

Current COA Connections *COA Connections - [February 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. Eastern Time

In the News - Health

The Pandemic Has Made Many Seniors Less Active

New York Times - Feb 5, 2022

Health experts are concerned that the pandemic, in upending daily routines, has reduced mobility and physical conditioning in older adults.

Seniors are at high risk of COVID, but Medicare doesn't pay for rapid tests

NPR.org - Jan 24, 2022

What group is especially vulnerable to the ravages of COVID-19 even if fully vaccinated and boosted? Seniors. And who will have an especially tough time getting free at-home COVID tests under the Biden administration's plan? Yes, seniors.

In the News - Scams

AARP Massachusetts Fraud Watch Alerts January 2022

AARP Massachusetts - Jan 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

A 73-year-old knew she was being scammed. So she lured the scammer to her home and had him arrested, police say.

Washington Post - Jan 24, 2022

Jean, a 73-year-old grandmother, was at her Long Island home Thursday morning when she received a phone call from a man claiming to be her grandson.

In the News - Working

[79% of baby boomers want to keep working, but with more flexibility. Is this the end of retirement?](#)

Fortune - Jan 12, 2022

Baby boomers nearing retirement age don't want to kick up their feet and relax through their sunset years. Instead, most of them want to continue working, but just fewer hours or in less demanding roles, according to a new survey.

[Here's How Working After 62 Can Change Your Social Security Benefits](#)

Forbes - Jan 24, 2022

Continuing to work after age 62 can affect your level of Social Security retirement benefits, whether you are receiving benefits at the time or not. Knowing how continuing to work might change benefit levels

In the News - Caregiving

[Pandemic-Fueled Shortages of Home Health Workers Strand Patients Without Necessary Care](#)

Kaiser Health News - Feb 3, 2022

Frail older adults are finding it harder than ever to get paid help amid acute staff shortages at home health agencies.

[How to Avoid Caregiver Burnout, According to Experts That Understand the Signs](#)

Prevention Magazine - Jan 24, 2022

If you're a caregiver, you might feel strange letting yourself focus on your life and how hard this job might be on you—but it's crucial you do, not just for yourself

In the News - Ageism

[What does ageism in tech look like?](#)

Technical.ly - Feb 7, 2022

Most professionals age 45 and over have seen or experienced ageism at work. Here's why age diversity in the tech industry is important — and how ignoring it can impact your bottom line.

[Ageism is an ugly practice that needs to end](#)

Yahoo News - Jan 3, 2022

OPINION: Age discrimination can be extremely damaging, particularly for Black women “She looks so good for her age.” “You look so young for your age.”

[What to Know About Accessory Dwelling Units](#)

AARP - Feb 10, 2022

Across the nation, about 1.5 million homeowners have placed accessory dwelling units (ADUs) in their backyards. The structures, nicknamed “backyard bungalows,” are gaining popularity as age-in-place dwellings

[How to prevent falls and provide comfort in a new home for seniors](#)

Washington Post - Jan 22, 2022

My parents lived together their whole lives, first in their suburban home, later in an apartment and even later in an independent-living apartment in a senior community.

[Basic home updates help loved ones age in place](#)

Ada News - Jan 14, 2022

“Aging in place really goes beyond just aging – it also could be a person who simply has difficulty getting around,” said Scott Frazier, Oklahoma State University

In the News - Technology

[Google, AARP Partner to Give Seniors Tech Skills](#)

PYMNTS - Jan 26, 2022

The AARP Foundation has joined forces with Google’s philanthropy arm, Google.org, to help older workers gain digital skills.

[How smart tech around the home can help seniors and their caregivers](#)

Washington Post - Jan 20, 2022

Amy Goyer has been a caregiver most of her adult life. At 20, she began caring for her ailing grandparents. Then her mom had a stroke at 63, and her dad developed Alzheimer’s

[Best Computers For Seniors Of 2022](#)

Forbes - Jan 26, 2022

For some seniors, computer technology can feel like a foreign language, while others seem to speak it fluently. But no matter your proficiency level, there’s no denying computers are an ever growing part of daily life

[Share of those 65 and older who are tech users has grown in the past decade](#)

Pew Research Center - Jan 13, 2022

Younger adults are often more likely than their elders to be earlier adopters of innovations, and that has been true for many digital technologies since Pew Research Center began documenting

In the News - Seniors and Pets

Special rescues help ailing owners find pets' next home

OPB.org - Jan 11, 2022

Who will take your pet when you die?

The question often doesn't have an easy answer, especially for ill or older people headed to residential nursing care or assisted living.

For the Love of Pets: The benefits of the human-animal bond

Mercury News - Jan 21, 2022

If you have pets, it probably goes without saying that you love them and maybe even consider them family, but what exactly is the human-animal bond?

In the News - Money

The 4 Phases of Retirement

Kiplinger - Jan 26, 2022

What comes to your mind when you hear the word “retirement”? Do you think of traveling the world or hosting a family game night with the grandkids?

Social Security Opens to Survivors of Same-Sex Couples Who Could Not Marry

New York Times - Jan 23, 2022

Challenging a policy that limited survivor's benefits to married couples, even though some couples were legally barred from marriage, took years.

Why Older Women Face Greater Financial Hardship Than Older Men

New York Times - Dec 26, 2021

Susan Hartt describes herself as an incorrigible optimist, drawn to change and challenge. After a long, successful career in marketing and public relations,