for the Elderly, funded by Medicare and Medicaid, has quietly succeeded in enabling some older Americans to age in place.



[Inflation has many retirees worried about outliving their savings](#)

NPR.org - Feb 22, 2022

Susan DeFrance retired two years ago when the truck manufacturing company she worked for phased out her division.



[Senior Matters | Your Personal Wellness Practice](#) 25 minutes

NPR Senior Matters - Mar 9, 2022

Host Diane Johnson and guest Tai Chi, Reiki, and Shiatsu Master Lyn Byars discuss personal wellness practices.



[Robert Klein - Iconic Comedian, and Actor](#) 49 minutes

Seniors Chatting With Seniors - Mar 24, 2022

Robert and I talk about his career, medicine and dentistry, Johnny Carson, SNL, his family, quitting smoking, politics, health and even the pictures on the wall behind us.



[The Importance Of Stretching](#) 22 minutes

Senior Fitness With Meredith - Mar 28, 2022

Stretching either before or after your workouts can sometimes be something that we skip unknowingly. Skipping any kind of stretching exercises can put us at a higher risk for injury if we are not careful