

Current COA Connections *COA Connections - [October 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](#)

AARP Massachusetts Upcoming Seminars



[AARP Driver Safety Smart Driver Virtual Course Offered in October](#)

October 19 and October 20, 2021, from 12:30 pm to 3:00 pm

[Creating Housing Options in Massachusetts](#)

Wednesday, October 27, 2021 from 12:00 p.m. -1:00. p.m.

In the News - Big Picture

[How to Age Gracefully](#)

New York Times - Sep 17, 2021

Inspired by a new book, “Stupid Things I Won’t Do When I Get Old,” I’m taking stock of my life and deciding what I need to reconsider.

[Discrimination Against Older People Pervasive Worldwide](#)

Human Rights Watch - Sep 20, 2021

Ageism – the stereotyping, prejudice, and/or discrimination of individuals or groups based on their age – is all around us. One just has to look at a rack of birthday cards for images ridiculing older people or the rows of “anti-ageing”

In the News - Community

[Live and learn through Duxbury’s senior center study program](#)

The Boston Globe, - Sep 23, 2021

Senior centers have long been gathering places for residents, providing companionship along with practical services such as health checkups, fitness classes, and home-delivered meals.

[Seniors in Philly are Aging in Place With the Help of Community “Villages”](#)

Philadelphia Inquirer - Sep 2, 2021

Like many people, Anne Tobey and her husband, Peter Schoenbach, wanted to spend their retirement years in a diverse neighborhood with easy access to arts & cultural

['Aging in Place' program for seniors receives federal grant](#)

WNEP-TV - Sep 22, 2021

LACKAWANNA COUNTY, Pa. — A program that aims to help seniors in Lackawanna County stay in their homes has received a boost from the federal government.

In the News - Covid Delta Variant

[FDA backs Pfizer COVID-19 boosters for seniors, high-risk](#)

PBS Newshour - Sep 22, 2021

The U.S. moved a step closer Wednesday to offering booster doses of Pfizer's COVID-19 vaccine to senior citizens and others at high risk

In the News - Scams

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

AARP Massachusetts - Sep 3, 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

In the News - Ageism

[Elderspeak: the language of ageism in healthcare](#)

Oxford University Press Blog - Sep 23, 2021

Scene: A long-term care facility. A nurse is helping an older resident with dementia as she takes a shower. Nurse: "There we go, sweetie, just lift your arm up a little bit for me. We'll get you all cleaned up in no time, won't we?"

[Ageism Is Alive and Well in Advertising](#)

AARP Magazine - Sep 8, 2021

An older man who appears to struggle just to get out of bed shuffles to a shed, where he starts lifting an ancient barbell. A neighbor rolls her eyes. Even his daughter is concerned. But the man persists

In the News -Working

[10 Job Search Websites and Apps for Retirees](#)

US News & World Report - Sep 22, 2021

If you're retired and want to start working again or earn cash on the side, a quick online search might bring up a plethora of job search websites. Some sites and apps cater directly to older workers who are searching for a retirement job.

[Gendered Ageism Affects Women's Job Security And Financial Viability](#)

Forbes - Sep 20, 2021

Gendered ageism is the intersectionality of age and gender bias. In the workplace, this is a growing concern for professional women.

How Tech-Savvy Seniors Are Shaking Up Senior Living

Forbes - Sep 10, 2021

The pandemic awakened the senior living industry to the importance of technology in keeping residents safe, healthy and protected. Yet another more subtle and sustained development should also be making senior living



Big Tech is finally seeing the dollar signs seniors represent

Marketplace - Sep 14, 2021

Big announcements from Apple Tuesday — not more emergency anti-hacking updates. Apple's out with some shiny, new phones and the stuff of secrets.

Elder-friendly technology is a growing market

Vox - Sep 24, 2021

As boomers age, a new crop of iPads and Alexas are popping up. Are they necessary? In the grim pits of 2020, ElliQ recited a poem to 81-year-old Deanna Dezern. Dezern doesn't remember what the poem was called or who wrote it

Amazon's new Alexa Together is an aging-in-place solution for seniors

Digital Trends - Sep 28, 2021

Amazon's fall 2021 event certainly didn't disappoint, showcasing everything from a new wall-mounted Echo Show to an Amazon home robot (no, really). But the company is also adding new services to its lineup

Alzheimer's Drug Targets People With Mild Cognitive Impairment. What Does That Mean?

Kaiser Health News - Sep 29, 2021

The approval of a controversial new drug for Alzheimer's disease, Aduhelm, is shining a spotlight on mild cognitive impairment

The Pain Wouldn't Stop — Because Her Medication Had Been Stolen

New York Times - Sep 17, 2021

LaVonne Borsheim's family could not understand why she was suffering such intense pain.

Grandparenting

[150 Grandparents Quotes to Warm Your Heart and Remind You of Who Loves You the Most](#)

Parade Magazine - Sep 12, 2021

Time to rip off the band-aid: No one will love you nor think you are perfect as much as your grandparents do

[5 Ways to Be a Better Step-Grandparent](#)

AARP Magazine - Sep 21, 2021

There's plenty of advice out in the world for grandparents, but for step-grandparents? Not so much. And, as families get more complicated, grandparenting can be, too.

In the News - Housing Downsizing

[What seniors should consider in determining whether to move](#)

Washington Post - Sep 8, 2021

Q: We're in our early 80s and we own our home. We have a loan of about \$95,000 and make monthly payments of \$700 to the lender. We don't have much in savings, but we do have some.

[For seniors, making the decision to sell is only part of the downsizing process](#)

Atlanta Journal-Constitution - Sep 24, 2021

It seems like a simple concept: moving from a home that feels too big to something smaller that better fits your needs as you age.

[3 Benefits of Downsizing Your Home in Retirement](#)

The Motley Fool - Sep 27, 2021

Once you enter retirement, your personal finances could change. You may see your income go down once your paycheck from work disappears. Or you may just become more money-conscious and decide to reduce your costs.

In the News - Seniors and Pets

[Pets make perfect partners for seniors](#)

Kokomo Perspective - Sep 30, 2021

Looking to improve both your physical and mental health? Adopt a pet. The health benefits of being a senior pet owner are many. Not only will a pet get you moving but it will also provide companionship

[Best Insurance Companies for Medicare Advantage 2021](#)

US News & World Report - Sep 1, 2021

MEDICARE-ELIGIBLE beneficiaries can enroll in a Medicare Advantage plan from a private insurance company. U.S. News provides a tool for Medicare-eligible beneficiaries to find the right Medicare plans for their needs

[Savvy Senior: Little Known Social Security Program Helps Seniors Manage Their Money](#)

e-TV News - Sep 12, 2021

Does Social Security offer any special help to beneficiaries who struggle managing their benefits? My aunt, who has no children, has dementia and struggles keeping up with her bills and other financial duties.

Podcasts



[Senior Matters: "Valley Meals and More" and "Liftup"](#)

25 mins

Senior Matters - NPR.org - Sep 8, 2021

Diane has a conversation with Mary Kenyan from Valley Meals and More plus volunteers Alice and Steve from LIFT-UP about what these organizations are doing for our senior community.



[Tips On Getting Into Senior Fitness Training](#) 23 minutes

Senior Fitness With Meredith - Sep 28, 2021

This week on the podcast we have a fun and informative discussion with Meredith on her best tips and advice for anyone looking to get into senior fitness training.



[Planning for the Care in Home Conversation](#) 32 Minutes

Talking Seniors - Sep 1, 2021

Tom Meehan of Meehan Financial, LLC joins Anthony J. Enea, Esq. to explore the ins and outs of Medicare Supplemental Insurance.

