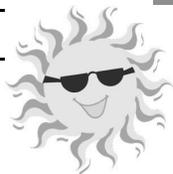




# Sherborn LINK

## JULY AUGUST 2016

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Summertime means there's only **one** issue of the LINK. Please keep it around for all the activities we have planned for July and August. The COA team is still available—although like you—we'll be heading to the Cape, the Lake, etc. Please be patient if we don't get back to you right away. We'll be in touch shortly.

**SHERBORN  
COUNCIL ON  
AGING  
508-651-7858**

### How Are We Doing??

We asked a few seniors who participate regularly in our programs what brings them back time after time. Their answers puffed us up, so much so that we want to share them with you, our readers, in the hope and expectation that they will inspire you to join in.

#### **Drop-In luncheon**, Thursdays at noon

Drop-In gives us the opportunity to interact with others. We meet our friends there and make new ones. The food is good and there's always a program that's interesting, informative or fun. We try not to miss any.

*Winnie and Charlie Williams*

#### **Walking Group**, Mondays at 10:00 a.m. (9 a.m. in the summer)

Walking is such good exercise and it's great to do it in good company. I like the fact that we go to different places, interesting places that I might never get to on my own. And we have an enthusiastic leader (Laila).

*Charles Blaney*

#### **Yoga**, Wednesdays at 10:00 a.m.

I find Wednesday Yoga at Woodhaven to be very relaxing. Its simple moves increase my energy, relax my mind and soothe my muscles. When yoga class is ended, I feel relaxed and ready to see the world with a new outlook.

*Florence Demers*

#### **Lifetime Learning**, fall and winter/spring terms

With the great courses offered by the COA we're kind of like the West Campus of Wellesley College. A Dover friend, upon leaving the last lecture of a recent course commented, "Great, I've now got my Sherborn intellectual fix!" The courses are thoughtfully selected and the teachers are great. Seeing friends there is fun, too.

*Sheila and Tom Urmston*

#### **Exercise with Linda**, Tuesdays and Thursdays at 9:15 a.m.

Exercise is very important for seniors, both mind and body" Linda conducts a very uplifting exercise program. "It gets you moving."

*Jim Gorman*

I have taken Linda's exercise class for over two years and, yes, it is safe and low impact, but I have benefited greatly--much better balance, upper body strength and definite tightening in all the places that need it. It's a fun, no pressure, get-together with a knowledgeable instructor and if you join us, I promise you'll look forward to each class and feel badly if you can't go.

*Sue Wetherill*



**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 • Jim Gorman • Bruce Gray
- Ruth Johnson • George Shea
- Ruth Stewart • 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**

**FILE FOR TAX AID- August 1-31**

Residents have been very generous in donating to Sherborn’s Tax Aid Fund. To qualify for aid for the Fall 2016 tax bill (fiscal 2017), applicants must own and occupy their present property on **January 1, 2016** and have been a resident of Sherborn for at least five years. In review of the application, the Committee shall consider the income, assets and expenses of the applicant and the household. Generally, tax aid will be considered for those age 60 and older or disabled persons. Applicants will generally be considered with income of \$35,000 or less for singles and \$40,000 or less for households with two or more people, and total assets of less than \$590,000. Applicants who have income or assets that exceed but are close to these guidelines are still encouraged to apply. All information provided shall remain confidential with the Tax Aid Committee.

Applications are available in the Sherborn Assessor’s Office and must be filed with that office **by noon on Wednesday, August 31.**

For more information or help on the tax aid application, contact Wendy Elassy in the Assessor’s Office or any of the Tax Aid members:

- ◆ Doug Brodie 655-6232
- ◆ Helen Cuddy 653-2999
- ◆ Jean Rosseau 655-1865
- ◆ Rosemary Sortor 655-6392

If you don’t hear back from the person you called in a day or two, please contact another member. The person you have contacted may be traveling.

**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: 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. These are available by mail or in person at the COA office at 19 Washington St. (Town Hall).

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



One of  
*Sherborn's Notable Elders*

### **Sally Brodie**

■ *One of a series of articles profiling neighbors who have passed the eight-decade milestone and continue to live active, contributing lives* ■

Sally Brandagee grew up with her brother in Chatham, NJ. In High School she played field hockey and was an enthusiastic cheerleader. She went on to major in English at Wheaton College while her brother attended Williams. When she was a sophomore, her brother brought home a friend from Williams, Doug Brodie, and a spark was ignited that flamed up over the next two years nourished by many weekend trips between Wheaton and Williams.

Doug's sense of humor strongly appealed to Sally and Sally's fiscal acuity highly recommended her to Doug. They planned to marry as soon as both finished college. Doug had been drafted and his service deferred until graduation, but he expected to be sent to Germany and planned for Sally to go along. Instead he was sent to Korea and Sally, expecting their first son, took her first job as Technical Editor at Bell Telephone Labs. Baby David was more than a year old before he saw his Dad.

The young family first settled in Chatham, and then made several moves necessitated by Doug's jobs before locating finally and forever in Sherborn—just the tiny town with fields, forests and space that they were seeking. By this time, two more sons, Andrew and Paul had made their appearances.

Besides looking after her three young boys, Sally found much to keep her busy in her new community. Always interested in politics she joined the League of Women Voters. She also served for 10 years on the Elder Housing Committee and is a regular volunteer at the polls and at Town Meetings.

Close to Sally's heart is the Boggestow Garden Club. She has been a member for more than 25 years, serving on the Board's work-intensive Civic Improvement and Ways and Means Committees for most of that time. She is also a Past President. When there is work to do—planting, watering and maintaining public gardens in Sherborn—she is one of the first to get “down and dirty,” weeding or wielding the shovel and rake. She also scores high as a coordinator and motivator (arm twister!) of others to do the same.

Sally also pursued a professional career as a real estate agent with Homer Associates and stayed with the group through several changes in name and management. She enjoyed working with her fellow associates and making contacts with clients, but found the open-ended, unscheduled work hours to be restrictive. Nevertheless, she persisted until she was almost 80.

What might account for Sally's good health and high energy? Undoubtedly her participation for the past 45 years in a group of fitness-minded Sherbornites who first met regularly in a barn to do the Royal Canadian Air Force exercise regimen. Over the years the routine has changed to jogging and then walking. Currently the group meets three times weekly at 7 a.m. to walk a three and a half mile course, and only extreme weather is a reason to cancel. In addition Sally attends weekly Chi Gong classes.

Creating beautiful things has always been important to Sally. She has mastered multiple crafts from basket weaving to silk screening to needlepoint and all in between, but her primary interest is in watercolor painting. She works regularly with a group at the Holliston Senior Center producing impressive landscapes inspired by her Sherborn surroundings.

The pattern of life for the Brodies, revolving as it does around family and community, will continue even though the boys are scattered. Three grandsons and two great grandchildren (a boy and finally a girl!) have been added to the circle. The Brodie's have embedded themselves in the Sherborn Community and there is no other place they would rather be than the house on Curve Street that they found 50 years ago.

*Ann Bekebrede*



### When Can You Enroll in a Medigap Plan?

Medigap plans are health insurance plans that provide extra protection beyond Medicare by filling in some of the "gaps" in Medicare coverage.

In Massachusetts, these plans allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan. Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. *Note that Medigap policies do not cover prescription drugs, which are covered separately under Medicare Part D.*

In Massachusetts, seven insurers offer the same two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays for Medicare covered services, while the Supplement 1 covers all the deductibles and co-pays for these services. A Medigap policy will generally pay only when Medicare approves payment. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule an appointment, call the COA at 508-651-7858 and ask for an appointment with Sonja Hicks. Sonja is available by appointment only; her availability is typically Tuesday or Wednesday from 1-3 p.m.. If Sonja is not available, or you need an immediate response to your questions, please call 1-800-AGE-INFO (1-800-243-4636).

### Can You Lend a Hand?



The COA is excited to introduce our new Volunteer Campaign! In an effort to attract and retain more volunteers, the COA is going ONLINE! Using a popular signup program, the COA is hoping that community members will sign up and show their interest and commitment in helping the seniors in their community. You can sign up for as little or as much as you want; there's something for everyone. Our "opportunity areas" allow volunteers to express their interest in a particular field and then when a need arises, an email will go out asking for help. If a volunteer is able to help, they fill a slot; if time doesn't allow and life has gotten in the way, they can simply "pass" until the next time! It's never been so easy.

Please visit the COA home page at [http://www.sherbornma.org/Pages/SherbornMA\\_COA/index](http://www.sherbornma.org/Pages/SherbornMA_COA/index) and click on the "Volunteer Campaign" link to get started!



## Sherborn Summer Walks

Come walk with us! We welcome seniors who are visiting—or adults who may be in town for a “staycation.” *To pre-register for any of the walks, please call the COA at 508-651-7858 or e-mail: [coaprogram@sherbornma.org](mailto:coaprogram@sherbornma.org).*

For the summer, our walks are scheduled **1 hour earlier** than usual to beat the heat. We meet at the COA office (lower level of Town Hall) at **8:40 a.m.** and carpool to the walking site. *If you are going to meet us at the site, please call to let us know to expect you and be at the location no later than 9 a.m.*

### PLEASE CHECK INDIVIDUAL WALK DESCRIPTIONS FOR EXCEPTIONS TO THE ABOVE!

**July 11- The Cochituate Aqueduct Gate House, North Pond, and the Snake Brook Trail in Framingham** with Dick Miller.

**July 18- Lake Waban-Wellesley College walk** followed by lunch at Emporium café.

**July 25- Minuteman National Historic Park in Concord. "Muster the Minutemen!"**

*Ranger-led activity and musket-firing demonstration:* Learn about the Massachusetts militia and Minutemen at the start of the American Revolution, followed by a walk on Battle Road Trail.

Transportation: \$5 voluntary donation.

**August 1- Sherborn walk- Wildwood Trail/Oldfield Road.**

**August 8-** No walk this week.

**August 15- Charles River Reservation in Medfield with Kelly McClintock** (Sherborn Forest & Trail Assn). CAR POOL LEAVES TOWN HALL AT 8:30 A.M. Pre-walk “trail side breakfast” at 8:45 a.m.- coffee, water and baked goods. Walk starts at 9 A.M.

**August 22- Powissett/Noanet Woodland walk.**

**August 29-** No walk this week.

*The walking club is open to Sherborn residents of all ages and seniors of neighboring towns. There is no cost to participate thanks to a grant from Baypath Elder Services, which receives funding from Title III of the Older Americans Act. Because federal fund-ing is being used we are providing you with an opportunity to make a “voluntary donation” toward the cost of this program. Voluntary donations are put directly into program enhancement, allowing for the expansion of services. You are welcome to participate in this program regardless of whether or not you make a donation.*

# SUMMER

**Garden Parties continue!** Please check the Drop-In calendar on the next page to **see the location** of our Thursday luncheons. *Please RSVP at 508-651-7858 if you plan to attend!*

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>9a.m. Walk</b> (none July 4th)</p>	<p><b>9:15 a.m. Exercise</b> St. Theresa Church</p>	<p><b>10 a.m. Yoga</b> Woodhaven</p>	<p><b>9:15 Exercise</b> St. Theresa  <b>Noon— Garden Party</b></p>	
<p><b>9 a.m. Walk</b> (none Aug. 8th)</p>	<p><b>9:15 a.m. Exercise</b> St. Theresa Church</p>	<p><b>10 a.m. Yoga</b> Woodhaven</p>	<p><b>9:15 Exercise</b> St. Theresa  <b>Noon— Garden Party</b></p>	
<p><b>9a.m. Walk</b>  <b>11:30 Men’s Club</b> (Woodhaven Community Room) <i>3rd Monday only</i></p>	<p><b>9:15 a.m. Exercise</b> St. Theresa Church</p>	<p><b>10 a.m. Yoga</b> Woodhaven</p>	<p><b>9:15 Exercise</b> St. Theresa  <b>Noon— Garden Party</b></p>	
<p><b>9a.m. Walk</b> (none Aug. 29th)</p>	<p><b>9:15 a.m. Exercise</b> St. Theresa Church</p>	<p><b>10 a.m. Yoga</b> Woodhaven</p>	<p><b>9:15 Exercise</b> St. Theresa  <b>Noon— Garden Party</b></p>	

## JULY /AUGUST GARDEN PARTY CALENDAR

Our Garden Parties are held every Thursday at noon. If the weather is "if-fy", please call the COA at 508 651 7858 after 930 a.m. and we will update you on "whether" the "weather" will allow us to get together indoors or out.



- July 7            Annual Summer BBQ – Woodhaven Courtyard. Come enjoy the best burgers and hotdogs in town! Cost: \$4 Please park on the visitors (right) side and carpool with friends; parking is at a premium.
  
- July 14           Garden Party – Tayebati Family – 134 Farm Road. Lunch: Please bring a sandwich and chair; drinks & desserts provided.
  
- July 21           Garden Party - Chris Cooney – 55 Maple Street (bear left at the shared driveway). Lunch: Please bring a sandwich and a chair; drinks & desserts provided.
  
- July 28           Garden Party - Potter Family – 4 Snow Street. Lunch: Please bring a sandwich and a chair; drinks & desserts provided.
  
- August 4          Garden Party – Susan Tyler – Pine Hill Cemetery – meet us by the cupola like last year and get an update on new findings at Pine Hill Cemetery and the Sherborn cemeteries.! Lunch: Please bring a sandwich and a chair; drinks & desserts provided.
  
- August 12        (Friday) – Garden/Farm Party at Powisset Farm, 37 Powisset Street, Dover – Lunch: Please bring a sandwich; seating, drinks & desserts provided. An update on all the new and exciting things happening at Powisset Farm will be fun to hear.**
  
- August 18        Garden Party – Kathy Halamka’s home/Unity Farm – 11 Unity Lane    **UPDATE**  
Please bring a sandwich and a chair; drinks & desserts provided.
  
- August 25        Garden/Farm Party – Silverwood Farm, 195 Western Avenue    **UPDATE**  
  
Join us at the Big Red Barn at Silverwood Organic Farm to learn more about the farm and if we’re lucky – a quick preview of The Addams Family show coming to Sherborn the following week at the Sherborn Community Center!  
  
Lunch: Please bring a sandwich; seating, drinks and desserts will be provided.

***Thank you to all our wonderful hosts and Roche Brothers and BJs for their donations!***

PRE-SORTED  
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PERMIT NO. 6

**Special  
COA  
Events** 

**Thursday, July 7**  
**The COA's famous BBQ**  
with luscious grilled food  
and all the trimmings to  
celebrate Independence  
Day and Summer.  
See details on pg. 7.

**Monday, August 22**  
Come join us for an Old  
Fashioned Ice Cream Social.  
Festivities will start at 1:30  
p.m. at Woodhaven.  
**Please call 651-7858 to  
reserve your spot(s)!**

**Postal Patron  
Sherborn, MA**

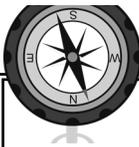
**Men's Lunch Club**

The COA is offering a new lunch group this summer—it's just for men. This lunchtime session will be meeting the third Monday of every month at 11:30 a.m. in the Woodhaven Community Room. Come join the group and decide what *you* want the focus of the group to be: conversation, guest speaker, or just a leisurely lunch. We have scheduled Chi Gong to end the session. The exercise is optional but those who have done Chi Gong say the routine energizes them, reduces stress and makes them more focused. To join the group or for more information, call 508 651 7858.

Upcoming sessions:

- Monday, July 18
- Monday, August 15
- Monday, September 19

*We are grateful to MetroWest Healthcare Foundation who provided funding for this program.*



## **Travel Times**

**NEW TRIP!! Tuesday, July 19**  
**Cape Cod Canal's 103rd Anniversary Tour**

Join us for a day on Cape Cod. We'll tour the Sandwich Glass Museum and see glass blowing. Next stop: Daniel Webster House for a Buffet luncheon. After lunch, we go on a narrated two-hour Cape Cod Canal Tour. We'll return home around 6 p.m. . Cost: \$50, subsidized by the FRIENDS of the COA.

**September 19-21**  
**Montreal Excursion**

Dust off your passport! This three-day trip includes a tour of Old Montreal, Notre Dame Cathedral, Mont Royal, plus free time in Old Montreal, and more. A stop in Vermont at Cold Hollow Cider Mill and Ben & Jerry's allow for time to stretch your legs. Cost includes two nights hotel plus two dinners and two breakfasts. Tour costs: \$364 per person double occupancy; \$354 per person triple and \$454 for a single room. Call today; limited spots remain!