



# Sherborn LINK

**APRIL 2016**

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## Pass Along Your Past

Last month Marjorie Hollman explained to seniors at Drop-In how to research their family histories and preserve their ancestral stories. It's natural to want to know where we came from, who our ancestors were, what they did for a living, what their lives were like and where we fit into the picture. Ms. Hollman outlined ways to research a family lineage, but genealogy is a mere skeleton like Biblical "begats," lacking details about the personalities and temperaments of the characters. It tells us little about the lives lived by our ancestors. Often we know little about our own parents and less about our grandparents. After they have passed, we may wonder about some aspects of their lives and fault ourselves for not having asked enough questions and learned their stories.

**Family histories are mosaics of different experiences—** successes and failures, happy times and sad times. Each one is unique and deserving of being remembered. So when a grandchild asks you to "tell stories about when you were young" or when Uncle Joe and Aunt Sally entertain everyone at a family gathering by telling about their experiences, those stories are part of the family fabric and should not be lost. Preserving them is important for generations to come who will want to know about YOU!

**To help you preserve your stories for your descendants—** Aleks Purins, a senior at Dover-Sherborn High School and a member of the National Honors Society, will help Sherborn's senior citizens use an app called **StoryCorps** on their iPad or iPhone, and if they are unfamiliar with using these electronic devices, he will teach work with seniors one-on-one and demonstrate how to use the application.

**The StoryCorps** application allows Americans, from all backgrounds and beliefs, to easily record, preserve, and share their life stories. By making use of **StoryCorps**, Sherborn's seniors will be able to record *their histories*, and maintain their own personal legacy. Their oral history can then be given to friends and family, and thus preserved.



### "Bridge of Spies"

Come see the Oscar's pick for Best Actor in this real-life thriller about the Cold War.

**Sunday, April 17 at 12:30 p.m.**

**In the Woodhaven Community Room. Please call the COA to reserve a spot: 508-651-7858.**

SHERBORN  
COUNCIL ON AGING  
508-651-7858



**Look for us** on the web at [www.sherbornma.org](http://www.sherbornma.org) under Town Offices. The Council on Aging has its own website with information on services, trips, special programs as well as the Drop-In

Calendar and a complete copy of this newsletter and past editions.

**Sherborn Council on Aging Board**

- Christina Winterfeldt, Chairperson
- Tricia Caldicott, Vice Chairperson
- Sue Peirce, Secretary
- Gerri Hawn, Treasurer

**Board Members**

- Phyllis Braun • Sonia Goldsmith • Debbie Kennedy
- Panny Nichols • Jean Rosseau

**Associate Members**

- Ann Bekebrede • Doug Brodie, • Shelley Cantor
- Joan Dunn • James Gorman • Bruce Gray
- Ruth Johnson • George Shea • Ruth Stewart
- Sally Tipton • Martin Waters

**COA Staff**

- Karen Juhl-Director • Kathy Horigan Dye-Drop-In Director • Linda Bellefeuille-Elder Advocate • Nan Vaida-Elder Advocate • Ani Gigarjian- Volunteer Coordinator

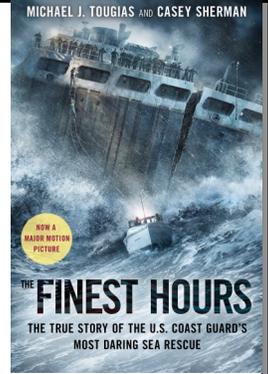
If you are a senior or care for a senior and want information on programs or services that may help you, a parent or a neighbor have a better quality of life, call 508-651-7858 or stop by the office (Lower level of Town Hall).

**COA office hours**

Monday, Thursday & Friday, 8 a.m. – 4 p.m.  
 Tuesday and Wednesday, 8 a.m. to 12 noon  
 Late afternoon or evenings by appointment

**Community News**

**SAVE THE DATE:  
 SUNDAY, MAY 15**



**The Council on Aging** invites the community to a slide presentation by Michael Tougias, author of *The Finest Hours: The True Story of the U.S. Coast Guard's Most Daring Sea Rescue*. The book, and now Disney movie, is an exciting true life story.

*On February 18, 1952, a ferocious nor'easter split in half a 500-foot long oil tanker, the Pendleton, off the coast of Cape Cod, Massachusetts. Incredibly, just 20 miles away, a second oil tanker, the Fort Mercer, also split in half. On both fractured tankers men were trapped. The vessels were sinking in 60-foot seas. The presentation will relive the life and death drama of survival, heroism, and a series of tragic mistakes.*

The program will be held on **Sunday, May 15 at Mudge Auditorium at Dover Sherborn High School**, beginning at 3:30 p.m. With a reception for the author and a book signing; the actual program will begin at 4 and conclude between 5 and 5:30 p.m..

***This program is free and open to the public.***

*" This program is supported in part by a grant from the Sherborn Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency."*

**Sherborn Senior Transportation Service**



Call: JFK Transportation Service: 508-653-4500

• **Hours of Services 6:30 a.m. to 6 p.m.**

• **Cost of Local Rides (each way):**

Sherborn: 1 ticket

Ashland/Dover/Natick/Framingham/Medfield/Holliston: 2

Weston/Wellesley/Millis: 3 tickets

Newton/Needham/Milford/Hopkinton: 4 tickets

**Local ticket cost:** \$30 for a 10 ticket card

• **Cost of Medical Rides to Boston:**

One Way - \$20 Round Trip - \$40

**Tickets to Boston:** Special tickets

are required for rides to Boston. T

These are available by mail or in

person at the COA office in Town Hall

19 Washington St.

**For information, call the COA—508-651-7858.**

### Sherborn Library Wordsearch

M	M	X	W	O	Z	T	L	E	S	R	O	N	O	D	T	U	T	O	R	I	N	G	Y	P
L	I	J	S	H	H	M	R	C	S	T	O	R	Y	T	I	M	E	R	E	I	I	Y	G	E
A	E	F	R	E	E	N	A	A	C	R	N	O	R	T	A	P	M	J	M	D	C	E	R	R
D	M	O	O	R	S	N	E	R	D	L	I	H	C	H	Q	Y	Z	A	I	P	Y	I	L	I
A	G	U	T	E	I	U	Q	R	D	W	E	X	F	A	U	E	G	G	N	T	A	H	Y	O
G	A	Y	V	J	J	P	T	E	Y	P	R	R	B	B	V	I	I	N	E	F	G	E	R	D
N	G	I	S	E	D	C	I	T	A	M	E	H	C	S	N	T	O	E	S	M	N	N	S	I
H	C	E	E	B	E	L	P	R	U	P	W	H	O	A	A	I	R	T	S	U	N	O	M	C
K	N	O	W	L	E	G	E	O	M	S	J	C	T	L	T	T	F	P	V	S	X	Y	I	A
R	S	L	L	T	E	K	T	O	F	D	I	I	D	C	S	A	P	M	T	E	C	R	N	L
S	Y	Q	I	M	B	M	M	D	D	A	O	S	I	R	R	T	Z	O	E	U	B	E	I	S
Q	P	H	E	A	W	S	R	T	L	N	T	F	E	C	E	C	W	O	E	M	T	V	M	C
J	D	N	J	U	R	Z	X	U	A	E	N	G	S	C	P	L	S	R	N	P	X	E	I	O
B	S	R	L	M	S	T	Q	O	W	O	N	T	H	T	A	L	M	Y	M	A	T	R	N	N
N	D	S	A	B	E	Z	L	A	N	A	R	N	E	S	P	A	U	T	E	S	K	I	U	S
O	N	R	T	C	C	E	R	I	S	A	O	G	T	T	B	T	S	I	D	S	K	N	T	T
I	E	R	A	E	Y	D	T	G	D	L	D	S	P	H	J	S	T	N	I	E	V	G	E	R
T	I	F	M	I	S	R	T	I	O	O	T	O	H	F	B	N	C	U	A	S	I	L	M	U
A	R	L	P	H	H	R	A	G	N	L	F	O	W	X	K	O	E	M	R	X	N	E	A	C
V	F	Q	I	Q	U	E	Y	R	B	G	A	F	W	S	W	T	T	M	O	A	T	N	N	T
O	Q	P	H	S	S	M	H	G	B	V	S	T	A	V	E	L	I	O	O	B	E	O	E	I
N	K	I	T	C	X	V	I	K	E	I	G	P	A	D	O	A	H	C	M	J	R	O	P	O
E	B	E	L	A	S	T	N	A	L	P	L	I	A	C	G	S	C	M	O	G	N	K	N	N
R	E	X	A	D	F	C	I	L	B	U	P	Y	T	C	C	T	R	P	P	G	E	A	W	X
S	C	O	D	E	C	O	M	P	L	I	A	N	T	M	E	T	A	C	F	S	T	B	T	Q

- |                |           |               |            |              |            |
|----------------|-----------|---------------|------------|--------------|------------|
| ADA            | DIGITAL   | INTERNET      | MINUTEMAN  | PUBLIC       | SOCIAL     |
| ARCHITECTS     | DONORS    | LAWN          | NONFICTION | PURPLEBEECH  | STEWARDS   |
| CATALOG        | DOWSE     | LIBRARYCARD   | PAPERS     | QUIET        | STORYTIME  |
| CHILDRENS ROOM | FREE      | LBC           | PASSES     | RENOVATION   | TECHNOLOGY |
| CONSTRUCTION   | FRIENDS   | MEDIAROOM     | PATRON     | SALTONSTALL  | TEEN       |
| DAFFODIL-TRAIL | INGLENOOK | MEETINGSPLACE | PLANTSALE  | SANGERSTREET | TRUSTEES   |
|                |           |               |            |              | TUTORING   |

## Lifetime Learning

*Final classes of the Spring semester start soon*

### Phobos and Deimos : The Moons of Mars

The two Martian moons were discovered 138 years ago, yet even with modern space probes, little is known about them. This class is derived from a NASA-sponsored course at Brown University, where experts on the Martian moons are discussing the latest findings to help plan exploration missions.

**Presenter:** Kenneth Ramsley is a lecturer at Brown and Yale and the author of numerous academic studies on the nature of the moons of Mars.

**When:** Thursdays, April 7, 14, 21, 28 at 10:30 A.M.

**Where:** Sherborn Town Hall, Room 204A

**Cost for four sessions:** \$40

### Broadway Bound

Experience two Broadway musicals as you never have before by singing right through the musical score of each show: *Sound of Music* and *South Pacific*. Learn about the creation of each musical, insights into the story and how the show came into being.

**Presenter:** Jack Craig, teacher and performer, has a degree in music education. Jack has educated and entertained audiences all over New England.

**When:** Fridays, May 6 and 13 at 1:30 P.M.

**Where:** Woodhaven Community Room

**Cost for two sessions:** \$25 single/\$40 couple

**Lifetime Learning** is made possible partially through the Friends of the COA. Scholarships are available for Sherborn Seniors. Call the COA for details.



## Help Fight Medicare Fraud

Medicare fraud wastes a lot of money each year and results in higher health care costs and taxes for everyone. Examples of Medicare fraud include:

- A healthcare provider billing Medicare for services you never got
- A supplier billing Medicare for equipment you never got
- Someone using your Medicare card to get medical care, supplies, or equipment
- A company using false information to mislead you into joining a Medicare plan

You can help by guarding your Medicare number - treat it like a credit card. You can also help by reviewing all your Medicare statements to make sure Medicare is not charged for items or services you did not receive. If you have a question or concern regarding a Medicare claim, you should first discuss it directly with your physician, provider, or supplier that provided the service.



To report potential fraud, you can contact the Massachusetts SMP program at Elder Services of the Merrimack Valley, 1-800-892-0890 or the Office of the Inspector General at 800-447-8477

### Walking Club

Spring has arrived...and we are now walking every Monday! The walking group is free to all seniors thanks to a grant from Baypath Elder Services. Our walks are:

- **April 4- Noon Hill Reservation** in Medfield. This is a 1.3 mile round trip walk to summit/back There are some rocks and roots on the trail but it provides great views—you can even see Gillette Stadium!
- **April 11- Hopkinton State Park.** Enjoy a 1.5 mile Spring walk by the picturesque Hopkinton Reservoir.
- **April 18- FIT WALK - Rocky Narrows** , starting Rt. 27 entrance. Walk with us to King Philip’s Overlook and see a view of Charles River. *A fast paced walk.*
- **April 25- Morses Pond** in Wellesley. A 1.5 mile walk along the shoreline and then beach service road. You will enjoy the views of the pond, islands and wildlife.

If you would like to be green and carpool with the walkers, please be at the COA office at 9:35 a.m. You must pre-register to join the walk. To register, call the office 508-651-7858 or e-mail [coaprogram@sherbornma.org](mailto:coaprogram@sherbornma.org) .

### Korean Veterans now qualify for Honor Flight



*Honor Flight New England* has announced that Korean War veterans are eligible for the one-day trips to Washington, DC to visit and reflect at the memorials that were built in their honor. Since 2009, Honor Flight has made this dream come true for over 1,300 WWII veterans who have flown to Washington in over 40 chartered flights at no cost to the veteran. All expenses, including meals and transportation to the memorials are included.

If you are a WWII or Korean War veteran and would like to find out more about this great opportunity, you can visit the website at [www.honorflightnewengland.org](http://www.honorflightnewengland.org) or you can call direct at 603-518-5368. You can also contact the Veterans Service Officer, Doug Brodie at 508-651-7850 for details.



### Technology Help Available

You are never too old to learn! Nichole and Ashley easily translate techno-jargon into simple, easy to follow instructions!

Call the COA today for an appointment! Our DSHS volunteers are available on :

- **Monday, April 11**
- **Monday, May 9**

from 3 to 4:30 p.m. at the Woodhaven Community Room. Appointments are approximately 30 minutes.

# APRIL 2016

Spring is here! It's a great time to grab a friend and go for a walk, catch up over lunch at Drop In, or get in shape for the summer by attending an exercise class!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	<i>ALL Lifetime Learning Classes are held in Room 204A in Town Hall</i>				<b>1</b> 7 p.m. Party Bridge Woodhaven
<b>3</b>	<b>4</b> 10 a.m. Walk	<b>5</b> 9:15 a.m. Exercise St. Theresa	<b>6</b> 10 a.m. Yoga Noodhaven 10 a.m. Politics	<b>7</b> 9:15 Exercise 10:30 Mars Noon— Drop In Lunch	<b>8</b>
<b>10</b> Woodhaven	<b>11</b> 10 a.m. Walk 3 pm Techno Help@Woodhaven	<b>12</b> 9:15 a.m. Exercise St. Theresa	<b>13</b> 10 a.m. Yoga Noodhaven 10 a.m. Politics	<b>14</b> 9:15 Exercise 10:30 Mars Noon— Lunch @ Pilgrim Church	<b>15</b>
<b>17</b>  & a Movie 12:30	<b>18</b> 10 a.m. Walk	<b>19</b> 9:15 a.m. Exercise St. Theresa	<b>20</b> 10 a.m. Yoga Woodhaven 10 a.m. Politics	<b>21</b> 9:15 Exercise 10:30 Mars Noon— Lunch @ Pilgrim Church	<b>22</b>
<b>24</b>	<b>25</b> 10 a.m. Walk	<b>26</b> 9:15 a.m. Exercise St. Theresa	<b>27</b> 10 a.m. Yoga Woodhaven 10 a.m. Politics	<b>28</b> 9:15 a.m. Exercise 10:30 Mars Noon— Lunch	<b>29</b>



## April Calendar

**Lunch at Pilgrim Church (25 S. Main Street)**, begins at noon; program begins at 12:30 p.m. A \$2 donation for lunch is appreciated. Seniors 60+ welcome!

**April 7 Jim Nelon – World Traveler – will bring us to Turkey with a side of Istanbul**  
Come explore the mountain caves in Turkey where 5<sup>th</sup> century Christians lived – and hid from persecution. See the fairy chimneys that dot the landscape of Central Anatolia. Admire the architecture of the Blue Mosque and Hagia Sofia landmarks of Istanbul and so much more!

**April 14 – Scams, Frauds, and Identity Theft, Power Tips to Keep You Safe with Stephanie Greenblatt, Consumers Empowered. Program sponsored by Needham Bank.** Learn what to do to keep your identity safe and secure. Get an update on the latest information about telephone scams, Internet safety, data breaches, chip credit cards, and debt collection rights. Protect yourself against identity theft and learn whom to call for help. Get the information you need to be a savvy shopper while keeping your credit card secure.

**Lunch: Generously provided by Whitney Place, Natick - A Nurturing Assisted Living**

Community offering specialized neighborhoods devoted to the right level of care and services.

**April 21, 2015 – Sherborn Lions Club**

Our local Lions will talk with us about eye care and staying healthy. They will also talk about some of the service projects they are involved in, including collecting eye glasses and hearing aides which are donated to individuals in need. **PLEASE BRING ANY OLD EYEGLASSES OR HEARING AIDES WITH YOU!**

**Lunch: Generously provided by Sherborn Lions Club**

*Blood Pressure Clinic 11:30 a.m. provided by Natick VNA; sponsored by the Board of Health*

**April 28, 2015 – ATTENTION RED SOX FANS!**

Herb Crehan returns from Spring Training to inform and educate us on **All Things Red Sox** and Baseball. He will report on the new talent, this year's line up and how the Sox are positioning themselves for the "Post Big Papi era". Come join us for one of our favorite speakers of the year!

***The Eye mobile comes to Sherborn 11:30 a.m.- 1:30 p.m.—Pilgrim Church parking lot.***

**Lunch: Generously provided by Peter & Evelyn Liffiton**

SHERBORN LINK COMMUNITY NEWS  
COA • 19 WASHINGTON ST •  
SHERBORN, MA 01770



## **BREAKFAST WITH THE SELECTMAN**

**Friday, APRIL 8**

Bring a friend and enjoy a lively conversation with Paul DeRensis!

**When: Friday, April 8**

**Time: 8:30 a.m.**

**Place: BOS Mtg. Room,  
204A**

**Who: All residents**

Hear what is on the Selectmen's agenda for Sherborn this Spring. Come hungry; we'll have coffee and a light breakfast.

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PERMIT NO. 6

**Postal Patron  
Sherborn, MA**

## **PLAN TO ATTEND**

### **Annual Town Meeting**

**on Tuesday, April 26 &**

**Thurs., April 28 (if needed)**

Your town is only as good as its active and engaged residents. Please support those who work tirelessly on Town Committees and Boards to make Sherborn a community that is proud of its past and focused on the future. Come join your friends and neighbors at Mudge Auditorium and exercise your privilege to vote on the articles of the warrant. If you need transportation, please call the COA at 508-651-7858/



## **SPRINGTIME TRAVELS**

**NEW DATE!! Tuesday, April 19**—Visit the **World War II Museum** in Natick and see the most extraordinary collection of World War II documents, pictures, and artifacts including uniforms, artillery, equipment, even Patten's helmet and Churchill's jumpsuit. Enemy paraphernalia is included providing a broad, visual view of the war and the era. Cost: \$25/person

**Wednesday, April 27**—Travel to **Foxwoods Casino** for all that it offers but especially for Luncheon & Show—A Musical Tribute to Dolly and Kenny. The trip is in collaboration with the Westwood COA. Cost: \$85/person

**Wednesday May 7**—Travel with the COA on an extended day trip to **West Point** on the shores of the beautiful Hudson River in upstate NY. Tour the grounds, visit the museum and witness the West Point Parade Review of 2016 graduates. Lunch will be at the historic Thayer Hotel. Cost: \$115/person.

**Wednesday May 11**—A treat even for those who have attended games at **Fenway Park**—a tour of the Green Monster, all its secret places and history revealed. Then have lunch on your own on Lansdowne Street. Cost: \$30

**Wednesday, June 8 -- 'Lunch & Theatre Combo'** "Hairspray: The Broadway Musical" at the Norwood Theater with lunch at The Olde Colonial Café. Cost: \$25